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# CALIFORNIA TRACK & RUNNING NEWS

DECEMBER 1984

ISSUE NO. 98



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California's Only Track & Running Publication

# California Track & Running News



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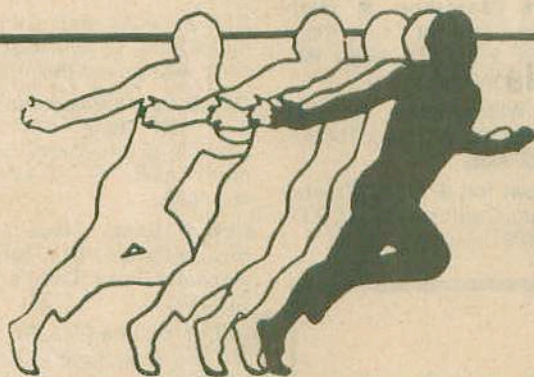


ON THE COVER: Top runners at this season's NCAA Division II Western Regional X-C Championships included: Ray Cook of UC Riverside (left)—first over the 10,000 meter course in 30:35; and Robyn Root of Cal Poly SLO—16:59 for 5,000 meters.

Photograph by Burt Davis

**Z-93** A Decade of Hits

**KKAL**  
COUNTRY 1280



PRESENTS  
3rd ANNUAL

**CENTRAL  
COAST  
Lite**



**10K RUN**

**BOSTON MARATHON OR FALMOUTH!!**  
WIN THE TRIP OF YOUR CHOICE

★ **DATE**

Saturday, January 19, 1985

★ **COURSE**

A scenic and certified 10,000 meter flat paved course taking you through the quaint village of Arroyo Grande. Certified 10 K.

★ **STARTING TIME**

The race will begin at 10:00 a.m. Start in the Village of Arroyo Grande.

★ **GRAND PRIZES**

**ROUND TRIP AIRFARE TO THE BOSTON MARATHON OR THE FALMOUTH CLASSIC TO THE FIRST MALE AND FEMALE FINISHERS!** Also, a lucky man and woman will be selected by random drawing and flown to the Falmouth Classic! PLUS, all four winners will spend 3 days and nights at the Hyatt Regency Cambridge overlooking the Charles River in Boston. The winners will be flown to Boston courtesy of Wings West and American Airlines!

★ **ENTRY FEE**

\$10.00 - A tax deductible donation.

Pick up packets on race day at the start.

★ **AWARDS**

- T-shirts to the first 500 entrants.
- Certificates to all finishers.
- Merchandise awards from

**HIND**

★ **FEATURES**

- Accurate mile markers and split times.
- Bar-B-Que will be held at an additional cost.
- Lite Beer from Miller to all contestants of age.

★ **LODGING**

Casa Grande Motor Inn

★ **RACE DIRECTORS**

Lance Harter and Greg Denike

★ **SEND ENTRIES TO**

Central Coast Lite 10 K  
495 Valley Road  
Arroyo Grande, CA 93420  
Attn: Greg DeNike

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

RELEASE WAIVER AND ASSUMPTION OF RISK: In consideration of this entry acceptance, I hereby for myself, my heirs, ex-ecutors and administrators, waive any and all rights of claims for damages I may have against the City of Arroyo Grande, Lucia May United School District, Cal Poly University, Miller Lite & American Beverage Co., KKAL & KZQZ Radio, or any individual 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 broadcasts, telecasts, etc. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor.

PARENTS SIGNATURE (if under 18) \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE (Signature applies to both Medical and Legal Waivers.) \_\_\_\_\_ DATE \_\_\_\_\_

T-Shirt Size:  S  M  L  XL

**DIVISIONS**

- Male  Female
- High School
- Open — To Age 29
- Sub-Masters — Age 30-39
- Masters — Age 40-49
- Seniors — Age 50 plus
- Wheel Chair

All proceeds benefit Cal Poly and Arroyo Grande High School Track Teams

# Schedule

By JACK LEYDIG

## DECEMBER

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.

**DEC 8: Livermore Marathon & Half-Marathon.** Livermore (Lawrence Livermore National Laboratory), 9 am. Tri-Valley RC, P.O. Box 121, Livermore 94550.

**DEC 8: Arcata to Willow Creek Run.** 40 miles?, 8 am Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

**DEC 8: California Bowl 10K & 2 Mile.** Fresno State University, 9 am. California Bowl, P.O. Box 627, Fresno 93709.

**DEC 8: Holiday Run.** 3 mile & 10K, Antioch (Clayburn & Lone Tree Way), 9 am. Clark Gelhaus, 111 W. 15th, Antioch 94509. (415) 757-1412.

**DEC 8: McFarland Christmas 2-Mile Run.** McFarland, 11 am. Mike O'Haver, P.O. Box 1488, McFarland (805) 792-3091, M-Th.

**DEC 8: South Pasadena Tiger Booster Club 5 & 10K Runs.** South Pasadena (High School), 8 am. Harry Gerst, c/o 1401 Fremont Ave., S. Pasadena 91030. (213) 258-4008.

**DEC 8: Santa Claus 5 Mile.** Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 8: Balboa Park Boogie.** 5K, San Diego (Balboa Park), time TBA. San Diego TC (619) 277-RUN2.

**DEC 8: 10K Home Run.** Inglewood (Locust & Manchester), 8 am. Frances Williams, Marantha Community Church Office, P.O. Box 2322, Inglewood 90305. (213) 673-1864.

**DEC 8: Run for the Holiday.** 1 mile & 5K, Modesto (McHenry & Floyd Aves.), 9 am/1 mile, 9:45 am/5K. YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

**DEC 9: Honolulu Marathon.** Honolulu, HI, time TBA. David Benson, Honolulu Marathon Ass'n., P.O. Box 27244, Honolulu, HI 96827. *Entries Close Early.*

**DEC 9: San Francisco Half Marathon.** San Francisco (Golden Gate Park), 8 am. S.F. Half Marathon, c/o Pamakid Runners, P.O. Box 27385, San Francisco 94127. (415) 681-2322.

**DEC 9: Amnesty International Run for Human Rights 10K.** Oakland (Lake Merritt), 9 am. Hillary Naylor, 5623 Oak Grove Ave., Oakland 94618. (415) 653-7194, eves.

**DEC 9: Santa's Stampede Ribbon Runs.** 2 mile & 8K, Napa (Napa Valley College track), 9 am. Silverado TC, 609 Cabot Way, Napa 94559.

**DEC 9: Sub-4 Caprolan 8K.** Newport Beach, 9 am. Steve San Fillipo (619) 941-2830.

**DEC 9: SPA/TAC District 8K Championships.** Westlake Village, 9 am. Chuck Huffer, 27 Autumn Leaf Dr., Thousand Oaks 91360. (805) 492-8362.

**DEC 9: Venice/Marina Christmas 10K. Tentative.** Venice (Ocean Front Walk & Rose Ave.), 8 am. Christmas Run, 2010 Wilshire Blvd., Santa Monica 90403. (213) 452-0397.

**DEC 9: San Diego Safety Council 10K & 2 Mile.** San Diego (Balboa Pk., Park Blvd. entrance), 7:30 am. Lynn Lacey, EOL Race Consultants, P.O. Box 1049, Coronado 92118. (619) 437-4667.

**DEC 9: Rancho Palo Verde Alpine Holiday 10K & 2 Mile.** Rancho Palo Verde (east of San Diego), 8:30 am. Toni Deal, Breaking Forty, 3381 Yucca Ave., San Diego 92117. (619) 273-5156.

## Join Jack Leydig's 14th Annual Boston Marathon Tour Package



Travel With Friends  
Quality Airlines  
Economic Prices  
Quality Hotel



Tour will leave San Francisco on April 12 and return on the 16th (race is on the 15th). Tour includes roundtrip transportation (United Airlines/\$490) and optional hotel ("57" Hotel/\$99.00 double occupancy), plus other goodies to be determined.

For further information, write:

Boston Marathon Tour,  
c/o Little World Travel, Inc., Sports Division  
1027 1/2 Alameda, Belmont, CA 94002  
(415) 592-0664



little world travel inc.

Be on the lookout for AVON/Santa Monica—March 1985

# L.A. Southwest Rotary Club District 528

In Support of The Rotary Foundation  
Presents



8:00 AM

Sunday March 10th, 1985  
California State University, Los Angeles.

Athletes/Team Entry Info; L.A. Patriots T & F Committee  
P.O. Box 2981  
Beverly Hills, Calif 90213-2981

Ticket Info; Rotary Club of Southwest Los Angeles  
P.O. Box 44-666, Station H  
Los Angeles, Calif 90044

## Event Schedule

8:00 am. 10,000 meter run (FINAL)  
9:00 am. 100 meter (w-m) Semi-final  
10:00 am. 110 meter High Hurdles (m) Semi-final  
10:30 am. 100 meter Hurdles (w-m) Semi-final  
11:00 am. 200 meter (w-m) Semi-final  
11:45 am. 1500 meter run (w-m) (FINAL)  
12:30 am. 3000 meter Steeplechase (FINAL)  
1:00 pm. 5000 Race walk (w-m) Combined (FINAL)  
1:30 pm. LUNCH  
2:00 pm. 4 x 100 relay (w-m) (FINAL)  
2:20 pm. 4 x 100 m. Celebrity Relay Invitational  
2:30 pm. Handicap 100 m. race  
2:40 pm. Olympic Legend 100 meter Invitational  
2:50 pm. 100 meter (w-m) (FINAL)  
3:25 pm. 110 m. High Hurdles (m) (FINAL)  
3:45 pm. 100 m. Hurdles (w-m) (FINAL)  
4:00 pm. 200 meter (w-m) (FINAL)  
4:45 pm. 1500 m. Race walk (w & m) combined (FINAL)  
5:15 pm. 800 meter run (w-m) (FINAL)  
5:35 pm. 400 meter (w-m) (FINAL)  
5:55 pm. 400 IH (m) (FINAL)  
6:10 pm. 5000 meter run (w-m) (COMBINED FINAL)  
6:40 pm. Corp. Sprint relay Invitational (200,200,400,400,200,200)  
6:50 pm. 4 x 200 m. Relay Community College Invitational  
7:00 pm. World Masters 4 x 400 m. relay.

### FIELD EVENTS

8:00 am. Hammer  
1:00 pm. Javelin, Long Jump  
2:10 pm. High Jump, Pole Vault  
3:15 pm. Shot put, Triple Jump  
4:15 pm. Discus

### TEAM

## PATRIOTS



L.A. PATRIOTS ORGANIZING COMMITTEE • P.O. BOX 2981, BEVERLY HILLS, CA 90213-2981

1985 WORLD MASTERS TRACK & FIELD TUNE-UP GAMES I  
California State University, Los Angeles

**DATE** : March 10th, 1985.  
**SITE** : California State University, Los Angeles  
5151 State University Dr.  
**AGE DIVISIONS** : 5 year age-groups- men and women 30 and over.  
**ENTRY FEE** : \$ 10.00 first event (includes T-shirts).  
\$ 5.00 each additional event. Relay teams  
\$ 20.00. Three events maximum.  
**REGISTRATION** : To guarantee participation, entries must be  
received on or before February 28, 1985.  
Late entries may be allowed to participate  
at meet director's discretion.  
**ENTRY DEADLINE** : Deadline, Midnight February 28, 1985. Late  
entries, after Feb. 28, 1985 will be charged  
\$ 12.00 per event, except relays.  
**SPECTATOR ADMISSION** : \$ 5.00 tickets (all day session).  
**FACILITIES** : Artificial track 1/4 spikes. All runways  
are artificial concrete rings. 400 meter  
Arco track with electronic timing.  
**ORDER OF  
COMPETITION** : Women first, Men second. Oldest to youngest  
In 5 year age groups starting at 30 years of  
age. Races will be combined, but scored  
separately, at meet director's discretion.  
**AWARDS** : Awards for first three places. Awards  
presented at conclusion of each event.  
**SPONSORS** : Los Angeles Patriots Track & Field Organizing  
Committee.  
Los Angeles Southwest Rotary Club.  
**SANCTION** : TAC, The Athletic Congress of the U.S.A.,  
Southern Pacific Association.  
**RULES** : Standard TAC Masters rules enforced.  
**CONTACTS** : Marvin Thompson, L.A. Patriots, President  
Jim Bentley, Meet Director  
P.O. Box 2981, Beverly Hills, CA 90213-2981.

## Entry Form

Please send your entry form, signed waiver and check  
or money order to "Rotary-Patriots T & F" to P.O.  
BOX 2981, Beverly Hills, CA 90213-2981.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
PHONE \_\_\_\_\_ EVENTS ENTERED 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ BEST TIMES 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_  
MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

- WAIVER -

In order to compete in the 1985 WORLD MASTER TRACK & FIELD TUNE-UP  
GAMES I, I do for myself my heirs and administrators waive, release  
and forever discharge any and all claims for damages which I may  
have, or which may hereafter accrue to me or my heirs against the  
thereof. I certified that I am in good physical condition to compete  
in this meet.

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

8th ANNUAL

# SUNDEVIL



## Invitational Track Meet

**COMPETE AGAINST MANY  
OF CALIFORNIA'S FINEST  
TRACK AND FIELD  
ATHLETES IN BEAUTIFUL  
SAN DIEGO.**

**LAST YEAR'S MEET  
FEATURED NINE  
CALIFORNIA STATE  
CHAMPIONS.**

**ELECTRONIC TIMING AND  
METRIC DISTANCES FEATURED.**

### MEET RECORDS

10.78	12.04
21.22	23.9
48.42	55.6
1:52.72	2:14.3
3:55.71	4:43.79
8:22.07	9:48.1
14.46	14.3
37.77	44.01
42.76	47.36
3:18.41	3:49.4
10:33.9	12:21
6'8"	5'10"
23'10½"	18'5¾"
48'3¼"	40'2"
56'5¼"	47'5"
164'2"	164'5"
15'0"	

A C.I.F. SANCTIONED EVENT

**FOR CALIFORNIA,  
ARIZONA, AND NEVADA SCHOOLS**

**Saturday, April 20, 1984  
1 - 7 P.M.**

For more information contact:



Dennis McClanahan  
Track & Field Coach  
Mt. Carmel High School  
9550 Carmel Mtn. Road  
San Diego, CA 92129  
(619) 484-1180

## Schedule

**DEC 15: Coyote Hills Race.** 3.4 & 6.8 mile, Fremont (Coyote Hills Regional Park), 10 am. Darryl Reina, 35501 Cedar Blvd., Newark 94560.

**DEC 15: Rudolph's Classic 5/10K.** Lancaster (City Park), 9 am. David Miklos, Lancaster City Hall, 44811 No. Date Ave., Lancaster 93534. (805) 945-4459.

**DEC 15: Lake Murray 50 Mile.** La Mesa (Lake Murray), 6 am. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

**DEC 15: Holiday Bowl/Frontier Airlines 10K & 2 Mile.** San Diego, 8 am. Roger Martin, Downtown YMCA, 1115 Eighth Ave., San Diego 92101. (619) 232-7451.

**DEC 15: Marine Corps 10K.** Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 15: Nat'l TAC Sr. Men's & Women's 30K Championships.** Note date & location changed from Nov. 18. New York (Central Park), time TBA. NYRR, P.O. Box 881, FDR Station, New York, NY 10150.

**DEC 15: Fleet Feet Triathlete 4-Mile Fun Run.** Fresno, 8 am. FFT, 3870 N. Cedar, Fresno 93726. (209) 221-8181 or 229-9217.

**DEC 15: Westwood Village 10K.** Westwood Park, 8 am. Westwood Village 10K, c/o Sporting Feet, 2272 Westwood Blvd., Los Angeles 90064. (213) 474-1505.

**DEC 15: Corona del Mar Viking Holiday 5K.** Corona del Mar (High School), 8 am. Nancy Beard, c/o City of Newport Beach, 3300 Newport Blvd., P.O. Box 1768, Newport Beach 92658-8914. (714) 644-3151.

**DEC 15: Senior Olympics 5K Run or Walk.** Glendale (Verdugo Park), 8 am. (open to runners 20 years or older). International Senior Olympics, 5726 Wilshire Blvd., Los Angeles 90036.

**DEC 15: Death Valley 100 Miler.** Death Valley (Scotty's Castle), noon. T.J. Key, P.O. Box 178414, San Diego 92117.

**DEC 16: Christmas Relays.** 5x4.464 miles, San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. Christmas Relays, c/o P.O. Box 652, Burlingame 94010. (415) 342-3107, Karen.

**DEC 16: DSE Diamond Heights Run.** 2.99 mile, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 16: Christmas Carol Charity Run.** 10K, San Francisco (downtown), 8:30 am. Charity Run, c/o Arthur Young & Co. #1 Post St., 31st Floor, San Francisco 94104.

**DEC 16: Toys for Tots 5 & 10K Runs.** El Toro (Marine Corps Air Station), 7:45 am (5K), 8:30 am (10K). Capt. Ken Taylor, MAG 46, MCAS El Toro, Santa Ana 92709. (714) 651-2767.

**DEC 16: Riverside Medical Clinic Health Yourself Run.** 2 mile, 5 & 10K, Riverside, 8 am/2 mile, 8:15 am/5 & 10K. Riverside Medical Clinic, 3660 Arlington, Riverside 92506, attn. Ed Carloni (714) 683-6370.

**DEC 16: Long Beach Marathon Prep Run & Fun Run.** 16.2 and 4.1 miles, Long Beach (Cal State Univ., north side of campus), 7 am. Joe Carlson, LBM, 1825 Redondo Ave., Long Beach 90804. (213) 494-2664.

**DEC 16: Los Angeles Herald Examiner/National AAU 10K Championships & 5K Run for Soviet Jewry.** West Los Angeles (Rancho Park, Motor & Pico), 8:30 am/5K, 9 am/10K. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322.

**DEC 16: Fresno 6 Mile Road Race.** Chandler Field to Kearney Park, 12 noon. Frank Delgado, 1560 N. Durant Way, Fresno (209) 233-3631.

**DEC 22: Mission Bay 25K.** San Diego (East Fiesta Island), 7 am. Lise Rasmussen-Wright (619) 276-5295.

**DEC 22: LVTC 5,000 Meters.** Univ. of Nevada (track), Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas 89101. (702) 382-3496.

**DEC 22: Pre-Christmas Run.** 6 mile & 3 mile (time prediction), Sanger (Madison School), 9:30 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**DEC 23: Christmas Carol Bar-to-Bar Run.** Approx. 6 miles, San Pedro (613 W. Ninth St.), 8 am. Vic Trutanich, 20710 S. Leapwood St., Suite D, Carson 90746. (213) 516-1977.

**DEC 23: DSE Kid's Run, 0.75 Mile & Open 5K.** San Francisco (Polo Field, Golden Gate Park), 9:30 am/0.75 mile, 10 am/5K. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 23: Recover From the Holidays Fat-Ass 50 Mile.** Half Moon Bay to Santa Cruz, Sunrise, Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-5530.

**DEC 23: Xmas 10K.** Los Angeles (Griffith Park), 8 am. California Road Runners Club, Box 891, Tarzana 91356. (818) 888-5526.

**DEC 23: Fourth Sunday Runs.** 5/10/15K, Oakland (Lake Merritt), 9 am. Lake Merritt Joggers & Striders (415) 834-3110.

**DEC 23: Festival of Lights 10K & 2 Mile Fun Run.** San Diego (Balboa Park), 7:30 am (10K), 8 am (2 mile). Sam Cohen (619) 583-3300.

**DEC 25: DSE "Christmas Blind Date Relays"** 2x1.5 mile, San Francisco (Boathouse, Stow Lake), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 29: LVTC 2 & 5 Mile.** Las Vegas, Nevada (Racquet Club), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**DEC 29: Foot Pursuit 2K, 5K & 10K.** West Covina (Cortez Park), 8 am. Bill Fulton, c/o The Complete Runner, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

**DEC 30: DSE Nob Hill Run.** 3.0 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

**DEC 30: Run for the Roses.** 10K, Pasadena (Rose Bowl), 9 am. Boys Club of Pasadena, 3230 E. Del Mar Blvd., Pasadena 91107. (213) 449-1953.

**DEC 30: Westlake Village 20 Mile Run.** Westlake Village (Westlake Elem. School), 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

**DEC 31: Last 10K.** Santa Rosa (Piner Elementary School), 9 am. Note: Race listed as Sat., Dec. 31st elsewhere... please confirm date with director. Chris Gray, 4700 Fowler Dr., Santa Rosa 95405. (707) 539-7808.

# Los Angeles 1984

For those who demand  
the best book.

The best is here.

We searched the world and found the best. The best photographers, writers and editors.

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**Runner's World** will bring you complete coverage of track and field. Our track and field editor is **Jon Wigley**. Jon's credentials: IAAF Press/Information Officer of the IAAF. We have **Frank Litsky** of the *New York Times*. Sports writers from the *Los Angeles Times*. The list goes on.

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- ★ accurate diary of the results
- ★ the host city and its preparations
- ★ the arts festival, the torch relay
- ★ opening and closing ceremonies

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Signature \_\_\_\_\_

Los Angeles 1984 will be published in October and sent immediately to you via United Parcel Service (UPS).

## Schedule

**DEC 31: Midnight New Year's Eve 10K.** Encino, Midnight. California Road Runners Club, Box 891, Tarzana 91356. (818) 888-5526.

**DEC 31: Runner's World Midnight New Year's Eve Run.** 5K, Los Altos Hills (Foothill College), midnight, Beth Carlon, Runner's World, 1400 Stierlin Rd., Mountain View 94043. (415) 965-8777.

**DEC 31: Midnight Masquerade.** 1 & 3 mile, Sacramento (University & Guy West Bridge), 11 pm. Sally Edwards, 2405 "J" St., Sacramento 95816. (916) 442-3338.

**DEC 31: PA/TAC 5K Road Championships.** Los Altos Hills (Foothill College track), 10:45 pm, Peanut Harms, 813 Wake Forest Dr., Mtn. View 94043. (415) 969-2033. *Cash Prizes.*

**DEC 31: New Year's Eve 8K.** Carson (Cal-State Dominguez Hills), 11:45 pm Jeff Tribole, 1000 E. Victoria, Carson 90747. (213) 920-3580.

## JANUARY

**JAN 1: Avalon Hospital 50-Mile.** Santa Catalina Island, 5 am. *December 10 Deadline, 50 entry limit.* Mike Solly, P.O. Box 842, Avalon 90704. (213) 514-1325.

**JAN 1: Racey Lady 5 & 10K. Women Only.** Olivenhain (east of Encinitas)(Town Hall), 9 am. Alice O'Day, 2705 Sombrosa, Carlsbad 92008. (619) 912-0781.

**JAN 1: Buena High School 5K.** Ventura (Ventura State Beach), 9 am. Steve Blum, 1175 Carlsbad, Ventura 93003. (805) 658-9294.

**JAN 1: Rainbow Half-Marathon.** 13.1 miles, Las Vegas (Vall Pittman Elem. School), 9 am. Rob Gardner, 6666 W. Washington, No. 435, Las Vegas, NV 89107.

**JAN 1: DSE Hangover Run.** 3.53 mile, San Francisco (Golden Gate Bridge/Toll Plaza Pkg. Lot), 10 am. Wait Stack, 741 Kansas St., #2, San Francisco 94107.

**JAN 1: New Year's Fun Run.** Distance TBA, San Diego (Mission Bay Boardwalk), time TBA. San Diego TC (619) 277-RUN2.

**JAN 6: California "Ten"** 10 miles, Stockton, 10 am. *1000 runner limit, January 3 deadline.* Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

**JAN 6: Avon 5K. Women Only. Listed last issue as Avon 15K. Rescheduled to March 10th, tentatively Santa Monica, time TBA.** Len Wallach, 1060 Continentals, No. 104, Belmont 94002. (415) 593-2788.

**JAN 6: Heart of Palm Springs 10K.** Palm Springs (High School), 8 am. K.F. Barber, MD, 45-120 San Pablo, Palm Desert 92261. (619) 346-8109.

**JAN 6: Resolution Runs.** 3.6 mile & 15K, Redwood Valley (Lion Maize Field), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Dave Pittelkau: (707) 462-7596.

**JAN 12: Willy's Road Race.** 1 & 5 mile, Los Altos (St. William's School, 401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

**JAN 12: 49'er Foundation 5 & 10K.** Long Beach (Cal State Univ.), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (818) 888-5526.

**JAN 12: China Cup Opener 5K, 10K & 1 Mile Kids Run.** Fountain Valley (Mile Square Park), 8 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

**JAN 12: Cop'er Bowl 10K & 2 Mile.** San Diego (Jack Murphy Stadium), 8 am. Lynn Flanagan, In Motion, 2765 Tokalon St., San Diego 92110. (619) 276-2738.

**JAN 12: Las Vegas TC 10K & 2 Mile.** Las Vegas (Racquet Club, 9001 S. Industrial), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JAN 13: San Bernardino YMCA Marathon & Half Marathon, 5/10K.** San Bernardino (Vallejo Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino (714) 886-4661.

**JAN 13: Mission Bay Marathon & 10K.** San Diego (Mission Bay Visitor Center), 7 am. Jeff Broido, 8818 Robinhood Ln., La Jolla 92037. (619) 453-6879.

**JAN 13: Zoo Run.** 4 mile, San Francisco (Zoo), 9 am. San Francisco Zoological Ass'n, Attn: Zoo Run, Sloat Blvd. & Great Highway, San Francisco 94132. (415) 661-7456.

**JAN 13: Martin Luther King Birthday Run.** 5 & 10K, Oakland (Lake Merritt Sailboat House), 9 am. MLK Birthday Run, c/o Anthony Charles, 2401 - 67th Ave., Oakland 94605. (415) 632-1537.

**JAN 13: Cossack Classic.** 13.5 mile, Rohnert Park (Sonoma State Univ.), 10 am. Bob Sorani, Sonoma State Univ., Athletic Dept., Rohnert Park 94928. (707) 664-2521.

**JAN 13: Downhill Mile Classic.** West Covina (South Hills H.S.), 1 pm. *Record is 3:53.7.* The Complete Runner, c/o Bill Fulton, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

**JAN 19: Hyattfest Super 10K Run.** San Jose (Hyatt Hotel, 1st St. & US 101), 8:30 am. Hyattfest Run, 1740 No. First St., San Jose 95112. *Jan. 14 Deadline.* (408) 298-0300, x1760.

**JAN 19: Heavy Hands 20K.** Pinole (Pinole Valley HS), 8 am. Dan Hollis, 1770 Serra Dr., Pinole 94564. (415) 223-7440. *Don't need to carry Heavy Hands.*

**JAN 19: Snowball Run.** 10K, Meyers, 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

**JAN 19: Corona del Mar Spirit Run.** 5 & 10K, Corona del Mar State Beach, 7:30 am/5K, 8:30 am/10K. Denny Shryock, 900 Goldenrod, Corona del Mar 92625. (714) 760-0177.

**JAN 19: Central Coast 10K.** Arroyo Grande, 10 am. Greg DeNike, 495 Valley Rd., Arroyo Grande 93420. (805) 489-1351.

**JAN 20: Tucson Marathon.** Tucson, Arizona (Loews Ventana Canyon Resort), 8 am. Tucson Marathon, P.O. Box 40728, Tucson, AZ 85717. (602) 742-3153.

**JAN 20: Super Bowl Sunday 10K.** Redondo Beach, 8 am. *Dec. 8 Deadline.* Super Bowl Sunday 10K, P.O. Box 637, Redondo Beach 90277.



# CONVERSE

## Southern California Track & Field Coaches Clinic

Saturday, January 26 • Long Beach Arena

### Featuring:

Lance Harter—Cal Poly SLO  
Rick Sloan — Washington State University  
Fred LaPlante — Univ. of Southern Calif.  
Kye Courtney — Hawthorne High School  
Bill Webb — CS Northridge  
Ron Allice — Long Beach City College

### FOR MORE INFORMATION WRITE OR CALL:

Ralph Lindeman, Track Coach  
Cal State University Long Beach  
1250 Bellflower Blvd.  
Long Beach, CA 90840  
(213) 498-4668 (school) / (213) 594-8047 (home)



## Schedule

**JAN 20: Santa Rosa Super Mile.** Santa Rosa (3rd & "B" Sts.) (150/heat, every 15 minutes), 8:30 am. Sharon Wright, 50 Santa Rosa Ave., No. 404, Santa Rosa 95404. (707) 545-3534.

**JAN 20: Supercity 8K Classic.** Santa Clara (Great America, Marriott's Hotel), 9:30 am. Total Race Systems, 2000 Lucas Way Rd., San Rafael 94903. (415) 479-3839.

**JAN 20: Solidarity Run for the Teachers' Union of El Salvador.** 5 & 10K & 1K for 12 and under, San Francisco (Golden Gate Park, Polo Fields), 9 am. Joe Berry, COSANDES, AFT2121, 2940 16th St., San Francisco 94103. (415) 861-2121.

**JAN 20: Zonta Run for Everyone 10K.** Goleta (Goleta Beach County Park), 9 am. Judy Cobbs, 37 Dearborn Pl., No. 81, Goleta 93117. (805) 967-0319, days or 964-1431, eves.)

**JAN 20: Pico Rivera Anniversary 5K & SPA/TAC 10K District Championships.** Pico Rivera (Smith Park, 9110 Mines Ave.), 9 am. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 042-2000, x263.

**JAN 20: Super Run IV.** 10K & 2 mile, LaJolla (LaJolla Village Sq.), 8 am. Joanne Vogel, c/o March of Dimes, 8333 Clairemont Mesa, ste. 101, San Diego 92111. (619) 576-1211.

**JAN 20: Las Vegas TC 30K Championships & 5 Mile.** Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**JAN 26: High Sierra T.C. 5-Miler Muck & Mire Championships.** Madera County (Ave. 14½ & Hiway 41), 11 am & 11:30 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 441-3835, days or 252-3897, eves.

**JAN 26: Paramount 10K.** Downey (Progress Park), 8 am. Oscar Rosales, c/o Paramount 10K, Paramount Rec. Dept., 16420 Colorado, Paramount 90723. (213) 531-3503.

**JAN 26: Paramount World Masters 10K.** Open to masters meeting high qualifying standards. Downey (Progress Park), 8 am. Oscar Rosales, P.O. Box 696, Paramount 90723. (213) 531-3503.

**JAN 27: El Camino Derby Run.** 10K & 1 mile, San Mateo (Bay Meadows Race Course), 8:30 am/10K, 8:45 am/1 mile. San Mateo County Chapter, American Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

**JAN 27: Sri Chinmoy Marathon.** Santa Barbara (Research Park), 7 am. Sri Chinmoy Marathon, 317-C Oceano Ave., Santa Barbara 93109. (805) 963-3929.

**JAN 27: Santa Clarita Runners Women's 8K (Women Only).** Newhall (Pico Canyon), 9 am. Sally Brollier or Dianne Gale, P.O. Box 298, Saugus 91355. (805) 259-3623.

**JAN 27: Fastest Masters 10K.** Open to 40 Years & Over Only. San Diego (Fiesta Island, Mission Bay), 8 am. Tom Morrow, 9512 Date St., Spring Valley 92077. (619) 477-4447, days or 463-6009, eves.

## LOOKING AHEAD

*(Marathons, Relays, Important Deadlines, Major Events, etc.):*

**FEB 2: Bakersfield Marathon & Half Marathon.** Cal State Bakersfield, 8 am. Dale Tedrow, 900 Jarne Rd. #6, Bakersfield 93308. (805) 399-3875.

**FEB 2: Las Vegas TC Marathon.** Las Vegas, Nevada, 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

**FEB 3: Long Beach Marathon.** Long Beach (Convention Center), 7:30 am. Joe Carlson, c/o Long Beach Marathon, 1825 Redondo Ave., Long Beach 494-2664.

**FEB 10: CANCELLED - L.A. International Marathon.**

**FEB 10: Valentine Day Run.** 5 & 10K, Oakland (Lake Merritt, New Boathouse), 10 am. American Heart Ass'n, P.O. Box 5157, Oakland 94605. (415) 632-9606.

**FEB 10: Davis Marathon & Half Marathon.** Davis (High School)(14th & Oak), 9 am. Davis Marathon, 132 "F" St., Davis 95616. (916) 758-MILE.

**FEB 10: Napa Marathon.** St. Helena to Napa, 7 am. Limited to 1500. Napa Valley R.C., 3564 Meadowbrook Dr., Napa 94558. (707) 252-1871.

**FEB 17: Santa Monica Mountains 50 Mile Run and Relay.** Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

**FEB 17: Jedediah Smith 50 Mile Classic.** West Sacramento, 8 am. Glenn Bailey, 1412 Drake Dr., Apt. B, Davis 95616. (916) 758-9800.

**MAR 9: Los Alamitos Marathon & 10K.** Los Alamitos, 7:30 am/marathon, 8:00 am/10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073 or (714) 827-9010.

## TRACK & FIELD LOOKING AHEAD

### Indoor Track Schedule

**JAN 18: Sunkist Invitational.** Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**FEB 8: Los Angeles Times Indoor Games.** The Forum, Inglewood. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053.

**FEB 15: Michelob Invitational.** San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

**FEB 22: USA/Mobil Indoor Championships.** Madison Square Garden, NY. Ollan Cassell, P.O. Box 1504, Ansonia Station, New York, NY 10023.

**MAR 2: Footlocker Track Classic.** Cow Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.

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# SoCal Diary

By BILL MINARIK

## October 15.

Only a few invitationals scheduled the weekend; the first of which was Buena Park High Invitational where host team along with El Modena and Ana won boys races, while Newbury Santa Ana and Laguna Hills were girls winners.

At the Dos Pueblos boys Invitational was powerful Thousand Oaks running from runner-up San Marino 46-139.

In 4-year college action, first at the Invitational, it was CS Long Beach impressively easy 38-79 win over CPSLO at the Biola Invitational the UC Rimmen ran away from UC Irvine 16-68 the CS Northridge women eased by USIU 39-44.

## October 22.

There was a full slate of Invitational past week beginning with the Orange Prep Championships where boys from Corona Del Mar, El Modena, Mesa and Villa Park were winners as were teams from Esperanza, Edison, Tus Newport Harbor.

At the Palos Verdes Invitational from Thousand Oaks, and girls from Verdes were the winners based combined team times.

In the Alemany Invitational, it was from Hawthorne, Alemany and La Sierra winning their races while on the distance, Hawthorne, Alemany, and Bell-Jeff were crowned champions.

Up at the Ventura County Championships the Thousand Oaks boys were able to outrun Simi Valley 34-49, while Buena did the same to the Thousand Oaks girls 48-58.

In community college action, up at the Santa Barbara Invitational, it was the men from Mira Costa with a surprisingly easy 27-46 win over Orange Coast, while down at the Mt. SAC Invitational it was powerhouses from Grossmont and Central Arizona winning the mens division, while Santa Monica and Santa Ana captured womens honors.

In 4-year college competition, at the Cal Poly Pomona Invitational, it was UC Riverside routing Cal State Fullerton's men 26-89, while the UC Irvine women did likewise to the UCLA ladies 30-89.

## October 29.

Just about every prep harrier in SoCal made their way out to the Rolling Hills of Mt. SAC for the annual Mt. SAC Invitational which ran all day Friday and Saturday. Traditional power, Thousand Oaks was the overall boys winner edging out Saugus High 136-158. In the girls sweepstakes race, it was Buena High outrunning rival Thousand Oaks 78-100.

In women's 4-year college action, Stanford totally destroyed the field in the WCAA Meet by taking the first 7 places ahead of runner-up UCLA.



The pack at Mt. SAC Invitational's boys race. Gomez (Belmont) and Darin Stonerock (Saugus).

At the PCAA Meet at UCSB, Fresno State was an easy men's winner ahead of UC Irvine 28-51, while the UCI women took the first 6 places en route to a 15-56 win over UCSB.

## November 5.

Cross Country season began winding down last week-end as the preps had their league championships with all top teams advancing.

The community colleges had their conference championships beginning with the Mountain Valley where the Trade Tech men defeated LA Valley 29-39 and the Canyon women dropped LA Valley 39-46. In the South Coast Conference the Mt. SAC men just edged Orange Coast 43-45, while the Mouny women coasted by the Pirate girls 40-72. In the Pacific Coast Conference, Grossmont as expected dominated the Mira Costa men 21-35, while the Mira Costa women destroyed runner-up S.D. Mesa 16-43. In the Metro Conference Pasadena defeated El Camino's defending state champion mens team 27-39. At the Inland Valley Meet Glendale's mens team humbled East LA 20-49, however, East LA Ran away from the female Vaqueros 27-85.

At the PCAA Championships at Moraga, Portland U. destroyed the field with 17 points.

## November 13.

At the Southern Section CIF preliminaries, it was Thousand Oaks, Dana Hills and Simi Valley 4-A boys winners with Newport Harbor, Palos Verdes, and Thousand Oaks winning girls races. In 3-A, Saugus, Hart, and Torrance won boys races, as did girls teams from Esperanza, Arroyo Grande, and Hart. Loyola, La Puente, and Brea were the boys 2-A winners as were girls teams from Nordoff, Mountain View and Louisville. In 1-A, Atascadero, Sherman Indian and La Salle lead boys races, as did girls teams from Atascadero and Morro Bay.

In Community College men's SoCal Championships Pasadena ended comfortably ahead of Grossmont, El Camino, Glendale, and Taft by a 62-82-85-116-129 count.

In NCAA Div. II Western Regionals, it was the UC Riverside men running away from the UC Davis and CPSLO men 31-75-81, while the CPSLO women destroyed CS Northridge and UC Davis 20-61-94.

At the NCAA Div. I District 8 Meet, Arizona defeated Washington State and a surprise Fresno State mens team 40-61-96, while the Stanford women destroyed Oregon and UC Berkeley 26-40-114.

# Athlete's Kitchen

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

## Christmas Creativity

Christmas is candy, eggnog, holiday cookies, grandmother's famous (or perhaps infamous) fruitcake, chocolate fudge, plum pudding with hard sauce (or preferably hard sauce with only a little plum pudding), family gatherings, friendly dinners and inevitably over-eating. Christmas is also shopping, scurrying and searching for that perfect present. What do you give someone who has everything??? If you are in the midst of the "Christmas Crisis" and feeling stumped for gift suggestions, you might want to use some Christmas Creativity to refresh your holiday spirit. As a nutritionist, perhaps I can offer some healthful gift suggestions for sports-active folks.

For starters, you can be assured that almost all athletic people - runners, cyclists, skiers, skaters alike - love to eat. They'll enjoy an edible present, especially if it falls into the semi-healthful category. Christmas goo may be tasty and temporarily enjoyable... but do you really want all those extravagant calories? Equally enjoyable goodies might include:

- Homemade bread - perhaps a golden oatmeal raisin loaf?
- Mixed nuts - a potpourri of almonds, cashews, peanuts and pecans.
- Banana bread - with a few cranberries added for festive color?
- Papaya juice, mango nectar or other exotic juice selections.

● Granola chock-full of almonds, dried apples, chopped dates and sunflower seeds.

● A sampler of herbal teas - perhaps Sleepy Time, Lemon Mist and Peppermint.

● Carrot cake - soaked with rum for a special "holiday spirit"?

Not all presents need to be available on Christmas Day. Your friends might better enjoy a gift certificate to enjoy in January when the post-holiday doldrums set in. They'd undoubtedly look forward to a specially prepared Sunday brunch (blueberry pancakes?), a pre-race carbohydrate feast (pasta with broccoli sauce?), or an apres-ski dinner (fondue?).

Nutrition comes not only in edible forms but also in readable versions, such as a subscription to an informative newsletter. The following publications confront the latest nutrition controversies, report the latest nutrition/sports nutrition research and offer you tips on how to continue being optimally healthy and fit.

● *Sports Nutrition News*, P.O. Box 986, Evanston, IL 60204, \$22. A bi-monthly newsletter which incorporates the latest in health and fitness.

● *Sportsmedicine Digest*, P.O. Box 2160, Van Nuys, CA 91404-2160, \$34.

A monthly newsletter dedicated to the prevention, treatment and rehabilitation of sports injuries, including nutrition information.

● *Environmental Nutrition*, 52 Riverside Drive, 15th floor, New York, NY 10024, \$24. A monthly newsletter that clarifies the latest nutrition controversies.

● *Nutrition Action*, 1501 16th St. NW, Washington DC 20036, \$24. Published by Center for Science in the Public Interest, this mini-magazine aggressively confronts consumer nutrition issues and openly attacks the shortcomings of both government and food-industry policies.

● *Sports Injury Forum*, 830 Boylston Street, Brookline, MA 02167, \$18. A bi-monthly educational pamphlet focussing on sports-health and nutrition, written by the staff of experts at Sports Medicine Resource.

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource and author of *The Athlete's Kitchen*, offers holiday recipe ideas. Send a self addressed stamped envelope to her at 830 Boylston Street, Brookline, MA 02167 for some of the above mentioned food suggestions.

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# Medical Notes for Runners

By STEVEN I. SUBOTNICK, D.P.M., M.S.

## The Meniscoid Ankle A New Entity or Pain in the Ankle

**T**he meniscoid lesion at the ankle is a gray, shiny, soft tissue lesion at the front and outer aspect of the ankle. It is called meniscoid because it appears similar to the meniscus or cartilage that is in the knee joint itself. The meniscoid degeneration of the ankle causes pain and stiffness at the front and outside of the ankle. This is at the junction of the outside ankle bone - the fibula or crazy bone - and the front of the ankle bone - the tibia and talus. This lesion can occur secondary to trauma. Thus, frequent or recurrent sprains of the ankle may allow for some tissue to be torn loose from the ankle joint, and this tissue may become organized and finally become a smooth tough gristle type tissue, called the meniscoid lesion. This gets caught in the ankle and causes pain upon flexion of the ankle, either up or down or from side to side. Thus, motion on irregular surfaces causes pain. Also dancing maneuvers, such as going on pointe, causes pain. Oftentimes, just walking around will cause pain. X-rays may be

taken, which will show no problem with the bone even though there is true pathology. This is because soft tissue doesn't show up on the X-rays. There can however be coexistent pathology of the bones of the ankle, such as spurs or arthritis and the meniscoid degeneration or lesion. At times, the outer ankle ligament that attaches from the outside ankle bone, the fibula, to the foot bone, the talus, gets torn off during an ankle sprain and flips around and gets caught in the ankle joint. This also will cause the meniscoid degeneration or lesion.

That being the case, if you have had an ankle injury and keep having pain and nobody can find anything wrong, yet the pain is at the front and outside of the ankle joint, you may have one of these meniscoid lesions. They are quite similar to the plica lesions in the knee, which we described in an earlier issue of *California Track and Running News*. There is pain, locking, and catching in the joint and yet nobody can find a whole lot wrong with it.



The treatment consists of physical therapy and, at times, injection therapy; but oftentimes, this conservative therapy fails and arthroscopic examination and surgery is the treatment of choice. A small operating arthroscope is put into the ankle joint, similar to the type of arthroscope put in the knee. The main difference is that the actual size of this microscopic operating instrument is smaller than that used for the knee joint. Through a small puncture hole, one puts the tube, which has a magnifying lens at the end. This magnifies the contents of the ankle joint by a factor of 30. Prior to utilizing the arthroscope, the ankle joint was inflated with as much fluid as possible so that there is a space available to allow one to utilize the scope for proper examination. This suspends the soft tissue, such as the meniscoid lesion, which can then be resected with small instruments through puncture holes. At times, however, one might find a bony lesion, such as a piece of cartilage that has been torn off and flipped around, having landed upside down. These need to be removed also. If possible, they are removed through arthroscopic surgical techniques. At other times, however, one must make a small incision to remove these loose bodies of bone. As with the knee joint, ankle joint surgery is becoming far more sophisticated and simplified with newer technology and instrumentation. The recovery rate from these types of surgery is far greater than with the old conventional open type of surgery, and one can have predictable good results due to the thoroughness of the examination with the arthroscope.

I'll be introducing the concepts of newer technology for sports medicine in future issues. If you have any comments, please let me know. Keep on running and stay healthy.

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# Eino's Notebook

By EINO

## On NYC's Marathon

The 1984 New York City Marathon was an extremely exciting race, but 1984 Chicago Marathon caught the exciting field, making New York's field a has-beens; guys who'd done great years ago and even many of them did not show. Last year's winner, Rod Dixon, was sitting the day before in the shoe show signing autographs rather than concentrating on the race. Fred Lebow was bragging about how much appearance money he had spent beforehand and I estimated that all the money went to Grete and Rod. Grete turned out to be her usually consistent marathoner. When I looked at the field I felt that Fred had placed all his eggs in two baskets. It made me believe that he wanted Grete and Rod to win just so he would come through on his prediction.

I still believe that every Californian should experience New York once in their lifetime. While I was back east, I took the opportunity to tape a few opinions from several Californians:

### MIKE FANELLI (race official of San Francisco Marathon)

**Eino:** Why are you here?

**Fanelli:** I'm here as a representative of the San Francisco Marathon to recruit the elite athletes. Last week I was in Chicago which was great but New York Marathon is still the diamond, this is it, this is where everything is, this place is outstanding!

**Eino:** Don't you feel the field is dying in New York and becoming more of a jogger's marathon rather than a competitive one?

**Fanelli:** Well, this is a real entertainment capital, this is the media center, this is where you're most visible. I think they have 18,000, I believe 8,000 of the runners here are foreign runners and a large portion of the invited elite athletes are foreign. New York gives a person a real chance to star.

### BILL GOOKIN (San Diego)

**Eino:** What do you think about New York City Marathon, and do you feel Californians should or should not come and run here?

**Gookin:** Well, it's a fantastic spectacle, it's just a real great experience being in an event like this. It's really unique to be able to run through the different parts of the city. I don't know of any other city in the U.S. that has distinct boroughs, distinct areas that are so different.

**Eino:** What about the college runner or competitive runner? Should they come to New York or go run Chicago?

**Gookin:** In both of the races you have great crowds that are going to cheer you on and get you to a great performance.

**Eino:** I'm asking your recommendation. Which one, as a competitive runner?

**Gookin:** As a competitive runner, once again it is going to depend on what you like. You've got things in the New York City Marathon that break up the course. If you like a course like that where you're running around turns, where you get a wide variety of things then that would be it. Chicago is more for the runner who is going to be concentrating thoroughly on his race.

### ROGER BOURBON (Los Angeles)

**Eino:** Do you feel people should run New York or Chicago?

**Bourbon:** Well, I think New York is what we call the Tiffany of the marathon, you can call the Rolls Royce of all the cars. New York offers more to every runner and spectator than any other city because it has mystery about it. It's a great city, the people are close to each other. There's a spontaneity that comes each year, that I don't think Chicago, Los Angeles, not even San Francisco can bring us. It's an involvement of millions of people.

**Eino:** You don't feel that even Boston with 100 years of tradition has more to offer than New York?

**Bourbon:** I think of each marathon as different. It's like driving a sports car. There are many fine sports cars, but you have to buy what you are looking for. When you're looking for what the people want, I think they want excitement, they want experience. New York offers them class, a great city, also offers that people will come out. There is really no other marathon except London where people really come down in the streets to cheer. In any other city people either watch a marathon on television or read in the paper. In New York it is an involvement of the common idiom 100 percent.

**Eino:** By Chicago bringing all the good runners in a week before, in the long run don't you think that that will make New York a jogger's marathon?

**Bourbon:** No, I think New York will always be the people's marathon and that they will always have good runners because Fred Lebow is trying very hard to do just that. Chicago will only be able to get 5 or 10 top marathoners because of the money; it will be more or less the business marathon.

### MIKE PORTER (Menlo Park)

**Eino:** Have you been running marathons all over the world?

**Porter:** All over.

**Eino:** What do you think about New York Marathon? Have you ever run it before?

**Porter:** I've never run this marathon before.

**Eino:** Do you plan to run it tomorrow?

**Porter:** No, I'm worried that all the buildings might fall over and hurt me, it's a big paranoia with me. I like running out in the country, buildings don't fall over there!

**Eino:** Which marathon is your favorite?

**Porter:** I like Seattle Marathon, when I ran it the course went around a lake, it was a flat course and a nice overcast that day.

**Eino:** Didn't you run a marathon in Ireland?

**Porter:** Yeah, that was hard. It was hellish. They followed you in cars. That's how they watched the race, so you had to run behind five cars all the way. The roads were real hard, very narrow and all full of pot holes.

### DAVE BRENNAN (San Diego)

**Eino:** Is this your first time running New York?

**Brennan:** Yes, this is my very first. I've always wanted to run here, so naturally I was excited when my number was picked.

**Eino:** What did you think of the marathon?

**Brennan:** I think it's more of a people's marathon than Chicago obviously. The crowds were bigger than Boston which I ran two years ago, but I ran a worse time here than I ran there.

**Eino:** What did you think of the course?

**Brennan:** The course was harder than I expected.

**Eino:** What made it so hard?

**Brennan:** The roads were really harder than I anticipated. I read in some of the running magazines about this but I didn't think it could be so bad. There were a lot of bumps, cracks and crevasses in the road and it caused you to go astray a little.

**Eino:** What are some of the best times you have run?

**Brennan:** 2:32 (San Diego-Marathon), 32:40 (10K), 25:50 (5 miles). I did a horrible 3:03 today, very disappointing.

**Eino:** Where did you hit the wall?

**Brennan:** Probably 16 to 17 miles. What happened was that I made the mistake of starting out too slow; I didn't know where to line up. I ran the first mile in seven minutes and from then on I was really trying to run hard to catch up to my pace. I wanted to run 2:28.

### PETER ROTH (administrator - New York Marathon)

**Eino:** What is your position with the New York Marathon?

**Roth:** Finance Director.

**Eino:** What do you think about the future of New York Marathon with all the controversy of Chicago bringing in so much

continued on page 15

# Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Also clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

## DSE Runners

741 Kansas St., #2, San Francisco 94107  
by Ted Vincent

This past July the San Francisco Dolphin South End Runners struck again in the field of Ultramarathoning. On the San Francisco State College track Dick Collins set a world 50 year old age record for the 24 hour run - 116 miles, 1060 yards. Eleven of the 21 entrants in the Bay Area Ultrarunners contest were DSE people.

Ultramarathoning has been one of the traditional strengths of the DSE. In turn, ultras have long had special popularity throughout Northern California, where a 50 miler back in 1970 prompted a jealous promoter from Southern California to exclaim, "all they have to do up there is draw a white line on the road and the runners turn out in droves."

Available records show that in 1969 NorCal had 3 of the nation's 9 ultras; 5 of the others were in the Northeast; and one was in Alaska. Up in Sacramento in '69, Walt Stack was one of the finishers of the nation's first modern era 100 miler, a 3 day race. Walt trained for the 3 day grind with 5 hour a day runs, accompanied by fellow DSEers, including Larry Witter, Pax Beale, John Boltano, and Mike Lyons. Supportive club members have done much to elevate the DSE in ultramarathoning circles.

By 1973, the year the AAU added 50K championships, the number of ultras in the nation had risen to 20, with 6 of them in NorCal. At the Rocklin 50 mile 5 of 8 finishers were DSE, including Chuck Day in second place, and Walt Stack, who was finishing his second 50 miler of the year.

In these formative years of ultramarathoning DSEers traveled widely to help fill out the field in races like the 1975 National 50 Mile Championships in Seattle, where 6 of the 13 finishers were DSE. In '75 the club brought 58 members to the Pike's Peak Marathon, an impressive turnout from one club in any year, but especially back then (20 of the 58 were women).

Ultra-running's popularity was enhanced by impressive feats that weren't exactly structured ultra-races. Pax Beale's run from the bottom of Death Valley to the top of Mt. Whitney is one example. Another is the former DSEr and Los Angelino Isa Varela celebrating her 50th birthday with a 50 mile run.

## Lake Merritt Joggers & Striders

230 Marlow Dr., Oakland 94605

### HISTORY OF LMJS — PART I

In 1977 John Notch, Gail Wetzork, Ted Wurm and several others formally organized Lake Merritt Joggers & Striders, the club which for some time had been a loosely knit group of runners generally getting together at Lake Merritt. The first newsletter, with Ted Wurm as editor of the streets in September of that year. The distinctive running ducks logo, marked the masthead by the 4th issue in March 1978.

Many of the members of old are still in the club and some like John Notch, Claudia Notch (then Claudia Massengill) and others have been continuously active. In the earliest of race results for example Dan Barki, Dan Williams, Roosevelt Garrett, Ron Spinka, Dick Collins, Liz Ray, Bob McQueen, Laury Belzer (now Fisher), John Monteverdi, Ed Olkowski, Gene Griffith and Pete Castellanos (Runner's Feet) are all still members of LMJS.

## Empire Runners

P.O. Box 1627, Santa Rosa 95402

The ability to adapt to changing conditions is a valuable trait. In nature, those organisms that are able to cope with different circumstances survive. Flexibility of this

sort is just as important to a running club. To be a healthy member of the running community in our area we must meet the changing needs of our members and the running population in general.

Empire Runners is going through a period of change at this moment. At our last meeting, we were discussing ways of better serving our members. A number of topics were brought up. These ranged from a shift to shorter races to the establishment of a 5K/10K clinic. At one point, it was mentioned that we could go as far as dropping all our races and start attending other local races as a group. This last suggestion wasn't taken seriously, but it does show the frustration that builds up in race directors when a turnout doesn't seem to match the effort put into staging a race.

One change that will be finalized at our next meeting, unless there are any objections, is the division of the 50-59 age group for men and women into 50-54 and 55-59. Jim Connell suggested this idea when he pointed out that at the Labor Day 10-miler there were 18 runners in the men's 50-59 division.

Photo by Irene Obers



Corona Del Mar TG

## Corona Del Mar T.C.

1740 Grandview, Glendale 91201

At the recent annual CDM get-together the following officers were voted for a second term: President-Christel Miller, Secretary/Treasurer-Shirley Kinsey, Schedules/Awards-Dave Jackson, Statistician/Historian-Percy Knox.

The following athletes were honored for their outstanding performances:

WOMEN: Most Improved-Sandra Schumacher, Most Outstanding-Shirley Kinsey, Outstanding Performances-Edith Mendyka, Jean Carter and Christel Miller.

SUBMASTERS: Most Outstanding-Carl Lewis-Flowers. MEN 40-49: Iron Man Award-Mike Woodward. WORLD RECORD HOLDERS: Burl Gist, Al Guidet and Herb Miller.

MEN 60-69: Most Valuable-Burl Gist, Most Outstanding-Al Guidet and Herb Miller, Most Improved-Clarence Killion, Most Inspirational-Chuck Mercurio.

CDM has also set the date for the first track and field meet on Sunday, Jan. 20 at the College of the Desert, Palm Desert. Start 11:30.

## Lompoc Valley D.C.

P.O. Box 694, Lompoc 93438

New club officers were elected at the general membership meeting on November 14. They are as follows: President - Leo Aragon, Vice President - Bill Graham, Secretary - Brad Rhodes, Treasurer - Curt Cruthirds, Newsletter Editor - Nancy Perry.

Valley of the Flowers Marathon & Half Marathon race director, Lee Heinz, has summarized plans for the June 16, 1985 marathon and half marathon: A lot of changes are in store for the runners. Although the same certified courses will be used (start and finish at Huyck Stadium), there will be newly designed medallions and T-shirts. A totally new concept for the brochure will be seen when it becomes available in early January.

On October 21, a sunny but brisk morning only 71 runners participated in the Festival of Freedom 10K in Goleta. J.J. Holoubek finished 27th in a time of 42:55, first in the

Photo by Mark Avery



Burl Gist  
Corona Del Mar TC

60-plus category. Then on October 25 the following LVDC members participated in the Run for Energy 4.8 mile race at Vandenberg AFB. Gary Sanders was the first LVDC finisher, 1st 35-plus with a time of 30:29; Paul Hill, 9th overall, 31:48; Lee Heinz, 11th overall, 2nd 35-plus, 23:22; Ray Fuller, 16th overall, 4th 35-plus, 35:58; Tom Anderson, 18th overall, 5th 35-plus, 36:18; Leo Aragon, 29th overall, 40:32; Mary Ann Hendry, 41:32; Jean Howay, 36th overall, 45:22; Nancy Perry, 37th overall, 45:56; Jean Leeds, 39th overall, 47:26.

On November 3, Bradley Rhodes placed fourth in the Mojave Desert Interservice Sports League 10K Run held at China Lake with a time of 36:45.

## Sierra Slowpokes

116 High Street, Grass Valley 95945

Club president, Gary M. Loucks, and wife Annabelle spent 10 days during December in Hawaii. Annabelle has been training to run the Honolulu Marathon again this year and says that it's the only one she'll do all the weeks of high mileage for. The last one she trained for was this same one two years ago.

The Sierra Slowpokes will be holding a series of weekly walks for beginners as well as those who have been walking regularly. The walks will be held at Condon Park under the direction of Nathalie Cooley. Walkers will meet Tuesday mornings beginning November 13 at the parking lot in Condon Park, Grass Valley at 10:00 AM. Please come and bring a friend. For additional information, call Nathalie at 265-4025.

At the last Fun Run held on Sunday, October 28, the Runner of the Year Awards were given out: Don Bradford earned the Male award and Nathalie Cooley the Female.

## Pamakid Runners

P.O. Box 27385, San Francisco 94127

At the fourth annual running of the popular HBO Cable Car 10K Jack Galian won the men's 18 and under trophy, while Liz Grotz was taking second place honors in the women's thirty group. Anne Mott logged yet another PR, and Mike Fanelli returned to the races after several months of injuries. Roberto Mendez, however, was the club's first finisher in 24th overall at 33:28.

Pamakids who survived what is probably the toughest Bay Area race, the Skyline 50 were: 64. Jimmy Nicholson 4:51:39, 96. Richard Laine 5:10:25, 143. John Medinger 5:37:16, 144. Joanne Sidwell 5:37:16, 146. Fred Dunn 5:37:46, 167. Jim Pommier 5:48:52, 178. Margaret Curtis 5:57:22, and 212. Jerry Fishman 6:28:10. This event travels thirty-one miles of hills, trails, and rugged terrain on the East Bay skyline from El Sobrante to Fremont.

Another toughie, the hilly 13 mile Berkeley to Moraga run saw Arturo Ramirez in 10th overall at 1:19:46, Don Pommier 66th at 1:36:14, Jim Pommier 70th at 1:37:24, and Sharon Kurashige 157th at 2:11:14.

## San Diego Track Club

P.O. Box 2141, Del Mar 92014

The SDTC has a new juniors program coach — Jose Vega. Now a junior at San Diego State, Jose has six years' running experience. He was the 1981 CIF Track & Field champion in both the mile and the two-mile, and won the TAC Junior National Championship in cross country. Juniors workouts will be held Tuesdays at SDU's track and Thursdays at Mission Bay. All workouts are at 5:00 PM. Juniors interested in joining the team should contact Jose at 422-6706 or Juniors Chairperson Linda Gorman at 470-3616.

## West Valley Track Club

P.O. Box 459, San Carlos 94070

The National Championships were a fitting climax to an outstanding year:

**40-44 Men:** Dan Fitzsimmons took the 200m championship with 22.82 seconds, after placing 2nd in the 100m (11.36). WVTC had 2nd, 3rd and 4th in the 400m by David Romain, Ted Cain and Mel Brooks, respectively. Cain later upset teammate Ron Whitney in the 400m hurdles (57.72 to 58.20), was 2nd in the 100m hurdles, and led off the winning mile relay team with George Mason, Brooks and Romain in 3:29.08. Brooks, Gil LaTorre, Bill Alston and Fitzsimmons won the 400m relay in 44.60 and the two mile relay team of Harvey Franklin, Ramsey Thomas, Mason and Romain completed the sweep with a U.S. record of 8:10.4. Bill Clark was 3rd in the 5,000m with 15:50.4 and 2nd at 10K with 32:14. Don Dvorak was 4th in the high jump and triple jump, and 5th in the long jump.

**45-49 Men:** Gil LaTorre was hurt after the 400m relay. He finished 3rd in the 100m in 11.79 but missed the rest of the meet. James Hart won the shot put with 14.7m, and took 2nd in the discus (44.01m) and the hammer (37.44m).

**50-54 Men:** Bruce Springbett, virtually unbeaten this year at 100 to 400m had a severe cramp in the 100m heats and missed the entire meet. Phil Plesher ran 3rd in the 200m with 25.10.

**55-59 Men:** Huel Washington won the 400m in 60.42, and placed 2nd in both the 100m and 200m with 12.40 and 25.82 seconds.

**35-39 Women:** Janie Duff was third in the 800m with 2:36.0.

**45-49 Women:** Marilyn Harbin set two U.S. records while winning the 800m in 2:27.35 and the 1500m in 4:57.15.

To celebrate this great year the WVTC Masters will host a runners clinic at San Francisco State University on Sunday Dec. 18 following the Christmas Relays, 1-5 pm, everyone welcome.

## Basin Blues

7711 Marlborough Ct., Canoga Park 91304

In the midst of Fall the Blues have begun to reassert themselves as a club to be reckoned with in the Los Angeles running scene. A case in point is our strengthened Open Women. The Blues have acquired some very talented females who have already sparked for the club at the recent SPATAC District 5K Cross Country Championships held at the rugged College of the Canyons course in Valencia October 21. The Blues Open Women demolished the field by taking first, third and fourth overall. Beth Milewski set a new female course record by winning the race in 19:27. Susan Lunt followed Beth's victory in third place with a time of 20:32 and Beth Cordi ran 20:52 for fourth overall. Congratulations women for a preview of fine performances to follow. In addition our men took third place in the Open Men division. Jim Barbaruolo was eighth in 17:12, Mark Emdee was eleventh in 17:27, Andy Ligeti was sixteenth in 17:42, Bill Lovelace was 22nd in 18:50, and Rene Ruiz was 23rd in 19:05. And last but not least was our Susan Tjarks who won the girls 18 and under division in 24:28.

On October 14 two of our Blues teamed up for the Tiger Twosomes 10K Relay held in Thousand Oaks to win the sub-master division. Jerry Alexander ran his leg in 14:58 and Tom Sneddon followed with a 16:42 for the 5K course.

To round out the month of October there were some respectable performances turned in by three Blues at the Festival of Lights 10K and 3K held at our home turf October 28 in the Sepulveda Dam Basin. Susan Tjarks took 2nd in the 18-19 female division with a time of 12:37, Beth Milewski was third female overall in 36:18, and Mike Chambliss continues to roll along winning the sub-master division in 31:56.

Rich Elizarraras. Former STCer Dick Durand, who runs for Santa Clarita, was conspicuous by his absence; Dick loves (?) this course. Dick has a very bad knee and doesn't think he'll be running for a few months.

Many STCers set all-time course records. Hal Winton not only set a course record but copped first in the 50-54 age group. Hal should be awesome when he concentrates on the sub-ultra races.

## Tamalpa Runners

P.O. Box 701, Corte Madera 94925

Jim Gibbons, currently Tamalpa's hottest master runner, qualified in October for the "B" level Elite Athlete Support Program with a fast time on the tough Perry's to Perry's course. Now, he has moved up to "A" status with another half marathon. This time it was the much flatter Humboldt Redwoods course, where he blasted a PR 1:12:21, well under the qualifying time of 1:13. He also finished in the top 10 out of some 500 finishers, and was first master. "I just went out in 5:28 and held on to a 5:30 pace. It was a great day all around," he said. Gibbons coaches a high school cross-country team up in Willits.

October, it seems, was a non-month for Tamalpa racing teams. First, the great hopes for the Great Race at Stanford failed to produce any championships. According to Rich Govi, "All in all it was a disappointing showing for the Open Men's team. One team member ran up to potential and the rest of us were going through the motions. Still, though unlike past competitions, we fielded a team. The top five men were Govi 32:01, Fred Frauens 32:12, Rob Heilerie 32:15, Ed Cadman 33:15, and Jim Myers 35:30. The women's team fared no better, placing sixth. Wink Luskin had the fastest time, 37:40, followed by Christie Patterson 38:02, Peggy Smythe 38:20, Hazel Wood-Kultin, and Patty Jeffries. It's not that the times were slow, but that the competition was truly intense.

## Club Hack

3101 Queensbury Dr., Los Angeles 90064

10K season is underway as the Hacks point towards the Perrier/Beverly Hills race in December. Bruce Thomson and Richard Griefinger started off the season with the Encino Festival of Lights 10K, placing 10th and 12th respectively (33:24 & 33:26). Two weeks earlier, "Hackette" Patricia Story won the women's division of the Playa Del Rey 10K with a fine 35:08. Also of note has been some fine workouts on the Hack's Bel Air Hill course. Bruce Thomson has the seasonal best with his 44:21 though still well off course record 41:49. Also, new member Tom Croyle got the "Flying Head Slap Seal of Approval" for his 50:40 on only his second attempt on the tough 7.5 mile course.

On November 3rd, the Hacks once again travelled to Orange County for a China Cup Series Race. This race however had special significance for the Hacks as it marked the Second Anniversary of the "Hack" team name. Also known as the "Kick the Cones Relay," the 25 mile race resulted in a club record (2:16:45) third place finish for the team of Richard Griefinger, Wayne Matsumura, Lee J. Berg, Marty Kibloski, and Bruce Thomson.

Original Hack Jim Hogue is still up in Utah Bug Country and is training with the Utah State Cross Country Team. He is expected to race for Team Hack over the Thanksgiving and Christmas holidays. Eric "High School Hack" Waian is training with the Glendale CC Cross Country Team and ran a season best (20:30) 3rd place finish at conference. Rick "Return of the High School Hack" Tanner has run a seasonal best 15:37 on the tough Pierce College Cross Country Course and is pointing towards the L.A. City Finals meet.

## Seniors Track Club

3372 Daihart Ave., Simi Valley 93063

STCer Brian Pritchard continues to give the the association fine TAC Championship races to attend. The STC had a fine turnout for a race out many miles from where most members live (SPATAC 5K Cross Country Championship at Valencia on October 21). Ethel Kleinsasser came all the way over from Azusa to run her first race for the STC. She and Anne Noble, both over 55 years old, ran with Kathy Cook to win the second place award for the STC in the women's 40-plus age division. Ray Gil came all the way down from Lompoc to help one of the fine STC 60-plus teams, with Larry Banuelos (Pico Rivera) and Stan Neufeld (Santa Monica), cop first. We also had a second 60-plus team with Gene Haskell, and two 70-plusers, Dean Scofield, STC president, and Fraser MacMinn.

Our 40-49 team captain Jesse Cook, and our out-of-shape 60-plus team admiral Steve Chipils were there to be counted as usual. Speedy Sam Nicholson seems to be getting back in shape as is another of our fine 50-plusers,

*Continued from page 13*

money? Do you think New York is going to survive as a top, competitive marathon?

**Roth:** I think Chicago showed what it could do this year. The money they put in to it found them a very shallow field and a fast race. All they had were a few front runners who did very well and that was it. They might as well not have had the rest of the pack behind them.

**Eino:** Because the money is no longer "under the table" here in New York there is much grumbling by the press and problems with the city. Is that going to effect the marathon future?

**Roth:** No, I think what's happening is that we're realizing we are fighting ourselves and being our own worst enemy. What we need is to join forces and realize that we own this together. We need to make this the best marathon because we're all working towards the same goal.

**Eino:** Does that mean you're going back "under the table" next year?

**Roth:** No, it means that the city will be doing everything they can to cooperate in helping to make this the best marathon.

**Eino:** Will you be limiting the race to 18,000 in the future or do you want to grow larger?

**Roth:** We're looking for growth every year.

**Eino:** Don't you feel 18,000 people just about fill the course. Is the course capable of handling more?

**Roth:** There are a couple of areas on the course that get bottlenecked and we have to watch those closely. If we can solve some problems out on the course then we can open up the race to a few more thousand runners.

# Prep Notes

By KEITH CONNING

## Mt. San Antonio Invitational Diary

I attended my first Mt. SAC meet this year. Since I am now the assistant cross country coach at Berkeley High School, I wanted to see whether or not to bring our team down in future years.

For those of you who have never experienced this meet, it is hard to explain the magnitude. There are 72 races with an average of 100 runners in each race. That amounts to 7,000+ during two days of competition.

I found the people both friendly and cooperative. This was the thirty-sixth annual meet. Some of the personnel go back many years. Fred Barton has started since 1962. Don Ruh, the coach at Mt. SAC, has been working on this meet for 22 years. Art Hayes has been the announcer since 1959. And the list goes on!

Fred Barton announced to the assembled runners at the starting line that they could not wear watches during the race. This is a high school rule only. The rationale I'm told is that a watch is an artificial aid, which might help a runner pace himself. At first the athletes were tossing their watches over the fence to their coaches and friends. I then went over to tell the clerk of the course and the announcer. Art Hayes boomed out the warning to all the athletes and coaches.

Doug Speck, the Arcadia High School cross country and track coach, had shown me the challenging course in 1981. I had brought down a group of Berkeley High track athletes to watch the State Meet at Cerritos.

I arrived at Mt. SAC at 12:30 on Friday. I found out from Jim Polite, the women's coach at Mt. SAC and a teacher at Walnut High School, that the meet would start at 2:30 p.m. I then went over to the Mountie Grill on campus for lunch.

I drove down from Berkeley on Interstate 5. At this time of the year they were harvesting the cotton. I spent Thursday night in the Economy Motel in Lost Hills. Where else would a high school teacher and volunteer California Track and Running News writer stay?

On my way to lunch I met a group of sophomore girls from Walnut High School. They were very friendly and each one shook my hand. They had never seen me before in their life.

Jay Hammer of the Southern California Roadrunners was passing out entries to the AAU Junior Olympics. He said that his athletes run both AAU and TAC races.

The public address system was so loud over by the results board that you could hardly carry on a conversation.

Two of Jim Polite's freshman girls came up to say they had run in the wrong race. One of them finished seventh in a varsity race! Jim graduated from the University of California at Berkeley in 1961. I started attending that institution the same year after leaving the U.S. Air Force.

When I returned from lunch teams were already setting up places on the large grass fields or were walking the course.

On Saturday the large schools arrived. Walt Lange of Jesuit in Carmichael said that he was missing his 3rd and 5th runners.

Dennis McCianahan of Mt. Carmel in San Diego said: "They don't have a porta potty in the loop." The loop is an area of the course which is transversed by the athletes several times during the course of a race.

Races are run simultaneously. There is seven minutes between races and everything goes like clock work.

This is where the action is! Walt Lange said that it is his responsibility to expose the Mastair brothers to this kind of competition.

If we develop a competitive team at Berkeley then I plan to return. We qualified for the North Coast Section Meet of Champions this year with a team composed of five underclassmen.

## University of Calif. at Berkeley All-Comers T&F Meets, 1985

Edwards Stadium, Berkeley. The meets will be held on January 5th, 12th, 19th, 26th, February 2nd, 9th, 11th, 23rd.

Running events: 400m Relay; 1500m; HH; 400m; 100m; 800m; 1H; 200m; 2 Mile; Mile Relay.

Field events: Hammer; Long Jump; Pole Vault; Shot Put; Javelin; Triple Jump; Discus; High Jump. Hammer starts at 10:00 a.m. Other events start at 11:00 a.m. Entry - \$1.00 per person.

## Results Wanted

**Northern California:** Please send your results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

**Southern California:** Doug Speck, 583 North Willow Grove Avenue, Glendora, CA 91740.

**Sac-Joaquin Section:** Steve Fagundes, 4738 Espana Ct., Carmichael, CA. 95608.

**San Diego Section:** Dennis McCianahan, c/o Mt. Carmel High School, 9550 Carmel Mt. Road, San Diego, CA 92129.

## NCAA May Delay Test Requirement

October 18, 1984. Kansas City, MO.

A controversial requirement that high school students reach minimum scores on standardized college entrance exams to be eligible for college sports would be postponed under an NCAA Council proposal.

The effective date of the requirement, criticized as unfair to blacks and other minorities, would be delayed from 1986 to 1988 under the council proposal, NCAA president John Toner said.

The proposal was sent to the president's commission of the NCAA for review. If the proposal is approved by the commission, the full NCAA would vote on it as its January 1985 meeting.

The requirement has been criticized by those who say the standardized entrance exams are biased against minorities. Supporters say it would increase the likelihood that student athletes receive their degrees.

## Schedules Wanted

Please send your track schedules and announcements of invitational to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

## Stanford Invitational

### Boys Top Ten

1	Castro Valley	83:10.1
2	Vacaville	83:23.2
3	Bellarmine (San Jose)	83:23.7
4	Reno (Nevada)	83:39.4
5	Miramonte (Orinda)	83:55.8
6	Arroyo Grande	85:25.1
7	Homestead (Sunnyvale)	85:30.8
8	San Ramon (Danville)	85:31.5
9	Brawley Union	85:37.8
10	Morro Bay	85:57.5

### Girls Top Ten

1	Arroyo Grande	101:30.9
2	Wilson (Portland,OR)	102:31.7
3	Reno (Nevada)	102:31.7
4	Menlo-Atherton (Atherton)	103:42.3
5	San Ramon (Danville)	103:48.6
6	Reed (Sparks, NV)	103:49.0
7	Carson City (Nevada)	104:26.6
8	Marin Catholic (Kentfield)	106:07.7
9	Lompoc	106:27.1
10	Half Moon Bay	106:56.0

# NorCal Invitational Results

from Keith Conning



Girls' Small School Varsity at Artichoke invitational

Photo by Lita Calvin

## Center Meet

October 1. Menlo-Atherton HS, Atherton. 2.2 Miles.

### Boys Individual Results

1	Stan Carroll (Woodside)	10:51
2	Mansfield (Lynbrook)	10:57
3	West (Sequoia)	10:57
4	Bullock (Menlo-Ather)	10:59
5	Wade (Menlo-Atherton)	11:16
6	Cazelet (Los Altos)	11:19
7	Lowe (Los Altos)	11:22
8	Adams (Wilcox)	11:22.5
9	Moore (Los Altos)	11:26
10	Cox (Wilcox)	11:26

### Team Scores - Boys

1. Lynbrook (San Jose) 46, 2. Los Altos 49, 3. Menlo-Atherton (Atherton) 64, 4. Woodside 68, 5. Wilcox (Santa Clara) 143.

### Girls Individual Results

1	Laurie Andeen (Menlo-Ath Fr)	12:20
2	DeMarval (Menlo-Atherton)	12:45
3	Danning (Lynbrook)	12:52
4	Holmes (Menlo-Atherton)	13:09
5	Moran (Sequoia)	13:19
6	Lohar (Los Altos)	13:46
7	Horstmeyer (Menlo-Ath)	13:46
8	Ciazie (Menlo-Atherton)	13:47
9	Brew (Los Altos)	13:50
10	Wolfe (Wilcox)	14:06

### Girls Team Scores

1. Menlo-Atherton (Atherton) 22, 2. Lynbrook (San Jose) 69, 3. Wilcox (Santa Clara) 102, 4. Woodside 111.

## Artichoke Invitational

October 8. Half Moon Bay H.S. 2.3 Miles.

### Large School Boys Individuals

1	Calvin Gaziano (CastroVly)	11:09
2	John Bass (CastroVly)	11:24
3	Bobby Rivera (NewarkMemor)	11:38
4	Vic Santamaria (WillowGlen)	11:39
5	John Domingue (Leigh)	11:39

6	Mike Dean (Lassen)	11:43
7	Tom Estes (Lassen)	11:52
8	Tim Larson (SanMateo)	12:05
9	Brian Fugler (DelCampo)	12:06
10	Jeff Popper (AmadorVly)	12:09
11	Jay Connors (Arago)	12:09
12	Dave Rivera (WillowGlen)	12:10
13	Eric Wendling (LosGatos)	12:12
14	Jon Basinger (Grandad)	12:13
15	Scott LaForce (LosGatos)	12:13

### Large School Boys Team Scores

1. Lassen (Susanville) 90, 2. Leigh (San Jose) 109, 3. Los Gatos 117, 4. Del Campo (Fair Oaks) 154, 5. Castro Valley 184, 6. St. Ignatius (S.F.) 250, 7. De La Salle (Concord) 257, 8. Monte Vista (Cupertino) 272, 9. Willow Glen (San Jose) 305, 10. Lowell (S.F.) 325.

### Small School Boys Individuals

1	Scott Machado (Moreau)	11:37
2	Cort Armstrong (Carlmont)	11:37
3	Miller (Piner)	11:42
4	Perez (Manteca)	11:44
5	Roger Kohne (Gunn)	11:50
6	Thayer (Terra Linda)	11:51
7	Walsh (Westmont)	11:51
8	Hartmann (Moreau)	11:54
9	Blockhus (Mt. View)	11:56

### Small School Boys Team Scores

1. Manteca 112, 2. Moreau (Hayward) 143, 3. North Monterey County (Castroville) 168, 4. Westmont (Campbell) 180, 5. Piner (Santa Rosa) 187, 6. Terra Linda (San Rafael) 233, 7. Half Moon Bay 240, 8. Gunn (Palo Alto) 255, 9. Carlmont (Balmont) 280, 10. Christian Brothers, (Sacto) 321.

### Large School Girls Individuals

1	Laurie Chapman (Gunderson)	13:20
2	Becky Chamberlain (Leigh)	13:34
3	Gina Jauregui (NewarkMemor)	14:29
4	Teressa Poy (El Cerrito)	14:37
5	Vel Lehman (ElCerrito)	14:40
6	Ann Wimmer (LosGatos)	14:40











ing since stars Greg Whiteley and Joey Barrios were not scheduled to compete up until the day before the meet with health problems. Corona Del Mar (68-78:24) squeezed by Mission Viejo (69-78:27) in Division I, with William Feliciano (Cypress) defending his meet championship with a New Course Record of 14:45 (in nipping the old course record holder David Moore of Orange, 15:02 here). El Modena took Div II with 48 points (78:35) with Jon Kelly of Dan Hills, a 4:20 miler, the individual winner at 15:15. Mater Del handed Buena Park a rare defeat in Div III, 52 (79:03)-54 (79:05). Lord have mercy on the person who picks an Orange County Men's top ten.

**RESULTS - Men's Varsity Team Times:** 1. University 78:18, 2. Villa Park 78:20, 3. Corona Del Mar 78:24, 4. Mission Viejo 78:35, 5. El Toro 78:41, 6. Dana Hills 78:47, 7. Foothill 79:00, 7. Mater Del 79:03, 8. Buena Park 79:05, 9. Tustin 79:51, 10. Irvine 79:59, 11. Newport 80:15, 12. Santiago (Garden Grove) 80:20, 13. Esperanza 80:26, 14. Cypress 80:43, 15. Laguna Hills 80:47, 16. Edison 81:14, 17. Fountain Valley 81:24, 18. Magnolia 81:35.

**Top Women's Team Times** - 1. Tustin 94:34, 2. Esperanza 94:40, 3. Newport 95:03, 4. Edison 95:38, 5. Irvine 95:52, 6. El Dorado 97:54, 7. Mission Viejo 98:07, 8. Foothill 98:23, 9. Corona Del Mar 98:48, 10. Fountain Valley 99:01, 11. El Toro 99:03, 12. La Quinta 99:30, 13. Mater Del 99:31, 14. University 100:59, 15. Woodbridge 101:17, 16. Dana Hills 101:26, 17. El Modena 103:51.

**Top Men's Senior Times** - 1. Feliciano (Cypress) 14:45, 2. Kelly (DH) 15:15, 3. Whiteley (Unl) 15:18, 4. Combs (CDM) 15:19, 5. Maynard (Capo Valley) 15:21, 6. Holland (CDM) and Reece (El Mo) 15:22, 8. Gonzalez (Magnol) 15:22, 9. Sarrao (El Toro) 15:27, 10. Scardina (BP) 15:28.

**Junior Times** - 1. Moore (Orange) 15:02, 2. Soransen (VP) 15:08, 3. Lindrud (MV) and Olson (Irv) 15:23, 5. Moreno (LagBch) 15:24, 6. McFadden (ET) 15:29.

**Soph Times** - 1. Barrios (Unl) 15:14, 2. Sabra (Ocean View) 15:26, 3. Davenport (Fth) 15:28, 4. Lugo (Valencia) 15:36.

**Frosh Times** - 1. Sanchez (Buena Pk) 15:40.

**Top Women's Senior Times** - 1. Vaughn (Dana Hills) 18:30, 2. Helm (LH) 18:32, 3. Fleagle (Tust) 18:42, 4. Skeie (CDM) 18:47, 5. Carney (Fh) 18:59.

**Junior Times** - 1. Smith (Wdbr) 17:30, 2. Wright (Irv) 17:45, 3. Henson (NH) 17:56, 4. Harbeth (Esp) 18:04, 5. Ritchot (Edj) 18:30, 6. Rabbit (NH) 18:43, 7. Lies (Loara) 18:53, 8. Silver (Fth) 18:58.

**Soph Times** - 1. Reider (Tust) 17:52, 2. Cooper (El D) 18:08, 3. Rosipajja (El D) 18:10, 4. Karkins (LaQ) 18:18, 5. Peterson (Laguna) 18:45, 6. Kubis (MV) 18:54, 7. Schuster (Irv) 18:58.

**Frosh Times** - 1. Cook (Esp) 18:19, 2. Gilpin (FV) 18:45.

## Mt. SAC Invitational

October 26-27.

With all the hoopla that goes along with the biggest Cross Country meet in the nation the 36th Annual Mt. SAC Invitational was held the weekend of October 26th and 27th, 1984. With the usual wide variety of competition from across the state the Meet was again the highlight so far, of the prep harrier campaign. A number of match-ups involving stars from the past year or two against the up and rising headliners were the hit of the meet. Headliners early in the season in the greater LA area had been Tracey Williams (Mt. View, El Monte), a young female ninth grader, who had destroyed all that she had met, fellow frosh and former clubmate Roberta Moronez (Azusa), who often wins races in times faster than the Men's Varsityes in duals, and Jim Harvath (Thousand Oaks) and Paul Myers (Westlake), who had both handed State 1600 and 3200 champ Roman Gomez (Belmont, LA) a big defeat in the Kenny Staub Meet. Harvath was a low-9:50's two miler last spring, but had exploded to a string of

five big invitational wins this fall. His only loss had been to Maramonte League mate Myers, as the duo had survived the "blood-bath" of competition that is the Ventura County Conference to go out in search of other worlds to conquer. Harvath's TO squad had lately been the Section's hottest group, and the best from the North, Jesuit of Sacramento, was coming down to battle head-on. Newport Harbor had been rolling over the competition in the Women's division all year long, but illness and injury resulted in their pulling out of the competition here at the last minute. But still most everybody who was anything was in attendance.

The Meet is divided up into three divisions. Friday's competition was for Division I schools (enrollment 0-1099), then on Saturday morning Division III (1400-on up) took over until noon, and the meet finished up with those in between-Division II (1100-1300). There are Sweepstakes races each day, which match up top teams and individuals in some of the hottest competition you will see anywhere. With the Mt. SAC hills at least forty-five seconds (and probably more) tougher than a flat three mile a 15:30 3 mile will only get you 30th place in Saturday's Men Team Sweeps and a 19:00 3 is only worth about 20th place in the women's Saturday Team Sweeps.

Moronez' Azusa squad was entered in Friday's Sweepstakes race, and the frosh star was wanting for competition, as she ran away and hid early during a 5:45 first mile on the way to a fine 18:47 win over San Marino's Ann Beman (19:12). A fine Nordhoff (Ojai) squad, led by Manuela Miller (3rd-19:33) and Trish Unruhe (20:17) had the day's fastest Women's time in winning this race at 103:09. Age group star Sheri Lawson (Noble JHS, Granada Hills) had the day's other good time, a 19:19 in winning her race.

The Men's Friday Sweeps featured last year's winner, John Groulx (El Camino, Oceanside), and a flock of others who could make it interesting. Cathedral's muscular soph, John Trefecant, took the race through a 4:50 first mile, and looked as if he wanted to run away with it all. John still led as the pack approached two miles, but the pack, led by San Marino's Stuart Thompson was closing in. Stuart moved strongest up the steep 75 yard long "poop-out" hill approaching two miles and continued to edge away from all during the tough last mile to record a 15:51 in winning the race. Frank Gonzalez (Magnolia, Anaheim) was also under 16 in the race at 15:59 as Coach Phil Ryan's San Marino crew was an easy team winner at 82:54, also boosted by Andy Allan's 16:11 in 4th. Coach Don Blair's improving La Salle (Pasadena) squad was 2nd behind San Marino at 84:47, while Magnolia's 84:16 in 3rd was led by Gonzalez' quick time. LA Baptist's Lane Olson also looked good on Friday, as the 8:47 3000 star recorded a 16:02 in his race win.

Saturday's competition was centered around Team and Individual Sweepstakes races with a supporting cast of regular Varsity, Junior Varsity, Soph, and Frosh races that made it possible for the 5000 athletes to get on the course here. It turned out that Jesuit of Sacramento was without #3 and #4 from their super Men's group, but Mark and Eric Mastalir, who had run 4:13 and 9:11 for the distance races respectively last year at a mile and two as sophs, were here. Thousand Oaks' Jim Harvath led the Southern challenge as he edged away to a 15:20 yard margin during the relatively flat first mile (come by at about 4:48), then really moved away from the Mastalir's and the pack during the hilly second mile up and down the switchbacks. Heading into two miles at "poop out" hill Harvath had stretched his lead to 75 yards and the contest was all but over. The TO star came in about 50 yards ahead of the Jesuit twins, recording a fine 15:10 with Mark 15:17 and Eric 15:18. This time moves Harvath into a tie at #29 on the All-Time Mt. SAC list, a list that becomes more and more select as the years of three-miling go by. The typical list member is a sub-9:15 two miler or sub-4:15 miler. Hilltop of San Diego

Photo by Maurice Wilson



Photo by Maurice Wilson



Tracey Williams

transfer from New Mexico, Ellis Delsol was 4th in 15:29, while Greg Whiteley (University, Irvine) at 15:32 finished out the top five. The team competition was pretty torrid too, as Thousand Oaks totalled 136 points in winning (team time 80:42). The 16th and last team in the competition totalled 83:25 (16:55 average here, worth about 16:00 on the flat). Saugus (80:55) was 2nd, while San Diego's El Capitan (81:39) edged cross-townners Monte Vista (81:38) for 3rd and 4th in the team point scoring.

The Individual Sweeps for guys featured a flock of flyers. Paul Myers (Westlake) is famous for pushing the pace from the start, and he led the pack through the mile at 4:48. By two miles the individual race was down to a dual between Myers and William Feliciano (Cypress), a 4:14.22 1600m runner, who had the best time in last weekend's Orange County Championships. Surprisingly, Feliciano was strongest over the last mile, and he pulled away to take the race from the Westlake star, 15:21-15:27. Valhalla's Mark Danl ran a fine 15:33 in 3rd, with fellow San Diegan Shawn Sandoval (Southwest) next at 15:37, and Gary Nagel (Mt. Whitney, Visalia) 5th at 15:43. Westlake was the team winner in a fine 82:24.

Tracey Williams ran away and hid in the Women's Individual Sweeps, as the Mountain View, El Monte thirteen year old frosh had about 50 yards on Grossmont's Darcy Arreola after a 5:30 mile, then cruised in comfortably at 18:13 (#20 All-Time here). A 5:05 age-group miler, Tracey daily has a schedule of two a day running workouts and also being the member of an age-group swim team. The Team Sweeps race was a bit more interesting individually, as possibly the area's next distance flash, "Kat" Prince (short for Katherine she says) from Riverside's Rubidoux High set out to run away from a pretty solid group of runners. She succeeded in not letting anybody by for about a mile, but a big quality pack was close. Things got busted open a bit during the hilly second "switchbacks" mile, as Christy Farrell (Thousand Oaks), the

daughter of TO Coach Jim Farrell, aggressively tried to pull away. The trio of Lisa Rizzo (Hart), Tracy Wright (Irvine), and Sharon Plante (Arroyo Grande) edged up to and past during a torrid final mile. Rizzo (18:14), Wright (18:19), Plante (18:19), Farrell (18:21), and Prince (18:24) were joined by Heather Brooks (Bonita Vista, Chula Vista) 18:24 at the finish in a good mass race. Rizzo had run 18:08 last year here in Sectional competition. Buena of Ventura's Tammy McCarty (7th-18:32) and Michele Lewis (18:36) led their team to a win teamwise at 96:17 (#8 Team All Time). Sharon Plante, the frosh sister of last year's Arroyo Grande star, Chantai, showed very well in her first big LA area competition.

With races starting every 5-10 minutes between 8:00 a.m. and 2:05 p.m. on top of a full afternoon Friday the Mt. SAC meet continues as the country's number one orgy of distance running. Correspondent Keith Conning was in attendance and has promised us the reactions of a first-time visitor to the hills of Walnut.

**Top Men's Individual:** 1. Harvath (TO) 15:10, 2. Mark Mastalir (Jesuit) 15:17, 3. Eric Mastalir (Jesuit) 15:18, 4. Feliciano (Cypress) 15:21, 5. Myers (Westl) 15:27, 6. Delsol (Hilltop, SD) 15:29, 7. Whiteley, (Unl) 15:32, 8. Danl (Valh) 15:33, 9. Zimmer (SimiVly) and Sandoval (Southwest, Chula Vista) 15:37, 11. Fretz (Saugus) 15:38, 12. Stonerock (Saugus) 15:39, 13. R. Gomez (Belmont) and Nagel (MLWhitney) 15:43, 15. Lopez (MoVl) 15:45, 16. Jacobs (Crespi) 15:47, 17. Kelly (Dana Hills) and Houglate (Bishop Montgomery, Torrance) 15:48, 19. M. Gomez (Belmont, LA) 15:49, 20. Forsythe (Hilltop) 15:51, 21. Coker (Vacaville) 15:52, 22. Combs (Corona Del Mar) 15:54, 23. Thompson (San Marino) 15:55, 24. Estrada (Don Lugo, Chino) and Holland (Corona Del Mar) 15:56.

**Men's Teams:** 1. Thousand Oaks 80:42, 2. Saugus 80:55, 3. Monte Vista (El Cajon) 81:38, 4. El Capitan (San Diego) and Simi Valley 81:39, 6. Jesuit (Scto) 81:42, 7.

continued on next page...



**Boys Team Scores (4 advance to CCS)**  
 1. Bellarmine (San Jose) 32, 2. Serra (San Mateo) 89, 3. San Mateo 103, 4. Westmoor (Daly City) 158, 5. St. Ignatius (S.F.) 173, 6. Half Moon Bay 192, 7. Woodside 202, 8. Carimont (Belmont) 209, 9. Mitty (San Jose) 210, 10. Aragon (San Mateo) 216.

**Girls Individuals (Top 3 not on a qualifying team advance)**

1 McCandless (Castilleja)	18:07
2 Wilson (TerraNova)	18:28
3 Andean (Menlo-Atherton)	18:32
4 Mendoza (Presentation)	18:59
5 Ferreira (HalfMoonBay)	19:03
6 Han (Westmoor)	19:10
7 Faigie (HalfMoonBay)	19:17
8 Coric (Carimont)	19:22
9 Holmes (Menlo-Atherton)	19:35
10 DeMarval (Menlo-Atherton)	19:49

**Girls Team Scores (4 advance)**  
 1. Half Moon Bay 43, 2. Menlo-Atherton (Atherton) 45, 3. Aragon (San Mateo) 97, 4. San Mateo 111, 5. Capuchino (San Bruno) 145, 6. Westmoor (Daly City) 171, 7. Menlo (Menlo Park) 187, 8. Terra Nova (Pacifica) 198, 9. Mills (Millbrae) 215, 10. Sacred Heart (Menlo Park) 237.

**Central Coast Section  
Region II**

November 13. Crystal Springs, Belmont.  
**Boys Individuals (4 not on a qualifying team advance)**

1 Santa Maria (WillowGlen)	15:44
2 Salazar (Saratoga)	15:49
3 Blockhus (Mt.View)	15:58
4 Rivera (WillowGlen)	16:02
5 Ernst (Menlo-Atherton)	16:09
6 Carroll (Menlo-Ath)	16:11
7 Richards (Homestead)	16:13
8 West (Lynbrook)	16:17
9 Avzich (Menlo-Ath)	16:22
10 Coehlo (Leland)	17:28

**Boys Team Scores (4 advance)**  
 1. Monta Vista (Cupertino) 63, 2. Willow Glen (San Jose) 71, 3. Homestead (Cupertino) 85, 4. Lynbrook (San Jose) 112, 5. Leland (San Jose) 130, 6. Los Altos 159, 7. Saratoga 214, 8. Mountain View 230, 9. Lincoln (San Jose) 234, 10. Gunn (PaloAlto) 256.

**Girls Individuals (3 not on a qualifying team advance)**

1 Chapman (Gunderson)	17:55
2 Clark (Mt.View)	18:31
3 Himenes (St.Francis)	18:53
4 Arnold (Palo Alto)	19:20
5 Castillo (Willow Glen)	19:41
6 Brown (Mitty)	19:53
7 Danning (Lynbrook)	19:58
8 Pickering (Gunn)	19:58
9 Hester (Saratoga)	20:05
10 Milligan (Leland)	20:10

**Girls Team Scores (4 advance)**  
 1. St. Francis (Mt.View) 79, 2. Mountain View 85, 3. Gunn (Palo Alto) 111, 4. Willow Glen (San Jose) 128, 5. Leland (San Jose) 140, 6. Palo Alto 151, 7. Lynbrook (San Jose) 220, 8. Lincoln (San Jose) 245, 9. Gunderson (San Jose) 263, 10. Milpitas 265.

**Central Coast Section  
Region III**

November 14. Crystal Springs, Belmont.  
**Boys Individuals (3 not on qualifying teams advance)**

1 John Domingue (Leigh)	15:26
2 Russell Hill (SilverCreek)	15:27
3 Andy Walsh (Westmont)	15:46
4 Paul Bragg (Independence)	15:47
5 Bob McLaughlin (OakGrove)	15:54
6 Eric Wendling (LosGatos)	15:58
7 Joe Saunders (B)	15:59
8 Steve Bergkamp (Leigh)	16:04
9 John Phillips (SantaTeresa)	16:08
10 Greg Talbot (Leigh)	16:10

**Boys Team Scores (4 advance)**  
 1. Leigh (San Jose) 38, 2. Los Gatos 57, 3. Westmont (Campbell) 75, 4. Oak Grove (San Jose) 152, 5. Santa Teresa (San Jose) 158, 6. Prospect (Saratoga) 161, 7. Lick (San Jose) 182, 8. Independence (San Jose) 190, 9. Overfelt (San Jose) 193, 10. Piedmont Hills (San Jose) 239.

**Girls Individuals (3 not on qualifying teams advance)**

1 Rebecca Chamberlain (Leigh)	17:49
2 Nanette Garcia (SilverCreek)	18:41
3 Monica Daley (Los Gatos)	18:48
4 Barbara Keehner (Hill)	18:48
5 Pam Bragg (Independence)	18:50

6 Kristen Dowell (Santa Teresa)	19:01
7 Tammy Langan (PiedmontHills)	19:31
8 Darcy Parker (LosGatos)	19:43
9 Harpert Kaur (Leigh)	19:49
10 Paulette Metzger (Branham)	19:59

**Girls Team Scores (4 advance)**  
 1. Los Gatos 52, 2. Independence (San Jose) 86, 3. Leigh (San Jose) 87, 4. Mitty (San Jose) 110, 5. Piedmont Hills (San Jose) 129, 6. Hill (San Jose) 148, 7. Santa Teresa (San Jose) 158, 8. Del Mar (San Jose) 191, 9. Branham (San Jose) 200.

**Oakland Section**

November 14. Lake Merritt, Oakland.  
 2.7 Miles.

**Boys Individuals**

1 Jeff DeWitt (Skyline)	13:56
2 Bart Bombay (Skyline)	13:59
3 Victor Agron (Skyline)	14:53
4 Scott Howland (Skyline)	14:54
5 Sean Redfield (Skyline)	14:57
6 Sean Eagan (Skyline)	15:24
7 Darrell Smith (Castlemont)	15:39
8 Tom Thatcher (Skyline)	15:41
9 Monte Ilacqua (Skyline)	15:45
10 Kimble Harding (Castlemont)	15:56

**Boys Team Scores**  
 1. Skyline (Oakland) 15, 2. Castlemont (Oakland) 54, 3. Oakland 63.

**Girls Individuals**

1 Debbie Spander (Skyline)	18:08
2 Beverly Woo (Skyline)	18:09
3 Olivia Martinez (Oakland)	18:40
4 Cathy Norton (Skyline)	18:41
5 Andrea Sanchez (Skyline)	19:10
6 Nicholett Owens (Oakland)	19:12
7 Josie Alexander (Oakland)	19:16
8 Melanie McArthur (Skyline)	19:45
9 Lisa Scalarone (Skyline)	19:45
10 Gail Brown (Oakland)	20:10

**Girls Team Scores**  
 1. Skyline (Oakland) 20, 2. Oakland 40.

**North Coast Section  
Meet of Champions**

November 17. Lafayette Reservoir,  
 Lafayette, 3 Miles.

(Qualifying to Northern California C.I.F. Championship: Top 3 teams plus an additional top 6 individuals not on the 3 qualifying teams.)

**Boys Individuals**

1 Calvin Gaziano (CastroVly)	13:57
2 Bobby Rivera (NewarkMemor)	14:30
3 Dennis Pfalfer (Eureka)	14:36
4 Scott Machado (Moreau)	14:36
5 Jon Smith (Miramonte)	14:38
6 Adam McAboy (Miramonte)	14:48
7 Keith Videtto (Foothill)	14:58
8 Brian Vaughan (Berkeley)	15:02
9 Chris Hoepker (Encinal)	15:03
10 Andy Davis (NewarkMemor)	15:03
11 Mike Goralka (Livermore)	15:04
12 Shawn Noonan (Moreau)	15:08
13 Eric Ackerman (Moreau)	15:08
14 Dennis Guertin (DeLaSalle)	15:07
15 Steve Miller (Piner)	15:08
16 Robert King (ClaytonVly)	15:09
17 Ed Eitel (Clayton Vly)	15:11
18 Paul Cummings (Montgomery)	15:12
19 Larry Silk (Campolindo)	15:13
20 Chris Herbert (ClaytonVly)	15:15
21 John Bass (CastroVly)	15:15
22 Chuck Lewis (San Ramon)	15:16
23 Bart Stephens (San Ramon)	15:18
24 Mike Matsuka (Livermore)	15:20
25 Mike Carr (Redwood)	15:20
26 Bob Kagotani (Miramonte)	15:22
Alex Da Silva (ElCerrito)	15:23
28 Andrew Heyl (YgnacioVly)	15:28
29 Grant Furnberg (Livermore)	15:30
30 Jeff Johnson (Eureka)	15:31

**Boys Team Scores**  
 1. Moreau (Hayward) 80, 2. Miramonte (Orinda) 109, 3. Livermore 138, 4. Clayton Valley (Concord) 149, 5. Newark Memorial (Newark) 151, 6. Castro Valley 180, 7. De La Salle (Concord) 179, 8. Eureka 204, 9. San Ramon (Danville) 220, 10. Berkeley 231.

**Girls Individuals**

1 Julie Rivers (Livermore)	17:17
2 Gina Jauregui (NewarkMemor)	17:30

# 18th Arcadia Invitational

Track and Field Meet for  
 High School Men & Women

**Saturday Evening  
 APRIL 13, 1985**

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★ Five National Records set in last eight  
 years at Arcadia.

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 Nevada schools.

**MEET RECORDS:**

**Men:** 10.54 - 21.36 - 47.05 - 1:49.9 - 4:06.7 - 8:45.2  
 -14.04 - 37.2 - 41.18 - 3:13.1 - 10:13.6(DMR) - 7'1"  
 -24'10" - 16'5" - 66'10 1/4" - 204'11" - 50'11 1/4".

**Women:** 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74  
 -10:18.44 - 13.93 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR)  
 -5'10" - 20'4 3/4" - 50'10" - 172'4" - 41'9 1/4"(TJ).

*Metric Distances  
 Accutrack Timing*

**For Meet Information:  
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 Arcadia High School  
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# Digital Quartz Stopwatch With Printer, SP11

Priced at under \$200



## System Printer

The following data is printed permanently on tape:

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

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

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 80
    
```

```

1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
```

## Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

## Specifications

### Time Base & Accuracy:

Quartz oscillator,  $\pm 0.5$  seconds (24 hours/70°F)

### Printout:

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

### Time Measurement:

1/100 of a second

### LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

### Modes:

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

### Temperature:

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

### Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

### Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

### Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

### Standard Accessories:

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Photo by Bob Fries



Eugene Cruz

Photo by Bob Fries



Leslie Hawkins

11 Harry Staalberg, ElCamino	19:54
12 Dan Palmer, Glendale	19:57
13 Martin Sandoval, Grossmont	19:58
14 Nathan Williams, Mt.SAC	19:58
15 Mike Trees, Long Beach	19:58
16 Garry Partridge, Hancock	19:59
17 Eric Waian, Glendale	20:00
18 Todd Chambers, ElCamino	20:00
19 Tom Davies, Butte	20:02
20 Luis Pinon, LA Harbor	20:02
21 Fernando Vasquez, LA Harbor	20:06
22 Tony Moudakis, Glendale	20:07
23 Pat Herbert, El Camino	20:08
24 Randy Marrs, Glendale	20:08
25 Craig Ingram, Moorpark	20:10
26 Mitch Zinn, Grossmont	20:11
27 Roy Garcia, WestValley	20:11
28 Troy Curran, Monterey	20:12
29 Rob Fithen, Grossmont	20:13
30 James Green, San Jose	20:13

**Team Scores**

1. El Camino 62, 2. Grossmont 65, 3. Glendale 73, 4. Pasadena 77, 5. Taft 101, 6. West Valley 150, 7. Monterey 167, 8. Chabot 202, 9. American River 234, 10. Shasta 259.

**Overall Results - Women**

1 Leslie Hawkins, Monterey	17:34
2 Anne Kendrick, Foothill	17:43
3 Sandy Blakeslee, MiraCosta	17:49
4 Jill Harrington, OrangeCoast	17:54
5 Tina Cheny, Mira Costa	17:56
6 Kelly Buzza, Cuesta	17:57
7 Nancy Bowman, Taft	18:02
8 Tony Delgado, Pasadena	18:03
9 Linda Mantynen, Foothill	18:09
10 Stacy McAfee, Sierra	18:14
11 Caria Halford, WestValley	18:19
12 Carolyn Richards, Pasadena	18:23
13 Pauline Stehly, Mira Costa	18:23
14 Diane Gobel, Santa Ana	18:23
15 Annie Seawright, El Camino	18:30
16 Jill Schiumberger, DeAnza	18:32
17 Tracy Ross, Cuesta	18:32
18 Gretchen Lohe, LA Valley	18:37
19 Michele McGinnis, Bakersfld	18:41
20 Mary Barnes, Ventura	18:42
21 Sue Quaid, Chabot	18:43
22 Stephanie Fadorchak, MiraCosta	18:45
23 Diane Versteeg, ElCamino	18:48
24 Shelly Dunlap, Sacto	18:48
25 Julie Van Horn, Sacto	18:49

26 Celia Sewewgyawma, Taft	18:49
27 Julie Rasmussen, Delta	18:51
28 Susie Hansen, WestValley	18:52
29 Kim Sterton, MiraCosta	18:54
30 Peggy Macke, AmericanR	18:55

**Team Scores**

1. Mira Costa 27, 2. Foothill 89, 3. East Los Angeles 106, 4. Mt. SAC 123, 5. West Valley 134, 6. San Diego Mesa 135, 7. Moorpark College 178, 8. Santa Rosa 184, 9. American River 188, 10. College of Sequoias 241.

**College/Open X-C**

**Hornet Invit.**

**September 15. Sacramento State. 5 MI.**

**Overall Results - Men**

1 Peter Brett, FSU	23:55
2 Renneizer, Fly	24:19
3 Gary Lewis, FSU	24:24
4 Brendan Hewitt, FSU	24:24
5 Dave Lehrman, FSU	24:26
6 Chris Ryalls, UNR	24:34
7 Matt Gary, Sac	24:37
8 Dan Zavesky, Sac	24:39
9 Shawn Smallwood, UCD	24:39
10 Dan Gonzalez, SJS	24:52
11 John Barrett, UCD	25:03
12 Eddie Fuel, FSU	25:04
13 David Hunter, UNR	25:04
14 Alan Dahlinger, UNR	25:04
15 Gary Gonzalez, FSU	25:06

**Overall Results - Women**

1 Patti Gray, Fly	16:38
2 Kathy Dolan, Hum	17:04
3 Tommy Moore, FSU	17:36
4 Diane Fairman, FSUTC	17:37
5 Kim Pieratt, Hum	17:50
6 Maria King, Unat.	17:53
7 Colleen Strout, CSUS	18:01
8 Karen Martin, FSU	18:03
9 Eileen Dyer, FSU	18:08
10 Ruth Vega, CSUS	18:09

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**Roadrunner Invit.**

**October 6. Cal St. Bakersfield.**

**Overall Results - Men's 10K**

1 Mike Fisher, Chapman	30:43
2 Art Castle, CLC	30:57
3 Jeff Olson, RunHi	31:01
4 Tyrus Deminter, RunHi	31:04
5 Chris Spitz, CLC	31:09
6 Eric Ree, RunHi	31:22
7 Stan Madrid, Fullerton	31:44
8 Bob Franks, Biola	31:55
9 Ted Cotti, Loyola Marym	32:05
10 Gus Quinonez, RunHi	32:16
11 Jim Mattson, Westmont	32:22
12 Juan Torres, Fullerton	32:23
13 Vince Gama, Westmont	32:25
14 Jake Courtney, Loy Mary	32:32
15 Mike Smith, CLC	32:36

**Team Scores**

1. Runner's High 48, 2. Cal Lutheran 65, 3. Westmont 81, 4. Loyola Marymount 94, 5. Cal State Fullerton 101, 6. Cal State Dominguez Hills 150, 7. Biola 167, 8. Chapman 206, 9. Pepperdine 217, 10. Cal State Bakersfield 235.

**Overall Results - Women's 5K**

1 Mary Kenney, Fullerton	18:03
2 Michelle McGinnis, Unat.	18:10
3 Maureen Corrigan, LMU.	18:11
4 Tammy Wold, LMU	18:34
5 Virginia Armstrong, Chap	18:39
6 DeAnna Morfoot, West	18:42
7 Karen Ives, Fullerton	18:50
8 Doris Painter, LBS	18:51
9 Joan Grass, LBS	18:52
10 Kathy McMillian, West	18:54

**Team Scores**

1. Loyola Marymount 43, 2. Long Beach State 50, 3. Fullerton 67, 4. Westmont 74, 5. Cal State Bakersfield 143, 6. Pepperdine 163, 7. Cal Lutheran 168.

**Biola Invitational Cross Country**

**October 13. La Mirada Regional Park.**

**Overall Results - Men's 5 Miles. Div. I.**

1 Raymond Cook, UC Rivers	24:46
2 Philip Vannette, UC Rivers	24:52
3 Mark Castro, UC Riverside	24:53
4 Christopher Brennenan, UCRiv	24:54
5 Gus Mojarro, CSNorthridge	25:22
6 Steven Johnson, UC Rivers	25:35
7 Tom Fitzgerald, UC Irvine	25:42
8 Peter Vicenci, US Int'l	25:50
9 Andy Sackman, US Int'l	25:52
10 Art Van Veen, CalPolyPom	26:01
11 Rick Wilhelm, UC Irvine	26:06
12 Anthony Young, CSLA	26:08
13 Jim McKenzie, UCIrvine	26:08
14 Ari Schauder, SanDiego	26:08
15 Alejandro Carmona, USInt'l	26:17
16 Matt Groff, CalPolyPom	26:27
17 Steve Hastings, SanDiego	26:30
18 Eric Behring, CalPolyPom	26:37
19 Frank Ramirez, USInt'l	26:38
20 Lorenzo Tyner, UCIrvine	26:40

**Team Scores**

1. U.C. Riverside 16, 2. U.C. Irvine 68, 3. U. S. International 69, 4. Cal Poly Pomona 91, 5. Cal State Los Angeles 119, 6. Cal State Northridge 139.

**Overall Results - Men's 5 Mile. Div. II.**

1 Tomas Andersson, Pt.Loma	24:56
2 Chris Bowles, UC San Diego	25:18
3 Chris Spitz, Cal Lutheran	25:28
4 Shawn Delaney, U of SanDiego	25:45
5 Mark Staniforth, UC San Diego	26:00
6 Dave Wooding, SantaClara	26:05
7 Art Castle, CalLutheran	26:06
8 Dick Vicain, LoyolaMarymt	26:12
9 Eric Crump, CalLutheran	26:14
10 Denis Kiely, Pt.Loma	26:16
11 Ted Cotti, LoyolaMarymt	26:19
12 Jake Courtney, LoyolaMymt	26:31

continued on next page...



**Overall Results - Women**

1	Lori Shanoff, Irvine	17:28
2	Jennifer Abraham, Irvine	17:27
3	Lorraine Mercado, Irvine	17:28
4	Ruthie Truscott, Irvine	17:43
5	Allison Owen, Irvine	17:44
6	Pam Thompson, Irvine	17:44
7	Bernadette Torrez, UCSB	17:54
8	Wendy Simmons, Irvine	18:09
9	Teresa Katterheirrich, Hawaii	18:10
10	Sally Carlson, UCSB	18:13
11	Helen Reluga, Las Vegas	18:14
12	Jane Balsiger, UCSB	18:31
13	Melissa Ganoe, UCSB	18:40
14	Nancy Vallance, UCSB	18:46
15	Noelle Strenger, Hawaii	18:54

**Team Scores**

1. UC Irvine 15, 2. UCSB 56, 3. Hawaii 84.

13	Gus Mojarro, CS Northridge	31:36
14	Craig Steinmaus, UC Davis	31:37
15	James Kaspari, UC Davis	31:40
16	Russell Beste, UC Davis	31:43
17	Steve Johnson, UC Riverside	31:45
18	John Hancock, UC Davis	31:47
19	Mike Miner, CPSLO	31:47
20	Jeff Williams, CP Pomona	31:50
21	Dan Zavesky, CS Sacto	31:54
22	Jeff Grubbs, CS Sacto	31:55
23	Mike Fisher, Chapman College	32:01
24	Chuck Fanter, CPSLO	32:05
25	Kenneth Smallwood, UC Davis	32:09

**Team Scores**

1. UC Riverside 41, 2. UC Davis 75, 3. CP San Luis Obispo 81, 4. CP Pomona 106, 5. CS Sacramento 125, 6. Humboldt State 173, 7. CS Northridge 184, 8. Portland State 221, 9. CS Los Angeles 228, 10. CS Dominguez Hills 243, 11. Chapman College 300, 12. CS Bakersfield 346.

**Overall Results - Women's 5,000 Meters**

1	Robyn Root, CPSLO	16:51
2	Kathleen Manning, CPSLO	16:57
3	Joann Howard, CP Pomona	17:10
4	Jill Ellingson, CPSLO	17:14
5	Jennifer Dunn, CPSLO	17:19
6	Chris Manning, CS Hayward	17:20
7	Magdalena Manriquez, CS No	17:22
8	Lori Lopez, CPSLO	17:23
9	Mara Lazdans, CS Northr	17:26
10	Lisa Koelfgen, SeattlePc	17:29
11	Kathy Dolan, Humboldt	17:30
12	Jennifer Liu, CS Northr	17:30
13	Nancy Reidel, UC Davis	17:35
14	Alexandra Aguirre, CS North	17:39
15	Vicky Bray, CPSLO	17:41
16	Terry Sweetman, CP Pomona	17:44
17	Jill Perry, UC Davis	17:44
18	Paige Tully, UC Davis	17:46
19	Jill Walker, CS Northr	17:47
20	Laurel Meighan, UC Davis	17:48

21 Sharon Powers, Humboldt 17:49

22 Monika Zieschang, CS Hayward 17:59

23 Leslie Ramstad, SeattlePac 18:06

24 Judy Peltier, Humboldt 18:07

25 Sandy Gabelein, SeattlePac 18:10

**Team Scores**

1. Cal Poly San Luis Obispo 20, 2. Cal State Northridge 61, 3. U. Calif. Davis 94, 4. Humboldt State 119, 5. (tie) Seattle Pacific and Cal Poly Pomona 123, 7. Cal State Hayward 175, 8. Cal State Sacramento 200, 9. Cal State Bakersfield 291, 10. Chapman College 293, 11. U. Calif. Riverside 314.

## Valley Youth X-C Championship

October 27. Pierce College.

**Division Results - Boys**

**Gremlins (7 & Under):** 1. James Kim 8:59, 2. Michael Wallace 9:06, 3. Abraham Acuna 9:08. **Bantams (8-9):** 1. Marc Lawson 12:55, 2. Michael Malloy 13:41, 3. Michael Krentzin 13:59. **Midgets (10-11):** 1. Peter Griffiths 12:05, 2. Ivan Heinschaw 12:33, 3. Kipp Ortenburger 12:35. **Youth (12-13):** 1. Craig Lawson 11:27, 2. Stephen Willweber 12:22, 3. Paul Klinedinst 12:28.

**Division Results - Girls**

**Gremlins (7 & Under):** 1. Marci Lawon 9:06, 2. Jennifer Smith 9:10, 3. Marikka Elia 9:26. **Bantams (8-9):** 1. P.T. O'Reilly 14:01, 2. Molly Holmes 14:19, 3. Nikki Kennerley 14:32. **Midgets (10-11):** 1. Tiffany York 14:33, 2. Jane Kim 14:39, 3. Jennifer Johnson 14:51. **Youth (12-13):** 1. Heather Scoble 13:25, 2. Amy Reiter 13:58, 3. Kristyn Cannon 14:21. **Intermediate (14):** 1. Sheri Lawson 12:44, 2. Dawn Umemoto 13:50, 3. Chantil Anderson 16:17.

## NorPac X-C Championships

October 27. Woodward Park, Fresno.

**Overall Results**

1	Kim Roth, Oregon	16:47
2	Claudette Groenendaal, Oregon	16:58
3	Leann Warren, Oregon	16:58
4	Kirsten O'Hara, Cal	17:01
5	Gretchen Nelson, Oregon	17:07
6	Louise Romo, Cal	17:09
7	Cheryl Livingstone, Wash St.	17:11
8	Kari Jonassen, Wash St.	17:16
9	Kim Ryan, Oregon	17:20
10	Adrienne Lorvick, Washington	17:23
11	Kathy Knowlton, Oregon St.	17:25
12	Camille Rivard, Wash St.	17:25
13	Birgit Petersen, Oregon	17:26
14	Peggy Murri, Oregon St.	17:39
15	Sara Lindgren, Washington	17:43

**Team Scores**

1. Oregon 20, 2. Washington State 61, 3. Cal Berkeley 78, 4. Washington 92, 5. Oregon State 119, 6. Fresno State 157, 7. Santa Clara 201, 8. U of San Francisco 215.

## NCAA Div. II West Regional X-C Championships

November 3. U. of Calif., Riverside.

**Overall Results - Men's 10,000 Meters**

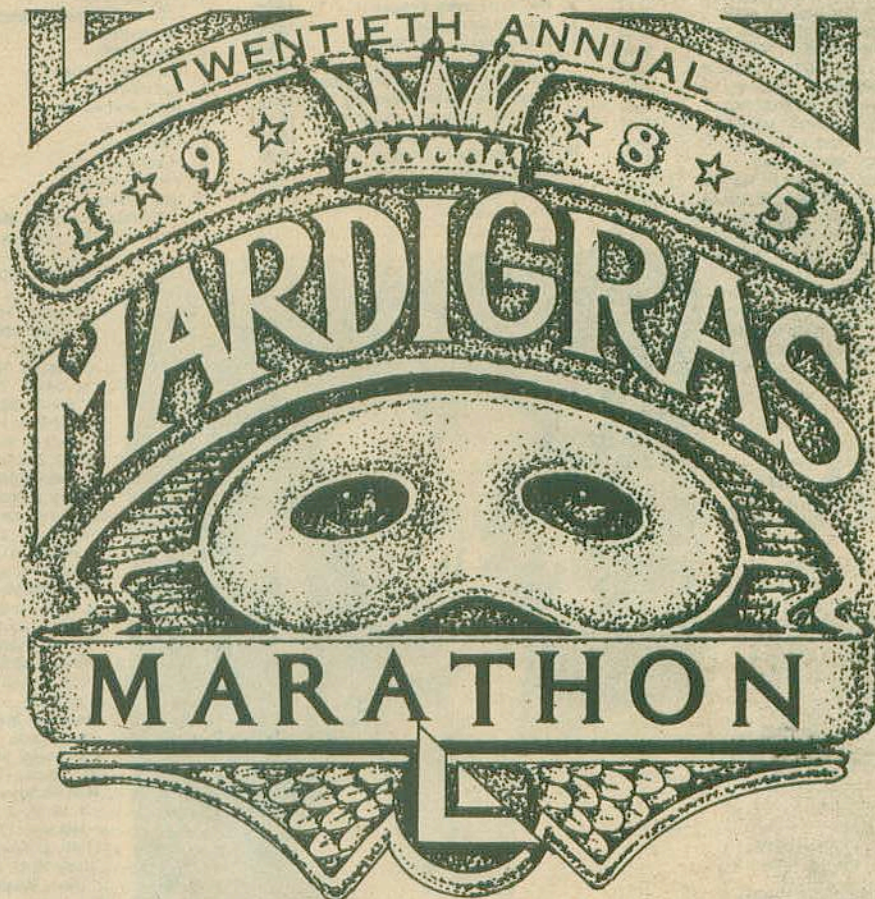
1	Ray Cook, UC Riverside	30:35
2	Kevin Jones, CPSLO	30:46
3	Dave Henderson, Portland St.	30:56
4	Phil Vannette, UC Riverside	31:00
5	John Spilman, CS Northridge	31:04
6	Steve Perez, CP Pomona	31:07
7	Brent Griffiths, CPSLO	31:12
8	Tim Watson, UC Riverside	31:14
9	Edward Toro, CP Pomona	31:18
10	Matt Gary, CS Sacto	31:26
11	Mark Castro, UC Riverside	31:27
12	John Barrett, UC Davis	31:35

Sunday February 24, 1985

7:00 A.M.

New Orleans, Louisiana

(The Sunday immediately following Mardi Gras Tuesday, February 19, 1985.)



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**Division Results - Men**  
**19 & Under:** 1. Paul Rivera. **20-29:** 1. Mike Lansdon. **30-39:** 1. Rudy Hernandez. **40-49:** 1. Derek Eastwood. **50-59:** 1. Jack Cline. **60 & Over:** 1. Ray Gil. **Wheelchair:** 1. Rory Cooper (24) 48:51, 2. Tim Davis (35) 58:00.

**Division Results - Women**  
**20-29:** 1. Jani Johnson. **30-39:** 1. Mary Ryzner. **40-49:** 1. Susan Hood. **50-59:** 1. Sarah McGehee.

## Learn Not To Burn

**October 6. Playa del Rey. 5K & 10K.**

**Top 3 Winners - Men's 10K**

1 Ron Gee (33)	30:11
2 Sergio Valenzuela (19)	31:58
3 David Ortiz (23)	32:53

**Division Results**  
**14 & Under:** 1. Christopher Cirillo 43:22, 2. Lance Barisdale 47:04, 3. Nick Demopoylos 50:54. **15-18:** 1. Efrain Vargas 38:05, 2. Ron Berry 42:40, 3. Jim Sparkman 50:25. **19-24:** 1. Sergio Valenzuela 31:58, 2. David Ortiz 32:53, 3. George Marquez 33:31. **25-29:** 1. John Webster 33:45, 2. Mark McKinzie 34:23, 3. Miguel Garcia 34:28. **30-34:** 1. Ron Gee 30:11, 2. Larry Montag 33:10, 3. Rudi Krause 33:17. **35-39:** 1. August Simien 35:37, 2. Keith Kirkpatrick 35:41, 3. Herschel Stiles 36:19. **40-44:** 1. Roy Burleson 35:16, 2. Bruce Mitchell 36:17, 3. Keith Perkins 37:15. **45-49:** 1. Frank Greene 37:36, 2. Tyson Hadley 42:35, 3. Robert Brooks 42:58. **50-59:** 1. Pedro Segura 42:08, 2. Karl Hering 42:16, 3. Dick Shaffer 42:49. **60 & Over:** 1. Larry Banuelos 39:19, 2. Clyde Ailing 48:25, 3. Salvador Avil 50:35.

**Top 3 Winners - Women's 10K**

1 Patricia Story (35)	35:21
2 Amy Graham (35)	41:23
3 Joyce Momita (47)	42:41

**Division Results**  
**14 & Under:** 1. Mylinda Stange 55:00, 2. Rebecca Currie 58:23, 3. Leah Stevenson 58:37. **15-18:** 1. Kim Gluckman 43:17, 2. Cathy Irwin 47:11, 3. Pauline Cornelio 54:38. **19-29:** 1. Katherine Lee 43:35, 2. Ann Crawford 45:05, 3. Lark Kellner 45:18. **30-39:** 1. Patricia Story 35:21, 2. Amy Graham 41:23, 3. Linda McIndoe 44:34. **40-49:** 1. Joyce Momita 42:41, 2. Gail Jensen 48:58, 3. Marilyn Clark 51:36. **50 & Over:** 1. Oleta Dellasorte 47:27, 2. Iona Scapple 58:34, 3. Nannette White 59:01.

**Top 3 Winners - Men's 5K**

1 George Marquez (20)	15:05
2 Cleveland Whalen (30)	15:16
3 Brent Allen (20)	15:33

**Division Results**  
**14 & Under:** 1. Henry Gutierrez, Jr. 17:53, 2. Michael Glaze 18:28, 3. Darryl Delavega 18:58. **15-18:** 1. Ruben Murillo 17:56, 2. Jim Pate 19:35, 3. Paul Aceret 28:35. **19-24:** 1. George Marquez 15:05, 2. Brent Allen 15:33, 3. Dan Partelow 15:48. **25-29:** 1. Bernie Brizuela 15:48, 2. Eugene Muslar 16:12, 3. Javier Lara 16:24. **30-34:** 1. Cleveland Whalen 15:16, 2. David Lopez 16:01, 3. Michael Byrne 16:27. **35-39:** 1. Henry Lange, Jr. 16:56, 2. Rick Hallblom 16:42, 3. Jerry Skinner 16:59. **40-44:** 1. Bill Wooden 16:50, 2. Greg Kelly 17:24, 3. John Lawson 17:28. **45-49:** 1. Aldo Mora 17:44, 2. Gary Smith 18:01, 3. Jerry Shourds 18:41. **50-59:** 1. Jerry Withers 18:34, 2. James Downen 19:29, 3. Robert Pate 19:36. **60 & Over:** 1. Avery Bryant 19:03, 2. Eddie Lewin 19:59, 3. Thomas Mathews 20:19.

**Top 3 Winners - Women's 5K**

1 Claudia Morales (33)	19:11
2 Beth Cordy (25)	19:34
3 Chris Troffer (26)	19:58

**Division Results**  
**14 & Under:** 1. Kristina Magnus 23:29, 2. Laura McIndoe 23:42, 3. Andrea Bruno 24:10. **15-18:** 1. Kelly Conway 26:03, 2. Suzy Sloane 26:42, 3. Helde Cipollone 27:15. **19-29:** 1. Beth Cordy 19:34, 2. Chris Troffer 19:56, 3. Debbie Redferndunne 20:26. **30-39:** 1. Claudia Morales 19:11, 2. Karen Hinz 21:16, 3. Karen Funes 21:20. **40-49:** 1. Atsuko Fujimoto 21:20, 2. Alice Travis 21:48, 3. Jan Archibald 21:52. **50 & Over:** 1. Patricia Pruitt 23:33, 2. Ginie Mains 25:10, 3. Sue Hyde 26:38.

## The Hospital Run

**October 6. Lancaster. 5K & 10K.**

**Top 10 Results - 10K**

1 Fidel Martinez (19)	33:59
2 David Borjon (25)	35:16
3 Danny Bartlett (18)	35:19
4 Chip Morris (22)	35:38
5 James Misener (24)	36:36
6 Jeff Parkhurst (24)	38:40
7 Frank Ogawa (47)	36:47
8 Steve Henrich (34)	37:11
9 Cordell Telford (26)	37:28
10 Neil Wilcox (46)	37:39

**Top 5 Results - 5K**

1 Victor Fonseca (23)	15:52
2 Casey Jones (26)	16:12
3 Raul Naranjo (22)	16:17
4 Robert Corlew (20)	16:20
5 Juvenal Naranjo (27)	16:28

**Division Results - Men's 10K**  
**18 & Under:** 1. Danny Bartlett 35:19. **19-29:** 1. Fidel Martinez 33:59, 2. David Borjon 35:16, 3. Chip Morris 35:38, 4. James Misener 36:36, 5. Jeff Parkhurst 36:40. **30-39:** 1. Steve Henrich 37:11, 2. Zoltan Goncze 38:16, 3. Robert Frey 39:29, 4. Lawrence Daubney 44:18. **40-49:** 1. Frank Ogawa 38:47, 2. Neil Wilcox 37:39. **50-59:** 1. Sam Mayo 37:42, 2. Ollie Blederman 45:49. **60 & Over:** 1. John McManus 45:21.

**Division Results - Women's 10K**  
**29 & Under:** 1. Mary Bullock 39:45, 2. Anna Allen 45:38. **30-39:** 1. Liz Sundberg 41:10, 2. Marian Courtney 47:49. **40 & Over:** 1. Maria Gonzalez 56:56.

**Division Results - Men's 5K**  
**12 & Under:** 1. Chad Cieslik 19:31, 2. Clint Cieslik 21:04. **13-15:** 1. Justin Christensen 17:45, 2. Mike Brunet 19:36. **16-18:** 1. Shawn Eimore 18:43. **19-29:** 1. Victor Fonseca 15:52, 2. Casey Jones 16:12, 3. Raul Naranjo 16:17, 4. Robert Corlew 16:20, 5. Juvenal Naranjo 16:26. **30-39:** 1. Pedro Ponce 17:07, 2. Steve Mangum 18:00, 3. Otto Bartosik 20:21, 4. Bernie Guzenske 20:35. **40-49:** 1. Fred Perez 17:54, 2. Mitch Pickens 18:01, 3. Ken Morris 20:34. **50-59:** 1. Kenneth Daubney 28:40. **60 & Over:** 1. Marty Pereira 25:18.

**Division Results - Women's 5K**  
**12 & Under:** 1. Tiffany Geisler 27:22, 2. Ruth McCarty 29:04. **13-18:** 1. Cheryl Cieslik 22:16, 2. Yvonne Brunet 23:08. **19-29:** 1. Karen Fildes 23:18, 2. Catherine Ferguson 23:28, 3. Sheri Danielson 23:32. **30-39:** 1. Janice Hightower 24:01, 2. Rene Howard 24:12, 3. Cynthia Douglas 25:03. **40-49:** 1. Margaret Chipman 24:04, 2. Karen Morris 25:05. **50-59:** 1. Barbara Hunt 33:07. **60 & Over:** 1. Ann Estrada 48:07, 2. Ceal Pereira 51:37.

## See the Sea 8K

**October 6. Half Moon Bay.**  
The Princeton area was the scene on Saturday, Oct. 6, for an 8K (4.97 miles) footrace. The day dawned foggy and the race organizers were concerned that some of the runners might wander along the cliffs, unseen by the other runners.

However, just at race time at 8 a.m., the fog lifted and the runners were treated to a beautiful view of the ocean from the cliffs near the microwave station.

A number of runners were heard to remark after the run that driving from Berkeley or Santa Cruz was worth the trip just for that view.

The first man to cross the finish line did so in 26 minutes 12 seconds, with the first woman crossing in 38:15. Dave Skoufos is from the Bay Area, but Katie Scott (the first woman finisher) came up from Santa Cruz.

**Division Results - Men**  
**20-29:** 1. Dave Skoufos 26:12, 2. Christopher Stuart 26:34, 3. Mike Sullivan 28:04. **30-39:** 1. Tom Robinson 26:41, 2. Gary John 28:10, 3. Dan Andrews 32:55. **40-49:** 1. Larry Borba 32:34, 2. Robert Deremiah 33:14, 3. Bill Silver 36:41. **50 & Over:** 1. Bill Newcomb 47:18.

**Division Results - Women**  
**20-29:** 1. Martha Carranza 45:07, 2. Yvonne Meyer 48:56. **30-39:** 1. Katie Scott 38:15, 2. Emily Sandblade 49:44, 3. Marcia Deremiah 55:53.

California State University, Fresno

# 1985

## San Joaquin Valley 'Coach of the Year' Track & Field Clinic

## and the Junior Olympic Track & P.E. Development Clinic Saturday, January 5, 1985



**THE SAN JOAQUIN VALLEY 'COACH OF THE YEAR' TRACK AND FIELD CLINIC** is designed to bring together the coaches of the San Joaquin Valley who will support each other and through a joint effort rekindle interest in track and field in this area. The clinic will give you a chance to hear some of the best track coaches and clinicians in this area.

**THE JUNIOR OLYMPIC TRACK AND PHYSICAL EDUCATION DEVELOPMENT CLINIC** is designed primarily for teachers and coaches of elementary and junior high school students. It will be a learn by doing clinic where each participant will go through the basic skills of track and field events and physical education activities. *No skills are required, only a desire to learn and develop confidence in your ability to demonstrate to your students is necessary.* Teachers who have participated in learn by doing clinics have been thrilled to learn how to high jump, pass the baton or long jump. Focus will be on the latest track and field techniques including diet, cardiovascular development, stretching and sound exercise principles.

**FOR CLINIC INFORMATION CONTACT:  
Coach Bob Fraley... (209) 294-4097**













