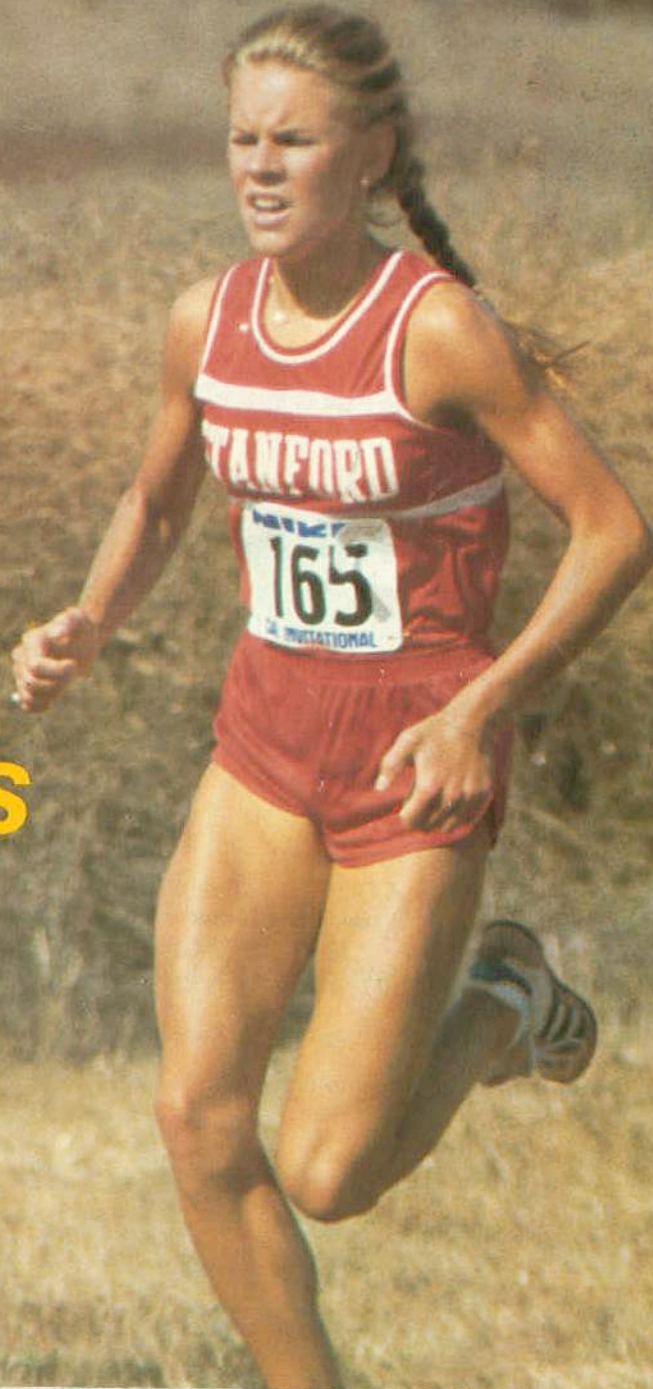


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CALIFORNIA TRACK & RUNNING NEWS

FEBRUARY 1983

ISSUE NO. 76



Athletes of the Year

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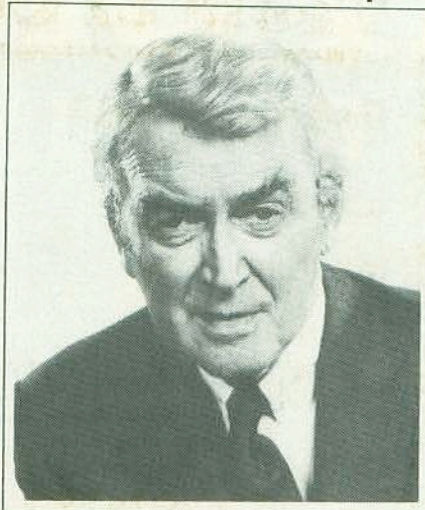
California's Only Track & Running Publication

Saint John's Hospital and Health Center Foundation

Dear Runner,
I am honored by the opportunity to support and participate in the second annual Jimmy Stewart National Relay Marathon.

This event is designed to promote public health and perpetuate a lasting sports event of major magnitude for Southern California.

In addition, it will greatly help promote the fastest-growing recreational activity in America—running—and will lend visible public support to the Saint John's Hospital and Health Center's ambulatory care program.



Please give your consideration to the following. I'm certain you will agree with me that the Jimmy Stewart National Relay Marathon is an outstanding endeavor worthy of your firm support and participation.

A handwritten signature of Jimmy Stewart in black ink, written in a cursive style. Below the signature is the printed name "Jimmy Stewart".

Jimmy Stewart

The Jimmy Stewart National Relay Marathon

April 10, 1983



- L.A.'s beautiful Griffith Park—flat, fast course.
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ENTRY FORM

JIMMY STEWART NATIONAL RELAY MARATHON April 10, 1983

YES, I would like to sponsor _____ team(s) in this outstanding fund-raising event for Saint John's Hospital and Health Center at \$500 per team. Please bill me. Enclosed is my check for \$_____

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Name _____ Title _____

Organization _____

Address _____

Telephone () _____

Signature _____ Date _____

MAIL TODAY TO: Jimmy Stewart National Relay Marathon
c/o Saint John's Hospital and Health Center Foundation
1328 22nd Street
Santa Monica, CA 90404
(213) 829-8968

CAN'T FIND A SPONSOR? JUST WANT YOUR TEAM TO RUN? CALL FOR INFORMATION: 829-8968

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Track & Running News**



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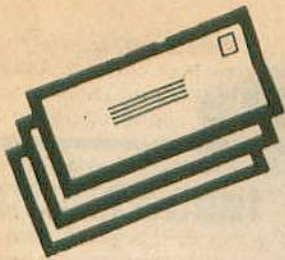
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ON THE COVER: Ceci Hopp, Stanford's sophomore distance star and California Cross Country Athlete of the Year for College Women. See pages 8-13 for a complete listing of all of California's 1982 Athletes of the Year.
photo by G. David Brown/Innersports.



Mailbag

???

Can anyone tell me what the oldest 10K race is in Northern California?

Fred Kenyon
Forestville, CA

(Does this mean the longest "running" event that's still going, or the longest run prior, which may no longer be in existence? The Lake Merritt 10K (twice around the lake) is old, but the Columbus Day Run(s) are no longer in existence. At any rate, can you readers give us the answer? —Ed.)

with the fine work that Howard, Richard, Gary, Bill, Keith, Doug, et al., are doing.

We don't need to pad the results of the number one state—please show some pride in our real Californians.

Scott Chisam
Head Coach
UCLA Women's Track

MORE STROKES

Bill,

Please renew my subscription to CT&RN. Keep up the good work. Your running schedule is a life-saver for planning business and pleasure trips to California. And your Results section is a great way to find out how my friends are doing.

Roy Glass
Anchorage, AK

Editorial

photo by Hal Smith

ACCOLADES

Editor:

Love the magazine—have stopped all other "slick" subscriptions.

Especially like to follow Tuttle (Tuttle's Track Topics) and Subotnick (Medical Notes for Runners).

Mailbag gives your publication a great deal of credibility also. Don't ever hold back on the controversial letters or you'll never grow.

Please continue giving attention to the "middle of the pack" achievers. They comprise the great majority of today's running enthusiasts.

Howard Haupt
President, Solano Striders
Vacaville/Fairfield

REAL CALIFORNIANS, PLEASE!

I was extremely pleased with the January issue of California T & R News. In the past, I often read only portions of each issue, but this time I read cover to cover and ate everything up!

I have, however, one criticism. While Howard Willman's "California Records" (page 39) gets a handle on bonafide California athletes, Calvin Brown's "California Women's Marks" sadly misses the mark. I'd like Calvin to explain how the following people he mentioned can be 1982 "Californians":

MERLENE OTTEY (100, 200)—A Jamaican who has never stepped foot in California. STEPHANIE HIGHTOWER (100H) and BENITA FITZGERALD (100H)—Have never been in California longer than several days at a time. KIM GALLAGHER (800)—Stayed overnight at Vickie Cook's house once in 1982, and ran 8x440's in a workout at UCLA. DANA OLSEN (Javelin)—Did not step foot in California in 1982, attended USC in 1980, but now at Houston. RIA STALMAN—Set a Dutch record at Mt. SAC in her only California stay in 1982. PATSY WALKER (Heptathlon)—Was in California for one heptathlon meet.

Need I go on? Please try and keep the "California Women" section up-to-date



MEET THE STAFF: Thought you might like to get a look at who it is that's responsible for producing this fish-wrapper each month. Might be nice, too, to be able to put a face with a voice when you speak with us on the phone. Pictured above is the office staff at *California Track & Running News*. A look at the credit box will reveal that many, many more people are actively involved with bringing you the news in every issue. But these four are the ones who are here day after day grinding it out. Now you know who to blame when your name is misspelled.

On the far left is **Christine Certain**. She is also the Athletic Department Secretary at Fresno Pacific College and is the wife of Cal Certain a senior business major at Fresno Pacific. On the far right is **Barbara Smith** who is the wife of Hal Smith, the Athletic Director and Basketball Coach at Fresno Pacific. When Barbara isn't helping with the magazine she manages to stay busy as a mother of three children. Christine and Barbara do the bulk of the typesetting for each issue - no small task. **Bill** and **Judy Cockerham** are in the middle. Judy is in charge of circulation, production management and does all of the layout. Other than that Judy runs the typesetting business which publishes such projects as football and basketball programs for Fresno State University. Bill is responsible for gathering the news for CTRN and makes the big decisions (like where shall we go to lunch today). Other than that he teaches in the biology department at Fresno Pacific College (Principles of Biology, Ecology and Physiology this semester).

So, now you know who we are. Except for the newest and most demanding member of the team. Allison Brooka Cockerham was born May 5, 1982 in Seoul, Korea and came to join the Cockerham family January 20, 1983. I hope you'll understand if we have a little trouble wrapping up the February issue and it reaches you a week late. Back on schedule as soon as Allison learns how to type.

MAILBAG TYPO

Dear Sir:

I submitted a letter to your magazine which was printed in your January 1983, Issue No. 75, entitled "A Club For Everyone."

Through some typo or error, the track club I belong to was typed MERCURY TRACK CLUB. It should have read MERCED TRACK CLUB.

Thank you for your attention. Hats off to your publication.

Dave Lankford
Merced Track Club
Atwater, CA

TO: THE ATHLETICS CONGRESS

You have dealt women's road running a major blow with your new rule that open women's world records can only be recognized if run in a woman's race only. The reasons you give for this are that women in a mixed race are being "paced" or "wind-aided" by men. In that case you should require for men's world records that the runner lead the race from beginning to finish so as not to be aided.

Your ruling smells strongly of sexism. From television showings of world record times run by such as Allison Roe and Grete Waltz it seemed to me that it was the MEN that were pacing themselves off these great ladies and not vice versa!

Perhaps in order to be fair with all this business let us consider these new rules:

A. A world record can be recognized only if the runner runs the entire race by him/herself and thus avoids being paced.

B. There is also to be no cheering from the spectators as this might give some kind of mental advantage to the runner.

If a woman runs a "world record" in an all woman's race that is slower than one run in a mixed race, that record will mean about as much as an Olympic gold would in which half the countries do not participate.

Good women's races are few and far between and to find some at the varying distances are rare. Where then do you suggest these women run their world records? I cannot believe that women runners that know what it takes to be world class could have voted for this measure.

I am hoping that, along with me, protests will be coming in so that this ruling can be voted out.

Christa Romppanen
Malibu, CA

REPLY TO NANCY DUBIE'S EDITORIAL

To run in a running race is a mental as well as a physical challenge. If during a race I find someone of the same level of ability as I, I will try to defeat him by running a tactical race and "drafting" in the hope that at the end I will have enough left to outkick him to the finish. At the same time, my opponent has the equal right to do the same to me or to pick up the pace and leave me. It has become a mental challenge. Let me give you several instances of this that happened in some of the most thrilling races ever run:

In the 5000 meters in the Montreal Olympics, Lasse Viren and his coach had a major problem to solve. Four of Lasse's competitors has run better mile times than he. Lasse and coach resolved that after 2000 meters Lasse would take the lead and in each following lap he would increase his speed by two seconds. The other runners knowing they had better times than Lasse, hoped that Lasse would take the lead so that they could be paced by him and then they would outkick him in the end. Lasse however was able to take the challenge "running scared" and won the race and the gold medal.

How about Miruts Yifter in Moscow winning the gold by hanging on to his competitors, having two of his countrymen sacrifice their own chances for him, breaking the wind for him so that he could use his special talent of having a deadly finishing kick.

So, dear Nancy, can you take away Yifter's gold medal? In EVERY race the top runners are playing this game of mental as well as physical challenge. Get yourself in shape and follow whoever you can.

P.S. I too was at the Santa Barbara Women's 10K running and watching at several good vantage points, and I did not see any of the front-runners being "paced" with the exception of some very slow ones that appeared to be running their first race and were being encouraged by their companions.

Sincerely,
EINO
Malibu, CA

"PAY FOR PLAY"

Dear Gentleperson:

As one of the attorneys representing the parents and concerned citizens who successfully challenged the "pay for play" scheme of the Santa Barbara School District, I take exception to your negative characterization of the result of this lawsuit. Your readers should know that the plaintiffs including parent Hartzell brought this case for the purpose of preserving school athletics and other non-academic subjects, which are vital components of a full education. Plaintiffs believe (and the Court of Appeals agrees) that all students are entitled to a free public education under the California Constitution.

Therefore, it is the financial responsibility of all Californians, not simply parents, to make sure that school activities are provided to students regardless of their wealth or that of their parents. This can be accomplished by a higher priority placed on adequate funding of our public schools rather than by "user fees" for students.

Sincerely,
M. Carmen Ramirez
Attorney at Law

DISSATISFIED RUNNER

Dear Sirs:

When one travels to a race, especially 200 miles away, he expects to have a well-marked course. This was not the case at the Berkeley 5K. Due to a last minute police mandate, the 5K and 15K races were started simultaneously, creating an over-

crowded situation the first 800m. Getting boxed in was only my first problem. About 150m from Edwards Stadium (500m from the finish), there was supposed to be a course monitor to tell the runners which way to turn. Someone did show up, after perhaps a hundred or so had followed the leaders 200m in the opposite direction. Being in the lead group at this point, I managed to pass back all the runners who were directed the correct way, as several of the other leaders frantically cut through passageways into the stadium. After a two hour wait, with no word yet on any results of the outcome, I went home. I left a message regarding this fiasco on the race director's answering machine that evening. Several days later my call was returned. The person explained the reasons for the mishap and offered apologies. I was informed I had taken third in my division (20-29) and fifth overall. My award was to be mailed the following Monday. I felt a little consoled. Well, it's been over a week since that Monday and still no award. They probably forgot to send it. Seems these people can't do anything right. I didn't want the award that badly. I came to this race hoping to run a PR. For a \$7.50 entry fee and all the time and effort, I feel ripped off. I urge fellow runners to avoid this race in the future.

Andy Takaha
South Lake Tahoe, CA

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Schedule

by Jack Leydig
Scheduling Director

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

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

FEBRUARY

FEB 4: Marine Medium Helicopter Squadron 163 Annual Volkslauf 10K. Tustin (Picnic Grounds, MCAS), time TBA. Capt. R. Netzer, HMM-163, MAG-16, 3rd MAW, MCAS(H), Tustin 92710. (714) 651-7687.

FEB 5: Sonoma Development Center Sweetheart Runs. 2.5 & 8K, Sonoma State Hospital, Eldridge, 9 am/2.5K, 10:30 am/8K, John Karsemeyer, P.O. Box 1400, Eldridge 95431 (707) 938-6471.

FEB 5: Trinidad-Clam Beach Run. 8.5 miles, Colonial Inn (north of Trinidad), 11:30 am. Dick Giacolini, 3485 Alliance Rd., Arcata 95521. (707) 822-5809.

FEB 5: Bakersfield Marathon & Half-Marathon. Cal-State Bakersfield, 8 am. Bakersfield TC, P.O. Box 10371, Bakersfield 93389. Paul Cross (805) 399-5750. **Jan. 17 Deadline.** Please see entry blank in December issue.

FEB 5: Calaveras Quarter-Marathon. Date Tentative. 6.55 miles, Calaveras County (Rancho Calaveras), 9 am. Steve Mitrovich, c/o Calaveras High School, P.O. Box 807, San Andreas 95249. (209) 754-3592.

FEB 5: McDonald's Cougar Classic. 10, 5 & 2K, Azusa Pacific University, Azusa, 8:30 am. Terry Franson, Azusa Pacific Univ., Athletic Dept., Azusa 91702. (714) 969-3434, ext. 227.

FEB 5: Santa Barbara Winter 5 & 10 Mile Runs. Santa Barbara (Cabrillo Arts Pavilion), 8:30 am. John Brennand, P.O. Box 6616, Santa Barbara 93111. (805) 964-2591.

FEB 5: Los Altos Road Club 5-Miler. Foothill College (Los Altos Hills), 10 am. David Hans, Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

FEB 5: Ranch Los Amigos Hospital 5 & 10K. Downey, 8 am. Jim Brewer, 11040 S. Brookshire, Downey 90241. (213) 923-6711.

FEB 5: Las Vegas Marathon. Mountain Springs to Las Vegas, Nevada, 7:30 am. Al Boka, c/o The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

FEB 6: Oakland Marathon & Half-Marathon. Downtown Oakland, 7:45 am/Half, 8 am/Full. **Limit 8000 entries, total.** Half-Marathon is PA/TAC Championships. C. Swenson, P.O. Box 2501, Oakland Airport Sta., Oakland 94621. (415) 568-8884.

FEB 6: San Fernando Valley 5 & 10K Runs. Pierce College (Woodland Hills), 8 am/5K, 8:45 am/10K. John B. McManus, DDS, c/o San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 225, Canoga Park 91303. (213) 884-7395.

FEB 6: Firecracker 10K Run. Los Angeles (Chinatown), 9 am. Los Angeles Chinatown 10K, P.O. Box 4732, Terminal Annex, Los Angeles 90051. (213) 250-1008.

FEB 6: Hermosa Beach Sand & Strand 5 & 2.5 Mile Runs. (2.5 mile open to residents of Hermosa, Manhattan & Redondo only), Hermosa Beach, 2.5 mile/8 am, 5 mile/9 am. Regina Kodimer, 1807 Manhattan Beach Blvd., Manhattan Beach 90266. (213) 372-4497.

FEB 6: San Dieguito Half-Marathon. Rancho Santa Fe, time TBA. Rebecca Fengler, North Coast YMCA, 200 Saxony Rd., Encinitas 92024.

FEB 6: DSI Twin Peaks Run. 3.6 miles, San Francisco (Portola & Twin Peaks), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 6: Special Olympics 5/10K Run. San Bernardino (downtown), 8 am. San Bernardino Parks & Recreation Dept., 300 No. "D" St., San Bernardino 92418. (714) 383-5052.

FEB 6: Corporate Cup Ass'n Road Test 6K. Mtn. View, 10 am(?). **Corporate Teams Only.** Runner's World, Corporate Cup Ass'n., 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

FEB 12: Valentine's Day 5 & 10K Runs. Oakland (Lake Merritt, Sailboat House, Fairyland Park), 10 am. Cliff Lura, 11200 Oak Links Rd., (American Heart Ass'n), Oakland 94605. (415) 632-9606.

FEB 12: Sweetheart Runs. 10K twosome, 2 mile & 10K. Santa Rosa (Willowside School), 9 am. John Anderson (707) 523-4810.

FEB 12: Walk/Jog/Run/Wheel for Your Heart 5 & 10K. Whittier (Presbyterian Hospital), 9 am. Randy Ice, Dept. of Cardiac Rehab., Presbyterian Comm. Hospital, 12401 E. Washington Blvd., Whittier 90602. (213) 698-0811, ext. 2635.

FEB 12: Santa Barbara Couples Relay. Palm Park Rec. Center, 8:30 am. John Brennand, Box 6616, Santa Barbara 93111. (805) 964-2591.

FEB 12: V.N. Kwanis Woodley Park 5/10K. 8 am. Gil Buffery, 19531 Calvers St., Reseda 91335.

FEB 12: North County 10K & 2 Mile. Rancho Bernardo, 7:30 am. Sean Harker, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 485-4643.

FEB 12: Mission 10. (10 miles), San Juan Bautista, (at Mission), 10 am. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126, after 6 pm.

FEB 12: Up the Estuary in February. Half Marathon, Santa Ana (Century Park), 7:30 am. Newport Beach Runners Assoc., 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556. **Some sources list February 19 date - check with meet director.**

FEB 13: Palm Springs Marathon. Palm Springs, 7 am. Susan Schroeder, Leisure Services Div., P.O. Box 1786, Palm Springs 92263. (619) 323-8286.

FEB 13: Valentine's Runs. 5 & 10K. Crane Park, St. Helena, 9 am. Brad Wagenknecht, 1618 Spencer, Napa 94558.

FEB 13: CANCELLED! Water Temple Runs. 2, 4 & 8 miles, Redwood City (Canada College), 9 am. Mernice Ross, American Red Cross, 3540 Middlefield Rd., Menlo Park 94025. (415) 366-3851.

FEB 13: Gold Trail Half-Marathon & 2 Mile. Snelling (Henderson Park), 10 am. (registration closes at 8:30...drive to start). **Feb. 9th Deadline.** Bruce Johnson, 2916 Cedarwood Ct., Merced 95340. (209) 383-9164, after 6 pm.

FEB 13: Max Chabolan Memorial Road Race. 6 mile & 2 mile prediction. Tulare (Live Oak Park), 1:30 pm/2 mile, 2 pm/6 mile. Mike Leoni, Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 13: Hidden Valley Marathon. Newbury Park (N.P. Academy), 8 am. Bill Wilson, 180 Academy Dr., Newbury Park 91320. (805) 498-2191, ext. 38.

FEB 13: CRRC 5 & 10K Fun Runs. Los Angeles (Griffith Park), 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

FEB 13: Valentine 10K Run. Saugus (Santa Clarita Park), 8 am. Patty Carmody, Santa Clarita Valley Runners, P.O. Box 481, Newhall 91321.

FEB 13: SWEATIN' Sweethearts Ten-Mile Twosome. Irvine (Mason Park), 8 am. Loeschhorn's, 10810 Warner, Fountain Valley 92708. (714) 964-4567.

FEB 13: 10K SWEATIN' Sweethearts Partners Race. Las Vegas, Nevada, 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 13: Valentine's Run. 6.2 miles, at the Factory in Campbell, 9:30 am. City of Campbell, 75 N. Central Ave., Campbell 95008. (408) 378-8141, x252.

FEB 13: DSE Nob Hill Run. 2.4 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 13: Sweetheart Fun Run. 6.2 miles, couples relay, Arcata area, time TBA. Bill Daniel (707) 822-8050.

FEB 13: Have a Heart—Run for Hunger 5/10K. Santa Cruz (Natural Bridges State Park Beach), 8:30 am. Gary Upham, 1153 LaMadrona Dr., Santa Cruz 95060. (408) 426-4572.

FEB 15: Avenue of Giants Marathon. **Deadline for pre-entry period...see May 1st for details.**

FEB 19: Sweetheart Run 10K. Pico Rivera, 9 am. Zoe J. Taylor, 9122 E. Washington Blvd., Pico Rivera 90660.

FEB 19: Arden Bar Relay. 2-person 10-mile relay, Rancho Cordova (Goethe Park), 10 am. **Limit 100 teams.** **February 17 Deadline.** John Mansoor, P.O. Box 1495, Fair Oaks 95628. (916) 968-8185.

FEB 19: Up the Estuary in February Half-Marathon. Santa Ana River Trail (Century Park), 7 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556. **Listed in some sources as Feb. 12 - check with meet director.**

FEB 19: George Washington's Birthday Run. 8 mile, Ridgecrest (Fairgrounds), handicap race (Portsmouth start), 10 am. No Pre-Entry. Frank Freyne, 508 N. Randall St., Ridgecrest 93555. (619) 375-7962.

FEB 19: Flat 5-Miler. Fountain Valley (Mile Square Park), 9 am. Jacky Wolf, 3122 S. Baker, Santa Ana 92704. (714) 641-1708.

FEB 19: SNA/TAC 15K Championships & 5 Mile. Sunset Park, Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 20: Long Beach Marathon. (Queen Mary), 7:30 am. Gordon Protor, 295 Redondo Ave., Long Beach 90803. (213) 432-5411.

FEB 20: Miller High Life Half-Marathon. Campbell (The Factory S.C.), 7:30 am. Datasport, 2125 Los Gatos/Almaden Rd., San Jose 95124. **1400 Limit.**

FEB 20: Santa Monica Mountains 50-Miler. Adohr Dairy (Pleasant Valley Rd.), 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5380. **Note:** 5-Man Relay held in conjunction with the Ultra.

FEB 20: Pacific Crest Trail 50-Mile. East of San Diego (Hwy. 6, La Posta Cafe), time TBA. Flatlanders, P.O. Box 178414, San Diego 92117. (619) 276-4417.

FEB 20: Arden Bar Relay. 2-Person, 10 Mile, Rancho Cordova (Goethe Park), 10 am. John Mansoor, P.O. Box 1495, Fair Oaks 95628. (916) 968-8185. **Limit 100 Teams; Feb. 17 Deadline.**

FEB 20: Santa Barbara 3-Miler. 8 am. Tom Scheaffer, 1218 Castillo, No. 1, Santa Barbara 93101. (805) 962-3450.

FEB 20: Sri Chinmoy 10 Mile Run. Foster City (Hillsdale & Shell Blvd.), 8 am. Michael Lindemann, c/o 2438 - 16th Ave., San Francisco 94116. (415) 655-2994, days.

FEB 20: CANCELLED: Jed Smith 50-Mile Classic. (PA/TAC Championships), Sacramento. Postponed until 1984.

FEB 20: Willis Ten Mile Classic. (& 3 mile), Willits (Recreation Grove Park), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. **Feb. 18 Deadline.**

FEB 20: DSE Golden Gate Park Run. 4 miles, Polo Fields (San Francisco), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.



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FEB 20: Sequoia Park Races. 2 & 4.5 miles, Eureka, 1:00/1:45 pm. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

FEB 20: Los Gatos Vasona 10K. Los Gatos High School, 9:30 am. Runner's Factory, 51 University Ave., Suite C, Los Gatos 95030. (Brad: 408-395-4311)

FEB 20: IAAF International Cross Country Trials. 12K for seniors, 8K for juniors. St. Louis. Craig Virgin, RR 1, Lebanon, IL 62254. (618) 537-6112 work.

FEB 20: Chinese New Year of the Boar 8K Run. San Francisco (Chinatown YMCA), 8 am. Sylvia Mack, c/o YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

FEB 21: Baker to Baker. 10 miles, Ft. Baker (Marin County), 9 am. NCOA No. 630, Suite 205, Sausalito 94965. (415) 561-2004, days, CSM Harris Parker.

FEB 26: Twenty Mule Team Walk/Run. 10K, Boron (Health & Emergency Center), 9 am. Boron Health & Emergency Center, 12500 Boron Ave., Boron 93516. (714) 762-5111, Marsha Underwood.

FEB 26: Ripon Almond Blossom Run. 4K, Ripon, time TBA. Toni Ramos, c/o P.O. Box 755, Ripon 95366. (209) 599-2194.

FEB 26: Trill's End Marathon. Seaside, Oregon, time TBA. Seaside Chamber of Commerce, P.O. Box 7, Seaside, OR 97138. (503) 738-6391.

FEB 26: Martinez to Port Costa Brickyard Run. 8.4 mile, Martinez (Rankin Park), 10 am. Luka Sekulich, 1485 Dariene Dr., Concord 94520. (415) 685-5185.

FEB 26: Falcon 8K. Visalia (Mooney Grove Park), 10 am. Ed Taylor, 340 Silvervale, Visalia 93291. (209) 627-0852.

FEB 26: Smile San Diego 10K & 2 Mile Fun Run. San Diego (Mission Bay Park, south of Hilton Hotel), 7:30 am. RUN, ASDCDS, 640 Loring St., San Diego 92109. Sally Wellington, (714) 483-8959, after 6 pm.

FEB 26: L'egga/YMCA 10K Run. San Diego (Balboa Park), 8 am. *Women Only.* Yvonne Harguindeguy, YWCA, 1012 "C" St., San Diego 92101.

FEB 26: 50 Mile Run & One Hour Run. Track Runs, Univ. of Nevada, Las Vegas, 5 am/50 mile, 9 am/1-hour. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 26: Royal Bricker Gym Bag 50K. San Diego area, 8 am. John Sonnhalter, 2504 El Camino Real, Carlsbad 92008. (619) 729-8971.

FEB 27: Bonne Bell 10K. Women Only. San Francisco (G.G. Park Polo Fields), 9 am. Scott Thomason, 110 Lenox Way, San Francisco 94127. (415) 564-4771. 5000 Runner Limit.

FEB 27: Carmel Valley Golf & CC/MPC Fitness Lab Benefit 8K. Carmel Valley, time TBA. (Was postponed from original Dec. 5th date). Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-2287. Limit 700 Runners.

FEB 27: Natural Light MDA 5 & 10 Miles. Folsom, 10 am. Art Baudendistel, 6505 Juneau Way, No Highlands 95660. (916) 332-3391.

FEB 27: RRCA 20K Postal & Corporate Cup Team Championships (& 10K). Santa Rosa (Howarth Park), 9 am. Steve May, c/o Hewlett Packard, 1400 Fountain Grove Pkwy., Santa Rosa 95404. (707) 526-1987.

FEB 27: Run Your Plaque Off 10K. Saratoga (West Valley College), 9 am. Bill Comport, 4860 Cherry Ave., San Jose 95118. (408) 265-4130. Feb. 19 Deadline.

FEB 27: Redlands 5K, 10K & Half-Marathon. Redlands, time TBA. Susie Whiteman, RN, Redlands Community Hospital, 355 Terracine Blvd., Redlands 92373. (714) 793-3101, ext. 429, 2-4 pm.

FEB 27: Miller Lita/Toro 10K. Cal-State Dominguez Hills Velodrome, Carson, 8 am. Mitch Harmatz, CSUDH, 1000 E. Victoria, Carson 90747. (213) 516-3513.

FEB 27: Capitola Mall Mile. Santa Cruz (38th Ave. & West Cliff Dr.), 10 am. Body & Sole (408) 462-1518.

FEB 27: Clam Fun Run 10K. Santa Cruz (Dream Inn), 9 am. Santa Cruz Visitors Convention Bureau (408) 429-3663.

FEB 27: DSE Golden Gate Bridge Plaza Run. 7.5 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

FEB 27: SPA/TAC District 30K Championships. Location TBA, 8 am. TAC Office (213) 896-4574.

FEB 27: Rockwell Reservoir Run. 5 & 10K, Canoga Park, 8:00/9:00 am. Rockwell RC, 8500 Fallbrook Ave., Canoga Park 91304. (213) 2145.

FEB 27: Athletic Shoe Factory Grand Prix Run. 5K, Sunnyvale (565 E. El Camino), 8 am. Athletic Shoe Factory, 565 E. El Camino, Sunnyvale 94087. (408) 746-9149, Joe or Cary.

FEB 27: TAC National Sr. Men 50K Championships. East Meadow, New York. NYRRRC, 9 East 89th St., NY, NY 10028. (212) 860-4455.

MARCH

MAR 5: Bidwell Classic Marathon (& Half Marathon, 3 Mile). Chico (Bidwell Park), 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857. Feb. 19 Entry Deadline.

MAR 5: Los Alamitos Marathon (& 10K). Los Alamitos, 7:30 am. Michael Karuch, 10911 Oak St., Los Alamitos 90720. (213) 430-1073.

MAR 5: Los Angeles International Marathon. Los Angeles, 8 am. Dennis McCabery, P.O. Box 3249, Torrance 90150. Feb. 11 Deadline, 5000 Limit.

MAR 5: Grape Stampede. 10K, Gonzales, 10 am. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

MAR 5: CROP Run for World Hunger. 2 mile(?) & 10K, Fresno, 9 am. CROP Run, 154 "M" St., Fresno 93721. (209) 252-1290.

MAR 5: The Stinky Sneakers 5 & 10K Runs. Long Beach (El Dorado Park East), 9 am. Larry Ihrig, c/o Faith Tabernacle, 9644 Cedar St., Bellflower 90706. (213) 866-6692 or 866-9094.

MAR 5: Seaside 10K. Ventura State Beach, 8:30 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 5: Almond Blossom 5 & 10K Runs. Lancaster (Lane Park), 8:30 am. Running Promotions Unit., P.O. Box 128, Lancaster 93534. (805) 942-3820.

MAR 5: Total Health & Fitness Weekend 5 & 10K Runs. Catalina Island, time TBA. Paragon Health Alliance, 424 Stratford Ct., Suite B-34, Del Mar 92014. (619) 481-6886. *Early Registration Required...no deadline given. Two day event.*

MAR 6: Corporate Cup Ass'n Road Test 8K. Mtn. View, 10 am(?). *Corporate Teams Only.* Runner's World, Corporate Cup Ass'n., 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

MAR 6: National Fun Run. Runner's World (Mtn. View) to Ft. Baker(?), run in stages, time TBA. Runner's World, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

MAR 6: DSE Legion of Honor Run. 4.5 mile, San Francisco (Museum Park, Legion of Honor), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAR 6: Foggy Bottoms Milk Run. 2, 4 & 10 miles, Ferndale (Downtown), 2 mile at 12:20 pm, 4 & 10 miles at 1:00 pm. Gary Baker, P.O. Box 778, Fortuna 95540. (707) 725-4263.

MAR 6: Spring Fun Run Series 5 & 10K. Mill Valley (Marin Athletic Club), 9 am. Marin A.C., 545 Redwood Hwy, Mill Valley 94941. (415) 381-3786.

MAR 6: Mills College 5K. Oakland (Mills College), 10 am. *Limited to 300 entries.* Sandra Bean, P.O. Box 9971, Oakland 94613. (415) 430-2172.

MAR 6: South Bay 20K. Los Osos (nr. San Luis Obispo), 8:30 am. Tom Hampson, 347 Garden St., Los Osos 93402. (805) 528-0872.

MAR 6: Laguna Beach 10K. Fourth Ave. in downtown Laguna Beach, 8 am. Laguna Beach Education Foundation, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

MAR 12: Year By Year Handicap Race. 10K, San Martin, time TBA *March 1 Deadline.* Bill Flobberg, 12925 Foothill, San Martin 95046. (408) 683-2453.

MAR 12: Irish Sprint. 5 miles, San Francisco (Lake Merced), 10 am. Don Reid, 563 Golden Gate Ave., San Francisco 94102. (415) 396-2020.

MAR 12: KVEN 10K. Ventura, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 12: St. Patrick's Day 10K & 2 Mile Fun Run. San Diego (Mission Bay), 7:30 am. John Hall, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 231-1941.

MAR 13: Napa Valley Marathon. Callistoga to Napa, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683. *Limit 1200 Runners.*

MAR 13: Winter Green Runs. 5 & 10K, Pierce College, Woodland Hills, 8 am. Jerry Kalman, c/o Informatics General Corp., 21031 Ventura Blvd., Woodland Hills 91364. (213) 887-9040.

MAR 13: DSE Lake Merced Run. 4.46 miles, San Francisco (Sunset Blvd. Pkg. Lot), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

MAR 13: St. Patrick's 20K Great Race. Lopez Lake to Arroyo Grande, time TBA. Ron Henn, 163 Aspen St., Arroyo Grande 93420. (805) 489-4841.

MAR 13: Tom Sullivan St. Patrick's Day 10K. Torrance (Court House), 8 am. St. Patrick's Run, c/o Vistas, P.O. Box 7000-251, Redondo Beach 90277. (213) 375-2813, Cheryl.

MAR 13: St. Patrick's Day 10K. Oakland (Sailboat House, Bellevue Ave.), 9 am. Terry Mann, 391 Valley Run, Hercules 94547. (415) 799-1094, eves.

MAR 13: Burlingame Fun Run. 2.85 miles, Coyote Point Park, 8 am. (415) 344-6386.

MAR 19: Iisanjo Cross-Country Classic. 10 miles, Santa Rosa (Howarth Park, upper parking lot), 10 am. Lem Chaney, 740 Charles St., Santa Rosa 95404. (707) 527-0513.

MAR 19: Indian Valley Cross-Country. 5.01 miles, Novato (San Jose Jr. High School), 10 am. Novato Park & Rec., 917 Sherman Ave., Novato 94947. (415) 897-8792, Jim Platt.

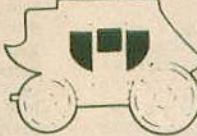
MAR 19: Antester Run. 5 & 10K, Irvine (UC Campus), 5K/8 am, 10K/9 am. Antester Run, c/o Dept. of P.E., Crawford Hall, UC Irvine, Irvine 92717. (714) 833-5814.

MAR 19: Corporate Cup Ass'n Road Test 8K. San Diego, time TBA. *Corporate Teams Only.* Corporate Cup Ass'n., 1400 Stierlin Rd., Mtn. View 94043. Bob Day (619) 222-7161.

MAR 19: Catalina Island Marathon. Non-certified. Santa Catalina Island, 7 am. Also a 10K after the marathon. Hans Albrecht, Nike, 3900 S.W. Murray Blvd., Beaverton, OR 97005. (503) 641-8453. *Limit 250, No Raceday Entry.*

THE TOUGH ONE

FIFTH ANNUAL



PIGEON PASS ROAD RACE

Loma Linda, California

APRIL 10, 1983, 7:00 A.M.

YOUR CHOICE OF
MARATHON, HALF-MARATHON OR QUARTER

send SASE to

LOMA LINDA LOPERS

"A Run for Fun club"

P.O. BOX 495, LOMA LINDA, CA 92354.

WIN A WEEK IN HAWAII & RUN THE HONOLULU MARATHON

Drawing at 6:45 A.M. race day for all PRE-REGISTRANTS,
anyone could win

Schedule

MAR 18: St. Patrick's Day Marathon & Half-Marathon. Porterville, 9 am. Milt Stowe, Parks & Leisure Services Dept., P.O. Box 432, Porterville 93258. (209) 784-1400, ext. 461.

MAR 20: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), 7:30 am. Christopher Connors, American Red Cross, 1216 Morro St., San Luis Obispo 93401. (805) 543-0696.

MAR 20: Vichy Springs Ribbon Run. 2, 4 & 8 miles. Atlas Peak Rd. (near Hwy 121, NE of Napa at south end of Silverado Country Club), 9 am. *Raceday Registration Only.* Jim Potter, 3151 Los Altos, American Canyon 94940.

MAR 20: Shamrock Run. 5 & 10K, Santa Rosa (Howarth Park Boathouse), 10 am. Santa Rosa Parks & Rec. Dept., 415 Steele Ln., Santa Rosa 95401. (707) 576-5115.

MAR 20: Marin Youth Symphony Run. 8 miles, Tiburon (Blackie's Pasture), 8:30 am. Marin Youth Orchestra, 4172 Redwood Hwy., San Rafael 94903. (415) 479-8100.

MAR 20: Golden State Women's Run. 5 & 10K, Stockton (Fleet Feet), 9 am. Golden State Women's Run, 2410 "J" St., Sacramento 95816. (916) 442-3962.

MAR 20: Santa Cruz County Cross-Country Championships. 5.8K, Henry Cowell State Park (Felton), noon/men, 12:45 pm/women. Marty Kruger (408) 335-5909.

MAR 20: CRRC 5-Person Relay Marathon. Griffith Park, Los Angeles, 8 am. CRRC, Box 891, Tarzana 91356. (213) 888-5526.

MAR 20: Sharp Hospital 10 Mile. Clairemont Mesa, 7 am. Edwina Samples, c/o E.O.L., P.O. Box 1049, Coronado 92118. (619) 292-2148.

MAR 20: Santa Barbara Easter Seals Half-Marathon. *Tentative.* Santa Barbara, 8 am. Race Central (714) 874-5480.

MAR 20: Mercury News 10K. San Jose, time TBA. Karen Storey, Mercury News, 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

MAR 25: (Fri) Run For the Seals. 3.5 miles, Ft. Cronkite (Rodeo Beach), Marin Headlands, 9 am. Cal Marine Center, Marin Hdl., GGNRA, Ft. Cronkite 94965. (415) 331-SEAL.

MAR 26: Bulletin 10,000 (& 2 mile). Manteca (Lindbergh Education Center), 9 am. Larry Hall, P.O. Box 125, Manteca 95336. (209) 823-0605.

MAR 26: Mockingbird Canyon 5 & 10K. Riverside (Calif. Baptist College), 8/8:30 am. Jon Rainbow, 8432 Magnolia Ave., Riverside 92504. (714) 689-5771.

MAR 26: Run into Spring. 5 & 10K, Irvine (Mason Park), 5K/8:15 am, 10K/9:00 am. The South Coast Runners Ass'n, 3857 Birch, No. 442, Newport Beach 92660. (714) 641-1708.

MAR 26: One Hour Track Run. (For distance), Santa Rosa J.C. track (Bailey Field), 9 am. John Anderson (707) 523-4810. *Runners must provide lap counter.*

MAR 26-27: Pacific Crest Trail Del Sur 100-Mile. East of San Diego (Hwy 8, La Posta Cafe), time TBA. Tom Jackson, P.O. Box 176414, San Diego 92117. (619) 276-4417.

MAR 27: Los Angeles Lite Marathon. City Hall, 7:30 am. Jim Gilbert, Recreation & Parks Dept., 200 N. Main St., Los Angeles 90012. (213) 485-4871.

MAR 27: CANCELLED! Pinole Marathon. Pinole Valley HS, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

MAR 27: Race for Kicks. 3 & 8K, Santa Rosa, 9 am. Race for Kicks, P.O. Box 8208, Santa Rosa 95406. (707) 525-0973.

MAR 27: Couples Relay. 2x5K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt Joggers & Striders, c/o Ernest Issacs, 745 Arimo, Oakland 94610. (415) 834-3607.

MAR 27: National Nutrition Month "Over & Under" Runs. 5 & 10K, San Francisco (Golden Gate Bridge), 8:30 am. M. Fujikawa, 233 Orange St., No. 304, Oakland 94610. (415) 893-2724.

MAR 27: Willy Mays Foundation 10K Run. San Francisco (Golden Gate Park Polo Fields), 9:30 am. Willy Mays Foundation, 652 Bair Island Rd., Suite 110, Redwood City 94063 - Attn: Henry Rutland. (415) 369-MAYS.

MAR 27: Cotati Co-op Benefit Run. 10K & 3.3 mile, Cotati, 10 am. *Tentative.* Dr. Anu de Monerice, 65 W. Cotati Ave., Cotati 94928. (707) 795-8584 or 795-6819 home.

MAR 27: DSE Diamond Heights Run. 4 miles, San Francisco (McAteer High School), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

MAR 27: Runner's World Quarter-of-a-Day Relay. 6-person teams alternate miles for 6 hours, Foothill College, Los Altos Hills, time TBA. Runner's World, Attn: David Hans, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777.

MAR 27: American Diabetes Ass'n 8K. Ventura County Center, 9 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

MAR 27: King Games Half-Marathon. Stanford(?), time TBA. Palo Alto Area YMCA, 3412 Ross Rd., Palo Alto 94303. (415) 858-0661.

MAR 27: Roeding Park 6 Mile Run. Fresno (Roeding Park), 9 am. Frank Delgado, 1560 N. Durant Way, Fresno 93728. (209) 233-3631.

MAR 27: TAC National Masters Men Marathon Championships. Emerald City Marathon, Seattle, Washington, 8 am. *March 10 Entry Deadline.* c/o 1815 7th Ave., Seattle 98101. (206) 447-7290.

APRIL

APR 2: Magical Musical Marathon & Half Marathon. Folsom (Marathon), Rancho Cordova (Goethe Park/Half-Marathon), 7 am/Full, 7:30 am/Half. Jo Summer, Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

APR 2: Annadel X-Country Runs & Egg Scramble. 3 & 8K, Santa Rosa (S.E. side of Lake Ilesanjo, Annadel State Pk.), 9:30 am. Fred Kenyon, P.O. Box 879, Forestville 95436.

APR 3: Corporate Cup Ass'n Road Test 8K. Mountain View, 10 am. Runner's World, Corporate Cup Ass'n, 1400 Stierlin Rd., Mtn. View 94043. (415) 965-8777. *Corporate Teams Only.*

APR 3: DSE Ocean Beach Low Tide Run. 6 miles, San Francisco (Balboa & Great Hwy), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

APR 3: 4 & 8K Runs. Yorba Linda Regional Park, 4K/8:15 am, 8K/9:00 am. Jacky Wolfe, 3857 Birch, Room 442, Newport Beach 92660. (714) 641-1708.

APR 3: Easter Sunrise Celebration Jog. 3 mile run, 2 mile jog & 1 mile walk. Fresno (Woodward Park), 5:30 am. Harry Harder (209) 638-5007.

APR 10: Pigeon Pass Marathon (Half Marathon & Quarter Marathon). Loma Linda (Gentry Gym), 7 am. Jim Perry, P.O. Box 495, Loma Linda 92534. (714) 824-1779.

APR 10: Jimmy Stewart National Relay Marathon. Los Angeles (Griffith Park), 5-Person Teams. St. John's Hospital & Health Center, Special Events Office, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968. *See Entry Blank in this issue.*

LOOKING AHEAD

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

APR 17: American River 50-Mile. Sacramento to Auburn (Cal State Sacramento start), 6 am. *PA/TAC Championships.* Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 18: Boston Marathon. Hopkinton to Boston, noon. B.A.A. Marathon, P.O. Box 223, Boston, MA 02199. *Entry Deadline probably March 13th.*

APR 23: International Friendship Marathon & Half-Marathon. Tijuana/Rosario area, 7 am. Marathon, 233 Fourth Ave., Chula Vista 92010. (619) 420-6602.

APR 24: SPA/TAC 20K, 50K & 100K Championships. East of Camarillo (Adohr Dairy), 7 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

APR 30: Deadline for Bay to Breakers entries. See May 15.

MAY 1: Wild, Wild West X-Country Marathon. Lone Pine (Tuttle Creek Campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (714) 876-5671.

MAY 1: Avenue of the Giants Marathon. Weott (Humboldt Redwoods State Pk.), 9 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435. *NOTE: 2000 limit on entries. ... if 2000 limit is reached by Feb. 15, then a lottery will be used to select 2000. No "transfers" this year!*

MAY 1: Liliac Bloomsday Run. 7.5 miles, Spokane, Washington. Box 1551, Spokane, WA 99210.

MAY 15: Bay to Breakers. 7.5 miles, San Francisco (Howard & Spear Sts.), 8 am. Terri Robbins, c/o S.F. Examiner Bay to Breakers, 110 Fifth St., San Francisco 94103. (415) 777-7770. *Entry Deadline is April 30.*

MAY 21: Leatherneck Marathon. MCAS El Toro (Santa Ana), 7 am. Marathon, c/o Training Dept., (1GA), MCAS El Toro, Santa Ana 92709. (714) 651-3121.

MAY 25: TAC National Masters 20K Championship. Washington D.C. Chuck DesJardens, 5428 S. Portlane, Fairfax, VA 22032. (703) 250-7955.

JUN 5: Avon Women's International Marathon. (Open & Masters Women's National TAC Championships), Los Angeles (on 1984 Olympic Marathon course), time TBA. Avon International Running Circuit, 9 West 77th St., New York, NY 10019.

JUN 11: DeCelle Memorial Tahoe Relay. 7-Person teams (approx. 10 miles per leg), So. Lake Tahoe (Hiway 50 & 89, Safeway Pkg. lot), 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

OUTDOOR TRACK & FIELD

COACHES: Please send track & field schedules to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

FEB 4: Long Beach State All Comers. CSU Long Beach, 1 pm. John Tansey, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

FEB 5: Northridge All Comers Classic. Cal State Northridge, 11:30 am. Bill Webb, Track Coach, Cal State University, 18111 Nordhoff St., Northridge 91330. (213) 885-3608.

FEB 5: Redlands All Comers. University of Redlands, 9:30 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121.

FEB 5: Los Gatos All Comers Meet. Willie Hartz (408) 395-5825.

FEB 11: Mt. SAC All Comers Meet. Mt. San Antonio College, 10 am. Ernie Gregoire, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

FEB 12: San Diego State All Comers Meet. Dixon Farmer, Track Coach, San Diego State, 5402 College Ave., San Diego 92812. (714) 265-6569.

FEB 12: Cal State Bakersfield Road Runner Invitational. Charlie Craig, Track Coach, Cal State Bakersfield, Bakersfield 93307. (805) 833-2347.

FEB 12: Los Gatos All Comers Meet. Willie Hartz (408) 395-5825.

FEB 13: Northridge Weightman's Pentathlon & Throwers Meet. Cal State Northridge. Bill Webb, Track Coach, Cal State University, 18111 Nordhoff St., Northridge 91330. (213) 885-3608.

FEB 12-13: Men's Decathlon Meet. San Francisco State University, 10 am. Harry Marra, Track Coach, San Francisco State Univ., Athletic Dept., San Francisco 94132. (415) 469-1561.

FEB 19: Cal State L.A. Invitational. Dick Purcell, Track Coach, California State University-L.A., 5151 State University Dr., Los Angeles 90032. (213) 224-3243.

FEB 19: SPA Women's Olympic Development Meet. UC Santa Barbara. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

FEB 19: Cal State Long Beach All Comers. Ron Buss, Women's Athletics, Cal State Long Beach, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

FEB 25-26: Women's Heptathlon Competition. San Francisco State University, 10:30 am. Lloyd Wilson, Women's Track Coach, Athletic Dept., San Francisco State, San Francisco 94132. (415) 469-1561 office, (415) 568-3497.

FEB 26: Cal Berkeley All Comers. Edwards Stadium, 11 am.

MAR 5: San Diego Relays. Collegiate and Open. San Diego State University.

MAR 5: Central Valley Conference Relays. Modesto Junior College. Jack Albani, Dept. of Athletics, Modesto JC, Modesto 95350.

MAR 5-6: Long Beach Relays. (Univ., College, JC, men and women). Cal State Long Beach. John Tansey, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

MAR 5: Aztex Invitational. San Diego State. Dixon Farmer, Track Coach, San Diego State, 5402 College Ave., San Diego 92812. (714) 265-6569.

MAR 5: SPA Women's Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAR 12: Northridge Relays. Cal State Northridge. Bill Webb, Track Coach, California State University, 18111 Nordhoff St., Northridge 91330. (213) 885-3608.

MAR 25: West Hills College All Comers. Coalinga.

MAR 25-26: Golden Bear Meet of Champions. UC Berkeley. Tony Sandoval, Hearst Gym., Room 177, Berkeley 94720. (415) 642-9447.

MAR 26: Bronco Invitational. Cal Poly Pomona. (714) 598-4600.

MAR 26-27: UCSB Decathlon. Santa Barbara. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAR 27-28: USC Women's Invitational & Heptathlon. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-7893.

MAR 29: Santa Rosa Invitational. Junior College.

MAR 29-30: Fresno State Heptathlon/Decathlon. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 1-2: Martin Luther King Games. Stanford University, Brooks Johnson, Track Coach, Stanford University, Stanford 94305. (415) 497-4591.

APR 2: SPA Women's Olympic Development Meet. Cal Poly Pomona, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 7: Porterville College All Corners.

APR 9: Lady Bronco Invitational. Cal Poly Pomona, 3 pm. John Turek, CPP Women's Athletics, 3101 Temple Ave., Pomona 91766. (714) 598-4511.

APR 9: Fresno Invitational. Fresno State University, Tom Pagani, Athletic Dept., Fresno State University, Fresno 93740. (209) 294-4098.

APR 9: Bruce Jenner Junior College. San Jose City College, Bert Bonanno, Athletic Dept., San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 16: Ed Adams Invitational. Junior College.

APR 16: Bruce Jenner High School, Open, University, Club. San Jose City College, Bert Bonanno, see above.

APR 18: SPA Women's Olympic Development Meet. UCLA, Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 18-17: Sacramento Decathlon. Track Coach, CSUS Athletics, 6000 J St., Sacramento 95819. (916) 454-7008.

APR 18: Woody Wilson Relays. (College men and women). UC Davis, John Pappa, Track Coach, UC Davis Athletics, Davis 95616. (916) 752-0511.

APR 18: Northridge Invitational. Cal State Northridge, Bill Webb, Track Coach, CSUN Athletics, 18111 Nordhoff, Northridge 91330. (213) 885-3205.

APR 23: Merced Invitational. Junior College.

APR 23: Mt. San Antonio Invitational. Walnut, Don Ruh, MSAC Athletics, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 23: Poly Royal Invitational. Cal Poly San Luis Obispo.

APR 23: Women's Multi Events Invitational. Claremont High School, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 824-1484.

APR 30: USC Women's National Qualifying Meet. Sherry Calvert, USC Heritage Hall, Los Angeles 90007. (213) 743-7693.

APR 30: Nick Carter Invitational. UC Santa Barbara, Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAY 6-7: Cal Invitational. UC Berkeley, Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 842-9447.

MAY 7: Southwest Club & Collegiate Invitational. UC Irvine, Vince O'Boyle, Crawford Hall, UC Irvine, Irvine 92717. (714) 833-6342.

MAY 7: Johnny Mathis Tune-Up Meet. San Francisco State University, 10 am. Harry Marra, Track Coach, SFS Athletics, San Francisco 94132. (415) 469-1561.

MAY 11-14: Northern Calif. Athletic Conference. San Francisco State University, Harry Marra, SFS Athletics, San Francisco 94132. (415) 469-1561.

MAY 13: Northern California Community College Championships. Sacramento.

MAY 13-14: PCAA Championships. UC Santa Barbara, 11:00 am. Sam Adams, Track Coach, UCSB Athletics, Santa Barbara 93106. (805) 961-3400.

MAY 13-14: CCAA Collegiate Championships. Cal State Los Angeles.

MAY 14: California Relays. Modesto, 1 pm. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 15: UCLA Pepsi Invitational. UCLA, Jim Bush, UCLA Athletics, Los Angeles 90024.

MAY 20-21: PAC 10 Championships. Cal Berkeley, Edwards Stadium, Tony Sandoval, 61 Harmon Gym, University of California, Berkeley 94720. (415) 842-3158.

MAY 21: Long Beach Invitational. Cal State Long Beach, 11:00 am. John Tansley, Track Coach, CSULB Athletics, 1250 Bellflower, Long Beach 90840. (213) 498-4666.

MAY 21: California Community College State Championships. Modesto.

MAY 22: SPA Jr/Sr Women & Sr Men Championships. UCLA, 11 am. Bob Seaman, 12127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 23-28: NCAA II Championships. Cape Girardeau, MO.

MAY 28: Bruce Jenner Invitational, Open, University. San Jose City College, Bert Bonanno, SJCC Athletics, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 29: San Diego Cougar Invitational. San Diego State, Lenwood Williams, 2426 56th St., San Diego 92105. (714) 263-7834.

MAY 30: Memorial Day Open Meet. Mt. San Antonio College, Walnut, 9 am.

MAY 30-JUN 4: NCAA Division I Championships. Houston, TX, Tom Tellez, Houston Univ., 3801 Cullen Blvd., Houston, TX 77004. (713) 749-1352.

JUN 4-5: SPA Heptathlon & All Corners. Fullerton College, Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 824-1484.

JUN 11: Kinney Invitational. U.C. Berkeley, Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 855-9326.

JUN 12: SPA Olympic Development Meet. U.C. Irvine, 12 noon. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 17-20: TAC Sr. Men & Women Championships. Indianapolis, Indiana, Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 24-26: USA-GDR Dual Meet. Los Angeles.

JUN 25-26: TAC Jr. Men & Women Championships. Penn State, Harry Groves, Penn State U., University Park, PA 16802. (814) 863-0237.

INDOOR TRACK & FIELD

FEB 4: Los Angeles Times Indoor Games. The Forum, Inglewood, Will Kern/Glen Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (213) 972-5771 (bus.), (714) 538-1418 (home).

FEB 11: Foot Locker Games. Cow Palace, San Francisco, Jim Terrill, Box 764, Los Altos 94022. (415) 964-9238.

FEB 18: Michelob Invitational. San Diego Sports Arena, Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326 (bus.), (213) 879-9210 (home).

FEB 25: USA/Mobil Indoor T&F Championships. (Men & Women) Madison Square Garden, New York City, Olan Cassell (317) 638-9155. Meet Director is Heilodoro R. Rico, Box 4301, Grand Central Station, New York, NY 10017. (212) 421-2554 (bus.), (914) 271-4252 (home).

MASTERS T&F SCHEDULE

FEB 19: Orange Masters. CSU Long Beach, Larry Salinger, 203 E. Monroe, Orange 92667. (714) 639-4563.

MAR 5: Long Beach Relays. John Tansley, CSU Long Beach, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

APR 1-2: King Games. Stanford, Stanford Athletic Dept., Stanford 94305.

APR 2: Central Cal TAC Championships. Fresno State University, Hugh Adams, 7904 S. McCall, Selma 93662.

APR 22 or 23: Sacramento Relays. Bob Roemer, 3808 Yellowstone Ct., Folsom 95630.

APR 23-24: Mt. SAC Relays. Walnut, CA

MAY 1-2: Mt. SAC Relays. Walnut, CA

MAY 7: West Coast Masters. Visalia, Marty Higginbotham, 1026 W. Princeton, Visalia 93277.

MAY 6-8: South Eugene Eastern Classic. Raleigh, N.C., P.O. Box 590, Raleigh, NC 27602.

MAY 14: Redlands Masters Meet. Buz Wagner, 1522 Margarita Dr., Redlands 92373. (714) 793-2638.

MAY 21: Grandfather Games II. UC Irvine, Dave Lewis, 505 Begoma Ave., Corona Del Mar.

MAY 21 & 22: Pacific Association Masters Champs. Los Gatos, Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

MAY 28: Golden State Masters Meet. Porterville, Allen Nelson, 181 N. Carmelita, Porterville 93257.

JUN 4-5: Las Vegas Masters Classic.

JUN 11-12: Southeast Regional & TAC National Team Champs. Atlanta, GA, Ken Kirk, 3800 Stonewall Terrace, Atlanta, GA 30339.

JUN 18: Senior Sports Festival. Seattle, Washington, King County Rec. Dept., 425 S.W. 144th, Seattle, WA 98166.

JUN 18: Challenge of the Ages. Cerritos College, Los Angeles, Lewis Smith, 510 S. Ardmore, No. 112, Los Angeles 90020.

JUN 25-26: Hayward Classic. Eugene, Oregon, Bill McChesney, 1755 Coburg Rd., Eugene, OR 97401.

JUL 2-3: National Tug Decathlon Champs. Merced, A.J. Pugilzovich, 720 E. 2nd St., Merced 95340.

JUL 9: Southern Pacific Association Champs. Los Angeles, Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUL 18: Striders Relays. Ann Smith, 22736 Mulholland Dr., Woodland Hills 91364. (213) 348-6352 res., (213) 342-1174 bus.

JUL 23-24: West Valley Masters. Los Gatos, Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

JUL 30: Northwest Regional. Gresham, Oregon, Jim Puckett, 85 NE 19th, Gresham, OR 97030.

JUL 30: CDM Relays. CDMTC, c/o Al Henry, 19019 S. Andmark Ave., Carson 90746. (213) 774-1635.

JUL 29-30: National Masters Sports Festival. Philadelphia, PA, Fred Mannis, c/o National Masters Sports Festival, Philadelphia Civic Ctr., 34th & Civic Ctr. Blvd., Philadelphia, PA 19104.

AUG 6: CDM, Striders & San Diego Tri-Masters Meet. Southwestern College, Chula Vista, Joe Horn, 1147 Agate St., San Diego 92109.

AUG 20-21: Western TAC Regional. Los Gatos, Bruce Springbett, P.O. Box 1328, Los Gatos 95030.

AUG 27: Southern Calif. Masters Championships. Southwestern College, Chula Vista, Joe Horn, 1147 Agate St., San Diego 92109.

SEP 3-4: Rocky Mountain Games. Denver, Colorado, Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010.

SEP 10-11: New Senior Olympics. Los Angeles, Bob Watanabe, 11645 Wilshire Blvd., Suite 701, Los Angeles 90025. (213) 478-0805.

SEP 16-18: National TAC Championships. Houston, TX, Jim McLatchie, P.O. Box 740728, Houston, TX 77274.

SEP 24-31: World W.A.V.A. Championships. V World Veterans Games, G.P.O. Box 336, San Juan, Puerto Rico 00936.

OCT 1 or 8: Club West Masters. Santa Barbara, George Adams, P.O. Drawer K, Goleta 93107.

California

Track & Field Schedule

Collegiate

Open

Men's & Women's Masters

Junior College

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California Track

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CORY SCHUBERT

1982 Athletes

1983 is now upon us and all of the excitement from our sport for 1982 is now history. But before we let '82 rest in memory form, we want to once again honor the California Athlete of the Year selections in the various aspects or divisions of track and running in the state.

Ballots were mailed out to our panel of experts. They rated the top athletes in each category of their specialty from one to five. A first place vote received 10 points, a second place vote received 6 points, third 4, fourth 2, and fifth 1 point. Then it was just a matter of adding up the points to determine who the athlete of the year was in that particular category. Simple enough.

With nearly 50 categories of voting, selecting the top athletes in California is no small job. It's impossible for any one person to know everything about all aspects of

this game in California. We think our panel had broad enough representation to sort it all out and come up with worthy selections.

The following experts were solicited to vote in one or more of the categories: Ruth Anderson, Calvin Brown, Jim Bush, Scott Chisam, Bill Cockerham, Keith Conning, Bob Cooper, Chuck DeBus, Ken Dose, Rich Ede, Fran Errota, Red Estes, Gordon Fitzel, Steve Haas, Lance Harter, Jon Hendershott, Dave Jackson, Payton Jordan, Percy Knox, Fred LaPlante, Bob Larsen, Chuck Lichter, Bob McGuire, John Mansoor, Gary Miller, Bill Minarik, Pete Mundle, John Norton, Tom Pagani, Mike Plant, Marty Post, Tony Sandoval, Bob Seaman, Al Sheahen, Jack Shepard, Richard Slotkin, Doug Speck, Bruce Springbett, Bill Stock, Gary Tuttle, John Wenos, Howard Willman, Bob Womack.



ERIC REYNOLDS

photo by Herb Potter



RICK BROWNSBERGER

High School Boys Track & Field

STEVE KERHO: State and Golden West high hurdle champion. National HS auto time record of 13.41.

Others: Kerho earned every first place vote in this category. Likewise, Maurice Crumby, the high jumper from Balboa High in San Francisco garnered all the second place votes; as did Harold Kuphaldt (Bella Vista, Fair Oaks) with the third place.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubley 1976, James Sanford 1977, Dave Porath 1978, Bill Breen 1979, Charles Mayfield 1980, Pete Richardson 1981.

High School Boys Cross Country

ERIC REYNOLDS: The Camarillo High runner was undefeated all season, including the Kinney National Championships. See profile on Eric in last month's issue.

Others: Jim Frey of Yreka was a clear choice for second after his superb Northern California victory. Followed closely in the voting by Jesus Gutierrez (Pasadena) and James Ortiz (Barstow). For a complete ranking of the top 21 California high school cross country runners, see "Prep Notes" in this issue.

& Running News

of the Year

Previous selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank Assumma 1977, Jeff Nelson 1978, John Frank 1979, Jay Marden 1980, Harold Kuphaldt 1981.

High School Girls Track & Field

DENEAN HOWARD: This marks the second year in a row for Denean as California Athlete of the Year, and the fourth in a row for a Howard as sister Sherri won in '79 and '80. Denean was also selected by *Track & Field News* as the High School Athlete of the Year for the entire country. She repeated as state champ in the 400 and went on to record a nation leading best time of 50.87.

Others: No one was even close in the voting, but others receiving a good number of second and third votes were: Gayle Kellon, Polly Plumer and Natalie Kaaiawahia.

Previous selections: Mary Decker 1974, Cathy Sulinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981.

High School Girls Cross Country

CORY SCHUBERT: Northern California champ, Kinney Western champ, and third in the Kinney National meet. Schubert steadily improved all season, hitting a peak for the important end of the season championships.

Others: Close behind Schubert was junior Katie Dunsmuir of Pallsades, followed by sophomore Laura Cattivera of Mira Costa and freshman Shannon Clark of Mt. View. For a complete ranking of California's prep harriers please see "Prep Notes" in this issue.

Previous selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bler 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981.

J.C. Men Track & Field

SANDY CHAPMAN: State champion in the 800 meters. Best time of 1:47.0 and was fifth American in the TAC Championships.

Others: Hank Kraychir, Byron Criddle and Michael Turner all received a good number

of votes in this category.

Previous selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981.

J.C. Men Cross Country

Rich Brownsberger: The Grossmont College star came on in time for the "Big One" and his state championship swung him California Athlete of the Year as well.

Others: Jesse Torres was the only other runner even close to Brownsberger in the voting.

Previous selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978, Rick Rose 1979, Jeff Nelson 1980, Rodney Rivera 1981.

photo by Don Gosney



DENEAN HOWARD

photo by Don Gosney



STEVE KERHO

photo by Don Gosney



TOM DOWNS

photo by Stephen Wolters



STEVE SCOTT

J.C. Women Track & Field

BARBARA MORO: The Fullerton College star set a national record in the javelin with her 174-2.

Others: Close behind in votes were Liz Mueller, Ada Hay and Gwen Gardner.

Previous selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981.

J.C. Women Cross Country

KIM DeVETIS: A state championship was all it took for the Orange Coast College harrier to earn California Athlete of the Year.

Others: DeVetis earned all of the first place votes with Mara Lazdens of Mira Costa, the state runner-up, getting all of the second place votes.

Previous selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Geiley 1980, Renee Wyckoff 1981.

College Men Track & Field

MILAN STEWART: A first in the NCAAs plus second at TAC did the trick for the USC high hurdler.

Just a hair behind Stewart in voting points was another hurdler, Larry Cowling of Cal Berkeley.

Previous selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981.

College Men Cross Country

TOM DOWNS: As first Californian at the NCAA District 8 and at the NCAA Nationals, Downs was a clear choice for Athlete of the Year.

Others: UCLA harriers Steve McCormack and Jon Butler were the only other cross country runners to earn a goodly number of voting points.

Previous selections: Dave Taylor 1974, Terry Williams 1975, Terry Cotton 1976, Thom Hunt 1977, Thom Hunt 1978, Thom Hunt 1979, Steve Ortiz 1980, Graeme Fell 1981.

College Women Track & Field

JACKIE JOYNER: The UCLA heptathlete scored a collegiate record and first place in both the NCAA and TAC, plus a second in the NCAA long jump.

Others: Kim Schnurpfell and Karin Smith were very close in the voting.

Previous selections: Alice Brown 1980, Karin Smith 1981.

College Women Cross Country

CECI HOPP: The Stanford soph. ran tough all season, finishing the NCAA Championships in 3rd as the top Californian.

Others: Amy Harper and Alison Wiley were close for second most votes.

Previous selections: Maggie Keyes 1980, Ceci Hopp 1981.

Open Men Track & Field

STEVE SCOTT: Steve continues to improve year after year, this time bagging the American mile record with his 3:47.69, ranking him number two all time. Also recorded a 1:45.05 this season.

Others: Bob Roggy was just a few points behind Scott, followed by former UCLA stars Dave Laut and Greg Foster.

Previous selections: Bruce Jenner 1974, John Powell 1975, Bruce Jenner 1976, Arnie Robinson 1977, Mac Wilkins 1978, Edwin Moses 1979, Edwin Moses 1980, Edwin Moses 1981.

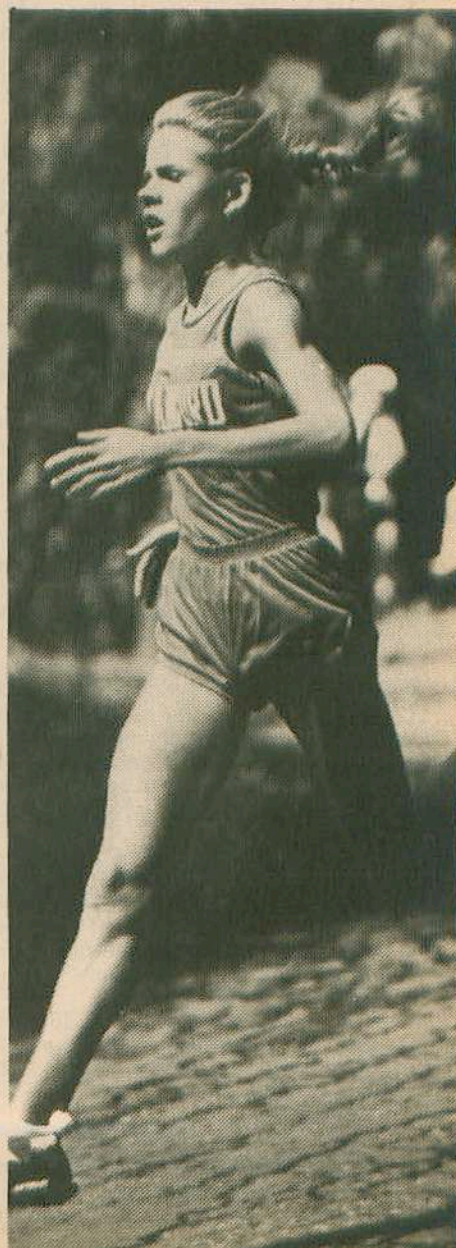
Open Men Cross Country

THOM HUNT: The San Diego resident continues to be tough in the harrier sport with a season end 16th place at TAC championships.

Others: Tom Smith, Danny Grimes and Ivan Huff also received a supply of points.

Previous selections: Bob Thomas 1976, Dave Babiracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981.

photo by Don Gosney



CECI HOPP

Open Women Track & Field

EVELYN ASHFORD: America's top sprinter with three marks under 11 flat in the 100. TAC champion and rated no. 2 in the world.

Others: Mary Decker Tabb earned a large share of votes, with Jane Frederick a way back in third.

Previous selections: Francie Larrieu 1974, Jane Frederick 1975, Kate Schmidt 1976, Kate Schmidt 1977, Jodi Anderson 1978, Evelyn Ashford 1979, Jodi Anderson 1980, Evelyn Ashford 1981.

Open Women Cross Country

JULIE BROWN: Third place at the TAC championships is all it took for Brown to bag her sixth California Athlete of the Year in this category.

Others: No one else close.

Previous selections: Julie Brown 1974, Julie Brown 1975, Julie Brown 1976, Judy Graham 1977, Julie Brown 1978, Maggie Keyes 1979, Francie Larrieu 1980, Julie Brown 1981.

Men Long Distance/Road Racing

DUNCAN MACDONALD: Duncan's consistency won out in a category that saw little head to head competition between the best in the south and best in the north ends of the state.

Others: Thom Hunt was just a point behind Macdonald. Twenty others received at least one vote.

Previous selections: Gary Tuttle 1974, Gary Tuttle 1975, Gary Tuttle 1976, Gary Tuttle 1977, Gary Tuttle 1978, Dave Babiracki 1979, Gary Tuttle 1980, Kirk Pfeffer 1981.

Women Long Distance/Roads

JULIE BROWN: Her 2:28 at the New York Marathon made her a clear favorite over Laurie Binder.

Others: Laurie Binder was closest in voting followed by Nancy Ditz, Eileen Claugus and Kim Schnurpfel.

Previous selections: Jackie Hansen 1974, Jackie Hansen 1975, Miki Gorman 1976, Miki Gorman 1977, Marty Cooksey 1978, Kathy Mintie 1979, Laurie Binder 1980, Laurie Binder 1981.

Masters Men 40-44 Track & Field

WALT BUTLER: Once again king of the hurdles and ace relay runner, Butler earns his second year in a row Athlete of the Year status.

Others: Close behind Butler were George Cohen, John Dobroth, Gary Miller and Ed Burke.

Previous selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981.

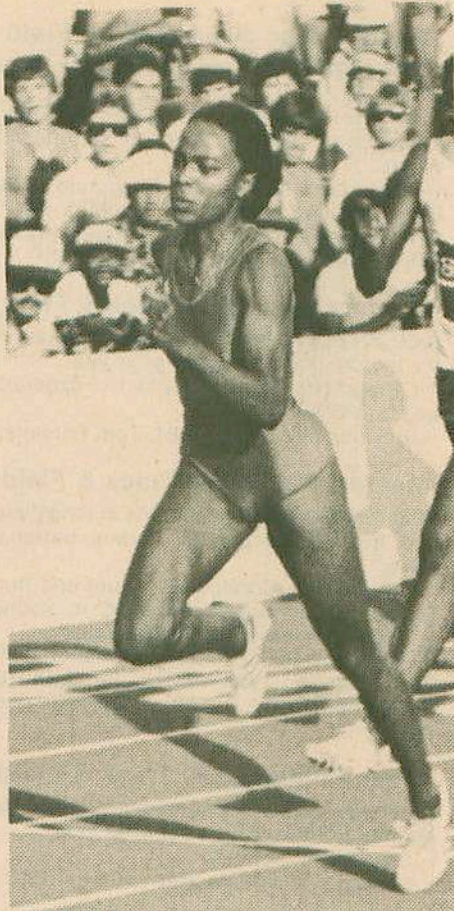
Masters Men 45-49 Track & Field

DAVE SEGAL: Dominated the sprints at the national level.

Others: Closest to Segal were Phil Conley and Ed Oleata.

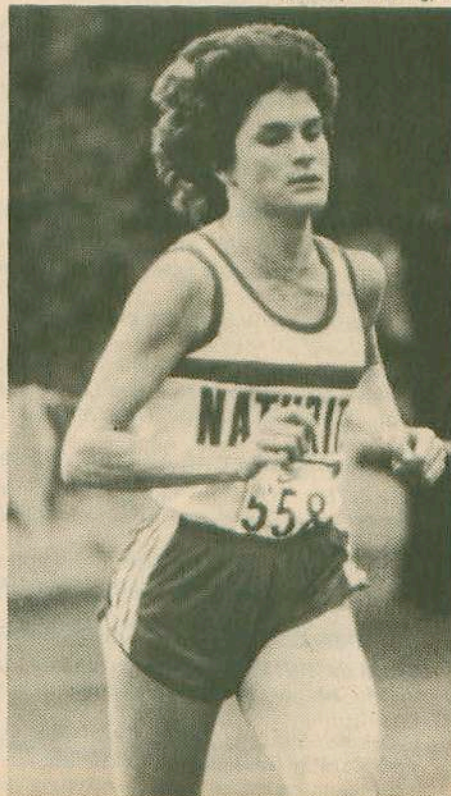
Previous selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Herm Wyatt 1981.

photo by Bill Leung, Jr.



EVELYN ASHFORD

photo by Bill Leung, Jr.



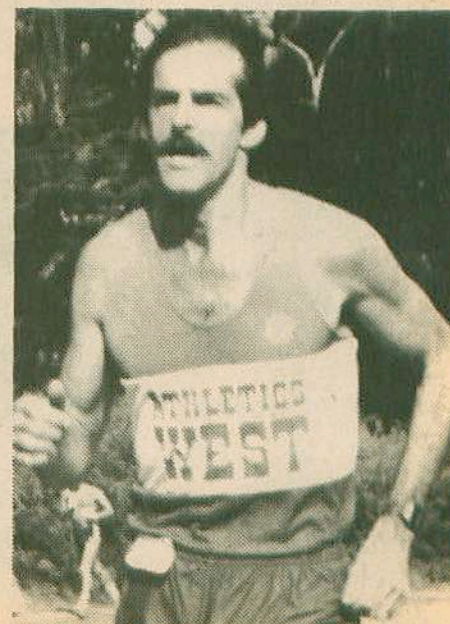
JULIE BROWN

photo by Richard Lee Slotkin



THOM HUNT

photo by Keith Conning



DUNCAN MACDONALD



DAVE JACKSON

photo by Gene Cohn



SAL VASQUEZ



BESS JAMES

Masters Men 50-54 Track & Field

DAVE JACKSON: World record in the triple jump.

Others: Close in the voting was Vic Cook, followed by Dave Stevenson and Herm Wyatt.

Previous selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978, Tom Patsalis 1979, Shirley Davison 1980, Don Cheek 1981.

Masters Men 55-59 Track & Field

BILL FITZGERALD: Continues to shine in the middle distances year after year.

Others: The only one close to Fitzgerald was Jim O'Neil.

Previous selections: 1981: Tom Patsalis.

Masters Men 60-64 Track & Field

TOM PATSALIS: World records in long jump and triple jump plus numerous national titles.

Others: Dan Aldridge, Bob Hunt and Burl Gist were all closely bunched in voting points, but a ways back of Patsalis.

Previous selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981.

Masters Men 65-69 Track & Field

PAYTON JORDAN: Continues to set world records in the sprints year after year.

Others: No one close.

Previous selections: Harry Koppel 1981.

Masters Men 70+ Track & Field

TONY CASTRO: Outstanding performer at national level in 100 and long jump.

Others: Vernon Cheadle, Red Doms, Bob MacConaghy and Win McFadden all received votes.

Previous selections: Paul Spangler 1976, Josiah Packard 1977, Winfield McFadden 1978, Josiah Packard 1979, Winfield McFadden 1980, Tony Castro 1981.

Masters Women 40-44 Track & Field

JEANNE CARTER: National champion sprinter with superior times in 100, 200 and 400 dashes.

Others: Cherrie Sherrard close behind in second.

Previous selections: Irene Obera 1977, Shirley Dietderrich 1978, Irene Obera 1979, Irene Obera 1980, Cherrie Sherrard 1981.

Masters Women 45-49 Track & Field

CHRISTEL MILLER: Outstanding field eventer with 9 national titles, indoor and out.

Others: Vicki Bigelow next in the voting.

Previous selections: Christel Miller 1981.

Masters Women 50-54 Track & Field

SHIRLEY KINSEY: Numerous age records in the weight events plus numerous national titles.

Others: Dorothy Stock, Ruth Anderson and Marilyn Waste were next in line.

Previous selections: Shirley Kinsey 1981.

Masters Women 55-59 Track & Field

HELEN DICK: Excellent times from mile through 10K.

Others: Margaret Miller and Shirley Dietderich were close for second.

Previous selections: Helen Dick 1981.

Masters Women 60-64 Track & Field

JOSEPHINE KOLDA: Set American age records in 100, 200 and 400 sprints.

Others: Jaclyn Caselli and Marjorie Hunt were the only ones close.

Previous selections: Jaclyn Caselli 1981.

Masters Women 65-69 Track & Field

KAY ATKINSON: Superior times in the middle distances.

Others: Only Ada Thomas and Dorothy Stotsenberg received votes.

Previous selections: Alice Werbel 1981.

Masters Women 70+ Track & Field

BESS JAMES: Top performer in everything from the 100 to the mile.

Others: Close in the voting was Edith Mendyka.

Previous selections: Bess James 1981.

Masters Men 40-44 X-C/Roads

SAL VASQUEZ: Consistent top performer in both cross country and road racing.

Others: Very close over Jim Bowers.

Previous selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennan 1978, Joe Burgasser 1979, Jim Bowers 1980. Jim Bowers 1981.

Masters Men 45-49 X-C/Roads

JIM KNERR: Perpetual top road racer. Especially tough at half and marathon distances last year.

Others: Andre Tocco and John Brennan also earned a number of votes.

Previous selections: John Brennan 1981.

Masters Men 50-54 X-C/Roads

ULRICH KAEMPH: Tops in age group in marathon with 2:34.

Others: Hal Winton, Len Thornton and Wally Ingram were all vote getters.

Previous selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978, Jim O'Neil 1979, Ulrich Kaemph 1981.

Masters Men 55-59 X-C/Roads

JIM O'NEIL: Continues to dominate his age groups at all distances.

Others: None close.

Previous selections: Jim O'Neil 1980, Jim O'Neil 1981.

Masters Men 60-64 X-C/Roads

HAROLD DAUGHTERS: 38 minute 10K plus 3:02 marathon.

Others: Only Paul Reese was close.

Previous selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981.

Masters Men 65-69 X-C/Roads

ED LEWIN: Outstanding 10K times in the 39 minute range.

Others: Paul Reese turned 65 in May and again was the only challenger in his new age group.

Previous selections: Ed Lewin 1981.

Masters Men 70 + X-C/Roads

PAUL SPANGLER: Toughest of the octogenarians.

Others: Monty Montgomery.

Previous selections: Paul Spangler 1976, Monty Montgomery 1977, Monty Montgomery 1978, Monty Montgomery 1979, Monty Montgomery 1980, Paul Spangler 1981.

Masters Women 40-44 X-C/Roads

SHIRLEY MATSON: Top performer in cross country and roads.

Others: Close was Karen Scannell.

Previous selections: Mike Gorman 1979, Sandra Kiddy 1980, Karen Scannell 1981.

Masters Women 45-49 X-C/Roads

VICKI BIGELOW: 36:45 for 10K.

Others: Sandra Kiddy close behind, followed then by Jennifer Wright.

Previous selections: Vicki Bigelow 1981.

Masters Women 50-54 X-C/Roads

MARION IRVINE: 37:43 10K; 2:59:55 marathon.

Others: Dorothy Stock was close with her cross country performances, then Ann Johnson.

Previous selections: Marion Irvine 1981.

Masters Women 55-59 X-C/Roads

MARGARET MILLER: 60:37 15K; 1:28:39 ½ marathon; 3:07 marathon.

Others: Helen Dick was next, then Mary Storey.

Previous selections: Margaret Miller 1981.

Masters Women 60-64 X-C/Roads

JACLYN CASELLI: 45:43 10K.

Others: Gerry Davidson.

Previous selections: Kay Atkinson 1981.

Masters Women 65-69 X-C/Roads

KAY ATKINSON: 47:31 10K; 1:47:30 ½ marathon.

Others: None.

Masters Women 70 + X-C/Roads

BESS JAMES: 57:57 10K.

Others: Mavis Lindgren next.

Previous selections: Bess James 1981.



SHIRLEY KINSEY

photo by Richard Lee Slotkin



MARGARET MILLER

photo by Keith Conning



TOM PATSALIS



PAUL SPANGLER



BILL FITZGERALD



VICKI BIGELOW

photo by Ross Gentry

California's Ironwomen

- JoAnn Dahlkoetter
- Julie Leach

By
G. David Brown/Innersports

Interview with: JoAnn Dahlkoetter

Q: You weren't expected by the "experts" to finish second at the Ironman, can you tell us a little about your previous triathlon experience prior to the Hawaiian competition?

A: In October of '81 I developed a stress fracture in my right tibia that necessitated a 6-month layoff from running. I took up swimming and cycling in order to maintain my fitness level during this recovery period. When I began working with a Masters' swim team in San Francisco, I could see improvement in my style and swim times. The sport of swimming became a source of enjoyment and challenge rather than a chore to avoid weight gain.

I had already acquired some cycling skill through racing and touring. In 1976, I rode my bicycle across the U.S. over the bike centennial route. I traveled with a group which averaged 90 miles per day for 54 days, and covered 4200 miles. This was my first experience with an aerobic sport and I became excited about doing long distance events. Doug Knox of the Santa Barbara Bicycle Club introduced me to bike racing in 1978 and I acquired an appreciation for the value of interval training.

I began running in 1977 while completing my Masters' Degree in Clinical Psychology at West Virginia University. I was happy with my performance level while I was healthy, but a series of injuries continually



JOANN DAHLKOETTER is not a new name to those in the running community. The 1980 San Francisco marathon winner however is a new name to the sport of triathlon and was another big surprise and "unknown" at Hawaii. After being frustrated with running injuries, Dahlkoetter took up swimming and biking. Finding herself equally competitive in these new areas of athleticism Dahlkoetter combined the three to become one of the nation's and world's elite triathletes. Dahlkoetter tells about her development as a triathlete and her feelings about this new sport of the 80's.

put me back on the bicycle or into the swimming pool. My strength in these two sports led naturally into the sport of triathlon.

In April of '82, I attempted my first triathlon—The Rapp's race in Palo Alto. I placed 2nd to Karen Chequer, and I immediately became aware that swimming was my area of weakness and would require a lot of work. Over the following 6 months I entered 10 triathlons, including several U.S. Triathlon Series races, and placed among the top 6 women in each race. This experience in doing a broad range of triathlons gave me the confidence I needed to do well at Hawaii.

Q: What triathlon discipline do you see as your best?

A: Running is my strongest sport. After I won the women's division of the 1980 San Francisco Marathon in 2:43:20, I always wanted to improve my time at that distance. Don Bajema became my running coach in 1981 and I've worked closely with him for the past 2 years. I learned that high distance running (e.g. 100 mile weeks)



JULIE LEACH took Kona, Hawaii and herself by surprise by winning the prestigious IRONMAN triathlon this past October. With strong competition from the well-known names of McCartney, Edwards and others, the 5-6½, 130 pound school teacher fooled all the experts with this big win. After Hawaii many asked "Who is Julie Leach?" In this recent interview Leach, the endurance splendor, tells CT&RN who she is and talks about her development as a triathlete with a description of her race in Hawaii.

rapidly led to injured tendons and ligaments, while low mileage, high quality work gave me the results I desired. Once I incorporated swimming and cycling into my training, I didn't have the urge to over-train while running.

Q: What was your training like before Hawaii?

A: I consider the quality of mileage far more important than the number of training hours. During the two months leading up to Hawaii I was averaging weekly mileages of 4-5 for swimming, 150 for cycling and 30 for running. These figures are much lower than what most triathletes were doing to train for Hawaii. After a proper warm-up, the majority of my training was done at 140-170 heart rate. This way I could gain the maximum benefit from each mile and reduce the risk of injury from over-distance training.

Nutrition was also a significant aspect of my training. While studying nutrition as part of my psychology program, I became highly conscious of the quality of food which is necessary for peak athletic perfor-

mance. While training for the Ironman my diet consisted largely of fresh fruits and vegetables, nuts and juices, and Supernutrition Vitamins. During this program I was able to maintain the longest injury-free period of my athletic career: eight months of consistent training.

As a sports psychologist, I made use of a number of visualization and motivation techniques to improve my concentration. When I set up training programs for athletes, I always include mental imagery exercises as a regular part of their schedule. Having created a clear picture of what I wanted, I was able to perform far better than I ever expected at the Ironman.

Q: Do you see more women getting competitively involved in the triathlon?

A: Definitely. A woman actually competed in the first Ironman Triathlon in 1978 when there were only 15 entrants. In the Ironman this past October, 82 out of 850 participants were women. A survey conducted by Triathlon Magazine found that women represent 16 percent of the triathlete population. Now that triathlons appear to be paralleling the trend of marathon running, I think we'll probably see that number increasing to 25 or 30 percent.

Women get involved in the sport for a number of reasons. I am currently gathering information for an article I'm writing on profiles of America's top female triathletes. Sally Edwards, who has placed among the top 3 women in the last 3 Ironman races, feels that endurance sports are part of the historical development of the women's movement. Aerobic competition is a way that women can express their need to become strong, independent people.

I feel that triathlons have brought out the competitiveness in women more than ever. They train hard, they lead disciplined lives, and those who set appropriate goals eventually achieve them. The Nice Triathlons, held in France this last November, were a good example. Five of the top 6 U.S. women had come out of the water within minutes of each other, and we were still jockeying for position 10 miles into the bike ride. It was exciting to see how closely matched we had all become.

Q: What things do you see in the future for triathlons? Do you see it tending towards an Olympic event or more toward the professional arena?

A: The U.S. Triathlon Association is currently working toward developing triathlons as an Olympic event. I think the earliest we could expect this to happen would be in 1988. Before this can become a reality we have to develop a large international interest. The most exciting trend I see in the sport is the increased media exposure, sponsorship of athletes, and large prize money lists offered at races. For instance the Malibu Triathlon offered the winning man and woman each \$2500 and the prize list was equivalent for women and men down to 8th place.

This kind of support is already making a difference in the lifestyle of some triathletes. With 6-figure incomes in store for the top triathletes, an 8-hour job will cease to be a necessity.

Q: How did the French people react to the Nice Triathlon in France?

A: During pre-race week, the French felt like foreigners in their own land. English was used as the standard language for all meetings and the French had to use translators in order to understand what was going on. The French team's strength was in its cyclists. They were highly skilled in group racing but not as familiar with the solo skill of time trialing required in triathlons. The French certainly had the advantage out on the race course, however, where you had to know the French word for banana or ERG in order to get any help at the aid stations.

Q: What advice would you give to the beginning woman triathlete?

A: Don't be intimidated by the great distances involved in the Ironman race. Begin by training for a shorter race such as one of the USTS races, where you can swim approximately 1 mile, bike 20 miles, and run 9 miles. You can use those races to build a base of experience and confidence with which to tackle longer triathlons.

Make a careful assessment of your skill level in all three sports. Find your weakest sport and target your energy toward learning techniques and gaining the muscle strength required in doing that sport. Rather than overwhelm yourself by trying to become accomplished at all 3, it's better to work with one sport at a time and maintain a working level in the other two. For instance right after placing 2nd at the Ironman at Hawaii, I joined the Tamalpais Aquatic Masters team, directed by Marle McSweeney, one of the finest coaches in Northern California. In two months of concentrated attention on swimming, my times have dropped substantially. I will now incorporate running into my training and later add cycling to the program, as the triathlon season draws nearer.

Most importantly, point your training toward Bonne-Bell's first all-women triathlon tentatively scheduled for May 29 in Redwood City. This will be a great opportunity for women to get involved in the sport and to receive training advice and encouragement from other women.

Interview with: Julie Leach

Q: How does it feel being crowned IRON-WOMAN?

A: I was sooo happy about just finishing the race! It didn't really matter about the time. It's really neat winning such a big event.

Q: Did you find the race really competitive this year?

A: Definitely. But I didn't go out there with the idea of competing against others, although I felt the women's field was real strong. I did the event as more of a challenge to myself, wanting to do the best I could. There's so few women compared to men that you really don't go out there and see a woman in front of you and say, "Oh Gosh, I got to catch her!" I just thought about myself.

Q: Can you describe the race on a whole at Hawaii?

A: I felt really strong coming out of the water. I was about 11th or 12th, about where I thought I would be, although my time was a lot faster than I expected. That kind of excited me because I felt so good. I had a really strong bike ride although the weather was discouraging. It wasn't as bad as I knew it could have been. It was very windy. We went out with a headwind and I felt great. I thought that after the turn around I would have a tail wind but that wasn't the way it was. It was about a 85 mph on a 112 bike ride which is a pretty strong head wind. I ended up being second woman off the bike, and about 49th overall. I just felt crashed after the bike; I didn't think I could run because my back was killing me from having to stay down so low the entire ride on the bike. I took a long time changing and just tried to relax. It was exhilarating coming out of the changing room because the crowd was telling me the girl who got off the bike in front of me was only about a minute ahead of me and she had to walk off the first hill. So I pretty much knew I could catch her and forgot I felt so lousy. I went out strong and caught her about the first half mile. Then it was just a question of hanging on to first place.

Q: What triathlons did you do before Hawaii?

A: I did several of them. I did some of the USTS series. I did one in Long Beach, where I was fourth. Then in Portland, I was 3rd. I won the Horny Toad Triathlon and I did one in Kona called the Kona Tuneup Triathlon which I also won. I experienced a lot of problems before Hawaii. I was hit by a car in May while biking and broke my leg. It didn't need a cast since it broke the smaller of the two bones in the shin, which is not an ankle supporting bone. It slowed me up a lot because I couldn't run for about five or six weeks. And when I did start to run it was very painful and took about 12 weeks to fully heal. It took me all the way to the middle of September to get my running back together. After Hawaii I had a hairline fracture which was the reason I didn't compete in Malibu.

Q: Do you see the longer triathlon events to your advantage?

A: I don't know. I train for that specifically. If I were to train and concentrate on the shorter triathlons I would train differently. So, I don't know. I think I could be better on the shorter triathlons. What I did was use the shorter races as workouts. I would train hard the day before and the day after. I was doing more long stuff than speed work. I think I could improve on the short ones because I was having a hard enough time running the long distances. I think I could improve my biking and running for the shorter distances.

Q: How did you get started in triathloning? What inspired you?

A: I went over last February with my husband. He had done triathlons before and I went over to watch, and I started getting caught up in "triathlon fever." He decided he wanted to do this thing again in October which I didn't expect at all. So I thought I would do it too since we spend a lot of time together and really enjoy each others company. I like training, and cycling was like something new, so it was stimulating. I like

Ironwomen, continued . . .

being outdoors and we enjoyed training together. Basically I started because I was kind of in a floundering part of my life with my athletic career. I think down deep inside I was ready to "gung-ho" myself into some sporting event and this happened to be there at the time.

Q: Did you compete in sports in high school?

A: In a round about way, yes, I did. I trained in a sport called flat-water kayaking which is not going down river and rapids, as everyone thinks! It's mostly an Eastern European sport. For women it's a 500 meter course going as fast as you can like rowing. I had trained since I was 14 and was in the '76 Olympics for flat-water kayaking. I trained for another four years for 1980 but of course that fell through and left me with a bad taste in my mouth. I did feel like I kind of wasted my time. I still tried out for the team and didn't make it, my heart wasn't really in it. So, winning this event has been very satisfying for me and very satisfying to my athletic career.

Q: Which is your strongest event?

A: I consider running my strongest point. I have run a 37:14 10k and a 3:02 marathon. I only did about 45 miles a week and a 10 mile run was really long for me. I picked up cycling rather quickly and that has become one of my stronger events. I felt secure in my running. I thought no matter what in Hawaii (Ironman) I would run a 3:30 marathon. I thought no way am I going to run slower than eight minute miles. I ended up swimming and riding so hard that I felt slow at the end. My first six miles were at 7:30 pace. "This is great," I thought. I knew I could slow down to about 8:30 and still come up with a 3:30 marathon. But I sort of hit the wall and I went from a 7:30 pace to a 10:00 pace. I felt really depleted.

Q: How has having a triathlete husband helped you?

A: We virtually do all our training together which is all the support I need. He understands a lot. He doesn't expect me to come home and clean house and cook. We both share the chores. He probably does more when it comes down to it! We have the satisfaction of knowing how each other feels. We discuss everything about training and what's going on. This year at the Ironman, when he found out that I was winning, he quit the race and got on the camera crew truck which was following me. He gave up his race to watch mine.

Q: Do you see your triathloning as a life-style?

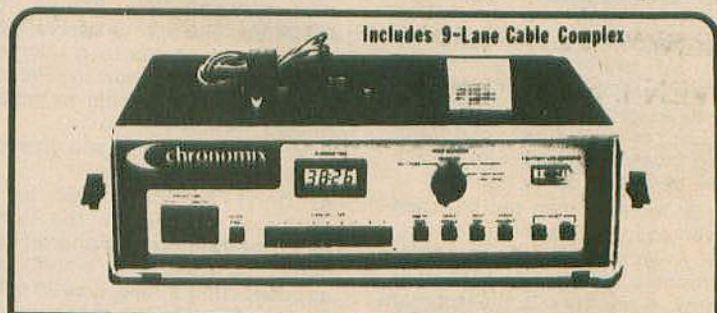
A: I see training and being outdoors as a life-style. In the summer we paddle outriggers, enjoy the beach, volleyball, body surfing and travelling. I'm not really ready to throw myself in the triathlon full time. I did that to myself in kayaking for so many years that I've had enough of it. As far as eating, sleeping and breathing a sport I just can't handle that right now.

Q: Do you see more women getting involved in the sport?

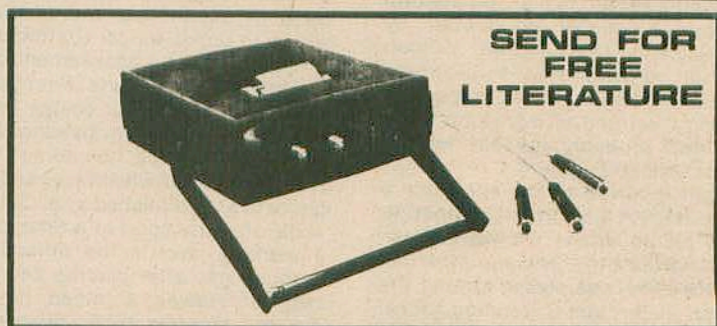
A: I think it will grow as it catches on with women. When people think of the triathlon they think of the Hawaii Ironman. People don't consider you a triathlete unless

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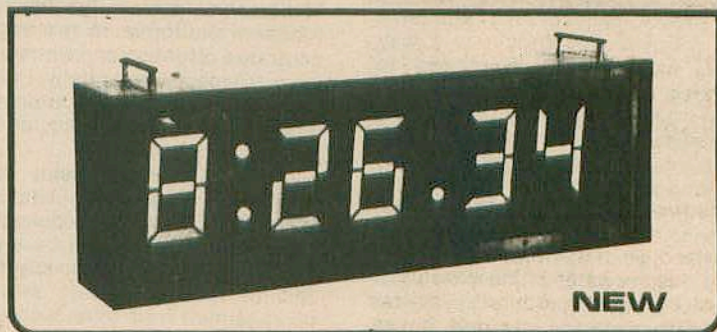
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NEW

CC721 Nine Lane Printing Timer (Top Photo)

Portable and battery operated, the Compusport 721 times to 1/100 second for split times, cross country, or time by lane. A built-in memory lets you read intermediate and lap times as well as totals. Features: LCD running time display and battery life indicator.

CC707 Economy Printing Timer (Middle Photo)

Prints place and time for an unlimited number of runners. Prints splits and gives total; also prints sequential and cumulative times. CC707 times to 1/10 second and operates on rechargeable batteries (charger included).

CC601 Run Time Clock (Bottom Photo)

This new Run Time Clock has 6" Day-Glo digits that can be seen up to 400' distant. Shows hours, minutes, seconds (or 1/100's in split mode). It operates 75 hours on an internal set of D-size batteries. An easy-to-use keyboard sets all functions and preset times.

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you've done that one and that's not true. There are a lot of shorter distances that take two or three hours which is a great distance for anyone. And triathlons are very stimulating because you have three sports and if you're injured in one, you always have the others to rely on. I really think it's going to be the sport of the 80's.



Medical Notes for Runners

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

What Is The Function Of A Running Magazine

I've been medical editor for *California Track and Running News* for some time now and this has caused me to think upon the topic, "What is my purpose and, in fact, what is the purpose of a running magazine?" When I was out on a long run, about twenty miles, this past week and

"one of the most important functions for any running magazine is that of motivation."

my good friend, Dr. Rob Yelland, and I were discussing this, we came to the conclusion that one of the most important functions for any running magazine is that of motivation. A magazine must motivate people like Rob and I to continue running. The best way to motivate people is to have stories about how great what we are doing really is, how great it is to be an average runner or a marathoner, and how great it is to be running. It's also good to continually read about the benefits of running, ways to improve your running and training and to, in effect, be an injury free runner who enjoys the most out of life and running. Motivation is the key word.

Also of interest are articles on how to avoid injuries and what to do if you are injured. Free medical advice is always important.

Other than that, what we'd really like to know about is what runs are available, how to register for them and what to expect once we are in the runs or races. Race results are also quite important.

Of interest, of course, is what the hot shots are doing; who's winning what race, how they train, and how we can relate to them. One must not, of course, lose sight of the average runner, people such as myself.

We'd like to have information on the latest on running shoes, equipment, or perhaps, an occasional article on fluid

replacement, diet, running in the heat, running in altitude, etc., etc.

Even though everything has been said before, it needs to be said over and over again. Repetition is important because runners need constant reminding of what to do properly, how to do it, and why they are doing what they are doing. This, then, appears to be the main purpose for a running magazine. At least it's the main purpose from where I'm coming from. I, of course, like to look through running magazines to see the ads. Ads are always of interest to me. Well, what do you think the purpose of a running magazine should be? What do you think the purpose of *California Track and Running News* should be? So far, I've heard only positive things. Some constructive criticism about my column. If you have any ideas or there are more things you would like to know from me, let me know. Thanks for the input.

More On Orthoses

SKIING

Orthoses for skiing aid in edge control. The orthoses should be narrower than those orthoses for other sports inasmuch as the boots are narrower. This is especially so in the heel seat. The heel seat of the orthoses must be narrow. The orthotic's medial arch should be turned away from the foot because, as the skier presses forward with a forward lean, the arch elongates and depresses and the medial edge of the orthosis can cause the foot to become irritated.

It's important to have the orthotics control the foot at about a neutral position. It's always better to undercontrol than overcontrol inasmuch as overcontrolling can cause the skier to catch the outside edge which may result in an injury.

Full length orthoses allow skiers to have a better feel with their toes and aid in pro-



prioception. They also aid in extending the toes.

BASKETBALL

Basketball orthoses should, likewise, be full length. If the athlete has a history of spraining the ankle, a forefoot valgus compressible post is most helpful. At times, we utilize a perpendicular rearfoot post or, even, a valgus rearfoot post for sprained ankles and repeated sprains in athletes involved in multidirectional sports or jumping sports such as basketball or baseball.

MULTIDIRECTIONAL SPORTS

It's important to undercontrol rather than overcontrol in multidirectional sports. The heels should be about perpendicular and the forefoot to rearfoot relationship should be perpendicular. Full length orthoses are sometimes more comfortable for the athlete if a 0° forefoot compressible extension is utilized.

UNIDIRECTIONAL SPORTS

Unidirectional sports on artificial surfaces require overcorrection. This means that there should be very little rocking between the forefoot and the rearfoot. When this is carried out, you will notice a dramatic reduction in the functional valgus that takes place in the knees during pronation in unidirectional sports such as long distance running. This drastically reduces knee pain and symptoms as well as medical leg and foot problems.

California Records

Compiled by Howard Willman

Once again, we bring you California's All-Comer Records: the best marks ever recorded in this state. The TAC Championships were held here in 1981 (Sacramento) and the Olympics will be here in 1984 (Los Angeles), but the years inbetween will see no major national championship meet here. Thus, the 11 events with updated marks come almost all from California's many big Invitationals. There should be a whole onslaught of revisions after 1984, though, since it appears the Olympic Trials and TAC will both be held in this state.

We've listed here the best marks made in California in Olympic events (except walks) and the men's and women's mile and women's 5000m and 10,000m. Multiple bests have been given in some events because the top mark was recorded either indoors or at an altitude above 1000 meters. In addition, second bests are also given in the men's shot put (the top mark was made in the ITA), the women's 10,000 (the top mark was made in a race with men) and the men's 200 and 400 (the top marks were made with "brush" spikes). Hand times for races 400m or shorter are not listed.

All athletes are American except those noted with a foreign country. The only exception is Jackie Pusey, a member of LA Naturite TC's 4x400 team. She is Jamaican.

Looking at the top sites (considering only the top mark), Westwood's Drake Stadium (UCLA) is still the leader, with 10 of the marks. Tied for second are Walnut's Mt. San Antonio College and Sacramento's Hughes Stadium (Sacramento CC) with 6 each. The indoor San Diego Sports Arena follows closely with 5. The Los Angeles Coliseum, which should see many of the new marks in the next 2 years as site of the East Germany dual, the Olympic Trials and the Olympics, is next, tied with Berkeley's Edwards Stadium (Cal) at 3.

Affiliation abbreviations: ACU-Abilene Christian University; AW-Athletics West; DOTC-Desert Oasis TC; ITA-International Track Association; LIU-Long Island University; MTC-Medallist TC; ORTC-Oral Roberts TC; PCC-Pacific Coast Club; SCVYV-Santa Clara Valley Youth Village; UCTC-University of Chicago TC. Also: A-mark made at an altitude above 1000 meters; i-mark made indoors; h-hand-timed decathlon.

It should be noted that Mike Layman's 2:13:01 marathon at Oakland last December is not listed because it has been found to be 381 yards short.



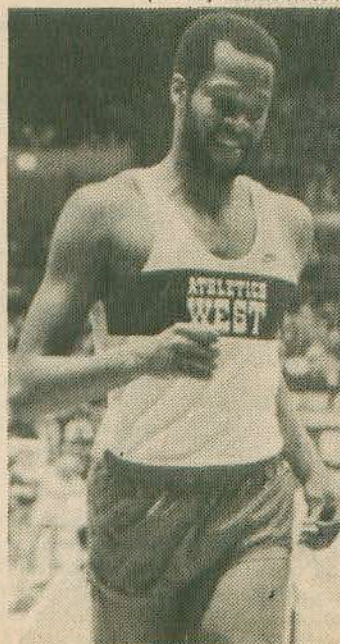
JACKIE PUSEY

photo by Dave Stock

400m	51.04	Lorna Forde(LIU/Barbados)	Westwood	6-10-78
800m	1:58.50	Madeline Manning(ORTC)	Sacramento	6-21-81
1500m	4:03.01	Mary Decker Tabb(AW)	San Diego	2-19-82
	4:04.8	Zamira Zaitseva(USSR)	Berkeley	7-7-78
Mile	4:20.51	Mary Decker Tabb(AW)	San Diego	2-19-82
	4:23.2	Mary Decker Tabb(AW)	Berkeley	6-12-82
3000m	8:42.6	Svyetiana Ulmasova(USSR)	Berkeley	7-8-78
5000m	15:30.6	Jan Merrill(Age Group AA)	Stanford	3-22-80
10,000m	32:22.5	Kellie Cathey(Oklahoma)	Walnut	4-25-82
	32:52.5	Mary Shea(NC HS)	Walnut	6-15-79
Marathon	2:36:13	Lorraine Moller(NBTC/NZ)	San Francisco	6-6-82
100mH	12.86	Deby LaPlante(SD State)	Walnut	6-16-79
400mH	58.43	Sandy Myers(LA Naturite TC)	Sacramento	6-21-81
4x100m	43.27	Soviet Union	Berkeley	7-7-78
		(Vera Anisimova, Lyudmila Maslakova, Lyudmila Kondratyeva, Lyudmila Storoshkova)		
4x400m	3:27.90	LA Naturite TC	Sacramento	6-20-81
		(Rosalyn Bryant 52.0, Jackie Pusey 51.1, Yolanda Rich 52.5, Sandy Myers 52.3)		
High Jump	6-51	Debbie Brill(PCC/Canada)	Los Angeles	1-22-82
	6-4 1/4	Pam Spencer(LA Naturite TC)	Sacramento	6-21-81
Long Jump	22-7 1/2	Jodi Anderson(CS Northridge)	Westwood	6-10-78
Shot Put	62-7 3/4	Maren Seidler(SJ Stars)	Walnut	6-16-79
Discus	221-5	Meg Ritchie(Az/Great Britain)	Walnut	4-26-81
Javelin	218-3	Kate Schmidt(Los Angeles TC)	Westwood	6-12-78
Heptathlon	6458	Jane Frederick(AW)	Goleta	7-17-82

photo by Maurice Wilson

photo by Bill Leung, Jr.



WILLIE BANKS



CARL LEWIS

MEN'S EVENTS:

100m	10.00	Carl Lewis(Santa Monica TC)	Modesto	5-15-82
200m	19.92A	John Carlos(SCVYV)	Echo Summit	9-12-68
	20.03	Ciancy Edwards(USC)	Westwood	4-29-78
400m	44.06A	Lee Evans(San Jose State)	Echo Summit	9-14-68
	44.19A	Larry James(Villanova)	Echo Summit	9-14-68
	44.70	Cliff Wiley(DC Int'l)	Sacramento	6-21-81
800m	1:43.9	Rick Wohlhuter(UCTC)	Westwood	6-22-74
1500m	3:33.1	Jim Ryun(Kansas)	Los Angeles	7-8-67
Mile	3:50.61	Eamonn Coghlan(Ireland)	San Diego	2-20-81
	3:51.1	Jim Ryun(Kansas)	Bakersfield	6-23-67
Steeple	8:21.59	James Munyala(Kenya)	Westwood	6-11-77
5000m	13:08.4	Henry Rono(Wash St/Kenya)	Berkeley	4-8-78
10,000m	27:36.2	Gabriel Kamau(UTEP/Kenya)	Walnut	4-24-82
Marathon	2:13:15	Tom Fleming(New York AC)	Los Angeles	3-29-81
110mHH	13.00	Renaldo Nehemiah(Maryland)	Westwood	5-6-79
400mH	47.45	Edwin Moses(Morehouse)	Westwood	6-11-77
4x100m	38.89	U.Southern California	Los Angeles	2-23-80
		(Kevin Williams, Billy Mullins, James Sanford, Michael Sanford)		
4x400m	2:59.6	U.S.National Team	Los Angeles	7-24-66
		(Bob Frey 46.3, Lee Evans 44.5, Tommie Smith 43.8, Theron Lewis 45.0)		
High Jump	7-6 1/4	Dwight Stones(CS Long Beach)	San Diego	2-21-76
Pole Vault	7-6 1/4	Dwight Stones(DOTC)	Westwood	6-9-78
Pole Vault	18-9 1/4	Billy Olson(ACU)	San Diego	2-19-82
	18-6 1/4	Dan Ripley(PCC)	San Jose	5-2-82
	18-6 1/4	Billy Olson(ACU)	Modesto	5-15-82
Long Jump	28-3 1/4	Carl Lewis(Houston)	Sacramento	6-20-81
Triple Jump	57-7 1/4	Willie Banks(AW)	Sacramento	6-21-81
Shot Put	72-6 1/4	Brian Oldfield(ITA)	Daly City	4-4-75
	72-3	Brian Oldfield(UCTC)	Modesto	5-16-81
Discus	233-7	Ben Plucknett(SoCal Striders)	Modesto	5-16-81
Hammer	251-3	Giampaolo Urlando(MTC/Italy)	Walnut	6-14-80
Javelin	307-6	Bob Roggy(AW)	San Jose	4-17-82
Decathlon	8417h	Bill Toomey(SoCal Striders)	Westwood	12-10-69

WOMEN'S EVENTS:

100m	10.93	Evelyn Ashford(Medallist TC)	Westwood	8-7-82
200m	22.30	Evelyn Ashford(Medallist TC)	Sacramento	6-21-81

Tuttle's Track Topics

By GARY TUTTLE

Mark, Set, Practice

The warm summer weather is fast approaching, and so is the road racing season. With just a little driving, you can run a race a weekend in any section of California.

I'm going to outline a general training program which will prepare the beginner to be ready to finish a 10K in May or June, and the more experienced runner to be ready for a marathon in April.

The training outline is written specifically for three groups of runners: the beginner, the runner and the racer.

The "beginners" are those who have only just started jogging, or are not currently jogging but are starting tomorrow. In other words, this is for those who have as a goal the finish line at a 10K in May or June.

A beginner should start with a walking program, and should continue walking daily until you can cover two miles at a fast pace without causing yourself undue stress.

When you can walk 20 minutes hard and fast, you can put a three-minute run in the middle of the walk. Stay at the three minute level for one week.

After the first week, increase the running portion to five minutes and decrease the walk to 15 minutes. Continue adding two minutes of running a week until 25 minutes a day of running are reached. It doesn't matter how hard you run the 25 minutes, the important thing is to just keep moving.

Once you have reached the 25 minute level, you are reasonably ready to finish an occasional 10K.

Those beginners who are of school age (if they are not overweight) can usually skip the walking phase and go right to jogging 10 minutes a day. These youngsters also should add two minutes per week until they reach 25 minutes a day. Once reaching 25 minutes a day, they can stay at that level until race day.

The next level above the beginner is the "runner." This is someone who runs three to six miles a day, at least five times a week, and has been a consistent runner for at least two years.

If you qualify as a "runner," and want to run in a marathon in May, use the following schedule, and you should be adequately prepared to finish the marathon without totally destroying yourself.

First of all, for the rest of Feb., you should run 4-6 miles per day. In March you must run 5-7 miles per day. In April you should average 6-8 miles a day. In the first week of May run eight miles a day. During the second week of May run seven miles per

day, and decrease to 4-5 miles a day on the week leading up to race day.

This daily average does not include one long run a week. The long run should be done every sixth or seventh day, and should progress over the next 14 weeks in the following manner:

- Week 1 — eight miles
- Week 2 — nine miles
- Week 3 — ten miles
- Week 4 — eight miles
- Week 5 — eleven miles
- Week 6 — nine miles
- Week 7 — thirteen miles
- Week 8 — ten miles
- Week 9 — fifteen miles
- Week 10 — eleven miles
- Week 11 — thirteen miles
- Week 12 — seventeen miles
- Week 13 — ten miles
- Week 14 — race —

It doesn't matter how long these long runs take, the important thing is to get used to doing the longer distance. You need to spend the time on your feet.

If you use this program, and especially if it's your first marathon, don't run for a time, just run to finish the 26 miles on race day.

The more advanced runners are the "racers." The racers are those who have run six-plus miles per day for three or more years. The racers also are unique in that they are not concerned with just finishing the marathon—they want to run their fastest time ever.

If you are a racer, the following program will get you to race day ready for your best effort ever.

Begin by averaging eight miles per day for the rest of Feb. In March, average approximately 10 miles per day. For all of April and the first week of May, you should average 12 miles per day. Starting the second week of May drop to eight miles per day, and then down to 4-5 miles a day the last week before the race.

In addition to the daily running, you also must do one long run once a week. This long run is worked into the weekly daily average. For instance, the week with a 20 miler in it doesn't need to have 12 milers every day. Just work the 20 miler into the average.

In other words, in April you need to run 84 miles in the week, not necessarily 12 miles per day.

The long runs should be done in a program like this:



photo by Richard Lee Slotkin

- Week 1 — twelve miler
- Week 2 — fifteen miler
- Week 3 — thirteen miler
- Week 4 — fifteen miler
- Week 5 — fourteen miler
- Week 6 — thirteen miler
- Week 7 — fifteen miler
- Week 8 — twenty miler
- Week 9 — eighteen miler
- Week 10 — fourteen miler
- Week 11 — fifteen miler
- Week 12 — nineteen miler
- Week 13 — twelve miler
- Week 14 — race

Besides doing the long run once a week, the "racer" should be running faster than marathon race pace at least twice a week.

"Faster than race pace" can be done in many ways. For instance, you could race a shorter distance than the marathon, or do repeat miles on the track, or run a short, quick training run, or just pick up your pace several times during a regular training run. Whatever you do, remember that "faster than race pace" does not mean sprints.

This race program is difficult, and should not be attempted by everyone. Before tackling the racer program, be sure you're physically and mentally able to handle it.

In addition, if you start the racer program, use common sense when you get injuries and illness. However minor they may seem at first, it's better to occasionally back off the program and recover than to press onward.

Whether you follow any of these programs is not really important. What is important is that you get outside and exercise, and above all, have fun.

Prep Notes

By KEITH CONNING

HIGH SCHOOL SCHEDULES

February 4:	Los Angeles Times Indoor Games, Inglewood.
February 11:	Foot Locker Track Classic, Daly City.
February 12:	Foot Locker Track Festival, Daly City.
February 18:	Michelob Invitational, San Diego.
March 28-29:	NorCal Men's Octathlon and Women's Pentathlon, Enterprise High School, Redding.
April 1-2:	Martin Luther King Games, Stanford.
April 16:	Bruce Jenner High School Classic, San Jose City College.
April 23:	Claremont High School Invitational Pentathlon.
April 23:	Sundevll/Coca-Cola Invitational, San Diego.
June 11:	Kinney Invitational, Berkeley

★ FOOT LOCKER TRACK CLASSIC OPENS PRE-OLYMPIC CAMPAIGN

Leading off Northern California's participation in the two most important years in track and field history will be the 21st running of San Francisco's only indoor meet, newly renamed the Foot Locker Track Classic.

World renowned athletes from the United States and half a dozen other countries have been invited to compete at the Cow Palace on February 11. There they will put the finishing touches on the indoor campaign which will lead many of them to the World Championships this year and the Olympic Games next year.

There will also be competition for high school athletes on the same program as the world class athletes. High school boys will compete in the long jump, 50 meters, 3000 meters (20 laps), 8x150m Relay (8 x 1 lap), and the 4x450m Relay (4 x 3 laps). The high school girls will compete in the 50 meters, 3000 meters and 4x450m Relay.

It will be the 20th anniversary of the San Francisco affair and Jim Terrill, who has directed all the meets, admits to being excited about this one.

"What the athletes do this indoor season will have a direct impact on the major events of the next 18 months", Terrill feels.

"All world class athletes, men and women alike, are looking forward to the sport's first ever World Championships, to be held in Helsinki, Finland this summer. And as competition always speeds up in pre-Olympic years the athletes are looking forward to the Olympic Games in Los Angeles in 1984."

Terrill says the sponsorship by Foot Locker is one of three major developments planned to add luster to the meet, long established as one of the major fixtures on the indoor circuit. The first step was taken in 1981 with the purchase of the newest model of custom designed running tracks by the producer of the world's fastest board ovals.

The third step is a repositioning of the meet on the indoor campaign. The trackfest has been moved from Saturday night to Friday, thus guaranteeing the competitors will be fresh and not tired from back-to-back competition.

Terrill says he is building the meet around the likes of milers Steve Scott, Tom Byers and Thomas Wessinghage, distance men Suleiman Nyambui and Doug Padilla, vaulter Billy Olson, sprint queen Evelyn Ashford, decathlon record breakers Daley Thompson and Jurgen Hingsen, high jumper Dwight Stones, and others.

Look for a sensational high jump with Stones, collegiate high jump record holders Milt Ottey and Del Davis, along with San Francisco prep star Maurice Crumby, who jumped 7-3 last summer.

★ FOOT LOCKER TRACK FESTIVAL

Foot Locker will also sponsor the Foot Locker Track Festival (formerly the Olympic Development meet) on Saturday, February 11, and also the Foot Locker Forum (formerly the track clinic) on Friday and Saturday, February 11, 12 1983.

High school women will compete in the following events: 30m dash, 40m low hurdles, 1500m (10 laps), 3000m (20 laps), 1800m Relay (4x450m or 3 laps), 3000m Relay (4x750m or 5 laps), long jump, high jump, shot put. They will have a total of 9 events; 7 individual and 2 relays.

High school men will compete in the following events: 30m dash, 40m low hurdles, 1500m (10 laps), 3000m (20 laps), 1800m Relay (4x450m or 3 laps), 3000m Relay (4x750m or 5 laps), long jump, high jump, shot put and pole vault. They will have a total of 10 events; 8 individual and 2 relays.

★ AAU—USA JUNIOR OLYMPICS 1983

What is the AAU Junior Olympics? When the AAU-USA Junior Olympic games come to South Bend, Indiana on July 26-31, 1983, they will continue the story of America's largest multisport event, which began in Washington, D.C. in 1948.

Organized and administered by the Amateur Athletic Union (AAU) and sponsored nationally by Sears Roebuck and Co., the AAU-USA Junior Olympic games are open to America's young athletes, age 8-18. Before reaching South Bend, the athletes will have competed in local, and regional meets. Over 4,000 athletes are expected to compete in the 1983 games.

Visitors to the games will have the opportunity to see competition in: baseball, boys and girls basketball, boxing, decathlon/heptathlon, field hockey, gymnastics, taekwondo, table tennis, wrestling, weight lifting, track and field, swimming, synchronized swimming, water polo and judo! Some of America's best young athletes will be on hand, preparing for the 1984 and 1988 Olympics.

History foretells that the participants in the 1983 AAU-USA Junior Olympic Games in South Bend will be the foundation for America's future Olympic teams. The 1960 Olympic Games saw the first AAU-USA Junior Olympic's alumni win a gold medal and by 1976, the graduates of America's largest youth sports development program captured 75 percent of the United States' total medals.

In 1953, a teenage hurdler from California won several AAU-USA Junior Olympic gold

HIGH SCHOOL TRACK 1983

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Contains statistical wrap-up of the 1982 season for high school men and women, indoors and outdoors. In depth lists of 1982 performers, all-time lists and national, class and age records. Prepared and published by Jack Shepard, T&FN's High School Editor. 25th edition.

medals. Seven years later, at the Olympic Games in Rome, that same Junior Olympian, Rafer Johnson, defeated the world and brought the gold medal for the decathlon home to America. Johnson's legendary performance also earned him the coveted AAU Sullivan Award, presented annually to America's outstanding amateur athlete.

Former Junior Olympian Wilma Rudolph won gold medals in Rome for her performance in the 100 meter and 200 meter dash and in the 400 meter relay. The Tennessee sprinter was presented the AAU Sullivan Award in 1961, one of ten alumni of the AAU-USA Junior Olympics to receive the award since 1960.

The Olympic Games in Tokyo, Mexico City and Munich, saw tremendous growth in the impact of the AAU-USA Junior Olympics on America's world teams. Montreal in 1976 was the greatest tribute to the development concept of the AAU-USA Junior Olympics. The United States team included 83 former Junior Olympians, only 18 percent of the total team, but they earned 75 percent of

the total medals won by the United States athletes.

Other former Junior Olympians include Jim Ryun, Frank Shorter, Harvey Gance, and Bill Toomey.

★ **MAURICE CRUMBY JUMPS 7-1**

College of San Mateo, December 4—Senior Maurice Crumby (Balboa, San Francisco), the State champion, high jumped 7-1 to open his outdoor season.

Crumby also plays basketball during the winter.

The following week he jumped 7-0. Then on Saturday, January 8th at the University of California in Berkeley he cleared 6-8 on a cold and foggy day.

★ **KENNY ROBINSON REGAINS ELIGIBILITY**

Kenny Robinson (Arizona State/Berkeley HS 81), the former California sprint champion, will have four more years of eligibility.

He only ran in two meets last year before injuring the tendons in his right foot.

The Pac-10 ruled that he can compete as a freshman this season.

★ **WALTER MURRAY EMPHASIZES FOOTBALL**

Walter Murray (Hawaii/Berkeley HS 81), the former State champion and national record holder in the 300 meter low hurdles, is now a wide receiver.

He told me that he is being looked at by the pros. Unfortunately, the University of Hawaii does not have a track program. Murray signed a national letter of intent in football before his sensational senior season in high school track.

I hope someday that we can have open track as they do in tennis, so that athletes like Murray and Renaldo Nehemiah can again compete in both sports. As it stands now we are going to lose all our top track and football prospects to the sport that offers the best remuneration.

continued on next page...

1982 High School X-C Invitational Rankings

By KEITH CONNING

This ranking is based on the meets entered by the 42 members of our 1982 High School All-California Cross Country Team.

	Date	Boys	Girls	Total	%
1 Mt. San Antonio College Invitational	10/29-30	11	7	18	42.9
2 Stanford Invitational	10/11	5	6	11	26.2
3 Artichoke Invitational	10/02	2	3	5	11.9
Dana Hills	9/25	3	2	5	
Nevada Union Invitational	10/02	3	2	5	
Orange County Championships	10/16	2	3	5	
7 Chico Invitational	9/25	2	2	4	9.5
Crystal Springs Invitational	10/09	2	2	4	
Mt. Carmel Invitational	10/02	3	1	4	
Soquel Invitational	10/23	2	2	4	
Kenny Staub Invitational	10/02	2	2	4	
12 Bishop Amat Girls' Classic	9/11	0	3	3	7.1
Center Meet	10/28	1	2	3	
El Dorado Invitational	9/18	2	1	3	
Millikan Invitational	9/18	1	2	3	
Palos Verdes HS Invitational	10/16	0	3	3	
Rio Linda Invitational	10/16	1	2	3	
South Bay Invitational	9/25	3	0	3	
19 Bell-Jeff Invitational	10/02	1	1	2	4.8
Castro Valley Invitational	10/23	2	0	2	
Costa Mesa Invitational	10/02	1	1	2	
Fountain Valley Invitational	10/09	1	1	2	
Hershel Miles Invitational	10/16	0	2	2	
Royal Invitational	9/25	1	1	2	
Sonora Invitational	9/25	0	2	2	
UCLA Invitational	9/19	0	2	2	
Woodbridge High Invitational	9/18	1	1	2	
Yucaipa Invitational	10/02	1	1	2	
29 Alum Rock Invitational	9/25	0	1	1	2.4
Ashland, Oregon Invitational	10/02	1	0	1	
Aztec Invitational	10/02	1	0	1	
Carlmont Invitational	9/27	1	0	1	
Center Meet	10/14	1	0	1	
Center Meet	10/21	0	1	1	
Clovis High Invitational	9/18	0	1	1	
Cordova Invitational	9/24	1	0	1	
Crater, Oregon Invitational	9/11	1	0	1	
Dos Pueblos Invitational	10/09	1	0	1	
Foothill-St. Francis Invitational	10/16	0	1	1	
Lassen Invitational	10/09	1	0	1	
Mater Dei Invitational	10/09	0	1	1	
Northridge Invitational	10/23	0	1	1	
Parris Invitational	9/18	0	1	1	
Ram Invitational	10/09	1	0	1	
San Gabriel Valley Invitational	10/16	0	1	1	
San Luis Obispo Relays	9/18	1	0	1	
San Ramon Invitational	10/02	0	1	1	
Other Competitions:					
Kinney Invitational	12/04	19	14	33	78.6
National Postal	10/30	2	3	5	11.9

"Top Outdoor Invitational West of the Mississippi"
—Howard Willman (Track & Field News)

16th Arcadia Invitational

Track and Field Meet for
High School Men & Women
Sat. - April 16, 1983

4:30 pm - Field Events • 7:00 pm - Running Events

- ★ 1982 Meet featured entries from 10 California Men's State Champions.
- ★ 1982 Meet featured entries from 11 California Women's State Champs.
- ★ 1982 Meet 7 National Best Marks (Denean Howard 52.90 400 Meters National Federation Record).
- ★ Open to all California Sections, all Arizona Schools, all Oregon Schools, and Nevada Schools within 300 miles.

Men: 10.57 - 21.2 - 47.05 - 1:49.9 - 4:36.7 - 8:45.2
14.04 - 36.15 - 41.5 - 3:13.1 - 10:13.6 (DMR) - 7:11"
16'5" - 24'10" - 50'8 3/4" - 66'10 1/4" - 204'11"

Women: 11.57 - 23.77 - 52.90 - 2:05.3 - 4:53.45
10:28.97 - 14.7 - 42.70 - 46.6 - 3:46.3
11:59.11 (DMR) - 5'10" - 20'4 3/4" - 37'11" (TJ)
50'10" - 172'4"

Sprints Fully Electric Accutrack Timed

For Meet Information:

Doug Speck • Arcadia High School
180 Campus Dr. • Arcadia, CA 91008
(213) 446-0131 or (213) 445-7507

★ RICHARD KIMBALL HUNTS FUGITIVE

On Tuesday night January 4th, Richard Kimball was interviewed on Channel 2 News in Oakland. He was part of a Sheriff's search party looking for Lesley Grover Wyman, 44, a self-styled survivalist who likes guns and likes the woods. Wyman was tentatively identified as the gunman who critically injured a Santa Cruz sheriff's deputy and wounded a California Highway Patrol officer in Felton.

Kimball won both the mile and two mile races in the 1974 State Meet in Bakersfield. He was the first performer in the history of the State Meet to win both races. His time of 8:46.5 broke the Meet record by 5.8 seconds.

By coincidence I was working on my all-time Northern California 3200 meter list just before watching the news. Incidentally, he heads the list.

If only Lesley Wyman knew who was searching for him!

On Monday, January 10th, the news came that sheriff's deputies had found the body of Wyman. He apparently killed himself.

★ NCAA PROPOSAL NO. 48

San Diego, Jan. 11—Delegates to the NCAA convention passed a rule to toughen academic standards for incoming athletes.

The proposal, No. 48, says athletes must have completed a "core curriculum" of math, English, social and physical sciences, as well as score a minimum of 700 on the SAT college entrance test or 15 on the ACT exam.

Another proposal that was passed specifies that athletes who don't meet No. 48's requirements can receive athletic scholarships. But they cannot play or practice their sport for one year, and will have three years of eligibility only if they meet academic requirements of all freshmen athletes.



START OF KINNEY WESTERN REGIONAL BOYS FAST SECTION

★ 1982 HIGH SCHOOL CROSS COUNTRY INVITATIONAL RANKINGS

Mt. SAC is the most popular invitational in the state. This year 18 members or 42.9 percent of the 42 member 1982 High School All-California Cross Country team participated at Mt. SAC. Last year Mt. SAC had 21 members or 50 percent.

But watch out for the Stanford Invitational! Last year they had 7 members or 16.7 percent and this year they increased to 11 members or 26.2 percent. They are particularly strong in the girls' division where 6 out of 21 or 28.6 percent of the All-California team participated.

The Kinney Western Regional attracted 33 team members, which represents 78.6 percent of the team. However, in the boys competition 19 of 21 members or 90.5 percent participated. Only the two athletes from the Los Angeles Section did not compete, but they were running in their Section Prelims that day.

★ HIGH SCHOOL CONTRIBUTIONS NEEDED

Please send stories, results, and photos about track in your area.

Doug Speck (563 North Willow Grove Ave., Glendora, CA 91740) covers the Southern Section and Los Angeles Section.

Steve Fagundes (4738 Espana Ct., Carmichael, CA 95608) covers the Sac-Joaquin Section.

Keith Conning (2235 Browning St., Berkeley, CA 94702) covers the remainder of the state.

Send your photographs directly to Bill Cockerham (P.O. Box 6103, Fresno, CA 93703).

★ HIGH SCHOOL SCHEDULES

If you would like your invitational meet listed in our High School Schedule, please send details to Keith Conning, 2235 Browning St., Berkeley, CA 94702.

1982 Sac-Joaquin Section Final X-C Rankings

from STEPHEN FAGUNDES

Girls

Individuals

- 1 Joni Mooney (Vacaville)
- 2 Julie Van Horn (Kennedy, Sacramento)
- 3 Sally Pinkner (Davis)
- 4 Stacey McAfee (Del Oro, Loomis)
- 5 Julie Rasmussen (Lincoln, Stockton)
- 6 Laurie Bushling (Yuba City)
- 7 Beth Terapelli (Encina)
- 8 Ronda Wagner (Mariposa)
- 9 Julie Rivers (El Dorado, Placerville)
- 10 Deonne Self (Del Campo, Fair Oaks)

Teams

1. El Dorado (Placerville), 2. Del Oro (Loomis), 3. Del Campo (Fair Oaks), 4. Merced, 5. Davis, 6. Vacaville, 7. Sonora, 8. Colfax, 9. Cordova (Rancho Cordova), 10. Casa Roble (Orangevale).

Boys

Individuals

- 1 Jason Flamm (La Sierra, Carmichael)
- 2 Pete Vicencio (Del Oro, Loomis)
- 3 Rene Perez (Woodland)
- 4 Rod Curry (Christian Bro., Sacramento)
- 5 Juan Orosco (Turlock)
- 6 Gabriel Chavez (Franklin)
- 7 Danny Valdez (Merced)
- 8 Chris Allen (Mira Loma, Sacramento)
- 9 Mike Edwards (NV Union, Grass Valley)
- 10 Jerry Saldona (Riverbank)

Teams

1. Jesuit (Carmichael), 2. NV Union (Grass Valley), 3. Cordova (Rancho Cordova), 4. Merced, 5. Mira Loma (Sacramento), 6. Placer (Auburn), 7. Bella Vista (Fair Oaks), 8. Vacaville, 9. El Dorado (Placerville), 10. Del Oro (Loomis).



JONI MOONEY

California Track & Running News

1982 High School All-California Cross Country Team

Selected Committee headed by Keith Conning

The team was selected on the basis of the Kinney National, Kinney Western Regional, the Northern California, and the Section meets.

Eric Reynolds (Camarillo) was ranked third in 1981. This year he was simply sensational as he was undefeated.

Jim Frey (Yreka) was ranked eleventh in 1981. This year he moved to second on the basis of his excellent Northern California performance. His two losses in Oregon were to Tracy Garrison (Klamath Falls, OR), who placed third at Kinney.

Junior Jesus Gutierrez (Pasadena), who is actually older than Frey, defeated junior James Ortiz (Barstow) two of the three times they met. Ortiz defeated Mark Junkermann (Los Alamitos) two of three times. Junkermann defeated Jason Flamm (La Sierra, Carmichael) two of three times. Flamm defeated George Yuster (Brentwood, Los Angeles) three times.

The Los Angeles Section was conducting their preliminary meet during the Kinney Western Regional. Thus, Jose Luis Garcia (Lincoln, Los Angeles) was ranked on the basis of his section performance and how he did in track.

Cory Schubert (Del Mar, San Jose) won the Kinney Western

Regional, was the top Californian in the Kinney National, and won the Northern California meet.

Junior Katie Dunsmuir (Palisades, Pacific Palisades) set a new course record at Mt. SAC, and placed fourth in the UCLA women's invitational representing the Santa Monica Track Club.

Sophomore Laura Cattivera (Mira Costa, Manhattan Beach) also broke the old course record at Mt. SAC and won the Southern Section 3A crown.

Freshman Shannon Clark (Mt. View) defeated Schubert to win the Central Coast Section and placed second at the Northern California championships. She lost to Cattivera at Stanford.

Cattivera defeated Kathleen Ebner (Bishop Amat, La Puente) four times.

Clark defeated sophomore Nanette Garcia (Silver Creek, San Jose) three times. Garcia and Tania Fischer (Chaminade, Canoga Park), who was ranked second last year, split their two meetings. Garcia gets the edge on the basis of the Kinney National outcome.

Fischer defeated Sandy Blakeslee (Vista) two out of three times.

Fine Flicks by Don Gosney

Boys First Team

1. ERIC REYNOLDS

Camarillo — 2/28/65

- 09/25 1) Royal L 14:58.8 CR
- 10/09 1) Dos Pueblos SR 14:55.3
- 10/30 1) Mt. SAC IS 14:44
- 11/05 1) Marmonte League 14:43
- 11/13 1) SS 4A R2 14:46
- 11/20 1) SS 4A 14:39.4 (2nd all time)
- 12/04 1) Kinney Western 14:39.4
- 12/11 1) Kinney National 14:35.7

2. JIM FREY

Yreka — 9/27/65

- 09/11 2) Crater, Ore. 16:07.5k
- 09/25 1) Chico 15:20 CR 3m
- 10/02 2) Ashland, Ore. 15:38.5k
- 10/09 1) Lassen 16:10 MR 3.2m
- 10/28 1) No. League 15:54 CR 3.1m
- 11/07 1) No. Section 15:11 CR 3m
- 11/27 1) No. Calif. 14:40.4 CR 3m
- 12/04 17) Kinney Western 15:18.6

3. *JESUS GUTIERREZ

Pasadena — 5/27/65

- 09/25 1) Dana Hills DIII 14:29 CR
- 10/02 1) Kenny Staub DI 15:11
- 10/30 2) Mt. SAC IS 14:53
- 11/05 1) Pacific League 15:10
- 11/13 2) SS 4A R3 15:01
- 11/20 2) SS 4A 14:48
- 12/04 5) Kinney Western 14:58.1
- 12/11 7) Kinney National 14:56.6

4. *JAMES ORTIZ

Barstow — 11/19/65

- 09/18 2) El Dorado R6 15:11
- 09/25 1) Dana Hills DI JR 14:42
- 10/02 1) Yucaipa DIII 15:34 CR
- 10/30 3) Mt. SAC IS 14:56
- 11/06 1) San Andreas League 15:12
- 11/13 1) SS 3A R2 15:21
- 11/20 1) SS 3A 15:04
- 12/04 4) Kinney Western 14:57.7
- 12/11 25) Kinney National 15:32.5

5. MARK JUNKERMANN

Los Alamitos — 6/27/65

- 09/18 1) Millikan SR 14:53.7 CR
- 10/02 1) Costa Mesa DI 15:34.4



(left to right): JASON FLAMM, ERIC REYNOLDS, JAMES ORTIZ, JESUS GUTIERREZ, & MARK JUNKERMANN

- 10/09 1) Fountain Valley DIII 15:32
- 10/16 4) Orange County RIII 15:03
- 10/30 4) Mt. SAC IS 15:04
- 11/05 1) Empire League 14:47
- 11/13 1) SS 4A R3 15:00
- 11/20 3) SS 4A 14:58
- 12/04 7) Kinney Western 15:02.3
- 12/11 10) Kinney National 15:03.0

6. JASON FLAMM

La Sierra, Carmichael — 4/26/65

- 09/24 1) Cordova 13:35 CR
- 10/02 1) Nevada Union 15:22
- 10/11 1) Stanford A 15:24.0 CR
- 10/23 1) Soquel L 12:26
- 10/30 5) Mt. SAC IS 15:12
- 11/03 1) Sub Section III 15:02.5
- 11/11 1) Section 14:50.1 CR
- 11/27 2) Northern Calif. 15:03.8
- 12/04 6) Kinney Western 15:01.1
- 12/11 22) Kinney National 15:28.3

7. GEORGE YUSTER

Brentwood, Los Angeles — 10/24/65

- 10/02 1) Bell-Jeff D3 14:40
- 10/11 2) Stanford A 15:28.8
- 10/29 1) Mt. SAC R14 15:22.2
- 11/05 1) Prep League 14:54
- 11/13 1) SS 1A R3 15:41
- 11/20 1) SS 1A 15:11
- 12/04 8) Kinney Western 15:04.3
- 12/11 29) Kinney National 15:43.5

10. RONALD HARRIS

Eisenhower, Rialto — 5/18/65

- 09/18 1) SLO VOI 15:52.3
- 09/25 2) Dana Hills DIII 14:50
- 10/30 7) Mt. SAC IS 15:20
- 11/13 1) SS 4A R1 15:16
- 11/20 5) SS 4A 15:14
- 12/04 10) Kinney Western 15:12.5

11. RENE PEREZ

Woodland — 10/3/64

- 10/02 2) Nevada Union 15:51
- 10/09 1) Crystal Springs CV 15:08
- 11/05 1) Sub Sect. II 14:40
- 11/11 4) Sac-Joaquin Sect. 15:34.2
- 11/27 13) Northern California 15:28.6
- 12/04 12) Kinney Western 15:14.6

Boys Second Team

8. JOSE LUIS GARCIA

Lincoln, Los Angeles

- 12/04 1) Los Angeles Sect. R1 15:03
- 12/11 1) Los Angeles Sect. 14:52

9. JOE MANUEL

Bonita Vista, Chula Vista — 1/9/65

- 11/19 1) SD Sect. 2A R1 15:36.1
- 11/24 7) SD Sect. 2A 17:13
- 12/04 9) Kinney Western 15:10.7

12. JOHN MORSE

Las Lomas, Walnut Creek — 6/16/64

- 09/04 1) Clayton ADR 6.5m 34:32 CR
- 09/19 6) Walnut Fest. 10K 30:58
- 10/11 1) Stanford B 15:38.0

Prep Notes

Fine Flicks by Don Gosney

photo by Bert Davis

- 10/23 1) Castro Valley S 15:38
- 10/30 5) Postal R2 9:16.7
- 11/04 1) Foothill Ath. Leag. 16:13.4
- 11/13 1) NCS 2AS 14:41.9
- 11/20 1) NCS 16:15.3
- 11/27 4) Northern California 15:08.1
- 12/04 13) Kinney Western 15:15.0

13. *MATTHEW GIUSTO

- San Mateo — 10/25/66
- 09/27 4) Carimont 10:17
 - 10/02 10) Artichoke L 11:36.1
 - 10/09 4) Crystal Springs V 15:35
 - 10/11 17) Stanford A 16:14.3
 - 10/14 5) Center 16:08
 - 10/23 4) Soquel L 13:00
 - 10/28 1) Center 15:35
 - 11/18 1) CCS Region I 15:06
 - 11/24 1) Central Coast Sect. 15:04.8
 - 11/27 22) Northern California 15:36.5
 - 12/04 136) Kinney Western 16:32.8

14. *TED GOODLAKE

- Fallbrook — 5/18/66
- 09/25 1) South Bay M 15:50
 - 10/02 3) Mt. Carmel 1-2 15:47.7
 - 10/30 6) Mt. SAC IS 15:13
 - 11/19 1) SD Sect. 2A R2 15:08
 - 11/24 DNF) SD Sect. 2A
 - 12/04 14) Kinney Western 15:16.5

Boys Third Team

15. **GOMEZ

- Belmont, Los Angeles
- 12/04 1) Los Angeles Sect. R2 15:09
 - 12/11 2) Los Angeles Sect. 14:58

16. EUGENIO CRUZ

- Burbank
- 09/18 1) Woodbrdg.DII SR 15:13 CR
 - 10/02 2) Kenny Staub DI 15:25
 - 10/30 8) Mt. SAC IS 15:21
 - 11/05 1) Foothill League 15:31
 - 11/13 2) SS 3A R1 15:44
 - 11/20 2) SS 3A 15:06
 - 12/04 16) Kinney Western 15:18.3



JIM FREY



GEORGE YUSTER

photo by Don Gosney

17. SCOTT HAKEMAN

- El Dorado, Placentia — 11/24/64
- 09/18 1 tie) El Dorado DI 15:14
 - 10/02 2) Aztec DI 15:08
 - 10/16 2) Orange County RII 15:42
 - 10/30 2) Mt. SAC TS 15:10
 - 11/05 2) Empire League 15:12
 - 11/13 3) SS 4A R3 15:25
 - 12/04 19) Kinney Western 15:19.2

18. **CALVIN GAZIANO

- Castro Valley — 1/6/67
- 10/02 4) Artichoke L 11:32.4
 - 10/09 1) Ram 12:34 CR
 - 10/11 4) Stanford A 15:48.9
 - 10/23 1) Castro Valley L 16:10
 - 10/30 8) Postal R2 9:20.8
 - 11/04 4) Hayward League 16:39
 - 11/13 7) NCS 2AS 15:21.3
 - 11/20 2) NCS 16:28.7
 - 11/27 3) Northern California 15:06.3
 - 12/04 20) Kinney Western 15:19.5

19. AARON RUUD

- Monte Vista, Spring Valley
- 09/25 1) South Bay L 15:48
 - 10/02 5) Mt. Carmel 1-2 16:05.5
 - 10/30 3) Mt. SAC TS 15:12
 - 11/19 5) SDS 3A R1 16:03
 - 11/24 1) SDS 3A 16:06
 - 12/04 21) Kinney Western 15:19.8

20. PAUL GREER

- St. Augustine, SD — 7/8/64
- 09/25 2) South Bay S 15:57
 - 10/02 4) Mt. Carmel 16:03.5
 - 10/29 2) Mt. SAC R14 15:42.7
 - 11/19 2) SDS 1A R2 16:09
 - 11/24 2) SDS 1A 16:41
 - 12/04 23) Kinney Western 15:20.4

21. *PETE VICENCIO

- Del Oro, Loomis — 12/22/65
- 09/25 2) Chico 15:45
 - 10/02 4) Nevada Union 16:10
 - 10/16 2) Rio Linda L 16:19
 - 11/05 1) Sub Sect. IV 15:52
 - 11/11 3) SJS 15:28.8
 - 11/27 8) Northern California 15:16.1
 - 12/04 24) Kinney Western 15:20.7



(left to right): LAURA CATTIVERA, CORY SCHUBERT, NANETTE GARCIA, KATHLEEN EBINER, AND TANIA FISCHER.

Girls First Team

1. CORY SCHUBERT

- Del Mar, San Jose — 9/19/65
- 10/02 2) Artichoke S 13:59.3
 - 10/11 1) Stanford B 18:59.4
 - 10/28 1) Center 17:23
 - 10/30 1) Postal R3 10:31.0
 - 11/17 1) CCS Region III 17:29
 - 11/24 2) CCS 17:33
 - 11/27 1) North. California 17:16.9 CR
 - 12/04 1) Kinney Western 17:15.4
 - 12/11 3) Kinney National 17:04.6

2. *KATIE DUNSMUIR

- Paisades, Pacific Paisades
- 09/19 4) 17:10.9
 - 10/30 1) Mt. SAC IS 17:25 CR
 - 12/04 1) LAS R1 12:01
 - 12/11 2) LAS 12:28

3. **LAURA CATTIVERA

- Mira Costa, Manhattan Bch. — 1/21/68
- 09/18 1) Woodbridge DIII 17:41 CR
 - 09/25 1) Dana Hills DII 17:22
 - 10/02 1) Kenny Staub DI 18:14 TCR
 - 10/11 4) Stanford A 18:49.5
 - 10/16 2) Palos Verdes R1 13:08
 - 10/30 1) Mt. SAC TS 17:26
 - 11/05 1) Ocean League 17:45

- 11/13 1) SS 3A R1 17:33
- 11/20 1) SS 3A 17:49.2
- 12/04 2) Kinney Western 17:27.4
- 12/11 6) Kinney National 17:22.1

4. ***SHANNON CLARK

- Mt. View
- 10/02 1) Artichoke L 13:23.8
 - 10/11 5) Stanford A 19:14.6
 - 10/16 1) Fthill-St.Fran. F/S 16:25.4
 - 10/21 1) Center 18:07
 - 10/28 2) Center 17:51
 - 11/18 1) CCS Region II 16:36
 - 11/24 1) CCS 17:26
 - 11/27 2) Northern California 17:27.0

5. KATHLEEN EBINER

- Bishop Amat, La Puente — 3/4/65
- 09/11 3) Bishop Amat 12th 18:39
 - 09/18 1) Perris 12:23
 - 10/02 1) Yucaipa DII 16:43 CR
 - 10/18 1) San Gabriel Valley 18:30
 - 10/30 3) Mt. SAC TS 18:34
 - 11/06 3) Angelus League 19:05
 - 11/13 1) SS 3A R2 18:37
 - 11/20 2) SS 3A 17:59.8
 - 12/04 3) Kinney Western 17:30.6
 - 12/11 15) Kinney National 17:48.5

6. **NANETTE GARCIA

- Silver Creek, San Jose — 7/23/67
- 09/25 1) Alum Rock 14:22
 - 10/02 2) Artichoke L 13:44.4
 - 10/23 1) Soquel 15:05
 - 10/30 2) Postal R3 10:39.4
 - 11/17 3) CCS Region III 18:50
 - 11/24 6) CCS 18:41
 - 11/27 3) Northern California 17:43.7
 - 12/04 7) Kinney Western 17:41.0
 - 12/11 16) Kinney National 17:49.7

7. TANIA FISCHER

- Chaminade, Canoga Park — 3/16/66
- 10/02 1) Bell-Jeff DI 17:19
 - 10/16 1) Palos Verdes R1 12:59 CR
 - 10/23 1) Northridge D2 19:11
 - 10/30 2) Mt. SAC IS 17:43
 - 11/05 1) San Fernando V.Leag. 16:30
 - 11/13 1) SS 2A R1 17:33
 - 11/20 1) SS 2A 17:32.4
 - 12/04 6) Kinney Western 17:39.9
 - 12/11 22) Kinney National 18:07.6

Girls Second Team

8. SANDY BLAKESLEE

- Vista — 1/23/65
- 09/11 1) Bishop Amat SR 18:23
 - 09/25 1) Dana Hills DIII 17:17 CR
 - 10/02 1) Mt. Carmel 1-2 12:45.5

- 10/30 3) Mt. SAC IS 17:46
 11/19 1) SDS 3A R2 13:29.5
 11/24 1) SDS 3A 13:28.3
 12/04 8) Kinney Western 17:45.3
 12/11 17) Kinney National 17:51.1

9. PAIGE TULLY

- Ahambra, Martinez
 10/02 1) San Ramon S 10:53
 10/16 1) Miles 11:31
 11/04 2) Foothill League 20:28.0
 11/13 1) NCS 2AS 17:08.5
 11/20 2) NCS 19:26
 11/27 4) Northern California 17:47.7

10. *CLAIRE FEIT

- Mater Del, Santa Ana
 09/11 1) Bishop Amat 11th 18:03
 09/25 1) Sonora DI 11:50
 10/02 1) Costa Mesa DII 18:07.5
 10/09 1) Mater Del R1 12:14
 10/16 1) Orange County R2 18:08
 10/30 4) Mt. SAC IS 17:57
 11/06 1) Angeius League 17:51
 11/13 1) SS 3A R3 17:52

11. *KIRSTEN O'HARA

- Palos Verdes — 12/23/85
 09/18 2) Millikan 18:52
 10/09 1) Fountain Valley DII 19:05
 10/16 3) Palos Verdes R1 13:30
 11/05 1) Bay League 19:50
 11/13 1) SS 4A R1 18:25
 11/20 1) SS 4A 18:03
 12/04 9) Kinney Western 18:04.3

12. JUDY MCLAUGHLIN

- University, Irvine
 09/18 2) El Dorado R3 18:30
 09/25 1) Sonora DII 11:56
 10/16 1) Orange County R1 18:54
 11/13 3) SS 4A R2 18:46
 11/20 5) SS 4A 18:28
 12/04 10) Kinney Western 18:04.6

13. *JONI MOONEY

- Vacaville — 12/3/85
 09/25 1) Chico 10:37
 10/02 1) Nevada Union 18:48
 10/09 1) Crystal Springs 17:52
 10/11 2) Stanford A 18:39.6
 10/16 1) Rio Linda L 18:16
 11/05 1) Sub Sect. II 17:37
 11/11 1) SJS 17:50.0
 11/27 7) Northern California 17:59.2
 12/04 11) Kinney Western 18:11.2

14. **DENAE DUNLAP

- Anderson
 09/18 1) Clovis So. 12:10.9
 09/25 1) Chico JV 10:40 CR
 10/11 1) Stanford A 18:37.5
 10/28 1) Northern League 19:01
 11/07 1) Northern Sect. 18:25
 11/27 16) Northern Calif. 18:43.7

Girls Third Team

15. PAULA BRESNAN

- Kennedy, Granada Hills
 12/04 1) LAS R 2 12:48
 12/11 1) LAS 12:19

16. *TERESA BARRIOS

- University, Irvine
 10/16 3) Orange County R1 19:37
 11/05 2) Sea View League 19:30
 11/13 4) SS 4A R2 18:52
 11/20 7) SS 4A 18:37
 12/04 13) Kinney Western 18:12.2

17. *R. CHAMBERLAIN**

- Leigh, San Jose — 6/2/87
 10/09 2) Crystal Springs F/S 19:41
 10/16 1) Miles F/S 12:09
 10/23 1) Soquel F/S 15:43
 10/30 3) Postal R3 11:06.8
 11/18 2) CCS Region III 18:12
 11/24 3) CCS 18:09
 11/27 5) Northern Calif. 17:48.2
 12/04 14) Kinney Western 18:12.5

18. JULIE VAN HORN

- Kennedy, Sacramento — 2/18/85
 10/02 3) Nevada Union 19:01
 10/16 7) Rio Linda L 19:10
 11/03 1) Sub Sect. III 18:52.0
 11/11 2) Section 17:58.7
 11/27 6) Northern California 17:54.9
 12/04 15) Kinney Western 18:14.9

19. GLADEES PRIEUR

- Le Lycee Francais, L.A.
 09/19 20) UCLA 18:19.1
 10/30 7) Mt. SAC IS 18:28
 11/13 1) SS IA R1 18:29
 12/04 16) Kinney Western 18:16.4

photo by Bert Davis



KATIE DUNSMUIR

20. WENDY SIHNER

- Miramonte, Orinda
 10/11 2) Stanford B 19:20.5
 11/04 1) Foothill League 19:45.8
 11/13 2) NCS 2AS 17:22.5
 11/20 1) NCS 19:10
 11/27 8) Northern California 17:59.8

photo by G. David Brown/Innersports



SHANNON CLARK

RESULTS

AAU/USA Junior Olympic National Championship

From Howard Willman

December 4, Bonner Springs, KS.

Boys: 10 & Under

- 1 Peter Griffiths(N.Hollywood,CA) 11:01
 11-12
 1 Mark Hargrove(Lincoln, NE) 10:23
 2 Darin Lasky(Camarillo,CA) 10:25
 3 Mike Helton(Lewisburg,TN) 10:47
 4 Chuck Braeback(Gran.Hills,CA) 10:48
 10 Dustin Donate(Redwood Cy,CA) 11:02

15-18

- 1 Jody Fischer(Gillette, WY) 15:19
 2 Jeff Dick(Jamestown, ND) 15:23
 3 David Naranjo(Sanger,CA) 15:26

17-18

- 1 LeRoy Rivera(Fresno,CA) 15:02

Girls

11-12

- 1 Ellie Runice(Fremont,NE) 10:51
 9 Joann Reyes(San Clemente,CA) 11:38

17-18

- 1 Barbara Gaenslen(Burl.,CA) 17:57
 2 Linda VanHousen(Redwd.Cy,CA)18:04

S.L.O. Youth X-C Championships

From Brian Waterfield

December 4, San Luis Obispo: 11th Annual Elks-San Luis Obispo County Youth Cross Country Championships.

- Pre-School and Under Boys: 1. Alexander Shusta (Sand Castle) 55.8; 2. Ricky

- Cambir 56.1; 3. Johnny Keisler (Tiny Tiger) 56.4.

- Pre-School Girls: 1. Beth Fifield 54.5; 2. Karru Beck (Johnson Ave.) 54.8; 3. Karin Soderholm 58.7.

- Kindergarten Boys: 1. Brian Dignan (Sinsheimer) 1:40; 2. Michael Gough (Cuesta Ridge) 1:46; 3. David Brewer (Sinsheimer) 1:47.

- Kindergarten Girls: 1. Sarah Bean (Morro Bay E.) 1:47; 2. Tiara Nelson (Pacheco) 1:52; 3. Kara Willis 1:59.

- First Grade Boys: 1. Rodger Ciano (Pacheco) 2:21; 2. Dan Jaramillo (Del Mar) 2:23; 3. Neale Fishback (Cambria) 2:23.

- First Grade Girls: 1. Leah Sehrenk (Bishops Peak) 2:26; 2. Maura Dundon (Pacheco) 2:30; 3. Lisa Ogletree (Pacheco) 2:31.

- Second Grade Boys: 1. Joshua Sharpe (Shell Beach) 2:03; 2. Paul Edmondson (Sinsheimer) 2:05; 3. Daniel Powell (Maria Bower) 2:08.

- Second Grade Girls: 1. Sarah Santos (Los Ranchos) 2:11; 2. Milinda Nelson (Pacheco) 2:14; 3. Tammy Hennick (Shell Beach) 2:20.

- Third Grade Girls: 1. Kenna Ballard (Branch) 4:01; 2. Maggie Dundon (Pacheco) 4:03; 3. Tammy Ogletree (Pacheco) 4:05.

- Third Grade Boys: 1. Damien Porter (Mission) 3:34; 2. Greg Stork (Bishop's Peak) 3:44; 3. Mark Ernstrom (Sinsheimer) 3:45.

- Fourth Grade Girls: 1. Carissa Felanco (Cambria) 3:57; 2. Shawna Coleman (Branch) 3:57; 3. Krista Bean (Del Mar) 3:58.

- Fourth Grade Boys: 1. Abraham Suhr (Bishop's Peak) 3:25; 2. John Dignas (Sinsheimer) 3:31; 3. Royce Spear (St. Patrick) 3:35.

- Fifth Grade Boys: 1. Sadler Nelson (Pacheco) 7:04; 2. Thomas Allio (Santa Rosa) 7:08; 3. Forrest Ogletree (Pacheco) 7:08.

- Fifth Grade Girls: 1. Stacy Colombo (Pacheco) 8:04; 2. Grace Delvaglio (Pacheco) 8:16; 3. Danielle Colombo (Pacheco) 8:19.

21. *VALERIE MCVICAR

- Canyon, Saugus — 6/22/86
 09/18 1) Millikan JR 18:17
 09/25 2) Royal L 19:00
 10/02 1) Kenny Staub D2 19:21
 11/05 1) Golden League 18:54
 11/13 3) SS 3A R3 18:45
 12/04 18) Kinney Western 18:20.4

Key

- A-Large Schools
- B-Small Schools
- CCS-Central Coast Section
- CR-Course Record
- CV-Championship Varsity
- D-Division
- F/S-Freshman/Sophomore
- IS-Individual Sweepstake
- JR-Junior Race
- JV-Junior Varsity
- K-Kilometer
- L-Large Schools
- LAS-Los Angeles Section
- m-miles
- M-Medium Schools
- NCS-North Coast Section
- R-Race
- S-Small Schools
- SJS-Sac-Josquin Section
- So.-Sophomore
- SR-Senior Race
- SS-Southern Section
- TCR-Ties Course Record
- TS-Team Sweepstake
- V-Varsity
- VO-Varsity Open
- 1-2-First and Second Runners
- 11th-Junior Race
- 12th-Senior Race
- 2AS-2A South
- *-Junior
- **-sophomore
- ***-freshman

- Sixth Grade Boys: 1. Jayden Kirm (Sinsheimer) 6:52; 2. Erik Ernstrom (Sinsheimer) 7:06; 3. Gavin Proctor (San Antonio) 7:08.

- Sixth Grade Girls: 1. Cheri Rodenhi (Sunnyside) 8:23; 2. Dawn Blodgett (Pacheco) 8:24; 3. LaRee Clanin (Hawthorne) 8:25.

- Seventh & Eighth Grade Boys: 1. Scott Waldon (Atascadero Jr. High) 10:01; 2. Jeffrey Hall (Judkins) 10:26; 3. Steve Sharp (Laguna) 10:47.

- Seventh - Twelfth Grade Girls: 1. Cheryl Ogletree (Laguna Jr. High) 11:40; 2. Cielo Cabebe (Judkins) 11:58; 3. Vanessa Vasquez (Judkins) 12:28.

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.

Club News

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

photo by Gene Cohn

Corona Del Mar TC

19019 S. Andmark Ave., Carson 90746

On December 12th at the Long Beach Weightman's Pentathlon the club's national champ in the discus, Bob Humphrey finished third in the 40-49 age group. He had a good discus throw of 155-7. In the shot he hit 41-7, 41 in the 35-lb wt., and 119 in the hammer, then a 101 in the javelin to hang on to third place.

Competing in the December 31, Mt. SAC All Comers Chris Miller and Shirley Kinsey participated in the javelin and discus. Chris with her newly attained U.S. Citizenship, skillfully established two new U.S. records, hurling the javelin 95-10 and shattering Shirley's discus record for age 47 with a toss of 80-10. Shirley then threw the javelin for a U.S. record by a mere four inches, 84-4.

On January 8th at San Francisco State, Gary Miller established a new American Record for 45-49 age group in the Pentathlon. Miller competing with ten open athletes broke the old mark held by Rudy Enders. He finished fourth overall with 2758 IAAF points. Many of the open athletes soon gained respect for our masters program.

Pamakid Runners

185 Stanford Ave., Mill Valley 94941

At the annual Christmas Party and Awards Dinner held on December 22, over 100 Pamakids braved seventy mile per hour winds to celebrate the holiday season and honor several of their teammates. Bill Dake and Sal Vasquez walked off with the top awards, Bill for Pamakid of the Year and Sal for Pamakid Runner of the Year. Both were richly deserved honors and both received standing ovations from those in attendance. Bill received his commendation for his efforts on behalf of the club as race director for the Pamakid 8.5 mile Lake Run, his willingness to help out on just about anything anyone needed help on, and along with wife Pauline, serving as a wonderful host for many unofficial club functions.

Sal Vasquez was named the outstanding runner of the year for his incredible racing efforts during 1982. Sal ran 34 races, won 9 of them outright and won the masters division 29 out of 34 times. He won the U.S. Masters XC Championships over 15K in San Diego and the TAC Masters 10K in Philadelphia. He also set an American Record for 10K with a 30:51 clocking.

Aggie Running Club

675A Chiquita Ave., Mt. View 94040

The Flying Plows showed up in numbers for their annual trek to the gambling capitol of the west - but their game at the Las Vegas Road Races was only concerned with pickin' them up and puttin' them down (their feet during the races, and their dollars after the races). Coming back with empty pockets but laden with additions to the Aggie Shrine were: **Two Mile:** 1. Marc Genet 10:07, 2. Terry Boynton 10:09. **10K:** 8. Stacy Geiken 32:04, 9. Derek McIver 32:??, 10. Dirk Rohloff 32:48, Tena Harms and Kathy Way. **Half Marathon:** 5. Rich Langford 1:06, 6. Denis O'Halloran 1:06, 11. John Sheehan 1:08, 12. Joe Mangan 1:08, 13. Mark Proteau 1:09, 14. Paul Sechrist 1:09, Rick Riordan, Gary Kelmenson and Denise Bigelow.

On January 9th the Ags regrouped and attacked the notoriously fast 10 mile course at the California 10 in Stockton. The following runners demonstrated the course was indeed a setting for fast times: 1. Carmelo Rios 48:11, 4. Glyn Reynolds 49:20, 5. Denis O'Halloran 49:28, 8. Bill Gall 49:37, 9. Rich Langford 49:41, 13. Jim Kaspari 49:53, 15. Joe Fabris 49:55, 16. Peanut Harms 50:03, 23. John Sheehan 50:28, 24. Brad Rowe 50:30, 31. Joe Mangan 50:57, 32. Mark Proteau 50:57, 40. Jim VanDine 51:29, 47. Tom Becker 52:19, 51. Ron Richardson 51:29, 54. Tim Becker 52:38, 70. Mike McCollum 53:23, 71. Mark Schilling 53:23, 72. Stacy Geiken 53:24, 81. Anthony Reynoso 53:40, 105. Tom Laythe 54:??, 195. Jay Witherspoon 56:50, and Gary Kelmenson in 66 minutes.

San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

At the end of each year Stan Rosenfield publishes the San Luis Distance Club All Time Marathon List. Thirty-six members have run under the three-hour marathon. The top of the list looks like this:

Eddy Cadena(West Valley-1977)	2:21:54
Bob Hollister (Santa Barbara-1980)	2:24:04
Jim Hurley (Orange-1977)	2:27:51
Frank Hutchinson (Oakland-1981)	2:29:35
Allen Rude (Culver City-1977)	2:29:43
Luis Arreola (Orange-1977)	2:30:15
Dan Rueckert (Monterey County-1980)	2:34:08
Gregor Robin (Mission Bay-1981)	2:35:20
John Beaton (Humb/Redwoods-1980)	2:36:04
Bob O'Brien (Ave/Giants-1982)	2:36:19
TOP WOMAN ON LIST:	
Sue Krenn (Vancouver-1982)	2:45:25



DENIS O'HALLORAN (Aggie Running Club)

Fleet Feet Running Club of San Jose

1618 Montrose Way, San Jose 95124

The FFRC membership has climbed to over 250 in just one year. Members have been busy showing their "Fleet Feet" by placing in the following events:

• **Summit Marathon (11-14-82):** Bob Farrington, 1st master 2:52:36; Ephraim Romesberg, 2nd master 3:12:36; Peggy Le Delt, 1st woman master 3:32:03; Cathy Casey, 1st 30-39 3:17:20(PR); Loretta Gutierrez, 2nd 30-39 3:23:46; Bob Dalton was 12th overall in 2:51:39; Steve Lorenz, 13th in 2:52:04; and Frank Ruona 14th at 2:52:31.

• **Avenue of the Olives Half Marathon (1-9-83, Davis):** Peggy Le Delt, 1st 40-49, 1:34:59.

•**Avenue of the Olives Marathon** (1-9-83, Davis): Bob Farrington, 1st over 50, 2:56:14; Ephraim Romesberg, 2nd over 50, 2:57:33; Frank Ruona, 1st 30-39 in 2:45:59; Cathy Casey, 2nd 30-39, 3:31:30.

•**PAC-20K Championships** (1-22-83): Bob Farrington, 1st over 50, 78:20; Ephraim Romesberg, 2nd over 50, 80:00.

Join the Fleet Feet Club for training runs at any of the following times: **Mondays & Wednesdays**: 5:00 pm for 5 miles. Meet at Castilero JHS; **Saturdays**: 6:30 am for 14 or more miles in the hills, 8:00 am for 3 to 8 miles of rolling hills (all levels). Meet at Castilero JHS.

For more information or confirmation contact Judy Devlin (408) 269-9492 or Fleet Feet (408) 723-7223.

Golden Bear Track Club

2031 Lincoln St., Berkeley 94709

The New Year traditionally is a time for ruminating about the past and pondering the future. For GBTC, 1983 has special significance because it will mark the beginning of our second calendar year of bona fide existence as an open and active athletic organization. That is no mean feat given the erratic course charted by the club in previous years. A lot of things have contributed to this promising new outlook.

•The untimely demise of the former club leadership coupled with the emergence of a more balanced perspective on the purposes of the club by the new membership;

•The enthusiastic support from both the Men's and Women's Intercollegiate Athletic departments and coaches at Cal;

•Accommodation of open, non-collegiate and recreational athletes from the Bay Area, alongside the elite; and

•The generous backing of the local athletic community, most notably Cherie Swenson and the Great Berkeley Race committee.

Bear-feet-notes: No fewer than four GBTCers are being considered for the Los Angeles Olympic Officials Squad: Ed Hicks, Alan Kolling, Bob Rogers and Gail Wetzork. Not too many clubs can boast about such depth!

San Jose Striders A.C.

2461 Neville Ave., San Jose 95130

The San Jose Striders AC was founded in November, 1982 in San Jose by Dave Ordone, who serves as club vice-president. One important objective in forming the club was to provide a basis for club members to enjoy running and its healthy benefits that go along with it in a small club environment. Another important reason was also to provide for the club members a chance to enjoy such other sports such as cycling and backpacking that are of interest to the club members.

There is a current membership of about 40. The club president is Tony Ordone and Justim Timm serves as the club secretary and treasurer. The club holds training sessions and low-key training races at various locations throughout the S.F. Bay Area each weekend.

Sub-4 Track Club

11615 Coley River Cir., Fountain Vly 92708

The Sub-4 Track Club had a very impressive 1982. They claimed several team championships including the Long Beach Grand Prix Club Championships, the New York City Marathon, and the Sub 4/Caprolan Nylon Team Championships. On the track nearly everyone ran PR's, with no less than eight national records being established. From coast to coast and around the world, the Sub-4 Track Club has become the elite among middle distance/distance track clubs.

Especially active late in the year was club member Tom Wysocki who accomplished the following: Sunfresh Half Marathon in New Zealand 3rd in 65:01; Portage Westfest 10K in NZ 2nd in 30:04; Countrywide 8K in NZ 4th in 23:24 (club member John Walker 2nd in 23:00); Countrywide 12K in NZ 3rd in 35:31 (Walker 4th 35:48); Countrywide 15K (short) in NZ 4th 43:31.

At the TAC National XC Championships in New Jersey on November 28, all of Sub-4's seven member team were in the top 50 over the 10K loop: 4th Larry Cuzzort 29:09; 5th Nick Rose 29:10; 34th Roy Klessin 30:01; 37th Domingo Tibaduiza 30:02; 40th Dave Murphy 30:03; 44th John Koningh 30:08; 47th Jon Butler 30:09.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

BTC's IRONMAN: BILL EASTON by Dennis Burkett.

His trophies were a skinned knee, a strained neck, and a 5 lb. weight loss. Some would also say his weight loss was accompanied by a definite loss of sanity.

What other reason could Bakersfield's physical therapist Bill Easton and 850 others have for undertaking the Ironman Triathlon - a combined 2.4 mile ocean swim, 112 mile bike ride and 26.2 mile marathon held last October in Hawaii.

Most people would be more than overwhelmed by the first phase of the event. During the rough water swim starting at 7 am at the Kona Pier Beach, competitors were more than a little alarmed at the prospect of sharing the space with Portuguese man-of-wars. Easton was out of the water in an incredible time of 1:18.

After a brief pause, the bike race was on. Starting at the Kona Kailua Pier and heading south to the end of the island and back, it was the toughest part of the competition, according to Easton. His bike race was made more difficult not only by the head winds he encountered after reaching the turn around point, he also had a brief scuffle with a dog at the 106 mile mark which resulted in the abrasion to the knee and wrenched neck. Says Easton, "If it had not been for my helmet, I really can't say what might have happened."

With the swim and bike ride complete, there was still the matter of the 26.2 mile run. This challenge, a difficult feat under the easiest of circumstances, was com-



TOM WYSOCKI
(Sub-4 Track Club)

pounded by the 90 degree temperature with 50% humidity.

When it was all done he had finished in 12 hours, 30 minutes. Would he do it again? "No," says Easton, "The training of 300 miles a week on the bike, running 60 miles and swimming 5 miles weekly was too hard on both myself and especially my family."

Tamalpa Runners

P.O. Box 701, Corte Madera 94925

Jim Furman has compiled an all time 10K listing for Tamalpa Runners. 204 names are listed on the men's side with 144 on the women's. Top times are as follows:

Rich Gove (4-81)	30:43
Jeff Johnston (1980)	31:29
Rick Devine (10-82)	31:33
Robert Govi (1982)	31:40
Kirk Dye (12-81)	31:50
Peter O'Reilly (9-81)	32:00
Tim Swezey (1981)	32:10
Rob Heierle (5-82)	32:16
Emery Mitchell (5-82)	32:23
Alan Sikora (1-82)	32:33
TOP WOMEN ON THE LIST:	
Pat English (6-82)	35:13
Florianne Harp (7-81)	35:51
Joy Taylor (5-82)	36:21
Peggy Smythe (2-82)	36:47
Andrea Eschen (1982)	37:49
Dana Hooper (2-81)	38:22
Barbara Magid (8-82)	38:54
Kathleen Doyle (12-82)	39:07
Christie Patterson (5-82)	39:30
Jenny Biddulph (2-81)	39:32

continued on next page...

Club News

Zephyr A.C.

2192 Owens Ct., Pico 94564

Member Scott Molina has sold his little trailer home in Pittsburg and moved to San Diego in January. As a result of his 4th place finish in Hawaii and a 2nd at the Nice (France) International Triathlon, Scott is now under contract to J. David Co., a syndicate of fitness-oriented "bucks-up" San Diegans who sponsor top-ranked triathletes like the Tinleys and Mark Allen. Scott must train hard, participate frequently, win occasionally, and in return, gets his living expenses paid — the ultimate freebie!

In other triathlete endeavors: Thierry and Tracey Ross challenged the Davis course once again. The unseasonable rain and cold water got to Thierry and he had to drop out, but Tracey finished 183rd out of 279 finishers, 22nd in the 19-29F category.

While the rest of the club freezes in the fog and rain, Dan Hollis, Dennis Rinde, and Peg Sparrow sip Mai Tais and count seagulls. All will represent Zephyr in the Honolulu Marathon, all with different goals in mind. Dennis wants to win it all; Hollis another sub 2:40; and Peg just wants to finish her first marathon. Both Dennis and Dan have been hot lately. Dennis set a club record half marathon at Sacramento (1:05:38) followed by a 1:06:33 two weeks later at the PA-TAC championships (Hayward). Hollis PR'd at Sacramento (2:35), then took 7th overall at Stockton on Nov. 7th (2:36 this time).

Santa Clarita Runners

P.O. Box 481, Newhall 91321

It's recruiting time! The SCR's would very much like to field teams in 1983 TAC races! We need runners who are interested in team competition. We are particularly looking for women and masters, although EVERYONE is welcome. Come on masters — it's time Culver City had some competition!

Lisa Rizzo (Hart High) won the 14 & under division at the Pepsi Challenge 10K. She was running the race as a training run after a fine performance at Mt. SAC the day before in the CIF cross-country preliminaries. Lisa not only took her division, but won an all expense paid trip to NY next year for the finals.

A small group of SCR's attended the District Championship 5K. Steve Durand was 9th overall in 15:33, and Gene Blankenship was the second master in 16:07. He was outkicked by Skip Shaffer in the last 200 yards (better give up the ice cream, Gene!). Bob Gerlach bombed finishing 4th 50-54 in 18:54 (Could it be that racing 2-3 times a week is catching up with Bob?).

The Santa Clarita Valley 5 & 10K, a race put on by Runners Up, was a success. In the 10K, 19 of our members medalled with 5 in the top ten (Steve Durand, Bob Badgett, Barry Martin, Ron Smith, and Rick Keller). In the 5K, 13 SCR's medalled, although only one was in the top ten — Thank you Roy Pellerin!



photo by Dan Waingrow

GENE BLANKENSHIP

At the Perrier 10K, Gene Blankenship was first among the masters in a time of 33:44. Tim Watson was third in the 16-18 age group in 31:45; and Bob Gerlach was also third (50-59) in 37:50.

Bob Gerlach and Glenn Ward won shoes for their wins in the Bell thru the Bunker 5 Miller in the 50 and 60 year old divisions.

Sierra Slowpokes

116 High St., Grass Valley 95945

1983 marks the 6th year of the Sierra Slowpokes Running Club's existence.

Club members who did well in the Sacramento Marathon and Half Marathon on October 3rd are: **Full Marathon:** Mark Phillips (17) 3:23:03, Dwayne Fleming (48) 3:28:06, George Peavy (52) 3:55:37. **Half Marathon:** Dick Kraus (27) 1:15:53, John Smullen (40) 1:20:23, James Walker (40) 1:21:21, Larry Burghardt (42) 1:23:29, George Hagel, Jr. (34) 1:27:51, Marc Murphy (29) 1:31:15, George Peavy (21) 1:38:17, Gary Loucks (40) 1:38:18, John Demorest (31) 1:40:54, Tamara Hendrick (27f) 1:42:52, Edward Sylvester (46) 1:43:50, Steve Linden (38) 1:46:51, Ken Burgan (40) 1:46:52, Bob Peterson (44) 1:49:32, Shivani Lucki (37f) 1:52:17, Arthur Lucki (35) 1:52:17, Dorothy Peavy (52f) 1:54:10, Marion Linden (38f) 2:00:30, Rosalind Burgan (39f) 2:04:29, Sally Smullen (36f) 2:11:42, Annabelle Loucks (42f) 2:11:43.

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Greater San Francisco TC

3210A Irving St., San Francisco 94122

GSF had a successful fall season. The women's cross country team, led by Connie Hester, won the TAC Women's State Cross Country meet in Rocklin on November 14. The women's team, which also included Marilyn Taylor-Allen, Bonnie Dwyer, Joy Taylor, Jane Sowersby, Polly Wright and Donna Lowe won the PA-TAC Cross Country Meet. The team also went on to win the open women's division of the Lake Merced Christmas Relays, for the third time.

The men's team, led by Dan Buntman, competed in the UC Berkeley Invitational Cross Country Meet on October 16, and placed fourth in the PA-TAC Cross Country Championships.



DAN BUNTMAN
(Greater San Francisco TC)

The club has also been active on the roads. The September HBO 10K in San Francisco saw Mike Fanelli and Steve Ferraz tie for third, prior to their cross country seasons. In September, club members also

ran in the Bridge to Bridge, finishing 11th (Fanelli), 13th (Ferraz), 18th (Dan Rueckert), 20th (Ray Taketa), and 30th (Tom Bennett). Jane Sowersby was 5th woman. At the ESL Runway Run Marilyn Taylor-Allen was first woman, in 34:57.

The women's team was also victorious at the Cal-10 in Stockton. The men's team included Dan Buntman, 3rd in 48:23 (now running for Converse), Mike Fanelli 53:11, Ray Taketa 53:18, Bob Cooper 53:20, Daryl Zapata 54:15, Ron Nabors 55:10, Tom Bennett 55:48, and Ross Rowley 58:10. Several members have ventured beyond California's golden clime, racing in such remote territories as New Jersey and Arizona. Dan Buntman placed a respectable 51st at the TAC Cross Country Nationals in New Jersey, and Marilyn Taylor-Allen placed 6th in the Avon 15K National TAC Championships in Phoenix.

Flatlanders

P.O. Box 178414, San Diego 92117

THE PCT DEL SUR (1982) by T. Jackson.

In the recent weeks prior to November 13 & 14, the weather had been very hot, too hot for good ultramarathon conditions. This year's PCT 100 Mile hopefuls all prayed for a respite from the heat by race morning.

Snow began falling just 3 days before the race, and as one of the promoters I was especially happy. The same thing happened last year before the PCT 50 and it all melted away leaving cool, crisp weather, and no muck.

Dominick DeBenedetti and I went to the Trail the second day after the snow fall to check the running conditions. We were simply elated. The snow had apparently come at a perfect time and we were sure it would melt by the 1st running of the PCT Del Sur 100 Miler. Add to this the fact that we had some top notch ultramarathoners like Jim Pellon, Danny Cain and T.J. Key entered. Certainly this race would be a success.

On the evening of the Friday briefing I went out on the trail to give it one last check. My elation turned to devastation. The Laguna Mountains looked like a white, frozen, flash flood. Trees were bent and broken everywhere. The blue trail markers were wiped out and the trail was non-existent.

Joe Jackson fired his shotgun at precisely 5:00 AM, as promised, and the race was on. A crescent moon still hung in a cold dark sky. At 3,000 feet there was no hint of snow as the runners flew south dropping swiftly toward Mexico. We all dreamed of the sterling silver Flatlander Honor Buckle for 24 hour finishers. Unfortunately there would be no 24 hour finishers.

Pellon, Cain and Ulrich dashed to the lead as expected. Since there was considerable downhill running for the first 13 miles almost everyone was flying. After 20 miles the snow and the hills began. David Ulrich was the first victim to fall, while Pellon, Cain and Key plowed on, literally clearing the way for the rest of us.

By 100km all but 3 had withdrawn. 100 was especially tough because there was 27 miles of more snow, 6,000 rise in elevation, and both temperature and energy level



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dropping concurrently.

Still, 3 very hearty runners (Danny Cain, Ross Zimmerman and Dave Niederhaus) moved on to finish. The incredible thing is that any hopes of 24 hour buckles had vanished long ago. They no longer ran for any material rewards. Instead, they raced for that inner, personal thing. Because of it they became the revered champions of the 1982 PCT Del Sur 100 Mile foot race.

The PCT Del Sur 100 Mile Foot Race will be produced by the Flatlanders, March 26-27, 1983. Write: Flatlanders, P.O. Box 178414, San Diego, CA 92117 for more information. SASE.

Southern California Striders

22736 Mulholland Dr., Woodland Hills 91364

The following athletes were honored at the Southern California Striders annual year end banquet:

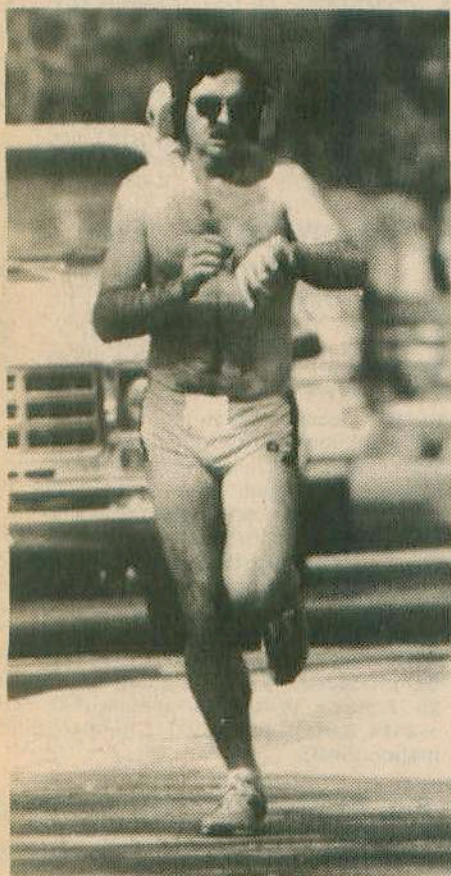
- Long Distance:** Henry Lange, Jim Murphy, Walt Atcheson and Harold Daughters.
- Sub Masters:** Rufus Morris.
- 40-49:** George Cohen (Track); John Dobroth (Field); Dennis DeWitt (Decathlon).
- 50-59:** Robert S. Watanabe (Track); Bill Fitzgerald (Track); Vic Cook (Field).
- 60-69:** Bob Hunt (Track).
- 70-79:** Tony Castro (Track), Red Doms (Field).
- Women:** Maxine Waters (Track); Sheila Newton (Field); Avelina Coleman (Most Improved).
- Special Recognition Award:** Percy Knox (CDM).
- President's Award:** Walt Butler.
- Alan Cranston Award:** Dave Jackson (CDM).

Club News

Fresno Track Club

P.O. Box 6103, Fresno 93703

Frank Delgado placed second in the 40-49 division at the January 9 Avenue of the Olives Half Marathon in Davis. His 1:20 time was outstanding considering the extreme wind conditions. The full marathoners experienced a very frustrating day with most of the times 15-20 minutes slower than in past years. Ted Pawlak's winning time was 2:36, well off the course record. The tough head winds never subsided and the marathoners paid the price.



BOB LINDSEY¹
(Fresno Track Club)

Jim Hartig started off the 1983 season in the same fashion he closed the old year out as he handily won the High Sierra TC's Annual 10K with a strong 30:15 at Woodward Park on January 15. David Naranjo won the under 17 class with Gordon Keller turning in a personal best of 33:50. Central California Marathon director Bill Woody placed second to Sid Cram in the 40-44 class. A week earlier Woody turned a career best timing 59:45 at the 12th Annual TAC California Ten Championships in Stockton. Over 1,200 runners took part in this talent laden race that takes place at Lincoln High School in North Stockton.

Entry forms are out for the Tenth Annual Roeding Park Six Mile Run, Sunday March 27, starting at 9:00 am. For the second year race director Frank Delgado has Dr. Pepper Bottling Company lined up as a sponsor. Information may be obtained by calling 233-3631. For the first time since its inception in 1974, the race will be run on a Sunday.

The Pacific Association TAC 20K Championships at California State University Sacramento on Saturday, January 22 will be attracting some of the Fresno Track Club members. The Converse sponsored event is run on a course 99% paved utilizing the American River Bike Trail. Former FTC'er Tony Ramirez holds the course record at 61:27. One time Corcoran High School standout, now attending University of California at Davis, Shawn Smallwood holds the junior record at 64:40.

Sportsman of Stanislaus Natural Light Footrace 10K Director Jeff Highlet, a club member, got great coverage on his recent race in the Modesto Bee. An action photo of winner Dan Buntman crossing the finish line and a three column spread with details a-plenty provided excellent reading. Club member Jim Hartig was one of seven runners cracking 31 minutes to give you an idea of the competition. Al Lomeli, winner in 1982 timed in at 9:52 for tenth in the two miler.

Dolphin South End Runners

741 Kansas St., San Francisco 94107

The San Francisco Dolphin South End Running Club held its annual Awards Gala

Saturday, January 15 at Harmon Hall in the Presidio of San Francisco. There was a raffle with many prizes given including a trip to Honolulu, courtesy of Len Wallach. This is the time the club honors the efforts of club members and awards special awards to contributors to the sport. This year's special awards went to: Tom Benjamin, Laurie Binder, Maggie Cloherty, JoAnn Dahlkoetter, Patricia English, Dave Horning, Ed Lanzarin, Dave Neck, Tony Stratta, Cherie Swensen and Sal Vasquez.

Earning the Most Points Award for the year was Dick Collins who racked up 1846 DSE points with 55 races and 2905 total miles (has also now completed 126 lifetime marathons). In second place was Paul DeLoria with 1652 points, 78 races and 4840 miles for the year.

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Long Distance Log

SoCal Notes

By Richard Lee Slotkin

NOTE: Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

It's been a quiet month in Southern California. There have been a few races around but we haven't gotten around to them.

Which brings up a point.

In last month's CTRN, there were a couple of letters asking for more Southern California coverage. Well, that's me. I am CTRN's man in Southern California. Unfortunately, I work a full-time job, although my boss might challenge that statement, teach part-time, work out with my track club, try to spend a little time with a daughter who lives with her mother 25 miles away, do my laundry once a month or so, change the sheets every June ... and, like, you know ... try to survive, man, survive!

I can't get to all the races. Not even most of them. Sometimes, not even some of them. For what the staff at CTRN gets paid, it's lucky that we get to ANY of them.

I do get to several events, though. And, thanks to people like Louis Hirsch, Thom Lacie, Judy Stolpe and Judy Ikenberry, I pick up results and some information on several other events. Anything else that we get comes to Fresno directly, or occasionally to me, from the race directors and publicity people. Final-

ly, a few items are submitted by individuals who want to make sure that we get that particular event in our next issue.

And that is where you come in. We will run anything we get, as long as we can read it ... and you'd be surprised how illegible and/or incomprehensible some of the stuff we get is. If you were in a race and you want to be sure that CTRN carries it, then make sure we do. If you don't see me around with my load of cameras and micro-cassette recorder and wearing either a *Runner's World* or *Marathon's* T-shirt, (Well, sometimes), then go to the race director after the awards have been presented and get a set of results. If you can talk to the leaders, male and female, and find out what went on during the race, fine. All you need for a story is the first mile split, at what point the winner took what turned out to be the final lead and whether there were any challenges to that lead. Anything else is gravy. Send the stuff to me. You'd be amazed at the story I can generate from just those sparse facts.

But it's up to you, dear readers. If Cockerham ever gets a couple of big advertisers so he can start paying me a buck an hour or so, then I can work full-time at this and do it all myself. Unless and until, however, if you feel that your part of town is being slighted, then DO SOMETHING ABOUT IT!!!

Help me to help you. After all, as we have said so many times, this is YOUR magazine. Get us the stuff ... we'll do the rest.

Not too much in the way of newsy items, but a couple of things have crossed my desk. Last month, Bill Leung, who is probably the second best sports photographer in the country ... welllll, maybe we're tied for first ... and former 400M Hurdles AR holder Sandy Meyers went and tied the knot. Congratulations and here's to the hope that CTRN's Olympic Games issue runs Bill's shot of Sandy accepting the gold medal in the Coliseum.

Vacationing UCLA women's cross country runners swept the top three women's elite places in the 5 mile Diamond Head Run in Hawaii. Michelle Bush led the way with a course record of 27:40, completely demolishing the old record of 35:12. (That was a soft mark, you must admit.) She was followed by Linda Goen in 30:18 and Polly Plumer in 30:19.

We are so understaffed at CTRN that we don't have a proof reader. So, if anybody thought my story on the Pepsi Challenge 10K suddenly went wacky, it did. A whole paragraph got lost somewhere between the typesetting and the printing. It told about how Dixon grabbed the mike during the award ceremony and announced that he was presenting his first place award to wheelchair racer Jim Knaub, who actually won the whole thing, beating even Dixon, but received no award because there were none for the chairs. I ended the paragraph by saying that the usually unemotional, except when he's mad, Knaub was touched. The next sentence, which did appear was: So was I.

Also, in the write-up of the Western Hemisphere Marathon, there was a missing paragraph regarding the top male finishers.

These things happen, even in the *L.A. Times* and *Runner's World*. I just didn't want you to think that I was getting sloppy in my old age.

Next issue, we expect to be back with the usual package of race stories. See you then.

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Name

Event

Mark

Club/School

Check if first time

Results

Track & Field RESULTS

UCLA Thrower's Pentathlon

1 Susie Ray (UCLA)	3762
2 Bonnie Dasse (Kangaroo TC)	3648
3 Lorna Griffen (Ath. West)	3458
4 Lindy Toman (UCLA)	3221
5 Monica Wren (CPP)	3127
6 Barb Moro (Wilt's AC)	3070
7 Diana Carmen (UNN)	2989
8 Carol Hall (CPP)	2979
9 Jamie Anderson (UCLA)	2902
10 Sherry Hernandez (UCLA)	2742
11 June Wintermute (CPP)	2719
12 Robyn Utu (UCLA)	2273
13 Dezi Benson (UCLA)	2037
14 Heather Howard (UCLA)	1891
15 Cindy Millford (CPP)	1570

Top Marks:

Discus: 1. Lorna Griffen 172'0", 2. Lindy Toman 148'8", 3. Bonnie Dasse 136'11".
Standing Long Jump: 1. Lorna Griffen 8'½", 2. Lindy Toman 7'11½".
Javelin: 1. Susie Ray 165'10", 2. Barb Moro 159'5", 3. Bonnie Dasse 143'11".
Shot: 1. Lorna Griffen 53'8", 2. Susie Ray 47'4½", 3. Bonnie Dasse 46'8".
100 M: 1. Susie Ray 12.7.

West Coast Weight Pentathlon

December 12, 1982.

1 Curt Thomas (CS Bakersfield)	4104
2 Kevin Goode (Unatt.)	4062
3 Mike Fritchman (open)	3982
4 Greg McSeveney (49er TC)	3974
5 Frank Reilly (All-Amer.)	3956
6 Matt Mileham (Fresno St)	3945
7 Dan Goodman (CS Northridge)	3941
8 Ron Ponsiano (Azusa Pac)	3745
9 Kevin Jefferies (Glendale) 1st JC	3670
10 Christian Okoye (Azusa Pac)	3646
11 Antonio Dobbins (Glendale)	3618
12 Machon Littleton (Fresno St)	3579
13 John Hunt (Azusa Pac)	3511
14 Lloyd Higgins (Strides) 1M-40	3498
15 P.J. Jackson (Azusa Pac)	3492
25 Lorna Griffin (Ath. West) 1/F	2966

All-Comers Meet

from Keith Conning

January 8, 1983. Edwards Stadium, Berkeley.

MEN

50 Meters (Combined heats)
 1. Wiley Watson (SJS) 5.8, 2. Akin Lewis (UNA) 6.0, 3. Derek Ligons (B.A.I.) 6.1.
200 Meters
 1. Wiley Watson (SJS) 21.8, 2. Stoney McCree (Merritt CC) 22.7, 3. Craig Armstrong (SJS) 22.7.
400 Meters (Combined heats)
 1. Chad Lefever (Chabot CC) 49.8, 2. Jose Madruga (Black Diamonds TC) 50.7, 3. Stoney McCree (Merritt CC) 50.8.
800 Meters
 1. Chuck Fanter (SW Oklahoma State) 1:59.0, 2. Kevin Stackdal (LMCTC) 2:00.3, 3. Scott Lee (UNA) 2:00.7.
1500 Meters
 1. John Sup (Golden Bear TC) 3:54.3, 2. Rob Robinson (Cornell) 4:04.8, 3. Jeff Charleston (Merritt) 4:09.1.

5000 Meters

1. Helmer Aslaksen (Golden Bear TC) 15:09.6, 2. Marco Ibarra 15:49.8, 3. Ron Nabers (Gr. San Francisco) 15:52.4.

80 Meter High Hurdles

1. Derek Ligons (B.A.I.) 7.3, 2. Mark Boyd (St. Mary's) 7.6, Emerson 7.7.

300 Meter Intermediate Hurdles

1. Mike Jordan (Chabot CC) 42.2

High Jump

1. Chris Dunn (UNA) 6-10, 2. Maurice Crumby (UNA) 6-8, 3. Dennis De Loach (UNA) 6-8.

Long Jump

1. Anthony Trammel (CSUH) 21-4½, 2. Tony Young (CSUH) 21-¾, 3. John Laughlin (CCSF) 20-1.

Triple Jump

1. Anthony Trammel (CSUH) 47-½, 2. Tony Young (CSUH) 44-½.

Shot Put

1. Greg Tafrales (Weight City) 59-8¼, 2. John Garvey (UNA) 47-11½, 3. Shean Laughlin (CCSF) 33-9½.

Discus

1. Greg Tafrales (Weight City) 198-10, 2. John Garvey (UNA) 171-9, 3. Clyde Short (UNA) 101-1.

WOMEN

400 Meters

1. Lana Rice (BEBTC) 58.5, 2. Suzanne Evans (BHS) 67.7.

800 Meters

1. Yolanda James (BEBTC) 2:28.7, 2. Josie Alexander (1980 TC) 2:42.1, 3. Jana Jarosz (BEBTC) 2:43.0.

1500 Meters

1. Heather Watkins (BEBTC) 4:59.5, 2. Doniece Johnson (BEBTC) 5:25.5, 3. Erica Watkins (BEBTC) 5:42.2.

60 Meter High Hurdles

1. Robyn Johnson (U. of TX) 8.2, 2. Patty Fong (Bishop O'Dowd) 9.9.

400 Meter Relay: 1. 1980 TC 56.4

High Jump: 1. Nedra Walsh (Berkeley) 4-10
HIGH SCHOOL

50 Meters

1. Leon Porter (Castlemont) 6.1, 2. Chris Adams (Clayton Valley) 6.3, 3. Paul Washington (St. Mary's) 6.5

200 Meters

1. Leon Porter (Castlemont) 22.4, 2. Mark Boyd (St. Mary's) 23.1, 3. Anthony Usher (BEBTC) 23.8.

400 Meters (Combined heats)

1. Kimmie James (Richmond) 50.2, 2. Eric Crapo (Berkeley) 51.1, 3. Mark Boyd (St. Mary's) 51.4.

800 Meters (Combined heats)

1. Noah Hinkston (Oakland Tech) 2:05.3, 2. Ignacio Miller (Berkeley) 2:10.8, 3. Preston Brown (Oakland Tech) 2:11.2.

1500 Meters

1. Noah Hinkston (Oakland Tech) 4:20.1, 2. Eric Farwell (GBTC) 4:21.9, 3. Angelo Miller (St. Mary's) 4:26.0.

3200 Meters

1. Michael McManus (BRC) 10:16.2, 2. Ian Lawson (St. Mary's) 11:00.9, 3. Mark Fong (GBTC) 11:13.2.

60 Meter High Hurdles

1. Mark Boyd (St. Mary's) 7.5, 2. Mike Lee (St. Mary's) 7.8, 3. James Jackson (Unatt.) 8.2.

1600 Meter Relay

1. Berkeley 3:39.8, 2. Merritt 3:51.5.

Long Jump

1. Larry Farriester (Ceres) 22-3½, 2. William Usher (Berkeley) 18-10½, 3. Mike Jacobs (King Jr. High) 8-6.

Shot Put

1. John Gatrousis (Bellarmine) 49-7¼, 2. Robert Adwere (St. Mary's) 39-2, 3. Mike Jacobs (King) 21-2.

Discus

1. Jeff Steward (BHS) 134-8, 2. John Gatrousis (Bellarmine) 134-6.

MASTERS MEN

800 Meters

1. Enver Mehmedbagich (NorCal Seniors) 2:35.4.

1500 Meters

1. Mike Grbich 5:14.6, 2. (tie) Bill Monhalt

7:49.6, Bill Bigelow 7:49.6.

300 Meter Hurdles

1. Bill Bigelow 1:01.9 (World age 70-75 rec.)

MASTERS WOMEN

800 Meters

1. Marilynn Harbin (WVTC) 2:29.9.

1500 Meters

1. Marilynn Harbin (WVTC) 5:17.3, 2. Agatha Sue Lee (WVTC) 5:26.0.

3200 Meters

1. Marilynn Harbin (WVTC) 12:03.9, 2. Agatha Sue Lee (WVTC) 12:47.5.

AGE GROUP

50 Meters

1. Alexander 7.6, 2. Ford 7.6, 3. Whitehead 7.7.

200 Meters

1. Shawn Sanders 25.9, 2. Ronda Brooks 26.5, 3. Tomicka Johnson 27.4.

400 Meters (Combined heats)

1. Ronda Brooks 12-13, 60.3, 2. Tomicka Johnson 12-13, 63.0, 3. Crystal Alexander 10-11, 65.6.

Men's Pentathlon

January 8. San Francisco State University (L.J. Javelin, 200M, Discus, 1500M)

1 John Pauley (San Fran. St. Univ.)	2989
19'5½", 178"1", 23.8, 119"1", 4:54.8	
2 Paul Berensmeier (Col. of Marin)	2956
20'3¼", 159"8", 24.9, 124"4", 4:46.0	
3 John Wotawa (Yuba CC)	2929
21'3½", 150"2", 24.4, 106"10", 4:43.6	
4 Gary Miller (Corona Del Mar TC)	2752
19'5½", 152"0", 24.1, 98"11", 4:49.0	
5 Mike Baker (Unatt.)	2684
18'5¼", 137"5", 25.4, 119"5", 4:46.0	
6 Mike Fottrell (Unatt.)	2546
18'7¼", 128"3", 25.6, 110"7", 4:48.0	

Mt. SAC All-Comers

from DON RUH

January 15. Walnut High School.

OPEN DIVISION

MEN

100 Meters: Morales (USC) 10.4, Holmes (CSLA) 10.5, Egbunike (Azusa Pac.) 10.5.
200 Meters: Holmes (CSLA) 21.3, Moore (El Camino) 21.4, Allen (San Bern. Vily) 21.4.
400 Meters: James (Unatt.) 48.9, Hawley (Marines) 49.1.
800 Meters: Assuma (JC Riverside) 1:50.7, Gardner (W.L.A.) 1:53.1, Young (Unatt.) 1:54.4.
1500 Meters: Chappins (Tiger TC) 3:51.1, Ybarra (Marines) 3:52.9.
5000 Meters: Cook (UC Riverside) 14:34.9, Bryant (Santa Monica TC) 14:35.6.
110 Meter Hurdles: Smith (Marines) 13.8, Booker (Unatt.) 14.1, Perry (Unatt.) 14.5.
400 Meter Hurdles: Johnson (Houston) 51.7, Chrisman (Unatt.) 53.7, Walker (El Camino) 55.5.
4 x 100 Relay: USC 40.7, CSLA 41.3, Pasadena City College 41.5.
Discus: Overton (Converse TC) 178-10, Okoye (APU) 17.3; **Pole Vault:** Hintnaus (Unatt.) 17-6, Sauck (USC) 16-0, Moretti (Unatt.) 16-0.
Triple Jump: Cobbs (Marines) 49-7½.
High Jump: Bonner (Pasadena CC) 7-0, Brown (Unatt.) 6-10.
Shot put: Craychir (JSC) 50-8.
Long Jump: Mitchell (Unatt.) 22-5.
Javelin: Fradelli (CSLA) 194-2, Barba (MSAC) 183-10.
Women
100 Meters: Williams (Unatt.) 11.5, Howard (South. Calif. Roadrunners) 11.6.
200 Meters: Dabney (CSLA) 24.0.
400 Meters: Kellon (SCC TC Walnut High) 55.5.
800 Meters: Hopper (LA Medalist TC) 2:10.3, Taylor (SCC TC) 2:12.1.
1500 Meters: Hopper (LA Medalist TC) 4:32.9.
Discus: Bolton (Rancho Alamitos) 105-3, Luiten (Citrus) 102-6.
Javelin: Harvey (San-

ta Ana) 71-9.
100 Meter Hurdles: Pendleton (West LA) 15.0.
400 Relay: SCC Track Club 49.3.

HIGH SCHOOL DIVISION

Boys

100 Meters: Brown (Muir) 10.9.
200 Meters: Otis (Muir) 23.3.
400 Meters: Thomas (Hawthorne) 48.7.
800 Meters: Kelley (Hawthorne) 1:56.8.
5000 Meters: Montesanto (Bonita Vista) 16:14.3.
110 High Hurdles: Young (Hawthorne) 14.7.
4 x 100 Relay: Hawthorne 42.0.
Long Jump: Turrente (Hawthorne) 19-6½.
Shot put: Jackson (Hawthorne) 48-0½.
Triple Jump: Brown (Los Angeles) 43-3.
Pole Vault: Taylor (Upland) 31-0.
Discus: Santana (La Puente) 127-9.
Javelin: Bresnick (SCRR) 140-11.

Girls

100: Knighten (Locke) 12.0.
200: Grant (Hawthorne) 25.3.
400: Knighten (Locke) 54.9.
800: Pritt (Edison) 2:17.9.
5000 Meters: Ebner (Bishop Amat) 18:10.
400 Relay: Hawthorne 48.4.
Javelin: Campaign (SCRR) 95-7.
Discus: Bolton (Rancho Alamitos) 105-3.

All-Comers Meet

from KEITH CONNING

January 15. Edwards Stadium, Berkeley. Men

50
 1. Wiley Watson (San Jose State) 5.8, 2. Neal Gadison (Merritt JC) 5.9, 3. Boris Pam (Unattached).
200
 1. Wiley Watson (San Jose State) 22.0, 2. Tommy Ford (Unattached) 22.3, 3. Chad LeFever (Chabot JC) 23.1.
400 (Combined heats)
 1. Chad LaFever (Chabot JC) 49.7, 2. Neal Gadison (Merritt JC) 49.7, 3. Michael Jordan (Chabot JC) 50.6.

800
 1. David Timmons (Cal) 1:55.0, 2. John Sup (GBTC) 1:55.5, 3. Phil Kay (NCSTC) 1:59.1.

1500 (Combined heats)
 1. John Sup (GBTC) 3:53.9, 2. Marcus Burns (CSM) 4:13.3, 3. Matt O'Brien (Unattached) 4:17.2.

3000
 1. Jeff Charleston (Unattached) 9:26.0, 2. John Clavelle (Unattached) 10:40.2.

5000
 1. Roy Kissin (Sub-4 TC) 14:17.1, 2. Dan Buntman (GSFTC) 14:17.1, 3. Helmer Aslaksen (GBTC/Norway) 15:00, 4. Jacob Candelaria (Unattached) 15:25.2, 5. Tim Chain (Unattached) 15:25.3, 6. Ernie Rivas (Excelsior TC) 15:52.2.

55HH
 1. Larry Cowling (GBTC) 7.3, 2. Derek Ligons (Unattached) 7.5, 3. Dedy Cooper (Unattached) 7.8.

300IH
 1. Marc Dickerson (Unattached) 40.2, 2. John Kirkpatrick (Unattached) 42.2.

4x100
 1. Unattached 45.1.
HJ
 1. Chris Dunn (Unattached) 6-8, 2. Lorenzo Ellison (Chabot JC) 5-10, 3. Alan Wright (DVC) 5-8.

LJ
 1. Ken Williams (Cal) 21-11¼, 2. Tony Trammel (Hayward St.) 21-3½, 3. Bill Durbrow (Unattached) 20-2¼.

Triple Jump
 1. Raymond Kimble (Bay Area Striders) 49-¼, 2. Tony Trammel (CSUH) 46-0.

SP
 1. Mike Songer (Weight City).
DT
 1. Jay Kovar (Cal) 174-11, 2. Mike Songer (Weight City) 138-9, 3. Kevin Hillesland (Unattached) 122-0.

JT
 1. Mike Ostrom (Las Lomas HS) 198-2.

**Women
400**

1. Leslie Maxie (Millbrae Lions TC) 58.0,
2. Yuki Kendall (MLTC) 63.6, 3. Minnie
Murry (Skyline HS) 64.7.

800 (Combined heats)

1. Debra Carson (Unattached) 2:23.3, 2.
Gina Cole (Skyline HS) 2:33.4, 3. Dana
Faulkner (Skyline HS) 2:33.6.

1500

1. Amy Cathcart (Amador Valley HS)
4:52.6, 2. Bonnie Dwyer (GSFTC), 3.
Heather Watkins (BEBTC) 4:58.0.

55HH

1. Robyne Johnson (U of Texas) 33-8.4,
2. Patty Fong (Bishop O'Dowd HS)
30-10.2, 3. Susan Leslie (Piedmont HS)
30-10.5.

4x100

1. 1980 Girls (12-14) 51.6, 2. 1980 (10-11)
55.0, 3. Eastshore Hustlers 56.2.

LJ

1. Yvette Bates (BEBTC) 18-6 1/4, 2.
Angela Robinson (Merritt JC) 14-3.

SP

1. Danielle Massey (Berkeley HS) 31-0,
2. Julie Hadnot (Skyline HS) 30-4.

High School Boys

50 (Combined heats)

1. Leon Porter (Castlemont) 6.0, 2.
Kevin House (Kennedy) 6.1, 3. Noel Miller
(Kennedy) 6.1.

200 (Combined heats)

1. Leon Porter (Castlemont) 22.1, 2.
Maurice Crumby (Balboa) 23.4; Derek
Gipson (Unattached) 23.4.

400 (Combined heats)

1. Mike Walker (BEBTC) 51.0, 2. Ken-
neth Henderson (Berkeley) 51.5, 3. Donnie
Haley (Kennedy) 51.6.

800 (Combined heats)

1. Preston Brown (Oakland Tech) 2:06.2,
2. James Fowler (DeLaSalle) 2:06.5, 3.
Matt Gowan (Serra) 2:09.4.

1500

1. Noah Hinkston (Oakland Tech)
4:14.7, 2. Martin Higginbotham (Berkeley)
4:18.0, 3. Leo Scott (San Ramon) 4:18.5.

3000

1. Tony Scardina (DeAnza) 9:13.8, 2.
Martin Higginbotham (Berkeley) 9:36.0, 3.
Kevin Borkman (DeAnza) 9:49.5.

55HH

1. Mark Boyd (St. Mary's) 7.6, 2. Drew
Monaghan (DTC/San Ramon) 8.3, 3. Daryl
Harrison (Castlemont) 8.7.

300IH

1. Mark Body (St. Mary's) 39.8, 2. Kirk
Dakis (Miramonte) 42.8, 3. Drew
Monaghan (DTC) 43.1.

4x100

1. Ceres 49.6

HJ

1. Maurice Crumby (Balboa) 6-6, 2.
Chris Preas (Danville TC) 5-10, 3. Chris
Marocchi (Danville TC) 5-6.

PV

1. Anthony Harris (Encinal) 13-11 1/4, 2.
Joe Sandrini (Mills) 11-6, 3. Mark Marolt
(Alameda) 10-6; Steve McKay (Kennedy)
10-6.

LJ

1. Larry Farriester (Ceres) 22-3 1/4, 2. Der-
rick Haynes (Kennedy-R) 20 1/4, 3. Dwayne
Morgan (St. Mary's) 19-11 1/2.

TJ

1. Mark Boyd (St. Mary's) 45-6 1/2, 2.
Tiros Starks (St. Mary's) 40 1/4, 3. Adrian
Rucker (Kennedy-R) 38-9.

SP

1. Tony Gilliam (Kennedy-R) 46-4 1/4, 2.
Casey Bokavich (O'Dowd) 31-10, 3. Benny
Neison (O'Dowd) 27-0.

DT

1. Mike Ostrom (Las Lomas) 165-6, 2.
Tony Gilliam (Kennedy-R) 131-5, 3. Ben
Chalich (Serra) 120-5.

Masters Men

200

1. Enver Mehmedbasich (NCSTC) 29.2.

400

1. Mehmedbasich 64.4.

800

1. Mehmedbasich 2:31.3

1500 (Combined heats)

1. Tom Cathcart (WVTC) 4:21.0, 2.
Harold Knutson (GBTC) 4:25.0.

Masters Women

800

1. Marilyn Harbin (WVTC) 2:33.5, 2.
Agatha Sue Lee (WVTC) 2:42.7.

1500

1. Harbin 5:07.2, 2. Lee 5:23.1.

Age-Group Boys

50

1. Omar Fox 13 (Berkeley) 7.8, 2. La-
mont Cousseaux 12 (Portola) 7.9, 3.
Michael Dixon 13 (Portola) 8.4.

200

1. Fox 29.1, 2. Dixon 32.4, 3. Cousseaux.

Age-Group Girls

50

1. Semyra Nelson (Unattached) 6.9, 2.
Eulonda Craig (Eastshore Hustlers TC)
7.2, 3. Cynthia Goss (1980 TC) 7.2.

200

1. Ronda Banks (1980 TC) 26.3, 2.
Tomicka Johnson 12-13 (BEBTC) 26.7, 3.
Nelson 27.0.

400 (Combined heats)

1. Johnson 62.9, 2. Charlene Handy
12-13 (Eastshore HTC) 65.3, 3. Terry Craig
10-11 (Eastshore) 65.8.

800 (Combined heats)

1. Ronda Brooks (1980) 2:31.7, 2. Handy
2:34.43, 3. Pam Simms (1980) 2:34.4.

**FSU Weight
Pentathlon**

**January 29, Fresno State Univ. Hammer,
Shot, Discus, Javelin, 35# wt.**

Men

1. Curt Thomas (CSB)	4092
155-5, 55-2 1/2, 159-5, 184-0, 54-0	
2. Mike Fritchman (Unatt.)	4057
181-3, 47-1, 143-0, 200-6, 55-9 1/4	
3. Matt Mileham (FSTC)	4034
222-11, 43-6 1/4, 135-3, 142-1, 67-1 1/4	
4. Dennis Morely (FSTC)	3830
147-8, 46 1/4, 136-3, 228-1, 46-10 1/4	
5. Tom Jadwin (FSTC)	3814
145-0, 45-2 1/4, 123-6, 242-1, 51-0 1/2	
6. Machan Littleton (FSU)	3564
169-1, 49-7, 126-0, 139-2, 47-10 1/4	
7. Scott Chappel (Unatt.)	3270
152-0, 38-8 1/4, 128-10, 152-6, 43-4	
8. David Vagangast (FSU)	3259
115-10, 44 1/4, 146-2, 144-4, 42-7 1/2	
9. Ed Hotz (FCC)	2979
127-2, 35-8 1/4, 123-4, 142-1, 41-6	

Women (shot, discus, javelin)

1. Sharon Hamilton (Unatt.)	2070
48-1 1/4, 114-5, 90-3	
2. Sharon Pierson (FCC)	1917
36-0, 112-3, 105-2	
3. Carolyn Nietto (FSU)	1865
34-11 1/4, 111-4, 100-4	
4. Janet Oberg (CSB)	1784
29-4, 99-8, 118-9	
5. Janelle Strohmeier (Unatt.)	1707
38-9 1/4, 92-8 1/4, 76-5	

**Road Racing
RESULTS**

**Las Vegas
Classics**

**December 11, 10K and Half-Marathon,
10K**

Women's Division

20-29: 1. Monica Joyce (San Diego,
CA) 33:39, 2. Kathy Way (Mt. View,
CA) 36:53, 3. Tena Harms (Mt. View,
CA) 36:57. **30-34:** 1. Marlene Benjamin (Ap-
ple Valley, CA) 44:35. **35-39:** 1. Lydia Gregg
(Chula Vista, CA) 43:36, 3. Darcy Miller
(San Diego, CA) 48:18. **40-44:** 1. Darcy
Courter (Bonita, CA) 41:51, 2. Warren
(CO) 46:28, 3. Leatha Dorn (Redondo
Beach, CA) 50:20. **45-49:** 1. Diane Gregg
(Dallas, TX) 46:02, 2. Christa Sidles
(Saugus, CA) 52:42, Clorianne Merrambee
(Newhall, CA) 57:58. **50-54:** 1. Ennis
Roseman (La Jolla, CA) 64:36. **55-59:** 1.
Julie Cleola (Franklin, OH) 51:43, 3. March
Isim (San Diego, CA) 56:51.

Men's Divisions

19-Under: 1. Art Castle (Las Vegas, NV)
31:15. **20-29:** 1. Bruce Bickard (Wellesley
Hills, MA) 29:52, 2. Frank Plasso (Las
Vegas, NV) 30:49, 3. Michael Sandrock

(Boulder, CO) 31:55. **30-34:** 1. Ben Wilson
(Claremont, CA) 31:05, 2. Billy Aragon
(Grand Jct., CO) 31:43, 3. Derek McIver
(Reno, NV) 32:29. **35-39:** 1. Jerry Anthony
(Stockett, MT) 33:24. **40-44:** 1. Neil Chap-
pell (Las Vegas, NV), 2. Jesse Rodriguez
(Visalia, CA) 35:00, 3. Tom Richards (Ap-
ple Valley, CA). **45-49:** 1. Earnest Ogren
(Rogers, MN) 39:35, 3. Bruce Ennis (La
Jolla, CA) 41:00. **50-54:** 1. Wally Evertz
(Santa Ana, CA) 38:00, 2. Robert Gerlach
(Newhall, CA) 38:22. **55-59:** 1. Dick Walsh
(Palos Verdes, CA) 42:53, 2. Jock Jocoy
(Del Mar, CA) 45:08, 3. Jim Dacollas
(Newport Beach, CA) 45:50. **60-64:** 1.
Ralph Ratcliff (Okla. City, OK) 40:25, 2.
Red Isom (San Diego, CA) 45:44. **65-69:** 1.
Maurice Cummings (Kelso, WA) 47:40.
70-Over: 1. Matthew Corona (Franklin,
OH) 46:10.

Half-Marathon

Women's Division

19-Under: 1. Pamela Banta (Las Vegas,
NV) 1:29:17. **20-29:** 1. Sue King (Mobile,
AL) 1:15:02, 3. Denise Bigelow (Mt. View,
CA) 1:27:02. **30-34:** 1. Vanessa Vaidas
(Houston, TX) 1:20:50. **35-39:** 1. Laurie
Binder (Oakland, CA) 1:14:46, 2. Judy
Kewley (Simi Valley, CA) 1:25:27. **40-44:** 1.
Judith Funderburk (Longview, TX) 1:46:20,
2. Jerry Steele (Huntington Beach, CA)
1:56:09, 3. Esther Stevens (Manhattan
Beach, CA) 1:59:39. **45-49:** 1. Karen Wall
(Las Vegas, NV) 1:48:41, 3. Marilyn Rehorn
(Templeton, CA) 1:52:35. **50-54:** 1. Ann
Priddy (Arcadia, CA) 1:46:40, 2. Alta Joyce
(Diamond Bar, CA) 2:14:45.

Men's Divisions

19-Under: 1. John Vargas (Florence, AZ)
1:11:06. **20-29:** 1. Marty Froelick
(Austin, TX) 1:04:26, 2. Dan Fraey (Los

Altos, CA) 1:04:34, 3. Dan Bontman (Palo
Alto, CA) 1:05:29. **30-34:** 1. Rich Langford
(Mt. View, CA) 1:06:42, 2. Dennis
O'Halloran (Mt. View, CA) 1:06:44, 3. Mark
Proteaw (Napa, CA) 1:09:27. **35-39:** 1.
Steven Lester (Magna, UT) 1:11:28, 3. Wm.
Dunn (Campbell, CA) 1:13:25. **40-44:** 1. Tim
Rostege (San Jose, CA) 1:12:30, 2. John
Kurtz (L.A., CA) 1:19:25, 3. Cal Hamren
(Spring Vily, CA) 1:19:38. **45-49:** 1. Wm.
Kohan (Des Moines, IA) 1:17:00, 2. An-
thony Spore (Wrightwood, CA) 1:17:19.
50-54: 1. Dale Goering (Santa Fe, NM)
1:22:30, 2. Charles Cunliffe (Valencia, CA)
1:31:49. **55-59:** 1. Jim O'Neil (San Diego,
CA) 1:17:47, 2. Tommy Hodges (LV, NV)
1:28:38, 3. James Simos (Slymar, CA)
1:37:08. **60-64:** 1. Joe Federici (Dabois, PA)
1:39:24, 2. Robert Cusack (L.A., CA)
1:39:50, 3. Jean Dopierala (Westminster,
CA) 1:44:45. **65-69:** 1. Roy George
(Woodland Hills, CA) 1:46:14, 2. Burt
Simonson (LV, NV) 1:49:40, 3. Fred
Brueckner (Torrance, CA) 1:53:08.

**Mt. Madonna
Challenge**

December 4, Spring Lake.

Jerry Lynch, a sports psychologist
from Aptos, came close to breaking the
9-year-old Mt. Madonna Challenge record.
But, like all the others who have come
within hailing distance of the record, he
fell short of Ben Delagarza's 1972 record,
in the process of coming within 28

continued on next page...

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

**★ 10th Annual NORTHRIDGE RELAYS ★
March 12, 1983**

11:15 a.m. Field Events/11:45 a.m. Relays

Men: JC, College & University. Women JC.
All field events and relays. Men's 2-Mile,
Steeple and 10,000; JC Women's 2-Mile &
Mile.

**★ 4th Annual NIKE INVITATIONAL ★
April 16, 1983**

12:15 p.m. - First Event

**Qualifying Standards: Top 9 en-
tries into Invitational section
with awards. Others meeting
standard into Open sections with
no awards.**

**For Entries or Information Contact:
Bill Webb, Track Coach
Cal State University, Northridge, CA 91330
(213) 885-3608 or 885-3208**

Results

seconds of the record for the 12.1 mile up and down hill run (course record: 1 hr. 11 minutes and 11 seconds) Lynch won the master's division in addition to picking up an award as the top male finisher in the field of 94 runners. Jerry took one wrong turn and had to back track for 50 yards or he would have been much closer to the record.

Peggy Le Doit, another master runner, was the first woman finisher. She beat Mary Shartle by 16 seconds with a time of 1:37:15. Mary Shartle, like her husband, Pat, had to settle for second overall but she did come in first in her age group.

Although the weather was excellent for the race, most runners had difficulty with the first two miles of the rugged course which starts and ends in Mt. Madonna Park. Heavy rains and winds had provided additional challenges for the athletes. In addition to the steep terrain, the trails, being soft and spongy with water, made it even more difficult to climb to the top. Besides, a tree blocked the trail at one point but everybody got back on the trail and finished the race.

Overall

1	Jerry Lynch (1/40-49)	1:11
2	Patrick Shartle (19-29)	1:16
3	Dave Parish (19-29)	1:17
4	Walter Radloff (1/30-39)	1:17
5	Norman Gould (2/30-39)	1:17
6	Gosta Brolin (19-29)	1:18
7	Cesar Acosta (19-29)	1:18
8	Julius Ratti (3/30-39)	1:19
9	Steve Sellorede (4/30-39)	1:19
10	Jay Cook (2/40-49)	1:19
11	Mark Samuelson (19-29)	1:20
12	Bill Jenkins (5/30-39)	1:21
13	P. Bousquet (19-29)	1:23
14	David Samuelson (6/30-39)	1:24
15	Jim Cuddae (19-29)	1:24
16	Terry Foxes (3/40-49)	1:26
38	Peggy LeDoit (1F/40+)	1:37
39	Mary Shartle (1F/19-29)	1:37
40	Tony Burke (1F/30-39)	1:37
42	Joe Vege (1/50-59)	1:38
45	Tom Gutierrez (2/50-59)	1:39
49	Brenda Leary (2F/30-39)	1:40
50	David Clark (3/50-59)	1:40
59	Mona Lopez (2F/19-29)	1:45
60	Coleen Fox (3F/19-29)	1:46
62	Maryo Mendez (4F/19-29)	1:47
63	Sue Briscoe (5F/19-29)	1:48
67	Jo Purcell (2F/40+)	1:51

PR's

For the past two months, a few of the PR's having been coming in with the race unnamed. The distance is given, but no race name. In the future, I am going to omit these because the column is for actual races. I'm sure the times submitted were performed in races, but without naming the race, some people may start thinking that training runs count. They don't... with one exception. Official time trials will be accepted, track or road, provided they are fully identified.

Another point: You folks who send newsletters. Please try to use a standard marking system. "PR" after a time is self-evident. An asterisk (*) should be used to indicate first time at distance. No other indicators or notes are necessary.

Thanks.

Marcia Baglou (VPHS) Century League X-C Finals, 3 miles	17:34
Doug Barnes (SCRR) TAC X-C Nationals, 4000m	14:08
John Beck (VPHS) Century League X-C Finals, 3 miles	15:43
Bill Bentz (SCRR) TAC X-C Nationals, 4000m	*14:05
Andrea Biggers (SCRR) Mission Viejo District X-C 880y (1st race)	*14:10
Michelle Biggers (SCRR) Mission Viejo District X-C, 2 miles	*14:34
Ann Boyd (SCR) Brahma 10K	53:21
Mike Brase (VPHS) Century League X-C Finals, 3 miles	16:31
Jaime Braun (SCRR) Mission Viejo District X-C, 880y	3:33
Paula Marie Brennan (Kennedy HS) L.A. City X-C Championships	*12:19
Matthew Bruni, Stockton Marathon, 2nd place	2:23:24
Ginger Burrola (Monteca Quicksilver TC) Great Hawaii Footrace, 312 miles(1F)	43:18:00
Jeff Byrnes (VPHS) Century League X-C Finals, 3 miles	18:27
David Chairez, Stockton Marathon (1st place)	2:22:35
Pam Carlone (SCRR) TAC X-C Nationals, 3000m	*11:58
Mike Christensen (VPHS) Century League X-C Finals, 3 miles	18:13
Peter Churney, SOS Natural Light Footrace, 10K	30:36.6
Chuck Cunliffe (SCR) Bev. Hills/Perrier 10K	41:48
Al DeRosas (VPHS) Century League X-C Finals, 3 miles	16:27
Jim Evans (VPHS) Century League X-C Finals, 3 miles	19:25
Alan Eyerly (VPHS) Century League X-C Finals, 3 miles	17:55
Bob Gallagher (SCRR) TAC X-C Nationals, 4000m	*15:52
John Galletta, S.F. Christmas Carol Charity 10K Run	36:19
Bob Gerlach (SCR) Las Vegas Half-Marathon	*1:37:04
Bob Gerlach (SCR) Run for Roses 10K	37:22
Tim Gloe (VPHS) Century League X-C Finals, 3 miles	18:28
Janet Gulscardo (SCR) Las Vegas 10K	45:44
Nathan Hayden (VPHS) Century League X-C Finals, 3 miles	15:19
Al Hernandez (VPHS) Century League X-C Finals, 3 miles	20:48
Rick Hiuner (VPHS) Century League X-C Finals, 3 miles	19:38
Mindy Ireland (Team Chart House) Bonne Bell 10K Champ.(1/30-39)	35:15
Jeff Jacobs (Cresdi HS) Mercury 10K	33:52
Ed Johnstone, China Cup Series 5K X-C	*24:02
Ed Johnstone, Run for Roses 10K	*43:32
Howard Kepier (VPHS) Century League X-C Finals, 3 miles	16:38
Amy King (SCRR) TAC X-C Nationals, 3000m	*12:12
Amy King (SCRR) Sub-4/Caprolan 8K	*37:53
Karen Harris Lanterman (WVTC) Clarksburg Classic 20 Mile	*21:11:21
Karen Harris Lanterman (WVTC) Veteran's Run 8K	*29:40
Thomas Leong (SCRR) Run With the Stars 5K	16:24
Harolene McClean (JOVI) Marina-Venice Christmas Tree Run	39:10
Mark McKenzie (Loeschorns R.C.) 5K	*15:03
Mark McKenzie (Loeschorns R.C.) 10K	30:44
Mark McKenzie (Loeschorns R.C.) Half-Marathon	1:10:00
Judi Mellor, Stockton Marathon (1st Female)	3:08:08
Bill Meyer (SCRR) TAC X-C Nationals, 4000m	13:58
Rich Minnich (SCR) New Year's Eve 10K	39:57
Russ Montgomery (VPHS) Century League X-C Finals, 3 miles	17:26
Paula Moreno (SCRR) USC All Comers Meet, 1500m	5:39
Karl Myers (VPHS) Century League X-C Finals, 3 miles	18:11
Denis O'Halloran (ARC) SOS Natural Light Footrace 10K (2nd place)	30:02.4
Jim Parker (VPHS) Century League X-C Finals, 3 miles	17:45
Don Ramirez (Synanon) Fresno Marathon	2:46:55
Karen Sanguinetti (Sundance RC) Stockton Marathon (2nd/F)	3:11:17
Kathy Schmidt, Santa Rosa Last Race 10K	45:52
Chris Sidles (SCR) Las Vegas 10K	52:42
Sarina Sidles (SCR) Las Vegas 10K	65:03
Suzanne Sirota (SCR) Brahma 10K	*57:05
Suzanne Sirota (SCR) New Year's Eve 10K	55:52
Karl Smith (SCR) Brahma 10K	47:00
Ken Survilias (VPHS) Century League X-C Finals, 3 miles	17:11
Andy Takaha (Harvey's Casino TC) California 10 Mile	52:59
Dave Tebo (VPHS) Century League X-C Finals, 3 miles	16:20
Roger Thayer (VPHS) Century League X-C Finals, 3 miles	19:28
Scott Thomason (Pamakids) New York Marathon	3:33:26
Tom Thrasher (VPHS) Century League X-C Finals, 3 miles	16:23
David Wheeler (VPHS) Century League X-C Finals, 3 miles	18:18

Santa Barbara Triathlon

September 25, Santa Barbara:

1.25 Mile Swim/58 Mile Ride/13.1 Mile Run

Place	Name(Age)City	Swim	Ride	Run	Total
1	Duncan Thomas(33)Santa Barb.	40:00	2:46:37	1:24:25	4:51:02
2	Richard Aleshire(37)S.L.O.	43:38	2:49:28	1:24:09	4:57:15
3	Robert Fox (19)Santa Barb.	38:19	2:46:40	1:35:53	5:00:52
4	Kemp Aaberg (42) Goleta	40:25	2:54:55	1:27:27	5:02:47
5	Jeff Harbell(19)Redondo Bch	49:36	2:51:46	1:21:33	5:02:55
6	Michael Sloan(32)Goleta	43:15	2:49:47	1:30:43	5:03:45
7	David Parsele(27)Corona Del Mar	44:48	3:01:09	1:19:41	5:05:38
8	Jim Brady(19)Cupertlino	38:09	2:52:56	1:37:34	5:08:39
9	David Blakely(32)Yorba Linda	47:35	2:49:47	1:31:56	5:09:18
10	Emilio Desoto II(22)Monterey	38:13	2:57:12	1:34:53	5:10:18
11	Mike Orr(27)R. P. Verdes	53:53	2:51:35	1:26:00	5:11:28
12	Dante Denicola(26)Berkeley	45:03	2:53:38	1:33:42	5:12:23
13	Francisco Lopez Torrance	55:14	2:48:02	1:35:22	5:16:38
14	Theodore Durbin(25)C.Del Mar	45:30	2:56:21	1:35:12	5:17:03
15	Timothy Darling(25)S.B.	50:48	2:58:14	1:29:33	5:18:35
16	James Dall(23)San Diego	41:40	3:02:14	1:35:13	5:19:07
17	Dale Evers(27)S.Luis Obispo	38:15	3:03:43	1:39:38	5:21:36
18	Christopher Day(29)Berkeley	38:20	3:04:04	1:39:19	5:21:43
19	Steve Doll(28)Glendale	46:30	3:02:34	1:35:44	5:24:48
20	Peter Lufkin(29)Santa Barb.	41:43	3:02:49	1:40:33	5:25:05
33	Curtis Ridling(45)Santa Barb.	52:18	3:04:29	1:34:21	5:31:08
34	Harry Pantelas(45)Westlake Villg	51:31	3:10:18	1:29:41	5:31:30
43	Edward Lay(40)Granada Hills	47:37	3:13:00	1:37:47	5:38:24
47	Laurie McKnight(21F)Mill Vily	40:11	3:10:36	1:48:42	5:39:29
80	Linda Keeney(39F)Santa Barb.	52:49	3:12:53	1:48:45	5:52:27
83	Terry Thomas(33F)Santa Barb.	59:59	3:33:35	1:19:13	5:52:47
86	Barbara Savage(31F)Santa Barb.	56:57	3:03:44	1:53:23	5:54:04
88	Cherry Stockton(39F)Santa Barb.	50:07	3:11:22	1:52:53	5:54:22
97	Samantha Steinbeck(25F)Bkfld	49:52	3:21:11	1:45:00	5:56:03
102	Leslie Maurer(21F)Del Mar	34:05	3:12:09	2:10:09	5:56:23
126	Keith Albright(58)LaCrescentia	57:42	3:16:16	1:50:02	6:04:00
195	Janice Gray(44F)Mammoth Lkes	45:43	3:49:25	1:57:58	6:33:06

Arcata/Willow Creek 40 Miler

December 11.

Overall

1	Howard Labrie (32)	4:10:18
2	Warren Finke (40)	4:11:48
3	Greg Heistuman (27)	4:23:24
4	Rich Stewart (34)	4:34:33
5	Stu Smith (41)	4:55:07
6	Gerald Hoopes (41)	5:15:37
7	Rene Casteran (34)	5:27:02
8	E.R. McAuliffe (32)	5:30:00
9	Mike Doolittle (43)	5:33:18
10	Harrison Smith (58)	5:37:38
11	Jim Clover (40)	5:51:54
12	Ron Holman (27)	5:54:47
13	Mike Eagan (36)	5:55:52

14	Gordon Johnson (37)	5:55:52
15	Thomas Ogleby (35)	6:02:03
16	Berit Meyer (25)1st F	6:04:35
17	Jan Levet (31) 2nd F	6:09:17
18	Sandra Stepp (33) 3rd F	6:26:42
19	Paul Deloria (37)	6:29:47
20	Dick Collins (49)	6:39:29

"Toughest 10K in The West"

December 11, Wainut.

The "Toughest 10K in the West" was all it was cracked-up to be, and then some! As if starting and finishing on the Mt. Sac Cross Country course wasn't bad enough, Buzzard's Peak (which looks over the entire Mt. Sac Campus) was thrown in

for good measure. Matt Eblner of UCLA via Mt. Sac, came home to take the field of 250 in a course record of 39:35. An outstanding time considering there was no flat land to be found anywhere along the way.	
Overall Men	
1 Matt Eblner (UCLA)	39:35
2 Howard Burgess (Maccabi)	39:41
3 David Rosas (Mt. Sac)	41:28
4 Mike Madrigal (Citrus)	42:28
5 Tom Nugent (Mt. Sac)	42:36
Women	
1 Erin Eicher (Row.Hts)	52:42
2 Gina Placencia (Row.Hts)	54:53
3 Karen Gorman (Row. Hts)	55:03

Divisions

Men
(U-12): 1. Mark Lazzareto (Montebello) 1:07:43. 13-15: 1. Edie Placencia (Row. Hts.) 45:04. 16-18: 1. David Rosas (Mt. Sac) 41:28. 19-29: 1. Matt Ebner (UCLA) 39:35. 30-34: Jim Brown (Row. RR) 46:56. 35-39: 1. Jim Perez (Bald. Pk) 50:49. 40-49: 1. John Risk (Pasadena) 50:20. 50-59: 1. Lono Tyson (Monrovia) 53:41.
Women
13-15: 1. Gina Placencia (Row. Hts) 54:53. 16-18: 1. Erin Eicher (Row. Hts) 52:42. 19-29: 1. Diane Archer (Balboa Is.) 59:28. 35-39: 1. Carolyn Carr (Mac. Hts.) 1:09:45. 40-49: 1. Johanna Delyon (Row. Hts) 1:07:50. 50-59: 1. Esther Milich (W. Covina) 1:08.

Misty Redwood Run

December 12. Redwood Regional Park, Oakland. 7.6 miles. No times available.
Overall: 1. Robert Gomez (14-17), 2. Philip Hornig (18-39), 3. Bob Malain (50-59).
Men's Division:
0-9: Jerome Daniels. 10-13: Vincent Saunders. 14-17: Robert Gomez. 18-39: Philip Hornig. 40-49: Nik Epanchin. 50-59: Bob Malain. 60+: John Gilroy.
Women's Division
0-13: Anniken Nielsen-Hoyer. 14-17: Wendy Comfort. 18-39: Joanne Ernst. 40-49: Marilyn Harbin. 50+: Ruth Anderson

Santa Maria Half Marathon

December 12. Santa Maria.
1 D. Perez(21) 1:06:25
2 J. Triplett(25)VATT 1:06:52
3 F. Hutchinson(30)SLDC 1:11:12
4 J. Hurley(26) 1:16:38
5 J. Root(28)SLDC 1:16:39
6 S. Barlow(21) 1:18:11
7 Jim Brown(40)SLDC 1:18:20
8 H. Rodriguez(31) 1:18:26
9 David Trissel(18)ORR 1:19:06
10 S. Padugarian(31) 1:20:08
11 J. Marino(43)STC 1:20:18
12 R. Sharer(28)ORR 1:20:24
13 Charlie Sepko(38)ORR 1:20:34
14 B. Yamez(35)CRTC 1:20:44
15 E. Campo(31)VATT,1/F 1:21:12
38 D. Dixon(28)SLDC,2/F 1:30:01
61 P. Graham-Lewis(24)ORR,3/F 1:38:42

San Diego Mesa Distance Derby

From Rich Cote

December 15. Mesa College. Two man ten mile relay, alternating quarters.
1 Paul Greer(St. Augustine) av. 66.6
2 Pat Green(La Jolla) av. 66.9
3 Matt Clayton(Mar Vista) av. 67.2
4 Willie Guarino(Mar Vista) av. 69.2
5 Alex Martinez(Mar Vista) av. 69.3
6 Jack Tade(Madison) av. 69.8

Sanger Striders Run

December 18. Sanger. 6 Miles.
Women
15 & Under: 1. Shannon McPherson 46:15.5. 40-49: 1. Julie Wilson 48:34.0. 50-59: 1. Pat Hurst 41:26.1. 60 & Over: 1. Virginia Martin 1:01:20.0.
Men
15 & Under: 1. David Naranjo 32:07.8. 18-18: 1. Miguel Hurtado 32:46.7. 19-29: 1. B. Belancourt 32:56.3. 30-39: 1. Frank Ortega 33:15.0. 40-49: 1. Frank Delgado 34:37.5. 60 & Over: 1. Jim Martin 1:01:20.4.

Coyote Hills to the Bay

December 18. Fremont. 3.4 & 6.8 mile.
3.4 Mile-Men's Division
11-19: 1. T. Petty 18:33. 20-29: 1. F. Huxham 18:40. 30-39: 1. J. Roach 19:11. 40-49: 1. W. Tucker 21:01. 50-59: 1. J. Lemke 21:04. 60-Over: 1. J. Gilkey 25:29
3.4 Mile-Women's Division
11-19: 1. D. Roach 25:37. 20-29: 1. J. Woodward 27:55. 30-39: 1. A. Singh 25:14. 40-49: 1. H. Reichel 26:03.
6.8 Mile-Men's Division
11-19: 1. C. Steinmaus 39:23. 20-29: 1. D. Peruman 37:17. 2. R. Castro 37:28. 3. M. Gama 38:29. 30-39: 1. A. Hernandez 37:09. 2. J. Talco 38:44. 3. R. Mondragon 39:18. 40-49: 1. S. Vasquez 36:57. 2. W. Yeend 41:09. 3. H. Latimer 42:22. 50-59: 1. B. Oliver 45:41. 2. E. Singleton 45:52. 3. B. Barclay 46:24. 60-Over: 1. J. Gilkey 47:53.
6.8 Mile-Women's Division
11-19: 1. S. Brown 47:46. 20-29: 1. K. Koudela 41:18. 2. D. Dobbs 48:17. 3. F. Quilantang 49:02. 30-39: 1. G. Voss 48:22. 2. C. Notch 50:03. 3. D. Daly 52:15. 40-49: 1. N. Troxa 59:49. 2. P. Morales 59:41. 3. A. Byard 63:30.

Bakersfield Marathon Tune-up 15K-30K

December 18. Bakersfield.
15K
1 Paul Anderson 57:02.2
2 Gary Levey 57:09.4
3 Paul White 58:45.4
4 George Ortiz 60:05.9
5 Randall Taylor 63:21.3
6 Dave Brewer 65:43.6
7 Craig O'Neill 69:45.6
8 Richard Flippen 72:22.4
9 Chuck Brannon 72:32.5
10 Verla Phillips 76:53.4
10 Maureen Thistle 76:53.4
10 Brenda Villanueva 76:53.4
30K
1 Craig Newport 2:05:00.7
2 Harry Maloney 2:05:29.0
3 Lonie Martin 2:06:57.5
3 Bill Peck 2:06:57.5
4 James Lipford 2:09:12.1
5 Tim Lemucchi 2:10:48.5
6 Leo Marquez 2:14:08.2
7 Bob Small 2:14:26.6
8 Don White 2:38:15.3
9 Mike Todd 2:57:23.6
10 Sharon Allison 1st F 3:04:43.0

Christmas Relays

December 19, 1982.
1 Pacific West 'A' 1:48:28
2 Golden Bear TC 'A' 1:48:57
3 Aggie Open 1 1:50:25
4 Aggie Open 2 1:52:48
5 Capital City Flyers 1:52:58
6 Angell Field Ancients II 1:53:00
7 Aggie Open 3 1:54:38
8 Golden Bear TC 'B' 1:55:52
9 Greater San Fran. TC 1:56:01
10 Pacific West 'B' 1:56:13

Riverside Heart Classic Road Race

From Randall K. Hill
December 19. Riverside. 5K & 10K.
5,000 Meters
Overall Winners
1 Ralph Garibaldi 15:02
2 Shannon Duncan 20:31
Divisions: Men: 11 & Under: Jimmy Owens 20:46 12-18: Tom Walters 17:13 19-24:

Ralph Garibaldi 15:02. 25-29: Kevin Jacobs 15:29. 30-34: Louis Marovitch 16:45. 35-39: Tom Nelson 17:09. 40-49: Bob Stafford 18:07. 50-59: Wally Ingram 18:23. 60 & Over: David Lewis 21:37.
Women: 11 & Under: Connie Mungaray 22:20. 12-18: Shannon Duncan 20:31. 19-24: Fran Gilmore 20:51. 25-29: Kathleen Graves 23:34. 30-34: Sue Harwell 20:53. 35-39: Kathy Heard 21:43. 40-49: Carol Taylor 25:49. 50-59: Mary Storey 21:41. 60 & Over: Vada Lindorfer NT.
10,000 Meters
Overall Winners
1 Larry Lawson 30:41
2 Carol Lowe 38:38
Divisions: Men: 11 & Under: Brandon Carleen 42:29. 12-18: Bill Watson 1:01:37. 19-24: Ray Cook 31:03. 25-29: Larry Lawson 30:41. 30-34: David Nieman 34:58. 35-39: Elber Camacho 35:54. 40-49: Frank Ogawa 35:57. 50-59: Wally Ingram 38:12. 60 & Over: Robert Kroger 41:58.
Women: 12-18: Sharon Prince 44:18. 19-24: Carol Lowe 38:38. 25-29: Ellen Coleman 42:36. 30-34: Dianne Huppman 46:12. 35-39: Irma Zuniga 48:52. 40-49: Cathy Wedel 52:35.

4 Chris Weston (22) 32:41
5 Ruddy Coniele (22) 34:10
6 Bill Seals (27) 35:00
7 Kins Rollins (21) 35:07
8 Bryan Hill (22) 35:19
9 Tim Braun (26) 35:38
10 Scott Holt (22) 36:27
11 Jerry Jalaba (21) 38:04
12 Tony Premeaux (28) 38:05
30-39
1 Fred Doubell (34) 33:52
2 Bill Schaefer (39) 35:18
3 Steve Notaro (35) 35:43
4 Bill Wong McCarthy(31) 35:47
5 Bob Koss (30) 35:57
6 H. W. Gerst (31) 36:57
40-49
1 Norman Cohen(45) 35:17
2 Bill Trebilcock (42) 36:41
3 Ronald Pattinson(45) 36:54
4 Stan Wegener (43) 37:23
5 Chip Strange (48) 38:09
6 Doug McKeon (43) 40:08
50-59
1 Tracy Brown (54) 37:37
2 Bob Gerlach (53) 37:59
3 John VanEgmond (50) 41:59
4 Neil Zielger (50) 42:10
5 Carl Schaeffer (51) 42:47
6 Joseph Carrier (51) 42:52
60-Over
1 Ed Johnstone (61) 44:12
2 Demetrio Miller (63) 45:51
3 Richard Hoegh (61) 47:07
Women's Division
18-Under
1 Adelaide Shinkle(15) 52:52
2 Kimberly Brown(11) 55:33
3 Kathleen Brown (11) 55:34
19-29
1 Jeanne Lasee (25) 35:15
2 Marie Murphy (22) 36:38
3 Therese Kozlowski(22) 36:46
4 Roma Antoniewicz(23) 36:57

Venice-Marina 10K

from CHUCK LICHTER

December 19.
Men's Divisions
18-Under
1 Darren Wear (17) 33:38
2 Charles Dye (18) 38:35
3 Stephen Pelham (18) 39:26
19-29
1 Martti Killholma (25) 29:54
2 Ron Ysaais (20) 29:59
3 Terry Gibson (23) 30:04

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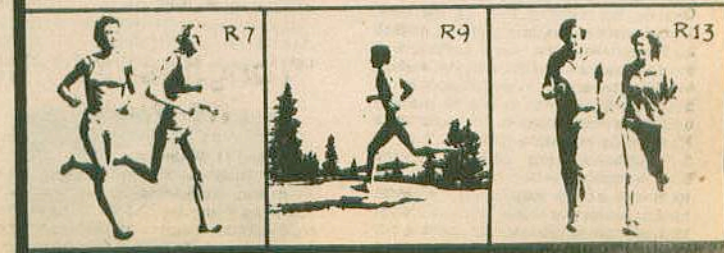
NOTE CARDS & POSTERS

• FOLDED NOTE CARDS (4 1/4" x 5 1/2") 15 DESIGNS, BLACK & WHITE, PKGS. OF 12, INCL. ENVELOPES, ONE DESIGN PER PKG.. PERFECT FOR LETTERS, BIRTHDAY + HOLIDAY CARDS. \$4.25 POSTPAID.

• POSTERS (11" x 15"), PERFECT AS GIFTS \$2.25 PPD.

• RACE DIRECTORS: WHOLESALE RATES & CUSTOM WORK ON LOGOS, CERTIFICATES, T-SHIRTS, & SPECIAL AWARDS.

• FREE BROCHURE, WRITE: HERB PARSONS
Box 501 C
NORTH HAVEN
ME 04853



Results

5	Chris Gilbreth (21)	38:42
6	Sherry Simmons (24)	40:19
7	Man Beber (27)	41:32
8	Sue Beatty (19)	43:09
9	Ellen Keck (20)	43:45
10	Camille Fernandez(25)	45:45
30-39		
1	Terri Candelario (33)	43:32
2	Maryann Harwood (36)	44:23
3	Carol Noonan (36)	46:29
4	Margarita Silva (35)	47:24
5	Lyn Henderson (39)	47:24
6	Terry Barman (37)	48:51
40-49		
1	Karen King (43)	50:39
2	Bobbi Binder (42)	51:07
3	Olivia Joyce (44)	51:31
4	Barbara Holman (48)	51:39
5	Carol Wright (44)	54:16
6	Angela Seymour (40)	55:02
50-59		
1	Helen Dick (58)	43:33
2	Kathy Vento (52)	51:38
3	Joyce Boedecker (51)	54:09
60-Over		
1	Mem Howe (63)	50:34
2	Edith Carlisle (60)	52:57
Racewalker		
1	Danny Law (30)	57:42
Wheelchair		
1	Keith Melvill (17)	34:46
Women Racewalker		
1	Vicki Jones (38)	54:15
Women Wheelchair		
1	Jan Burkhart (19)	45:04

Fat-Ass 50

December 26. Half Moon Bay to Santa Cruz. 50 miles.

Apparently, the word got out to the faithful (and the mindless) this past holiday season, because that casual, low-key, fun ultra, the Recover from the Holidays Fat-Ass 50, was an even bigger success than last year. Talk about dedication! What could prompt a person to get up to run 50 miles down a long, deserted (albeit beautiful) roadway at 7 in the morning the day after Christmas? In an event in which there was no entry fee, no prizes, T-shirts, aid stations, patches, medals—nothing! Perhaps just good fellowship and wanting to know that you could do it. Whatever the reason, 36 people started from a little parking lot just north of Half Moon Bay, and 32 of them finished at the Mobil station in Santa Cruz, 50 miles down Highway 1. Last year, 25 started and 12 finished.

The weather and the quality of the "competition," such as it was, got better this year, too. Mike Sullivan, who won last year in 7:38, improved his time by 30 minutes, but this year it was only good enough for third, as Jasper Kirby of Mountain View and Flatlander Jim Pellon, who was second at Western States last year, had the best times, about 6:36 and 6:35 respectively. If that wording seems a bit imprecise, there's an explanation (though perhaps not a good one). Kirby finished first and beat one of the race directors (who was out running a portion of the course) to the finish. So he reported his own time. Dave Stevenson crossed the line second, in 6:51, duly observed by race officials. Next came Sullivan and then Pellon, who had gotten misinformation on the starting time of the race, started 50 minutes late and still passed just about everyone. Carol LaPlant was the first woman and 12th person overall, in 8:16. Like most of those finishing in the first half, she looked strong all the way and at the finish. (I swear, it's gettin' so a 50-miler ain't nothin' anymore.)

Conditions were perfect for the run—temperatures in the low 50's, no wind, and a slight cloud cover. Next year, race directors Joe Oakes and John Lehrer may give in to requests for medals and (recycled) T-shirts.

Overall

1.	Jaspar Kirby (6:36), 2. Dave Stevenson (6:51), 3. Mike Sullivan (7:08), 4. Jim Pellon (6:35), 5. Bill Farrell (7:30), 6. D.J. Blinn (7:58), 7. Tom Bryan (7:58), 8. Bill Casteel (8:07), 9. Jerry Blinn (8:07), 10. Paul Bush (8:10).
11.	Ron Kovacs (8:12), 12. Carol LaPlant (8:16), 13. Jerry Farley (8:24), 14. Dave Kroll (8:31), 15. Joanne Goodhead (8:31), 16. Marty Maricle (8:32), 17. Phil Hengen (8:40), 18. Steve Jaber (8:42), 19. Betsy White (8:45), 20. Neil Mishalov (9:05).
21.	Gene White (9:05), 22. Kinzel (9:07), 23. Pete Galloni (9:11), 24. Don Stok (9:30), 25. Jim Honig (9:31), 26. John Buenfil (9:52), 27. Dick Collins (9:52), 28. Jack Cover (10:15), 29. Vivian Rodriguez (10:18), 30. Russ Gamble (10:20).
31.	Joan Szarfinski (10:32), 32. Sherm Welpton (10:32).

Westlake 20 Mile Run

from BRIAN PRITCHARD

December 26. Westlake Village.

This year we had 201 entrants—our largest field ever. It seems that more and more of you are realizing that no serious runner's racing calendar is complete without this annual romp through beautiful Hidden Valley.

Finland's top marathoner, Martti Kiihola, ran with the lead pack for ten miles and then began to pull steadily away. Gian Starinieri, who won this race in 1980 and 1981, made a heroic effort to catch him with a 4:45 final mile but had fallen too far behind to make up the deficit. Both Martti and Gian broke the latter's precious course record set last year.

The first female finisher, Beth Milewski, turned in an outstanding performance to beat the Tina Moran's old record by over six minutes.

Congratulations also to George Boyle and Christa Romppanen for setting new age group records.

Overall

1	Martti Kiihola (32)	1:46:25
2	Gian Starinieri (24)	1:48:42
3	Daniel Caprioglio (21)	1:48:38
4	Allen Just (20)	1:49:30
5	Mike Dib (19)/19-U	1:53:38
6	Tom Olson (27)	1:54:05
7	Brian Nelson (25)	1:54:37
8	Rudy Chavez (28)	1:55:06
9	Steve Blum (28)	1:56:31
10	Tom Peterson (19)	1:58:23
11	John Merhaut (32)/130-39	1:58:48
12	Willie Pittinger (32)/230-39	1:59:33
13	Arthur Van Veem (19)	1:59:39
14	Tom Aines (31)/30-39	1:59:56
15	Dan Stumpus (31)/40-49	2:01:09
16	Harry Staalberg (23)	2:02:10
17	Ken Martinez (17)	2:02:29
18	Larry Montag (30)	2:02:35
19	Sherman Shapiro (35)	2:03:18
20	Mike Reyes (38)	2:03:38
21	Mike Lozoya (32)	2:04:28
22	Steve Flynn (26)	2:04:33
23	Bill Flynn (28)	2:04:59
24	Ken Price (40)/140-49	2:05:02
25	Mark Mayers (21)	2:05:18
31	Beth Milewski (24)1F	2:07:07
36	Freddie Perez (42)/240-49	2:08:23
41	Tom Carroll (43)/340-49	2:09:56
62	Jack Thomas (52)/150-59	2:18:01
68	Burt Elliott (50)/250-59	2:19:15
78	Bill Winstanley (53)/350-59	2:25:54
81	Denise Bedford (26)/1F/20-29	2:27:04
91	Christa Romppanen(42)1F/40-49	2:28
100	George Boyle (63)/160+	2:32:47
102	Kathy Pycior (34)/1F/30-39	2:32:59
114	Liz Noyola (17)1F/19-U	2:37:31
120	Margaret Miller (57)1F/50+	2:40:11
136	Mary Ewell (42)2F/40-49	2:46:11

Lompoc Valley Midnite Family Fun Run

December 31. Lompoc. 4.8 miles.

1	Ron Ysaia (21)Calif. Condors	23:23
2	Stephen Onaga (24)Santa Maria	25:29
3	Paul Harker (24) Lompoc	27:23
4	Tom Oberlin (25) LVDC	28:33
5	Chris Eakes (27) Lompoc	29:32
6	Stan Williams (38) ORR	29:41
7	Tim Ryan (31) LVDC	29:46
8	Francis Esposito (29) LVDC	31:01
9	Lee Heinz(47)/140-49 LVDC	31:13
10	Patrick Marrow (32) Lompoc	31:30
12	John Holoubek (60)/150+ LVDC	31:47
15	Wes Marshall (48)/240-49 LVDC	34:36
16	Norm Yiskis(50)/250+ LVDC	35:00
17	Janice Taylor(29)1F Snta Mar.	36:09
22	Cheryl Schultz (23)2F Lompoc	39:06
25	Maria Greenberg(19)3F Snta Mar	39:26
27	Ruth Adams (45)/140+ F LVDC	40:05
28	Jack Leitner (50)3/50+ Rose.	44:39
29	Jody Marshall (48)2/40+ F LVDC	44:40

The First 10K

From Chuck Lichter

January 1. Encino.

At the stroke of midnight-New Years Eve, 1000 runners took off from the Naval-Marine Reserve Center in Encino, California, with horns blowing, noise makers clanging and balloons flying in The First 10K of 1983. Sponsored by the California Road Runners Club and the Converse Shoe Company.

Runners in costumes, pajamas, bathrobes and formal wear, carrying flashlights, ran the flat course on a paved bike path around Balboa Park. Each finisher receiving a souvenir T-shirt and a medal at the finish line, signifying their participation in this first in the world 1983 10 kilometer run. (The San Palo, Brazil and New York Races are approximately 8 k)

In a brief ceremony at the start of the event, Miss Tia Graves and Mr. Will Morris, dressed in traditional wedding attire, were married and then ran the race holding hands and dragging tin cans and old running shoes, becoming either the last couple to be married in 1982 or the first for 1983. In anycase, the first in this fashion.

The first male winner was Michael Lawrence (22-Beverly Hills) in 30:30. The first female was Pam Cox (23-Santa Barbara) in 36:07. Both setting new course records.

The oldest was Jack Bishin (Los Angeles) running into his 82nd year. The youngest was Araceli Silva (Los Angeles) running into her 6th year.

Runners from 36 different states and 9 different countries participated, including Dublin, Ireland's National Champion record holder in the 10 and 20 mile events, Marie Murphy (23) and the Haitian National 10K and Marathon Champion, Matt Cucchiara (40).

New Year's Resolution 10K

January 1.

1	Gary Tuttle(35)Ventura	30:59
2	Bob Brennand(21)Stanford	31:20
3	Steve Blum(27)Ventura	32:02
4	Michael Hunt(24)Oxnard	32:16
5	Tom Phillips(28)Santa Bar.	32:59
6	Michael Ryan(35)Lompoc	33:03
7	Robert Efram(18)Goleta	33:05
8	Donald Faith(28)Carpinteria	33:25
9	Brent Cushenbery(23)Carp.	33:27
10	Lamberto Esparza(16)SB	33:28
11	Dale Nickel(27)Santa Bar.	33:56
12	Eric Carman(17)Santa Bar.	34:00
13	Steve Dornish(38)S.Luis Ob.	34:40
14	Brian Nelson(25)Ventura	35:03
15	Mike Reyes(18)Oxnard	35:11

16	Kemp Aaberg(42)Goleta	35:18
17	Hans Van Koppen(27)Ventura	35:35
18	Richard Bartek(50)Santa Bar.	35:40
19	Glenn Ward(40)Ventura	35:41
20	Dana Anderson(20)Carp.	35:48
21	Rick Snekvik(35)Santa Ynez	36:03
22	Michael Parli(35)Santa Bar.	36:12
23	David Bramsen(29)Santa Bar.	36:46
24	Arne Rosa(26)Santa Barbara	36:55
25	Tom Thomson(34)Santa Bar.	37:01
26	Steve Bushey(32)Santa Bar.	37:10
27	Aaron Cooley(16)Santa Bar.	37:10
28	Michael Hamer(Santa Bar.)	37:11
29	Ken Askew(29)Santa Barbara	37:13
30	Arturo Huerta(23)Santa Bar.	37:16

Divisions: Men: 40-49: 1. Aaberg Kemp 35:18, 2. Glenn Ward 35:41, 3. Fred Vega 39:08, 50-59: 1. Richard Bartek 35:40, 2. Gene Welch 42:55, 3. Douglas Dittmar 44:00. **60 & Over:** 1. John Schweitzer 51:56, 2. James Vernon 55:00. **Wheelchair:** 1. Bill Hamilton 43:32.

Females: 15-18: 1. Michelle Dawson 45:33, 2. Martha Fellows 47:33. **19-29:** 1. Marleen Haverly 39:21, 2. Lisa Moreno 42:07, 3. Francie White 42:59. **30-39:** 1. Stephanie Welch 40:52, 2. Lynn Cranmer 42:58, 3. Jane McClure 45:00. **40-49:** 1. Alma Paige 47:55, 2. Susan Neufeldt 51:40, 3. Charmaine Burnett 52:19. **50-59:** 1. Joyce Boedecker 54:22, 2. Jean Reiche 55:45, 3. Doris Vernon 44:23.

5K

1	Thomas Grewe(18)New Orleans	14:59
2	Gus Hermes(20)Santa Barbara	15:59
3	Russell Beste(21)Santa Bar.	16:28
4	Brian Casey(17)Santa Maria	16:58
5	Gilbert Guevaro(16)Fillmore	17:01
6	Jay Romals(38)Ventura	17:03
7	John Brennan(47)Santa Bar.	17:22
8	Art Sylvester(44)Goleta	17:36
9	Brian Woodward(17)Santa Maria	17:45
10	Anthony Smith(36)Oxnard	17:47
11	Peter Muening(16)Santa Bar.	18:02
12	John Patterson(41)Santa Bar.	18:15
13	Joe Martinez(25)Fillmore	18:28
14	Tony Urwick(40)Santa Bar.	18:29
15	Frank Michaelson(33)Santa Bar.	18:30

Divisions: Men: 14 & Under: 1. Daniel Emmett 24:06, 2. Jermaine Cherot 25:43, 3. Richard Forsyth 26:05. **40-49:** 1. John Brennan 17:22, 2. Art Sylvester 17:36, 3. John Patterson 18:15. **50-59:** 1. Fred Nagelschmidt 19:15, 2. Ray Gil 20:02, 3. Robert Round 22:33. **60 & Over:** 1. Paul Gilbert 31:56.

Females: 14 & Under: 1. Tami Dobel 22:47, 2. Raquel Dobel 25:44, 3. Blaire Traudt 25:58. **15-18:** 1. Kelly Hare 21:41, 2. Julie Wakelee 24:41, 3. Justine Fenwick 25:55. **19-29:** 1. Deborah Mustard 20:41, 2. Cathy Renck 21:45, 3. Kathryn Larsen 21:49. **30-39:** 1. Deb Sass 21:53, 2. Katie Ryan 23:12, 3. Cathy Pardee 23:35. **40-49:** 1. Elizabeth Cushman 21:26, 2. Ethel Byers 25:42, 3. Sarah Wright 26:53. **50-59:** 1. Patty Frankus 26:13, 2. Betty Elder 27:44, 3. Malja Pekkanen 31:10. **60 & Over:** 1. Grace Schweitzer 29:26. **Wheelchair:** 1. Kathleen Spang 27:29.

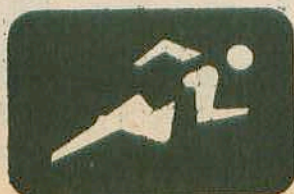
First of the Year Half-Marathon

January 2. Las Vegas, NV

Frank Plasso Jr., after competing in the Fiesta Bowl 10K the day before with a 29:43 fifth place behind winner Thom Hunt, returned home to Las Vegas, grabbed a few hours sleep and then outran a field of mostly local runners to cop first place in the First of the Year Half Marathon. His time of 1:07:02 in perfect conditions was a course record.

Jeanne Lasee, a Las Vegas schoolteacher, continued her amazing improvement by winning the women's race in 1:18:16, bettering her previous time by 32 seconds.

1	Frank Plasso Jr.	1:07:02
2	Dave Andreasan	1:11:05
3	Dave Albright	1:13:55
4	Tony Gerardi	1:14:18
5	Ralph Moser	1:15:58
6	Dennis Fridly	1:16:16
7	Larry Moore	1:16:56
8	Bill Schaefer	1:17:45



9 Jeanne Lasee (1st/F) 1:18:16
 10 Dick Tomlin 1:19:09
Divisions: Men: 14 & Under: 1. Feller Akl 1:26:38. 15-19: 1. Dave Andreasen 1:11:05.
 20-24: 1. Frank Piasso Jr. 1:07:02. 25-29: 1. Paul Maratos 1:21:56. 30-34: 1. Ralph Moser 1:15:56. 35-39: 1. Dave Albright 1:13:55. 40-44: 1. Bill Schaefer 1:17:45.
 45-49: 1. Vance McDonald 1:19:13. 50 Plus: 1. Jess Knighton 1:36:43.
Women: 19 & Under: 1. Jamie Bispinghoff 1:30:08. 20-29: 1. Jeanne Lasee 1:18:16. 30-39: 1. Diane Knighton 1:37:10. 40-49: 1. Karen Wall 1:48:19.

Seaside High School Aquatics 10K

January 8.

With nice warm weather greeting the runners, that's just another thing making this race a success. Twenty-six year old Emil Magallenes, member of the Aggies Running Club and 2:18 marathoner, breezed by the field in course record shattering time. Magallenes ran 32:55 for the hilly, steepchase-like course. The old record was 35:43. Back a ways a very good battle for 2nd was forming. Steve Isham, a 17 year old senior from Monterey High and Allen Gamber, a 39 year old almost master runner were putting almost 5 minutes on everyone else during their "battle." Isham kicked away on the track at the finish to take 2nd in 35:30. Gamber was 3rd in 35:36, both were also under the old course record. The woman's race was won by Susan Tilly of Seaside in a time of 44:35, over Barbara Cummings 45:47, and 12 year old Leticia Ancheta in 46:59.

Men

1 Emil Magallenes	32:55
2 Steve Isham	35:30
3 Allen Gamber	35:36
4 Tony Sison	40:06
5 William Turrentine	40:12
6 Sam Vandenburg	40:13
7 Dennis Worley	40:22
8 Jerry Jones	40:45
9 Ed Singleton	40:51
10 Chris Grace	40:56

Women

1 Susan Tilly	44:35
2 Barbara Cummings	45:47
3 Leticia Ancheta	46:59
4 Crista Prince	48:15
5 Cheryl Owens	49:25

Avalon Hospital Fifty Mile Run

January 8. Santa Catalina Island.

The day before the Second Annual Benefit 50 Miller, the race directors on Catalina Island breathed a sigh of relief. No wind, hail, mud and rain this year on the course. Instead it proved to be warm. A little too warm for most. Richard Provost was back to defend the course record and was aiming to cover the mountainous terrain in under seven hours. A

wrong turn in the darkness of the early miles hindered that attempt, but he still completed the distance in an excellent winning time of 7:07:57, despite suffering from leg cramps in the last miles. Bob Hoteit paced Judy Milkie in for the winning women's time of 8:35:27, a new course record. There were 25 starters and 22 finishers. Three of the four race directors participated in the event which stipulated at least \$50.00 in sponsored mileage be collected by the runners. With this group effort, over \$3,000.00 was pledged.

The aid station which served runners at the 21 and 33 mile marks (out and back), was a happening in itself. Carol Dunlap and Gloria Wilcox offered a chest crammed with varieties of beer and yogurt. Sandwiches were "made to order." A large jug used to refill water bottles proudly displayed the sign "FRESH SALT WATER". One unsuspecting runner asked how his system would react to such unusual aid! Coke and ginger ale sold jokingly for \$7.95 plus tax. A large sign stood out to welcome the runners to "WACK-O CAFE". Secretly a cassette took down all comments as the runners checked in, and was played back the next day to the amusement of all concerned. At the Isthmus (27 mile turn around point) aid workers were kept busy shooting out buffaloes who tried to set up residence at the station. After running all day with the deer, goats, pigs and buffaloes, the event was concluded with a banquet dinner. Sunday morning found most of the runners congregating at a local cafe before boarding morning and afternoon boats back to the mainland.

1 Richard Provost (36)	7:07:57
2 Steve Corona (21)	7:40:20
3 Dennis Coffee (34)	8:26:12
4 Mike Solly (39)	8:32:26
5 Judy Milkie (33)	8:35:27
6 Bob Hoteit (51)	8:37:28
7 Ted Winters (44)	8:55:33
8 Kathy Martin-Skefich (32)	8:55:33
9 Kent Holder (43)	9:14:10
10 Hal Winton (51)	9:28:11
11 Richard Vander Stucken (43)	9:28:11
12 Peter Salamunovich (21)	9:44:25
13 Jeannie Wood (31)	9:49:13
14 John Squires (51)	9:53:05
15 Millie Young (31)	9:55:38
16 Tom Rettig (34)	9:58:04
17 Dan Lindstrom (23)	9:58:52
18 John Torrance (42)	10:44:18
19 Gloria Bassler (46)	11:03:52
20 Bill Bell (60)	12:15:09
21 Chuck Portz (37)	12:20:19
22 Lee Moler (38)	DNF
23 Marty Thomas (35)	DNF
24 Terry Ives (46)	DNF

Avenue Of The Olives

January 9. Davis.

Half Marathon

15 & Under: 1. Brian Vaughn 1:13:03, and Yolanda Torres 2:06:05. 16-18: 1. Steve Farrairo 1:17:19 and Sylvia Cadie 1:38:07. 19-29: 1. John Barrett 1:10:03 and Denise Lestrage 1:28:36. 30-39: 1. Thomas Berthoff 1:12:27 and Sharlet Gilbert 1:21:48. 40-49: 1. Tom Kurchara 1:19:44 and Peggy LeDelt 1:34:25. 50-59: 1. Bob Malano 1:20:00 and Eileen Klatsky NT. 60

continued on next page...

1983 Resolution Run

January 2. Redwood Valley. 3.6 mile and 15K.

3.6 mile-Men's Divisions

13-Under

Reed Colfax (12)Boonville 24:00

14-19

1 Erik Verner (18) Ukiah (1 Ovrl) 20:17

20-29

1 Mats Ringlund (23)Sweden 20:22

30-39

1 Michael Sooley (33) Ukiah 25:07

40-49

1 Bill Speake (41) Albion 24:17

50-Over

1 Carl Jackson (50) Snta Rosa 24:24

3.6 mile-Women's Division

13-Under

1 Angie D. Cost (15)Redwood Vily 32:24

20-29

1 Gretchen Owens (21) 1st overall 25:03

30-39

1 Cynthia Dean Coale (38) Ukiah 31:36

40-49

1 Jan Verner (45) Ukiah 33:11

15K-Men's Division

14-19

1 Tim Wallen (19) Ukiah 52:43

2 Scott Woodsen (19) Novato 86:49

3 D. Buoncristiani (19)Greenbrae 67:25

30-39

1 Robert Clay (35)Kelseyville 50:34

2 Jim Gibbons (38) Willits 51:10

3 Chris Thomas (34) Sausalito 51:31

40-49

1 Paul Jepson (40) Ukiah 58:26

2 Edward McShane (40) Ukiah 60:02

3 Lanny King (40) Ft. Bragg 60:49

50-Over

1 Alan Bellon (56) Ukiah 57:55

2 Sandy Dorbin (50) Willits 61:47

3 Dick Dekay (61) Occidental 70:31

15K Women's Division

20-29

1 Silvana Anzilotti(21)Ukiah 74:10

2 Linda Kirkham (25) Trinidad 74:29

3 Kelly Gallagher (25) Willits 79:00

30-39

1 Gail Zettel (31) Ukiah 73:08

2 Susanna Cummings(34)PottrVily 78:38

3 Karen Clay (31)Kelseyville 83:31

40-49

1 Sandy Varnon(45)1ovrlil S.F. 65:34

2 Susan Jordan(41)Redwood Vily 83:56

3 Carol Barolomei(45)Rdwd Vily 85:19

50-Over

1 Lois Cook (51) Ukiah 85:44

Annual Winter Run

January 8. Lompoc.

Men's Open Run (8.13 miles)

1 Stephan Harnay (35)Orcutt 35:39

2 Scott Mayfield (22) Orcutt 35:39

3 Paul Harker (24) Lompoc 38:29

4 Tim Ryan (31) Lompoc 39:56

5 Jim Moser (36) Lompoc 40:05

6 Zale Schuster (35) Lompoc 40:44

7 Michael Cross (25) Lompoc 41:41

8 John Holoubek (66) Lompoc 43:18

9 Jack Long (39) Lompoc 43:35

10 Don Gosnell (47) Lompoc 45:43

Women's Open (3.34 miles)

1 Lydia Harnay (36)Orcutt 29:11

2 Olga Quinones (44) Lompoc 29:37

3 Joanne Cargill (40) Lompoc 30:03

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

Results

photo by Gene Cohn



START OF THE CALIFORNIA 10 MILE IN STOCKTON

5 & Over: 1. Pat Dundon 1:43:44, No Female.
Wheelchair: 1. Jr. Rice 2:55:46 and Troy Durham 2:55:46.
Marathon
15 & Under: 1. Dennis O'Connor 4:10:01, No Female. 16-18: 1. Bruce O'Neill 3:00:45 and Mary Roach 3:21:02. 19-29: 1. Ted Pawlak 2:36:01 and Andrea Kirach 3:52:39.
30-39: 1. Frank Ruona 2:45:59 and Vickie Blankenship 3:18:26. 40-49: 1. Mike Coke 2:46:53 and Janet Buckendahl 3:26:37.
50-59: 1. Bob Farrington 2:56:14, No Female. 60 & Over: 1. George Billingsly 3:44:25, No Female.

39 Sal Vasquez(43)Pamakids2	51:26	57 Pete O'Reilly(24)	52:53	75 Charles Thompson(32)	53:28
40 Jim VanDine(27)Aggies	51:29	58 Tim Rostege(42)WVJS-2	52:53	76 John Clary(36)	53:28
41 Mike Wright(25)Aggie	51:31	59 Greg Jewett(36)Excelsior	52:58	77 Bob Cooper(28)GSF	53:30
42 Dave Dempsey(26)	51:36	60 Andy Takaha(26)CRT	53:00	78 Bill Dunn(35)Stev.Crk	53:34
43 Ted Franse(20)	51:37	61 Hugh Stahl(31)Pac.West	53:01	79 Jim Robinson(21)CCF	53:35
44 Dan Anderson(30)Canyon	51:53	62 Robert Darling Jr.(33)Excel.	53:04	80 Tony Scardina(17)	53:39
45 Salvador Berumen(26)Pac.West	51:59	63 Michael Fanelli(26)GSF	53:04	81 Anthony Reynolds(28)Aggies	53:40
46 Bill Clark(39)WVTC	52:11	64 Brian Bonner(35)TriValley	53:05	82 Pedro Reyes(20)Aggie	53:45
47 Ivan Huff(24)Aggies	52:19	65 Nick Yray(33)Ryans	53:11	83 Stephen Overgaard(18)	53:46
48 Richard Devine(25)Tamalpa	52:21	66 David Kadish(30)	53:14	84 Darryl Beardall(46)Tam-2	53:46
49 Ernie Rivas(32)Excelsior	52:25	67 Doug Butt(37)WVTC	53:15	85 Steve Kovisto(19)	53:50
50 Michael Wheeler(34)LMJ	52:25	68 Ray Taketa(30)GSF	53:19	86 Jim Rice(19)Aggie	53:51
51 Ron Richardson(25)Aggie	52:36	69 Jeff Wall(40)Excel.-2	53:20	87 Allan Stanbridge(35)Excel-2	53:51
52 Thom Trimble(23)	52:38	70 Mike McColium(20)Aggies	53:23	88 Tom Davies-3(17)	53:51
53 Roberto Gomes(31)WVJS	52:40	71 Mark Schilling(27)Aggie	53:23	89 Joss Walter(19)	53:52
54 Pete Sweeney(26)Aggies	52:41	72 Stacy Geiken(27)Aggies	53:24	90 David Weamer(40)	53:52
55 Kevin Baxter(23)	52:42	73 Jack Dixon(22)Aggies	53:24	91 Don Duggdale(37)WVJS	53:57
56 Richard Hornstra(26)	52:48	74 Dennis Early(26)	53:27	92 David Muelia(30)Excel.	54:00
				93 David Garcia(32)WVJS	54:01
				94 Joe Becerra(40)Excel-2	54:05
				95 Bob Miller(26)Cal. Rac. Team	54:09
				96 Ron Mellor(30)YFC	54:09
				97 Keith Golding(22)	54:14
				98 Daryl Zapata(37)GSF	54:14
				99 George Green(32)Excel.	54:29
				100 Stephen Bourmes(27)	54:33
				166 Douglas Latimer(45)WVTC-2	56:25
				180 Nancy Ditz(28)	56:35
				189 Patti Gray(20)CCF-3	56:54
				198 Patricia English(30)Tam-3	57:08
				207 Jerome Lewis(47)WVJS-2	57:20
				222 Marilyn Taylor-Allen(30)GSF-3	57:44
				227 Len Thornton(52)Hi. Sierra-2	57:54
				238 Everett Riggie(50)Chico	58:09
				258 Linda Martinez(20)	58:45
				281 Linda VanHousen(18)Woodsd-3	59:03
				282 Ilana Saraf(23)GSF-3	59:05
				300 Bobby Fries(52)FTC	59:20
				339 Peggy Smythe(30)Tam-3	59:56
				340 Kathleen Koudela(21)Aggie-3	59:59
				344 Bonnie Dwyer(26)GSF-3	60:20
				357 Kathy Way(22)Aggie-3	60:40
				361 Karen Coe(31)Buff. Chips-3	60:52
				363 Don Carpenter(55)	61:03
				368 Hank Shastany(53)WVTC-2	61:20
				373 Jane Sowersby(32)GSF-3	61:21
				381 Sue Vinella-Brusher(28)WVTC-3	61:53
				382 Jean Gutsche(26)Impala-3	61:53
				383 Linda Christ(25)Impala-3	61:59
				385 Denise Bigelow(21)Aggies-3	61:59
				392 Barbara Gaensten(19)Woodsd-3	62:09
				393 Kristan Martin(24)	62:13
				408 Dustin Donate(12)Woodsd-1	62:49
				411 Karey Robinson(21)Aggie-3	62:52
				424 Karen Lanterman(38)WVTC-3	63:12
				425 Loretta Polsdorfer(35)Ryans-3	63:13
				436 Joan Reiss(45)Buff. Chips-4	63:28
				439 Kelly Geredes(21)CCF-3	63:33
				443 Anne Hamilton(21)	63:43
				445 Marion Irvine(53)NCSeniors-4	63:45
				470 Heidi Skaden-Poyser(45)BC-4	64:55

photo by Gene Cohn

California 10 Mile

January 9, Stockton.

1 Carmelo Rios(22)Aggies	48:11
2 Joaquin Leano(24)Merced	48:12
3 Dan Buntman(25)	48:23
4 Glen Reynolds(27)Aggies	49:20
5 Denis O'Halloran(31)Aggies	49:23
6 Tom Borschei(25)GB	49:31
7 Rick Gentry(27)	49:33
8 Bill Gail(24)Aggies	49:37
9 Rich Lanford(30)Aggies	49:41
10 Rob Anex(24)CCF	49:44
11 Rusty Knowles(19)Pac.West	49:45
12 Jeff Clark(27)CCF	49:53
13 Jim Kaspari(20)Aggies	49:55
14 Joe Fabris(24)Aggie	49:57
15 Michael Cassaday(31)Ryans	49:59
16 Shawn Smallwood(19)CCF	50:00
17 Peanut Harms(31)Aggies	50:03
18 Mike McQueeney(24)Pac.West	50:07
19 John Petherick(18)	50:10
20 Thomas Cushman(29)	50:21
21 Randy Hale(23)Sundance	50:24
22 Gregory Brock(34)WVTC	50:27
23 John Sheehan(29)Aggies	50:28
24 Brad Rowe(22)Aggies	50:30
25 Matt O'Brien(23)Run. Feet	50:30
26 David Chairez(23)CCF	50:31
27 Scott Brickard(30)Merced	50:33
28 Jerry Drew(23)CCF	50:37
29 Joseph Devito(22)	50:43
30 Brock Hinzmann(29)Excelsior	50:45
31 Joe Mangan(25)Aggies	50:58
32 Mark Proteau(26)Aggies	50:58
33 Tom Schmitt(19)	51:00
34 Mark Graves(33)	51:01
35 Al Hernandez(36)	51:07
36 Matthew Brunli(26)Sundance	51:19
37 Gary Whaler(20)Cap. City	51:19
38 Jesse Torres(19)Pac. West	51:24



CARMELO RIOS (right) nips JOAQUIN LEANO

518 Sue Johnson (41) Impala-4 66:30
 610 John Gilkey (61) 69:43
 633 Frances Sackerman (53) 71:29
 680 Pete Backovich (60) 74:19
 711 Ray Mahannah (67) NCSeniors-2 77:40

photo by Gene Cohn



SAL VASQUEZ

Crystal Springs Ribbon Runs

January 9. St. Helena.
 One-Mile Overall 5:13
 1 Mark Vollmer (Santa Rosa)

photo by Gene Cohn



NANCY DITZ

Tony Madera (15:23), 2. George Brown (16:41), 3. Don Guess (18:42). 21-30: 1. Bruce Gouveia (15:58), 2. Scott Hull (17:32), 3. Jorge Santana (18:10), 4. Fred Hartwell (20:50), 5. Tom Ward (20:56). 31-39: 1. Dan Minuttillo (15:04), 2. James Armstrong (17:20), 3. Tim Sequiera (18:48). 40-49: 1. Robert Miller (16:53), 2. Ned Benedict (17:12), 3. Arnold Wong (17:18). 50-Over: 1. Ralph Boyd (16:39), 2. Tom Kawakami (24:21), 3. R.A. Butler (24:56).

Women
Top 5 Finishers: 1. Jacquenette Sequeira (17:21), 2. Karen McGough (17:33), 3. Denise Valkema (18:29), 4. Brita Friedrich (19:33), 5. Doerte Murray (19:52). 11-15: 1. Brita Friedrich (19:33), 4. Monica Nelson (21:20). 16-20: 1. Karen McGough (17:33), 2. Ryoko Hattori (21:04), 3. Liz Marillo (29:22). 21-30: 1. Jacquenette Sequeira (17:21), 2. Denise Valkema (18:29), 3. Elaine Schmitz (24:51), 4. Maryann Valco (25:15), 5. Rosemaria Rinella (25:43). 31-39: 1. Julie Moreno (22:21), 2. Lynn Kelly (23:54), 3. Nanette Uribe (25:22). 40-49: 1. Doerte Murray (19:52), 2. Louise Carey (26:47), 3. Nancy Linderman (27:20). 50-Over: 1. Rose Deferville (25:42), 2. Charlene Schmitz (26:16), 3. Erika Flowers (30:15).

15 Pete Lucich 18:01
 16 Joe Herzog 18:13
 17 Philip Farina 18:33
 18 John Bolzman 18:43
 19 Bill Knocke 18:54
 20 Vicki Evangelho 19:17

10K
 1 Jim Hartig (19:29) 30:15
 2 J. DeVita (19:29) 31:08
 3 D. Naranojo (16-18) 32:15
 4 G. Campbell (30-34) 32:16
 5 D. Calderon (19-29) 32:30
 6 A. Takana (19-29) 32:34
 7 D. Vega (14-15) 32:48
 8 M. Hurtado (16-18) 33:01
 9 D. Bronzan (35-39) 33:10
 10 L. Lung (30-34) 33:21
 11 A. Lomell (30-34) 33:26
 12 S. Ward (19-29) 33:31
 13 G. Keller (35-39) 33:50
 14 R. Bernal (16-18) 33:54
 15 S. Levy (30-34) 34:31
 16 W. Van Dellen (45-49) 34:37
 17 J. Lambe (30-34) 34:53
 18 J. Pimental (16-18) 35:04
 19 S. Cram (40-44) 35:07
 20 D. Cain (50-54) 35:21

Divisions
Men
 40-44: 1. Sid Cram 35:07, 2. Bill Woody 35:50, 3. Phillips Farina 37:16. 45-49: 1. Wayne Van Dellen 34:37, 2. Rick Zamarripa 37:12, 3. Vince DeFrank 42:28. 50-54: 1. Dick Cain 35:21, 2. Jess Rivera 37:38, 3. Christopher Denny 39:38. 55-59: 1. Dan Seamount 40:20, 2. Chuck Freuler 42:47, 3. Vernan McCullough 52:12. 60-Over: 1. Harry Harder 43:49, 2. George Leavitt 47:19, 3. Lee Thomas 50:51.

High Sierra Track Club 5 & 10K

from LEN THORNTON
 January 15. Woodward Park, Fresno.

5K
 1 Marty Higginbotham 15:16
 2 Dave Perez 15:44
 3 Bryan Patterson 15:44
 4 Robert Taylor 15:49
 5 Ed Taylor 15:57
 6 Frank Ortega 16:34
 7 Ron Schafer 16:39

Women
 15-Under: 1. Erin Valdez 47:53. 19-29: 1. Mercedes Lopez 43:07, 2. Becky Ramthun 52:43, 3. Gail Lowery 62:02. 30-39: 1. Helen Harrington 49:07, 2. Louise Smith 50:36. 40-49: 1. Ramona Diaz 44:09, 2. Heidi Fialho 56:31. 50-59: 1. Pat Hurst 43:26, 2. Dorothy Thomas 49:32, 3. Liz DeMonte 54:09. 60-Over: 1. Virginia Martin 63:10.

Santa Clarita Runners Women's 8K

January 9. Newhall.

109 women competed in the Santa Clarita Runners Women's 8K run. In almost ideal weather conditions, Santa Clarita Runner/Hart High freshman, Lisa Rizzo finished first overall followed by Suzanne Worden of Saugus, and Carol Abato of Van Nuys. Jeanette Wells of Lancaster was the first 'Master' and 5th overall!

Overall
 1 Lisa Rizzo 1st O/A 31:04
 2 Suzanne Worden 33:14
 3 Carol Abato 34:08
 4 Kelly Wells 34:13
 5 Jeanette Wells 1/45-49 34:19
 6 Diane Gale 1/35-39 34:23
 7 Shannon Krause 1/30-35 34:27
 8 Marie Stevenson 34:49
 9 Maggie Quinlan 35:08
 10 Eliz. Sundberg 1/25-29 35:23
 11 Debra Redfern 35:35
 12 Sylvia Aceves 35:48
 13 Mary Itnyre 35:48
 14 Macy Moring 1/13-17 36:04
 15 Susan Genthner 36:19
 16 Barbara Shields 1/40-44 36:22
 17 Marjorie West 1/50-59 36:33
 18 Pam Thompson 36:44
 19 Chris Weiner 36:45
 20 Janet Guiscardo 36:47
 28 Cheryl Sale 1/12-U 37:24
 29 Carmen Connolly 2/40-44 37:35
 44 Lois Leach 3/40-44 40:42
 45 Pat DeVita 2/45-49 40:45
 46 Emma Williams 3/45-49 40:50
 52 Daisy Wong 2/50-59 42:31
 54 Chris Siddles 4/45-49 42:51
 56 Elaine Pellerin 5/40-44 43:03
 57 Loudeau Reeves 3/50-59 43:05
 60 Judi Brand 6/40-44 43:52
 97 Fern Martin 1/60+ 56:52

Two-Mile
 1 Rick Dunn (Sonoma) 10:46
4.6 Mile
 1 Rich Dunn (Sonoma) 25:44
 2 Mark Vollmer (Sonoma) 26:55
 3 Reg Harris (Napa) 27:13
 4 Jake Ruygt (Napa) 27:35
 5 Eric Bohn (Sebastopol) 27:43

4.6 Mile Winners by Divisions
Juniors: 1. Rick Dunn (Sonoma) 25:44.
Open: 1. Jake Ruygt (Napa) 27:35, 2. Heidi Stacer (Napa) 39:32. **Submaster:** 1. Reg Harris (Napa) 27:13, 2. Karen N. Hadley (Vacaville) 35:42. **Master:** 1. Pete Lent (Napa) 31:25, 2. Carol Hukkanen (Anchor Bay) 42:23. **Veteran:** 1. Mike Taelentis (Napa) 38:58, 2. Mimi Bush (Napa) 43:41.

15 Kilometer
 1 Mark Ryan (Santa Rosa) 56:55
 2 Robert Mayes (Santa Rosa) 58:00
 3 Leo Marle (Sonoma) 58:57
 4 Harald Nordvoid (Sono.) 59:44
 5 Rick Squibb (Napa) 60:57
 6 Pete Shandera (Point Richmond) 65:16
 7 Lawrence Drake (Napa) 65:49
 8 Gerald Woodson (Novato) 66:39
 9 Robert Ito (Rohnert Pk) 66:41
 10 Scott Woodson (Novato) 67:07

15K Winners by Divisions
Junior: 1. Robert Mayes (Sonoma) 58:00.
Open: 1. Mark Ryan (Santa Rosa) 56:55, Liz Norris (Napa) 81:03. **Submaster:** 1. Harald Nordvoid (Sonoma) 59:44, 2. Linda Kozlowski (San Bruno) 82:41. **Master:** 1. Rick Squibb (Napa) 60:57.

Burlingame Fun Run

January 9. 2.85 Miles.
Men
Top 5 Finishers: 1. Dan Minuttillo (15:04), 2. Tony Madera (15:23), 3. Bruce Gouveia (15:58), 4. Mike Harper (16:20), 5. Ralph Boyd (16:39). U-10: 1. Eli Sequeira (21:10). 11-15: 1. Mike Harper (16:20). 16-20: 1.



DAVE BRONZAN

8 Rito Fuentes 17:04
 9 Dave Williams 17:09
 10 Fernie Montanez 17:16
 11 Bob Fries 17:18
 12 Dave Mendoza 17:43
 13 Alan Richardson 17:43
 14 Ken Cherry 17:44

Hyatt 10K

January 15. At So. California Area.
 1 Brian Russell (24) 30:49
 2 Carlos Goody (32) 32:27
 3 Danny Palma (16) 32:27
 4 Stanley Dutton (38) 33:35
 5 James Langley (24) 33:42
 6 Frank Riley (20) 33:58
 7 Dan Stumpus (31) 34:09
 8 Fred Doubell (34) 34:28
 9 Ignacio Cruz (24) 34:38
 10 Joey Gostin (18) 34:49
 11 Norman Cohen (45) 35:02
 12 Dallas Jones (30) 35:16
 13 John Rudberg (48) 35:22
 14 Michael Dorom (15) 35:26
 15 Frank Meza (33) 35:29
 16 Nick Trozzi (22) 35:45
 17 Patricia Story (33) 1/F 35:51
 18 Prentice Parr (23) 36:14
 19 Joe Gassmann (42) 36:17
 20 Stephen Gooze (35) 36:40
Divisions: Male Wheelchair: 1. Julio Ayala (16) 37:27. 50-59: 1. Patrick Devine 37:25, 2. Gunnar Linde 38:33, 3. Richard Elizarraras 39:23. 60 & Over: 1. James Talley 42:13, 2. Eddie Howard 48:05, 3. Jacob Bishin 1:05:57.
Females: 19-29: 1. Ellen Lazar 45:02, 2. Cynthia Bridges 47:26, 3. Roselyn Sears 50:40. 30-39: 1. Patricia Story 35:51, 2. Judy Legrande 46:52, 3. Barbara Kraus 55:52. 40-49: 1. Kathy Kusner 45:57. 50-59: 1. Nelly Williams 49:37.

Run For Everyone

January 16. Goleta. 10K.
MEN
 14 & Under: 1. Grant Burrows 39:20. 15-18: 1. Gilbert Delgado 32:18, 2. Eric Carman 34:26, 3. Aaron Cooley 37:08. 19-34: 1. Jim Triplett 30:51, 2. Peter Doan 31:32, 3. Mike Lohr 32:11, 4. Dan Wojcik 33:26, 5.

continued on next page... 39

Results

Stu Sutherland 34:43. 35-39: 1. Steve Cloas 34:34, 2. Steve Gutsche 37:11, 3. Dennis Mihora 37:15, 4. Charles Sepko 37:43. 40-49: 1. John Brennan 35:03, 2. Kemp Asberg 35:32, 3. Glenn Ward 36:30, 4. William Graham 38:52. 50-59: 1. Fred Nagelschmidt 38:00. 60 & Over: 1. John Holoubek 41:00.

WOMEN

14 & Under: 1. Nicole Ellingwood 57:43. 15-18: 1. Jana Johnson 43:52, 2. Lissa Malsson 47:30, 3. Cindy Helgesen 47:32. 19-29: 1. Mary Mason 36:26, 2. Robin Sonner 41:10, 3. Luann Brodie 42:12, 4. Mary Ryzner 42:14. 30-39: 1. Stephanie Welch 41:26, 2. Susi Young 42:13, 3. Carolyn Gannon 47:19. 40-49: 1. Fay Hobbs 43:19. 50-59: 1. Patricia Frankus 54:06. 60 & Over: 1. Grace Schwelzer 64:10.

Cossack Challenge Runs

January 16. Sonoma State University. 13.5 miles.

Men

1	Butch Alexander (Sonoma)	19:29	1:16
2	Darryl Beardall (Santa Rosa)	1/40	1:17
3	Stacy Van Horn (Santa Rosa)	19:29	1:18
4	Dan Preston (Santa Rosa)	2/40	1:20
5	Larry Meredith (Santa Rosa)	19:29	1:23
6	Mark Ryan (Santa Rosa)	19:29	1:24
7	Dennis Doris (Santa Rosa)	1/30	1:25
8	Dave Ketelsen (Angwin)	19:29	1:25
9	Eric Bohn (Sebastopol)	High S.	1:25
10	Kevin Kramer (Glen Ellen)	19:29	1:25
11	Walt Vennun (Sebastopol)	3/40	1:26
12	Craig Roland (Santa Rosa)	4/40	1:26
14	Arnold Schultz (Santa Rosa)	5/40	1:27
15	Martin Jones (Sonoma)	2/30-39	1:27
16	Ber. Leopold (Mill Valley)	6/40-49	1:27
17	Tony Harrison (Santa Rosa)	High S	1:27
18	Paul Wiemar (Corte Madera)	19:29	1:27
19	Tod Jackson (Santa Rosa)	High S.	1:28
20	Wayne Hinrichs (Novato)	30-39	1:28
65	Bruce Oliver (Oakland)	1/50	1:42
71	Loy Blise (Santa Rosa)	2/50	1:45
74	Berger Hoel (Santa Rosa)	3/50	1:47
79	Dick De Kay (Occidental)	1/60	1:48
126	Steve Cole (San Fran.)	2/60	2:03
129	Bob Lee (San Rafael)	3/60	2:04

Women

1	Shariet Gilbert (Richmd)	1/30	1:26
2	Sara Ripp (San Rafael)	19:29	1:34
3	Annette Sheare (Rohnert Pk)	19:29	1:40
4	Susie Van Buskirk (San Raf)	19:29	1:44
5	Karen Eberhardt (Sebast.)	1/40	1:48
6	Martha Maricle (San Fran)	2/40	1:48
7	Susan Kane (Santa Rosa)	2/30	1:48
8	Maribeth Duffy (Rohn.Pk)	18	1:56
9	Liz Norris (Napa)	19:29	1:57
10	Judith Dennert (Santa Rosa)	3/30	2:01

8K

Men

1	Greg Fogg (Santa Rosa)	19:29	26:29
2	Cameron Potter (Sta. Rosa)	19:29	28:22
3	Jay Aliff (Rohnert Pk)	19:29	28:53
4	Greg Durbin (Ukiah)	10-15	29:47
5	Don Madronich (Sebast.)	30-39	30:35
9	Bob Chadwick (Petaluma)	1/50	32:47

Women

1	Karen Martin (Fort Bragg)	HS	34:02
2	Laura Sim (Santa Rosa)	19:29	35:02
3	Kristie McCall (Snt. Rosa)	Jr. H.	37:42
4	Nancy Herring (Sebast.)	19:29	38:24
5	Janice Maxinova (Snt. Rosa)	1/40	39:03
37	Angela Chadwick (Petaluma)	1/50	41:38

Evergreen Kiwanis 5 & 10K Run

January 16.

5K

0-11: 1. Daryl Onton 27:26. 12-19: 1. Frank Pepper 17:20. 20-29: 1. Rodney Edmond 17:05. 30-39: 1. William Dunn 16:17 (1st Finisher). 40-49: 1. William Flobbery 19:06. 50+ : 1. Doug Boys 2:14.

Women

0-11: 1. Julie Onton 30:30. 12-19: 1. Alace Leon 22:47. 20-29: 1. Janet Smith 19:35. 30-39: 1. Virginia Fair-Delano 22:19. 40-49: 1. Susan Burcaw 27:03. 50+ : 1. Jeanette Stephenson 51:21.

10K + 483 Feet Run

Men

0-11: 1. Mike Novak 43:47. 12-19: 1. Joe Lara 37:29. 20-29: 1. Salvador Berumen 35:49 (1st finisher). 30-39: 1. Steve Selbreite 35:17. 40-49: 1. Aurelia Zuniga 40:58. 50+ : 1. Glen Unsicker 39:28.

Women

12-19: 1. Dana Rositano 40:48. 20-29: 1. Charlene Gilroy 40:22. 30-39: 1. Lynn Stephenson 47:07. 40-49: 1. Diane Bromstead 46:10. 50+ : Vivian Fink 57:17.

photo by Gene Cohn



DARRYL BEARDALL

Winter Warm Up

January 23. Irvine.

5K

Men

1	Carlos Ybarra	14:59
2	Cyril Oblouk	15:59
3	Howard Keeley	16:28
4	Roy White	16:33
5	Neil Doherty	16:36
6	Jim Reilly	16:39
7	Dean King	16:41
8	Jeff Wright	16:43
9	Kevin Sellers	16:58
10	Eric Satermo	17:02

Women

1	Susan Armentrout	18:56
2	Kelly Cunningham	20:50
3	Laura Peters	20:54
4	Maria Mendoza	21:26
5	Stacy Taylor	21:32
6	Anne Stewart	21:38
7	Sue Solomon	22:18
8	Rosemary Flynn	22:27
9	Peggy Luko	22:33
10	Rose Argo	22:41

10K

Men

1	Alan Dehlinger	31:23
2	Jeff Dettmer	31:38
3	Dean West	34:03
4	Harry Hartley	34:07
5	Matt Hall	34:26
6	Paul McDonald	34:34
7	Mark Ochoa	34:54
8	Dallas Jones	34:56
9	Ken Olsen	34:58
10	Craig Barbehenn	35:04

Women

1	Carol Cook	36:49
2	Teresa Barrios	38:40
3	Sue Rudolph	39:52
4	Lisa Kasparek	40:55
5	Donna Fleagle	41:26
6	Jennifer Harding	41:57
7	Lois Curl	42:08
8	Nava Ingersoll	42:28
9	Tracey Young	43:02
10	Paulette Scheffer	43:46

Uptown YMCA

January 16. San Bernardino. 5K, 10K, Half-Marathon, and Marathon.

5K

Men's Division

19 & Under: 1. Frank Yalava 16:10, 2. Kevin Popeck 16:43, 3. Rob Johnson 17:30. 20-24: 1. Bill Knauft 16:38, 2. John Lunt 17:34, 3. Mike Hernandez 18:23. 25-29: 1. Kevin Jacobs (overall winner) 16:00, 2. Eddie Crawford 17:14, 3. Peter Perez 17:31. 30-34: 1. David Hite 16:07, 2. Fred Comer 17:17, 3. Steve Pinkerton 18:15. 35-39: 1. Tom Nelson 16:56, 2. Gill Yanez 17:37, 3. David Schilt 20:02. 40-49: 1. George Saundes 17:59, 2. Fred Gross 20:07, 3. Wayne Marshall 20:19. 50-59: 1. Mac McComb 21:52, 2. Ray Green 25:19, 3. Walter Walsh 25:21. 60 & Over: 1. David Lewis 31:38.

Women's Division

19 & Under: 1. Holly Morin 19:41, 2. Paula Moreno 20:20, 3. Valarie Akers 21:37. 20-24: 1. Marianne Spear 19:49, 2. Donna Fromme 20:05, 3. Betty Baca 21:23. 25-29: 1. Sandra Comazzi 23:49, 2. Jona Bolin 24:35, 3. Vivian Oouglas 25:27. 30-34: 1. Cindy Calvert (overall winner) 19:05, 2. Marian Saulesy 21:25, 3. Karen Pinkerton 22:18. 35-39: 1. Georgette Rowe 22:56, 2. Terri Pelazine 23:28, 3. Olivia Johnston 25:52. 40-49: 1. Joyce Reiswig 22:28, 2. Gall Fields 26:31, 3. Linda Capriola 27:49. 50-59: 1. Dolores Bezenah 29:43. 60 & Over: 1. Carol Kiburz 59:54.

10K

Men's Division

19 & Under: 1. Scott Carter 34:58, 2. David Cantu 35:17, 3. Jason Mills 41:19. 20-24: 1. Norman Breen (overall winner) 31:24, 2. Doug Swanson 35:01, 3. Bill Cuellar 37:35. 25-29: 1. Dick Gantili 31:30, 2. Robert Offiger 36:03, 3. Rick Swanson 37:18. 30-34: 1. Rick Garrison 34:25, 2. Benny King 39:17, 3. Richard Monguia 39:30. 35-39: 1. John Schriber 35:16, 2. James Gastineau 36:08, 3. Barry Bierschbach 37:51. 40-49: 1. Bill Crum 34:21, 2. Sterling St. Clair 35:35, 3. Pat Hoban 38:02. 50-59: 1. Bob Best 42:55, 2. George Flower 45:32, 3. Bill Garton 47:42. 60 & Over: 1. Robb Adey 51:44.

Women's Division

19 & Under: 1. Marion Sepulveda (overall winner) 38:52, 2. Michele Arnold 39:31, 3. Susan Lee 43:20. 20-24: 1. Sandy Koval 42:47, 2. Diana Laney 44:04, 3. Karen Grimes 45:13. 25-29: 1. Ellen Coleman 40:58, 2. Gladys Martin 47:22, 3. Julie McElfish 49:08. 30-34: 1. Marlene Benjamin 43:47, 2. Vaneen Parker 43:59, 3. Patricia Bleberdorf 45:34. 35-39: 1. Carolyn Greywood 43:21, 2. Kathie Turner 47:29, 3. Stephanie Guida 47:31. 40-49: 1. Marie Anne Conroe 45:33, 2. Clarice Flower 50:12, 3. Linda Pittman 51:53. 50-59: 1. Dottie Allison NT. 60 & Over: 1. Jean Reeves 1:49:33.

Half-Marathon

Men's Division

19 & Under: 1. Thomas Leong 1:27:45, 2. Richard Banta 1:28:32, 3. Paul Schreiber 1:31:12. 20-24: 1. Adam White 1:22:31, 2. Mike Leong 1:23:35, 3. Julio Gonzalez

1:24:04. 25-29: 1. John Radich 1:24:36, 2. Steve Hackney 1:27:09, 3. Paul Jordan 1:28:18. 30-34: 1. Jim White 1:28:29, 2. Barry DeVries 1:31:12, 3. Jim Olson 1:31:17. 35-39: 1. Ben Wilson (overall winner) 1:21:45, 2. Ron Jensen 1:22:02, 3. Bruce Geddes 1:24:50. 40-49: 1. Bob McGeough 1:27:35, 2. Jess Maxcy 1:28:56, 3. Chrik Niks 1:30:01. 50-59: 1. Wally Ingram 1:27:40, 2. Jerry Soto 1:29:16, 3. Jack Resh 1:30:23. 60 & Over: 1. Bob Kroger 1:40:14.

Women's Division

19 & Under: 1. Karen Stanley 1:50:36. 20-24: 1. Rhonda Davidson 1:39:02, 2. Nicole Pyle 1:45:03, 3. Coleen Corsaro 1:50:32. 25-29: 1. Pam Nagami 1:58:02, 2. Mary Ann Mera 1:58:57, 3. Janet Vasquez 2:05:36. 30-34: 1. Deborah Heaton (overall winner) 1:31:35, 2. Nancy Baird 1:37:52, 3. Terri Goodreau 1:42:06. 40-49: 1. Josie Fox 1:36:31, 2. Sheila Olosson 1:57:56, 3. Audrey Singer 2:03:23. 60 & Over: 1. Bess James 2:41:48.

Marathon

Men's Division

19 & Under: 1. Gil Abrego 2:54:04. 20-24: 1. David Ortiz (overall winner) 2:44:46. 25-29: 1. Marty Brounstein 3:01:32, 2. Robert Valenzuela 3:30:51, 3. Charles Johnson 3:56:19. 30-34: 1. Jeff Wilson 3:08:03, 2. Brice Hammerstein 3:23:40, 3. Robert Galindo 3:26:16. 35-39: 1. Mickey O'Hara 3:06:47, 2. William McGhee 3:58:07, 3. Eric Furst 4:06:36. 40-49: 1. Tom Chaves 3:10:08, 2. Manouch Lankerani 3:11:51, 3. Terry Ives 3:20:02. 50-59: 1. Gene Parsons 3:36:46, 2. Jim Hayes 3:37:12, 3. Tony Gomez 3:38:55. 60 & Over: 1. Paul Sterner 4:00:08, 2. Tony Perona 4:38:04, 3. John Montoya 4:41:11.

Women's Division

25-29: 1. Maureen Nishioka (overall winner) 3:51:02, 2. Pam Smith 5:00:37. 35-39: 1. Susan McMaster 4:24:39. 40-49: 1. Judith Fernandez 4:14:36, 2. Dorothy Kobayashi 4:29:31. 50-59: 1. Alice Krueper 4:14:33.

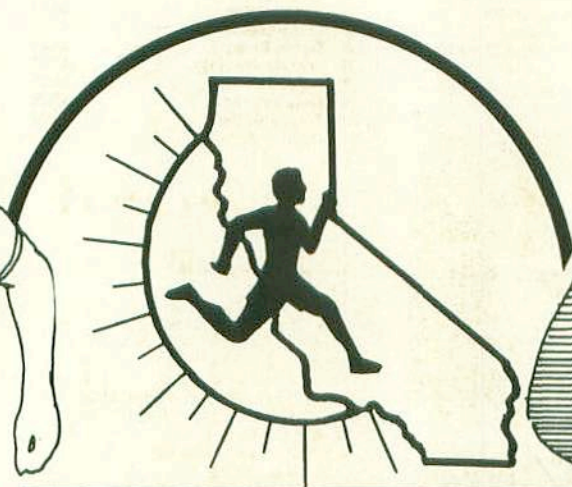
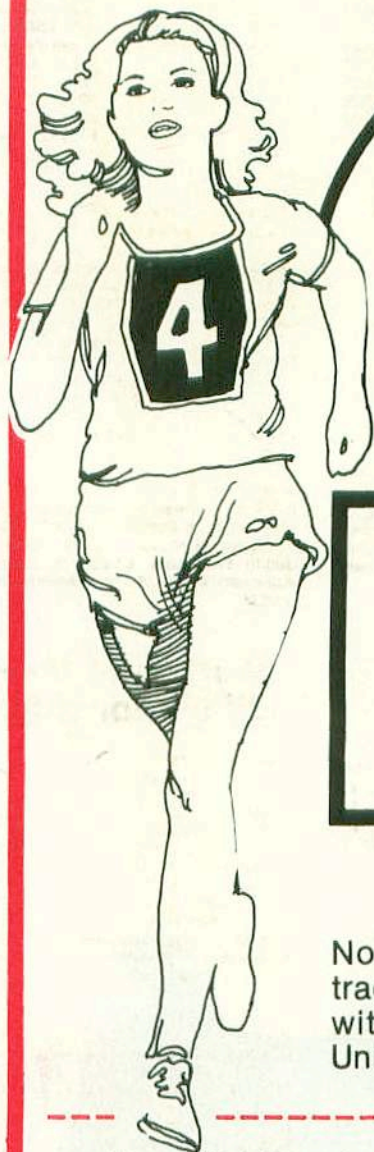
Muck And Mire Championships

January 22. Fresno. 3 1/3 miles.

1	Bryan Foley (Aggie RC)	17:00.4
2	Leroy Rivera (Fresno CC)	17:09.6
3	David Perez (HSTC)	17:32.5
4	David Naranjo (FTC)	17:39.5
5	Bob Lindsey (FTC)	17:55.6
6	Daniel Vega (FTC)	17:59.6
7	Larry Lung (FTC)	18:02.5
8	Jeff Mellow (FTC)	18:22.0
9	Craig Porter (Clovio)	18:39.3
10	Bob Cunningham (Unatt)	18:50.1
11	David Williams (HSTC)	19:00.6
12	Frank Ortega (HSTC)	19:04.4
13	Jim Lamba (FTC)	19:09.1
14	Joe Salvador (Unatt)	19:23.1
15	Bob Fries (FTC) 1-50	19:45.1
16	Jim Knaeble (Sequ. Frosh HS)	19:58.4
17	Ken Cherry (FSU)	19:58.6
18	Scott Williams (Fresno HI)	20:04.8
19	Joe Herzog (HSTC) 1-40	20:14.8
20	Rick Zamarripa (HSTC) 2-40	20:20.4
22	Phil Farina (Unatt) 3-40	20:33.1
30	Chris Denny (FJ) 2-50	21:21
45	Genie Huey (Unatt) 1/1F	22:38.3
47	Mercedes Lopez (Unatt) 2/1F	22:59.2
49	Jeanne Arakelian (FTC) 3/1F	23:09.3
59	Harry Harder (HSTC) 1-60	24:13
60	Janie Rodriguez (FJ) 4/1F	24:23.7
62	Martha Stenmark (Unatt) 5/1F	24:35.5
84	Pat Hurst (FTC/FJ) 1/1F-50	24:50.8
67	George Leavitt (SSRC) 2-60	25:46



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*W*e could have done it with charts. We could have done it with graphs. We could have thrown down enough scientific proof to fill this entire magazine.

But there are some things runners must discover for themselves.



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