

# CALIFORNIA TRACK & RUNNING NEWS

**FEBRUARY  
1981**

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**ISSUE 52**



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*California Track & Running News*  
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CALIFORNIA'S TRACK AND RUNNING PUBLICATION



# BARTLETT MINERAL SPRINGS NUTRITION FAIR RUNS

## MARCH 28, 1981

### 15K Athletics Congress Association Championships & 5K Fun Run

PLACE: Visalia Convention Center.

COURSE: Asphalt, flat and fast.

RACE TIME: 15K 8:30 am 5K 11:00 am

CHECK IN: 15K 7:30-8:15 5K 7:30-10:45

#### INDIVIDUAL DIVISIONS AND NUMBER OF AWARDS:

##### 15 Kilometer Race

##### 5 Kilometer Fun Run

###### Men (Awards)

###### Women (Awards)

###### Men (Awards)

###### Women (Awards)

19 & Under (3)

19 & Under (3)

14 & Under (3)

14 & Under (3)

20-29 (5)

20-29 (3)

15-19 (3)

15-19 (3)

30-39 (5)

30-39 (3)

20-29 (3)

20-29 (3)

40-49 (5)

40 & Over (3)

30-39 (3)

30-39 (3)

50-59 (3)

40-49 (3)

40-49 (3)

60 & Over (1)

50-59 (3)

50 & Over (1)

60 & Over (1)

#### TEAM DIVISIONS:

- 15K team competition and team awards for Athletics Congress registered teams.
- 3 person high school teams (same school) in 5K with medals to top 3 boys and girls teams.
- Team placings determined by total time.

**AWARDS:** Trophies to be awarded in both races along with Athletics Congress medals in 15K.

Tank tops to the first 200 pre-registered.

Bartlett Mineral Spring patches to all finishers.

Free ice cold Bartlett Mineral Spring Water after race.

**ENTRY FEE:** \$4.00 per race pre-registered \$5.00 per race on race day.

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 Bartlett Mineral Spring patches to all finishers.  
 Free ice cold Bartlett Mineral Spring Water after race.

**ENTRY FEE:** \$4.00 per race pre-registered \$5.00 per race on race day.

**15K CHAMPIONSHIP:** The 15K race is the Central California Association Athletics Congress District Championship. To be eligible for championship awards it is necessary to have an Athletics Congress registration card. Cards will be on sale at the race.

**SEND ENTRY BLANK AND FEE TO:** Bartlett Run, 1026 W. Princeton, Visalia, CA 93277

**BARTLETT MINERAL SPRING NUTRITION FAIR RUN ENTRY BLANK**

**WAIVER:** In consideration of my entry being accepted, I, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, waive and release for ever any and all rights and claims or damages I may accrue against the Bartlett Mineral Springs Nutrition Fair Run, County of Tulare, City of Visalia, and any and all donors and sponsors of this race for any injury suffered by me while traveling to and from, or competing in the Bartlett Mineral Springs Nutrition Fair Run on Saturday, March 28, 1981 at the Visalia Convention Center in Visalia, California.

Signature (must be signed): \_\_\_\_\_

Signature of parent or guardian if under 18: \_\_\_\_\_

Print name clearly \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on race day \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Athletics Congress Team: \_\_\_\_\_ High School Team: \_\_\_\_\_

check:  
 15K  
 5K

check:  
 Male  
 Female

Division \_\_\_\_\_

Tank Top Size \_\_\_\_\_

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**LDR STATISTICS:** Bob Martin, National Running Data Center.

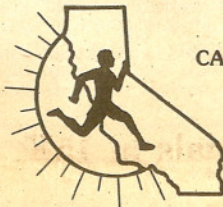
**PHOTOGRAPHERS:** Keith Conning, Jim Engle, Don Gosney, Marty Higginbotham, Bill Leung, Jr., Richard Slotkin, Ken Takeuchi, Dave Stock.

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*From the editor*

# TUTTLE'S TRACK TOPICS

## THE WELL DRESSED RUNNER

by Gary Tuttle

photo by Dave Stock

**R**unning has finally caught up with the 20th century, its become a big business. With the addition of 28 million joggers to the streets, many changes have come to the once lonely sport.

One of the biggest changes is in the amount and quality of shoes and equipment available to today's average jogger. Just 10 years ago, many of the current shoe companies such as Saucony, Brooks and Etonic were not including running shoes in their production lines. Companies like New Balance and Converse were making 50-100 pair a day instead of the 5,000-6,000 they are currently making.

Nike Shoe Company was barely in existence, but in a couple of years became the number one producer of American running shoes.

With the growth in the number of and production of shoe companies came vast improvements in the shoes themselves. Today's average runner runs in vastly superior shoes than we ran in yers ago. When today's runner steps out the door, his shoes provide more shock absorption, more arch support, stronger heel counters, variable widths, variable sole types, greater flexibility, fewer seams to cut the feet and a wider, more stable sole base.

Not only does today's runner go out in better shoes, but his shoes have been reduced from 13 ounces or more to a ridiculous six to eight ounces per shoe.

As is inevitable with the growth of any industry, the shoe industry has had its share of consumer ripoffs and bizzare innovations. During the last three years, shoes have been offered with zippered pouches on the side, replaceable plugs in the bottom, stabilizing bars out the back, and air sacks in the sole (more than one runner had a blow-out on the road).

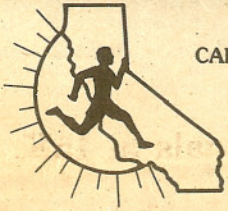
Perhaps the most incredible experiment was offered by Brooks. The Brooks shoe had an air valve and stem sticking out from the back, and came with a pump for obtaining the desired cushioning. The theory was to allow the individual runner to pump the shoe to any amount of softness, depending on customer preference.

The growth in the shoe industry has been closely paralleled by the growth of the running clothing companies. Overnight, companies like Dolfin, Sub-4, and Guts became household words. In the beginning, many positive changes were made. Instead of baggy, cotton shorts and sweat suits, the average runner runs off in light-weight, non-chaffing, quick-drying tops and shorts. Instead of wearing an athletic supporter, his shorts have built in nylon briefs. The average women runner wears the same tops and shorts, plus her light-weight seamless, metaless, supporting jog bras to run in. Nowadays, the average runner is comfortable running in the rain with his reflective, waterrepellant raingear, and the wealthy are staying completely dry in their \$150 water-proof, Gortex rainsuits.

As legitimate and comfortable as these innovations have been, there are several products developed simply to try and cash in on some of the running business. One of the all-time farces was a battery-powered, blinking red-light head band and matching wrist bands for night running and disco dancing. The headband was followed closely by the Joc Soc. The Joc Soc was designed to keep the male runners most sensitive parts warm in the coldest of weather. Some other products of questionable validity are Hot Sox, Runner's Key Chain and Wrist Wallets. Regular clothing is apparently not good enough for today's runner, as many advertisements boast of being, the only true runner's scarf...sock...glove...hat, etc. Most of today's clothing is credible, but most of the new gadgets are simply excessive.

A runner of today who tried running with everything now sold, would hardly be able to move when he stepped out the door. As he ran he'd have on his Runners I.D. Tag, his Runners Necklace, his reflective Safety Vest and Hand Bands, his Hip Pocket Stereo Earphones, his Ultra-sound Dog Stopper, his Dog Bite Spray, his Pace Beeper to beep out even pace, his Pulse Finder to monitor his heart beat, his





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## from the editor...

CT&RN has created quite a controversy among readers during the past year or so. Actually we haven't created the controversy, but rather it's been our reporting of a number of controversial issues that has brought on a rush of criticism, comments and questions as to the purpose of the paper.

We are sensitive to the comments of our readers - as can be verified by the reader survey of a year ago and the recent change in number of issues a year as reported below. But lately we've gotten quite a bit of negative criticism. We have been called a "gossip rag," have been accused of stirring up dirt and have been threatened on more than one occasion with a law suit.

We like to think that our job is to go about reporting the news in the world of track and running on the local California scene - both the good and the bad. If a meet director does an exceptionally good job of putting on an event we like to publicize it - to let others know what good things are happening, and to some degree patting him/her on the back. In like manner, if he/she messes up we report that - readers have just as much right to know and it may cause the director to work a little harder for a better meet or race if they know what they do (good job or bad job) will be reported state-wide. Likewise, we'll praise a coach who wins a national championship. Shouldn't we also report news of his using an ineligible athlete or committing a rule violation?

Sure we can stick just to the facts - give you schedule and results - and we do give you lots of these. However, the reader survey did indicate that readers wanted more behind the scenes material, human interest features, and newsy items.

CT&RN doesn't search out the sensational. We do want to keep you informed. Most of the negative criticism has come from those who have felt the heat. We do, however, listen to our readers and mold the paper around what readers want. So, keep the comments coming (especially the positive ones). **Be hearing from you soon?**

Now, about the big surprise we mentioned would be announced this issue. We've finally gone to a monthly - 12 issues a year. The 10 times a year was too confusing for subscribers and advertisers. But, our main reason for the increase in publication was the response from the reader survey where a majority of you checked the box stating that we didn't come out often enough. A majority also checked the box stating they wouldn't mind a price increase if improvements could be made. So, we have made the improvement and as you would suspect we've upped the price. The increase in subscription cost is not only necessary to pay for the additional cost of two more papers a year, but also to meet the increasing pressures inflation has caused over the past several years. Once again, we give you what you want!

### ON THE COVER:

Mission San Jose High School's (Fremont) **Jay Marden** becomes the high school national champion as he wins the Kinney Prep National Cross Country Championships in San Diego on December 13. See results and story on page 13.

photo by Don Gosney

Instead of baggy, cotton shorts and sweat suits, the average runner runs off in light-weight, non-chaffing, quick-drying tops and shorts. Instead of wearing an athletic supporter, his shorts have built in nylon briefs. The average women runner wears the same tops and shorts, plus her light-weight seamless, metaless, supporting jog bras to run in. Nowadays, the average runner is comfortable running in the rain with his reflective, waterrepellant raingear, and the wealthy are staying completely dry in their \$150 water-proof, Gortex rainsuits.

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A runner of today who tried running with everything now sold, would hardly be able to move when he stepped out the door. As he ran he'd have on his Runners I.D. Tag, his Runners Necklace, his reflective Safety Vest and Hand Bands, his Hip Pocket Stereo Earphones, his Ultra-sound Dog Stopper, his Dog Fite Spray, his Pace Beeper to beep out even pace, his Pulse Finder to monitor his heart beat, his Runner's Weight Gloves and Ankle Weights, his wristwatch/stopwatch, his Tropic Air, Cold Weather Breathing Apparatus, his Runner's Boda Belt for instant liquid refreshment, his Shoe Pocket, and his Runner's Turban.

If the runner could finish his run, he'd come home to lie down on his Shiatsu-Aid Self-Acupressure Board, turn on his Runner's Shoe Lamp, write his Runner's Note Cards, and make a note in his Runner's Diary with his Runner's Pen. After relaxing, the runner takes out his Runner's Mug, and pours himself a bit of Siberian Ginseng, laced with Bee Pollen, Body Ammo, Vitamin B-15, Reindeers Milk, Tofu and Spermfire. Before retiring for bed, the runner takes out one of his over 250 books or six magazines on running, and falls asleep to the gentle strains of his favorite record, called, "Hand Me Down My Jogging Shoes."



## SPOTLIGHT ON:



(left to right): Julie, Sally and Stephanie

### A Family Who Runs Together

by Jane Sands  
Freelance Writer

You have heard that, "The family who prays together -- stays together," and you have heard that, "The family who plays together -- stays together." Well, here is a family who runs together which not only stays together but has a heck of a lot of fun while doing it.

Bob and Sally Davis of Agoura, California and four of their five children all run races together (one daughter, Elise, is married and lives in Kentucky, but she and her family would probably be running with the rest if they were here.) However, it looks like they are getting a fifth potential runner as their daughter Julie's fiancé has started running with them on occasion.

The family can't always all run together every day.....work and school schedules hardly permit this, but most races will see the family in there running and competing with each other.

Bob's profession requires some travel away from home which makes a running schedule difficult to stick with but he still

runs afternoons when he is home and enjoys the competition between the members of his family as well as the other contestants.

Sally sort of started it all when she became interested in improving her health and after reading a book regarding Aerobics. She says she started early this past year, with only a half mile, and mostly jogged at first, running a little, jogging a little, etc. Soon she was going farther, running more and doing it all faster. Last summer on vacation she got up to 3 miles and in September of this year she and Bob and 3 children entered their first race, the KNBC Peacock 10K at Griffith Park.

Besides feeling better, having more stamina for work and other activities, running inspired Sally to give up smoking and she says that is forever. It's been nearly a year since she smoked so it looks like that will be true.

All of this also inspired Sally and her family to eat more wholesomely. Another thing it changed....she has to get up earlier to get her running in before getting to work at 8:00 a.m. Sally runs 4 miles in about 37 minutes in the morning with her daughter Stephanie. Bob usually runs in the afternoons. Sons, Bob and Greg, both teen-agers, only run occasionally and beat everyone.

Some of the races they have entered have been Run for the Roses 10K, Beverly Hills Perrier, the Venice Marina Del Rey Christmas Run, Steve Garvey, Pepsi 10K in Canoga Park. Another fun part of racing is getting the special T-shirts from the various races.

Their next goal is to run a Half Marathon in 1981 - which is 13½ miles.

Good luck to the Running Davis Family!

## FEBRUARY

**FEB 13: L.A. Times Indoor Classic.** Forum, Inglewood, Will Kern, Times Mirror Square, Los Angeles 90053. (213) 972-5771.

**FEB 13: Sacramento All Comers Track Meet.** 11 am, Hughes Stadium. Al Baeta (916) 484-8143.

**FEB 14: Cal State Bakersfield Relays.** Charlie Craig, Cal State Bakersfield, 9001 Stockdale Hwy, Bakersfield 93309. (805) 833-2347.

**FEB 14: Berkeley All Comers Track Meet.** 11 am, Cal Berkeley. (415) 642-1649.

**FEB 14: Modesto All Comers Track Meet.** 12 noon. Jack Albiani (209) 526-2000.

**FEB 14: Valentines Day 10K and 2 Mile.** Lake Miramar, San Diego (714) 578-8665.

**FEB 14: Valentine's Day Run.** 5 & 10K, Lake Merritt, Oakland, 10 am. Cliff Lura, 11200 Golf Links, Oakland 94605.

**FEB 14: Have a Heart Run.** 3 & 10 miles. American River Opilege, Sacramento, 9 am. Barbara Douglas, 9029 La Valencia Ct., Elk Grove 95624.

**FEB 14: Valentine Day Runs.** 6 miles & 2 miles. Fresno State University, 8 am. San Joaquin College of Law, 3385 E. Shields Ave., Fresno 93726.

**FEB 14: Have a Heart Run for Hunger.** 5 & 10K, Santa Cruz, 8:30 am. Kathy Lilledahl, 114 Searidge Ct. Apt. C, Aptos 95003. (408) 688-6615.

**FEB 14: Presbyterian Hospital Wheel/Walk/Jog/Run for Your Heart.** 5 & 10K. Whittier, 8 am. Randy Ice, RPT, P.I.H. Dept. of Cardiac Rehab., 12401 E. Washington Blvd., Whittier 90603. (213) 698-0811 ext. 2635.

**FEB 14: Sweetheart Run.** 10K. Pico Rivera, 8 am. Pete Parenteau, Pico Rivera Chamber of Commerce, Box 985, Pico Rivera 90680. (213) 949-2473.

**FEB 14: Valentine's Day Couples Relay.** Santa Barbara. Santa Barbara Athletic Assn., 4476 Meadowlark Ln., Santa Barbara 93105.

**FEB 15: Reggie Smith 10K Run.** Hollywood Park Race Track, Inglewood, 8 am. Reggie Smith 10K Run, Centinela Hospital Medical Center, 555 East Hardy St., Inglewood 90301. (213) 419-8639.

**FEB 15: Sweetin' Sweethearts Valentine's Run.** 10-mile twosome, Irvine, 8 am. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

**FEB 15: Santa Monica Mountains 5-Man 50-Mile Relay.** Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805)482-5360.

**FEB 15: Northridge Weight Pentathlon.** 9:30 am, CSUN. Bill Webb, Track Coach,

**FEB 21: Fresno State Track & Field Clinic.** Bob Fraley, Assistant Track Coach, Fresno State University, Fresno 93740.

**FEB 21: San Francisco Examiner Games Indoor.** Cow Palace. Jim Terrill, Box 764, Los Altos 94022. (415) 964-9238.

**FEB 21: Long Beach All Comers Track & Field Meet.** Cal State Long Beach. Cliff Abel, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

**FEB 22: Chatsworth Kiwanis 10K Run.** Chatsworth Reservoir, 8 am. Kiwanis of Chatsworth, P.O. Box 472, Chatsworth 91311.

**FEB 22: Natural Light Half-Marathon.** Redwood City, 10 am. Mike Ipsen, Woodside Striders, 1567 Valota Rd., Redwood City 94061. (415) 369-9688.

**FEB 22: Three Peaks Mountain Run.** 15 miles, Angwin, 10 am. David Nieman, Box 362, Angwin 94508. (707) 965-6425.

**FEB 22: Western Regional Indoor Masters Championships.** Cow Palace, San Francisco. San Francisco Games, P.O. Box 764, Los Altos 94022.

**FEB 22: Black Mountain Run.** 10K, San Diego, 8 am. Rich Vandertie (714) 488-2310.

**FEB 22: Excelsior East End Run.** 8.2 miles, Golden Gate Park, San Francisco, 9 am. Terrence Casey, 163 Beulah St., San Francisco 94117.

**FEB 27: TAC Indoor T&F Championships.** Madison Square Garden, New York. Heliodoro Rico, P.O. 4301, Grand Central Station, New York, NY 10017. (212) 421-2554.

**FEB 28: St. James 10K Run.** San Diego, 7 am (714) 450-2424

**MAR 1: Channel to Lake Run.** 10 miles, Vallejo, 10 am. Sid Nickolas, 395 Amador St., Vallejo 94590. (415) 791-4324.

**MAR 7: Pepsi Fun Run.** Hart Park, Bakersfield. 5K & 10K, 9 am. Carolyn Miller, 3601 Truman Ave., Bakersfield. (805) 832-6639.

**MAR 7: Bidwell Classic Marathon and Road Races.** 26.2, 13.1 and 3 miles. Chico, 8 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

**MAR 7: Spring Run.** 6 miles. Sanger (Madison School), 9 am. Dave Dodson, 10518 E. California, Sanger 93657. (209) 875-4072.

**MAR 7: Aztec Invitational.** San Diego State University. Dick Hill, Athletic Dept., San Diego State University, San Diego 92182. (714) 265-6569.

**MAR 7: Long Beach Relays.** Long Beach State University. Cliff Abel, Long Beach State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAR 7: Natural Light Half Marathon.** San Diego, 8 am. George Green, End of the Line, 1172 Orange Ave., Coronado 92118.

**MAR 7: TAC 12 Kilo Cross Country Trials.** Qualifier for Men's World Cross Country Team. Louisville, Kentucky. Charles Zipprich, 2312 Brownsboro Rd., Louisville, KY 40206. (502) 239-1402.

**MAR 8: Camellia Capital Marathon and Half Marathon.** Cal State Sacramento, 7 am. Marjorie Cuthbert, P.O. Box 449, Sacramento 95802. (916) 441-1138.

**MAR 8: Napa Valley Marathon.** 7 am. Chuck Hall, 4516 Dry Creek Road, Napa 94558. (707) 255-0683.

**MAR 8: UCSD Medical Center 10K Run.**

**MAR 14: Los Alamitos Marathon and 10K Run.** 7:30 am. Mitch Lansdell, Los Alamitos Recreation Dept., 10911 Oak St., Los Alamitos 90720. (213) 430-1073.

**MAR 14: Whittier Hospital 5 & 10K Runs.** 8 am. Elenore Leech, c/o Physical Therapy, Whittier Hospital, 15152 Janine Dr., Whittier 90605. (213) 945-3561.

**MAR 14-15: National TFA/USA Women's Heptathlon.** Oregon State University. Joni Huntley, Women's Track & Field Office, Oregon State University, Corvallis, OR 97331. (503) 754-3015.

**MAR 15: Sports Cobbler St. Patrick's Day 5 Miller.** Sacramento. Bill Britten, 2406 "J" St., Sacramento 95816.

**MAR 15: Royal Bricker Memorial Gym Bag 50K.** 31.1 miles. Oceanside. John Sonnenhalter, 2504 El Camino Real, Carlsbad 92008. (714) 729-8971.

**MAR 15: Annadel Cross Country.** 1.8 and 5 miles. Santa Rosa. Fred Kenyon, 1570 N. St. No. 22, Santa Rosa 95404. (707) 528-0144.

**MAR 15: Avon Half Marathon.** Pasadena, 8 am. San Fernando Valley Track Club, P.O. Box 49016, Los Angeles 90049.

**MAR 15: Heart of Palm Springs 10K.** 8 am. Keenan Barber, 73-282 Highway 111, P.O. Box 1639, Palm Desert 92261. (714) 346-8109.

**MAR 21: Fleet Meet.** 5K & 10K. Piedmont Community Center Park, 10 am. Mrs. Bruce Sperry, 50 Guilford Road, Piedmont 94611. (415) 547-4091.

**MAR 21: Indian Valley Cross Country.** 5.01 miles. Novato, 10 am. Novato Park and Recreation Dept., 917 Sherman Ave., Novato 94947. (415) 897-4323.

**MAR 21: Health Beat 10K.** 10K & 2 Mile. Jennifer Fiske (714) 420-8182, ext. 379.

**MAR 21: Los Angeles Lite Marathon.** Elysian Park, 8 am. Jayne Wallace Yollin, Ruder & Finn of California, 9300 Wilshire Boulevard, Beverly Hills 90212. (213) 274-8303.

**MAR 21: Warrior Relays.** Westmont College, Santa Barbara.

**MAR 21: Spring Fever Run.** 10K and 1.5 mile. Woodward Park, Fresno, 8 am. Elizabeth Jones, 215 E. Olive Ave., Fresno 93728. (209) 442-8723.

**MAR 21: Jog to the Club 10K.** Visalia, 8 am. KJUG Radio, 3205 S. Mooney Blvd., Visalia 93277. (209) 733-2750.

**MAR 22: Nike/Penn Mutual Regional Championships.** San Diego Track Club, P.O. Box 4864, San Diego 92104.

**MAR 22: Head Start Run.** 5K. Balboa Park, San Diego, 7:30. Jim Cooper (714) 239-9281.

**MAR 22: Mercury News 10K.** San Jose City Hall, 9 am. Karen Storey, 750 Ridder Park Drive, San Jose 95190. (408) 289-5533.

**MAR 22: Vichy Springs Run.** 2, 4, and 8 miles. Napa, 9:30 am. Reg Harris, 1267 Walnut C68, Napa 94558. (707) 255-8705.

**MAR 22: Golden State Women's Run.** 5K and 10K. Davis. Suzie Clark, Fleet Feet, 132 "F" St., Davis 95616. (916) 682-9186.

**MAR 22: Run for Health at Spring Lake.** Santa Rosa. 10K. John Graham, 3209 Franz Valley Rd., Santa Rosa 95404.

# SCHEDULE

Please send scheduling information directly to **California Track & Running News** at P.O. Box 6103, Fresno, California 93703

Schedule is subject to change; please verify date with meet directors before traveling to an event. Keep in mind that some events require advance entries. It is a good idea to include a stamped, self-addressed envelope when requesting meet information and/or entry blanks.

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**FEB: 15: Santa Monica Mountains 5-Man 50-Mile Relay.** Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805)482-5360.

**FEB 15: Northridge Weight Pentathlon.** 9:30 am, CSUN. Bill Webb, Track Coach, CSUN, Northridge 91330. (213) 885-3608.

**FEB 15: Valentine's 5K Run.** Crane Park, St. Helena, 10 am. Reg Harris, 1267 Walnut #C-66, Napa 94558. (707) 255-8705.

**FEB 15: Jeddiah Smith 50-Mile Classic.** Discovery Park, Sacramento, 8 am. Entries close Feb. 14...must provide your own handler. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

**FEB 15: Max Chobolan Memorial Road Race.** Tulare, 2 and 6 mile. Live Oak Park, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93274. (209) 688-2043.

**FEB 15: Three Peaks Mountain Race.** 15 miles. Pacific Union College Track, Angwin, 9 am. David Nieman, Pacific Union College, Angwin 94508. (707) 965-6245.

**FEB 15: Almond Blossom Run.** Paso Robles Middle School, 10 am. 3 & 8 miles. NCS Run, 1245 Park St., Paso Robles 93446. (805) 238-7285.

**FEB 15: TAC Indoor Pentathlon Championships.** Pocatello, Idaho. Ron Jensen, Campus Box 8173, Idaho State U., Pocatello, ID 83201. (613) 237-9271.

**FEB 16: L'eggs/YWCA 10K.** Women only. San Diego, 8 am. San Diego YWCA, 1012 C Street, San Diego 92101. (714) 239-0355.

**FEB 20: San Diego Indoor.** San Diego Sports Arena. Al Franken, 8530 Wilshire, Beverly Hills 90211. (213) 655-9326.

**FEB 20: NAIA Indoor National Championships.** Kansas City, MO.

**FEB 21: George Washington Birthday Run.** 8.0 mile, Ridgecrest, 10 am. Frank Freyne, 508 No. Randall St., Ridgecrest 93555. (714) 375-7962.

**FEB 21: Valley News Run of the Press.** 10K, Van Nuys, 9 am. Hal Harkness, c/o Valley News, P.O. Box 2486, Van Nuys 91404.

**FEB 21: Dominguez Hills Toro 10K.** Carson, 9 am. Mitchell Hurmatx, Dept. of Phys. Ed., Cal State Dominguez Hills, Carson 90747.

**FEB 22: Three Peaks Mountain Run.** 15 miles, Angwin, 10 am. David Nieman, Box 362, Angwin 94508. (707) 965-6425.

**FEB 22: Western Regional Indoor Masters Championships.** Cow Palace, San Francisco. San Francisco Games, P.O. Box 764, Los Altos 94022.

**FEB 22: Black Mountain Run.** 10K, San Diego, 8 am. Rich Vandertie (714) 488-2310.

**FEB 22: Excelsior East End Run.** 8.2 miles, Golden Gate Park, San Francisco, 9 am. Terrence Casey, 163 Beulah St., San Francisco 94117.

**FEB 27: TAC Indoor T&F Championships.** Madison Square Garden, New York. Hellodoro Rico, P.O. 4301, Grand Central Station, New York, NY 10017. (212) 421-2554.

**FEB 28: St. James 10K Run.** San Diego, 7 am. (714) 459-3421.

**FEB 28: Smile San Diego 10K.** Darice Westwood (714) 270-3400.

**FEB 28: 8 Kilo Cross Country Trials.** Qualifier for junior men's World Cross Country Team. Seattle, Washington. Club Northwest, 320 NE 72nd St., Seattle, WA 98115. (206) 522-7787.

**FEB 28: Millerton Mix-Up.** 2 person relay for one man and one woman. Each will run a 10K. Fresno area, 9 am. Steve Ward, 926 Los Altos Ave., Clovis 93612. (209) 298-3388.

**FEB 28: Martinez to Port Costa Brick Yard Run.** 8.4 miles. Martinez, 10 am. Luka Sekulich, 1485 Darlene Drive, Concord 94520. (415) 685-5185.

**FEB 28: Trail's End Marathon.** Seaside, Oregon, 11:30 am. Chamber of Commerce, Box 7, Seaside, OR 97138.

## MARCH

**MAR 1: Mission Bay 15K.** Laurie Olson (714) 483-0772.

**MAR 1: All Comers Track Meet.** Women and boys and girls age group. UCLA, 9 am. Bob Seaman, 19127 Wiersma, Cerritos 90701. (213) 926-5785.

**MAR 1: SPA-TAC 25 Kilo District Championships.** Ventura Mission Park, Ventura, 8 am. Ingrid Hainline, Director, c/o Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**MAR 1: Anderson Dam Runs.** 1, 2 and 10 miles. Morgan Hill, 9 am. Bill Flodberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

**MAR 1: Visalia Runners 4 Mile Race.** Mooney Grove, Visalia, 9:30 am. Craig Newport, P.O. Box 3638, Visalia 93278. (209) 734-5441.

**MAR 1: City of Fremont 10K Run.** 9 am. Claudia Crock, P.O. Box 5006, Fremont 94538 (415) 791-4324.

**MAR 1: Almond Blossom 5k & 10k.** Lane Park, Quartz Hill. Running Promotions Unlimited, P.O. Box 128, Lancaster 93534. (805) 942-3820.

**MR 7: Long Beach Relays.** Long Beach State University. Cliff Abel, Long Beach State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

**MAR 7: Natural Light Half Marathon.** San Diego, 8 am. George Green, End of the Line, 1172 Orange Ave., Coronado 92118.

**MAR 7: TAC 12 Kilo Cross Country Trials.** Qualifier for Men's World Cross Country Team. Louisville, Kentucky. Charles Zipprich, 2312 Brownsboro Rd., Louisville, KY 40206. (502) 239-1402.

**MAR 8: Camellia Capital Marathon and Half Marathon.** Cal State Sacramento, 7 am. Marjie Cuthbert, P.O. Box 449, Sacramento 95802. (916) 441-1138.

**MAR 8: Napa Valley Marathon.** 7 am. Chuck Hall, 4516 Dry Creek Road, Napa 94558. (707) 255-0683.

**MAR 8: UCSD Medical Center 10K Run.** San Diego, 8 am. UCSD Medical Center Auxiliary Campus Run, M-002, University of California, La Jolla 92093. (714) 453-2805.

**MAR 8: Grand Prix Charity 10K.** Long Beach, 9 am. Starts at Queen Mary. Grand Prix 10K Run, P.O. Box 808, Long Beach. Ron Allice (213) 420-4237.

**MAR 8: Lake Merritt Couples Relay.** 2 person, 10K. Oakland, 9 am. John Notch, 230 Marlow Dr., Oakland 94605. (415) 562-2210.

**MAR 13: Cal Womens All Comers Track Meet.** U.C. Berkeley. Vern Gambetta, Women's Athletic Dept., 103 Hearst Gymnasium, Berkeley 94720.

**MAR 13: AJAW Indoor T&F National Championships.** Pocatello, Idaho. Ron Jensen, Campus Box 8173, Idaho State Univ., Pocatello, ID 83201. (208) 237-9271.

**MAR 14: NCAA Indoor T&F Championships.** Detroit, Michigan.

**MAR 14: Porterville Marathon & Mini.** 8 am. Bob Stein, Porterville Parks & Leisure Services, P.O. Box 432, Porterville 93258. (209) 784-1400 ext. 461.

**MAR 14: Northridge Relays.** Cal State University, Northridge. Bill Webb, Athletic Dept., California State University, Northridge 91330.

**MAR 14: St. Patrick's Day 10K.** Mission Bay, San Diego, 7:30 am. Scott McCarthy (714) 291-6480, ext. 4272.

**MAR 14: Sweetwater Dolphin's 5 & 10K Runs.** Hatfield Park, Spring Valley, 8 am. Pete Egoscue, Race Director, 2708 Dale-ridge Place, Spring Valley 92077.

**MAR 14: NorCal Seniors Submasters & Masters Track & Field Meet.** College of Marin, 10 am (no pole vault). Don Rose, 43 McAllister, Kentfield 94904. (415) 456-7454.

**MAR 14: Run for the Lions 10K.** Discovery Bay Country Club, 10 am. Bob-Priscilla Myers, Rt. 2 - Box 353B, Oakley 94561. (415) 684-2640.

**MAR 14: Kingsmen Relays.** California Lutheran College, Thousand Oaks.

**MAR 15: Annadel Cross Country.** 1.8 and 5 miles. Santa Rosa. Fred Kenyon, 1570 N. St. No. 22, Santa Rosa 95404. (707) 528-0144.

**MAR 22: Golden State Women's Run.** 5K and 10K. Davis. Suzie Clark, Fleet Feet, 132 "F" St., Davis 95616. (916) 682-9186.

**MAR 22: Run for Health at Spring Lake.** Santa Rosa. 10K. John Graham, 3209 Franz Valley Rd., Santa Rosa 95404.

# CALIFORNIA TRACK & RUNNING NEWS

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**MAR 22: Red Cross Marathon & Half Marathon.** San Luis Obispo, 7:30 am. Red Cross Marathon, 1216 Morro St., San Luis Obispo 93401. (805) 543-0696.

**MAR 22: Catalina Island Marathon.** Hans Albrecht, 197 Via Trinita, Aptos 95003.

**MAR 28: George Allen 5K & 10K Runs.** Palos Verdes High School, 8:30 am. March of Dimes, 1111 South Central Ave., Glendale 91204. (213) 956-8565.

**MAR 28: Escondido 10K Cross Country Run.** Bob Daniel (714) 741-4696.

**MAR 28: Husson's Ensenada 10K.** David Manwaring (714) 275-1384.

**MAR 28: Fools Run.** 10K & 20K. Santa Rosa, 10 am. Corporate Cup Assoc. c/o Hewlett-Packard, 1400 Fountain Grove Parkway, Santa Rosa 95401.

**MAR 28: USC Invitational.** Sherry Calvert, USC Women's Athletics, Heritage Hall, Los Angeles 90007. (213) 743-7693.

**MAR 28: Redlands Invitational.** University of Redlands.

**MAR 28-29: Phoenix Invitational.** Pat Linderman, 6513 E. Oak, Scottsdale, AZ 85257. (602) 994-8467.

**MAR 28: Roeding Park 6 Mile.** Fresno, 9 am. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

**MAR 28: Bartlett Nutrition Fair Runs.** 15K AC District Championship and 5K fun run. Visalia Convention Center, 8:30 am. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

**MAR 28: 10K Gold Run.** East L.A. College, 8 am. Patricia Sarey, 720 W. Garvey Ave., Monterey Park 91754.

**MAR 29: Martin Luther King Games.** Stanford University. Brooks Johnson, Athletic Dept., Stanford Univ., Stanford 94305. (415) 497-1051.

**MAR 29: Sharp Hospital 10K.** Kearny Mesa. Neil Finn (714) 267-2441.

**MAR 29: Pinole Marathon.** Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564.

**MAR 29: Jordache Pro Am Marathon.** Hollywood Bowl, 8 am. \$25,000 prize first man and first woman. Sunrunner Sports Promotions, 3600 Avalon Blvd., Los Angeles 90011.

**MAR 29: Pleasant Hill 10K.** Diablo Valley College, 10 am. Ralph Bowles, 105 Emerson Ct., Pleasant Hill 94523. (415) 939-9330.

**MAR 29: Moorpark Scramble 5k & 10K.** Moorpark College, 8 am and 9 am. Norm Chung, 280 Casey Rd., Moorpark 93021. (805) 529-1124.

& Fitness Director, E. Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 693-5470.

**APR 5: Valley of the Bears 20K.** RRCA Western Regional and State Championships. Los Osos, 8:30 am. Tom Hampson, 347 Garden St., Los Osos 93402.

**APR 5: Cal Womens Invitational.** UC Berkeley. Vern Gambetta, Women's Athletic Dept., 103 Hearst Gymnasium, Berkeley 94720.

**APR 5: NCSJC Lake Merced Masters 5 Miles.** Masters only. SF Boathouse. Bob O'Conner, 2748 St. James Road, Belmont 94002. (415) 591-9721.

**APR 5: Sunrise Home Benefit.** 5.4 miles. Sinaloa Junior High, Novato, 10 am. Nancy Stewart, 20 Kavon Ct., Novato 94947.

**APR 5: Apple Juice Run.** 10K & 2 mile. Sebastopol, 10 am. Daryl Schloss, c/o Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95472. (707) 843-3032.

**APR 5: Pigeon Pass Marathon.** Loma Linda University, 7 am. Jim Perry, Box 495, Loma Linda 92354. (714) 824-1779.

**APR 5: Kaweah River Valley Run.** 8 miles. Three Rivers. David Bronzan, 112 Green Oaks, Visalia 93277. (209) 625-9537.

**APR 5: Rolling Titans 5K & 10K.** Push and Run. Fullerton, 7:30 am. John D. Liverpool, Handicapped Student Services, Cal State University, Fullerton, Fullerton 92634.

**APR 5: Run with Music.** Los Angeles, 8 am. L.A. Master Chorale, The Music Center, 135 N. Grand Ave., Los Angeles 90012. (213) 972-7282.

**APR 10-11 Jenner Classic.** San Jose City College. Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 298-2181.

**APR 11: Pride of the Foothills Spring Run.** 1/2M, 5K & 10K. Jack Cosby P.O. Box 221, Glendora 91740. (213) 963-8411.

**APR 11: The Forum 5K & 10K.** 8 am. Jim Moodspaugh, One Manchester Blvd., Inglewood 90301. (213) 649-7483.

**APR 11: Riverside Invitational.** University of California at Riverside.

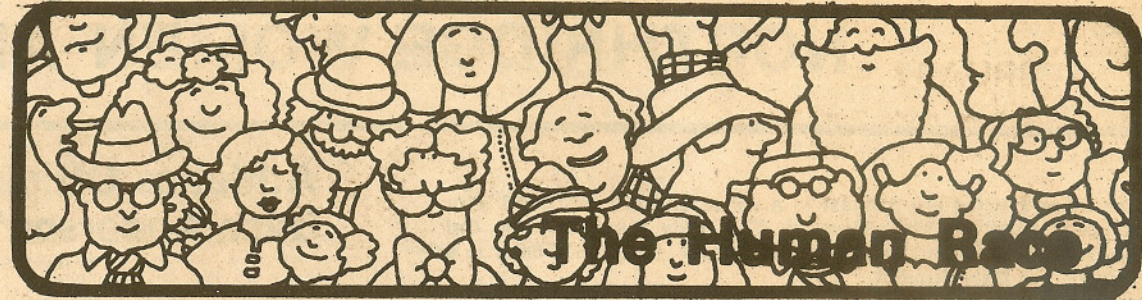
**APR 11: Pasadena Rosebud Invitational.** Ron Grey, 2750 N. Highview, Altadena 91001. (213) 681-7073.

**APR 11: Iilsanjo Classic.** 10 mile cross country. Santa Rosa, 9 am. Iilsanjo Classic, 1927 Calaveras Dr., Santa Rosa 95405. (707) 527-5395.

**APR 11: Clearlake Spring Blossom Marathon & 20K Run.** Lakeport, 8 am. Lake County Chamber of Commerce, 875 Lakeport Blvd., Lakeport 95453. (707) 263-6131.

**APR 11: Women's Woodward Park Run.** 1.4 & 3.0 miles. Fresno, 8 am. Ron Gates, 3220 E. Huntington, Fresno 93702.

**APR 12: Merced Track Club 10K.** Lake



## "Aloha Athletics"



by Len Wallach

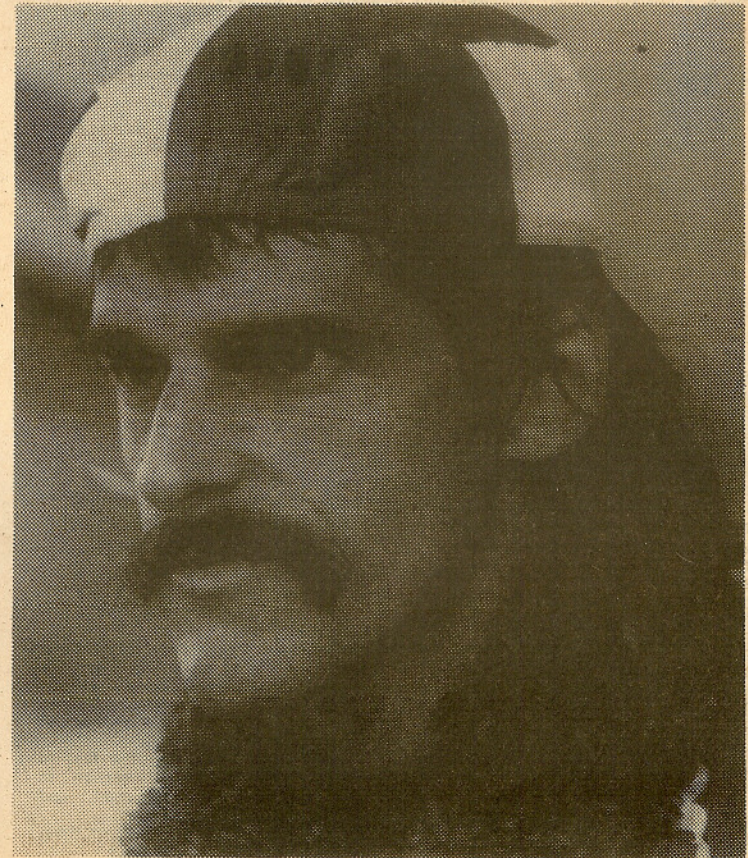
**D**uncan Macdonald and I share several things in common in addition to our Hawaiian birthplace. We both are runners and both participate in many of the same events together. We both have other major things going on in our lives besides plying our athletic skills on the asphalt but we both love our homeland and get back to Aloha Land every chance we can.

We also ran the Honolulu Marathon together but that's where any of the similarities end. Our aloha athletics in the Pheidippidean nightmare are at different ends of the contest. He's the front runner and I'm so far back in that human sea that you could multiply his finishing time by two and still beat me to the finish line.

That doesn't mean anything to all the other racers, runners, joggers, unrunners, and the army of walkers who previously fell into one of the former categories until the Honolulu Marathon extracted the last full ounce of physical and mental effort from our falling bodies.

The Honolulu Marathon isn't just another 26 miler, it's a work of art. It isn't just another race in another beautiful place. It and its hosting city, are as much as treasures as is a pearl brought up from the sea. The Honolulu Marathon is the King of the Road.

The facts of the 1980 race are clean, unencumbered and old news. Macdonald won it in 2:15:55 and was followed across the white line at Kapiolani Park by Edson Bergara of Brazil more than three minutes later in 2:19:23 and Rolf W. Salzman of West Germany in 2:19:55. Olympic champion Frank Shorter finished fourth and Queen of the Road for the third consecutive year was Patti Lyons Catalano of West Roxbury, Massachusetts who broke her own Honolulu record for the



Duncan Macdonald

photos by Jenni Gordon & the Hono. Mara. Assoc.

runners came to curse as their shoes became heavier from the heaven's fluid. But it didn't stop them from lapping up thousands of cups of water and diluted Coke from the 13 pit stops along the

## APRIL

**APR 4: California Christian College Athletic Conference.** Westmont College, Santa

**MAR 29: Jordache Pro Am Marathon.** Hollywood Bowl, 8 am. \$25,000 prize first man and first woman. Sunrunner Sports Promotions, 3600 Avalon Blvd., Los Angeles 90011.

**MAR 29: Pleasant Hill 10K.** Diablo Valley College, 10 am. Ralph Bowles, 105 Emerson Ct., Pleasant Hill 94523. (415) 939-9330.

**MAR 29: Moorpark Scramble 5k & 10K.** Moorpark College, 8 am and 9 am. Norm Chung, 280 Casey Rd., Moorpark 93021. (805) 529-1124.

## APRIL

**APR 4: California Christian College Athletic Conference.** Westmont College, Santa Barbara.

**APR 4: Cal Women's Invitational Heptathlon.** UC Berkeley. Vern Gambetta, Women's Athletic Dept., 103 Hearst Gymnasium, Berkeley 94720.

**APR 4: Taco Bell Relays.** Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

**APR 4: Age Group All Comers.** U.C. Irvine, 9 am. Frank Duarte, 3717 S. Ramona Dr., Santa Ana 92707. (714) 545-7701.

**APR 4: Magical Musical Marathon & Half Marathon.** Folsom to Sacramento. Elizabeth Jansen, 2408 "J" St., Sacramento 95816. (916) 442-7223.

**APR 4: Sacramento Relays.** Sacramento State University, Track Coach, CSUS, 6000 "J" St., Sacramento 95819. (916) 454-6208.

**APR 4: Whittier YMCA Legg Lake Park 10K & 5K.** 9 am. Marilyn Grant, Health

**APR 11: Riverside Invitational.** University of California at Riverside.

**APR 11: Pasadena Rosebud Invitational.** Ron Grey, 2750 N. Highview, Altadena 91001. (213) 681-7073.

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**APR 11: Women's Woodward Park Run.** 1.4 & 3.0 miles. Fresno, 8 am. Ron Gates, 3220 E. Huntington, Fresno 93702.

**APR 12: Merced Track Club 10K.** Lake Yosemite Park, Merced, 9 am. Merced Track Club, P.O. Box 3275, Merced 95340.

**APR 12: West Valley Masters Track & Field Meet.** Los Gatos High School. Bruce Springhart, Los Gatos Athletic Assoc., P.O. Box 7129, Los Gatos 95031.

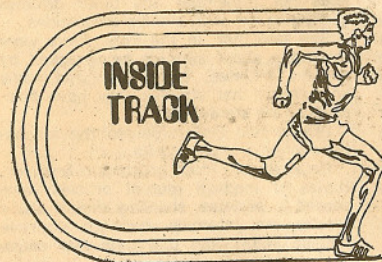
**APR 12: Boothe Park Ribbon Runs.** 2 miles & 5.6 miles. Calistoga, 9:30 am. Reg Harris, 1267 Walnut C66, Napa 94558. (707) 255-8705.

**APR 12: Herc-Dynamite Run.** 4 miles. Hercules, 10 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

**APR 12: American River 50 Miler.** Auburn to Sacramento, 7 am. Nancy March, Fleet Feet, 107 South Harding, Roseville 95678. Joe Sloan (916) 783-4558.

**APR 14-15: TFA/USA Decathlon.** Fresno State University, Red Estes, Track Coach, Fresno State University, Fresno 93740.

**APR 20: Boston Marathon.** BAA Marathon P.O. Box 223, Boston, MA 02199.



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the Honolulu Marathon extracted the last full ounce of physical and mental effort from our falling bodies.

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First master man was Jim Bowers of Santa Rosa, California running a blistering 2:25:54, fresh from his 25 Kilo record the week before in San Francisco. First master woman was Hawaii's Noel Murchie in 3:11:19.

Of the 8,500 registrants, most showed up race day and only a handful dropped out. Over 1000 Californians made the trip, swelling the tourist city with an equal number of foreign folks from 27 nations particularly Japan, but it was our Golden State who set the record for attendance.

Statistics do not a race make but they help. So did the 6 a.m. start as well as the dark and brooding morning at Aloha tower which was now in its 53rd year. The only reason I know that date is that the tower and I were born at the same time and in the same neighborhood, but I've aged more than that man-made monolith which gives a silent welcome to all runners as she has on Boat Day back in those good-old bad-old days.

Hawaiian skies opened up shortly after the starting cannon and fireworks went off, probably in retaliation to being awakened by the scantily clad aloha athletes who have never been known on race morning to let the rest of the world sleep.

Dave Benson is a gentle giant of a man, and is every inch what a race director should look like. He has a love affair going with the race which showed in his orchestration of the extravaganza. He, unlike Honolulu Marathon Association chief, Dr. Jack Skaff, downplays himself and plays the race up, a refreshing change of pace in the HMA. Benson has a true Hawaiian heritage having been born in Molokai, famed for Father Damian and his pitiful lepers. The big race director has that special touch of Hawaiian kindness yet when you see him in his regular dress up blues as a tough Honolulu cop, you know that he's the guy in charge.

His race went like clockwork even through the cool drenching rain which



## Duncan Macdonald

photos by Jenni Gordon & the Hono. Mara. Assoc.

runners came to curse as their shoes became heavier from the heaven's fluid. But it didn't stop them from lapping up thousands of cups of water and diluted Coke from the 13 pit stops along the relatively flat terrain. At every one of these oases was a battery of volunteers who not only stuffed one full of fluids but slapped you on the back, butt, and shoulders insuring one with "go-for-it," "looking-good," and "you-gotta-want-it." They also managed to dole out band aids, vaseline, and occasionally, at least at some of the unofficial water stops, aluminum containers suspected to hold the elixir of hops.

Most races have poignant moments but Honolulu's came when Macdonald was almost to the 24 mile mark near the foot of Diamond Head, Robert Deuriarte of Honolulu was at the 7 mile point. This match up spot on the out-and-back course was solely occupied by these two athletes, Macdonald, moments from victory, Deuriarte with an awesome 19 more miles to go, running his heart out on one normal leg and the other long since atrophied and relatively useless. He eventually pushed his 38 year old determined body through the marathon hell of a 7 hour 16 minute time lapse. At the 24 and 7 mile passing point the two dedicated athletes, without even thinking about it, reached out, touched sweating hands for a flicker of a moment, shared each other's energy and suffering and then went their opposite ways to their own form of championship.

Way back in the 6616 finishers were the walking and running wounded determined to earn the coveted Honolulu Marathon T-shirt which attests to the completion of the Grecian epic. In dead last was 74 year old Harukichi Murakami of Fujliidera, Japan who became the anchor man of the 1980 race finishing in 9:36:59.

Also in the back of the five hour plus pack, enjoying less notoriety for a change, was former American and Canadian National Marathon titlist, Ted Corbitt who was nursing a bad ankle along the long suffering process. So many times in his life he had tasted the sweet elixir of winning but this trip forced the wiry athlete to enjoy his own humanness and that of the thousands of other slower brothers and sisters of the roads.

At sunset, near the 3 mile mark almost 12 hours after the starting cannon had been fired in joy, seven ram rod straight



## Patty Lyons Catalano

American soldiers lifted their gleaming rifles to the sky to fire 21 shots in memory of the same December 7th morning 39 years ago. People watching the small and quiet ceremony stood deathly still as a young khaki bugler played taps as the flag and sun descended. It was a fitting close to an American Day for Americans and their friends. No greater tribute could be made to the glory of sport.

# NORTHRIDGE WOMEN AND STEROIDS

These three articles are the last in a series and are reprinted with permission from the **Daily Sundial**. The **Daily Sundial** is the Cal State University Northridge school newspaper. Randy S. Foster is a writer for the **Daily Sundial**.

This series of articles concerns past years at Northridge and are in no way a reflection on the current coaches or programs.

## Allegations of Steroid Use Spur Investigations

by Randy S. Foster

The national chairperson for Women's Track and Field said her organization would launch its own investigation into accusations made by eight athletes that former CSUN women's assistant track coach Chuck DeBus encouraged the use of steroids.

Dr. Evie Dennis said she had no comment on the allegations, other than that her organization was looking into the matter and would reach a decision sometime this month.

The issue arose after the **Daily Sundial** published accusations from eight former CSUN student athletes who said DeBus urged them to use steroids. They said DeBus sold steroids to those athletes who chose to use them.

Steroids are a form of synthetic male hormone that are banned by the International Olympic Committee. IOC rules mandate that those athletes found to be using steroids be suspended or banned from amateur athletics.

Steroids have also been found to cause a number of undesirable side effects in women, including the development of male characteristics, kidney infections and other physical modifications.

Other athletic-governing bodies have acknowledged the **Sundial** articles.

An official in the Association of Intercollegiate Athletics for Women, who requested anonymity, said the AIAW knows of the accusations, but is "burying their heads about it."

He said coaches have known of DeBus' alleged steroid involvement for several years.

The official said a decision was reached during a Region 8 coach's meeting to request that the AIAW institute mandatory drug testing at all major AIAW-sanctioned competitions, an idea the official said could be called "the Northridge plan."

He also expressed sympathy for DeBus' successor at CSUN, head women's track and cross-country coach, Don Strametz.

"It's too bad he (Strametz) had to walk into something like this," he said. "I know he is an ethical, moral coach. It's a shame he has to have this kind of stigma."

Fred Jones, women's track coach for West Los Angeles Community College and the Los Angeles Mercuresses Track Club, called DeBus' contribution to track "a travesty," and said those athletes who came to the **Sundial** with their accusations did women's track and field a "real service."

"These reports on Chuck, in terms of just general problems of a moral nature and so on, have stemmed almost from the first time he's been here (Southern California)," Jones said.

"In the past, the most difficult thing was to corroborate any of it. The most difficult thing was because it was so embarrassing, it was so demoralizing to these young athletes, that nobody wanted to stand up and say anything."

"The **Sundial** has been the first to have found people strong enough to publicly say what has happened, lend their names to it and be counted."

"We've been trying to police this thing ever since it started," Jones said.

"I read in the **Sundial** article a statement made by one of the athletics that DeBus would sell them 60 tablets a month for \$15; now that's insane," Jones said.

"First, to induce steroids in the female body is an obscenity, but 60 steroid tablets a month? You talk to any weight lifter or body builder, it's insanity, just plain insanity."

"That's just criminal, and something has not to be done," Jones said.

## Athletics Officials Concerned Over Anderson's Blood Tests

by Randy S. Foster

Concern has been expressed by some knowledgeable sources about what happened to blood tests that were drawn six months ago from former CSUN athlete Jodi Anderson, after she was accused during the Olympic trials of using steroids.

DeBus was charged by eight of his former athletes to have encouraged steroid use when he coached at CSUN, but he said he would comment on the accusations only after the Anderson test's return.

The tests, which one Olympic trainer said take one to two weeks to complete, have not come back after almost six months, according to the doctor who said he saw the blood sample drawn.

"These things (steroid test) usually take a few days, two weeks at the most," the Olympic trainer said last month. "But five months? That's ridiculous."

Observers have expressed concern about why the tests have not come back. One coach, Fred Jones of the AAU Los Angeles Mercuresses Track Club, said he doubts the tests were made.

"There were no tests," Jones said. He said DeBus is using the tests as an excuse to avoid the issue.

Other coaches have expressed similar sentiments.

One observer said he doubts the tests were made, because there are no facilities in North America to analyze the blood samples. The facilities used during the 1976 Montreal Olympics were disassembled after the games, he said.

He did not administer the steroid tests, and we did not give tests to the individual athletes there or by random sample.

But Jenny Stone, head athletic trainer for the United State Olympic Committee, said she knows of "a couple" of places in the United States where the analysis could be made.

The doctor who observed the drawing of the blood sample said he did not know why it was taking so long for the blood tests to come back, and he said DeBus has contacted him a number asking where the tests were.

The doctor, however, said he was limited in what he could say, unless he had a signed consent from Anderson.

Jimmy Carnes, president of the Athletics Congress, said that, if the test were conducted, they would have had to follow the procedures established for drug testing by the International Amateur Athletic Federation.

"It (the steroid testing) would definitely have to be established in the Olympic Committee, and when I say Olympic Committee it would have to be established in the Athletics Congress, the governing body of track and field, under the auspices of qualified medical people," Carnes said.

"There are a lot of rules in the IAAF that stipulated exactly how you go about conducting these tests, and if there's any steps that vary from these procedures, it's an invalid test," he said.

However, Carnes questioned why DeBus and Anderson had the tests conducted in the first place.

"First of all, it doesn't make any difference if she went to a qualified medical individual," he said. "I don't know why he would have sent her to start with, because we did not give tests."

## Officials Say They Knew of Charges of Steroid Use

by Randy S. Foster

Mitchelson said. "I Xeroxed a copy off and gave it to Barbara, and she was supposed to tell all the girls about it."

Anabolic steroids, a synthetic male hormone that allegedly builds muscle bulk and strength, are banned by the International Olympic Committee. Athletes found to be using steroids during international competitions face the loss of their amateur standing.

In addition, steroids have been found to

"We don't just pick out Jodi Anderson just because somebody there accuses her of taking steroids; that could happen to 500 athletes. So really, that's not a very valid argument either way you go, because regardless of what the doctor found, valid or non-valid, it has no bearing on the performance of the Olympic trials."

The issue arose after last summer's U.S. Olympic trials, when Anderson was accused by one of her competitors, Kathy McMillan of Tennessee State University, of using steroids. McMillan told the national press she recalled a conversation during the Pan American Games in 1979 between Anderson and herself, when Anderson allegedly said she planned on using steroids.

Anderson was the trials pentathlon and long jump champion, as well as breaking the American long jump record, and that, coupled with the recalled conversation, led McMillan to believe Anderson actually took steroids.

Anderson and DeBus strongly denied the accusations, and DeBus later said he had laboratory bloodanalysis conducted on Anderson to prove she did not use steroids.

DeBus denied the accusations. "I have no knowledge of that," he said. "I don't know what you're talking about, or what it's about."

In October, the **Sundial** published accusations made by an additional six athletes confirming the original two.

When informed of the new accusations, DeBus said he had no comment to make at that time.

"I will be glad to talk to you just as soon as Jodi Anderson's tests come back," he said, adding that they would prove in principle he does not encourage his athletes to use steroids.

steroid use that that the charges then made against DeBus were more than rumors.

"We tried to do something about this a couple of years ago, and we could never get anything off the ground," Cornell said. "We had told Dr. Swerkes about it, and Dr. Mitchelson and a number of people knew. Judy brame knew. I went and told her."

"I went and told Judy Brame about it."

DeBus sold steroids to those athletes who chose to use them.

Steroids are a form of synthetic male hormone that are banned by the International Olympic Committee. IOC rules mandate that those athletes found to be using steroids be suspended or banned from amateur athletics.

Steroids have also been found to cause a number of undesirable side effects in women, including the development of male characteristics, kidney infections and other physical modifications.

Other athletic-governing bodies have acknowledged the Sundial articles.

An official in the Association of Intercollegiate Athletics for Women, who requested anonymity, said the AIAW knows of the accusations, but is "burying their heads about it."

He said coaches have known of DeBus' alleged steroid involvement for several years.

was to corroborate any of it. The most difficult thing was because it was so embarrassing, it was so demoralizing to these young athletes, that nobody wanted to stand up and say anything.

"The Sundial has been the first to have found people strong enough to publicly say what has happened, lend their names to it and be counted.

"We've been trying to police this thing ever since it started," Jones said.

"I read in the Sundial article a statement made by one of the athletics that DeBus would sell them 60 tablets a month for \$15; now that's insane," Jones said.

"First, to induce steroids in the female body is an obscenity, but 60 steroid tablets a month? You talk to any weight lifter or body builder, it's insanity, just plain insanity.

"That's just criminal, and something has got to be done," Jones said.

sentenced after the games, he said. did not administer the steroid tests, and we did not give tests to the individual athletes there or by random sample.

## Officials Say They Knew of Charges of Steroid Use

by Randy S. Foster

Womens physical education department officials Dr. Judy Brame, Dr. Barbara Swerkes and Dr. Delmar Mitchelson have answered accusations that they knew of, but did nothing about, former women's assistant track coach Chuck DeBus' allegedly encouraging his athletes to use anabolic steroids during the spring semester of 1978 and before.

In separate interviews, the three said they acted within their power to investigate the rumors and allegations but were never able to prove DeBus' or students' involvement.

Several former CSUN track athletes, including Denise Cornell, Kathy Scotina, Marilyn White, Karen Marshall, and Jane DeCuir, have accused DeBus of encouraging the use of anabolic steroids among his athletes.

They said he personally sold steroids to those athletes who chose to use them.

Cornell, Scotina and White have said that women's physical education department chairperson Brame, former women's track coach Swerkes and team physician Mitchelson knew that DeBus was encouraging his athletes to take steroids at the time, but did nothing about it.

Brame, Mitchelson and Swerkes said that, at the period in question, the 1977-78 academic year, there were rumors and allegations of steroid use, but no proof of either athletes' or DeBus' involvement could be obtained.

During the spring semester of 1978, White obtained a pill from a friend who was a member of CSUN's women's track team. The friend told White, and later the Sundial, that she had obtained the pill from DeBus and that it was a steroid tablet.

White took the pill to team trainer Vanette Yapp, who took it to Mitchelson for analysis. Mitchelson said he inconclusively identified the pill as Winstrol, an anabolic steroid, using the "Physician's Desk Reference" as a source.

He said, however, there was no way for him to be certain the pill he was given was a steroid tablet. He said he identified the pill by matching it to pictures in his reference, but that there were other pills that looked much the same.

"It could have been a birth control pill, as far as I was concerned," he said.

Mitchelson said he could not conclusively identify the sample with the facilities he had available to him. There are no facilities at the Student Health Center to analyze unknown substances, he said.

"We gave the P.E. department and Dr. Barbara Swerkes... (an article) advising females not to take anabolic steroids,"

difference if she went to a qualified medical individual," he said. "I don't know why he would have sent her to start with, because we did not give tests.

Mitchelson said. "I Xeroxed a copy of and gave it to Barbara, and she was supposed to tell all the girls about it."

Anabolic steroids, a synthetic male hormone that allegedly builds muscle bulk and strength, are banned by the International Olympic Committee. Athletes found to be using steroids during international competitions face the loss of their amateur standing.

In addition, steroids have been found to cause undesirable side effects among many females who take them.

"I turned the whole thing over to the girl's track coach, with the article that this was harmful," Mitchelson said. "I'm sure that she gave some of the girls a copy of it.

"I had no way of doing anything except what I did, which was to warn," Mitchelson said. "One little tablet in somebody's hand doesn't mean that anybody took them."

Mitchelson said that, as far as he knew, no other action was taken by the physical education department, or Swerkes.

Swerkes confirmed she had been informed by Mitchelson that possible steroid use among womens track athletes may have existed and that certain precautionary measures should be taken.

"We knew that there were accusations made," Swerkes said. "We also had a written statement from Dr. Mitchelson, Dr. Brame and I, along with articles, and made a very clear statement to everybody on the team that it (steroid use) was totally unacceptable.

"Our statement at the time was that steroids are foolish to take; that was the entire purpose," she said. "Dr. Mitchelson supplied the information, Vanette (Yapp) made sure the athletes had access to the information, I told them, they were off the team (if it was found they were involved with steroid use)."

Swerkes said she asked DeBus if he was encouraging his athletes to take steroids. She said he denied it.

"Chuck said absolutely not, and, further, he claims it is people who wish to get at him, which is a highly likely story, because the athletes involved didn't like Chuck at all," Swerkes said.

"You have Chuck on one side saying 'I never had anything to do with it,' and you have an athlete on another side who really doesn't care for the man saying another thing," she said.

"In essence, we told (DeBus) if he was connected with it he wouldn't be around here anymore, either. As far as I was concerned, that was the end of it."

Cornell said a number of athletes on the team were opposed to DeBus' alleged involvement with encouraging

steroid use that that the charges then made against DeBus were more than rumors.

"We tried to do something about this a couple of years ago, and we could never get anything off the ground," Cornell said. "We had told Dr. Swerkes about it, and Dr. Mitchelson and a number of people knew. Judy Brame knew. I went and told her.

"I went and told Judy Brame about it, because I was pretty disgusted with Swerkes because she didn't do anything about it," Cornell said.

"The only reason that I brought it to Dr. Brame was the simple fact that, if one of those girls by chance had a reaction to that drug, Chuck wasn't the only one who was going to be in trouble.

"(Brame) had been told of these things going on a number of times, from myself...and a number of other people who had gone in and told her," Cornell said. "It was in '78, in the spring, and I was very concerned about this, and I went back, and I told her again.

"I said that these things were happening on the field, you should do something about it, because if you don't, if you can't take care of this right here in the department, somebody's going to come down from somewhere else. And its not just going to be Chuck thats in trouble, but its going to be Dr. Swerkes, and its going to be you, and its going to be Cal State Northridge," Cornell said.

Brame said she remembers talking to Cornell and that Cornell seemed concerned that DeBus was encouraging his CSUN athletes to take steroids. Brame said she does not remember any other athletes coming to her with similar accusations.

She said that, at the time, there were questions about steroids being asked by student athletes, and there was some speculation that athletes may have been considering steroid use.

Brame said DeBus denied the accusations when she asked him.

Because of those rumors, however, copies of medical journal articles were passed to athletes, showing clinical study results that steroids did not improve athletic ability and that they may cause undesirable side effects.

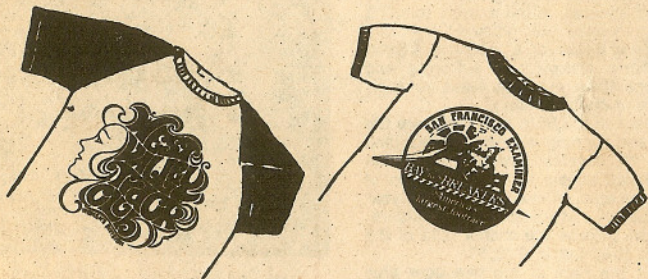
In addition, a memorandum was distributed to women's track team athletes stating the official physical education department policy that steroids are not acceptable, that medical research has indicated steroids do not enhance athletic ability and that they often cause undesirable side effects.

"At the time, that was all that was necessary, in my opinion," Brame said.

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# CLUB NEWS

by Marty Higginbotham

Send news and pictures of your club to:  
California Track & Running News, Box 6103, Fresno, CA 93703

## High Desert Running Club

44384 Stanridge Ave., Lancaster 93534

In 1981 the HDRC will select several races as championship races. The first official club championship will be the Bakersfield Marathon. February 14 has been chosen as a tentative date for the club banquet to be held at Lane Park. A committee will be selecting a club "Runner of the Year."

The HDRC holds their weekend club workouts Saturday and Sunday at 7:00 am at Lane Park also Thursday evening at 5:15 at Lane Park a group meets for workouts.

Club president Charlie Horn's new company will be putting on the Almond Blossom 10K on March 1.

## Visalia Runners

P.O. Box 3838, Visalia 93278

On December 27 the Visalia Runners held a one hour Benefit Run to raise money for Tulare County Hospice. Forty three members took part as over six hundred dollars were raised for the organization. Top finishers were: Rob Stephenson 10 miles 815 yards, Craig Newport 10 miles 433 yards and Dave Calderon 10 miles 66 yards. In the 40-plus division, new member, Frank Padillia covered 9 miles 880 yards. Jacques Randolph led the women, covering 7 miles 1325 yards. She was followed by Susan Gundy 7 miles 770 yards and Cherie Stephenson 7 miles 523 yards. Rob Stephenson is also going to have another Hour Run in March to raise funds for the Special Olympics.

Four club members went north to Stockton for the California Ten held January 4. Leading the Visalia troops was Gary Campbell clocking 54:39. Rob Step-

## Golden Gate Race Walkers

106 Sanchez St., #17, San Francisco 94114

At the December 14, 1980 PA-AC 15K Race Walking Championships Emory Chow led the GGRW with a time of 1:36:57. He was followed by Rob Robinson in 1:37:57, Diane Mendoza 1:38:20 also second woman finisher, and Milt Schiffman who clocked 1:54:33. Upcoming race walking championship events for the GGRW include the PA-AC 20 Mile Championships to be held Sunday, February 22 and the PA-AC 15K 1981 Championships scheduled for Sunday, March 8.

## Southern Calif. Roadrunners

The Southern California Roadrunners girls cross country teams did exceptionally well at the TAC National age group championships at Pocatello, Idaho. The girls captured the National titles in the 12-13 and 10-11 year old divisions, and a second place finish in the 9 and under.

The 12-13 team captured the championship with the help of Toni Everts of Orange who placed 10th overall and Heidi Hogan of Anaheim who finished 14th overall. The 10-11 team was led by Susie Ramirez of Riverside (4th), Michelle Gonzales of West Covina (6th), Janell Gomez of Baldwin Park (9th), Holly Hogan of Anaheim (11th) and Carol Doody of Upland (14th). The team was undefeated the entire season and added a Junior Olympic National title at Cheyenne Wyoming. The 9 and under team was comprised of girls who had only a year or less of running experience and was a big

## Dolphin South End Runners

771 Fifth Avenue #3, San Francisco 94118

In late October 1980, club president Walt Stack ran his 100th marathon at the YMCA Embarcadero 26.2 miler.

The "Man of the Year" award for the club in 1980 was shared by Dick Collins and Sherman Welpton III, while Colleen Fox earned her second straight "Woman of the Year" award. The "Family" award went to Tom, Mandy, Molley, Mike, Jim, Pat and Andy McManus. Tom and Mandy McManus received the husband/wife award. The "Senior" award went to Ivor Welch while the "Junior" award to Theron Skyles.

The DSE Runners will be hosting a series of scenic runs throughout the year. For information on these runs contact: San Francisco Dolphin South End Runners, Marsha Maguire, 771 Fifth Avenue #3, San Francisco, CA 94118.

## High Sierra Track Club

112 Green Oaks, Visalia 93277

The High Sierra Track Club once again did an outstanding job in the AC National Postal One-Hour Run Championships. They finished in second place with a new club record of 55 miles 1259 yards. HSTC was the defending national championship team! Leading this group was Juan Molina's 11 miles, 759 yards, placing eighth in the nation overall. Juan Garza was second man on the team covering 11 miles 267 yards, nabbing the number twelve spot in the country. Bob Lohse was third man covering 11 miles, 265 yards. Lohse is seventeen and his distance placed him second in the junior division. Dave Bronzan covered a distance of 11 miles 84 yards, while Don Chapin went 10 miles 1644 yards, rounding out the top five. The HSTC number two team also showed their strength as they placed sixth nationally in the open division.

The club has added several new members to its already strong roster. They have already begun to show their strength this year at local events. At the Locker Room 5K on January 11, HSTC members Ed Taylor, Dave Bronzan and Wayne Van Dellen all won their respective divisions.

## Merced T C

## Seniors TC

1626 Wellington Place  
Westlake Village 91361

STC members have been competing in some high quality races. Nine members competed in the New York City Marathon. Top finisher was Eino clocking 2:41:00. Fifty-six year old Alonzo Munk was the second STC finisher at 3:16:11.

At the 33rd Western Hemisphere Marathon, Jim Knerr ran a 2:40:43. This was after coming off a 2:35 at the Rose Bowl 26.2.

Many club members ran the Perrier Beverly Hills 10K on December 7. Once again Eino was the top club finisher taking third in the 40-49 division timing 33:41. Ray Gil timed 36:43 to take first place honors in the 50-59 age group. In the 60 and over group, Ed Lewin ran 39:40 to take first and Christa Romppanen finished first in the women's 40-49 category with a 39:49.

## Stars & Stripes Track Club

331 North Larchmont Blvd.  
Los Angeles 90004

by Ron Duba

This article is a general overview of the Stars and Stripes Track Club in 1980. The Stars and Stripes Track Club's primary objective is to provide training, financial and administrative support to American athletes in national and international competition.

The head coach for the 1980 season was Walt Williamson. Bart Williams, Sam Turner, and Greg Woepse, won and placed in many of the indoor meets throughout the nation in the hurdles, 400 to 600 meter races and the pole vault. The outdoor season found many team members participating in the sprints, sprint relays, hurdles, long jump, triple jump and pole vault.

During the outdoor season we had ten athletes qualify for the National Championships and five for the Olympic Trials. At the National Championships Greg Woepse placed third in the pole vault, LaMonte King placed fourth in the long jump, Greg Caldwell placed third in the triple jump and LaMonte King won the 200 meters and was voted the "Outstanding Male Athlete" for his winning time of 20.08. This time was fifth performer and sixth performance all-time U.S., and tenth performed all-time world.

At the Olympic Trials Bart Williams made the 1980 United States Team by placing third in the 400 meter hurdles, and Greg Caldwell made the team by placing third in his last jump by 1/4 inch.

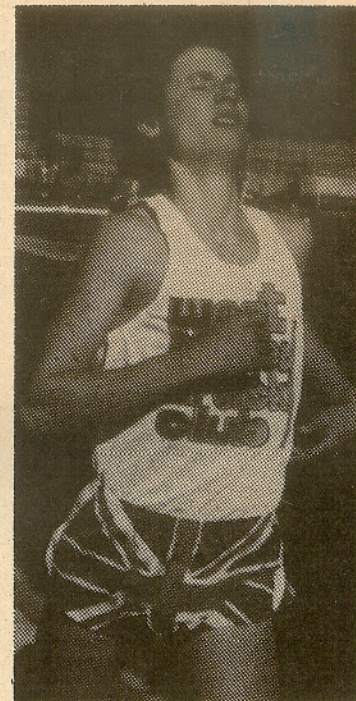
## Bakersfield TC

433 E. Belle Terrace, Bakersfield 93307

The Bakersfield TC will be hosting the Bakersfield Marathon on February 7. This is a well-organized event and run on a very flat, fast course. Along with the 26.2 miler will be a half-marathon. Course records for 26.2 are: 2:19:38 (men) and 2:42:08 (women).

The annual BTC award banquet will be held February 27. Awards will be given for the BTC championship race series and an election will take place for 1981 club officers.

photo by Keith Conning



Bret Baffert  
WVTC Junior

## West Valley Track Club Junior Program

P.O. Box 1551, San Mateo 94401

The big news in the WVTC junior program is Jay Marden capping off an

On December 27 the Visalia Runners held a one hour Benefit Run to raise money for Tulare County Hospice. Forty three members took part as over six hundred dollars were raised for the organization. Top finishers were: Rob Stephenson 10 miles 815 yards, Craig Newport 10 miles 433 yards and Dave Calderon 10 miles 66 yards. In the 40-plus division, new member, Frank Padilla covered 9 miles 880 yards. Jacque Randolph led the women, covering 7 miles 1325 yards. She was followed by Susan Gundy 7 miles 770 yards and Cherie Stephenson 7 miles 523 yards. Rob Stephenson is also going to have another Hour Run in March to raise funds for the Special Olympics.

Four club members went north to Stockton for the California Ten held January 4. Leading the Visalia troops was Gary Campbell clocking 54:39. Rob Stephenson was next in 56:13. Craig Newport and Dave Calderon followed in 59:24 and 59:35.

Many Visalia Runners took home the hardware at the January 11 Locker Room 5K held in Visalia. The VR women captured first in open, 30-39, and 40+ divisions. Carol Sandoval took the open, Jacque Randolph was the winner in the 30-39 while teammate Cherie Stephenson was third. In the 40+ JoAnn Branco was the winner followed by Cecil Conway. Andrea Burkson finished second in the 10 and under. Jess Rodriguez led the men as he placed first in the 35-39 age group. Frank Padilla took a second in the 40-44 division and Rich Randolph a third in the 30-34 age group.

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The Roadrunners are coached by Dave Japs of Rialto and has produced top national runners including Chuck and Frank Assumma and Vicki Cook. The team is currently preparing for the upcoming track season and new members are welcome. The runners from Orange County area are coached by Mike Leong of Orange who is also competing on the UC Irvine cross country and track team. Workouts are currently being held at the UCI track, Tuesdays and Thursdays, and at Villa Park HS on Sundays. For more information call Mike Leong 637-3173 or Ed Bresnick 874-5022.

miles 267 yards, nabbing the number twelve spot in the country. Bob Lohse was third man covering 11 miles, 265 yards. Lohse is seventeen and his distance placed him second in the junior division. Dave Bronzan covered a distance of 11 miles 84 yards, while Don Chapin went 10 miles 1644 yards, rounding out the top five. The HSTC number two team also showed their strength as they placed sixth nationally in the open division.

The club has added several new members to its already strong roster. They have already begun to show their strength this year at local events. At the Locker Room 5K on January 11, HSTC members Ed Taylor, Dave Bronzan and Wayne Van Dellen all won their respective divisions.

## Merced T.C.

P.O. Box 3275, Merced 95340

Several members of the MTC ran the December 6, Fresno 6 Mile Road Run. Todd Pierce led club finishers with his 34:19 time. Mike Lanard was the next MTC finisher as he ran 36:09. In the 50-59 division Bruce Lemmon finished fourth with a time of 40:19. Jane Russell clocked 43:19 to place sixth among the open women.

Pat Castellucci bettered her own club masters record by five minutes in the Honolulu Marathon as she ran 4:16. Bruce Johnson running his second marathon in four weeks finished in 3:29. Dave Castellucci and Don Lundberg also competed in the prestigious Hawaiian 26.2 miler.

## Fresno T.C.

P.O. Box 6103, Fresno 93703

At the December Fresno Road Race 6 Miler, FTC runners made some super showings in this fast run they hosted. Bryan Foley and Jim Hartig went one and two with times of 29:33 and 29:46. Jim Harris captured first place in the 40-49 division timing 36:45. Liz DeMonte established a new record for the women's 50+ division.

Jim Hartig led club finishers at the Clovis Stampede 8K on December 12. His time was a quick 24:53 for the near 5 mile. Teammates Scott Swenson, Craig Elia and Al Lomeli followed in third, fourth and fifth.

Bryan Foley was once again a winner at the January 3, Athletic World Seven Mile with a time of 37:00. Scott Swenson followed in second at 37:09.

placed in many of the indoor meets throughout the nation in the hurdles, 400 to 600 meter races and the pole vault. The outdoor season found many team members participating in the sprints, sprint relays, hurdles, long jump, triple jump and pole vault.

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In the summer European meets, SSTC athletes participated and placed in meets held in Italy, Germany, Denmark, Sweden and Belgium. Bart Williams ran a personal record of 49.2 in the 400 hurdles during the European tour and accompanied the U.S. Team to Tokyo, Peking and Buenos Aires.

During the 1980 season State, High School All-Americans, and National Honors were achieved by Steve Smith in the mile and Tim Williams in the long jump.

Pam Cox won, placed, and participated in many road races and track 3000, 5000, 10,000 meter runs during the year and was ranked the 12th in the state in the women's 10,000 meters at year end. She also won the TFA/USA Western Regional Cross Country Championships.

## Clovis Running Express

1029 Cherry Lane #A, Clovis 93612

Four members of the Clovis Express team took part in the Fresno Road Race 6 Mile. Top club finisher was Mike DeCarli. Art Medina was next, followed by Erin Valdez and Pearl Medina.

Erin Valdez, Joe Mulhern and Dave Kroll all set CRE age group records at the third Clovis Stampede on December 13. The following day Dave Kroll ran the Santa Maria Half Marathon in 1:46:02.

Mike Grady and Linda Burk ventured to Honolulu to run the Honolulu 26.2 miler. Grady timed 3:07 while Burk finished about 4:30. Both competed in the Central California Marathon only five weeks earlier.

CRE has a new Board of Directors for the first half of 1981. They are: Mike DeCarli, Steve Ward, Linda Burk, Sandy McPherson, Beth Cory, Sandy Cory, Steve Cory and Cecil Cory.



Bret Baffert  
WVTC Junior

## West Valley Track Club Junior Program

P.O. Box 1551, San Mateo 94401

The big news in the WVTC junior program is Jay Marden capping off an undefeated cross country season by winning the National Kinney Cross Country Championships in December. Marden ran a course record time of 14:53.5.

Many of the members had very successful seasons at their respective schools. Brad Zamozky of Homestead and Steve Goettelmann of Aptos High Schools both led their teams to winning seasons.

On the community college level, Paul Gyorez was third man on the West Valley College cross country team that won the Golden Gate Conference. Mike Greenled ran on a strong San Jose City College team. While both Craig Tazumine and Spencer Ferguson were scoring members of a much improved city college of San Francisco team.

Bret Baffert ran number two man at San Jose State during cross country and Tom Downs also ran in the number two man position for Cal.

## Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

## TWO BIG TRACK & FIELD CLINICS

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For more information contact: Bob Fraley, Assistant Track Coach, Fresno State University, Fresno, CA 93740. (209) 487-1298 or 435-9815.

# So. California Diary

by Bill Minarik

December 15 □

Before we get into track season, let's take a final look at some cross country items.

This year's NCAA Division I X-C meet looked more like a World Cup meet as the first six finishers were foreigners.

At the NCAA Division III meet, Oxy's Clark Cox came in 4th, however, none of his teammates were anywhere near him as the Bengals had to settle for 21st place in the team race. Then, just to prove his performance was no fluke, Clark came back a mere two days later and set a PR in the Division I meet.

Pima Arizona CC, which was beaten by both Fresno and Grossmont at the Mt. SAC Invitational, was an easy winner in the JUDO championships, which goes to determine the city college champion for all states, other than California. This goes a long way in backing up what I've said before and that is that the California CC State Meet is essentially the national community college championships. You show me a team that could beat Grossmont in x-country or Long Beach CC in track and I'll eat my next copy of CT&RN.

Speaking of the CC State Meet, meet director Mark Covert now has the unique distinction of being involved with the winning of a state x-c championship from every possible perspective. In 1968 he was the state individual champion, and was a member of the 1968 and 1969 valley CC team champions. In 1974 he coached Glendale's Bobby Thomas to the individual title and the Glendale team to the men's small school title, while this year, as meet director, he presented all of the awards to both individual, and team champions.

In this year's Kinney Meets, both Vickie Cook of Alemany and Jon Butler of Edison, gave an exemplary representation of the calibre of the CIF's Southern Section with finishes of 1-3 in the Regionals and 3-2 in the Nationals. In the boy's nationals, watching Jay Marden edge out Jon Butler for the title looked like a re-run of last year's state track 2-mile race, where the same two fought it out for second and third behind Andy DiConti. This year, with the two now established as the top two prep distance

runners in the country, whenever they meet—watch out! I'm looking forward to possible confrontations at the Arcadia and Mt. SAC Invitationals, as well as the State Meet, not to mention the indoor season.

All of the feedback I've received about the Kinney Meets, since their inception, has been extremely positive. The most frequent comment from coaches is that prior to Kinney, many top prep harriers ended their career feeling they had something left to prove. Now they have a chance to prove it.

A collegiate harrier who seems to enjoy competition 12 months a year is UCLA's Steve Ortiz. In his most recent outing at the Fiesta Bowl Marathon December 6, at Scottsdale, Arizona, Steve broke teammate Ron Cornell's school record with a fine 2:16:23 effort. That is all the more significant when you consider Steve's previous best in that event was around 2:45.00.

Another former Grossmont star who has developed into a world-class marathoner is Kirk Pfeffer, who just recently posted another 2:10+ performance.

I noticed where former prep phenom Eric Hulst has returned to long distance running after a lengthy "early retirement". I was somewhat surprised, however, to see him running for Athletes in Action because, at the time of his retirement, some of his UCI teammates indicated he was headed in the "opposite direction".

There have been a lot of rumors going around about athlete's drug use lately, however former Olympic gold medalist, Hal Connolly was rather blunt about it in an interview with the L.A. Times. He said that cocaine, as well as amphetamines, is now being used as a popular performance stimulant. He said that a good "snort" of coke will give you a three minute boost and if you decide to "shoot-up" you can expect a 10-11 minute "rush". On the subject of steroids, Hal indicated taking them while recuperating from knee surgery and then came up with a real shocker by saying, "I'm contemplating taking steroids again, if I'm going to compete as a master."

Enthusiasm in track and field is supposed to be way down this year in the United States because of the U.S. non-

involvement in the 1980 Olympics. However you wouldn't be able to tell that by the participation shown by decathletes December 6 and 7 at the TFA Winter Decathlon. As usual, over 100 participants competed in a meet which finished a few minutes ahead of a freak lightning storm. This meet figured to be a two-man battle between former UCI star Mauricio Bardales and former Arcadia High/Pasadena CC/UCLA whiz Grant Neiderhaus. It turned out to be just that up until the ninth event, when Mauricio moved out thanks to a 214-150 spread in the javelin which dropped Grant to third behind eventual runner-up, Lane Maestretti, the pole vault star competing for Nevada-Reno. Final tally was 7512-7411-7243.

The next week, also at Glendale, saw the mugslemen take the field for the TFA Weightman's Pentathlon. At this one Santa Barbara CC Coach, John Goldhammer, successfully defended his title, but it wasn't easy as no less than four other competitors broke the magic 4000 point barrier. Following John's winning total of 4338 were CSLB's Greg McSeverny with 4293, Fresno State's Rick Fitzemeier with 4140, Azusa Pacific's Doug Barnett at 4026, and FSU's Matt Mileham 4017. In addition to the overall scoring, individual records were set in four of the five events. CSLB redshirt John Brenner popped the shot 57-10, McSeverny flipped the discus 187-1/2, Barnett threw the javelin 229-5 and Mileham got off a superb throw of 67-5 in the 35 pound weight. Another noteworthy performance was turned in by Dos Pueblos High sophomore James Beene with a high school meet record of 2805. When a high school sophomore posts a score like that, it shows that whomever is coaching him is doing one heck of a job.

In some all-comer action, some of the talent from both CS Northridge and Pasadena CC was on display and gave its supporters good reason to look forward to a banner year.

As a final note, some hearty joggers have indicated they have come up with a solution to the problem of not being able to take their spouse along jogging because the spouse slows them down too much. Their remedy is to have the faster mate run backward, while the slowpoke runs forward. They said it works well, but I will withhold judgment pending some additional opinions.

the discovery that "she" had a full set of male organs and no female organs. There has been a lot of speculation on the matter ranging from Stella being a guy to a massive overdose of steroids.

Track action has been rather limited this year with the elimination of the All

Meet and other indoor action being scheduled late.

The chatter around SoCal prep circles is that Berkeley High's boys may be the surest winner in the history of the state prep track championships with the Berkeley girls another odds-on favorite.

1981

## Track Preview

### FOUR YEAR COLLEGES

#### PAC-10:

The PAC-10 this year is as well balanced as it has ever been. UCLA, USC, Oregon, and Arizona State all have legitimate superstars and along with them, a shot at the title. Depending on how well others fill in behind the "sure points," will determine the tittlest.

- |                  |                 |
|------------------|-----------------|
| 1 UCLA           | 6 Cal           |
| 2 Arizona State  | 7 Stanford      |
| 3 Oregon         | 8 Arizona       |
| 4 USC            | 9 Washington    |
| 5 Washington St. | 10 Oregon State |

#### PCAA:

The PCAA will probably end up a repeat of last year's battle with San Jose State comfortably ahead of Fresno State and Cal State Long Beach. Cross country tittlest UC Irvine will need a little more rebuilding time in this track oriented conference.

- |                  |                    |
|------------------|--------------------|
| 1 San Jose State | 5 UC Santa Barbara |
| 2 Fresno State   | 6 Utah State       |
| 3 Long Beach     | 7 Fullerton        |
| 4 UC Irvine      |                    |

#### CCAA

This year's edition of Cal Poly SLO appears just as potent as last year's, thus again the only question is who will be second. I will go with Cal State Bakersfield in a close verdict over Cal State Northridge and UC Riverside.

- |                |                     |
|----------------|---------------------|
| 1 Cal Poly SLO | 4 UC Riverside      |
| 2 Bakersfield  | 5 Los Angeles State |
| 3 Northridge   | 6 Cal Poly Pomona   |

#### SCIA

Pomona-Pitzer may be on top in cross country, but Oxy is still #1 in track and

at least one of those confrontations if they're looking to see a possible record setting performance.

- 1 Long Beach
- 2 Pasadena
- 3 El Camino

#### South Coast Conference

Mt. SAC came oh-so-close to winning the title last year, and this year with superstar Jim Spotsville in the line-up, the Mounties should ease by Grossmont into the number one spot.

- 1 Mt. SAC
- 2 Grossmont
- 3 Orange Coast

#### Southern California Conference

Fans who witnessed Santa Monica capture last year's title may have seen the beginning of a dynasty. With head coach Tommy Smith's influence in the sprints and the Santa Monica Track Club's influence in the distances, Santa Monica could be on top for a long long time.

- 1 Santa Monica
- 2 Harbor
- 3 LACC

#### Western States Conference

This conference is as tough in the distance events as it has ever been which should neutralize the usual big edge enjoyed by Glendale in this area. However the Vags should be able to gather enough points to make it 7 straight.

- 1 Glendale
- 2 Ventura
- 3 Moorpark

#### Mission Conference

Handicapping this conference is tougher than handicapping the horses out at Santa

Glendale's Bobby Thomas to the individual title and the Glendale team to the men's small school title, while this year, as meet director, he presented all of the awards to both individual and team champions.

In this year's Kinney Meets, both Vickie Cook of Alemany and Jon Butler of Edison, gave an exemplary representation of the calibre of the CIF's Southern Section with finishes of 1-3 in the Regionals and 3-2 in the Nationals. In the boy's nationals, watching Jay Marden edge out Jon Butler for the title looked like a re-run of last year's state track 2-mile race, where the same two fought it out for second and third behind Andy DiConti. This year, with the two now established as the top two prep distance

There have been a lot of rumors going around about athlete's drug use lately, however former Olympic gold medalist, Hal Connolly was rather blunt about it in an interview with the L.A. Times. He said that cocaine, as well as amphetamines, is now being used as a popular performance stimulant. He said that a good "snort" of coke will give you a three minute boost and if you decide to "shoot-up" you can expect a 10-11 minute "rush". On the subject of steroids, Hal indicated taking them while recuperating from knee surgery and then came up with a real shocker by saying, "I'm contemplating taking steroids again, if I'm going to compete as a master."

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The NCAA will probably end up a repeat of last year's battle with San Jose State comfortably ahead of Fresno State and Cal State Long Beach. Cross country tittlet UC Irvine will need a little more rebuilding time in this track oriented conference.

- |                  |                    |
|------------------|--------------------|
| 1 San Jose State | 5 UC Santa Barbara |
| 2 Fresno State   | 6 Utah State       |
| 3 Long Beach     | 7 Fullerton        |
| 4 UC Irvine      |                    |

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- |                |                     |
|----------------|---------------------|
| 1 Cal Poly SLO | 4 UC Riverside      |
| 2 Bakersfield  | 5 Los Angeles State |
| 3 Northridge   | 6 Cal Poly Pomona   |

#### SCIAC

Pomona-Pitzer may be on top in cross country, but Oxy is still #1 in track and should breeze to another title.

- |                 |            |
|-----------------|------------|
| 1 Occidental    | 5 Whittier |
| 2 Pomona-Pitzer | 6 Cal Tech |
| 3 Claremont     | 7 La Verne |
| 4 Redlands      |            |

#### NAIA District III

Point Loma and Azusa Pacific had the biggest recruiting hauls and were the powers in cross country. Cal Lutheran will have strength in numbers, and watch for a rapidly improving Westmont which went from last to third in cross country.

- |                 |                |
|-----------------|----------------|
| 1 Point Loma    | 5 Cal Tech     |
| 2 Azusa Pacific | 6 Biola        |
| 3 Cal Lutheran  | 7 UC San Diego |
| 4 Westmont      |                |

#### AIWA Region VIII Div. 1

With the addition of some blue chip freshmen and transfers, UCLA will be in a class by themselves this year. In fact, the Bruins stand a good shot at breaking records in the 1600m, 3200m, and medley relays.

- |        |                |
|--------|----------------|
| 1 UCLA | 3 Cal Poly SLO |
| 2 Cal  | 4 Stanford     |

#### COMMUNITY COLLEGE MEN

##### Metro Conference

As usual, Long Beach will have a dual meet team second to none, however the State's top sprint talent without a doubt rests over at Pasadena where the Lancers will field sprint relay teams that will boggle your mind. In addition to superstars Adrian Jones and Archie Carter, PCC has landed Curtis Riddick (10.1 & 20.4), the nations leading prep sprinter who has been beating Jones in practice, and in addition Don Quarrie's brother, who is due in from Jamaica in February. This quartet is expected to run about 39.6 in the 400 relay, 1:23.0 in the 800 relay and 3:05 in the 1600 relay. With established relay legs of 44.4, 46.5, 46.6, 47.0, & 47.0 on campus I don't think anyone is doubting who is going to win State in this relay. With PCC and LBCC meeting each other many times during the season, I would suggest fans take in

#### Southern California Conference

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- 1 Santa Monica
- 2 Harbor
- 3 LACC

#### Western States Conference

This conference is as tough in the distance events as it has ever been which should neutralize the usual big edge enjoyed by Glendale in this area. However the Vaqs should be able to gather enough other points to make it 7 straight.

- 1 Glendale
- 2 Ventura
- 3 Moorpark

#### Mission Conference

Handicapping this conference is tougher than handicapping the horses out at Santa Anita. Chaffey has been traditionally tough in the sprints, but this year's Citrus team may be the one to keep your eye on.

- 1 Chaffey
- 2 Citrus
- 3 Mira Costa

#### COMMUNITY COLLEGE WOMEN

##### South Coast Conference

Orange Coast is in a class by itself here and possibly in the State. Only battle will be for second where the sprint strength of Cerritos should prevail over Grossmont's long distance ladies.

- 1 Orange Coast
- 2 Cerritos
- 3 Grossmont

##### Metro Conference

Look for a real close one here with El Camino given a slight edge over Long Beach and Bakersfield.

- 1 El Camino
- 2 Long Beach
- 3 Bakersfield

##### Southern California Conference

Things don't look too much different from last year when Harbor used its depth to prevail over L.A. Southwest and Santa Monica.

- 1 Harbor
- 2 LA Southwest
- 3 Santa Monica

##### Western States Conference

Glendale looks like it has about the same talent it had last year which may be good enough to beat the rest, however, a team to keep your eye on is West L.A. which is in the process of being rebuilt by Fred Jones, the famed Coach of the L.A. Mercurettes. Assisting Fred will be female superstars Lisa Vogelsang and Barbara Farrell which give the Oilers one of the top coaching staffs in womens track.

- 1 Glendale
- 2 Ventura
- 3 West L.A.

photo by Bill Leung, Jr



Start of Large Schools Race at State Community College Cross Country Championships

#### January 23 ☐

A few last gasps with respect to cross country...

The L.A. City Section finally got off the ground with respect to their season and wound up with their championships on December 20. The guys from University High did this year what a lot of people thought they would do last year and that is capture the varsity championship 82-88 over Carson.

In the girl's division, Manual Arts, a school not known for their exploits along the harrier paths, won the team title 71-84 over Banning.

Individually, Cesario Marquez of Monroe destroyed the field in the boy's race with a blistering 14:50, which was 28 seconds ahead of Tyrus Demiter of Jefferson. In the girl's race, Jenine Walther of Chatsworth posted an even bigger margin 12:20-12:54 over the rugged Pierce College course.

It looks like the LA City Section will get financing for minor sports next year, so at least for another year we'll have cross country in Los Angeles.

For those of you who are on cable TV and receive that all-sports station, ESPN, you may have noticed where that station carried the NCAA Cross Country Championships. Unfortunately, I wasn't able to make it up at 3:30 a.m. to catch the action. You might write us a note telling us your opinion of the coverage.

This track season will see two institutions with vastly improved track facilities. Both L.A. Southwest CC and Cal State Los Angeles will be getting all-weather tracks courtesy of Arco, which is preparing training sites for the '84 Olympics.

The controversy surrounding who will be the winner of the L.A. Athletic Club's prestigious October mileage award will officially be decided in superior court March 4. This may be another sign of the times.

I'm sure most of you have heard the news about former Polish Olympic star Stella Walsh being murdered and then

continued on next page...



**Mission Conference**

Mira Costa will be an odds on choice here with Palomar and San Diego in the battle for second.

- 1 Mira Costa
- 2 San Diego
- 3 Palomar

**SOUTHERN CAL MEET PREDICTION**

**Men:**

- 1 Long Beach
- 2 Pasadena
- 3 Grossmont
- 4 Mt. SAC
- 5 Orange Coast

**Women:**

- 1 Orange Coast
- 2 Cerritos

- 3 Long Beach
- 4 West Los Angeles
- 5 Glendale

**STATE MEET PREDICTION**

**Men:**

- 1 Long Beach
- 2 Pasadena
- 3 San Jose
- 4 Mt. SAC
- 5 Grossmont

**Women:**

- 1 Orange Coast
- 2 San Jose
- 3 West Los Angeles
- 4 Long Beach
- 5 Cerritos



(left to right): Scotty Thornton, Humberto Ramirez, Greg Williams, and Gary Goodstein — Four Northern California Community College All Americans. photo by Bob Fries

# 1980 Community College All Americans

## WOMEN

**FIRST TEAM**

- Sue Gelley - Grossmont
- Laurie Crisp - Modesto
- Barbie Ludovise - Orange Coast
- Mari Gibbs - Orange Coast
- Pam Burkes - Hartnell
- Marcia Trujillo - Hartnell
- Teresa Ramirez - San Diego City

**SECOND TEAM**

- Diane David - Butte
- Shari Ewing - Glendale
- Jackie Elson - Glendale
- Lisa Gonzalez - Orange Coast
- Laura Craig - Merritt
- Renee Williams - El Camino
- Lisa Sellon - Mt. SAC

**THIRD TEAM**

- Dale Sprink - Orange Coast
- Beckie Simmie - Santa Rosa
- Laura Miller - Pierce
- K. Keeton - Yuba
- Anna Muceus - Mira Costa
- Colleen Trout - Moorpark

**HONORABLE MENTION**

- Vickie Bray - West Valley
- G. Stevens - Diablo Valley
- M. McKillop - American River
- Kathy Brownsberger - Grossmont
- Lucia Rodriguez - Grossmont
- Michelle Tani - Santa Rosa
- Franci Negri - American River
- Sue Broccoli - Moorpark
- Delight Enciso - Glendale
- Dede Woodruff - Glendale
- Alison Bettencourt - Glendale
- Bunnie Cregut - Ventura
- Joann Martin - Mira Costa

## MEN

**FIRST TEAM**

- Jeff Nelson - Glendale
- Mark Ruelas - Citrus
- Steve McCormick - Grossmont
- Alfredo Rosas - El Camino
- John Gerhardt - Orange Coast
- Matt Ebner - Mt. SAC
- Glen Lee - Long Beach

**SECOND TEAM**

- Humberto Ramirez - Porterville
- Dick Ongaga - Long Beach
- Tom Delaney - Harbor
- Steve Cubillas - Fullerton
- G. Goodstein - Canada
- Jeff Magallanes - Monterey
- Ron Ysias - Ventura

**THIRD TEAM**

- Walt Johnson - Ventura
- Sean Evans - Grossmont
- Scott Thornton - Fresno

- Greg Williams - West Valley
- Willie Ayyad - Grossmont
- Manny Sandoval - Grossmont
- Mike Lansdon - Orange Coast

**HONORABLE MENTION**

- Ramon Garcia - Fresno
- D. Gonzales - Foothill
- Bill Cleves - Grossmont
- K. Holladay - West Valley
- Brian Harold - Orange Coast
- Mike Pope - Grossmont
- Felix Soto - San Jose
- Steve Corzan - El Camino
- Paul Smith - Moorpark
- Tom McKeown - Cuesta
- Martin Navarro - Ventura
- Sam Barraza - Monterey
- A. Martinez - Citrus
- RC Guzman - Glendale
- Dave Grimes - Cabrillo
- Ed Lopez - Glendale
- Dan Reed - Riverside
- Hudson - Sierra

Special thanks to CT&RN correspondent Bill Minarik for the Community College All American concept awarding All American honors with commemorative certificates to the state's deserving top athletes. The National Junior College Organization awards All American to the top 25 in the National Meet. Since California doesn't belong to this national body it is left out of the meet. Observations over the years have substantiated the claim that the California State Meet is of equal

or better quality than the National Meet. Hence the awarding of approximately the same number of All American certificates.

Athletes who did not receive their All American certificates at the State Meet may do so by having their coach write to California Track & Running News. If the coach would like one for his/her office, please note in the request. This is the second year of awarding All American status to California's community college athletes.



(left to right): Scotty Thornton, Humberto Ramirez, Greg Williams, and Gary Goodstein — Four Northern California Community College All Americans.  
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# PREP NOTES

## 1980 All-California High School Boys Cross Country Team

Selected by Keith Conning and Doug Speck

by Keith Conning

Send all high school material directly to Keith Conning, California Track & Running News High School Editor, 2235 Browning St., Berkeley, CA 94702.

### L.A. Section X-C Championships

December 20: L.A. Pierce College.

#### Boys:

1. Cesario Marquez (Monroe) 14:50; 2. Tyrus Deminter (Jefferson) 15:16; 3. Jackson (University) 15:27; 4. Colon (Carson) 15:28; 5. Fuerte (Roosevelt) 15:36; 6. Tabares (University) 15:37; 7. Gilbert (University) 15:38; 8. Rivera (Huntington Park) 15:38; 9. Jauregi (Roosevelt) 15:40; 10. Reyes (Belmont) 15:40.

**Boys Teams:** 1. University 82; 2. Carson 88; 3. Banning 89; 4. Monroe 96; 5. Jefferson 102; 6. San Pedro 120; 7. Roosevelt 138; 8. Granada Hills 160; 9. Chatsworth 216.

#### Girls:

1. Walther (Chatsworth) 12:20; 2. Heidi Howell (University) 12:54; 3. Green (Roosevelt) 13:12; 4. Hall (Kennedy) 13:15; 5. Arguello (Bell) 13:19; 6. Cross (Monroe) 13:21; 7. Quintana (Banning) 13:27; 8. Alvear (Banning) 13:27; 9. V. Lopez (Carson) 13:34; 10. Lynch (Cleveland) 13:16.

**Girls Teams:** 1. Manual Arts 71; 2. Banning 84; 3. Chatsworth 84; 4. Carson 106; 5. Kennedy 118; 6. Roosevelt 122; 7. Monroe 173; 8. Taft 174; 9. North Hollywood 177.

#### TRACK NOTES:

The South Eugene High School Axemen, the Oregon State Champion, will meet the Berkeley High School Yellowjackets, the California State Champion, on Thursday, March 26th, at Edwards Stadium, University of California, Berkeley. South Eugene is coming down for the Martin Luther King, Jr. Games at Stanford, and decided to join the already scheduled meeting between Fairfield of the Sac-Joaquin Section and Berkeley. The Axemen, as you would expect, have a very strong distance contingent headed by Dan Mazo and Mike Tracey. Mazo placed fourth in the Kinney Western Regional Cross Country Championships. Tracey ran the steeplechase in 9:46 last season.

#### Track Dates Set

The 1981 U.S. Track & Field Championships will be held June 19-21 at Sacramento's Hughes Stadium. The event will decide the American titles for men and women in some 30 different events. It will be the 93rd annual meet. Sacramento won the right to host the meet at a meeting in Atlanta of the Athletics Congress.

#### Deaths

Freeman Miller was one of the Cal Bears' highest-rated track recruits, an All-American triple jumper last year as a Los Angeles High schooler. He played a game of flag football at Cal's Kleeberger Field and went from there to the room of a friend in the Bowles Hall Dormitory — where he dropped dead of a heart attack. He was 18 years old.

Hale Roach, who won national recognition as a track coach during his 33 years at El Cerrito High School, died from cancer. He was 70 years old. Roach, who coached the Gauchos between 1940 and 1973, was named national high school Track Coach of the Year in 1971. He twice served as Director of the California Interscholastic Federation Track and Field Meet.

#### FIRST TEAM

1. **Jay Marden** (Mission San Jose, Fmt)  
09/27 1 Alum Rock 11:07  
10/04 1 Artichoke 11:08  
10/18 1 Artichoke 15:34  
10/25 1 Postal 9:04  
11/06 1 Mission Valley League 14:18  
11/15 1 North Coast Section 4A 15:07  
11/19 1 North Coast Section 16:22  
11/22 1 Northern California 14:28  
11/29 1 Kinney Western Regional 14:43  
12/13 1 Kinney National 14:53

2. **Jon Butler** (Edison, Huntington Bch)  
09/27 1 Corona del Mar Div. II 15:12  
10/04 1 Costa Mesa 14:30  
10/18 1 Orange County 15:09  
10/25 1 Mt. SAC Sweepstakes 14:55  
11/08 1 Sunset League 14:33  
11/15 1 Southern Section 4A #2 14:53  
11/22 1 Southern Section Final 14:56  
11/29 3 Kinney Western Regional 14:52  
12/13 2 Kinney National 14:57

3. **Mike McCollum** (Palo Alto)  
10/04 2 Aptos Large 12:46  
11/04 1 Santa Clara Valley League 14:45  
11/13 1 Central Coast Sect. Reg. 2 14:54  
11/18 1 Central Coast Section 14:45  
11/22 3 Northern California 14:46  
11/29 5 Kinney Western Regional 15:03  
12/13 6 Kinney National 15:09

4. **Steve Valen** (El Modena, Orange)  
09/27 2 Corona del Mar Div. II 15:58  
10/04 1 Yucaipa 15:35  
10/11 1 Buena Park 14:43  
10/18 3 Orange County 15:59  
10/25 3 Mt. SAC Sweepstakes 15:16  
11/1 1 Century League  
11/15 1 Southern Sect. 4A #3 15:08  
11/22 4 Southern Section 4A 15:20  
11/29 6 Kinney Western Regional 15:05  
12/13 28 Kinney National 16:11

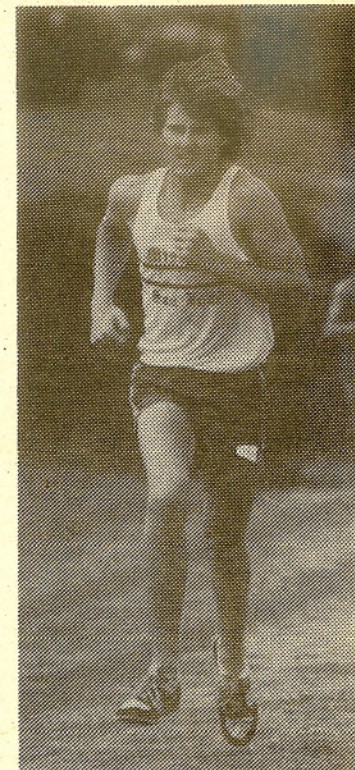


photo by Don Gosney

**Jay Marden**  
California's #1 Prep

- 5. Gary Gonzales (Clovis)**  
 10/05 1 Fresno State 9:26  
 10/12 1 Hanford 14:20  
 10/25 2 Mt. SAC Sweepstakes 15:10  
     2 Kern 14:50  
 11/14 1 Central Sect. North Area 14:24  
 11/20 1 Central Section 14:32  
 11/29 20 Kinney Western Regional 15:33
- 6. Barasa Thomas (Santa Barbara)**  
 10/04 1 Kenny Staub Div. 1 15:57  
 10/11 1 Hancock 14:31  
 10/25 4 Mt. SAC Ind. Sweep. 15:23  
 11/ 1 Channel League 17:30  
 11/15 2 Southern Sect 4A#3 15:10  
 11/22 2 Southern Section 4A 15:05  
 11/29 8 Kinney Western Regional 15:08
- 7. \*Harold Kuphaldt (B. Vista, F. Oaks)**  
 10/04 1 Nevada Union 15:40  
 10/11 1 Crystal Springs 15:01  
 10/18 1 Soquel 12:41  
 11/15 2 Sac-Joaquin Section 14:24  
 11/22 4 Northern California 14:49  
 11/29 9 Kinney Western Regional 15:09

photo by Don Gosney



Sam Hooker  
Harold Kuphaldt

- SECOND TEAM**  
 8. Mike Carlton (Northview, Covina)  
 9. Jesse Torres (Independence, S. Jose)  
 10. Jeff Atkinson (Mira Costa, Mhntn Bch)  
 11. Scott Lacrosse (Costa Mesa)  
 12. Sam Hooker (Las Lomas, Walnut Ck.)  
 13. Cesario Marques (Monroe, Sepulveda)  
 14. Dean Vanderbush (Lassen, Susanville)
- THIRD TEAM**  
 15. John Seeman (Helix, La Mesa)  
 16. Aubrey Wilson (Berkeley)  
 17. Ernie Cadena (Montebello)  
 18. Nelson Bernal (Westmont, Campbell)  
 19. Chris Bowlus (Rolling Hills)  
 20. Dave Shea (Castro Valley)  
 21. Steve Schweikart (Barstow)

\* = junior

photo by Don Gosney



Aubrey Wilson

# 1980 All-California High School Girls Cross Country Team

Selected by Keith Conning and Doug Speck

## FIRST TEAM

- 1. \*Vickie Cook (Alemany, Mission Hills)**  
 09/20 1 El Dorado 11:04  
 09/27 1 Moorpark 10:43  
 10/04 1 Kenny Staub 11:27  
 10/11 1 Dos Pueblos 12:15  
 10/18 1 Alemany 10:54  
 10/24 1 Mt. SAC 11:29  
 11/ 1 San Fernando V. League  
 11/15 1 Southern Section 2A#1 11:33  
 11/22 1 Southern Section 2A 11:08  
 11/29 1 Kinney Western Regional 17:13  
 12/13 3 Kinney National 17:31
- 2. \*Lori Shanoff (Petaluma)**  
 09/20 1 Block P 10:49  
 10/04 1 San Ramon Large 7:20  
 10/13 1 Stanford 18:22  
 11/07 1 North Bay League 10:31  
 11/15 1 North Coast Section 3A 11:06  
 11/22 10 Northern California 18:17  
 11/29 17 Kinney Western Regional 18:43
- 3. \*Polly Plumer (University, Irvine)**  
 09/20 1 El Dorado Race 1 11:13  
 10/04 1 Costa Mesa 10:59  
 10/18 1 Orange County 11:52  
 10/24 2 Mt. SAC 11:39  
 11/08 1 Sea View League  
 11/15 1 Southern Section 4A #2 11:15  
 11/22 1 Southern Section 4A 11:11
- 4. \*Robyn MacSwain (Terra L., San Raf.)**  
 09/27 1 Oakland 9:48  
 10/04 1 Artichoke 12:54  
 10/11 1 Crystal Springs 17:14  
 10/31 1 Marin County Ath. League 11:36  
 11/15 2 North Coast Section 3A 11:09  
 11/18 2 North Coast Section 15:37  
 11/22dnf Northern California  
 11/29 7 Kinney Western Regional 17:57  
 12/13 21 Kinney National 18:40

- 5. Shelly Hazlett (Saugus)**  
 09/13 1 San Luis Obispo 12:16  
 09/27 2 Dana Hills 11:35  
 09/20 4 El Dorado Race 3 12:13  
 10/24 4 Mt. SAC 12:03  
 11/15 1 Southern Section 4A #3 11:32  
 11/22 2 Southern Section 4A 11:32

- 6. \*Linda Van Housen (S. Heart, M. Vw)**  
 10/04 2 Artichoke 13:29  
 11/13 1 Central Coast Region 2 17:37  
 11/16 1 TAC Rocklin 14-15 15:17  
 11/18 1 Central Coast Section 17:37  
 11/22 1 Northern California 17:45  
 11/28 3 TAC National 14-15 15:44
- 7. \*\*\*Teresa Barrios (University, Irvine)**  
 09/20 2 El Dorado Race 1 11:14  
 10/04 2 Costa Mesa 11:05  
 10/18 2 Orange County 12:10  
 10/24 3 Mt. SAC 11:58  
 11/15 2 Southern Section 4A #2 11:40  
 11/08 2 Sea View League 12:03  
 11/22 3 Southern Section 4A 11:43  
 11/29 2 National Girls RRCA 14-15 18:35  
 11/30 1 SPAAU Jr. Olympics 13-14 14:51

## SECOND TEAM

8. Kerry Brogan (Los Altos)  
 9. \*Lori Lopez (Sacred Heart, LA)  
 10. \*Marilyn Davis (Miramonte, Orinda)  
 11. Anna Villanueva (Fountain Valley)  
 12. Marcia White (Miramonte, Orinda)  
 13. \*Leslie White (Sonora, La Habra)  
 14. Mary Gaffield (El Cerrito)

## THIRD TEAM

15. \*Shelli Lachel (Monte V., San Diego)  
 16. \*Esther Berndt (Gunn, Palo Alto)  
 17. \*Shelly McClelland (San Marino)  
 18. \*Laurie Hollingworth (Piner, S. Rosa)  
 19. \*Erika Lacrosse (Costa Mesa)  
 20. \*\*Paige Tully (Alhambra, Martinez)  
 21. Penny Miller (Downey)

Key: \* = junior, \*\* = sophomore, \*\*\* = freshman



Vickie Cook

photo by Don Gosney

photo by Don Gosney



Sam Hooker  
Harold Kuphaldt



Aubrey Wilson

4. *Robyn MacSwain (Terra L., San Raf.)	9:48
09/27 1 Oakland	12:54
10/04 1 Artichoke	17:14
10/11 1 Crystal Springs	11:36
10/31 1 Marin County Ath. League	11:09
11/15 2 North Coast Section 3A	15:37
11/18 2 North Coast Section	17:57
11/22dnf Northern California	18:40
11/29 7 Kinney Western Regional	
12/13 21 Kinney National	

5. Shelly Hazlett (Saugus)	
09/13 1 San Luis Obispo	12:16
09/27 2 Dana Hills	11:35
09/20 4 El Dorado Race 3	12:13
10/24 4 Mt. SAC	12:03
11/15 1 Southern Section 4A #3	11:32
11/22 2 Southern Section 4A	

17. *Shelly McClelland (San Marino)	
18. *Laurie Hollingworth (Piner, S. Rosa)	
19. *Erika Lacrosse (Costa Mesa)	
20. **Paige Tully (Alhambra, Martinez)	
21. Penny Miller (Downey)	

Key: \* = junior, \*\* = sophomore, \*\*\* = freshman



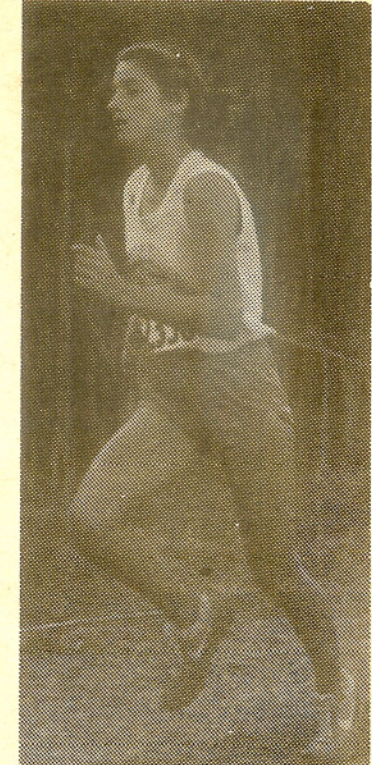
Vickie Cook

photo by Don Gosney

photo by Don Gosney



Marilyn Davis



Lori Shanoff

"TOP OUTDOOR INVITATIONAL ON COAST"

# 14th ARCADIA INVITATIONAL

Track and Field Meet  
for

High School Men and Women

SATURDAY — APRIL 18th, 1981

4:30 p.m. Field Events — 7:00 p.m. Running Events

- 1980 meet featured entries from nine California men's state champs
- Eight 1980 California women's champs entered last year
- 1980 meet 6 national bests, 12 leading California efforts
- Open to all California Sections (except Central) and selected neighboring state schools.

### MEET RECORDS:

Men: 10.57; 21.2; 47.05; 1:49.9; 4:06.7; 8:45.2; 13.9; 36.9; 41.5; 3:13.1; 10:13.6(DMR); 7-1; 16-5; 24-10; 50-8¾; 66-10¼; 204-11.

Women: 11.57; 23.77; 53.70; 2:10.2; 4:54.7; 11:18.5; 14.24; 46.6; 3:46.3; 12:04.4(DMR); 5-10; 20-4¾; 47-10; 154-6.

*metric distances, sprints fully electric Accutrack timed*

For Meet Information: Doug Speck, Doug Smith, or Mike Gordon

Arcadia High School • 180 Campus Dr. • Arcadia, CA 91006

(213) 445-7507



Coming in the March Issue of California Track & Running News

1980 Athletes of the Year  
California Indoor Meet Reports  
Early Outdoor Season Results

•Bakersfield Marathon•Super Bowl Sunday 10K•World Masters Marathon•  
•Mission Bay Marathon•Bonnie Bell Women's 10K•more, more, more•

STAY TUNED!



photo by Dave Stock

## Sprints & Hurdles

Cynthia Quarles(Leland, San Jose) 11.0, 25.3 SF State  
 Tina Woodson(Lincoln, SF) 10.7, 25.5 SF State  
 Alison Adams(Campolinda, Lafayette) 55.8  
 Kim Webster(Berkeley) 24.9, 55.2 SF State  
 Patty O'Rourke(San Francisco) 14.8 SF State  
 Deena Ross(San Marcos, Goleta) 26.4, 60.9 SBCC  
 Laurie Carroll(San Marcos, Goleta) 14.8, 60.9 Ariz St.  
 Marbella Washington(Compton) 11.99, 24.02 Ariz. St.  
 Charlotte Zepherin(San Diego) 54.79 New Mexico  
 Linda Benton(Foothill, Sacto) 25.9, 58.1 Am. Riv.  
 Michelle Dallyne(Grant, Sacto) 25.4 CSU Sacto  
 Kristin Allyne(WVCC) 57.1 CPSLO  
 Eloise Mallory(SJCC) 11.7, 24.3, 55.1 CPSLO  
 Liz Carroll(Orange Cst CC) 14.7, 63.6h CPSLO  
 Lauri Glenwinkel(Dos Pueblos, Gol.) 57.0 CPSLO  
 Davetta Grayson(Cal Lutheran) 11.2, 25.8 CPSLO  
 Laura Held(Oragne Cst CC) 14.7, 61.6h, 57.3 CPSLO  
 Kathy Reimann(Saratoga) 14.4h CPSLO  
 Dana Sattler(Colorado HS) 11.2, 25.5 CPSLO  
 Arleen VanWarmerdam(Delta CC) 24.8, 55.6 CPSLO  
 Pat Washington(Millikan, LB) 59.0 Long Beach CC  
 Wanda Evans(LB Poly) 11.1, 24.82 CSU Long Beach  
 Janice Smith(LB Poly) 24.66, 56.2 working  
 Debra Rambo(LB Poly) 56.48 Long Beach CC  
 Jana Burton(SL Obispo) 15.6h CPSLO  
 Lesia Jackson(T. Linda, San Rafael) 14.7h C. of Marin  
 Lisa Greenfield(Redwood, Lksp) 14.5h Colorado  
 Colleen McQuown(Oregon HS) 11.8, 25.0, 58.0 UCSB  
 Ramsay Hasson(U. Conn.) 61.0h UCSB  
 Francis Aragon(Clovis West) 15.1h Fresno CC  
 Ursula Carr(Wash., Easton) 11.0, 25.3 Fresno CC  
 Diane Stadley(Hoover, Fresno) 58.6 Fresno CC  
 Troy Ann Watson(W. Virginia HS) 11.8 Redlands  
 Margo Edwards(Pacific, SB) 11.8 Redlands  
 Terri Bowlds(Peterson, S'vale) 16.7h working

photo by Don Gosney



# MOVING ON

## WHERE THE TOP PREP AND JUNIOR COLLEGE ATHLETES GO ON TO CONTINUE THEIR EDUCATION AND TRACK CAREER

Lori White(Manual Arts, LA) 11.0, 25.6, 56.2 CSU Nor  
 Jenny Davison(Drake) 58.6 Oregon  
 Kim White(Berkeley) 54.12 UCB  
 Sally Meinbress(Acalanes, Laf.) 14.0h UCB  
 Cathy Hohmann(WVCC) 62.1h UCB  
 Lynnae Warren(New Mex. HS) 10.9, 25.3 Stanford  
 Marcia Martin(Penn. HS) 24.7, 53.4 Stanford  
 Leann Margerom(Ftn. Valley) 58.8 Stanford  
 Susan Burrus(Wash. HS) 14.2h, 60.82h Stanford  
 M. Vance(Monrovia) 10.9 Citrus  
 Heidi Vonessen(Royal Oak, Cov.) 58.5, 15.8h Citrus  
 Sherri Howard(Kennedy, LA) 23.19, 51.48 UCLA  
 Jackie Washington(CSUN) 13.53h UCLA  
 Kellie Gaines(Tamalpais) 15.0h C. of Marin  
 Liz Gove(Castro Valley) 58.9 CSU Hayward  
 Crystal Preisser(Seq., Redwood C.) 25.6, 57.8 CSU H

photo by Don Gosney



Leslie Deniz

Evelyn Buckley(Hong Kong) 25.6, 59.0 CSU Hayward  
 Stephanie Thornton(Newbury Park) 11.4, 26.6 UCLA  
 Andralette Tilli(Fremont) 10.9, 24.6 Arizona State  
 Shiri Milton(Fairfield) 10.8, 25.3, 14.3h Sacto CC  
 Debbie Wilson(EI Camino) 25.1, 56.0 CS Bakersfield  
 Jewel Lovelady(SD Mesa) 11.8 CS Bakersfield  
 Marcella Mariano(Monroe, LA) 11.0, 25.6 CS Bakers  
 JoAnne Hodnick(San Mateo CC) 24.8, 56.5 CS Bakers  
 Madge Carter(Compton CC) 11.9, 25.3 CS Bakersfield  
 Fay Belk(East Bak.) 58.2 CS Bakersfield  
 Debra Wilford(SD Mesa) 58.7 CS Bakersfield  
 Phyllis Blunston(EI Camino CC) 57.0 CS Bakersfield  
 Lynnette Covington(Foothill, Bak.) 56.0 CS Bakersfield

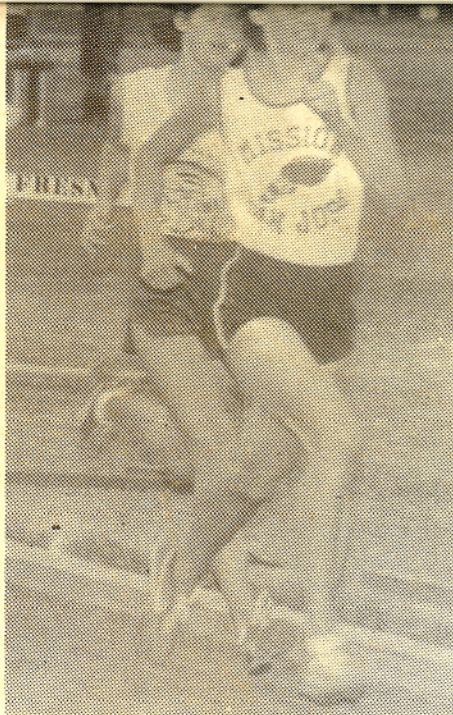
## Distances

Adonis Lewis(Millikan, LB) 2:21.0 LBCC  
 Kim Keeton(Woodland) 2:14.9, 5:02.1y Yuba College  
 Debbie Dardon(Rosemead) 5:19.0m CP Pomona  
 Francie Negri(Foothill, Sac) 2:22, 5:08, 11:14 ARC  
 Maria Ng(CCSF) 17:45 3 mile SF State  
 Laurie Hagopian(Cal Lu) 10:14m, 17:51m CS Bakers  
 Tracy Schofield(Foothill, Bak) 11:12y CS Bakersfield  
 Evelyn Knowles(Dublin) 2:18.1 CS Hayward  
 Julie Hayes(Dublin) 5:06.1 CS Hayward  
 Mary Freser(Las Lomas, WCK) 11:34 CS Hayward  
 Lisa Scaduto(S. Monica) 4:57.9y, 9:46.0 UCLA  
 Ann Regan(WVCC) 2:06.50 UCLA  
 JoAnn Smith(Arcadia) 5:10, 11:35 Citrus  
 Yvonne Martinez(Rosemead) 10:58 Citrus  
 Marcia Martin(Penn HS) 2:14 Stanford  
 Vivian Metzger(Camarillo) 2:18, 5:12, 11:02 Stanford  
 Helene Duhamel(S Dakota HS) 2:18 Stanford  
 Diane Gong(Lowell, SF) 5:05, 10:52 Stanford  
 Porea Knight(HI HS) 5:15, 11:40 Stanford  
 Ellen Lyons(Idaho HS) 5:04, 10:33 Stanford  
 Patisue Plumer(Colo HS) 2:20, 5:10 Stanford  
 Nydett Henderson(Univ., LA) 2:18.1 LA State  
 Erin Sherman(Univ., LA) 11:38.2m El Camino  
 Nancy Jessen(Laguna Hills) 2:16 UCSB  
 Martha Diaz(Mt. SAC) 4:42m, 9:42m UCSB  
 Nan Hicks(Los Gatos) 5:20 UCSB  
 Bridget Flynn(Piedmont) 11:10 UCLA  
 Carol Adams(Glendale CC) 10:11 3k CPSLO

Jan Correia(Glendale CC) 2:14, 4:48m CPSLO  
 Irene Crowley(SJCC) 10:48y, 10:03m CPSLO  
 Cleo Garza(Reedley) 2:19 CPSLO  
 Amy Harper(Prospect, SJ) 2:15, 5:08, 10:52y CPSLO  
 Cathy Jones(CSUN) 2:09 CPSLO  
 Kathy Kelley(Hemet) 5:23y, 11:21y CPSLO  
 Carol Manning(Carondelet, Con) 2:18, 5:16y CPSLO  
 Katie Meyers(Lemoore) 2:17 CPSLO  
 Julie Rollow(Glendale HS) 2:19 CPSLO  
 Esther Scherzinger(Cypress CC) 2:13 CPSLO  
 Liz Strangio(Mission SJ, Fre.) 5:05y, 10:36y CPSLO  
 Lisa Dailey(Petaluma) 10:52y CPSLO  
 Pam Bowers(WVCC) 4:29.6m CS Sacramento  
 Staci Kneeshaw(Tustin) 4:33.4m, 10:58.6y San Diego  
 Sabrina Peters(Mont. Penn. CC) 9:32.02m Arizona St.  
 Sharon Hulse(Hunt. Beach) 4:33.0m, 10:05.2m Colo

## Field Events / Pent.

Trish King(Atherton) 5-9¼ Oregon  
 Melissa Kennedy(Roseville) 137-3dt CS Sacramento  
 Donna Hollingworth(Ontario) 150-7dt USC  
 Kathy Nelson(Mass. HS) 155-0jt USC  
 Leslie Deniz(Gridley) 44-8½, 183-11dt Arizona State  
 Lisa Greenfield(Redwd, Lksp) 5-10, 19-3½ Colorado  
 Tammv Sullivan(Avers, Milpitas) 18-6½ CS Hayward



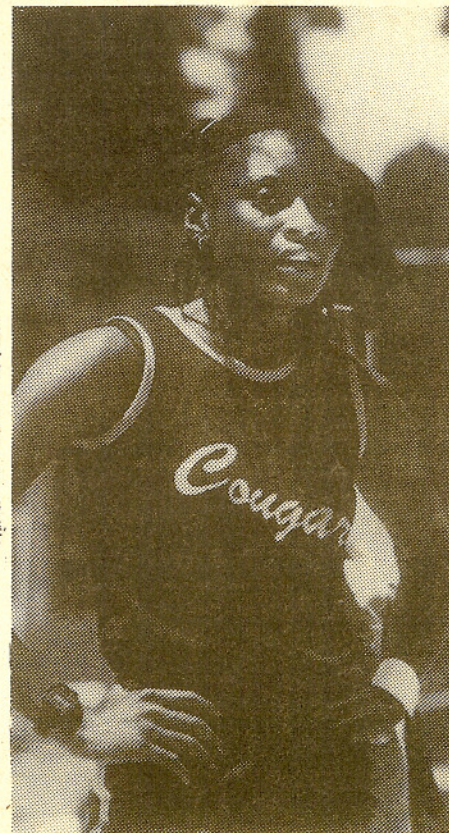
Lisa Dailey (lft) and Liz Strangio (rt)



Ann Regan

- |   |                |  |               |
|---|----------------|--|---------------|
| Iaurie Hagopian(Cal Lu) 10:14m, 17:51m      | CS Bakersfield | Julie Rollow(Glendale HS) 2:19               | CPSLO         |
| Tracy Schofield(Foothill, Bak) 11:12y       | CS Hayward     | Esther Scherzinger(Cypress CC) 2:13          | CPSLO         |
| Evelyn Knowles(Dublin) 2:18.1               | CS Hayward     | Liz Strangio(Mission SJ, Fre.) 5:05y, 10:36y | CPSLO         |
| Julie Hayes(Dublin) 5:06.1                  | CS Hayward     | Lisa Dailey(Petaluma) 10:52y                 | CPSLO         |
| Mary Freser(Las Lomas, WCK) 11:34           | UCLA           | Pam Bowers(WVCC) 4:29.6m                     | CS Sacramento |
| Lisa Scaduto(S. Monica) 4:57.9y, 9:46.0     | UCLA           | Staci Kneeshaw(Tustin) 4:33.4m, 10:58.6y     | San Diego     |
| Ann Regan(WVCC) 2:06.50                     | Citrus         | Sabrina Peters(Mont. Penn. CC) 9:32.02m      | Arizona St.   |
| JoAnn smith(Arcadia) 5:10, 11:35            | Citrus         | Sharon Hulse(Hunt. Beach) 4:33.0m, 10:05.2m  | Colo          |
| Yvonne Martinez(Rosemead) 10:58             | Stanford       |  |               |
| Marcia Martin(Penn HS) 2:14                 | Stanford       |  |               |
| Vivian Metzger(Camarillo) 2:18, 5:12, 11:02 | Stanford       |  |               |
| Helene Duhamel(S Dakota HS) 2:18            | Stanford       |  |               |
| Diane Gong(Lowell, SF) 5:05, 10:52          | Stanford       |  |               |
| Porea Knight(HI HS) 5:15, 11:40             | Stanford       |  |               |
| Ellen Lyons(Idaho HS) 5:04, 10:33           | Stanford       |  |               |
| Patisue Plumer(Colo HS) 2:20, 5:10          | LA State       |  |               |
| Nydet Hendersen(Univ., LA) 2:18.1           | El Camino      |  |               |
| Erin Sherman(Univ., LA) 11:38.2m            | UCSB           |  |               |
| Nancy Jessen(Laguna Hills) 2:16             | UCSB           |  |               |
| Martha Diaz(Mt. SAC) 4:42m, 9:42m           | UCSB           |  |               |
| Nan Hicks(Los Gatos) 5:20                   | UCLA           |  |               |
| Bridget Flynn(Piedmont) 11:10               | CPSLO          |  |               |
| Carol Adams(Glendale CC) 10:11 3k           | CPSLO          |  |               |
| Barb Arreola(SL Obispo) 11:40y              | CPSLO          |  |               |
| Suzanne Blevins(Diablo Valley) 2:16, 4:45m  | CPSLO          |  |               |

photo by Dave Stock



Sherri Howard

## Field Events / Pent.

- |   |                |
|---|----------------|
| Trish King(Atherton) 5-9¼                       | Oregon         |
| Melissa Kennedy(Roseville) 137-3dt              | CS Sacramento  |
| Donna Hollingworth(Ontario) 150-7dt             | USC            |
| Kathy Nelson(Mass. HS) 155-0jt                  | USC            |
| Leslie Deniz(Gridley) 44-8½, 183-11dt           | Arizona State  |
| Lisa Greenfield(Redwd, Lkspr) 5-10, 19-3½       | Colorado       |
| Tammy Sullivan(Ayers, Milpitas) 18-6½           | CS Hayward     |
| Jennifer Howard(Piedmont) 5-4                   | CS Hayward     |
| Glenna Ford(Butte CC) 41-6, 146-0               | CS Hayward     |
| Laura Tbarra(Newbury Park) 38-4¼                | Moorpark CC    |
| JoAnna Harper(Fremont, LA) 20-2½                | East LA CC     |
| Shiri Milton(Fairfield) 18-9½                   | Sacto CC       |
| Jewel Lovelady(SD Mesa) 19-5                    | CS Bakersfield |
| Jamie Blake(Chabot) 18-11                       | CS Bakersfield |
| Debra Wilford(SD Mesa) 19-8                     | CS Bakersfield |
| Phyllis Blunston(El Camino) 6-0                 | CS Bakersfield |
| Sharon Hamilton(Santa Monica) 49-0, 130-0       | CS Bak.        |
| Janet Capovilla(San Marcos, SB) 5-4             | SBCC           |
| Deena Ross(San Marcos, SB) 17-6                 | SBCC           |
| Kelly Miller(Sanger) 134-6                      | working        |
| Mary Andrade(Rosemead) 37-1, 120-1              | East LA CC     |
| Carmen Ketcham(Woodland) 5-2                    | Yuba College   |
| Michelle Dansby(Grant, Sacto) 17-10             | SC Sacramento  |
| Tena Montoya(Santa Monica CC) 5-7               | USC            |
| Charmaine Collins(Duarte) 5-3                   | Azusa Pacific  |
| Joy Burgan(Sonora) 43-0, 123-0                  | Azusa Pacific  |
| Judy Carter(Millikan, LB) 18-1                  | Stanford       |
| Laura Frost(Millikan, LB) 17-1                  | LBCC           |
| Rhonda Johnson(Millikan, LB) 5-2                | LBCC           |
| Dana Carter(Millikan, LB) 5-6                   | LBCC           |
| Melinda Schafer(Millikan, LB) 38-11             | LBCC           |
| Lorna Gregory(LB Poly) 42-2                     | LBCC           |
| Veronica Coleman(LB Poly) 37-0                  | LBCC           |
| Renee Jackson(Westmoor, Daly C.) 17-7½          | Skyline CC     |
| Carolynn Perkins(Westmoor, Daly C.) 41-8, 141-6 | Sky            |
| Kathy Kahn(SL Obispo) 140-1                     | UCSB           |
| Vicki Marquez(Ventura CC) 5-7                   | UCSB           |
| Diane Amborne(Canyons CC) 140-0                 | UCSB           |
| Colleen Carr(Coronado, SD) 118-0                | CPSLO          |
| Erin Lynch(Moorpark CC) 40-6, 117-10            | CPSLO          |
| Sue McNeal(Carlsbad) 6-1                        | CPSLO          |
| Kathy Reimann(Saratoga) 18-1                    | CPSLO          |
| Esther Scherzinger(Cypress CC) 5-10½            | CPSLO          |
| Debbie Hiner(Paso Robles) 128-8                 | CPSLO          |
| Francis Aragon(Clovis West) 17-7½               | Fresno CC      |
| Carolyn Nieto(Fresno HS) 36-6                   | Fresno CC      |
| Sharon Bobcock(Edison, Fr) 5-3¼, 19-3½          | Fresno CC      |
| Tammi Fraley(COS) 5-3                           | Fresno CC      |
| Cynthia Pierson(Tranquillity) 36-0, 119-0       | Fresno CC      |
| Terri Bowlds(Peterson, S'vale) 18-3             | working        |
| Cindy Grauf(LaJolla) 18-3½                      | UCB            |
| Kathy Barry(Leigh, SJ) 5-6                      | UCB            |
| Kristen Engle(Colo Coll.) 159-8jt               | UCB            |
| Chris Viguie(St. Rose Acad.) 3311               | UCB            |
| Lisa Gertsch(Neb. HS) 5-8                       | Stanford       |
| Carol Cady(N Mex. HS) 44-6, 160-41              | Stanford       |
| Heidi Vonessan(Royal Oak, Covina) 18-4, 5-4     | Citrus         |
| Jackie Joyner(Mo. HS) 21-0¾w                    | UCLA           |
| Susie Ray(Villa Park) 48-11¾                    | UCLA           |
| Jacque Nelson(LB State) 173-11                  | UCLA           |
| Barb Moro(Fullerton St) 149-9                   | UCLA           |
| Leslie Jackson(Terra Linda, SR) 19-1½           | C. of Marin    |
| Linda Cooney(Novato) 35-1¼                      | C. of Marin    |

# San Joaquin VALLEY SPORTS

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# NATIONALS



Results of major cross country championships.  
The NCAA, TFA/USA and AIAW Nationals were covered in the last issue

Sub-4 team at start of TAC Cross Country National Championships in Pocatello, Idaho



photo by Bill Leung, Jr.

## SENIOR WOMEN 5,000 meters:

1	Mary Shea (N. Carolina St.)	18:18
2	Julie Shea (N. Carolina St.)	18:31
3	Jan Merrill (Age Group AA)	18:39
4	Brenda Webb (Athletics West)	18:43
5	Betty Springs (N. Carolina St.)	18:43
6	Francie Larrieu Smith (Unat, TX)	18:59
7	Joan Hansen (Arizona)	19:04
8	Patsy Sharples (Idaho)	19:07
9	Judi Hilaire (Liberty AC)	19:08
10	Ellen Hart (Liberty AC)	19:09
11	Rose Thomson (Wisconsin Un)	19:10
12	Cindy Bremser (Wisconsin Un)	19:11
13	Kathy Mills (Unatt)	19:29
14	Carol Urish (Houston Harriers)	19:29
15	Cathie Twomey (Athletics West)	19:33
16	Marjorie Kaput (Arizona)	19:36
17	Kelly Spatz (Michigan St.)	19:52
18	Lynn Bjorklund (Unatt)	19:56
19	Lauri Adams (Montana Mir)	19:57
20	Kris Bankes (Reading AA)	20:01
21	Mary Jean Wright (Virginia)	20:06
22	Debbie Ulian (Liberty AC)	20:12
23	Wendy Knudson (Athletics Int)	20:15
24	Meg Cooke (Greater Mon)	20:17
25	Sue Latter (Oregon TC)	20:18
39	Sheila Ralston (UCLA)	21:02
62	Deanna Deets (Ath. in Act.)	23:30

**Team Scores:** 1. Wisconsin United 153; 2. Oregon TC 201; 3. Oregon State Spikettes 247.

## JUNIOR WOMEN: 5,000 meters:

1	Lesley Welch (Liberty AC)	19:27
2	Laura Craven (Unatt., Ohio)	19:51
3	Lisa Welch (Liberty AC)	19:55
4	Sande Cullinane (N. Carolina St.)	20:03
5	Donna McLain (Knoxville TC)	20:04
17	Derry Brogan (Foothill AC)	21:26
19	Linda VanHousen (Woodside St.)	21:28
33	Esther Berndt (Foothill AC)	22:10
40	Karen Wolfe (Woodside St.)	22:30
44	Jenny Glockner (Woodside St.)	22:41
45	Linda Jungsten (Woodside St.)	22:42

**Team Scores:** 1. Liberty AC 34; 2. Colorado Gold 91; 3. Hustlers TC 149; 4. Rapid Transit TC 176; 5. Woodside Striders; 6. Club Sota 221; 7. Foothill Athletic Club; 8. Roseville Gazelles 333.

## GIRLS 14-15 4,000 meters Nov. 28

1	Wendy Thomes (Spartan TC)	15:24
2	Carrie House (W. New Mexico)	15:38
3	Linda VanHousen (Woodside St.)	15:44
4	Megan Garney (Spartan TC)	15:46
5	Jeannine Walther (NTC)	15:51
6	Jessica Speis (San Jose Cind)	15:52
7	Andrea Heimbecker (San Jose C)	15:53
11	Esther Berndt (Foothill AC)	16:10
13	Kathleen Bonnet (San Jose C)	16:15
27	Chris Ramirez (Rialto RR)	17:07
29	Becky Engleman (Rialto RR)	17:14
30	Sharon Yaninek (San Jose Cind)	17:23

**Team Scores:** 1. San Jose Cindergals 45; 2. Ogdan Valley TC 87; 3. Vancouver XC 100; 4. Duke City Dashers 145; 5. Foothill Athletic Club 167; 6. Albuquerque Olympettes 205.

## GIRLS 12-13 3,200 meters Nov. 28:

1	Allsion Botkin (Jesko Jets)	12:13
2	Theresa Fisher (San Jose C)	12:20
3	Liz McDowell (Roseville G.)	12:28

## Boys Age Group TAC Nationals

November 29, Spring Lake Park, Santa Rosa. The Athletics Congress Boys Age Group Cross Country National Championships.

### BOYS 7 & UNDER 3,000 meters:

1	Derek West (New Mexico)	12:10
2	Christopher Lugo (Costa Mesa)	12:41
3	Danny Cartright (Cupertino)	12:43
4	Clint Corey (Nevada)	12:55
5	Bryan Slinkard (Camino)	13:11

**Team Scores:** 1. Amy Blanc TC - Fairfield 28; 2. Roseville Gazelles 31; 3. Duke City Dashers 32.

### BANTAM BOYS 9 & Under 3,000 meter:

1	Jeff Gilbert (Irvine)	11:24
2	Frank Dunn (Oregon)	11:28
3	Kevin Vergho (Cupertino)	11:31
4	Craig Lawson (Granada Hills)	11:37
5	Adrian Romero (New Mexico)	11:39

**Team Scores:** 1. Duke City Dashers 76; 2. Roseville Gazelles 104; 3. Diablo Valley TC 152; 4. North Valley Golden Bears 159; 5. Amy Blanc TC 266.

### MIDGET BOYS 10-11 3,000 meters:

1	Mike Wall (Susanville)	10:26
2	Greg Scattini (Salinas)	10:34
3	Robbie Barrios (Irvine)	11:37
4	John Soto (Huntington Beach)	10:54
5	Brett Hartley (Oregon)	10:58

**Team Scores:** 1. Orange County Blue Angels 56; 2. Diablo Valley TC 66; 3. Duke City Dashers 134; 4. Track City TC-Oregon 205; 5. Diablo Valley B 206; 6. Richland Exchange - Wash. 215; 7. Roseville Gazelles 241; 8. Rocky Butte Runners - Oregon 263; 9. Montebello TC 383.

### YOUTH BOYS 12-13 4,000 meters:

1	Jeff Cannada (Arizona)	13:05
2	Simon Gutierrez (New Mexico)	13:24
3	Ken Wilmshurst (Canada)	13:29
4	Mark Trujillo (Nevada)	13:31
5	Brent Felt (Washington)	13:39

**Team Scores:** 1. Reno TC 73; 2. Univac TC - Wash. 83; 3. Duke City Dashers 114; 4. Vancouver TC 117; 5. Diablo Valley TC 174; 6. Phoenix Puma 186; 7. Montebello TC 228; 8. Track City - Oregon 320; 9. Solano Striders 323; 10. Roseville Gazelles 344; 11. Los Gatos AA 390.

### INTERMEDIATE BOYS 14-15 5,000

1	Tracy Garrison (Washington)	16:06
2	Tim Berry (Walnut Dk)	16:24
3	Don Merwin (Hayfork)	16:38
4	Ken Wake (Oregon)	16:41
5	Jim LaFuente (San Jose)	16:42
6	Kevin Allison (Anderson)	16:42
7	Steve Reed (Washington)	16:46
8	David Anderasen (Utah)	16:46
9	Dave Coey (Canada)	16:47
10	Herb Bladorn (Chico)	16:48

**Team Scores:** 1. Univac TC - Wash. 55; 2. Willamette Falls TC - Oregon 110; 3. Murray TC - Utah 114; 4. Hayfork RC 121; 5. Vancouver TC - Canada 146; 6. Diablo Valley TC - Oregon 150.

photo by Bill Leu



photo by Don Gosney

Kerry (lft) and Kelly Brogan



photo by Don Gosney

Linda Van Housen

# T.A.C. National Cross Country Championships

November 28-29, Pocatello, Idaho. U.S. Cross Country Championships.

## SENIOR MEN 10,000 meters:

1 Jon Sinclair (FSRT)	31:46
2 Alan Scharsu (Santa Monica TC)	31:58
3 Nick Rose (Victory AC)	32:02
4 Steve Scott (Sub-4 TC)	32:10
5 Marc Hunter (Athletics West)	32:13
6 Herb Lindsay (Athletics West)	32:16
7 Mark Nenow (Victory AC)	32:20
8 Adrian Royle (Ida-Vada TC)	32:22
9 Dan Dillon (Athletics West)	32:25
10 Duncan Macdonald (WVTC)	32:35
11 Guy Arbogast (Athletics West)	32:41
12 Jerald Jones (Santa Monica TC)	32:43
13 Dan Murphy (Victory AC)	32:44
14 Doug Padilla (Second Sole TC)	32:47
15 Louis Kenny (Victory AC)	32:51
16 Mark Conover (WVTC)	32:51
17 Steve Bishop (Montana Mir)	32:54
18 Ray Treacy (Providence TC)	32:58
19 Ron Cornell (Sub-4)	33:00
20 Dave Gordon (Grizzly TC)	33:04
21 Tom Wysocki (Sub-4 TC)	33:10
22 Kelly Jensen (Oregon TC)	33:14
23 Phil Stephenson (Idaho State)	33:18
24 Eric Hulst (Athletes in Action)	33:20
25 Dave Long (Victory AC)	33:24
26 Joe Avila (Sub-4 TC)	33:25
27 Tim Holmes (WVTC)	33:25

28 John Koningh (Sub-4 TC)	33:26
29 Tracy Smith (Athletes in Act.)	33:27
30 Mike Palmquist (Good Times)	33:31
31 Greg Hitchcock (Oregon TC)	33:33
32 Jeff Milliman (UTC)	33:34
33 Peter Elletson (Ida-Vada TC)	33:39
34 Carl Stemple (Oregon TC)	33:41
35 Tony Bateman (Florida TC)	33:43
36 Craig Holt (G. Rochester TC)	33:44
37 John Herbert (Athletes in Act.)	33:44
38 George Nicholas (Kettering St.)	33:45
39 Dave Irion (Idaho St. TC)	33:46
40 Lee Edmonds (Youth for Christ)	33:47
41 Brendan Quinn (Promidence TC)	33:48
42 Derek May (Ida-Vada TC)	33:49
43 Art Boileau (Oregon TC)	33:50
44 Elliot Drumright (Air Force)	33:50
45 Dennis O'Halloran (Aggie RC)	33:54
46 Hernando Hernandez (Ida-Vada)	33:54
47 Paul Mausling (Good Times)	33:55
48 Kole Tonnemaker (Idaho)	33:56
49 Keenan Hart (Second Sole)	33:57
50 Phil Peterson (Bringham Young)	34:02
52 Benton Hart (WVTC)	34:06
54 Ron Fritzsche (Camino West)	34:07
55 Ralph Serna (Sub-4 TC)	34:09
57 Bill Adams (Athletes in Act.)	34:12
58 Dan Aldridge (Sub-4 TC)	34:13
59 Miguel Tibaduiza (WVTC)	34:15
62 Tom Bryant (Santa Monica TC)	34:18
63 Matt Yeo (Aggie RC)	34:21
64 Tony Martinez (Camino West)	34:22
68 Pete Sweeney (Aggie RC)	34:27
70 John Jennings (Camino West)	34:30
71 Manny Bautista (Sub-4 TC)	34:38
77 Bill Foley (Athletes in Action)	34:40
81 Mike Porter (WVTC)	34:46
84 Wolfgang Schmelewicz (WVTC)	34:53
88 Dan Harvey (Camino West)	34:58
90 Mitch Kingery (Camino West)	35:02
101 Bill Geating (Youth for Christ)	35:28

108 Hal Schultz (WVTC)	35:48
109 Benny Martinez (Ath. in Act.)	35:49
112 Emil Magallenes (LC)	35:59
117 Gary Goodstein (Woodside St)	36:09
119 Steve Mousetis (Ath in Act.)	36:13
121 Grover Prowell (Tacoma)	36:17
124 John Routh (Woodside St)	36:25
125 Bob Cooper (Woodside St)	36:40
131 George Mason (Ath in Act.)	37:06
142 Ray Wieand (Woodside St)	38:29
144 Greg VanHouser (Lassen JC)	38:49
146 Rick Hill (Woodside St)	39:16

**Team Scores:** 1. Victory Athletic Club 44; 2. Athletics West 63; 3. Sub-4 TC 71; 4. West Valley Track Club 137; 5. Athletes in Action 145; 6. Oregon Track Club 160; University of Chicago TC 178; 8. Providence TC 182; Second Sole TC 200; 10. Camino West Racing Team 218; 11. Good Times TC 226; 12. Greater Monmouth TC 239; 13. Fort Collins TC 304; 14. Coke, Speed & LSD 337; 15. Woodside Striders 346.

**JUNIOR MEN 5,000 meters:**

1 Darren Lazaruk (Idaho State)	17:03
2 Greg Long (Utah State TC)	17:10
3 Jerry Maris (Pederson's)	17:13
4 KT Fiehler (Phoenix Puma TC)	17:16
5 Larry Chumley (Phoenix Puma)	17:18
24 Chuck Cathey (Woodside St)	18:22
25 Tom Roth (Woodside St)	18:24
34 Ron Gomez (Woodside St)	19:02
35 Jim Scattini (Woodside St)	19:09
52 Scott Marconda (Woodside St)	20:37
55 Russ Henderson (Woodside St)	20:57

**Team Scores:** 1. Pederson's Club Northwest 47; 2. Phoenix Puma TC 56; 3. Idaho State Univ. 106; 4. Woodside Striders 170; 5. Ute Running Club 182; 7. Tri City Patriots 215; 8. Arles 255.

**GIRLS 14-15 4,000 meters Nov. 28:**

1 Wendy Thomas (Spartan TC)	15:24
2 Carrie House (W. New Mexico)	15:38
3 Linda VanHousen (Woodside St.)	15:44
4 Megan Garney (Spartan TC)	15:46
5 Jeannine Walther (NTC)	15:51
6 Jessica Speis (San Jose Cind)	15:52
7 Andrea Heimbecker (San Jose C)	15:53
11 Esther Berndt (Foothill AC)	16:10
13 Kathleen Bonnet (San Jose C)	16:15
27 Chris Ramirez (Rialto RR)	17:07
29 Becky Engleman (Rialto RR)	17:14
30 Sharon Yaninek (San Jose Cind)	17:23

**Team Scores:** 1. San Jose Cindergals 45; 2. Ogden Valley TC 87; 3. Vancouver XC 100; 4. Duke City Dashers 145; 5. Foothill Athletic Club 167; 6. Albuquerque Olympettes 205.

**GIRLS 12-13 3,200 meters Nov. 28:**

1 Allison Botkin (Jesko Jets)	12:13
2 Theresa Fisher (San Jose C)	12:20
3 Liz McDowell (Roseville G.)	12:28
4 Joanne Maldonado (Rialto RR)	12:30
5 Janet Rollins (Brighton)	12:45
6 Wendy Massey (Santa Clara GG)	12:47
7 Karen Himenes (Woodside St)	12:49
8 Jeni Toman (Duke City)	12:50
9 Tammie Foster (Roseville G.)	12:53
10 Toni Evert (Rialto RR)	12:58
11 Stacy McAfee (Roseville G.)	12:59
13 April Acosta (Rialto RR)	13:05
14 Heidi Hogan (Rialto RR)	13:05
16 Nanette Garcia (San Jose Cind)	13:09
18 Diane Dednious (Rialto RR)	13:11
19 Pauline Vasquez (San Jose Cind)	13:16
20 Kim Himenes (Woodside St)	13:22

**Team Scores:** 1. Rialto Road Runners 59; 2. San Jose Cindergals 96; 3. Roseville Gazelles 105; 4. Duke City Dashers 120; 5. Woodside Striders 139; 6. Vancouver 238.

**GIRLS 10-11 2,400 meters Nov. 28:**

1 Shannon Clark (San Jose Cind)	9:04
2 Wendy Sinclair (Jesko Jets)	9:12
3 Stephanie Glower (Portland)	9:35
4 Catherine McKinney (Duke City)	9:39
5 Suzy Ramirez (Rialto RR)	9:40
6 Michelle Gonzales (Rialto RR)	9:40
9 Jenell Gomez (Rialto RR)	9:46
10 Lisa Williams (S. Calif. Thund)	9:49
11 Holly Hogan (Rialto RR)	9:51
14 Carol Dooddy (Rialto RR)	9:55
18 Ann Wimmer (San Jose Cind)	9:59

**Team Scores:** 1. Rialto Road Runners 45; 2. Duke City Dashers 108; 3. San Jose Cindergals 136; 4. Albuquerque Tumbleweeds 137; 5. Southern California Thunderbirds 210; 6. Timpview TC 245; 7. Roseville Gazelles 266.

**GIRLS 9 & UNDER 2,400 meters Nov. 28:**

1 Tracey Williams (S. Calif. Thun)	9:59
2 Kari Duncan (Rialto RR)	10:04
3 Vanessa Stone (Univac TC)	10:06
4 Lisa Padilla (S. Calif. Thund)	10:08
5 Amber Chavez (Rialto RR)	10:12
6 Kerry Slinkard (Roseville G.)	10:13
7 Karen Denovi (S. Calif. Thund)	10:17
9 Diane Castillo (S. Calif. Thund)	10:21
11 Sara Corsiglia (Santa Clara GG)	10:25

**Team Scores:** 1. Southern California Thunderbirds 46; 2. Rialto Road Runners 86; 3. Santa Clara Valley Golden Girls 112; 4. Duke City Dashers 113; 5. Albuquerque Tumbleweeds 144; 6. Roseville Gazelles 173; 7. Mesa Sun Angles 181.

**Team Scores:** 1. Reno TC 73; 2. Univac TC - Wash. 83; 3. Duke City Dashers 114; 4. Vancouver TC 117; 5. Diablo Valley TC 174; 6. Phoenix Puma 186; 7. Montebello TC 228; 8. Track City - Oregon 320; 9. Solano Striders 323; 10. Roseville Gazelles 344; 11. Los Gatos AA 390.

**INTERMEDIATE BOYS 14-15 5,000**

1 Tracy Garrison (Washington)	16:06
2 Tim Berry (Walnut Dk)	16:24
3 Don Merwin (Hayfork)	16:38
4 Ken Wake (Oregon)	16:41
5 Jim LaFuente (San Jose)	16:42
6 Kevin Allison (Anderson)	16:42
7 Steve Reed (Washington)	16:46
8 David Anderasen (Utah)	16:46
9 Dave Coey (Canada)	16:47
10 Herb Bladorn (Chico)	16:48

**Team Scores:** 1. Univac TC - Wash. 55; 2. Willamette Falls TC - Oregon 110; 3. Murray TC - Utah 114; 4. Hayfork RC 121; 5. Vancouver TC - Canada 146; 6. Diablo Valley 166; 7. Valley of the Moon 205; 8. Spokane Valley 235; 9. Montebello TC 279; 10. Cheetah TC - Wash. 319; 11. Roseville Gazelles 333; 12. Diablo Valley B 346.

**SENIOR BOYS 16-17 5,000 meters:**

1 Jonathan Knight (Washington)	15:50
2 Dean Vanderbush (Sasville)	15:55
3 John Powell (Utah)	15:57
4 Britt Brewer (Washington)	16:20
5 Jeff Grubbs (Sacramento)	16:20
6 Toby Smith (Washington)	16:33
7 Mike Judson (Utah)	16:36
8 Greg Hawksford (Washington)	16:42
9 John Armentino (Washington)	16:45
10 Todd McLaughlin (Washington)	16:48

**Team Scores:** 1. Spokane Valley 35; 2. Canyon TC 114; 3. Roseville Gazelles 131; 4. Valley of the Moon 141; 5. Willamette Falls - Oregon 148; 6. Spudboy TC 152.

## RRCA Western Cross Country Championships

November 29, Spring Lake Park, Santa Rosa. Road Runners Club of America Girls Western Regional Cross Country Championships.

**MIDGET DIVISION 3,000 meters:**

1 Sheri Lawson (Granada Hills)	12:05
2 Seroma DeLaCruz (San Jose)	12:40
3 Delores Kratz (Ridgecrest)	12:43
4 Janelle Corby (Concord)	12:49
5 Colleen Walsh (Reno, NV)	12:51

**YOUTH 12-13 4,000 meters:**

1 Pam Eymann (Irvine)	15:35
2 Dyana Crabtree (Fountain Vly)	15:40
3 Julie Wimsatt (Northridge)	16:17
4 Diane Maher (Fountain Vly)	16:28
5 Barbara Keeher (San Jose)	16:49

**INTERMEDIATE 14-15 5,000 meters:**

1 Lisa Braun (Washington)	18:30
2 Teresa Barrios (Irvine)	18:30
3 Ann Staros (Huntington Bch)	20:18
4 Lisa Swift (Nevada)	20:23
5 Kim Cummings (Nevada)	20:31

**SENIOR 16-18 5,000 meters:**

1 Janet Beaudry (Oregon)	19:57
2 Aida Diane Stearn (San Jose)	20:45
3 Dori Van Slyke (Washington)	21:05



# KINNEY CROSS COUNTRY CHAMPIONSHIPS



## Kinney X-C National Championships

December 13, San Diego. Kinney Cross Country National Championships.

New York, Florida, Texas, Alaska, South Dakota, etc., etc. — this was the Nationals. The Kinney National Cross Country Championships for high school boys and girls.

The best high school cross country runners in the United States were gathered in San Diego to see who was the nation's number one runner. Both boys and girls competed over a twisting, hilly, challenging 5,000 meter Balboa Park course on Saturday, December 13th.

These runners, 35 in each race, were already champions as they had to qualify for this prestigious national meet by placing in the top seven at one of five regional championships spread around the country (California, New York, Kansas, Texas, and Georgia) two weeks earlier.

What makes this race, the second annual, an unique event is the desire of the sponsor, Kinney Shoes, to bring together the best high school runners in the nation and to see that they get there and are well taken care of — ilke providing round trip transportation, room and board, and many extras. The accommodations at the famous Hotel del Coronado were first class all the way. Most important to this meet is that the sponsors make it more than just a meet. The emphasis for four days in San Diego was on sharing and friendship with other great runners from all over the country. There were trips to the world-renowned zoo and planetarium, cruises, banquets and receptions all for the runners to enjoy. As one coach commented, "This isn't a meet, it's a happening!"

Race day was a typical San Diego 70 degrees. When the girls toed the starting line for the first race the beauty of the day was matched only by their eagerness and enthusiasm. In this initial race Cecil Hop, a senior from Cos Cob, Connecticut, blasted to the lead and was never

8	Stacy Bant (Racine, WI)	17:55
9	Kathy Knowlton (Fed. Way, WA)	17:56
10	K. Katterhagen (Tacoma, WA)	17:58
11	Lori Lopez (Los Angeles, CA)	18:02
12	Cathy Branta (Hartford, WI)	18:04
13	Ann Locke (Anchorage, AK)	18:05
14	Anita Kelly (Pittsford, NY)	18:05
15	Maureen Cogan (Kettering, OH)	18:06
16	Laura Whitney (Stoneybrook, NY)	18:12
17	Bridget Jensen (Houston, TX)	18:30
18	Nancy Reitz (Marietta, GA)	18:30
19	Ellen Olson (Madison, WI)	18:37
20	Pat Hamparian (Brighton, MI)	18:39
21	Robyn MacSwain (San Raf., CA)	18:40
22	Sheila Wall (Val. Stream, NY)	18:51
23	Julie Ross (Greer, SC)	19:02
24	Alena Palmquist (Marietta, GA)	19:08
25	Krystal Walker (Ft. Wayne, IN)	19:16
26	JoAnn Lanciaux (Fremont, MI)	19:22
27	Marcia White (Orinda, CA)	19:27
28	Sandy Braasch (Orange Pk, FL)	19:35
29	E. Hester (Bristol, VA)	19:39
30	Erika Lacrosse (Costa Mesa, CA)	19:39
31	Michelle Hurt (Colo Springs, CO)	19:59
32	Cathryn Gill (Norman, OK)	20:36
33	Tanya Sorge (Colo Springs, CO)	21:01
34	Jennifer Bentz (Norman, OK)	22:21

### Boys 5,000 meters:

1	Jay Marden (Fremont, CA)	14:53
2	Jon Butler (Huntington Bch., CA)	14:57
3	Marty Beauchamp (Tup. Lk., NY)	15:00
4	Tim Hacker (Menom. Fls., WI)	15:03
5	Tom Ansberry (Tucson, AZ)	15:04
6	Mike McCollum (Palo Alto, CA)	15:09
7	Dan Mazo (Eugene, OR)	15:09
8	Kevin King (N. Stamford, CT)	15:13
9	Soct Jenkins (Kenosha, WI)	15:15
10	John Easker (Birmamwood, WI)	15:19
11	Mark Smith (Cadillac, MI)	15:27
12	Robert Schooler (Midland, TX)	15:28
13	Frankie Nunn (Bristol, VA)	15:31
14	Cliff Sheehan (Westfield, NJ)	15:36
15	Jay O'Keefe (Mansfld Ctr., CT)	15:37
16	Gawain Guy (Pasadena, TX)	15:38
17	G. Beuchler (Louisville, KY)	15:41
18	Michael Patton (Chicago, IL)	15:41
19	Jeff Atkinson (Manhat Bch, CA)	15:41
20	Alfredo Trejo (El Paso, TX)	15:44
21	Fred Carley (Niceville, FL)	15:47
22	Greg Russell (Norman, OK)	15:47
23	Robt Medcalfe (Atlanta, GA)	15:48
24	Kyle Wright (Woodlands, TX)	15:51
25	Sean Dailey (Augusta, GA)	15:55
26	Jim Sapienza (Louisville, KY)	15:55
27	Thomas Wilds (Sioux Falls, SD)	15:57
28	Steve Velen (Sacto. Ans, CA)	16:11

photo by Don Gosney



the sponsor, Kinney Shoes, to bring together the best high school runners in the nation and to see that they get there and are well taken care of — like providing round trip transportation, room and board, and many extras. The accommodations at the famous Hotel del Coronado were first class all the way. Most important to this meet is that the sponsors make it more than just a meet. The emphasis for four days in San Diego was on sharing and friendship with other great runners from all over the country. There were trips to the world-renowned zoo and planetarium, cruises, banquets and receptions all for the runners to enjoy. As one coach commented, "This isn't a meet, it's a happening!"

Race day was a typical San Diego 70 degrees. When the girls toed the starting line for the first race the beauty of the day was matched only by their eagerness and enthusiasm. In this initial race Ceci Hopp, a senior from Cos Cob, Connecticut, blasted to the lead and was never contested. The Greenwich High School 1979 & 80 state cross country champion recorded a 17:12 in breaking Ellen Lyons' (Idaho) one year old course record. Eight seconds back in runner-up slot for the second year was the Pennsylvania state cross country champ, Lynne Strauss from State College, PA.

First Californian in the girls race was Vickie Cook of Northridge, the Kinney Western Champion. Vickie, a junior, had suffered a strained leg muscle after her western victory and hadn't run the week before the Nationals but still recorded a gutty 17:31. Lori Lopez of Los Angeles, another junior, was next Californian in 11th at 18:02. The Western team was the unofficial team winner with five out of the top eleven, and three of those are juniors.

In the boys race the sunny weather was definitely to the liking of the Californians as Jay Marden (Fremont) and Jon Butler (Huntington Beach) went 1-2. The Western team had five out of the top seven.

Marden, a senior at Mission San Jose High School, ran a tough race - going out fast, trading the lead with Marty Beauchamp of New York, and forging ahead in the last ¼ mile to hold on to the win in a course record (old record held by Brent Steiner of Kansas) 14:53. Fast closing Butler, a senior at Huntington Beach High School, went from 4th to 2nd in the final ½ mile and was rapidly closing the gap on Marden when the race ended.

College coaches and recruiters were out in record numbers and they were going bananas - and for good reason. They were watching tomorrows best collegiate runners here in one place at the same time - it was the Nationals!

**Girls 5,000 Meters:**

- 1 Ceci Hopp (Cos Cob, CT) 17:12
- 2 Lynn Strauss (St Coll, PA) 17:20
- 3 Vicki Cook (Northridge, CA) 17:31
- 4 Sandy Forsythe (Memphis, TN) 17:36
- 5 Millicent Anderson (Tucson, AZ) 17:48
- 6 Maria Large (Bristol, VA) 17:49
- 7 Mary Wazeter (Wilkes-Bar, PA) 17:50

- 8 Marty Beauchamp (Iup. Lk., NY) 15:00
- 9 Tim Hacker (Menom. Fis., WI) 15:03
- 5 Tom Ansberry (Tucson, AZ) 15:04
- 6 Mike McCollum (Palo Alto, CA) 15:09
- 7 Dan Mazo (Eugene, OR) 15:09
- 8 Kevin King (N. Stamford, CT) 15:13
- 9 Socit Jenkins (Kenosha, WI) 15:15
- 10 John Easker (Birmamwood, WI) 15:19
- 11 Mark Smith (Cadillac, MI) 15:27
- 12 Robert Schooler (Midland, TX) 15:28
- 13 Frankie Nunn (Bristol, VA) 15:31
- 14 Cliff Sheehan (Westfield, NJ) 15:36
- 15 Jay O'Keefe (Mansfld Ctr., CT) 15:37
- 16 Gawain Guy (Pasadena, TX) 15:38
- 17 G. Beuchler (Louisville, KY) 15:41
- 18 Michael Patton (Chicago, IL) 15:41
- 19 Jeff Atkinson (Manhat Bch, CA) 15:41
- 20 Alfredo Trejo (El Paso, TX) 15:44
- 21 Fred Carley (Niceville, FL) 15:47
- 22 Greg Russell (Norman, OK) 15:47
- 23 Robt Medcalfe (Atlanta, GA) 15:48
- 24 Kyle Wright (Woodlands, TX) 15:51
- 25 Sean Dailey (Augusta, GA) 15:55
- 26 Jim Sapienza (Louisville, KY) 15:55
- 27 Thomas Wilds (Sioux Falls, SD) 15:57
- 28 Steve Valen (Santa Ana, CA) 16:11
- 29 Greg Johnson (Houston, TX) 16:11
- 30 Ray Lail (Duluth, GA) 16:12
- 31 Paul Haupt (Newport, RI) 16:12
- 32 Robert Aubey (Madison, WI) 16:28
- 33 Glenn Wells (Arlington, TX) 16:44
- 34 Joe Hopkins (Huntington, IL) 16:50
- 35 Greg Noll (Denville, NJ) 17:12

photo by Don Gosney



Ceci Hopp - girls winner

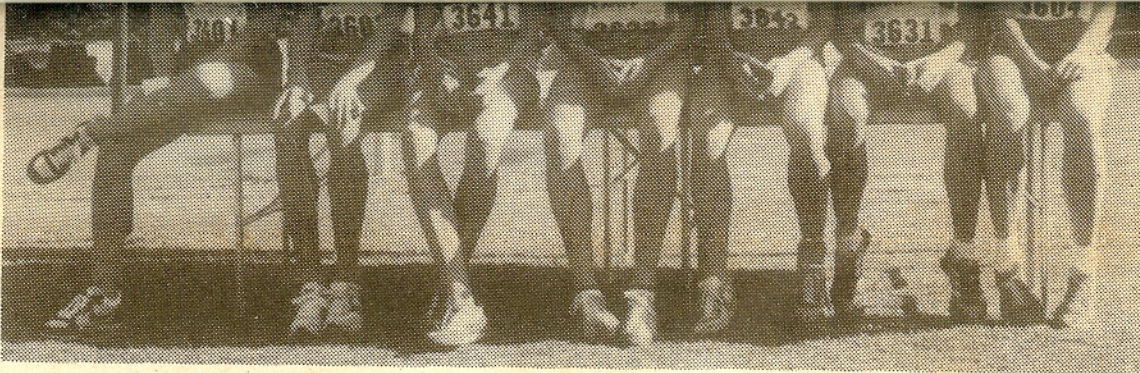


photo by Don Gosney

Top: Girls first seven in order from left to right.

Bottom: Boys first seven in order from left to right.

# WINTER TRACK & FIELD ALL-COMERS MEETS

## Fall Field Meet

November 29, Cal State Northridge.

### Shot Put:

- 1 Mike Smith (Long Beach) 57-9
- 2 John Bremer (Maccabi) 55-7
- 3 Hank Kraychir (Maccabi) 53-11

### Discus:

- 1 Greg McSeveney (CSLB) 177-8
- 2 John Bremer (Maccabi) 157-8
- 3 Hank Kraychir (Maccabi) 151-7

### Hammer:

- 1 Bill Green (CSLB) 190-2
- 2 Greg McSeveney (CSLB) 178-3
- 3 Mike Deller (Unatt) 133-10

### Long Jump:

- 1 Glen Smith (CSUN) 23-1
- 2 Gerald Howard (CSB) 23-1
- 3 Terrell Drake (CSUN) 22-8½

### Pole Vault:

- 1 Zebe (Glendale) 14-6
- 2 Tinker (Glendale) 14-0
- 3 Charles (El Camino) 14-0

### Triple Jump:

- 1 Wilfred (CS Bakersfield) 47-4¼
- 2 Terrell Drake (CSUN) 45-5½
- 3 Glenn Smith (CSUN) 44-7½

### Javelin:

- 1 Paul Kulat (CSUN) 201-4
- 2 Mike Frintehman (Palmar TC) 189-2
- 3 Steve Finhirth (Unatt) 171-1

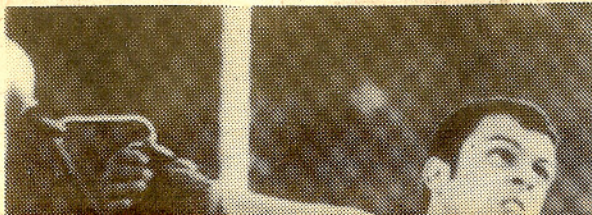
### High Jump:

- 1 John Valentine (CSLB) 6-6
- 2 Paul Lee (CSLB) 6-6
- 3 Brian Sims (CSLB) 6-6

## TFA Winter Decathlon

December 6-7, Glendale College.

Open Division: 1. Mauricio Bardales



(Athletic Congress) 7512; 2. Grant Niederhaus (Striders) 7289; 3. Dave Ricks (St. Paul, Minnesota) 6938; 4. Stan Vegar (Univ. of Washington) 6602; 5. Akira Kazama (Nagoya, Japan) 6456.

University: 1. Lane Maestretti (Nevada Reno) 7411; 2. Bob Bauld (Fresno State) 6907; 3. John Scheerer (UC Irvine) 6672; 4. Ken Terry (CS Northridge) 6672; 5. Dave Tolson (Pt. Loma) 6504.

Community College: 1. Tim Payne (Mt. SAC) 6553; 2. Carl Hansen (Porterville) 6363; 3. Darren Hall (Shasta) 6197; 4. Shane Paynter (Fullerton) 5843; 5. Robert Gower (Solano) 5560.

High School: 1. Marcell Douglass (Las Vegas) 6061; 2. Joel Krown (Calabasas) 5824; 3. Mark Sanders (Rio Mesa) 5606; 4. Ryan Salmans (El Dorado) 5381; 5. Todd Funk (Rialto) 5370.

Sub-Masters 30-39: 1. Dave Thorseson (Santa Barbara) 5996.

Masters 40-49: 1. Ed Oleata (San Diego TC) 5574.

Masters 50-59: 1. Jack Greenwood (Medicine Lodge, Kansas) 4039.

Masters 60-69: 1. Bob Hunt (SC Striders) 3370.

Masters 70-79: 1. Redmond Doms (SC Striders) 1377.

Community College: 1. Paul Farley (Santa Barbara) 3096; 2. Mike Fritchman (Palomar) 2980; 3. Victor Karahalios (Fullerton) 2818; 4. Steve White (Santa Barbara) 2699.

High School: 1. James Beene (Dos Pueblos) 2805 - record.

Submasters 30-39: 1. Frank Reilly (Los Angeles) 3506 - record; 2. Mike Deller (Eagle Rock) 3438; 3. Ray Manzi (Chatsworth) 3120.

Masters 40-49: 1. Carl Klehm (Arlington Heights, Ill) 2615; 2. Bob Carstensen (Los Angeles) 2217.

Masters 50-59: 1. Bill Bangert (Anaheim) 2122; 2. Tom Allison (Los Angeles) 1857; 3. Jack Morrill (Santa Barbara) 1561.

Masters 60-69: 1. Dan Aldrich (Corona del Mar TC) 2158; 2. Jim Minah (Santa Barbara) 1987; 3. Bob Stone (Kensington) 1939.

Masters 70 & Over: 1. Lou Peresenyi (Monterey) 1100; 2. Stan Herrmann (Santa Barbara) 1075; 3. Randy Hubbell (Seniors TC) 1008.

### TOP MARKS

Hammer: Matt Mileham (Fresno State) 213-9; Shot Put: John Brenner (49er TC) 57-10; Discus: Greg McSeveney (CS Long Beach) 187-1; Javelin: Mike Barnett (Azusa Pacific) 229-5; 35-Pound Weight: Matt Mileham (Fresno State) 67-5.

## Wt. Pentathlon

December 14, Glendale College. Weight Pentathlon.

Open Division: 1. John Goldhammer (Agape TC) 4338; 2. John Brenner (49er TC) 3900.

University: 1. Greg McSeveney (CS Long Beach) 4293; 2. Rick Fritzeimer (Fresno State) 4140; 3. Doug Barnett (Azusa Pacific) 4026; 4. Matt Mileham (Fresno State) 4107; 5. Scott Reid (CS Long Beach) 3921.

## Berkeley

December 13: Edwards Stadium, U.C. Berkeley.

from Keith Conning

### OPEN MEN

1500 Meters: 1. Andy Clifford 3:55.8; 2. Allan Smith 3:56.8; 3. Mike Dyer 3:57.9; 4. Larry guinee 3:59.6; 5. Roy Kissin 4:03.0; 6. Ernie Rivas 4:03.0. 55 Meter High Hurdles Heat 1: 1. Derek Ligons 7.4; 2. Tony Amerson 7.7. 55 Meter High Hurdles Heat 2: 1. Brian Conley 7.7. 55 Meter High Hurdles Heat 3: 1. Derek Ligons 7.7; 2. Tony Amerson 7.7; 3. J.C. Ragster 7.7. 55 Meters Heat 1: 1. Ron Kennedy 6.4; 2. Elin Walker 6.5; 3. Keith Holbert 6.5; 4. Jimmy Williams. 55 Meters Heat 2: 1. Manny Meyer 6.7; 2. J.C. Ragster 6.8; 3. Steve Webb 6.8; 4. Sean Trippi 6.8. 55 Meters Heat 3: 1. Ronald Kennedy 6.3; 2. Keith Mathis 6.4; 3. J.C. Ragster 6.4.

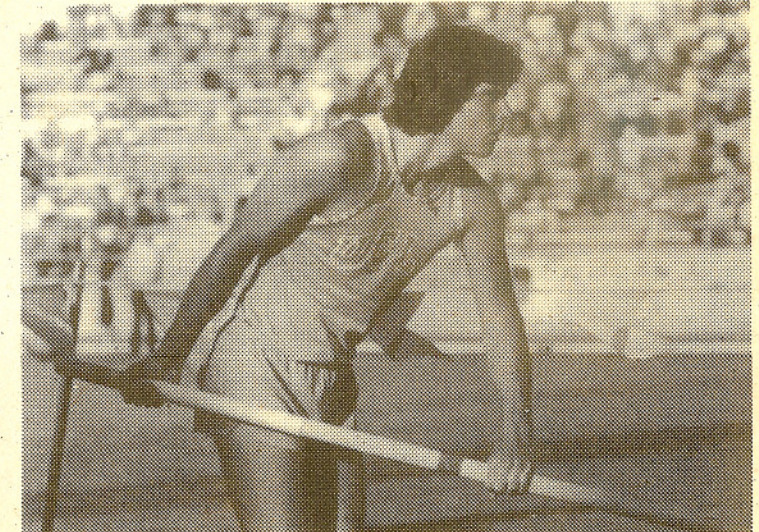


photo by Don Gosney

Anthony Curran — UCLA vaulter

Jackson (Unatt) 6.1; 3. Fitzsimmons (Unatt) 6.5. 50 Meters Heat 4: 1. Ron Kennedy (Unatt) 5.8; 2. Mike Farmer (Unatt) 5.9; 3. Darryl Jones (Skyline) 6.2; 4. James Robinson (Inner C) 6.0; 5. Jared Butler (Unatt) 6.3; 6. J.C. Ragster (Unatt) 6.3. 200 Meters: 1. Ronald Kennedy (Unatt) 22.7; 2. Arthur Diaz (Skyline) 23.3; 3. Virgil Rosborough (Unatt) 23.3. 400 Meters Heat 1: 1. Jimmie Williams (Cal) 50.1; 2. Will Stokes (Unatt) 50.9; 3. George Naon (Unatt) 52.9. 400 Meters Heat 2: 1. Kevin Smith (Unatt) 50.1; 2. Coy Justice (Unatt) 52.1. 400 Meters Heat 3: 1. Malcolm Cleary (Unatt) 50.4; 2. Andy Howard (Cal) 53.4; 3. Wayne Cottrell (Unatt) 53.5. 800 Meters Heat 1: 1. Malcolm Cleary (Unatt) 1:57.7; 2. John Barrow (Unatt) 2:03.6. 800 Meters Heat 2: 1. Carl Bonner (Cal) 1:58.4; 2. Chuck Fanter (CPSLO) 1:59.9. 1500 Meters: 1. Larry Guinee (Cal) 3:58.1; 2. Brad Barnes (Unatt) 3:58.2; 3. Allan Smith (Unatt) 3:58.5; 4. Ernie Rivas 4:03.4; 5. Don Pan 4:11.0. 3200 Meters: 1. Chuck Fanter (CPSLO) 12:44.4; 2. J.C. Ragster

ers: 1. Marilyn Davis (Miramonte) 5:26.2; 2. Marcia White (Miramonte) 5:27.8; 3. Wendy Sihner (Miramonte) 5:31.1. 50 Meter Low Hurdles 30": 1. Robyne Johnson (BEBTC) 8.4; 2. Yvette Bates (BEBTC) 8.7. High Jump: 1. Molly Hill (Piedmont) 4-11. Long Jump: 1. Robyne Johnson (BEBTC) 17-7; 2. Yvette Bates (BEBTC) 16-7. Shot Put: 1. Ryoko Hattori (MLTC) 25-3¼. Javelin: 1. Carol Shoaff 116-1.

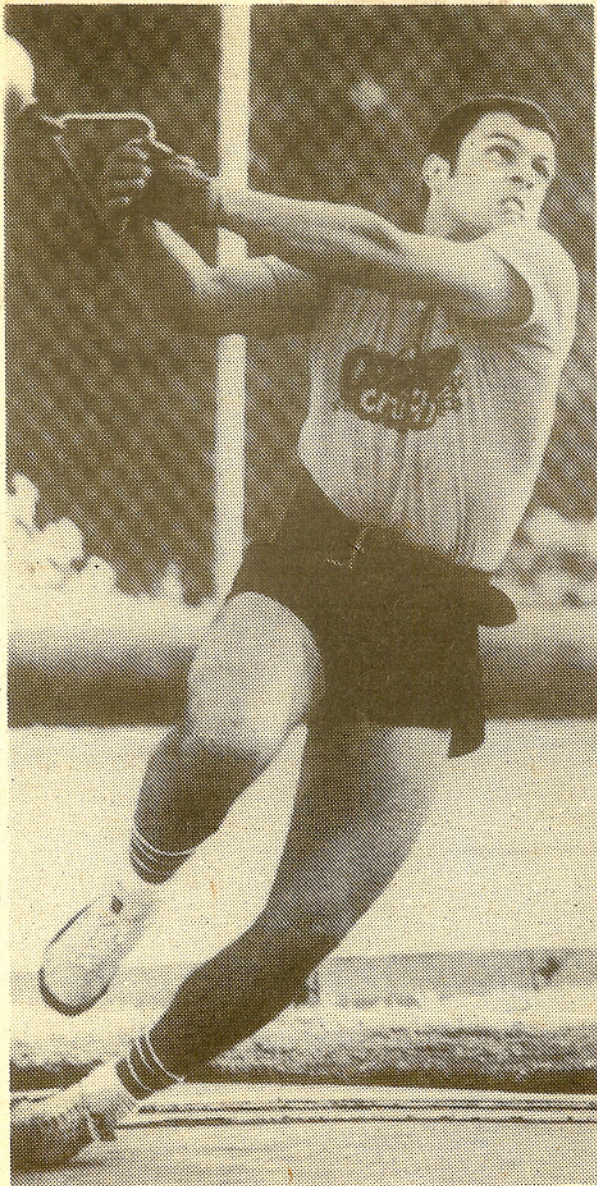
### HIGH SCHOOL BOYS

50 Meters: 1. Tom Nickles (Ceres) 6.2; 2. Hiroaki Namiki (Redwood) 6.4; 3. Tim Laffoon (Ceres) 7.3; 4. Rune Davlie (Kennedy) 7.3. 400 Meters: 1. Charles Clewis (BEBTC) 50.4; 2. Kenny Robinson (BEBTC) 51.9; 3. Clarence McCovery (Skyline) 55.4. 800 Meters Heat 1: 1. Steve Gerhart (Miramonte) 1:59.0; 2. Scott Erdelaf 2:03.5. 800 Meters Heat 2: 1. Dave Rodriguez (Montgomery) 2:00.5; 2. Marcus Burns 2:04.0. 1600 Meters: 1. Steve Gerhart (Miramonte) 4:38.2; 2.

1 John Valentine (CSLB) 6-6  
 2 Paul Lee (CSLB) 6-6  
 3 Brian Sims (CSLB) 6-6

## TFA Winter Decathlon

December 6-7, Glendale College.  
 Open Division: 1. Mauricio Bardales



Doug Barnett — Azusa Pacific strongman

photo by Dave Shelburne - Ledger

December 14, Glendale College. Weight Pentathlon.  
 Open Division: 1. John Goldhammer (Agape TC) 4338; 2. John Brenner (49er TC) 3900.  
 University: 1. Greg McSeveney (CS Long Beach) 4293; 2. Rick Fritzenmeir (Fresno State) 4140; 3. Doug Barnett (Azusa Pacific) 4026; 4. Matt Mileham (Fresno State) 4107; 5. Scott Reid (CS Long Beach) 3921.

## Berkeley

December 13: Edwards Stadium, U.C. Berkeley.

from Keith Conning

### OPEN MEN

**1500 Meters:** 1. Andy Clifford 3:55.8; 2. Allan Smith 3:56.8; 3. Mike Dyer 3:57.9; 4. Larry guinee 3:59.6; 5. Roy Kissin 4:03.0; 6. Ernie Rivas 4:03.0. **55 Meter High Hurdles Heat 1:** 1. Derek Ligons 7.4; 2. Tony Amerson 7.7. **55 Meter High Hurdles Heat 2:** 1. Brian Conley 7.7. **55 Meter High Hurdles Heat 3:** 1. Derek Ligons 7.7; 2. Tony Amerson 7.7; 3. J.C. Ragster 7.7. **55 Meters Heat 1:** 1. Ron Kennedy 6.4; 2. Elin Walker 6.5; 3. Keith Holbert 6.5; 4. Jimmy Williams. **55 Meters Heat 2:** 1. Manny Meyer 6.7; 2. J.C. Ragster 6.8; 3. Steve Webb 6.8; 4. Sean Trippi 6.8. **55 Meters Heat 3:** 1. Ronald Kennedy 6.3; 2. Keith Mathis 6.4; 3. Bobby Simpson 6.6; 4. J.C. Ragster 7.0. **400 Meters:** 1. James Robinson 48.5; 2. Carl Bonner 49.6. **800 Meters:** 1. Phil Kay 1:58.5; 2. Keith Taylor 1:59.7; 3. Andy Howard 1:59.8.

### WOMEN

**1500 Meters Heat 1:** 1. Robin Campbell 4:34.4. **1500 Meters Heat 2:** 1. Renee Hicks 4:59.5; 2. Joan Ulliyot 5:01.2. **55 Meter Low Hurdles Heat 1:** 1. Sherifa Sanders 8.0; 2. Diane Johnson 8.2. **55 Meter Low Hurdles Heat 2:** 1. Laura Sullivan 8.8. **55 Meter Heat 1:** 1. Jessica Casimir 7.5; 2. Laura Sullivan 7.8; 3. Ryoke Hattori 8.0. **55 Meters Heat 2:** 1. Lashunda Lee 7.6; 2. Avis Casimir 7.6; 3. Colette Meader 7.8. **400 Meters:** 1. Deanne Johnson 57.4; 2. Valerie Spence 58.9; 3. Sherifa Sanders 59.9; 4. Erin Simms 61.1; 5. Pam Simms 61.6.

### HIGH SCHOOL BOYS

**1600 Meters:** 1. Jeff Charleston 4:31.4; 2. Doran McGee 4:33.8; 3. Roger Daniels 4:34.5; 4. Steve Gearhart 4:35.4; 5. Paul Hill 4:37; 6. John Langerston 4:38.2; 7. John Victor 4:38.2. **55 Meter High Hurdles:** 1. Mark Boyd 8.0; 2. Jay Jackson 8.2; 3. James Howard 8.6. **55 Meters:** 1. Keith Holbert 6.4; 2. Miguel Wingo 6.6; 3. Peter Davis 6.7; 4. Byron Young 6.9. **400 Meters:** 1. Eric Crapo 53.1. **800 Meters:** 1. Ulysee Walker 1:58.1; 2. John Langerston 1:58.2.

## Berkeley

December 20: Edwards Stadium, U.C. Berkeley.

from Keith Conning

### OPEN MEN

**50 Meters Heat 1:** 1. Ronald Kennedy (Unatt) 5.8; 2. Darryl Jones (Skyline) 6.0; 3. Steve Webb (Skyline) 6.3; 4. J.C. Ragster (Unatt) 6.3. **50 Meters Heat 2:** 1. Craig Nash (Unatt) 5.9; 2. Eric Raphael (Unatt) 6.2; 3. Manny Meyers (Unatt) 6.2; 4. J.C. Ragster (Unatt) 6.3. **50 Meters Heat 3:** 1. Alonzo Mathis (Cal) 5.8; 2.

3. Jackson (Unatt) 6.1; 3. Fitzsimmons (Unatt) 6.5. **50 Meters Heat 4:** 1. Ron Kennedy (Unatt) 5.8; 2. Mike Farmer (Unatt) 5.9; 3. Darryl Jones (Skyline) 6.2; 4. James Robinson (Inner C) 6.0; 5. Jared Butler (Unatt) 6.3; 6. J.C. Ragster (Unatt) 6.3. **200 Meters:** 1. Ronald Kennedy (Unatt) 22.7; 2. Arthur Diaz (Skyline) 23.3; 3. Virgil Rosborough (Unatt) 23.3. **400 Meters Heat 1:** 1. Jimmie Williams (Cal) 50.1; 2. Will Stokes (Unatt) 50.9; 3. George Naon (Unatt) 52.9. **400 Meters Heat 2:** 1. Kevin Smith (Unatt) 50.1; 2. Coy Justice (Unatt) 52.1. **400 Meters Heat 3:** 1. Malcolm Cleary (Unatt) 50.4; 2. Andy Howard (Cal) 53.4; 3. Wayne Cottrell (Unatt) 53.5. **800 Meters Heat 1:** 1. Malcolm Cleary (Unatt) 1:57.7; 2. John Barrow (Unatt) 2:03.6. **800 Meters Heat 2:** 1. Carl Bonner (Cal) 1:58.4; 2. Chuck Fanter (CPSLO) 1:59.9. **1500 Meters:** 1. Larry Guinee (Cal) 3:58.1; 2. Brad Barnes (Unatt) 3:58.2; 3. Allan Smith (Unatt) 3:58.5; 4. Ernie Rivas 4:03.4; 5. Don Paul 4:11.0. **3200 Meters:** 1. Chuck Fanter (CPSLO) 10:16.0. **5000 Meters:** 1. Leroy Kotchevar 15:14.6; 2. Vernon Sallaz 15:48.5; 3. Joe Andrews 16:53.5. **55 Meter High Hurdles Heat 1:** 1. Ashland Whitfield 7.5; 2. George Carty 7.5; 3. Al Borden 7.5; 4. J.C. Ragster 7.8. **55 Meter High Hurdles Heat 2:** 1. Chico Lewis (Skyline) 7.8; 2. Hill 7.9. **55 Meter High Hurdles Heat 3:** 1. Ashland Whitfield 7.4; 2. George Carty 7.5; 3. Al Borden 7.5; 4. J.C. Ragster 7.8. **55 Meter High Hurdles Heat 4:** 1. Chico Lewis (Skyline) 7.7; 2. John Kirkpatrick 8.1; 3. Robert Thompson (Skyline) 8.2. **400 Meter Relay:** 1. Skyline College 44.2. **1600 Meter Relay:** 1. Sacramento City College "A" 3:15.1; 2. Sacramento City College "B" 3:16.8. **High Jump:** 1. Joel Wyrick (Sp City) 6-9; 2. Kerry Myers (Cal) 6-7; 3. Chris Dunn 6-7; 4. Jim Moran (Hayward) 6-7; 5. Bob Churchill (Hayward) 6-7. **Pole Vault:** 1. Ross McAlexander (Cal) 16-0; 2. Tom Philbert (Cal) 14-6; 3. Robert Crumpler 13-6. **Long Jump:** 1. Norm Alston (Hayward) 22-4; 2. Alonzo Jackson 21-10. **Triple Jump:** 1. Brian Indelicato (Chico) 44-4½. **Shot Put:** 1. Mike Weeks (PCC) 60-5½; 2. Greg Taffralis (WVTC) 56-4¾; 3. Bruce Parker 56-2. **Discus:** 1. Mike Weeks (PCC) 200-10; 2. Mickey Cutler (UNR) 174-5; 3. Greg Taffralis (WVTC) 172-5. **Javelin:** 1. Steve Roller 234-9; 2. Dave Rider 214-10; 3. Mickey Cutler (UNR) 210-5; 4. Tom Swartzell 169-2.

### WOMEN

**50 Meters Heat 1:** 1. Semyrara Nelson (Elementary) 7.3; 2. Kristina Brown 7.5; 3. Gertha Griffin 7.8. **50 Meters Heat 2:** 1. Shay Allen 7.1; 2. Andreaa James 7.6; 3. Shinita Allin 8.3. **50 Meters Heat 3:** 1. Jessica Casimir (Millbrae) 6.6; 2. Kim Allin 7.3; 3. Cial Decatur 7.4. **200 Meters:** 1. Jescia Casimir (Millbrae) 26.2; 2. Semyrara Nelson (Elementary) 28.6. **400 Meters Age Group Heat 1:** 1. Kristina Brown 67.4. **400 Meters Heat 2:** 1. Jeanne Andrews (Serramonte) 62.9; 2. Juliet Burns (Serramonte) 67.6. **400 Meters Heat 3:** 1. Valerie Spence (BEBTC) 58.9; 2. Nedra Rodgers (BEBTC) 60.0; 3. Tanaya King (BEBTC) 61.4. **800 Meters:** 1. Barbara Noe (Piedmont) 2:26.1; 2. Gabriele Zuschang (MLTC) 2:26.4; 3. Ryoke Hattori (MLTC) 2:35.5. **1600 Met-**

**ers:** 1. Marilyn Davis (Miramonte) 5:26.2; 2. Marcia White (Miramonte) 5:27.8; 3. Wendy Sihner (Miramonte) 5:31.1. **50 Meter Low Hurdles 30":** 1. Robyne Johnson (BEBTC) 8.4; 2. Yvette Bates (BEBTC) 8.7. **High Jump:** 1. Molly Hill (Piedmont) 4-11. **Long Jump:** 1. Robyne Johnson (BEBTC) 17-7; 2. Yvette Bates (BEBTC) 16-7. **Shot Put:** 1. Ryoke Hattori (MLTC) 25-3¾. **Javelin:** 1. Carol Shoaff 116-1.

### HIGH SCHOOL BOYS

**50 Meters:** 1. Tom Nickles (Ceres) 6.2; 2. Hiroaki Namiki (Redwood) 6.4; 3. Tim Laffoon (Ceres) 7.3; 4. Rune Davlie (Kennedy) 7.3. **400 Meters:** 1. Charles Clewis (BEBTC) 50.4; 2. Kenny Robinson (BEBTC) 51.9; 3. Clarence McCovey (Skyline) 55.4. **800 Meters Heat 1:** 1. Steve Gerhart (Miramonte) 1:59.0; 2. Scott Erdelaf 2:03.5. **800 Meters Heat 2:** 1. Dave Rodriguez (Montgomery) 2:00.5; 2. Marcus Burns 2:04.0. **1600 Meters:** 1. Steve Gerhart (Miramonte) 4:38.2; 2. Marcus Burns 4:45.0. **3200 Meters:** 1. Vuong Nguyen (Mills) 10:47.3. **55 Meter High Hurdles:** 1. Gregg Johnson (Ceres) 8.5. **400 Meter Relay:** 1. Ceres 45.2. **High Jump:** 1. Ken Malvino (Redwood) 6-4; 2. Kevin Ashe (Willow Glen) 5-10. **Pole Vault:** 1. Pat Creel (Mills) 11-0; 2. David Kon (Albany) 11-0; 3. Jeff Searles (Mills) 10-6. **Long Jump:** 1. Mark McGlory (El Cerrito) 21-1½. **Triple Jump:** 1. Greg Smith (Ceres) 41-8½. **Shot Put:** 1. Mike Ostrom (Las Lomas) 38-7. **Discus:** 1. Mike Ostrom (Las Lomas) 133-9.

### MASTERS

**50 Meters:** 1. Irene Obera (Nor Cal Seniors) 6.9. **200 Meters:** 1. Irene Obera (Nor Cal Seniors) 27.0. **400 Meters:** 1. Irene Obera (Nor Cal Seniors) 62.6. **5000 Meters:** 1. Ralph Bowles 16:53.8.

## Long Beach

December 27: Cal State Long Beach.

from Keith Conning

### OPEN

**200:** Leonard Graham (Centennial) 21.7. **400:** Myles (Unatt) 48.4; Bias (Unatt) 49.1. **1500:** Partimian (Unatt) 3:57.5; Scott Cox (Long Beach Wilson) 3:58.8. **400 Intermediates:** Jones (CSLB) 54.6. **High Jump:** Stanton (LBCC) 6-10; Sims (CSLB) 6-8; Valentine (CSLB) 6-8. **Pole Vault:** Sauck (Maccabi TC) 15-6. **Long Jump:** Drake (Unatt) 24-6; R. Williams (Unatt) 24-2. **Triple Jump:** Taylor (MTC) 51-6½. **Shot Put:** Smith (CSLB) 58-10; 2. Kraychir (49er TC) 55-7½. **Discus Throw:** McSeveney (CSLB) 184-6; Binley (Unatt) 173-5. **Hammer Throw:** McSeveney 188-9.

### HIGH SCHOOL

**High Jump:** Wicker (Millikan) 6-6; Haines (Unatt) 6-4.

### WOMEN

**Long Jump:** Evans (LA Mercurettes) 20-2. **Discus Throw:** Hoerner (CSLB) 159-4; Pagel (CSLB) 148-9.

## Los Gatos

December 27: Los Gatos High School.  
from Keith Conning

### OPEN MEN

100: Foster (San Jose State) 9.7. 220: Smith (Unatt) 22.8. 440: Green (San Jose State) 50.9. 880: Lemos (Unatt) 2:00.3. Mile: Yeager (Unatt) 4:23.7. 2 Mile: Huddleston (San Jose State) 10:10.0. 70 High Hurdles: Dixon (Stanford) 8.1. 330 Low Hurdles: Williamson (Fresno State) 38.6. High Jump: Bolden (Speed City) 6-2. Pole Vault: Babits (Unatt) 15-0. Shot Put: Ron McKee (Unatt) 50-0. Discus Throw: Struble (Unatt) 156-7. 440 Relay: Unattached 46.7.

### HIGH SCHOOL BOYS

100: White (Branham) 10.1. 220: White 22.6. 440: Vasquez (Watsonville) 50.8. 880: Joe Naughton (Fremont) 2:02.9. Mile: Thompson (Homestead) 4:46.0. 2 Mile: Barraza (Watsonville) 10:04. High Jump: Powers (Los Gatos) 5-10. Pole Vault: Mitch Norris (Del Mar) 13-6. Long Jump: Hopkins (Milpitas) 20-8. Discus Throw: McGraw (Los Gatos) 151-0.

### WOMEN

100: Margaret Demorest (Buchser) 11.5. 220: Demorest 26.5. 440: McEan (San Jose CC) 61.5. Mile: Maria King (Ayer) 5:20.3. 60 Low Hurdles: Fisher (Los Gatos) 10.2. High Jump: Hill (Piedmont Hills) 4-10.

### MASTERS

100: Springbett (Los Gatos AA) 10.8. 220: Springbett (Los Gatos AA) 24.4. 440: Lewis (West Valley J&S) 63.6. 880: McFadden (San Mateo) 2:10.3. Mile: McFadden 4:54.0. 2 Mile: Silven (Unatt) 11:12. Discus Throw: Shissler (Unatt) 129-9.

## Los Gatos

January 3, Los Gatos.  
Open Divisions:

100: Thomas (Unatt) 10.4. 220: Thomas 23.6. 440: Banchero (Unatt) 52.7. 880: Tapia (OTUSA TC) 1:59.1. Mile: Bobby Ingram (West Valley College) 4:29.8. 2 Mile: Jeff Shaver (San Jose State) 9:53.0. 70 High Hurdles: Tom Bonan (Unatt) 8.6. High Jump: Keith Nelson (Unatt) 6-10. Pole Vault: Felix Bohni (SJS) 17-1; Doug Bockmiller (BAS) 16-2. Long Jump: Ken Wright (Portland) 20-11. Triple Jump: Wright 44-2. Shot Put: Brian Oldfield (UCTC) 67-4¼. Discus: Steve Struble (MCTC) 160-6. 35-lb. Weight: Oldfield 58-0; Ed Burke (SJ Stars) 52-0½; John Powell (SJ Stars) 51-6.

### High School Division:

100: White (Gunderson) 10.1. 220: White 22.5. 440: Terry (Overfelt) 54.7. 880: Brendan Saunders (Bellarmine) 2:00.

### HIGH SCHOOL BOYS

1600: 1. Jobe 4:52.2. 400 Relay: 1. Millbrae Lions 50.4. Discus Throw: Mike Lemke (Las Lomas) 123-2. High Jump: 1. John Morris (Fairfield) 6-4; 2. Alan Wright (Miramonte) 6-0.

## Berkeley

January 10 at Edwards Stadium, University of California - Berkeley.

from Keith Conning

### Open Men's Division:

60m: Ron Kennedy (Unatt) 6.4; Mike Farmer 6.5; James Robinson (Inner City) 6.6; Ivan Clay (Stanislaus) 6.6; Hank Dawkins (Unatt) 6.7; Mike Marlow 6.7. 400: Carl Bonner (Cal) 49.9; Will Stokes (Aggie RC) 50.5. 1500: Allan Smith (Pinole) 3:57.4; Brian Brady (Cal) 3:59.5; Marco Ibarra (Greater SFTC) 3:59.6; Roy Kissin (Sub-4 TC) 3:59.9. 5000: J. Miguel Tibaдуlza (Columbia) 14:41.6; Ernie Rivas (Excelsior TC) 14:43.0. 55mHH: Brian Conley (Hayward St) 7.8. 300mIH: Ray Smith (Golden Bear) 39.0; Rick Swift 39.4; James Robinson 39.6; Jared Butler (Unat) 39.6. Shot Put: Bishop Dolegiewicz (Canada) 62-5; David Porath (Cal) 61-0; Greg Taffralis (WVTC) 58-6; Bruce Parker (Cal) 57-8. Discus: Bishop Dolegiewicz (Canada) 193-8; David Porath (Cal) 188-10; Greg Taffralis (WVTC) 172-6; Jay Kovar (Cal) 168-5. Long Jump: Mike McRae 24-3¼; Norm Alston (Hayward St.) 22-10. Triple Jump: Norm Alston (Hayward St.) 48-10¼; Terry Gettle (SFS) 45-5¼. Javelin: Tom Walker (Unatt) 207-5; Louis Romero (Cal) 202-11. High Jump: Mike Nelson (Cal) 6-8; Moran (Hayward St.) 6-6; Kerry Myers (Cal) 6-6. Pole Vault: Ross McAlexander (Cal) 16-0.

(WVTC) 51.9. 880: Wetherspoon (unatt) 1:59.2. Mile: Yeager (Unatt) 4:27.0. 2 Mile: Sommer (Unatt) 9:49.0. 70HH: Sturdivant (Chico St.) 8.7. 330LH: Taylor (Unatt) 45.0. High Jump: Dunn (Unatt) and Wright (Unatt) 6-10. Pole Vault: Bohni (San Jose St.) 17-0; Bobbitt (Unatt) 16-0. Shot Put: Oldfield (UCTC) 67-5½; Mike Weeks (PCC) 59-10½. Discus: Oldfield 196-7; Weeks 196-1; Mickey Cutler (Unatt) 173-10.

### High School Division:

100: White (Gunderson) 10.0. 220: Collins (Branham) 24.0. 440: Sumptner (Independence) 52.0. 880: Joe Naughton (Fremont) 1:59.6. Mile: Catalupo (Cupertino) 4:29.0. 2 Mile: B. Zamczyk (Homestead) 9:58.3. High Jump: Christensen (N. Salinas) 6-8. Pole Vault: McGraw (Los Gatos) 13-0. Long Jump: Mosley (Independence) 16-8. Shot Put: Howard (Westmoor) 46-3½. Discus: Hall (Westmoor) 134-5.

### Women's Division:

100: Chewning (Saratoga HS) 11.7. 220: Griffin (West Valley College) 28.0. 440: Threadgill (Mitty) 63.0. Mile: Maria King (Milpitas HS) 5:10.7. 440 Relay: Saratoga HS 51.9. High Jump: Walker (Unatt) and Craig (Unatt) 5-2. Long Jump: Mahr (Tracy HS) 14-3¼. Shot Put: Dobrzynski (Leland HS) 35-5. Discus: Dobrzynski 99-8.

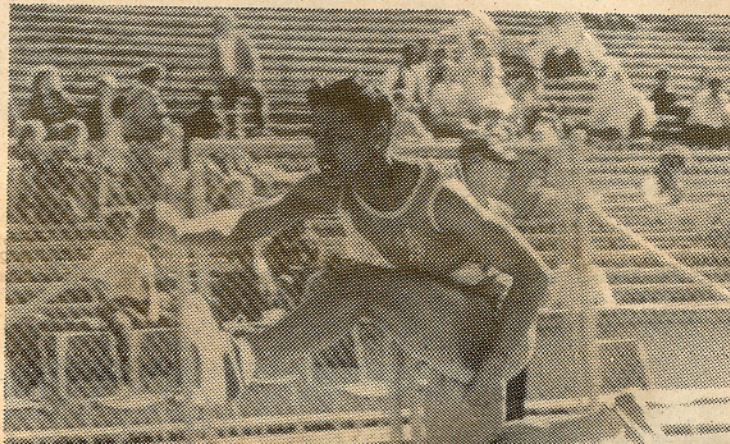
### Masters Division:

100: LaTorre (NorCal Seniors) 11.0. Mile: Silven (Unatt) 5:14.0. Shot Put: York (NorCal Seniors) 33-3¼.

## Mt. SAC Decathlon

January 17-18, Mt. San Antonio Community College, Walnut.

photo by Don Gosney



### WOMEN

1,000: Kim Donaldson 3:30.9. 300 Meter: Jenny Bryant 43.8. 3,000: Kelly Donaldson 11:34.0. Shot Put: Cathy Marin 30-11. High Jump: Tanya Mendonca 5-8. Discus: Heather Howard 95-8.

## Los Gatos

January 17 at Los Gatos

from Howard Willman

### Open Division:

100: Sanders (SLO) 10.3. 220: Fitzsimmons (WVTC) 24.0. 880: Art Lemos (Unat) 1:58.9. Mile: Hoch (Camino West) 4:22.9. 2 Mile: Sommer (Unatt) 9:55.4. 70HH: Sanders (CPSLO) 8.9. 330LH: Lane (USC) 43.0. High Jump: Grant (Mission College) 6-6. Pole Vault: Ralph Preiman (Unatt) 16-0; Greg Ellis (Unatt) 15-6. Long Jump: Campbell (West Valley College) 22-1. Shot Put: Struble (DeAnza) 43-11. Discus: Struble 151-0.

### High School Boys Division:

100: Mills (Independence) 10.2. 220: Chow (Prospect) 23.4. 440: Sumptner (Independence) 53.4. 880: Biggs (Silver Creek) 2:02.7. Mile: Torres (Independence) 4:31.2. 2 Mile: Torres 9:40.2. 70HH: McGraw (Los Gatos) 9.2. High Jump: Andree (Mt. Pleasant) 6-4. Pole Vault: Marc Anderson (Buchser) 13-6. Long Jump: Wenrich (Independence) 20-10.

### Women's Division:

100: Hohmann (West Valley) 11.7. 220: Schweichart (Branham HS) 27.3. 440: Leotta (SCV Golden Girls) 65.4. 880: McCarroll (Branham HS) 2:33.9. Mile: Spies (Livermore) 5:18.4. 2 Mile: McCarroll 12:54. 60LH: Luttrell (Sequoia HS) 9.1.

330LH: Luttrell 56.0. 440 Relay: Leland HS 52.8. Long Jump: Threadgill (Mitty HS) 14-2½. Shot Put: Dobrzynski (Leland HS) 35-0¼. Discus: Dobrzynski 115-8.

### Masters Division:

100: LaTorre (Unatt) 11.1. 220: Liquori (Unatt) 25.6. Mile: Silven (Unatt) 5:12.0. 2 Mile: Silven 11:33.0.

## Berkeley

January 17 at Edwards Stadium, University of California - Berkeley.

from Keith Conning

### Open Men's Division:

55m: Ronald Kennedy 6.4. 200: Walters 23.7; Jared Butler 23.7. 400: Jared Butler 52.1. 800: Allan Smith 1:56.9; Kent Thompson (Pinole TC) 1:57.1. 1500: Allan Smith 4:01.6. 5000: Don Paul (NYAC) 15:14.8. 55mHH: Ligons 7.4; Whitfield 7.5. Shot Put: Bruce Parker (Cal) 58-6. Hammer: Bruce Parker (Cal) 159-4. Long Jump: Al Leberher 21-6. Discus: Tom Fahey (WVTC) 145-11. Pole Vault: Mike Keninson (Hayward St.) 14-0.

### Women's Division:

55m: Jessica Casimir (Millbrae Lions) 7.6. 200: Casimir 27.0; Thompson 27.1. 400: Murray 62.2. 800: Gaenslen 2:23.2. 1500: Monica Ziesghand 5:10.6. 1600: Heidi Ertl (Pinole) 5:37.2. 55mH: Sullivan 9.4. 400 Relay: Millbrae Lions 52.5. Shot Put: Lotus Beique (Memorial) 33-6. Javelin: Carol Shoaff (Millbrae Lions) 116-8. Long Jump: Karen Elmore (Millbrae Lions) 18-6. Discus: Lotus Beique (Memorial) 103-9.

continued on next page...

photo by Don Gosney



January 3, Los Gatos.

**Open Divisions:**

100: Thomas (Unatt) 10.4. 220: Thomas 23.6. 440: Banchemo (Unatt) 52.7. 880: Tapia (OTUSA TC) 1:59.1. Mile: Bobby Ingram (West Valley College) 4:29.8. 2 Mile: Jeff Shaver (San Jose State) 9:53.0. 70 High Hurdles: Tom Bonan (Unatt) 8.6. High Jump: Keith Nelson (Unatt) 6-10. Pole Vault: Felix Bohni (SJS) 17-1; Doug Bockmiller (BAS) 16-2. Long Jump: Ken Wright (Portland) 20-11. Triple Jump: Wright 44-2. Shot Put: Brian Oldfield (UCTC) 67-4¼. Discus: Steve Struble (MCTC) 160-6. 35-lb. Weight: Oldfield 58-0; Ed Burke (SJ Stars) 52-0½; John Powell (SJ Stars) 51-6.

**High School Division:**

100: White (Gunderson) 10.1. 220: White 22.5. 440: Terry (Overfelt) 54.7. 880: Brendan Saunders (Bellarmine) 2:00. Mile: Dan Stefanisko (Santa Teresa) 4:29.6. 2 Mile: Brad Zamczyk (Homestead) 10:49.0. 70 High Hurdles: Tshombe (Tracy) 8.9. High Jump: Scott Powers (Los Gatos) 6-0. Pole Vault: Marc Anderson (Buchser) 14-0; Mitch Norris (Del Mar) 13-6. Long Jump: Moore (Tracy) 20-7. Triple Jump: Moore 42-5¼. Shot Put: Tom McGraw (Los Gatos) 46-5. Discus: McGraw 133-5.

**Women's Division:**

100: Margaret Demorest (Buchser HS) 10.1. 220: Sharon Yaninek (Presentation HS) 30.0. 440: Raploso (San Jose HS) 67.6. 880: Yaninek 2:30.5. Mile: Massey (Golden Girls) 6:01.8. 60 Low Hurdles: Troy Bonan (Unatt) 9.7. Mile Relay: Golden Girls 4:03.0. Long Jump: Maria King (Millpitas HS) 14-5. Shot Put: Gail (Unatt) 44-5; Discus: Loreda (San Jose HS) 122-0.

**Masters Division:**

100: LaTorre (Nor Cal Seniors) 11.0. 2 Mile: Silven (Unatt) 11:18.0. Discus: Fahey (West Valley TC) 146-9.

## Berkeley

January 3: Edwards Stadium, University of California-Berkeley.

from Keith Conning

200: Gary Kelly (Cal) 22.2; 2. Will Stokes 22.6; 3. Peter Grimes 22.6. 400: David Robinson 51.4. 800: Phil Kay 2:02.1. 1500: Craig Laudenslager 4:06.1. 55 High Hurdles: Howard 9.2. Shot Put: Bruce Parker 54-11; 2. Andy Gilliam (Santa Rosa JC); 3. Doug Mattern (Santa Rosa JC) 50-7. Discus Throw: Tony Hill (Cal) 156-2. High Jump: Jim Moran (Hayward St.) 6-6.

**WOMEN**

400: Diana Robinson 62.9. 1500: Marylan Harbin 5:23.1. 50 Low Hurdles: Ryoke Hattori 8.9. Shot Put: Carol Shoaff (Millbrae Lions) 31-6. Discus Throw: Shoaff 90-8. High Jump: Jennifer Howard (Hayward St.) 5-2.



Sharifa Sanders



Brian Oldfield

**Women's Division:**

60m: Jaina Moultrie (BEBTC) 9.4. 400: Freida Cobbs Brown (BEBTC) 58.8; Erin Simms (BEBTC) 60.0; Nedra Rodgers (BEBTC) 60.7. 1500: Marilyn Davis (Golden Bear) 4:51.5; Marcia White (Golden Bear) 4:52.6; Sue Vinella Brusher (WVTC) 5:07.3. 55mH-30": Robyne Johnson (BEBTC) 8.4; Yvette Bates (BEBTC) 8.4. 300mH: Robyne Johnson 45.9; Yvette Bates 46.6. High Jump: Molly Hill (Piedmont) 5-0. Shot Put: Lotus Beique (Memorial) 32-2. Discus: Gale Zaphiropoulos (Cal) 145-6.

**High School Boys Division:**

60m: George Ervin (Castlemont) 6.5. 400: Kenny Robinson (BEBTC) 49.3; Charles Clewis (BEBTC) 49.4; Arne Williams (Oakland) 49.6. 1600: Pete Richardson (BEBTC) 4:26.4; Steve Gerhart (Miramonte) 4:26.7. 3200: Tom Mayo (DeLaSalle) 10:37. 55mHH: Mark Boyd (St. Mary's) 7.8; Ed Jackson (Oakland) 8.0. Long Jump: Bill Durbrow (Acalanes) 20-7. High Jump: Ken Malvino (Redwood) 6-8. Shot Put: Byron Granberry (Castlemont) 42-1. Triple Jump: Patrick Riley (Skyline) 42-9.

**Masters Division:**

400: Hans Bruhner (NorCal Seniors) 56.23. 3200: Raiph Bowles (WVTC) 10:34.7

## Los Gatos

January 10. Los Gatos

from Howard Willman

**Open Division:**

100: Ray (West Valley College) 10.0. 200: Ray (WVVC) 22.0. 440: Banchemo

- |   |                                    |      |
|---|------------------------------------|------|
| 1 | Grant Niederhaus (Striders)        | 7723 |
|   | 10.8, 22-7, 41-1, 6-4¾, 47.6       |      |
|   | 14.6, 120-6, 14-9¼, 169-4, 4:24.2  |      |
| 2 | Brad Harris (Long Beach CC)        | 6779 |
|   | 11.7, 21-0, 36-5, 6-3¼, 50.1       |      |
|   | 16.1, 105-8, 11-5¾, 190-10, 4:25.5 |      |
| 3 | Tim Payne (Mt. SAC)                | 6622 |
| 4 | Sidney Cartwright (Unatt)          | 6405 |
| 5 | Mike Izzi (Mt. SAC)                | 6251 |
| 6 | John Gold (Mt. SAC)                | 6085 |
| 7 | Chet McGaugh (Unatt)               | 5690 |
| 8 | Steve Barba (Mt. SAC)              | 5400 |

## Fresno

January 17: Fresno State University.

from Carlo Prandini

**OPEN MEN**

65 High Hurdles: Tim Washington 8.7. 60 Meter: Dan Rainey 6.9. 300 Meter: Dan Jung 36.5. 3,000: Greg McKinstry 9:29.0. Javelin: Dennis Morley 232-0. Hammer: Mark Tinsley 186-8. Shot Put: Ken Watkins 49-5¼. Long Jump: Ron Walker 20-10¼. Triple Jump: Ron Walker 43-2. Discus: Mark Tinsley 153-10.

**HIGH SCHOOL BOYS**

65 High Hurdles: Ronnie McCoy 8.6. 1,000: Gary Sorvig 2:40.2. 60 Meter: Mike Lopez 7.2. 300 Meters: Lopez 36.5. 400: Sorvig 51.8. 3,000: White 9:59.0. Pole Vault: Doug Fraley 14-1. High Jump: Rick Swenson 6-6. Shot Put: Bill Charrette 44-5. Long Jump: McCoy 23-8¼. Triple Jump: Byron Williams 41-8¾. Discus: Charrette 132-9.

☆ **TWO BIG WEST COAST MEETS** ☆

Nice Awards — TAC sanctioned — Fast Chevron 440 track — quality field event areas — TAC officials — Accutrack & windgauge — Meet site: CSU Northridge

••8th Annual **NORTHRIDGE RELAYS** — March 14, 1981: Men & women — JC, College, University, Club & Open. All field events & relays. Open Men's 2-mile & 10,000; Women's 2-mile & 5,000. 11:15 am field events, 11:45 am relays.

••2nd Annual **TFA-BROOKS INVITATIONAL** — April 18, 1981: University, College, JC, Club & Open. Accutrack & windgauge. All standard Olympic events for men and women. 12:00 - 1st event.

Men Qualifying Standards: Top 9 entries into Invitational section with awards. Others meeting standard into Open sections with no awards.

Women Qualifying Standards: 1 Invitational section only per event. Top 9 entries selected into running event or field event final with awards (no Open sections). Exception- top 12 in 1500 & 5000.

**For entries or information contact: Bill Webb/Don Strametz, Track Coaches, Cal State University, Northridge, CA 91330. (213) 885-3608 or 3242.**

**High School Boys:**

55m: Paige 6.7. 200: Chris Prietto (DeLaSalle) 22.5. 400: Gauvin 52.4. 800: Steve Gerhart (Miramonte) 1:58.1. 1600: Steve Gerhart 4:23.3. 3200: Nguyen 10:40.7. 55mH: Mark Boyd 7.8. Shot Put: Mike Fottrell (DeLaSalle) 44-5½. Long Jump: Herman Bell (St. Mary's) 17-2½. Discus: Mike Fottrell 119-4. Pole Vault: Tony Vincent (Mills) 12-6. High Jump: Herman Bell (St. Mary's) 6-3; Alan Wright (Miramonte) 6-2.

**Masters:**

200: Hans Bruhner (NorCal Seniors) 24.5. 400: Hans Bruhner 55.5.

## Mt. SAC

January 17: Mt. San Antonio College.

from Don Ruh

**MENS OPEN**

100M: Mike Sanford (USC) 10.4; Bill Green (USC) 10.4; Bill Miller (CSLA) 10.6. 200: Bill Green (USC) 20.76; Mike Sanford (USC) 21.4; Mike Turner (USC) 21.5. 400: Mike Sanford (USC) 48.05; Norm Mills (MSAC) 48.2; Tony Smith (Unatt) 48.4. 800: Matt Blady (Unatt) 1:54.0; J. Bahara (SfVTC) 1:54.2; J. Jackson (USC) 1:54.3; M. Turner (USC) 1:54.4. 1500: Hector Perez (SMTc) 3:55.5; Mike Meric (SMTc) 3:55.7; Ed Davis (Comp. CC) 3:56.9. 3000 Steeplechase: Matt Eginer (MSAC) 9:32.7; Ray Santoyo (MSAC) 10:29.2. 5,000: Robert Barkas (SMTc) 15:31; Steve Boaz (CSF) 15:32. 10,000: David Ortiz (SBVC) 33:09.6; Mike Moore (Compton) 36:48.0. 110 High Hurdles: Milan Stewart (USC) 13.75; Tony Campbell (USC) 13.80; Craig Vetch (Striders) 13.90. 400 Hurdles: Brian Munshine (Unatt) 52.5; Wilkins (USC) 55.8; Binns (LBCC) 56.2. 400 Relay: Pasadena City College 40.73. 1600 Relay: Mt. SAC 3:17.5; Long Beach City College 3:19.7. Pole Vault: Earl Bell (Unatt) 16-6; Don Baird (Unatt) 16-0; Greg McTee (MSAC) 15-0. Triple Jump: Dan Kelly (Unatt) 47-10; Milan Tift (Unatt) 46-0; L. Davenport (Unatt) 44-2. High Jump: Brian Stanton (Japan) 7-2; Jerry Sanders (Mac) 6-8; Brian Sims (CSLB) 6-8; Paul Grancher (Switz) 6-8. Javelin: Jerry Liner (LBCC) 167-2. Shot Put: Jim Spillers (MSAC) 48-11; Rich Torbert (Unatt) 47-6. Long Jump: Randy Williams (Unatt) 23-0; Dubihal (FC) 21-7. Discus: Greg Veatch (Striders) 131-6. Hammer: Scott Strangier (MSAC) 106-5.



Nedra Rodgers

photo by Don Gosney

**HIGH SCHOOL**

100M: Mathis (Muir) 10.9; McVee (Muir) 11.0; Diamond (Katella) 11.1. 200: Mathis (Muir) 22.1; Hickman (Jefferson) 22.3; Mowtea (Locke) 22.8. 400: Barron (Bishop A.) 52.2; Townson (LBP) 52.6. 800: Hickman (Jeff) 1:57.0; Lafferty (Alta L.) 1:57.6; McCaha (Orange) 1:59.1. 1500: Atkinson (Mira C.) 4:00.8; Carlton (Northv.) 4:05.3; Pugh (Compton) 4:07.3.

5000: Soto (Ocean V.) 16:20. 3000 Steeplechase: Noelte (Walnut) 10:38.8. 110 Hurdles: Ed Tave (Unatt) 14.3; Chrisman (unatt) 14.4; Hale (Katella) 14.9. 10,000: Gatewood (Unatt) 35:29; Centofranchi (Unatt) 35:34; Santoyo (Chino) 36:22. 400 Relay: Riverside Poly 42.3; Muir 43.1. 1600 Relay: Crenshaw 3:20.0; Riverside Poly 3:25.1; 3. Katella 3:25.6. Long Jump: A. Jones (Mor.side) 20-2. Triple Jump: Powell (Edgewood) 47-0; Grisset (Unatt) 45-2; Mitchell (Unatt) 44-7. High Jump: Broesder (Anh) 6-2; Forberg (Wilson) 6-0; Reed (Pomona) 5-10. Pole Vault: Crawford (Katella) 12-0. Shot Put: Ill (Noglas) 56-4; Carr (Muir) 52-6; Crow (Unatt) 50-10. Discus: Ill (Nogales) 141-2; Lord (Unatt) 137-9; Crow (Nogales) 126-5. Javelin: Ortiz (Walnut) 154-11; Ruh (Walnut) 142-1.

## U.C.L.A.

January 19: UCLA

from John Hart

**MEN**

Pole Vault: Curran (UCLA) 17-0; Hintinaus (Striders) 16-6.

**WOMEN**

60: Friffith (UCLA) 6.98; Pusey (CSLA) 7.03; Dawkins (Dorsey) 7.04; James (Fremont) 7.05. 500: Paulette Clagon (LA Mercurettes) 1:04.2; B. Peterson (LAM) 1:04.2; Emerson (UCLA) 1:04.3; T. Howard (GH Kennedy) 1:07.5. Mile: Bush (UCLA) 4:52.9. 60 Hurdles: Washington (Shaklee TC) 7.88; Felton (Santa Monica TC) 7.97. Long Jump: Harper (East LA College) 19-0¼. Shot Put: Griffith (Unatt) 50-11; Pagel (CSLB) 48-4¼; Ray (UCLA) 47-6½. Discus: Hoerner (AIA) 157-0; Javelin: Nelson (UCLA) 148-9.

## Fresno

January 24: Fresno State University.

from Carlo Prandini

**OPEN MEN**

35-pound Weight: Matt Mileham (FSU) 64-4½. Pole Vault: Billy Pierce (FSU) 16-0. Discus: Mike Weeks (PCC) 182-3. Shot Put: Mike Weeks (PCC) 63-5. Triple

Jump: Scott Deluca (FSU) 40-9. 800: Arnold (FSU) 1:57.0. 2-Mile: Peter Elletson (UNR) 10:12.0. Long Jump: Scott Deluca (FSU) 21-8. 100 Meters: Dan Rainey (Unatt) 11.0. 1500: Adrian Reyle (UNR) 3:50.3. Javelin: Tim Crecelius (FSU) 170-9. Hammer: Matt Mileham (FSU) 182-6.

**HIGH SCHOOL BOYS**

Discus: Dan Moran 139-7. Shot Put: Dave Luft 50-5¼. Triple Jump: Ron McCoy 44-8. Pole Vault: Doug Fraley 14-3¼. 800: Tim Stevens 2:08.7. 2 Mile: Mario Castillo 10:42.0. 400: Adam Weber 51.4. Long Jump: Byron Williams 21-1¼. High Jump: Rick Swenson 6-9¼. 100 Meters: Mike Lopez 11.1. 1500: Ken Buntton 4:22.6. Javelin: Jerry Basmajian 159-3.

**MASTERS**

High Jump: Tom Slaven 4-6. 800: Dave Donaldson 2:09.3. 400: Slaven 68.7. Long Jump: Bud Noether 15-11. Javelin: Donaldson 112-3. 110 Hurdles: Nother 18.6.

**WOMEN**

Discus: T. Gibson 85-9. Shot Put: C. Marin 30-1. High Jump: Tonya Mendonca 5-6. Javelin: Barbara Riley 72-1.

## U.C.L.A.

January 25: UCLA.

from John Hart

**MEN**

60: James (Stars & Stripes) 6.54. 200: James (S&S) 21.47. High Jump: Granidler (Switzerland) 6-10¾.

**WOMEN**

60: Dawkins (Dorsey) 7.00; A. Brown (Shaklee TC) 7.00. 200: Dawkins (Dorsey) 25.10. 400: Botsch (La Canada) 57.83; Rolfe (LB Comets) 58.41. 800: R. Jacobs (Argyll Academy) 2:14.2; Ball (Newbury Park) 2:19.8; Pratt (Edison) 2:20.5. 1500: Walther (Chatsworth) 4:53.7; Torres (Bas-set) 4:54.6; L. White (Sonora) 4:58.0. Long Jump: Harper (East LA) 19-10½; Crabtree (USC) 19-4; Bell (Mt. SAC) 19-2. Shot Put: Ray (UCLA) 45-5. Discus: Hollingworth (Unatt) 142-10.

## Long Beach

January 25: Cal State Long Beach.

from John Hart

**MEN**

800: Cox (LB Wilson) 1:51.6; Armburster (Unatt) 1:52.5. 1500: Butler (Edison) 3:52.0. High Jump: Stanton (LBCC) 7-0; Baker (LBCC) 6-10. Pole Vault: Baird (Australia) 16-0. Long Jump: Whitley (Cal Inter.) 25-0¾; R. Williams (Unatt) 24-11¼. Shot Put: Smith (CSLB) 62-2; Kraychir (49er TC) 58-9; Grow (49er TC) 57-1½. Discus: McSeveney (CSLB) 192-0; Reid (CSLB) 175-0. Hammer: Green (CSLB) 209-2; Goldhammer (AIA) 205-9; McSeveney (CSLB) 186-6. Javelin: Barton (CSLB) 212-7.

**JUNIOR COLLEGE**

Mile Relay - L.A. Times Indoor Meet qualifiers: Mt. San Antonio 3:14.1; Long Beach 3:15.5; Glendale 3:18.9; Citrus 3:22.4.

**WOMEN**

400: Smith (LA Mercurettes) 56.7. 800: Plumer (University) 2:13.5. 1500: Grimsby (LB Wilson) 5:02.0. High Jump: Newman (Agoura) 5-7.



photo by Don Gosney

Tanya King

# MASTERS

**300 Meter Intermediates:**

40-44: Gary Miller (CDM, 42) 42.4.

**High Jump:**

45-49: Nick Newton (SCS, 47) 5-8.

**Notes:**

Ken Dennis' 10.9 betters the old age 43 record of 11.0 set by Percy Knox in 1977.

## Fitness Games

by Dave Thoreson

15-0. **Triple Jump:** Dan Kelly (Unatt) 47-10; Milan Tift (Unatt) 46-0; L. Davenport (Unatt) 44-2. **High Jump:** Brian Stanton (Japan) 7-2; Jerry Sanders (Mac) 6-8; Brian Sims (CSLB) 6-8; Paul Granchar (Switz) 6-8. **Javelin:** Jerry Liner (LBCC) 167-2. **Shot Put:** Jim Spillers (MSAC) 48-11; Rich Torbert (Unatt) 47-6. **Long Jump:** Randy Williams (Unatt) 23-0; Dubihal (FC) 21-7. **Discus:** Greg Veatch (Striders) 131-6. **Hammer:** Scott Strangier (MSAC) 106-5.

**HIGH SCHOOL**  
**100M:** Mathis (Muir) 10.9; McVee (Muir) 11.0; Diamond (Katella) 11.1. **200:** Mathis (Muir) 22.1; Hickman (Jefferson) 22.3; Mowtea (Locke) 22.8. **400:** Barron (Bishop A.) 52.2; Townson (LBP) 52.6. **800:** Hickman (Jeff) 1:57.0; Lafferty (Alta L.) 1:57.6; McCaha (Orange) 1:59.1. **1500:** Atkinson (Mira C.) 4:00.8; Carlton (Northv.) 4:05.3; Pugh (Compton) 4:07.3.

**January 24: Fresno State University.**

from Carlo Prandini

**OPEN MEN**

**35-pound Weight:** Matt Mileham (FSU) 64-4½. **Pole Vault:** Billy Pierce (FSU) 16-0. **Discus:** Mike Weeks (PCC) 182-3. **Shot Put:** Mike Weeks (PCC) 63-5. **Triple**



photo by Don Gosney

Tanya King

**JUNIOR COLLEGE**  
**Mile Relay - L.A. Times Indoor Meet**  
 qualifiers: Mt. San Antonio 3:14.1; Long Beach 3:15.5; Glendale 3:18.9; Citrus 3:22.4.

**WOMEN**  
**400:** Smith (LA Mercurettes) 56.7. **800:** Plumer (University) 2:13.5. **1500:** Grimbsy (LB Wilson) 5:02.0. **High Jump:** Newman (Agoura) 5-7.

# MASTERS SCENE

by Marty Higginbotham

**C**ongratulations to the San Diego Track Club Masters 100x1 Mile Relay team established a world record in mid-October. Their total time was 9:14:44.3 a 5:33.4 average per mile.

California masters athletes are in luck this year as the Athletics Congress National Masters Track & Field Championships are going to be held sometime in August. This makes the majority of the best masters events in track and field to be held in California. Once again Senior Olympics and Pan Am Games will also be held in southern California.

The Western Regionals are scheduled for June 20 and 21 in Los Gatos. The West Valley Masters Meet (April 12) and the Pacific Association Athletics Congress Masters Championships (May 30) will also be held at Los Gatos. For information on any of these three meets contact: Bruce Springbett, P.O. Box 1328, Los Gatos, CA 95031.

Sandra Kiddy, age 43, of Palm Springs had a super 1980 racing season. She won three national Athletics Congress masters championships as she took the 15K, 25K and Marathon. She also set U.S. masters records in the 50K and Half Marathon. Another woman who enjoyed a good track season was Marilla Salisbury of San Diego who set three world 70-74 age group records in the 200m, 400m and 800m.

Jim O'Neil of San Diego captured the age 55-59 World Veterans 10K Distance gold medal in New Zealand. He also picked up three silver medals.

Sunday, February 22, the 1st Annual Western Regional Masters Indoor Track and Field Championships will take place at the Cow Palace in San Francisco. Contact Jim Terrill, P.O. Box 764, Los Altos, CA 94022 for more information.

## More Masters All Comers

from Percy Knox

**December 13 at Cal State Northridge**

**100 Meter Dash:**  
 30-34: Eugene Driver (Unatt) 11.0.  
 40-44: Ken Dennis (CDM, 43) 10.9; Doug Smith (CDM, 41) 10.9. 45-49: Percy Knox (CDM, 47) 11.0.

**300 Meter Dash:**  
 30-34: Eugene Driver (Unatt, 30) 35.7.  
 40-44: Doug Smith (CDM, 41) 36.5; 2. Ken Dennis (CDM, 43) 36.6. 45-49: Nick Newton SCS, 47) 39.7.

**400 Meter Dash:**  
 30-34: Reggie Davis (CDM, 31) 50.9; Warren Spikes (CDM, 31) 52.0; Glenn Johnson (CDM, 32) 53.4. 55-59: Eugene Harte (CDM, 55) 58.0.

**800 Meter Run:**  
 50-54: Louis Beadle (CDM, 53) 2:25.0.

**1500 Meter Run:**  
 40-44: George Cohen (SCS, 40) 4:15.5.

**300 Meter Intermediates:**

40-44: Gary Miller (CDM, 42) 42.4.

**High Jump:**

45-49: Nick Newton (SCS, 47) 5-8.

**Notes:**

Ken Dennis' 10.9 betters the old age 43 record of 11.0 set by Percy Knox in 1977. Percy Knox's 11.0 betters the old age 47 record of 11.3 set by Dick Stolpe in 1972. Nick Newton underwent exploratory abdominal surgery for cancer last August (results negative) and is showing amazing recovery.

**December 19 at Glendale College.**

**100 Meter Dash:**

40-49: Ken Dennis (CDM, 43) 11.5; Percy Knox (CDM, 47) 11.6. 40-49 sect. 2: Ken Dennis (CDM, 43) 11.4.

**December 20 at Cal State Long Beach:**

**100 Meter Dash:**

30-39: Eugene Driver (Unatt, 30) 11.0.  
 40-49: Doug Smith (CDM, 41) 11.2; Ken Dennis (CDM, 43) 11.3; Percy Knox (CDM, 47) 11.8.

**200 Meter Dash:**

30-39: Eugene Driver 22.5. 40-49: Doug Smith 22.9; Ken Dennis 23.3; Nick Newton (SCS, 47) 24.9.

**400 Meter Dash:**

40-49: George Cohen (SCS, 40) 53.3  
 50-59: Gene Harte (CDM, 55) 57.9.

**400 Meter Intermediates-36":**

40-49: Gary Miller (CDM, 43) 60.8 - ties age 43 record by Leon Trout 1977).

**High Jump:**

40-49: Nick Newton 5-6.

**December 27 at Mt. San Antonio College.**

**100 Meter Dash:**

40-49: Doug Smith 11.3; Ken Dennis 11.5; Nick Newton 12.3.

**200 Meter Dash:**

40-49: Doug Smith 22.5; Ken Dennis 22.9. Ties age 43 record by Jim Lingle 1975; Dave Segal (CDM, 43) 23.2; Gary Miller 23.2; Nick Newton 25.1.

**400 Meter Dash:**

40-49: Dave Segal 53.9; Nick Newton 55.2.

**400 Meter Intermediates-36"**

40-49: Gary Miller 59.0 - new age 43 record.

**High Jump:**

40-49: Nick Newton 5-6.

## Fitness Games

by Dave Thoreson

The Short Decathlon and Fitness for Life are two national mail participations offered each month to athletes around the country.

The two programs differ in the technical aspect of the events. The Short Decathlon's events are very difficult to learn and limit the number of participants. On the other hand, the Fitness for Life program will offer most people the opportunity to train and compete in a multi event program that tests complete fitness.

Each month we will post top team results, training tips and answer questions you might have regarding the programs.

At present we have 10 teams throughout the United States that are interested in submitting monthly results.

The growth of the Fitness Games will depend on both your participation and introduction of the program to others. Also, we would like your input on training, competition, events and motivation.

**Training Tips:**

Training will direct your final competitive results. Your body adapts to consistent use. Designing a training program to maximize results with minimal training time takes planning.

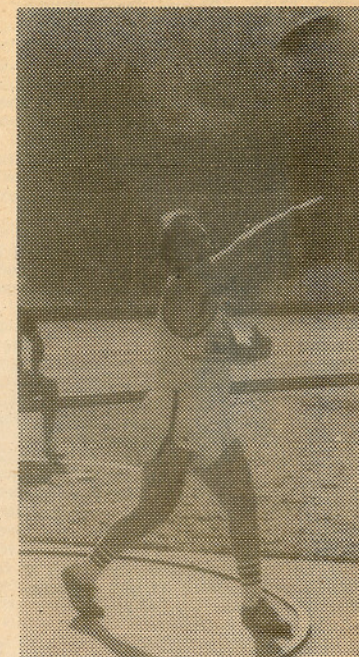
Master participants should set priorities for their programs. Personally I cannot spend the time training that I could when I was younger. I want to spend 45 minutes, 4 days a week and score on that competitive level.

Training for me is for the thrill of competition, the good feeling I have about myself being in shape and my improvement.

Design your program around jogging and shake-ups (approximately 4 to 6). A shake-up is running 110 yards, gradually picking up the pace, concentrating on form and lifting the last 20 yards. Consistent use of jogging and shake-ups will guard against injury.

If you are interested in participating in Fitness Games, designate your program preference by writing or phoning: **Dave Thoreson, 744 D Clonerguitas Rd., Santa Barbara, CA 93110. (805) 964-4514.**

Send results by the 25th of each month and \$1.00 handling charges.



Jack Thatcher  
 60-69 Master Competitor

**SHORT DECATHLON**

Top Five Individual Scores:	
1 Jim Minah (61)	191
2 Dave Thoreson (39)	190
3 Ed Oleata (43)	185
4 Ray Spencer (57)	180
5 Dick Norquist (55)	168

Top Team Scores:	
1 Santa Barbara Fitness Club	533
2 San Diego Track Club	527
3 Southern Oregon Sizzlers	468

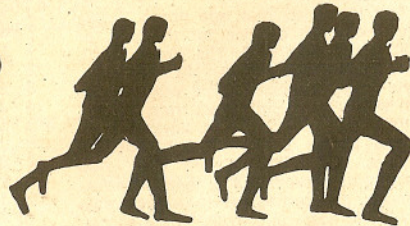
**FITNESS FOR LIFE**

1 Dave Thoreson (39)	137
2 Ron Collins (47)	136
3 Jim Minah (61)	130
4 Mark Zelezny (22)	114
5 Wendel Hans (38)	94

Top Team Scores:	
1 Santa Barbara Fitness Club	403
2 Goleta Fitness Club	290



# LONG DISTANCE LOG



by RICHARD SLOTKIN LONG DISTANCE EDITOR  
Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

## Points of Interest

On my way home from the Beverly Hills 10K, I stopped off at the Veteran's Memorial Center in Culver City to catch the tail end of the Western Hemisphere Marathon, America's (if not the World's), second oldest continuously run annual marathon. It was no trouble; I had to pass by on my way home, which is just a mile away.

Talking to Syd Kronenthal, director of Culver City's recreation department, I got an earful of how money was ruining running. Syd was especially incensed that Beverly Hills and the Anaheim River Run were scheduled on the same day as his marathon and, because of the strong backing of wealthy sponsors, his turnout was reduced to a trickle. Syd has been adamant about refusing to accept hardly any sponsor money and the loss of control which he claims will result.

Well, I'm not sure that you can put all the blame upon a couple of 10k's for the decline of a marathon field. Yet, he really does have a point. This point was Nabors' best time, just set at the Rose

make them think they look bad, that person is sick. There are times I believe I'm the only one who feels this way. Comments I get from others are that it's no big deal, or "So what?", and even "Why not?" In other words, like TV commercials, we don't especially like it, but we don't care either. Well, it's a bit sad, and dismaying to see distance running starting to attract so many sore losers and sore winners. Can't we keep this in perspective? Great an accomplishment as it is, how does the Olympic gold stack up against the discovery of the Salk vaccine? Is finishing second in a 10k as tough to take as losing a leg in an auto accident?

Chalk it up to human nature, I guess. It's a pity though.

**Better-late-than-never department:** Valerie Johnson, director of the Brentwood 10k, tells us that the official results for the 1980 run are available. Computer problems were responsible for the delay. If you ran last year's Brentwood and would like a set of results, write to:

Valerie Johnson  
Brentwood 10k Results  
12305 Fourth Helena Dr.  
Los Angeles, CA 90049  
Give her a break and include a S.A.S.E.

3. Steve Frisk(Benicia) 51:18.0
4. Russ Knudsen(Sausalito) 51:37.8
5. Darryl Beardall(Santa Rosa) 51:50.1
6. Art Webb(Santa Rosa) 52:54.0
7. Greg Zentner(Cotati) 52:56.8
8. Joaquin Fritz(Tiburón) 53:09.3
9. Terry Pintane(Santa Rosa) 53:14.0
10. Don Ardell(Mill Vly) 53:23.8
11. Rudy Balli(Petaluma) 53:32.9
12. Michael Conroy(Daly City) 53:44.2
13. David Nieman(Angwin) 53:46.9
14. Ron Kesecker(Santa Rosa) 54:21.2
15. Al Chesterman(Concord) 54:55.1
16. Nik Epanchin(San Rafael) 54:59.0
17. Bill Jensen(San Fran) 55:08.5
18. Brian Hoyt(Santa Rosa) 55:21.4
19. Louis Garcia Jr. (Santa Rosa) 56:00.8
21. Dave Sjusted(Bodega Bay) 56:09.6
22. Dan McCullough(Sonoma) 56:17.9
23. Andy Jensen(Redwood Vly) 56:35.9
24. Jon MacPherson(Santa Rosa) 56:39.7
25. Ken Stein(Richmond) 56:50.6
35. Don Pickett(Tiburón) 50+ 58:33.4
40. David Rosas(Windsor) 1 jr. 59:25.9
65. Margaret Oakes(Healds)1W 63:03.4
66. Marty Menjarez(San Fran)2W 63:31.3
67. Hank Fragoza(Vallejo)2 50+ 63:45.6
73. Barbara Frisk(Benicia)3W 65:23.7
79. Maureen Robello-Boynon 66:09.5
82. Kathryn Singer(Novato)5W 66:47.6
102. Vicki French(Santa Rosa)6W 68:37.9

## Rose Bowl Marathon

November 23: Pasadena. For story and pictures please see the last month's issue of California Track & Running News.

### FULL MARATHON:

**Men 19 & Under:** 1. Mark Pedersen (17) 2:36:23; 2. Jim Hogue (19) 2:48:18; 3. Joel Wirth (18) 3:26:02.

**Men 20-29:** 1. Rune Larsson (24) 2:22:45; 2. Arthur Brown (26) 2:35:08; 3. William Gates (27) 2:38:28; 4. Bob Farrell (23) 2:38:28; 5. Philip Rush (27) 2:39:11; 6. Brent Montgomery (29) 2:45:23; 7. Michael Wittlein (29) 2:51:05; 8. Scott Filler (23) 2:53:05; 9. Silvestre Aceves (29) 2:55:12; 10. Rodger Low (29) 3:00:41.

**Men 30-34:** 1. Ron Parks (34) 2:37:36; 2. Ken Kendall (30) 2:39:20; 3. Charles Hoover (32) 2:43:09; 4. Steven Twisten (31) 2:44:19; 5. Gill Cornell (30) 2:44:36; 6. David Weir (30) 2:46:29; 7. Kenneth Zagzebski (34) 2:15:14; 8. Craig Chambers (31) 2:50:16; 9. Terry Sobel (33) 2:57:27; 10. Sture Nyholm (31) 2:58:03.

**Men 35-39:** 1. Chris Heulings (35) 2:34:19; 2. Rudy Reyes (35) 2:43:00; 3. William Wooden (36) 2:44:17; 4. Jonathan Brower (36) 2:45:03; 5. Boyd Hartley (35) 2:45:14; 6. Dan Driscoll (35) 2:50:32; 7. Steven Humphrey (37) 2:50:43; 8. A. Meade (38) 2:50:59; 9. Delbert Beaudoin (35) 2:50:59; 10. Stan Malamed (36) 2:51:22.

**Men 40-44:** 1. Joseph Gassmann (40) 2:41:03; 2. Charles McClung (40) 2:43:26; 3. Terry Ives (44) 2:56:05; 4. Walter

**10 KILOMETER: Men 20 & Under:**  
Don Orr (17) 32:50; 2. Frank Selvaggio (18) 33:10; 3. Dennis Martin (15) 34:03; 4. Lou Friedman (17) 34:19; 5. Randy Guerrero (18) 34:39.

**Men 20-29:** George Mason (25) 30:19; 2. Tom Bryant (28) 30:24; 3. Mark Luevano 31:05; 4. Marty Higginbotham (24) 31:49; 5. Jerald Masterson 32:18; 6. Gary Nitti 32:36; 7. Roger Watkin 32:44; 8. Irv Ray 32:53; 9. Bobcooper (26) 32:56; 10. Tom Lacie (29) 34:26.

**Men 30-34:** 1. Ron Kurrie (32) 31:09; 2. Walt Hitt (30) 33:24; 3. Henry Lange (31) 35:05; 4. Ruben Garcia (30) 36:23; 5. Allen Lichtran (33) 36:52.

**Men 35-39:** 1. Joseph Bird (39) 34:35; 2. Albert Moreno (37) 36:15; 3. Jesse Rodriguez (39) 36:35; 4. John DeFato (36) 37:04; 5. Johnnie Risk (39) 37:54.

**Men 40-49:** 1. Skip Shaffer (42) 33:24; 2. Art Nava (40) 35:13; 3. Michael McCreery (40) 37:14; 4. Bob Edwards (40) 38:40; 5. Benedict Urban (41) 39:23; 6. Dave Macomber (47) 39:49; 7. Barry True (46) 39:52; 8. Leonard Shipley (43) 39:58; 9. Kent Davis (41) 41:20; 10. Doug Hess (45) 42:16.

**Men 50 & Over:** 1. Sam Waltmire (52) 40:31; 2. John Noble 41:00; 3. R. Diener (56) 46:17; 4. Patrick Mulvihill (52) 47:07; 5. William Schlarb 47:35.

**Women:** 1. Jaynie Studenmund 37:18; 2. Pam Morris 37:21; 3. Molly Thayer 38:06; 4. Laurie Lopez 38:21; 5. Bobbi King 40:33; 6. Libby Muller 41:24.

**Women 40-49:** 1. Karen Nestande (41) 47:23; 2. Carol Hartzog (40) 49:28; 3. May Reynolds (46) 52:26; 4. Erika Fleischer (48) 52:26; 5. Patricia Wagner (47) 52:47.

**Women 50 & Over:** 1. Ann Noble 50:01; 2. Helga Carden 56:32; 3. Elisabeth Remanick (50) 58:51; 4. Caroline Fall 60:15; 5. Lenore Nicholson (66) 63:44.

## Pepsi 20 Mile

November 23. Clarksburg.

### Men Open:

- |                    |         |
|--------------------|---------|
| 1 Michael VanHorn  | 1:44:50 |
| 2 John Mansoor     | 1:47:45 |
| 3 Richard Pincombe | 1:48:09 |
| 4 Mike Fanelli     | 1:50:19 |
| 5 David Zielke     | 1:50:43 |
| 6 Dan Donohove     | 1:54:11 |
| 7 Bill Tippets     | 1:54:55 |
| 8 Matthew Bruni    | 1:55:16 |
| 9 Frank Boutin     | 1:56:18 |
| 10 Bob Loux        | 1:56:38 |

### Men 30-39:

- |                    |         |
|--------------------|---------|
| 1 Gary Goettelmann | 1:48:34 |
| 2 Gordy Vredenburg | 1:57:59 |
| 3 Douglas Rennie   | 1:58:11 |
| 4 Chris Steer      | 1:58:43 |
| 5 Ross Rowley      | 1:58:56 |

### Men 40-49:

- |                   |         |
|-------------------|---------|
| 1 Roger Bryan     | 1:56:34 |
| 2 Douglas Latimer | 1:59:30 |
| 3 Steve Parker    | 2:02:57 |
| 4 Norman McAbee   | 2:03:26 |
| 5 Robert Bourbeau | 2:03:49 |

### Men 50-59:

## Natural Light Turkey Trot

November 30. Merced, 10K.

- |                                |       |
|--------------------------------|-------|
| 1 Juan Garza (HSTC)            | 31:29 |
| 2 Fred Villegas (Unatt)        | 32:44 |
| 3 Scott Brickerd (MTC)         | 32:47 |
| 4 Curt Elia (FTC) 1-30         | 33:01 |
| 5 Ronald Lund (Unat)           | 33:56 |
| 6 Al Lomeli (FTC)              | 34:08 |
| 7 Beto Salcido (Unat)          | 34:10 |
| 8 Marc Lund (WVTC) 2-30        | 34:11 |
| 9 Zachary Taylor (Unat)        | 34:17 |
| 10 Ron Ferrell (Unat) 3-30     | 34:26 |
| 19 Frank Delgado (FTC) 1-40    | 35:46 |
| 20 Fernie Montanez (FTC) 2-40  | 36:05 |
| 23 Kenneth Schwisow (MTC) 3-40 | 36:31 |
| 43 Connie Hester (Unatt) 1-F   | 37:57 |
| 45 Conni McCarthy (Unat) 2-F   | 38:26 |
| 58 Charles Rodgers (MTC) 1-50  | 39:30 |
| 76 Patty Dahlstrom (MTC) 3-F   | 40:41 |
| 80 Lori Kissick (Unat) 4-F     | 41:00 |
| 81 Derl Crowder (MQSRC) 2-50   | 41:12 |
| 86 Pam Royer (MTC) 5-F         | 41:38 |

## Balboa Park Boogie

December 6. San Diego, 5,000 meters.

### Women's Race:

- |                         |       |
|-------------------------|-------|
| 1 Teresa Ramirez        | 18:22 |
| 2 Debbie Lewis          | 18:37 |
| 3 Kathy Askin           | 19:26 |
| 4 Nancy Wilkinson       | 19:27 |
| 5 Terry Flynn           | 19:38 |
| 6 Cathy Fogarty         | 19:40 |
| 7 Cassey Sheppard       | 19:48 |
| 8 Rosanne Carrillo      | 20:03 |
| 9 Laurie Jenkins        | 20:03 |
| 10 Eileen Waters        | 20:14 |
| 11 Maureen Winner       | 20:21 |
| 12 Faye Heldoorn 1-40   | 20:26 |
| 13 Kara Rady            | 20:28 |
| 14 Helene Laurent 2-40  | 20:39 |
| 15 Cindy Lennon         | 20:39 |
| 78 Alice Scott 1-50     | 24:46 |
| 90 Beatrice Lovell 2-50 | 25:16 |
| 243 Judy Simon 1-60     | 30:24 |
- 383 finishers

## Las Vegas Sun Championships

by Marty Higginbotham

December 5-6, Las Vegas, Nevada. 10K, 13.1 miles, and 26.2 mile marathon.

The Second Annual Las Vegas Sun-event truly consisted of championship races. The courses were flat and fast and were run on the Las Vegas Strip.

The 10k event was contested on Friday





MO 44:31; Gypsy Bunch CA 46:34.  
**10K Women:**  
**Open:** Carol Urish TX 36:18. 30-34: Laura Banks 48:08; Roselyn Cohn NV 49:47; Carolyn Helm AZ 55:21. 35-39: Lynn Brown CA 53:14; Delores Gallardo CA 54:23; Judy Churchill CA 55:19. 40-44: Veatha Dorn CA 51:02; Anne Harrigan 53:24; Nancy Walker CA 64:18. 45-49: Marche Booth CA 50:42; Peggy White NV 59:18; Joanna Sheng CA 63:39. 50-54: Raquel Schlam MX 66:44; Pat Pedersen NV 74:28. 55-59: Marybelle Russel NV 55:22; Rebecca Zemke CA 56:18; Doris Vernon CA 61:47. 65+: Ivy Granstrom BC 75:19; Francis Pattison (MO) 75:54.

**Half Marathon Men:**  
**Open:** Rick Rojas 1:05:34; Dick Quax 1:05:37; Tom Wysocki NV 1:06:22. 30-34: Dick Quax NZ 1:05:37; Ken Hunter 1:08:00; Ron Kurrle CA 1:08:48. 35-39: Mario Sanchez 1:11:48; Tom Richards NV 1:19:07; Mike Scott 1:20:31. 40-44: Tom Hillary CA 1:20:08; Neal Chappell NV 1:25:06; Tom Brown CA 1:25:07. 45-49: John Forrest OH 1:20:39; William Kinnel NV 1:26:31; Charles Fitzgerald 1:29:04. 50-54: Marsh Haraden CA 1:22:18; Tom Hodges NV 1:29:22; George Delaney NJ 1:30:11. 55-59: Dick Walsh NV 1:38:58; Jim Dacolias CA 1:40:21; Dave Stowell NV 1:41:38. 60-64: Denman Stanfield TX 1:40:37; Ray Bull ON 1:42:34; Curt Tobias BC 1:44:45. 65-69: Abro Robinson CA 2:33:07.

**Half Marathon Women:**  
**Open:** Laurie Binder CA 1:17:54. 30-34: Laurie Binder CA 1:17:54; Sue Krenn NV 1:24:07; Joyce Rankin 1:30:00. 35-39: Diane Kinghton NV 1:39:06; Mary Anne Owen NV 1:42:39; Patricia McCorrick 1:46:14. 40-44: Sandra Braver NV 1:27:40; Doby McDougall CA 1:39:07; Kathy Macey NV 1:42:43. 45-49: Nicki Lewis CA 1:39:52; Marilyn Rehorn CA 2:22:01. 50-54: Pinkie Fisher CA 1:45:24. 55-59: Daisy Wong CA 1:51:31; Lucille SAnchioli CA 1:55:50. 60-64: Elizabeth Horney CA 2:23:55. 65+: Bess James CA 2:27:30.

**Full Marathon Men:**  
**Open:** Antonio Villanueva MX 2:19:25; Ron Harmon 2:23:50; Dave Babiracki CA 2:24:03. 30-34: Ricardo Martinez NV 2:32:19; Barry Cleave Man 2:36:42; Dave Rakita CO 2:37:11. 35-39: Dennis Fridley NV 2:37:17; Don Zaph ID 2:38:17; Bill Schaefer NV 2:48:35. 40-44: Antonio Villanueva MX 2:19:25; Dean Hersey CO 2:52:18; Bob Bowman NV 2:58:49. 45-49: Chet Vorspan MN 2:58:54; Dick Molen CA 2:59:18; Fred Lehr CA 3:13:18. 50-54: Bob Schweikhardt CO 3:07:50; Bent Harder BC 3:11:47; Herbert Utkes IN 3:13:18. 55-59: Joseph Cusic OR 3:10:06; William Kohrs WI 3:20:21; Robert Cusack CA 3:27:44. 60-64: Ralph Parek MN 3:21:34; Doug Jones AB 3:40:14. 65-69: Harold Cohn IL 4:48:04; John Thompson CA 5:15:57. **Full Marathon Women:**

30-34: Sue Gladney CO 3:01:33; Janet Speer NV 3:23:26; Sue Jennigan KS 3:55:05. 35-39: Laurie Rossi IL 3:23:02; Ann Brown ID 4:27:37. 40-44: Judith Paine TX 3:31:31; Nancy Turney NV 3:55:36; Diane Gregg TX 4:23:40. 45-49:

# Perrier 10K

by Richard Slotkin

**December 7. Beverly Hills. Perrier 10K.**  
 We don't get to see Bill Rodgers very often, so when he comes around, we get pretty excited. The last time he was here, he was an easy winner in this most popular event, setting a course record. The record, however, lasted just one year. Steve Scott, pushed by an unknown Finn by the name of Martti Kiilholma, demolished Rodgers' record.

Now Rodgers was back, and so was Kiilholma, though Scott was not. (Scott was, at that moment, leading 19 others to sub-30 clockings in the Anaheim River Run.) And there was no doubt as to who was the favorite—both betting and sentimental. Everyone was talking and hoping Rodgers.

Well, not quite everyone. There were a few Finns around, including Malibu sculptor Eino with whom all visiting Finns stay when they visit L.A., and they claimed quite flatly that Kiilholma would win.

Beverly Hills puts a 3500 entry limit on this race, with no race day entries. They had a full house on race day, despite the competition of the Anaheim River Run in "freeway close" Orange County and the Western Hemisphere Marathon in Culver City, not much more than a few blocks away.

Except for Rodgers and Kiilholma, the quality of the field wasn't quite up to previous year's standards. The Anaheim River Run with its "downhill" course had drawn off a lot of the area's top talent, and with the Santa Monica Track Club in a rebuilding year, Olympic Trials qualifier and last year's third place finisher, Tom Bryant, was their only real contender.

The women's field was similarly thin at the top and for much the same reasons. Previous top finishers such as Vickie Cook, Michele Bush, and Marty Cooksey didn't show. Rose Bowl Half-marathon winner Roseanna MacIntyre was a last minute entry. Though the policy is no post entries, there is provision for exceptions in the case of seeded-level athletes. MacIntyre, however did not seek entry on that basis. Instead, she showed up with the scratched Wendy Walker's number and asked if she could run in her place. She was given permission by the race officials, but no one cleared with their Beverly Hills Recreation Department boss. So, on the chance that she won or placed, there could be a problem. She did and there was.

As usual and in what has become a tradition here, the race was preceded by the waiter's race. Led by Roger Bourbon, and including two women (one of whom was a Playboy Club Bunny) the waiters and waitresses took off a few minutes ahead of the main crowd. Carrying their trays with a bottle of Perrier, and representing their restaurants, they chased after Monsieur Bourbon. Although

By the time they finished the 2 mile short loop of the 2-loop course, the front pack had strung out and Rodgers was content to hang on Kiilholma's shoulder. They stayed this way until about 5 miles and then Kiilholma made the move we usually associate with Rodgers. He picked up the pace and soon had a 25 yard lead. The last 2 to 2½ miles of this course are up a grade that is very slight, but it can be noticeable. It was right about the middle of this stretch that Kiilholma was surging. When they passed the 6 mile mark, Rodgers was trailing by over 40 yards and looking very tired, and a little bit in pain, compared to the determined and fresh appearance of Kiilholma. Despite the pleas of the spectators to catch the Finn, it seemed as if we all felt that we were watching the end of an era. True, the 10K is not Rodgers' best event, as he himself is quick to admit, and true, his second place time was faster than Scott's one-year old record.

Still, it's not the same Bill Rodgers. He's still world-class and only the world's best can beat him and at this point there still aren't many of them. But last year, there weren't hardly any! The letdown that must surely have set in after the fiasco of the Olympic boycott is joining Father Time and the new generation of horses to unseat Boston Billy as King of the Road.

So, Kiilholma won it. But Rodgers did make him work hard enough to set a new course record of 28:47. We think we'll be hearing more from this Finn. The guy can run!

Third place went to Tom Bryant for the second year in a row. He was the last one under 30 minutes. Following Bryant were former Santa Monica, Larry Lawson (somewhat out of shape in 30:12), Vikken Simonian in 30:16, and Hector Perez in 30:38. As the Santa Monicans, even in a "rebuilding year" were well-represented with six in the top ten.

First female finisher was Cathy Fulker-son of Cal Lutheran in 36:10. As I said earlier, Occidental College's Roseanna MacIntyre placed, taking second in 36:55 and thereby created a problem. Pending a later decision, she was temporarily disqualified and Ellen Gerken of the Santa Monica Track Club was awarded second place. Ellen caught and outkicked Jaynie Studenmund who had outkicked her two weeks earlier at the Rose Bowl 10K. Studenmund was awarded third place. Later on in the week, justice prevailed and MacIntyre was officially given second place. No one was asked to return their medals or awards (the typical lavish Beverly Hills 10K awards!), so Gerken, Studenmund, et. al. will have been somewhat shocked when their copies of the race results came in the mail some weeks later. Don't feel badly girls. I've only won two medals in my life and they are both tainted! But, that's another story. In any case, justice was served because MacIntyre was exactly the type of entrant they make special provision for.

Among the age groups some of the more noteworthy performances were by: Gladys Prieur, SMTCC PRing in 39:17 to win the 15 and under. It was her last run

official results, were ready for mailing within a week and a half. I know, because I was able to get a copy even sooner. A special tip of the Slotkin Sombrero to Carl Anderson, director of the recreation department, who also serves as race director; Michelle Merrill, the assistant director; Lyn Cohen and Pat Dooesman, senior supervisors who handle publicity and race coordination respectively; and to the most underrated guy of all, Bruce Rankin, the man who brings you those uncluttered finish lines. Besides administering a quality event, they have always been of invaluable assistance to me in covering the race and providing the information to tie up the loose ends in my write-ups.

A final note...Almost two hours after he crossed the finish line, the hero of the day was still signing autographs. No, not Kiilholma. It was the quiet, polite, almost humble Bill Rodgers. He was signing bits of paper, dollar bills, hats, t-shirts, or whatever people could find. And each autograph was personalized as he asked everyone's name. Towards the end, one junior high school girl found herself before the King, but with nothing handy for him to autograph. Well, Boston Billy hesitated a moment, then asked, "Would you like my race number?" Gulp! Then, he unpinned his big number 1, signed it and handed it over. Gee, I'd have taken

1	Martti Kiilholma	28:47
2	Bill Rogers	28:56
3	Tom Bryant	29:55
4	Larry Lawson	30:12
5	Vick Simonian	30:16
6	Hector Perez	30:38
7	Charles Gray	30:48
8	Bob Macias	30:49
9	Mark Luevano	30:50
10	Jeffrey D. Shaver	30:52
11	Ron Ysais	30:56
12	Gilbert Cortez	31:03
13	Cleveland Whalen	31:16
14	John Rothrock	31:23
15	Paul Farina	31:25
16	Jon Jackson	31:31
17	Steve McCalley	31:39
18	Tom Lowry	31:52
19	Alvaro Palacios	31:58
20	Steve Berry	32:01
21	Paul Smith	32:02
22	Ruben Haro	32:03
23	Steve Whitcomb	32:13
24	Clyde Matruaura	32:21
25	Bill Entz	32:30
<b>Male 35-39:</b>		
1	Dick Weeks	32:26
2	Marshall Matye	32:34
3	Mike Driscoll	33:23
4	Larry Ballen	34:57
5	Doug Becker	34:59
<b>Male 40-49:</b>		
1	Skip Shafer	33:16
2	James Murphy	33:30
3	Eino	33:43

## SAN DIEGO TRACK CLUB

# Newsletter

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photo by Richard Slotkin

4 Charles McClung	34:10
5 Nelson Crader	34:25
6 Brian Fernee	34:51
7 Norman Cohen	35:22
8 Dick Lemon	35:39
9 George Cohen	35:54
10 Ray Craig	36:59
<b>Male 50-59:</b>	
1 Ray Gil	36:55
2 Leonard Walts	38:10
3 Jack Thomas	38:27
4 Will Robinson	38:42
5 Bob Larkin	38:46
<b>Male 50+:</b>	
1 Eddie Lewin	39:40
2 Phil Castle	41:30
3 Roy George	44:52
<b>Walters:</b>	
1 Roger Bourbon(Cafe Monet)	37:28
2 Nebolsha Radojkovich(Dan Tana)	42:51
3 Wilbert Canto (Francols')	46:49
4 David Greene (Trump's)	52:05
5 Tony Burton (Cafe Monet)	53:42
6 Anne Dean (Jimmy's)	56:25
7 Joe Capone(Romeo & Juliet)	58:50
8 Toyce Ken (Playboy Club)	62:30
9 Aldo Remo (Cafe Monet)	64:20

## Harbor Run

by Rich Romine

December 14. Oxnard. 10 kilo.

Ron Ysais, the 19-year-old from Oxnard, had barely gotten over the flu and was running as defending champion of the Channel Islands Harbor Run. "I barely got over the flu," said Ysais after he won the fourth annual 10-kilometer run in 32:43. "I felt really relaxed," said Ysais, who ran for both Channel Islands High and Rio Mesa High before graduating as a RMHS Spartan. But because of his physical ailment, he said, "It (the course) seems so long." He also said, "They always seem long."

Bill Scobey was second in 32:53, the fastest man in the 30-45 year old division. "I could see Scobey coming," said Ysais. "I was going to make him work if he was going to overtake me."

Anyhow, Ysais wasn't sure until near the end of the flat 6.2 mile course that he could beat Scobey, a longtime Ventura County running sensation. "He looked fresher than I felt," recalled Ysais of his glancing back during the race to see where Scobey was running.

While Ysais was happy to be champion for the second straight time, Ann Gladue, from New Jersey and now living in Ventura, was the fastest gal. She timed 37:19 to easily be the fastest 18-35 year old runner. Gladue finished third in last year's national high school cross country invitational sponsored by Kinney Shoes.

Meet director Ron Johnson said, "We are going to remeasure the course to see if it was long."

Juan Hernandez, the Oxnard College harrier and track & field coach, said of Ysais, "Ron is much better than that, even though he was sick."

a deadly dull course have all done their bit to weaken its popularity.

The L.A. Times, in an article the previous day, said about 1000 participants were expected. They probably had less than 300, including unofficial runners. And only about 150 finishers. I hope that Syd can find a way to revive this race. It's been a good event, and it still isn't bad, really. It needs a little bit of jazzing up, though.

Although the course is basically flat with some very slight grades on the downtown loop, times are not especially impressive. The reason, of course, is lack of top talent. However, this year, the Mexican Olympic Team was representing our South of the border neighbor and the winning time was more respectable than it's been for a couple of years.



photo by Richard Slotkin

Tish Husak - first woman

Manuel Garcia, a paratrooper in the Mexican army, ran a 2:24:25 to lead second placer, teammate Miguel Angel Cruz by almost seven minutes. They led wire to wire, and were together for the first 5 miles. After the race, Garcia said that he and Cruz wanted to run together as a team, but he pulled away at about the half-marathon point. However, according to the splits, as recorded by TAC officials at the checkpoints, Cruz had a two second lead at 10 miles and a one second lead at 15 miles. At 20 miles their times show the same-1:49:28. At the 25 mile point, Garcia had a 2 minute lead and over the final mile and a quarter, he extended it another 4 1/2 minutes over the finish line. Cruz collapsed and was taken to the hospital. Garcia collapsed

## Striders 50

by Richard Slotkin

December 20: Santa Monica. Southern California Striders 50 Mile Track Race.

Well, it was that time again. Time to spend the afternoon and most of the evening at the Santa Monica College track watching the nuts run around it 200 times. Let's see 200x440 = 50 miles. Lunacy!

Still, this has always been one of my favorite distance events. The "old time" atmosphere and family-outing ambience makes this race just a bit special.

Race director Tom Sturak always goes through the motions of pretending that he doesn't want to even put the race on, and every year, before the race, he walks around muttering, "I hope no one shows up."

This year, he almost got his wish. A half-hour before start time, no one was there, except a few of us who were setting up the track. Oh, Bennett Lundkvist, 3rd place finisher 2 years ago, had stopped by earlier and then went home, a block away, to put on his racing gear.

Eventually Bozanich, Pearson, Eroen and the other regulars showed up. But there were only 18 of them, and when the dust finally cleared, only 10 had finished. "Just the way I like it," Sturak muttered.

Small as it was, it was a quality field. At least four were capable of breaking 6 hours: Bozanich, Pearson, Charles Hoover and Bennett. Melda Dean had the American record for women over 50, and two 45 year olds Tocco and Vogel were very strong runners.

Pre-race chatter revealed some interesting things. Jim Pearson, last year's winner and a national champ in 1975, said he felt terrible and didn't expect to win again this year. Frank Bozanich, another former winner here, and a drop-out in last year's race, confided that he was going to run smart. No more off with the gun as hard as he could, as far as he could. This time, he was going to cool it. Let others kill themselves. And Sturak muttered, "Why do I even bother to do this?" Meanwhile, I was looking for the Tupperware with the Jacqueline Hanson world-class cookies.

Well, the race went off on schedule, more or less, and the "new" Bozanich looked suspiciously like the old one. He went right out to the front, and grabbed a wet sponge from the sponge table after only 160 yards. It didn't seem as though it was that hot. In fact it wasn't. Hey, it was 5 days before Christmas, not the 4th of July. Anyway, Fast Frank wasn't on afterburner after all. Right behind him was a small pack...actually the whole field was just a small pack...which included Aztlan's Mike Sayward, Pearson, Hoover, and Bennett, not necessarily in that order, but close to it. Tocco and Vogel were a bit further back running stride for stride as they were to do for the next 31 miles. By the time the field had gone through the first lap, it was already

more. Two, no one at the track felt that Sayward could keep up the pace, even at Bozanich's reduced rate.

That turned out to be exactly right. Near the 20 mile mark, Sayward had suddenly fallen back about 50 yards. And minutes later, 2:07 into the race, he made a pit stop at the track side portable head. By the time he came out, Bozanich and Hoover had taken those 2 laps back and were now in the lead. Sayward started up again, but without much enthusiasm, although the small crowd encouraged him to get back into it. It wasn't to be. After about 150 yards, he slowed to a walk and dropped out of the race. He wouldn't be the last to do that. Before long he was going to have some illustrious company.

Bozanich held a slight lead on Hoover through the marathon at 2:47, but then dropped out unexpectedly at 33 miles. "I just got tired," he said. Last year, when he also dropped out, he made excuses that he had a more important race coming up soon, and this one wasn't worth killing himself for and blah, blah, blah. This time, no excuses. "I just got tired." However, he did expound a bit on why he got tired. Only getting 6 hours sleep each night, school full time, plus a lot of running were wearing him out. He also made a prophecy, based upon his experience in Chicago where Barney Klecker went bananas with a 4:51:25 world record. Watch out, he warned for these 2:17 marathoners. By today's standards, that's not worth much, so they move up to the ultra's and they can be king-of-the-road.

Pearson started walking at 38 miles and soon joined Bozanich. With Bozanich and Pearson out, Hoover cruised to a 5:35:23 win, Bennett hung on to second in 5:58:30 and Tocco came in 3rd in 6:09:09. Vogel held on easily for fourth.

With the last finisher winding up in 8:41, we had a P.R. for early endings. And, after the race, we went to La Barbara's again and Sturak popped for Pizza.

Complete Results:

1 Hoover (Pheidippides)	5:35:23
2 Lundkvist (SMTC)	5:58:30
3 Tocco (Pt. Fermin) 1 40 +	6:09:09
4 Vogel	6:16:04
5 Eroen 1 50 +	6:20:49
6 Sheeran	6:26:15
7 Pycir	6:41:36
8 Ruthenberg	7:23:00
9 Dean AR	8:11:38
10 Chalon	8:41:08



Charles Hoover

Post Script: With Tom Sturak moving up to Beaverton, Oregon for his new position with NIKE, this will probably be the last Striders 50 Run at Santa Monica College. With room on the trophy for several more years worth of winners, he may continue it up there. A word of appreciation is due to Tom for almost single-handedly putting on this event all these years. This is one event I am very sorry to see end. To paraphrase Daniel Webster in his plea before the U.S. Supreme Court to save Dartmouth College, in the early 1800's - "It is but a small race, sir, but there are those who love it."

## LA Bicentennial Founders' Trek Half-Marathon

by Rod Rawlings

December 21, San Gabriel.

through the residential streets of the city and past the sponsoring institution, Community Hospital of San Gabriel, before heading straight to Los Angeles along the 200 year old route taken by the founders of the "City of Angels."

There was an overall drop of 384 feet from start to finish, and the course ran flat except for the final turn into the Los Angeles Street finish, which was uphill. But the runners saw the finish banner and

going to overtake me." Anyhow, Ysaïs wasn't sure until near the end of the flat 6.2 mile course that he could beat Scobey, a longtime Ventura County running sensation. "He looked fresher than I felt," recalled Ysaïs of his glancing back during the race to see where Scobey was running.

While Ysaïs was happy to be champion for the second straight time, Ann Gladue, from New Jersey and now living in Ventura, was the fastest gal. She timed 37:19 to easily be the fastest 18-35 year old runner. Gladue finished third in last year's national high school cross country invitational sponsored by Kinney Shoes.

Meet director Ron Johnson said, "We are going to remeasure the course to see if it was long."

Juan Hernandez, the Oxnard College harrier and track & field coach, said of Ysaïs, "Ron is much better than that, even though he was sick."

Ysaïs said, "I plan on going to Finland to run track this summer with my Coach Eino. I'm planning on a good track season."

**Boys 17 and Under:** 1. Hank Crawford 33:33; 2. Steve Sherman 34:49; 3. Tom Peterson 35:18.

**Men 18-29:** 1. Ron Ysaïs 32:43; 2. Arn Carbajal 33:00; 3. Christopher Carroll 34:49.

**Men 30-45:** 1. Bill Scobey 32:53; 2. Juan Hernandez 33:22; 3. Dave Mino 33:55.

**Men 45 and Over:** 1. Truman Clark 35:39; 2. John Richards 36:32; 3. Ray Craig 37:02.

**Girls 17 and Under:** 1. Pat Gamboa 44:50; 2. Daria Miller 46:05; 3. Tiffany Marsh 46:08.

**Women 18-35:** 1. Ann Gladue 37:19; 2. Leslie Schiffer 39:28; 3. Marlene Haverty 41:38.

**Women 36 and Over:** 1. Toni Simpson 45:01; 2. Elizabeth Black 48:19; 3. Sally Boyes 49:39.

## Western Hemisphere Marathon

**December 7. Culver City. 33rd Western Hemisphere Marathon.**

The smallest field that I have ever seen for this event took off from the Veteran's Memorial Building in Culver City. After a couple of years of running four loops around downtown Culver City, race officials had arranged for this year's version to return to the old route, which only took the runners through the Culver City loop once, and then out to the beach and back.

This second oldest of America's marathons draws smaller crowds every year. Competition from lavish events, such as the Beverly Hills 10K and the Anaheim River Run, plus lack of prizes, few awards, and especially the last two years,

photo by Richard Slotkin

### Tish Husak - first woman

Manuel Garcia, a paratrooper in the Mexican army, ran a 2:24:25 to lead second placer, teammate Miguel Angel Cruz by almost seven minutes. They led wire to wire, and were together for the first 5 miles. After the race, Garcia said that he and Cruz wanted to run together as a team, but he pulled away at about the half-marathon point. However, according to the splits, as recorded by TAC officials at the checkpoints, Cruz had a two second lead at 10 miles and a one second lead at 15 miles. At 20 miles their times show the same—1:49:28. At the 25 mile point, Garcia had a 2 minute lead and over the final mile and a quarter, he extended it another 4½ minutes over the badly fading Cruz. In fact, Cruz collapsed after the race and the paramedics had to revive him. He complained about a lack of water stops, and he had company there from several other runners. Not from Garcia, though. He never stopped once... for anything. No water, no ERG, no nothin'! And he finished with a bowlful of enthusiasm. He actually liked the course! He would like to see it used for the '84 Olympics. Now, that's enthusiasm.

Third place went to Simon Rubin who is 38. Putting in 110 miles during the week of the race, he said he felt as though he might have overdone it, and wasn't optimistic about running well. His 2:34:55 wasn't too bad, though. But 110 miles? He must have used the marathon as his wind down.

The most remarkable performance of the day was by Tish Husak of Team 84 from Long Beach. Her 3:03:19 wasn't a PR (she's gone just under 3 hours before), but it was 21 minutes ahead of the second woman. That's not what made it remarkable, though. Three months before the race, she had given birth to her second child. After the race, while others limped and staggered off to their cars on blistered feet and rock tight muscles, Mrs. Husak calmly pushed her baby in a stroller with husband, Bill, and her older child alongside as they all strolled along for a half mile walk to Laszlo Tabori's house. For tea. And maybe some talk about coaching.

#### Results:

1. Manuel Garcia(Mex Olym)	2:24:25
2. Miguel Angel Cruz(Mex Olym)	2:31:03
3. Simon Rubin	2:34:55
4. Don Ocana(Mex/CCAC)	2:37:46
5. Rae Clark(WVTC)	2:38:47
6. Jim Knerr (STC)	2:40:41
7. Brian Nelson(Ventura Coll)	2:43:04
8. David Landis	2:44:33
9. Scott Quady(Conejo TC)	2:46:15
10. William Lovelace(SFVTC)	2:47:02
11. Rich Belliveau(CCAC)	2:47:30
12. Michael Termine	2:47:34
13. Dennis Parrish(STC)	2:48:23
14. Craig Newport(Visalia)	2:50:47
15. Daniel Zinar	2:50:54
39. Tish Husak(Team 84)1W	3:03:19
Katherine Kehr 2W	3:24:10

Kim (P. Ferrini) 4:04  
"Why do I even bother to do this?"  
Meanwhile, I was looking for the Tupperware with the Jacqueline Hanson world-class cookies.

Well, the race went off on schedule, more or less, and the "new" Bozanich looked suspiciously like the old one. He went right out to the front, and grabbed a wet sponge from the sponge table after only 160 yards. It didn't seem as though it was that hot. In fact it wasn't. Hey, it was 5 days before Christmas, not the 4th of July. Anyway, Fast Frank wasn't on afterburner after all. Right behind him was a small pack...actually the whole field was just a small pack...which included Aztlan's Mike Sayward, Pearson, Hoover, and Bennett, not necessarily in that order, but close to it. Tocco and Vogel were a bit further back running stride for stride as they were to do for the next 31 miles. By the time the field had gone through the first lap, it was already well strung out, Bozanich and the boys up front, and a 72 year old whose name I didn't get, bringing up the rear.

Only two women were entered, Dean and Beatrice Findlay. Findlay had just run the Honolulu Marathon and was not fully recovered. She hung in for 20 miles, grudgingly giving up ground to Dean, and finally a painful groin muscle took her out. She wouldn't be the last to taste the kiss of attrition. That meant that all Dean had to do was finish and she would have her name inscribed on the perpetual trophy, right alongside people such as Bozanich and Pearson, Jacqueline Hanson and Ken Moffitt. Pretty cheap win, though. It's easy when you are the only one in the race.

Not so fast, baby. There's more to it. Dean finished, all right, and she knocked about a half-hour clean off her American record. Not bad for a 51 year old woman who ran a sub-30 hour Western States 100 Miler earlier in the year. Not so cheap a win after all.

Meanwhile back at the front, Bozanich, Sayward and Hoover were the early leaders. Bennett and Pearson formed a second pack of two, Pearson a stride ahead. Further back Vogel and Tocco, a stride apart and in that order. The rest of them were strung out behind Vogel and Tocco. But, an interesting thing had happened: During the 4th lap, a little over ¾ of a mile into the Race, Sayward had taken off, opened up a big lead on Bozanich and Hoover, and went on to lap the whole field, tucking in behind Bozanich and just ahead of Hoover. He then let Bozanich set the pace for a while until about the 6 mile point, he took off again, and again lapped the field, retaking his place between Bozanich and Hoover...but, now with a two lap cushion. His strategy seemed pretty good: If Fast Frank wasn't going to try to burn everyone out from the start, get a lead on him now while fresh, and later, when he's tired and his muscles a bit tight from a long distance at a slow, for him, pace, he might not be able to make it up. There were two holes in this theory, however. One, Bozanich has been known to surge for 30 miles or

4 Vogel	6:09:09
5 Eroen 1 50 +	6:16:04
6 Sheeran	6:20:49
7 Pycior	6:26:15
8 Ruthenberg	6:41:36
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10 Chalou	8:11:38
	8:41:08

## LA Bicentennial Founders' Trek Half-Marathon

by Rod Rawlings

**December 21, San Gabriel.**

With clear air, temperatures in the mid 60's, an efficient registration team, a well-marked course and a prompt 8 am start, the Los Angeles Bicentennial Founders' Trek Half-Marathon looked like a runner's dream from the beginning. And it was!

Steve Brown, 28, of Arleta, finished first at 1:06:57. Behind him came Dave Frickel, 26, of La Verne, at 1:07:44 and Steven Chase, 26, at 1:08:20.

First female across the finish at 1:20:04 was Anne Sharples, 19, a native of Capetown, South Africa and a student at the University of Idaho.

The course, beginning at the historic Mission San Gabriel, looped 4.5 miles



Steve Brown

through the residential streets of the city and past the sponsoring institution, Community Hospital of San Gabriel, before heading straight to Los Angeles along the 200 year old route taken by the founders of the "City of Angels."

There was an overall drop of 384 feet from start to finish, and the course ran flat except for the final turn into the Los Angeles Street finish, which was uphill. But the runners saw the finish banner and the hill at the same time, so the goal's end more than compensated for the intimidating slope.

One more aide station would have been appreciated by some of the 10K'ers doing their first half-marathon, but many runners ignored the two stations provided and stayed dry to the finish where there was plenty of beer, yogurt, Calso water, Arrowhead Puritas water and ERG.

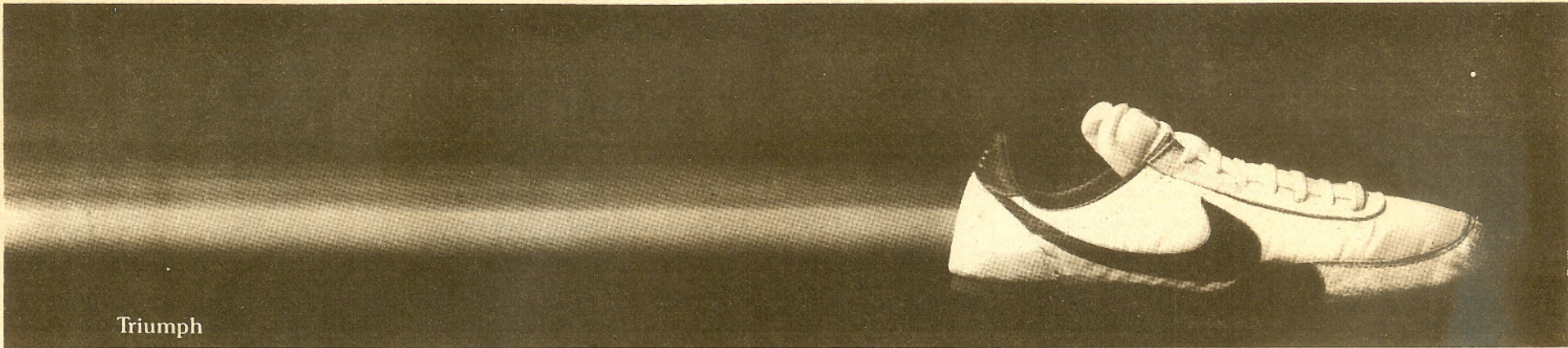
Of the 1,601 who started, there were 1,545 finishers. They ran in eight age divisions with the youngest, 9, finishing at 1:44:33, and the eldest, 68, finishing at 1:51:38.

Other amenities of the race were free baggage transport and return transportation. The festively decorated Olvera Street area - a place on every tourist's map - kept the runner's families busy looking at shops and restored buildings, and kept their appetites satisfied with numerous restaurants and street vendors. Awards ten deep in all divisions contained the official Bicentennial dollar mounted on marble pedestals.

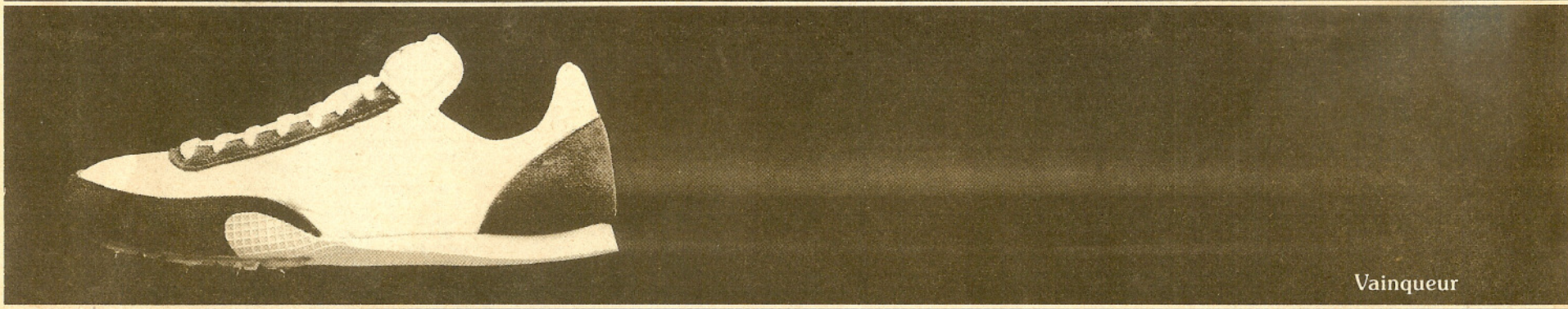
One tragedy of the race was the death of Robert J. Lopez, 35, of Los Angeles, who collapsed a few seconds after finishing. Although cardiopulmonary resuscitation began immediately, he did not respond, and was later pronounced dead at the hospital. Mr. Lopez, a barber and the father of five children, reportedly was a seasoned runner who had competed in several events. He was not known to have had any cardiovascular history.

Cardiac patients from rehabilitation programs in three hospitals participated in a separate division with solo runners, two-man and four-man relay teams. In order to eliminate direct competition from this division, winning was based upon a completion timed which came closest to a predicted time set by the cardiac patients' physicians and rehabilitation specialists.

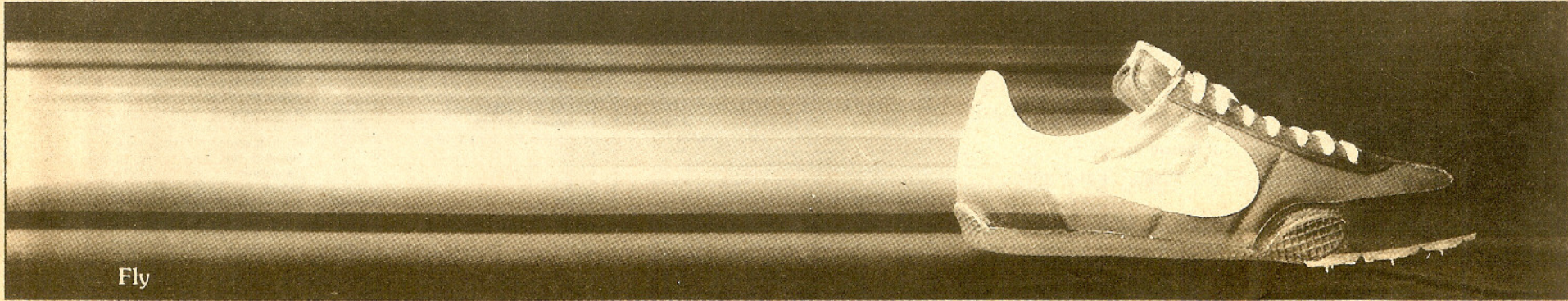
San Gabriel Mayor Sabino Cici, in noting the success of the Founders' Trek Half-Marathon, predicted there would be a Founders' Trek II in 1981. "We now have over 100 enthusiastic volunteers who staged a smash their first try. There's no way we could not have a Founders' Trek II.



Triumph



Vainqueur



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Fly



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