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TRACK & RUNNING NEWS

FEBRUARY 1985

ISSUE NO. 100



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1984 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Athletes of the Year

California's Only Track



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Walt Lange
Jesuit High School
P. O. Box 254647
Sacramento, CA 95865

California Track & Running News



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Table of Contents

February 1985

Issue No. 100

Schedule	
Road Racing.....	3
College/Open Track & Field.....	8
Masters Track & Field.....	11
Subscription Order Blank.....	11
Athletes of the Year Selections.....	12
Medical Notes for Runners.....	18
Ironman Insights.....	20
Athlete's Kitchen.....	21
The Future Lies Ahead.....	22
Training Tips from Galloway's Book on Running.....	23
California Women '84 Best Marks.....	24
High School Section	
Prep Notes.....	28
All-California Cross Country Teams.....	31
Results	
Road Racing.....	34
P.R.'s.....	37
All-Comers Meets.....	44
Indoor Results/Sunkist.....	45

ON THE COVER:

Stanford University's 1984 track/cross country team boasts THREE of *California Track & Running News*' Athletes of the Year. Left to right are: Olympian Carol Cady (Photo by Barbara DeGroot), Marc Oleson and Regina Jacobs (Photos by Fine Flicks by Don Gosney).

Schedule

By JACK LEYDIG

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

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

FEBRUARY

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

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

FEB 2: Sonoma State Hospital Sweetheart Run. 2.5 & 10K, Sonoma State Hospital (Sonoma), 8 am/2.5K, 9 am/10K. John Karsemeyer, P.O. Box 44, Eldridge 95431. (707) 938-6471.

FEB 2: Converse (Capitol City) 20K. Sacramento (Sacramento State Stadium), 10 am. Capitol City Flyers, P.O. Box 1495, Fair Oaks 95628. (916) 966-6185.

FEB 2: McDonald's Cougar Classic. 2, 5 & 10K, Azusa, 8:30 am/2K, 9 am/5 & 10K. Terry Franson, 4137 La Junta, Claremont 91711. (714) 596-5128.

FEB 2: Rancho Los Amigos Hospital 5 & 10K. Rancho Los Amigos Hospital (Downey), 8 am/5K, 9 am/10K. Key Club, c/o Jim Brewer, 11040 S. Brookshire, Downey 90241. (213) 869-7301, x713, or (714) 525-9995.

FEB 2: Trinidad-Clam Beach run. 8.76 mile, Trinidad (near the Colonial Inn on Patrick's Point Dr.), 1 pm. 2,000 limit. Trinidad/Clam Beach Run, P.O. Box 356, Trinidad 95570. (707) 677-3349 or (707) 677-3985.

FEB 3: Jose Segura Memorial Run. 8K & 1 mile, Half Moon Bay (Higgins & Purisima Rds.), time TBA. Jose Segura Run, Box 305, Route 1, Half Moon Bay 94019. (415) 726-3598.

FEB 3: Disabled Awareness 12K. Tentative. San Luis Obispo (Cuesta College), time TBA. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

FEB 3: Sports Festival Warmup 10K. Oxnard (Esplanade Shopping Mall), 8 am. Paul Ronan, 800 Hobson Way, Oxnard 93030. (805) 984-4643.

FEB 3: Sand & Strand 2½ & 5 Mile Runs. Hermosa Beach (Pier Ave at Pacific Ocean), 8 am/2½ mile, 9 am/5 mile. Alana Mastrain, Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

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

FEB 3: DSE Presidio Gate Run. 3.3 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 9: Mission 10. 10 miles, San Juan Bautista (Mission), 10 am. Mission 10, 811 Carpenter Dr., Hollister 95023. (408) 637-3126, eves. - Ed Singleton.

FEB 9: Valentines Fun Run 10K. Campbell (The Factory), 9:30 am. John Araujo, Campbell Recreation Dept., 70 No. First St., Campbell 95008. (408) 866-2105.

FEB 9: Run for Your (Valentine) Heart. 2 & 6 miles, Grover City (Beach/Grand Ave. Ramp), time TBA. Grover City Recreation Dept., c/o City Hall, Grover City 93433.

FEB 9: Santa Barbara 2x4 Mile Couples Relay. Santa Barbara (Palm Park on Cabrillo Blvd.), 8:30 am. SBCR, Box 6616, Santa Barbara 93160. (805) 964-2591.

FEB 9: Up the Estuary in February Half-Marathon, 5K & Children's 1 Mile. Santa Ana (Centennial Park), 7:30 am/½-marathon, 7:45 am/5K, 8:15 am/1 mile. Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

FEB 9: Diamond Bar Sweetheart Runs. 5 & 10K, Diamond Bar (High School), 8 am. Ruth Schafer, 1649 Kiowa Crest Dr., Diamond Bar 91765. (714) 861-5206.

FEB 9: Heart of Escondido 10K & 2 Mile. Escondido (downtown), 7 am. Cathy McKee, 165 E. Lincoln, Escondido 92026. (619) 747-6281.

FEB 9: Lynwood 5 & 10K and Kids' 1K. Lynwood (Recr. Center), 8 am. Lynwood Chamber of Commerce, P.O. Box 763, Lynwood 90262. (213) 537-6484.

FEB 9: Sweatin' Sweethearts 10K/2 Mile. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 9: Run for Scouting 7.5K. Marysville (Ellis Lake Island), 10 am. Jim Hardee, P.O. Box 1351, Marysville 95901. (916) 742-3215.

FEB 10: DSE Mission Rock Run. 3.5 mile, San Francisco (3rd St. & Mission Rock), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 10: Valentines Day Mystery Partner Run. 4 miles, Reno, Nevada (starts at Swope Middle School Gym, 901 Keele), 10 am. Truckee Meadows A.C., 618 Gear St., Reno, NV 89503. Ellen or Lyle Freeman (702) 322-8366.

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

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

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

FEB 10: La Cancha Valentines Day 8K. Napa (La Cancha Health Club), 10 am. 500 limit. Mark Proteau, 1850 Soscol, Napa 94559. (707) 252-8033.

FEB 10: Max Choboian Memorial Road Race. 6 mile & 2 mile prediction, Tulare (Live Oak Park), 1:30 pm/2 mile, 2 pm/6 mile. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 10: Love Your Heart Runs. 5 & 10K, San Luis Obispo (Meadow Park), time TBA. French Hospital, c/o Cardiac Rehab. Unit, San Luis Obispo 93401.

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

A C.I.F. SANCTIONED EVENT

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

For more information contact:



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

Schedule

FEB 10: Chinatown Firecracker 10K. Los Angeles (No. Broadway & College), 8 am. Rich Pineda, P.O. Box 4732 Terminal Annex, Los Angeles 90051. (213) 250-1008.

FEB 10: San Dieguito Half-Marathon. Solano Beach (San Diego State Park), 8 am. Rebecca Fengler, c/o North Coast YMCA, P.O. Box 907, Encinitas 92024. (619) 942-9622.

FEB 10: Canyon Center 10K. Canyon Country (Canyon Center on Soledad Danyon Rd.), 8 am. Gene Blankenship, Box 481, Newhall 91321. (805) 251-5662 or (818) 783-5183.

FEB 16: Lover's Half-Marathon & 10K. El Dorado (So. of Placerville) (Poor Red's Tavern on Hiway 49), 8:30 am. Alicia Truffer, New Morning Youth & Family Services, 460 Main St., Placerville 95667. (916) 622-5551.

FEB 16: Lite-American Spirit of Leadership 5 & 10K Runs. Long Beach (Cal State Univ.), 8 am. AMA, Cal State Long Beach, 1250 Bellflower Blvd., Long Beach 90840. Attn: Elaine Hanlon. (213) 498-5370 or (714) 538-3114.

FEB 16: Smile San Diego 10K & 2 Mile. San Diego (Mission Bay), 7:30 am. Russell Haag, 4695 Leathers St., San Diego 92117. (619) 270-7743.

FEB 16: Heart Throb 10K, 5K & 1 Mile. South El Monte (Legg Lake, Whittier Narrows), 8 am/1 mile, 8:30 am/5K, 9 am/10K. Theresa Mireles, 3800 Pennmar, El Monte 91732. (818) 350-4029.

FEB 16: 5K, 10K Walk/Jog/Run/Wheel for Your Heart. Whittier (Presbyterian Intercommunity Hospital), 8 am. Hospital Foundation, Presbyterian Intercommunity Hospital, 12401 W. Washington, Whittier 90602. (213) 698-0811, x2492.

FEB 16: I.A.A.F. World Cross Country Championship Trials. Jr. & Sr. Men (8K/Jr., 12K/Sr.), Waco, Texas (Veteran's Admin. Medical Ctr.), 1 pm/Jr., 3:15 pm/Sr. Cross Country Race, c/o The Sports Emporium, 500-A Lake Air Dr., Waco, TX 76710.

FEB 17: DSE Fort Point Run. 3.8 mile, San Francisco (Little Marina Green), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 17: Black Mountain Run to the Top 10K. Rancho Bernardo, 8 am. Movin' Shoes, 3838 Mission Blvd., San Diego 92117. (619) 488-2310.

FEB 17: Santa Monica Mountains 50 Mile & 5-Man Ten-Leg Relay. 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 17: Jedediah Smith 50 Mile Classic. West Sacramento, 8 am. Glenn Bailey, 1412 Drake Dr., Apt. B, Davis 95616. (916) 758-9800. February 6 Entry Deadline.

FEB 17: Willits Classic. 10 mile & 5K, Willits (Recreation Grove), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. (707) 459-9547, Jim Gibbons.

FEB 17: Atascadero Half-Marathon. Atascadero, time TBA. Atascadero Recreation Dept., c/o City Hall, Atascadero 93422.

FEB 17: Sri Chinmoy 12-Hour Run. Tentative. Site to be arranged (440-yard track), 8 am-8 pm Sundari Michaelian, 2438 - 16th Ave., San Francisco 94116. (415) 759-7770.

FEB 17: Senior Masters "Old Fashion" 4-Mile Run. Yucaipa (Calimesa Park), Limited to 55 years and over. 9 am. C.S.A. 63, P.O. Box 337, Yucaipa 92399. (714) 797-0284.

FEB 17: Sweatin' Sweetheart 10-Mile Twosome. Each run 10 mile, Irvine (Mason Regional Park), 8 am. Loeschhorn's R.C., 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

FEB 17: Wilshire Community Police Council 5 & 10K Runs. Los Angeles (Wilshire & Oxford), 8 am. Ron Batesole, P.O. Box 19586, Los Angeles 90019. (213) 485-4020.

FEB 17: SPA/TAC 30K Championships. Yorba Linda (Regional Park), 8 am. Fleet Feet, 18232 Imperial Hwy., Yorba Linda 92686. (714) 528-3338.

FEB 17: Valentine Day 10K. Valencia (Seco Canyon), 8 am. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

FEB 17: Las Vegas T.C. 20K Championship & 2 Mile Run. Las Vegas (Sunset Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 17: Washington's Day 8K Hill Challenge. Highland Park area (Pasadena Fwy & Ave. 52), 9 am (children's 3K at 8:30 am). Aztlan Track Club, 448 No. Ave. 56th, Los Angeles 90042. (213) 258-6608, Frank Meza.

FEB 23: The Great Chowder Chase. 10K, Santa Cruz (Boardwalk's River parking lot), 9 am. Chowder Chase 10K, c/o 346 Church St., Santa Cruz 95060. (408) 429-3777.

FEB 23: Run for the Trees. 5K, San Luis Obispo (Cal-Poly Univ.), time TBA. Prof. Norm Pillsbury, Forestry Dept., Cal-Poly Univ., San Luis Obispo 93407.

FEB 23: City of Orange Spring Games 5/10K. Orange (El Modena High School), 7:30 am/5K, 8 am/10K. Al Siddons, 17th St. at Briston, Santa Ana College, Santa Ana 92706. (714) 667-3300.

FEB 23: L'Eggs/YWCA 10,000 Meter Run & 2 Mile Fun Run. Women Only. San Diego (Balboa Park, Organ Pavillion), 8 am. Mary Ann O'Connor, c/o YWCA, 1012 "C" St., San Diego 92101. (619) 239-2902.

FEB 23: Cal Poly 8K. Pomona (Cal Poly Campus), 8 am. Steve Miller, Cal Poly Pomona, Dept. of Recreation, 3801 W. Temple Ave., Pomona 91768. (714) 598-4623.

FEB 23: Las Vegas T.C. 5 & 10 Mile. Tule Springs, Nevada (Floyd Lamb State Park), 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

FEB 23: Brick Yard Road Run. 8 mile, Martinez (to Port Costa & back), 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

FEB 24: Pop Marty 5/10K and 10 Mile. Montebello (City Hall), 8 am/5K, 8:30 am/10K, 10 Mile. Charles Gloria, Parks & Rec. Dept., 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x430.

FEB 24: SPA/TAC 5K Women's Championship. Westlake Village (Elementary School), 9 am. California Condors, 32926 Mulholland Hwy, Malibu 90265.

FEB 24: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt, Old Boathouse, Lakeside Dr.), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

FEB 24: DSE Golden Gate Promenade Run. 7.13 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

FEB 24: Sequoia Park Race. 2 & 4.5 mile, Eureka (Sequoia Park), 1 pm/2 mile, 1:45 pm/4.5 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616

FEB 24: The Benefit Run. 5 & 10K, Lancaster (Antelope Valley Hospital, 15th St. West & Ave. J), 9 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

FEB 24: Cuervo Mardi Gras 10K & 2 Mile. San Diego (Mission Bay Park, south of Hilton Hotel), 7:30 am. Dave Thompson, c/o 3320 Kemper St., Suite 100, San Diego 92110. (619) 691-0622, Lynn Layce.

MARCH

MAR 2: Bidwell Classic Marathon & Half Marathon & 4 Mile Fun Run. Chico (Bidwell Park), 9 am (3 mile at 8 am). Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857. *Feb. 16 Deadline; 2200 Total Entry Limit.*

MAR 2: Run for the Seals. 4 mile, Ft. Cronkhite (Rodeo Beach), Marin Headlands area, 9 am. Brian Boxer, c/o California Marine Mammal Center, Ft. Cronkhite, 94965. (415) 331-SEAL.

MAR 2: Santa Barbara Winter Runs. 6 & 10 Miles. Santa Barbara (Cabrillo Arts Center), 8:30 am. SBWR Runs, Box 6616, Santa Barbara 93160. (805) 964-2591.

MAR 2: AM Good Morning 5K. Manhattan Beach (1701 Laurel), 8 am. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. Frank Ellis (213) 372-0460.

MAR 2: Run for Hunger. 1 & 3.1 mile, Modesto (12th & "M" Sts.), time TBA. First Baptist Church, P.O. Box 4309, Modesto 95352. (209) 521-0181.

MAR 2: Run for Hungry Children. 5 & 10K, Irvine (Turtle Rock), 7:30 am/5K, 8:15 am/10K. Marna Hillyard, 2915 Rounsevel Terr., Laguna Beach 92651. (714) 497-7212.

MAR 2: Buick 10K & 2 Mile. San Diego (downtown), 8 am. Lynn Flanagan (619) 276-2738.

MAR 2: Sue Krenn 15K. San Diego (Mission Bay, Hilton Hotel), 7:30 am. Laurie Olson (619) 222-0503.

MAR 3: DSE Kennedy Drive Run. 0.78 mile kid's run & 4.7 mile, San Francisco (Polo Fields, Golden Gate Park), 9:30 am/kid's run, 10 am/4.7 mile. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 3: City of Fremont 10K. Fremont (Central Park Swim Lagoon), 9 am. Sara Cole, P.O. Box 5006, Fremont 94537. (415) 791-4324.

MAR 3: Foggy Bottoms Milk Run. 4 & 10 mile, Ferndale (downtown), 1 pm. Six Rivers R.C., 616 14th St., Arcata 95521. (707) 826-0616.

MAR 3: Channel to Lake Run. 10 mile, Vallejo, 10 am(?). Patti Baron, Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

MAR 3: Gold Trail Half-Marathon. Hornitos to Snelling, 10 am. Merced T.C., P.O. Box 3275, Merced 95344. (209) 383-3710, eves.

MAR 3: South Bay 20K. (RRC Western Regional & Calif. State Championships), Los Osos (Jr. High School), 8:30 am. Shelley Aleshire, P.O. Box 4236, San Luis Obispo 93401. (805) 541-2611.

MAR 3: San Fernando Valley Dental Society 5/10K Runs. Woodland Hills (Pierce College), 8 am. John McManus, San Fernando Valley Dental Society, 18700 Sherman Way, Reseda 91335. (818) 345-0520.

MAR 3: Run-Walk for Nutrition 5/10K Runs. Riverside (Arlington High School), 8 am. Run for Nutrition, Box 3147, Los Alamitos 90720. (213) 430-1073.

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

MAR 9: Spirit of Giving 5 & 10K. Berkeley, 9 am. Christian Baker, 102 Sprout Hall, Berkeley 94720. (415) 642-5753 or 548-3699.

MAR 9: Grape Stampede. 10K, Gonzales (Taylor Cellars, South Alta St.), 10 am. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

MAR 9: San Joaquin Biathlon. 4 mile run & 12 mile bike, Fresno (Woodward Park), 8:30 am. Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

MAR 9: Loeschhorn's 5 & 10K. Fountain Valley (Mile Square Park), 8 am/5K, 8:30 am/10K. John Blair, Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

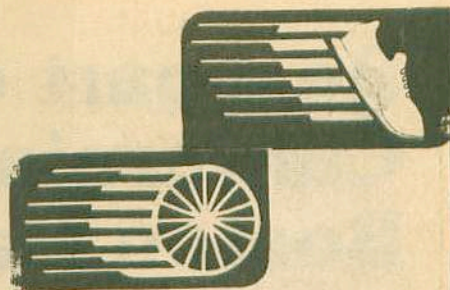
MAR 10: DSE So. Embarcadero Run. 6.25 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94701.

MAR 10: Soccer City Run. 5 & 10K, Pleasanton (Hacienda Business Park), 10 am. Soccer City Run, P.O. Box 5194, Pleasanton 94566. (415) 463-2750, days; (415) 846-5512, eves.

MAR 10: Food & Fitness Run. 10K, Stanford Univ. (stadium), 8:30 am. Stanford Univ. Hospital, Dept. of Dietetics, #C-108, Stanford 94305. (415) 497-6904.

MAR 10: Davis Enterprise-Blue Devil Classic Half Marathon & 5K. Davis (high school), 9 am. Don Winters, 315 W. 14th (Davis High School), Davis 95616. (916) 756-3131.

MAR 10: Bash Relays. 10K, Modesto (Central Catholic High School), 9 am. Peggy Crowther, 200 So. Carpenter Rd., Modesto 95352. (209) 524-6818 or 521-1820.



SAN JOAQUIN BIATHLON

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- Ed Parker, Mills High School (415) 697-3344
- Scott Brady-Smith, Antioch High School (415) 757-6560

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April 13-15, 1985

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Schedule

MAR 10: Black Sheep 5K. San Luis Obispo (The Creamery/downtown), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 10: Rancho Bernardo Half-Marathon & 2 Mile. San Diego (Westwood Club), 7 am. Lynn Flanagan (619) 276-2738.

MAR 10: Dick Durand 8K Trail Run. Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 10: Napa Marathon. St. Helena to Napa, 7 am. Limited to 1500. Napa Valley R.C., 3564 Meadowbrook Dr., Napa 94558. (707) 252-1871. Feb. 15 deadline or 1500 entrants, whichever comes first.

MAR 16: Porterville St. Patrick's Day Marathon & Half Marathon. Porterville (Barn Theater, Olive & Plano Sts.), 8 am. Porterville Parks & Leisure Sedrvices, P.O. Box 432, Porterville 93258. (209) 784-1400, x461, Milt Stowe.

MAR 16: Redwood Empire 24-Hour Run. Santa Rosa (Jr. College track), 10 am. Carol Witwer, 5950 Erland Rd., Santa Rosa 95404.

MAR 16: Irish Sprint. 5 mile, San Francisco (Lake Merced - Sunset Blvd. Parking Lot), 10 am. Deborah Nell (415) 566-9292.

MAR 16: Piedmont Middle School Feet Meet. 5 & 10K, Piedmont (Community Center), 9 am. Marlene Sakol, 27 Hardwick, Piedmont 94611. (415) 658-9597.

MAR 16: Ross Valley Run. 15K (PA/TAC Championships), Fairfax (Marin County), 8 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

MAR 16: St. Patrick's Day 5 & 10K and 1 Mile. Modesto, 8 am. Roger Jones, c/o YM-CA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

MAR 16: Fat Farm 10K. China Lake (Naval Weapons Center), 9 am. Brice Hammers-tein, 210 Ward, Space 32, Ridgecrest 93555. (619) 446-7398, eves.

MAR 16: St. Patrick's 10K Great Race. Arroyo Grande (Lopez Lake), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 16: Knights of Columbus 5 Mile. Newhall (Pico Canyon), 8:30 am. John O'Dwyer, 19762 Merryhill St., Canyon Country 91351. (805) 251-0656.

MAR 16: Camarillo Kiwanis 10K. Camarillo (Community Center, 1605 E. Burnley), 8 am. James Hardman, Kiwanis Club, P.O. Box 533, Camarillo 93011. (805) 482-6488.

MAR 16: St. Patrick's Biathlon. 8K run, 38K bike, San Dimas (Bonelli Park), 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

MAR 17: SPA/TAC 50-Mile Championships. Camarillo (Adohr Dairy), 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (818) 986-8686.

MAR 17: DSE Twin Peaks Run. 3.36 mile, San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 941 Kansas St., #2, San Francisco 94107.

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MAR 17: Rotary 5 & 10K. Yountville, 9 am. Napa Rotary Run, 3010 Beard Rd., Napa 94558. (707) 225-0555.

MAR 17: Boontling Classic. 8K, Boonville (A.V. Elementary School), 10 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Reed Colfax: (707) 895-3241.

MAR 17: Tom Sullivan St. Patrick's Day 10K. Torrance (Del Amo Shopping Ctr.), 8 am. The Village Runner, 1813 1/2 Catalina Ave., Redondo Beach 90277. (213) 375-2626.

MAR 17: St. Patrick's Day 10K & 2 Mile. San Diego (Mission Bay, Hilton Hotel), 7:30 am. Ernie Dickerson (619) 437-4556.

MAR 17: Fifty-Plus Runners Race. For 50 & Over runners only. Distance ?, Stanford area ?, time TBA. Fifty-Plus Runners, P.O. Box D, Stanford 94305.

MAR 17: APEX 5K Run. Disneyland Hotel Convention Center, Anaheim, 8 am. APEX, 12520 Ventura Blvd., #802, Sherman Oaks 91403. Pati Kern (818) 905-0040.

MAR 23: Spring 24-Hour Run. Ventura (Buena High School track), noon. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAR 23: Great Valley Race. 10K & 2 Mile. Manteca (Lindbergh Center, 311 E. Noth St.), 9 am. Bob Belz, P.O. Box 125, Manteca 95336. (209) 466-0982 or 823-5209.

MAR 23: Waller Park Relay. 4x2 1/2 mile, Santa Maria (Waller Park), time TBA. Jim Batter-son, 412 W. Orchard St., Santa Maria 93454.

MAR 23: San Marino Rotary 5 & 10K. San Marino, 8 am. Ron Renney, 8533 Duarte Rd., San Gabriel 91775. (818) 793-2303.

Schedule

MAR 23: Run Through Redlands 5 & 10K and Half-Marathon. Redlands, time TBA. Susie Whiteman, Race Central, P.O. Box 828, Rialto 92376. (805) 496-0088. *Note: Also listed as March 24 in some sources, check with contact.*

MAR 23: Fastest Masters 10K. San Deigo (Mission Bay), 7:30 am. *40 years & Over only.* Tom Morrow (619) 477-4447.

MAR 24: Bonne Bell 10K. Women Only. San Francisco (Golden Gate Park, Band Shell to Polo Fields), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2323.

MAR 24: Mercury News 10K Race. San Jose (City Hall), 9 am. Mercury News 10K Race, c/o 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

MAR 24: Miles for Smiles 3 & 10K. Petaluma (Old Adobe State Park), 8:30 am. Darylla Hager, P.O. Box 4527, Petaluma 94952. (707) 527-0529.

MAR 24: DSE Presidio Gate Run. 3.3 mile & kid's run (?), San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 24: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt - Old Boathouse/Lakeside Dr.), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

MAR 24: Whale Festival Run, Half-Marathon, 10K & 2 Mile. Ft. Bragg, 10 am. Whale Festival Run, Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

MAR 24: Three Mile Island Run. 3 mile, Los Osos, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 24: Conejo 5 & 10K Runs. Westlake Village (Westlake Elem. School), 7:30 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 30: Wildflower Women's Run. 2/5/10K, Morgan Hill, 9 am. *Women Only.* Debbie Cottingham, 3395 E. Dunne Ave., Morgan Hill 95037. (408) 779-6057.

MAR 30: Cameron Carnival Fun Run. 5K, San Francisco (Golden Gate Park, Polo Fields), 9 am. Cameron Run, c/o Al Hall, 920 Sacramento St., San Francisco 94108. (415) 781-0401.

MAR 30: New Ashley Belt Six-Day Race. El Cajon (Granite Hills Stadium), noon. *Track event, limited to 30 runners.* Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

MAR 30: Calvary's Reach Out & Care 5/10K and 1 Mile Fun Run. Westlake Village (Calvary Church), 8 am. Dennis Bellesi, Calvary Community Church, 31293 Via Colinas, Westlake Village 91362. (818) 991-8040.

MAR 30: Whittier YMCA Legg Lake 5/10K. Whittier, 8:00 am/5K, 8:15/10K. Marilyn Grant, Health & Fitness Director, East Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

MAR 30: Circus Vargas 5K Run. Northridge (Devonshire Fairgrounds), 9 am. Grisel Saez (818) 765-0245.

MAR 31: The Kennedy Classic 5 & 10K. Walnut Creek (Del Valle School), 9 am. Jane Fiori, JFK Univ., 12 Alterindo, Orinda 94563. (415) 254-0200.

MAR 31: Zonta 10K Run. Berkeley Marina, 8 am. Zonta Club, P.O. Box 5093, Berkeley 94705. (415) 531-7566.

MAR 31: Houlihan's to Houlihan's 8-Mile Bay Race. Houlihan's/San Francisco to Houlihan's/Sausalito, 8 am. *2500 Limit.* Dave Rhody, 43 Cole, #2, San Francisco 94117. (415) 668-2243.

MAR 31: YMCA Half-Marathon. Stanford (stadium), 8 am. Palo Alto YMCA Fitness Center, 755 Page Mill Rd., Bldg. B, Palo Alto 94304. (415) 858-0661.

MAR 31: DSE Potrero Hill Run. 4.5 mile, San Francisco (17th St. & Mission), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 31: SPA/TAC District 20K Championships. Valencia (San Francisquito Canyon, Santa Clarita Park), 8 am. Santa Clarita Runners, Box 298, Saugus 91350. (805) 259-6017 or 251-5562.

MAR 31: Ventura County Symphony Assoc. 10K. Ventura (Buenaventura State Beach Park, Pierpoint Blvd. & San Pedro Ln.), 8 am. Ventura County Symphony Ass'n, Box 1085, Ventura 93002. (805) 643-8646.

MAR 31: April Fool's 10K. Newport Beach (Teller & Birch), 8 am. Leslie Davis, Newport Beach Sporting House, Box 8172, Newport Beach 92660. (714) 752-0565.

MAR 31: Easter Seals Half Marathon & 10K. Carpinteria (Jr. High School), 8 am. Theodore Banks, 351 S. Hitchcock, Suite B-165, Santa Barbara 93105. (805) 682-1112.

MAR 31: Long Beach Grand Prix Charity 10K. Long Beach (Queen Mary), 8 am. Grand Prix, c/o Benevolent Ass'n., 100 W. Ocean Blvd., Ste. A, Long Beach 90802. (213) 436-7727.

MAR 31: Sugarless 5/10K. Riverside (Fairmont Park), 8:30 am. Len Silvergate, Tri-County Dental Society, 6860 Brockton Ave., Suite 9, Riverside 92506. (714) 686-3368.

MAR 31: Run for the Health of It. 10 mile & 2 mile, San Diego (Sharp Hospital), 7:30 am. Lynn Flanagan (619) 276-2738.

MAR 31: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), time TBA. Chris Connors, 650 Serrano Dr., San Luis Obispo 93401.

MAR 31: Modesto Marathon & Half Marathon. Modesto (West Campus Industrial Pk., Blue Gum & Carpenter Rds.), 8 am. Shadowcase R.C., P.O. Box 3605, Modesto 95352. (209) 578-6608, David Dennis.

LOOKING AHEAD

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

APR 6: Pacific to Bay 75K. Pt. Reyes (Liman-tour Beach), 7 am. *Limited entries.* Dave Horning, 601 Montgomery, Suite 720, San Francisco 94111.

APR 13: Pigeon Pass Marathon. Loma Linda (Gentry Gym), 7 am. Pat Bieberdorf, 10 Sher-ril Ln., Redlands 92373. (714) 793-9959.

APR 13: Jimmy Stewart Relay Marathon. 5-person teams, Santa Monica, time TBA. Bruce Beck, c/o Carl Terzian Assoc., Brent-wood Financial Plaza, 11726 San Vicente Blvd., Suite 550, Los Angeles 90049. (213) 557-3087.

APR 14: American River 50-Mile. Sacramen-to (Sac'to State Univ.), 6 am. *Limited to 500.* Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 15: Boston Marathon. Hopkinton, Mass., noon. *Qualifying Times.* Boston AA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

APR 28: SPA/TAC 50 & 100K Championships & 50 Mile. Ventura (Adohr Dairy, east of Camarillo), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAY 4: Good Old Country 50K. Placerville (Herbert Green School), 7 am. Pete Schoener, 4221 N. Canyon Rd., Camino 95709. (916) 644-1002.

MAY 5: Maranatha Marathon & Half Marathon. Rancho Cordova (Goethe Park), 7 am. (Also 10K at 7:15 am). Christian Brothers Ass'n/YFC, 104 Winchester Ct., Folsom 95630. (916) 878-0698 or 351-1190.

MAY 5: Avenue of the Giants Marathon. Near Weott (Dyerville Bridge), 9 am. *2000 Limit.* Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-0318.

MAY 5: Heart CAAN Marathon (and 5/10K). Ventura (Mission Par, 7 am/Marathon, 8 am/5 & 10K. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

MAY 11: California 50-Mile Endurance Run. Santa Rosa (Annadel State Park), 6 am. *Limited to 200.* Tom Crawford, 1981 Silver-wood St., Santa Rosa 95405. (707) 526-0661.

MAY 11-12: Sunkist Gold Rush 100K. 50K per day, Nevada City area (two new courses), 7:30 am. Paul Reese, P.O. Box 585, Auburn 95603. (916) 823-0276. *Limited to 50.*

COLLEGE/OPEN TRACK & FIELD

FEB 2: CSULA All Comers. Cal State Univ. Los Angeles, 10 am. Gene Howard, CSULA Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 225-8060.

FEB 2: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

FEB 2: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 9: LASW All Comers. Los Angeles Southwest College, 10 am. Track Coach, LASW College, 1660 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225, x206.

FEB 9: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

FEB 9: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 9: MSAC All Comers. Mt. San Antonio College, 9:30 am. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 595-1415.

FEB 9: Redlands All Comers. Redlands University, 9 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121, x259.

FEB 9: San Diego All Comers. San Diego State University, 10 am. Jim Cerveney, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.

FEB 9: Roadrunner Men's & Women's Invitational. Cal State Bakersfield, 10 am. Charlie Craig, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

FEB 16: USC All Comers. University of Southern California, 10 am. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

FEB 16: Los Gatos All Comers. Los Gatos High School 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

FEB 16: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

FEB 16-17: CSLB Heptathlon/Decathlon and All Comers. Cal State Long Beach, 8 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

FEB 23: Roadrunner Women's Invitational. Cal State Bakersfield, 10 am. Bob Koons, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.

FEB 23: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

MAR 1-2: UNLV Invitational. Includes heptathlon/decathlon. University of Nevada at Las Vegas, 9 am. Al McDaniels, UNLV Track, Maryland Parkway, Las Vegas, NV 89154. (702) 739-3256.

MAR 2: Long Beach State Relays. Cal State Long Beach, 10 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

MAR 2: Aztec Invitational. San Diego State University, 10 am. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 9: San Diego All Comers. San Diego State University, 10 am. Jim Cerveney, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 17: Los Angeles Women's Relays. Cal State Los Angeles, 10 am. Gudrun Arman-ski, Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 224-3319.

MAR 22-23: SFSU Decathlon. Cox Stadium, San Francisco State. Harry Marra, Track Coach, San Francisco State Athletic Dept., San Francisco 94132. (415) 469-1561.

MAR 23: Bronco Invitational. Cal Poly-Pomona, 10 am. Jim Sackett, CPP Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

MAR 23: Santa Barbara Easter Relays. LaPlaya Stadium, Santa Barbara. Track Coach, Santa Barbara City College, 721 Cliff Dr., Santa Barbara 93109. (805) 965-0581.

MAR 23-24: Oxy Heptathlon & Decathlon. Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAR 23-24: Golden Bear Meet of Cham-pions. Includes heptathlon. University of California at Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

MAR 29-30: Stanford Invitational. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford 94305. (415) 497-1051.

MAR 30: SPATAC Olympic Development Meet. Santa Monica College, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 1-2: NorCal Multi-Event Champion-ships. Men and women, Shasta College, Redding, 10 am. *High School.*

APR 6: Santa Rosa Relays. Ken Goetzel, Meet Director, 1235 Mendocino Ave., Santa Rosa 95401. (707) 528-5291 or 433-5335.

APR 6: Sun Angel Classic. Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

APR 6: Fresno Bee Games. Fresno State University, 8 am. Tom Pagani, FSU Women's Track Coach, Fresno 93740. (209) 294-4098.

APR 6: UCLA All Comers. UCLA, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

APR 13: Riverside Inv. UC Riverside.

APR 13: SPATAC Women's Olympic Devel-opment Meet. U.C. Irvine, 11 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 19: USC Women's Twilight Invitational. University of Southern California, 5 pm. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

APR 19-20: Lady Bronco Women's Invisa-tional. Cal Poly-Pomona, 9 am. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

APR 20: Jenner I Invitational. San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 21: CSLA Women's Elite Invitational. Cal State University, Los Angeles, 11 am. Gudrun Arman-ski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

APR 25-28: Mt. SAC Relays. Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 27: Poly Royale Invitational. Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

MAY 4: New Balance Women's Invitational. U.C. Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

MAY 5: Southern California Cheetah Invisa-tional. Mt. San Antonio College, 10 am. Richard Lewis, 1440 Douglass Dr., Pomona 91768. (714) 622-2181.

MAY 11: Oxy Invitational. Occidental Col-lege. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAY 11: California Relays. Modesto City College. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 18: UCSB Late Afternoon Heptathlon & Decathlon. UC Santa Barbara, 12 noon. Sam Adams, UCSB Track, Santa Barbara 93106. (805) 961-2133.

MAY 19: UCLA Pepsi Invitational. UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.

MAY 23: Oregon Twilight. University of Oregon, 5 pm. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

MAY 24: CSLB Last Chance Meet. Cal State Long Beach, 4 pm. Ralph Lindeman, Athletic Dept., CSULB, 1250 Bellflower, Long Beach 90840. (213) 498-5792.

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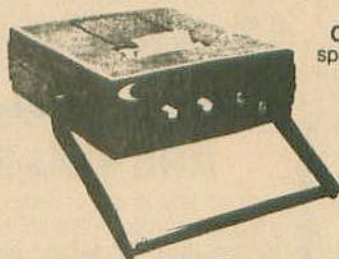


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Ph. 415/595-2249

MAY 24: San Diego-Imperial TAC District Championships. San Diego State, 4 pm. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAY 25: Jenner II Invitational Grand Prix. San Jose City College, 12 noon. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 25-26: SPA/TAC Jr/Sr Women's Heptathlon Championships. UCLA, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 26: SPA/TAC Jr/Sr Women & Sr Men's District Championships. UCLA, 10 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 28-JUN 1: NCAA Div. I Championships. University of Texas-Austin. Terry Crawford/Sue Humphrey, 606 Bellmont, UT-Austin, Austin, TX 78712.

JUN 1: IAAF/High School Heptathlon/Decathlon. Mt. San Antonio College, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 1: Prefontaine Grand Prix. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

JUN 2: All Comers. Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUN 7: The Coliseum Classic. Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.

JUN 8: World Class T.C. Invitational. UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

JUN 8: Footlocker Invitational. University of California at Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

JUN 9: SPA/TAC Olympic Development Meet. U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 14-16: TAC Sr. Men & Women National Championships. University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Championships. University of Indiana... see contact above.

JUN 21-22: TAC Jr. Men & Women Championships. Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.

JUN 22-23: Pacific Conference Games. U.C. Berkely. Berney Wagner, USA/TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

MASTERS TRACK & FIELD

FEB 23: City of Orange Spring Games. Santa Ana College, 1 pm. Al Siddons, Santa Ana College, 17 at Bristol, Santa Ana 92706. (714) 667-3300.

MAR 10: 1985 World Masters Tune-Up Games I. California State Univ., Los Angeles, 8 am. Jim Bentley, P.O. Box 2981, Beverly Hills 90213.

APR 13: Central California TAC Masters Championships. Warmerdam Field, Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

APR 21: Mt. SAC Masters Relays. Mt. San Antonio College. Hal W. Smith, 18750 Oxnard St., No. 404, Tarzana 91356. (818) 342-1174.

APR 27: Sacramento Masters Relays. Sacramento. Roy Wigginton, P.O. Box 255268, Sacramento 95865. (916) 927-6237.

MAY 4: West Coast Masters Classic. College of the Sequoias, Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 11: Redlands Evening Kiwanis Masters. Univ. of Redlands. Howard Wagner, 1522 Margarita Dr., Redlands 92373. (714) 792-8395.

MAY 18-19: Pacific Assoc. TAC Championships. Los Gatos High School and San Jose City College. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos 95030. (408) 354-5660.

MAY 25: Anteater Masters Classic. U.C. Irvine. David Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

JUN 1: Southern Pacific Assoc. TAC Championships. Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUN 8-9: TAC Western Regional Championships. San Diego. Joe Horn, 1147 Agate St., San Diego 92109. (619) 488-8886.

JUL 13: Taco Bell Relays. Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

JUL 20: NorCal Seniors Classic. Berkeley (UC Edwards Stadium). Mark Grubi, P.O. Box 4512, San Francisco 94101. (415) 285-3352.

AUG 3-4: West Valley Masters Meet. Los Gatos High School and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-5660.

AUG 10: Trojans Masters Invitational. USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina 91790. (818) 338-1623.

OCT 5: Club West Masters Meet. UC Santa Barbara, Goleta. George H. Adams, P.O. Drawer K, Goleta 93117. (805) 687-6323.

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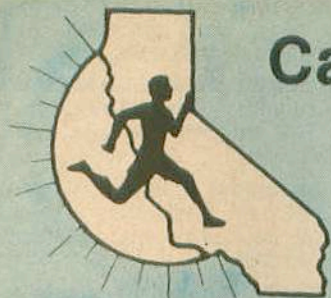
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California Track & Running News

Athletes of the Year

1984 may have been the most exciting year ever in the history of California track and field. Not only did we have the usual slate of invitationals and championships, but the addition of the TAC Championships, the Olympic Trials, Pre-Olympic Tune-ups, and the Olympic Games created a track fans year of all years.

Before we now move into 1985, we can still linger for a moment in the glory of the 1984 super year with the annual *California Track & Running News* Athlete of the Year selections.

Again this year ballots were mailed out to our panel of selectors. 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. Not really.

With 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, Ernie Bullard, Bill Cockerham, Keith Conning, Bob Cooper,

Chuck DeBus, Ken Dose, Rich Ede, Eino, Fran Errota, Red Estes, Gordon Fitzel, Steve Haas, Lance Harter, Peanut Harms, Jon Hendershott, Jim Hunt, Dave Jackson, Payton Jordan, Bob Kersee, Percy Knox, Larry Knuth, Harry Koppel, Fred LaPlante, Bob Larsen, John Mansoor, Harry Marra, Bob McGuire, Gary Miller, Bill Minarik, Tom Morrow, Peter Mundle, Tom Paganl, Joni Pendleton, Mike Plant, Marty Post, Brian Pritchard, Paul Reese, Don Ruh, Jim Sackett, Tony Sandoval, Bob Seaman, Al Sheahen, Jack Shepard, Mel Shine Dick Slotkin, Lewis Smith, Doug Speck, Bruce Springbett, Bill Stock, Gary Tuttle, Len Wallach, John Wenos, Howard Willman, and Bob Womack.

Fine Flicks by Don Gosney



CALVIN GAZIANO

Fine Flicks by Don Gosney



LESLIE MAXIE

Fine Flicks by Don Gosney



JOE RICHARDSON

High School Boys Track & Field

JOE RICHARDSON: State high school champion in long jump and triple jump with a state meet double of 24-11 and 51-8 $\frac{1}{4}$. Set new national high school triple jump record of 53-6 $\frac{1}{2}$.

Others: Next highest point getter was Henry Thomas, followed by Eric Schermerhorn, Roman Gomez, Brian Blutreich, Chip Rish and George Porter.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubly 1976, James Sandord 1977, Dave Porath 1978, Bill Green 1979, Charles Mayfield 1980, Pete Richardson 1981, Steve Kerho 1982, Maurice Crumby 1983.

High School Boys Cross Country

CALVIN GAZIANO: The Castro Valley senior repeated last year's Athlete of the Year honor by being undefeated (except for DNF at Kinney nationals). Won the Kinney Western and NorCal Championship.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

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, Eric Reynolds 1982, Calvin Gaziano 1983.

High School Girls Track & Field

LESLIE MAXIE: State champion in 300 low hurdles. National high school record in 300 hurdles at 40.18, world junior record in 400 hurdles with 55.20. Fifth in state 100 hurdles at 13.87.

Close behind in the voting was Wendy Brown, with Gail Devers the only other big point getter.

Previous Selections: Mary Decker 1974, Cathy Sullinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981, Denean Howard 1982, Natalie Kaaiawahia 1983.

High School Girls Cross Country

REBECCA CHAMBERLAIN: The Leigh High (San Jose) junior was basically undefeated by California runners, except an early season second place while sick. Second in Kinney Western and National Championship.

Others: See the All California Prep Cross Country Team rankings elsewhere in this issue.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982, Kirsten O'Hara 1983.

J.C. Men Track & Field

ED FRAZIER: State 400 champion with a national record 45.77. Also placed third in the

200 at 20.86, as well as participating on Taft's champion (tie) 400 and third place relay teams.

Others: Only other point getters who were close to Frazier in the running were: Doug Wicks, Jeremiah Wheeler and Joey Bunch.

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, Sandy Chapman 1982, Al Miller 1983.

photo by Burt Davis



REBECCA CHAMBERLAIN

J.C. Men Cross Country

EUGENE CRUZ: The L.A. Valley harrier pulled it off at the State meet with his win earning him Athlete of the Year honors.

Others: Only others to receive big votes were Pat Watson and Jesus Gutierrez, second and third at State Meet.

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, Rich Brownsberger 1982, Mandla Kuene 1983.



J.C. Women Track & Field

ZELDA JOHNSON: State champion with national records in both 100 (11.23) and 200 (23.12) as well as running on state championship 400 relay and runner up 1600 relay.

Others: No others were even close.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982, Gervaise McCraw 1983.

J.C. Women Cross Country

LESLIE HAWKINS: The Monterey Peninsula harrier ran off with the State Meet and Athlete of the Year titles.

Others: Anne Kendrick and Sandy Blakeslee were the only other big point getters with their second and third State Meet finishes.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gellely 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983.

College Men Track & Field

DANNY HARRIS: The former Perris High star, now at Iowa State, only lost to one person all year in the intermediate hurdles. That included an NCAA championship and second in the Olympic Games.

Others: Next in voting after Harris John Brenner, then Matt Mileham, with no other big point getters.

Previous Selections: Dwight Stones 1976, Mike Tully 1977, Clancy Edwards 1978, James Sanford 1979, James Sanford 1980, Andre Phillips 1981, Milan Stewart 1982, Felix Bohni 1983.

College Men Cross Country

MARC OLESON: California's top finisher in the NCAA Dist. 8 and the Pac-10.

Others: Oleson earned a very close selection over Brian Abshire and Peter Brett.

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, Tom Downs 1982, Mark Ruelas 1983.

Collegiate Women Track & Field

CAROL CADY: Super double weight eventer with shot put performances earning second in the NCAA and Olympic Trials and seventh in Olympics. The discus earned her a first in the NCAA, second in TAC and fourth in Olympic Trials.

Others: PattiSue Plumer was the next highest vote getter with Ramona Pagel, Sherri Howard, Tony Alston and Laura DeSnoo also earning many voting points.

Previous Selections: Alice Brown 1980, Smith 1981, Jackle Joyner 1982, Joyner 1983.

Women Cross Country

REGINA JACOBS: NCAA District 8 Champion in NCAA National Championships. California finisher. Other big vote getter was Alison Wiley, a distant

Maggie Keyes 1980, Copp 1982, Regina

photo by Bill Leung, Jr.



DANNY HARRIS

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney



REGINA JACOBS



MARC OLESON

photo by Burt Davis



CAROL CADY

photo by Maurice Wilson



EDWIN MOSES

Open Men Track & Field

EDWIN MOSES: This is the fifth time Moses has won California Athlete of the Year. He remained undefeated, including the Olympic Games.

Others: No others were even close in the voting.

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, Steve Scott 1982, Edwin Moses 1983.

Open Men Cross Country

CARMELO RIOS: Ran well in California meets all season, culminating with a 27th place at TAC Championships.

Others: Ivan Huff, Steve Ortiz and Dave Barney all received good votes.

Previous Selections: Bob Thomas 1976, Dave Babiracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982, Rod Berry 1983.

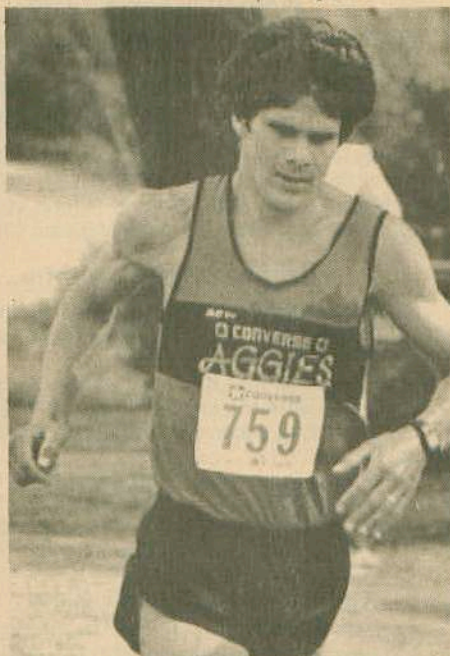
Open Women Track & Field

VALERIE BRISCO-HOOKS: Three Olympic gold medals with American Records in the 200 (21.81) and 400 (48.83) plus Olympic record in the 200.

Others: Only two voting points behind Brisco-Hooks was Evelyn Ashford. Nobody else was even close to these.

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, Evelyn Ashford 1982, Evelyn Ashford 1983.

photo by Jeff Burkholder



IVAN HUFF

Open Women Cross Country

MAGGIE KEYES: The San Rafael resident who runs for Athletics West was the top California finisher in the TAC Championships with her 20th place.

Others: No others 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, Julie Brown 1982, Connie Hester 1983.

Men's Road Racing

IVAN HUFF: 47:52 10 mile, 60:30 20K, and 28:30 10K - and PA/TAC Champion at all of those distances.

Others: Next highest point getters were: Steve Ortiz, Carmello Rios and John Moreno.

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, Duncan Macdonald 1982, Carmello Rios 1983.

Women's Road Racing

PATTI GRAY: Pacific Association TAC champion in the 10K at 33:52 and 20K at 1:10:49 plus consistent winner in local road races.

Others: Next closest was Nancy Ditz and Monica Joyce.

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, Julie Brown 1982, Julie Brown 1983.

photo by Bill Laung, Jr.



VALERIE BRISCO-HOOKS

Masters Men 40-44 Track & Field

ED BURKE: Olympic hammer thrower at age 44.

Others: Close behind in the voting were George Cohen, Dave Romain, Walt Butler and Dan Fitzsimmons.

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Buytler 1982, George Cohen 1983.

photo by Bill Laung, Jr.



CARMELO RIOS

Masters Men 45-49

LARRY STUART: American javelin champion

was in level

Masters Men 50-54 Track & Field

PARRY O'BRIEN: National champ and world records in the shot put and discus.

Others: It was tight for second in the voting between sprinters Nick Newton and Bruce Springbett.

Previous Selections: Bill Fitzgerald 1975, Bill Fitzgerald 1976, Tom Patsalis 1977, Peter Mundle 1978, Tom Patsalis 1979, Shirley Davisson 1980, Don Cheek 1981, Dave Jackson 1982, Bruce Springbett 1983.

Masters Men 55-59 Track & Field

BILL FITZGERALD: National champ in 800 and 1500 with bests of 2:13.0 and 4:34.3.

Others: Last year's winner, Jim O'Neil, was the only one close.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982, Jim O'Neil 1983.

Masters Men 65-69 Track & Field

DAN ALDRICH: Top discus thrower at 164-10 as well as consistent shot putter.

Others: Al Guidet and Jim Vernon were close behind in the balloting.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983.

Masters Men 70-75 Track & Field

JOHN SATTI: National champ in the long jump, triple jump and 200 meters.

Others: Harry Koppel was the next closest in the voting.

Previous Selections: Josiah Packard 1977, Winfield McFadden 1978, Tony Castro 1981, Tony Castro 1982, Tony Castro 1983.

Masters Men 75-79 Track & Field

WINFIELD McFADDEN: National champ in high jump, long jump and triple jump.

photo by John Sheretz



MARILYN HARBIN



BILL FITZGERALD



WINFIELD McFADDEN



JOSIAH PACKARD

Robert & Carol Photography

Masters Men 60-64 Track & Field

BURL GIST: The 64 year old had marks of 17.3 in the hurdles and 5-2 3/4 in the high jump as well as winning both of those at the National Championships.

Others: The next highest vote getters were Alphonso Julland and Bill Bangert close in second.

Previous Selections: Jack Thatcher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982, Tom Patsalis 1983.

Others: Ken Carnine.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980.

Masters Men 80+ Track & Field

JOSIAH PACKARD: World records in the 100 (15.4) and 200 (32.3).

Others: Paul Spangler.

Previous Selections: First year.

Masters Women 40-44 Track & Field

JEANNE CARTER: Tops in her age group for the third year in a row in the 100, 200 and 400 in her age group.

Others: Fran Conley was a close second behind Carter.

Previous Selections: Irene Obera 1977, Shirley Dietderrich 1978, Irene Obera 1979, Irene Obera 1980, Cherrie Sherrard 1981, Jeanne Carter 1982, Jeanne Carter 1983.

Masters Women 45-49 Track & Field

MARILYN HARBIN: National champ in 800 and 1500 with best marks of 2:27 and 4:57.

Others: Only others close were Vicki Bigelow and Cherrie Sherrard.

Previous Selections: Christel Miller 1981, Christel Miller 1982, Vicki Bigelow 1983.

Masters Women 50-54 Track & Field

IRENE OBERA: National champ in the 100, 200 and 400 with world record 13.13 in the 100 and US records in 200 and 400.

Others: none close.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983.

Masters Women 55-59 Track & Field

SHIRLEY KINSEY: National champ in the long jump, shot put discus and javelin.

Others: Ruth Anderson the only one close.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dietderrich 1983.

Masters Women 60-64 Track & Field

JACLYN CASELLI: National champ at 5,000 and 10,000.

Others: Jerri Davidson next closest.

Previous Selections: Jaclyn Caselli 1981, Josephine Koïda 1982, Jaclyn Caselli 1983.

continued on next page...

photo by Richard Lee Slotkin



MARGARET MILLER

photo by Gene Cohn



MARION IRVINE



JOSEPHINE KOLDA



ADA THOMAS

Masters Women 65-69 Track & Field

JOSEPHINE KOLDA: National champ in 100, 200 and 400.

Others: Marjorie Hunt

Previous Selections: Alice Werbel 1981, Kay Atkinson 1982, Josephine Kolda 1983.

Masters Women 70 + Track & Field

EDITH MENDYKA: The best in age group at all weight events.

Others: Bess James a very close second.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983.

Masters Men Road Racing

SAL VASQUEZ: 30:46 10K for age-44 US record, 51:59 ten mile, 24:54 five mile.

Others: None close.

Previous Selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennand 1978, Joe Burgasser 1979, Jim Bowers 1980, Jim Bowers 1981, Sal Vasquez 1982, Sal Vasquez 1983.

Masters Men 45-49 Road Racing

JIM BOWERS: Three national age 45-49 records at 10K (31:14), half-marathon (1:08:47) and marathon (2:21:31).

Others: none close.

Previous Selections: John Brennand 1981, Jim Knerr 1982, Doug Latimer 1983.

Masters Men 50-54 Road Racing

WALLY INGRAM: Tough to beat in his age division. Few have.

Others: Close second to Ray Knerr.

Previous Selections: Jim O'Neil 1975, Jim O'Neil 1976, Jim O'Neil 1977, Ed Almeida 1978, Jim O'Neil 1979, Ulrich Kaemph 1981, Ulrich Kaemph 1982, Ulrich Kaemph 1983.

Masters Men 55-59 Road Racing

JIM O'NEIL: World masters 10K champ, 35:19 10K, 2:48 marathon. Unbeatable.

Others: None close.

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982, Jim O'Neil 1983.

Masters Men 60-64 Road Racing

LARRY BANUELOS: Consistent and unbeatable with 39:00 10K's.

Others: Right behind in the voting were Jim McCown, Avery Bryant, Ralph Paffenbarber and Flory Rodd.

Previous Selections: John Montoya 1976, Chuck Seekins 1977, Chuck Seekins 1978, Ed Lewin 1979, Ed Lewin 1980, Harold Daughters 1981, Harold Daughters 1982, Jim McCowen 1983.

Masters Men 65-69 Road Racing

PAUL REESE: Ran 27 races in 1984 and only lost once in division. 42:01 10K, 1:30:41 half marathon, 33:20 8K.

Others: Closely followed in voting by Wayne Zook.

Previous Selections: Ed Lewin 1981, Ed Lewin 1982, Paul Reese 1983.

Masters Men 70 + Road Racing

MAC OSBORN: 1:32:39 half marathon, 43:49 10K, 1:31:00 for 20K.

Others: Larry Stroud, Mel Shine.

Masters Women 40-44 Road Racing

SHIRLEY MATSON: First at Cascade Run Off 15K and Peachtree 10K. 35:37 10K time and 2:50:03 marathon.

Others: None close.

Previous Selections: Mike Gorman 1979, Sandra Kiddy 1980, Karen Scannell 1981, Shirley Matson, 1982, Christa Rompannen 1983.

photo by Gene Cohn



JIM BOWERS

photo by Gene Cohn



SAL VASQUEZ

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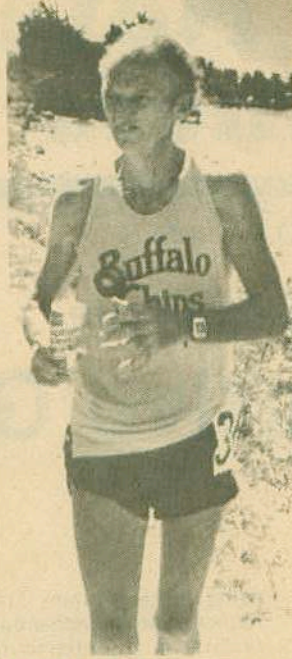
JIM O'NEIL

photo by Keith Conning



KAREN SCANNELL

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Masters Women 45-49 Road Racing

KAREN SCANNELL: 37:24 10K, 59:26 15K, 63:18 10 mile, and 2:54 marathon.

Others: Very close and just a few points back were Sandra Kiddy and Vicki Bigelow.

Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983.

Masters Women 50-54 Road Racing

MARION IRVINE: 37:52 10K, 57:52 15K, 62:58 10 mile and 2:51:01 marathon.

Others: None close in voting.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983.

Masters Women 55-59 Road Racing

MARGARET MILLER: Sub 41 10K runner and 1:28:42 half marathon. Won World Vets 10K.

Others: Very close in the voting was Helen Dick.

Previous Selections: Margaret Miller 1981, Margaret Miller 1982, Margaret Miller 1983.

Masters Women 60-64 Road Racing

MARY STOREY: 36:35 8K, 1:11:30 15K, 77:45 10 mile, 2:04 25K.

Others: None close.

Previous Selections: Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983.

Masters Women 65-69 Road Racing

ADA THOMAS: 1:33:10 for 15K.

Others: Winifred Gore.

Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983.

Masters Women 70 + Road Racing

BESS JAMES: 62:58 10K, 2:20:15 half marathon, 1:37:29 15K and 1:47 10 mile.

Others: Mavis Lindgren and Felicitas Salazar next in order of votes.

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Medical Notes for Runners

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

Runners Setting an Example

Protective Gear



With the long winter days now upon us and many of us running early in the morning, there is a need to protect ourselves from motor vehicles when on the roads. In fact, even during the day, when the light is relatively good; when on the road, runner's must be aware of the traffic around them. There is a tendency for runner's minds to wander after about a half an hour of running when they are free associating, and this is a danger point when they can step off a curb into the path of an oncoming car.

What Can Be Done?

There is no doubt about the fact that utilizing a reflective vest in the dark hours of the morning is helpful. It allows motorists to see you and take appropriate actions so that injury does not occur. That

being the case, I think it is imperative for all runners who run either early in the morning or later in the afternoon, as darkness is overtaking daylight, to wear reflective vests. It seems like a simple idea that really shouldn't need an explanation, but many runners appear to be resistant to changing their ways.

Why Must We Set An Example?

The reason we need to set an example is that, in many towns, there is concern about safety of both the motorist and the runner. In towns where there are both older and younger citizens, there is a danger with the older drivers not having the reflexes or the eyesight to see runners, even during good light; thus, reflective vests are quite helpful. There is also the need to set an example for our children, who might be running or biking when daylight is restricted and who, likewise, should wear reflective material.

What Else Can Be Done?

Many shoes now have reflective material, which is also helpful. There is a considerable effort underway to make sure that all running shoes sold to children have reflective material on them. Certainly, this cannot hurt.

What About Biking?

Since many of us ride bikes or have children in the neighborhood who are biking, we need to set an example for them. We should wear protective head gear at all times. Likewise, reflective vests should be utilized when daylight is restricted or when riding bikes in areas of heavy traffic.

What About Proper Identification?

Appropriate identification is a must. Everybody should have a name tag on their shoe or somewhere else on their body, which identifies them, has the name of their physician or emergency facility they should be sent to, and gives a history of any allergies, serious medical problems, and their blood type. This may save your life.

There is no excuse for not having it. You can easily get a name tag to put on your shoe or may wish to wear one around your neck, like a dog tag.

What If You Have Specific Medical Problems?

If you have specific medical problems that need medications from time to time, you would be well advised to have a little wrist wallet that you carry with you with appropriate medications and instructions, should some problem ensue. In this way, if you are a diabetic and prone to bouts of low blood sugar — hypoglycemia, you would carry some sugar substance. If you are an asthmatic prone to severe asthmatic attacks or exercise induced bronchospasm, you would have an appropriate bronchodilator or medihaler available; and, if you are a previous cardiac victim who walks and jogs for exercise but, occasionally, gets some shortness of breath or angina — heart pain, then you should check with your doctor as to the safety of exercise and, likewise, have appropriate medications, such as Nitroglycerine, at hand.

What About Appropriate Clothing?

Appropriate clothing can be a safety factor too. Utilizing a hat in the cold winter months may stop excessive loss of heat from your head and secondary hypothermia. Utilizing gloves is also quite helpful. Thin layers of clothes can easily be removed when one is overheated, but it is difficult to add them if you don't have them. One should try to stay warm when running to avoid muscle pulls and/or generalized hypothermia of the body.

The Bottom Line.

The bottom line is that runners are highly visible, successful people in the community, who should set an example as to exercise as a way of life and acting appropriately with safety gear to prevent accidents or tragedy on the road.

Thanks for cooperating. Best of running.

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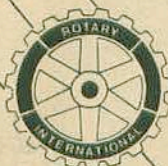
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California State University, Los Angeles.

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

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

Event Schedule

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

FIELD EVENTS

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

TEAM PATRIOTS

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

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

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

Entry Form

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

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

- WAIVER -

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

DATE _____ SIGNATURE _____

Ironman Insights

By DEAN HARPER

The Gullible Gringo Visits

The Boys from Brazil



I was stuck in New York's JFK airport, 3000 miles from home and more than 5000 to my destination. The long road to Rio had already become a comedy of errors. I wanted to laugh but couldn't yet see the humor. My instincts told me to board the first plane back to San Francisco. I felt the fool for boarding the smoking section of Argentinas Aerolineas for a 12 hour flight to Rio when I knew my bags and bike were lost somewhere in the New York airport and I was already \$470 in the red for the San Francisco to New York fare. My San Francisco to New York complementary ticket 'was in the mail' according to the travel agent, but it hadn't yet arrived. To further complicate matters, I had no confirming return trip on Argentinas, even though scheduled to fly to Kauai from San Francisco a few days after the race in Rio. My neverending gullibility, that I believe everything I'm told, and limitless blind faith, that all people make good on their promises, pulled me aboard the airline that was sponsoring my trip to compete in South America's premier triathlon--the 4th annual Rio Triathlon.

A month ago all the details of the trip to Rio appeared to have been worked out. In Hawaii at the Ironman I met with the Rio Triathlon race director, Jose Werneck-- a trustworthy magazine editor and sports commentator who genuinely wants to see triathlons flourish in Brazil. In early October everything was set for three Americans to compete in this year's triathlon which, in addition to being in Rio, had prize money. Last year Jose provided fine accommodations for Kurt Madden, Rob Roller, Julie Moss and myself. We took all the top spots and had a great time on the famed Copacabana and Ipanema beaches. A few weeks after the Ironman, I was informed that the race promoters had trouble this year securing complementary tickets for three American athletes, but they could at least get me there. I made the decision to go.

The flight from New York to Rio is long indeed. Three meals and two movies after takeoff I arrived at the Rio International Airport. The comedy of errors became more laughable. Anxious to know whether my bike arrived, I charged through the 'forbid-

den' gates out to where the 747 jumbo jet was birthed to watch as the ground crew unloaded the baggage. My bike didn't arrive. I was later informed by the agent that it was probably in New York, or that it may have mistakenly been shipped to Buenos Aires. I tried to impress upon the agent that if the bike didn't arrive by tomorrow, I wouldn't be able to race on Saturday. His empathy was less than overwhelming.

Jose had come to pick me up at the airport. Together we discovered, as we tried to book my flight back on Saturday night after the race, that Aereolinas Argentinas didn't fly to the U. S. until the following Wednesday. The travel agent who made the arrangements for my trip had erroneously told us there was an Argentinas flight leaving Saturday. MY options were to fly out Wednesday, arrive in San Francisco on Thursday and hopefully make my flight to Kauai to compete 3 days later, or to buy my own ticket on Pan Am and fly out Saturday night.

Later that day I was to discover the most discouraging news of the trip. At a late night dinner in a quiet Brazilian restaurant I casually mentioned to Jose and his triathlete wife, Dawn, that I found last year's 80 degree water temperature much to my liking. Dawn responded that the water was somewhat colder this year, that today it was 54 degrees. My heart sank and I immediately tried to impress upon Jose that, from my many experiences with cold water and triathlons in the States, I would not be capable of finishing such a swim. In fact 90% of the competitors would fail to finish. Jose assured me he could get me a wetsuit and noted that today the water was atypically cold. I swore at that moment I'd never again travel without my Body Glove wetsuit.

That evening before bed I entered the following notation in my travel journal: 'I can't shake this sick feeling deep in my stomach. It's caused in part by sleep deprivation and airline food, but stems primarily from thoughts that I may not have my bike in time for the race, that I may not survive the swim even if I do have my bike, and that I may not get back home in time for the race in Kauai. So much for the exciting and glamorous lifestyle of an 'elite' world-traveling athlete.'

THE RIO LIFESTYLE

After three hours in the Rio Airport, Jose and I began an auto adventure through the streets of Rio. I was quickly reminded that all Brazilian drivers are mad, but there is a method to their madness. We wind through traffic toward Copacabana weaving in and out of what appears a three lane road but with no markings. Perhaps it's just a 2 lane road with three cars abreast. The streets are overcrowded with VW bugs and small European cars. There are no slow and fast lanes, just slow and fast drivers. Some weave in and out of traffic at breathtaking speeds, stopping at a red light only if there is oncoming traffic. Fender benders abound. Even wealthy Brazilians don't possess large luxury cars because 'you can't park them.' They don't have sports cars because 'they're too much worry.' Most opt for older, smaller cars because, according to one middle class Brazilian woman, 'I don't have to worry about bumping into people.' I assume she meant people in vehicles, not just people, but I dared not ask.

Rio de Janeiro is a city, and Brazil a country of contrast. The natural beauty of a colorful, lush, mountainous tropical setting provides the backdrop for rundown, overpopulated heart of the city highrise apartments and filthy suburban plywood shacks. Rio is economically depressed with 20% of the 7½ million residents unemployed. There is no working class as we know it. Unions are weak or non-existent. There doesn't appear to be a great separation between the working class and the unemployed. Most of the triathletes come from a fairly large middle class.

Working class 'housing' is a sharp contrast to middle class housing. As we drove up one tropically green hillside in suburbia, the base of the hill contained hundreds of run-down slum shacks. We proceeded through a chain gate and entered a half mile circle with five middle class dwellings. The houses were not ostentatious, but comfortable, and by contrast to their neighbors, mansions.

To Be Continued Next Issue.

Athlete's Kitchen

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

Vitamin C Supplements

Strength and Psychology

Vitamin C seems to be the "in thing" these days. A recent survey of 2450 Americans showed that 30% took vitamin C supplements. Of my clients, the same percentage holds true. Some explanations for this popular trend include:

★ "I take 250 mg. C just in the winter when I rarely eat fresh fruits and vegetables."

★ "I take 500 mg. C to improve my exercise performance. I've heard it's supposed to help."

★ "I take 1000 mg. C as an "insurance pill" to ease my mind. I don't trust my diet."

These statements may sound logical but all are inappropriate reasons for athletes to self-prescribe supplements. Before you even consider taking extra C, you should first look at your dietary intake. Do you already consume enough so that supplements are an unnecessary expense? The Recommended Daily Allowance (RDA) of C is 60 milligrams. This is twice the minimal daily requirement (MDR) - 30 mgs. - and six times the amount that prevents deficiency symptoms of scurvy. This generous allowance ensures that you'll stockpile enough C to prevent a deficiency even if you consume no C for six to eight weeks. Hence, if you run out of orange juice and eat no other fruits or vegetables for a few days, you won't become deficient overnight. To prove this point, The American Journal of Clinical Nutrition reports that subjects who took C every day (the equivalent of six ounces of orange juice) had the same C levels in their blood as those who took a larger dose (equivalent to three cups of OJ) once every four days. You draw upon the C stored in your liver when you eat inadequate amounts to meet that day's demand.

To consume luxurious amounts of C via foods, you can simply drink a large glass of orange juice every day. (Fresh, frozen and canned juices all have similar amounts of C.) Of all the juices and fruits, oranges are among the best sources of C—better than apples or bananas or even most of the summer fruits. Here's a comparison:

- Orange, medium 80 mg. C
- Pear, medium 1
- Grapes, 20 med. 5
- Apple, medium 5
- Peach, medium 5
- Banana, medium 10
- Cantaloupe, ¼ small 35
- Grapefruit, ½ med. 40
- Strawberries, 10 60

You can also nourish yourself healthfully with C-rich vegetables -- broccoli, potatoes, cabbage, brussel sprouts, tomatoes, green

peppers. For example, you'll get 130 mg. C by munching on a green pepper or 180 mg. by eating two cooked stalks of broccoli.

Despite popular belief, extra vitamin C will not improve athletic performance. The International Journal of Vitamin and Mineral Research reports that schoolboys, who lived in an area where C-deficiency was prevalent, improved their exercise ability to a certain extent as they started the 70 mg/day supplements. Once they reached their normal vitamin balance, their performance leveled off. This demonstrated that poor nutrition can indeed hurt your performance but that vitamin excesses are unlikely to have an enhancing effect. The American

Journal of Clinical Nutrition reports the same. Twenty well-trained runners who took 300 mgs. C for three weeks showed no increase in performance. The one logical reason for taking a supplement, if you insist, would be to appease your mind. If you are convinced that extra C will help you, it just might. Your mind can be a powerful energizer!

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource, Inc. and author of *The Athlete's Kitchen* (Bantam, '83), specializes in sports nutrition and wellness. For a list of the C content in fruits and vegetables, send a SASE to 830 Boylston St., Brookline, MA 02167.

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SPEED-BELT can increase leg drive.

Using **SPEED-BELT** in the resistance function works quadriceps and arm pump action through a complete range of motion, while allowing the athlete to work on endurance, relaxation, and correct body lean.


Coaches have this to say about towing:

"Towing is the most practical and effective spring-assisted method to use today" Dr. G. Dickinson, Virginia Commonwealth University

"A five-week low training period prior to the start of the season improves performance significantly." John Janley, Track Coach, California State University, Los Angeles

"It initiates a running pattern in excess of traditional range of motion, and decreases forces resisting running, allowing athletes to run faster than they are capable of running." Kevin White, Track Coach, Southeast Missouri State

Towing can create "dramatic increases in unassisted running speed." Dr. G.A. Wood, Dept of Human Movement, University of Western Australia



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- 1 Polypropylene speed-vest
- 1 Nylon carry bag
- 1 3' Nylon anchor cord with a 1 year guarantee on parts.

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Don't delay, order yours today!!

Similar products cost \$60 to \$100

SPEED-BELT can increase leg drive from blocks during those all important first 10 meters.

Coaches have this to say about resistance training:

"Resistance training is an effective method of imposing an artificial load on the running action." Kevin White, Track Coach, Southeast Missouri State

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Phone () _____

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Los Angeles, CA 90067

What Must Be Done About Agents

The Future Lies Ahead

Athletes who think sports governance is baloney should think again. If they don't some mean spirited agents will take over our sport. That's bad news for athletes and everyone else. Races, big and small, may end up being controlled by the wrong people whose only concern is to enrich themselves, at the expense of the rest of us. An even worse fate awaits athletes: they'll lose their new found freedoms!

A revolution in the Olympic sport or athletics (road running and track & field) has indeed occurred. On the roads of America, week after week, world-class and recreational athletes compete together for fun, glory and for money. No one should be allowed to take advantage of that historic change by killing our sport in the process.

The relationship between money and athletes is what it's all about. No longer are athlete budgets invisible. Athletic funds to reimburse legitimate expenses and for real compensation (purse money and appearance fees) are all O.K. Running is big time. The money and the talent are big, the arena is world-wide. But, our sport does have special needs. There's the rub! Thinking about money and running requires a fresh mind-set.

Everyone involved in the production of a city-wide event must think about both recreational and world-class runners. If the recreational athlete doesn't have a good time, safe and free from worry, if he or she isn't made to feel appreciated and allowed to excel for family and friends, then road-racing and eventually track & field will wither away.

Road races take place out on the roads. If a city or town makes its streets unavailable, the race is dead. Road-events only happen with community support. All of us saw what happened to the N.Y.C. Marathon when New York City withdrew the use of its streets just before the 1984 marathon.

Sponsors to underwrite events are also essential. Sponsorship dollars keep the sport from drying up. A balance between commercial and community goals is a necessity.

Up to now, fair play and balance have been the foundation on which our sport was built. Some selfish agents couldn't care less about that balance.

Skimming commissions (sometimes even double commissions) off the top of an event and an athlete's income is sometimes stan-

dard operating procedure. Seeking to avoid sanctioning rules has also been tried by those few agents. Our sport will be ruined if that continues.

That's why runners need to know about big time road racing and big money, as it moves into 1985. The nub of the issue is payments to athletes, the use of TAC-TRUST, and agents who wish to subvert the benefits of the system for themselves.

Athletes are now paid openly without loss of Olympic eligibility. Remember, athletics is an international sport. An international federation called the International Amateur Athletic Federation, (IAAF for short) makes the rules. In the United States, a federal statute appoints TAC/USA (The Athletics Congress of the U.S.A.) as the IAAF member. IAAF approval for open payments to American athletes was granted only after TAC/USA agreed that funds would be routed through a trust system supervised by TAC/USA. That system is called TACTRUST. More than 1500 athletes belong to it. TAC/USA gets no fees, commissions or revenue from supervising the entire trust system. Athlete members of TACTRUST include the superstars, the young and developing athletes who need TACTRUST as a critical part of their career and development training, and the older athletes able to stay in the sport because of TACTRUST. TACTRUST makes it possible for sponsors to feel comfortable with the realities of athletic compensation within the Olympic framework. ARRA (Association of Road Racing Athletes) and RRCA (Road Runners Clubs of America) support TACTRUST.

Presently, there is no alternative to TACTRUST. Doubtless, TACTRUST will evolve so that the freedom of U.S. athletes to receive compensation will be increased. Since international athletes are a key to important races, and since no foreign country allows its athletes to compete against ineligible U.S. athletes, TAC/USA needs to keep everyone eligible. No foreign government will allow its athletes to compete abroad if eligibility isn't protected.

A few agents couldn't care less. Most agents are willing to work within the system so that their athlete-clients and the sport benefit greatly. The actions of bad-apple agents bode ill for all of us. In effect they want to re-write the rules of our sport. The rules which sports people have developed

providing the balance and fair play our sport requires are not good enough for such operatives.

Today, TAC/USA issues a license (sanction) to any race wishing to receive permission to pay money to athletes. That works fine in most cases. Situations caused by some agents who refuse to act for the good of our sport are now springing up.

The rights of athletes and the well-being of events are ignored by those agents. Reality for these badly-intentioned agents means controlling television or media production and hogging an event's budget for athletes under contract. It means playing all sides against the middle so that only the agent comes out ahead. Dominating our sport's rules - and everyone's paycheck is the result. These agents erode the very fabric of our sport. They hurt athletes. Oftentimes they don't give their own clients a fair shake. They hurt your community.

The struggle that lies ahead involves you. Athletes, events and TAC/USA need to speak with one voice on this subject. All sports persons of good will are invited to join together. The sport must remain in the hands of the sports-people. It must not be lost to outsiders.

Our sport should resist agents who seek to make it a facsimile of professional wrestling. Running events should not be a series of made-for television exhibitions with arranged results and fees. The struggle of US athletes for dignity and the right to earn an open livelihood will have been in vain if that happens. Don't be blinded by the hoopla about money. It's important. It's good for the sport. We can't go back to where we were and we shouldn't want to. Let us, however, together banish those who view athletes and athletic events as existing solely for selfish profit at the expense of everyone else's welfare.

The IAAF believes the danger of this problem to be so great that it passed rules at the Los Angeles Olympics in August 1984 outlawing those agents who wish to hurt our sport. TAC/USA is working to make those rules stick by developing procedures to protect athletes, events and the agents who respect IAAF rules. Look for startling developments in this area. The whole running community should be on the alert. If you see a situation that's bad for our sport, tell TAC/USA right away. We'll look into it. Don't let yourself or our sport down!

HOW TO STRENGTHEN AND IMPROVE FORM

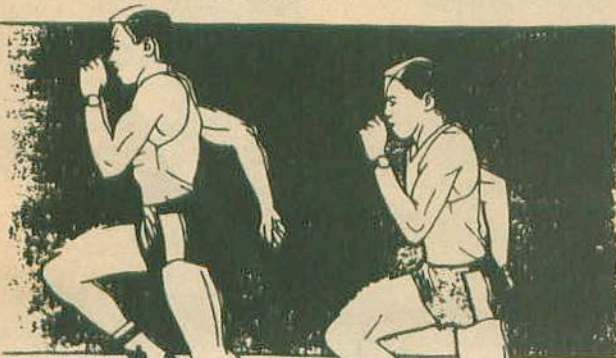
by Jeff Galloway

RUNNING DRILLS HAVE BEEN USED by generations of great coaches around the world. In 1977 Arthur Lydiard showed me a special set of exercises that has improved my running ever since. Arthur observed these exercises in Europe, and then experimented first on himself, then on his young Olympic athletes. He believes they strengthen key running muscles and improve rhythm. I agree.

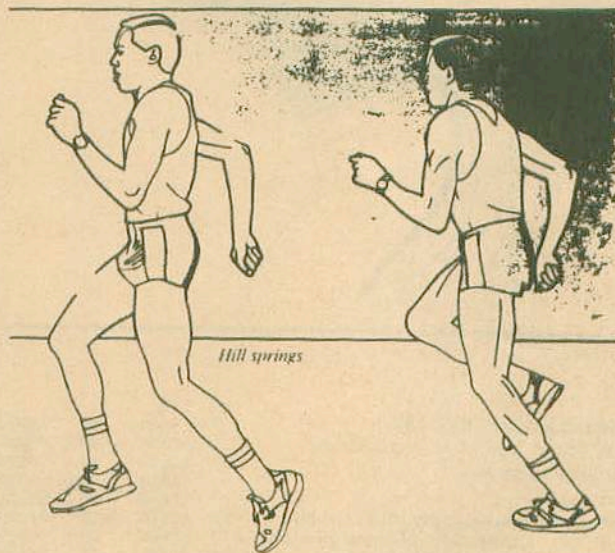
The great New Zealand coach showed me these exercises at our mountain retreat running camp at Lake Tahoe, California. After watching Arthur's athletes perform, I can see why he believes these exercises make the difference that can push an athlete like three-time gold medalist Peter Snell from "good" to "great." From his clinics at Tahoe I have learned the principles behind these exercises. They've not only been a major influence on my running form and theory, but tools that have aided me in helping runners of all abilities.

Rules of Running Exercises and Drills

1. Warm up by jogging at least a mile before, and warm down with at least an easy mile afterward.
2. Don't try any radical changes. Let the exercises give you the strength to change gradually.
3. Don't just jump into these! Ease into them. At first, do only 2-3 of each.
4. Slowly work up to about 50-100 meters of each exercise, 2-3 times a week.
5. These are non-strenuous exercises. If they're not easy to do, or if you wear yourself out, you're either doing them wrong, you're not ready to do them, or you're doing too much.
6. Do these exercises twice a week for best results. After a good warm up, you may combine them with your form accelerations to get warmed up for hills, speedwork or races. They may also be done by themselves, in the middle of an easy run.



Bounding drill



Hill springs

Hill springs

Purpose: Strengthens muscles of hips, legs and feet and moves body into position for ankle to do its work.

Pick a moderate hill (10% grade).

Bounce off one foot and leap into air lifting lead knee.

Hang in the air until the last second.

Very quickly bring the leading leg down for a landing, and spring off with leg *almost* straight. Here's where the ankle has to do its work.

Never let the push-off leg be perfectly straight. Keep the knee slightly bent to avoid spraining the weak and slow-healing muscles behind the knee.

Keep a short stride length, just work on floating and maintaining form.

Start with a few "springs"; gradually work up to 50-100 yards.

Don't worry about lifting knees high.

Bounding

Purpose: Develops more quadricep strength and driving power.

Bounding is the same as hill springing, with these exceptions:

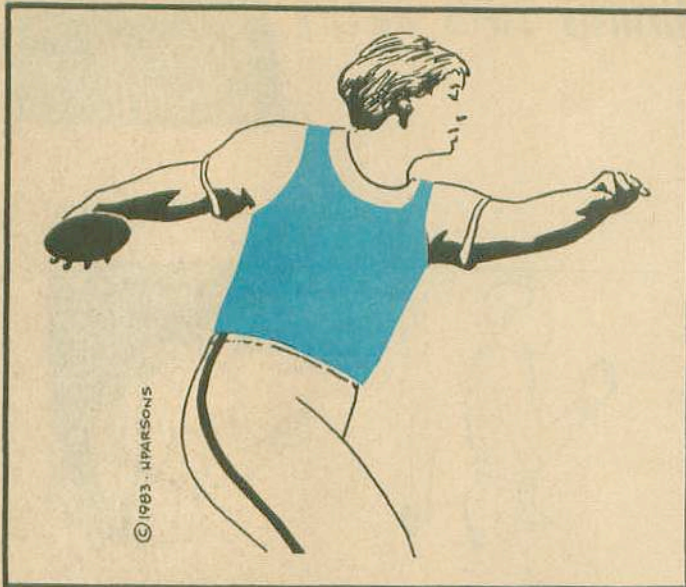
Lift knees higher.

Take longer strides.

Do it on a flat or slightly inclined surface.

Follow directions for hill springing (except for the short stride).

On each step you are driving with greater power, extending your stride and developing your calf muscles.



California Women 1984 Best Marks

By Calvin Brown

The following list was compiled by *California Track & Running News* Senior Editor Calvin Brown. Please send all comments, corrections and additions directly to Calvin at 3941 S. Westside Ave., Los Angeles, CA 90008.

100 METER HURDLES (33") (Hand Time + 0.24 = Auto Time) (M = Multi-Events)

13.01w	(H1)	Pam Page(SJCC) + 4.14 (13.07)	6-7
13.18w	(3)	Deby L. Smith(CA) Burminghm(13.33)	7-15
13.27	(H)	Jane Frederick(AW) Talence	9-15
13.34	(2)	Jackie Washington(PE)MSAC + 1.75	7-15
13.35w	(6)	Gayle Watkins(SCC)Mod + 4.51(13.46)	5-12
13.45	(1)	Sherifa Sanders(Okla) Baylor	4-20
13.51	(2)	Lori Smith(Adidas) Tempe	4-7
13.51w	(H3)	Missy Jerald(WC)SJCC + 4.14(13.55)	6-7
13.52	(1)	Lorna Boothe(PE) CSLA	4-14
13.52	(M)	Jodi Anderson(PE)LACol = -0.30	6-16
13.53	(M)	Jackie Joyner(WC) Talence	9-15
13.55	(1)	Cece Chandler(CPSLO) Missouri	5-26
13.61	(4)	Patsy Walker(Adidas)MSAC + 1.75	7-15
13.64w	(H5)	Jeanette Bolden(WC)SJ + 3.25(13.79)	6-7
13.65w	(1)	Valerie Fleming(UNLV) + 4.37(13.93)	5-12
13.72	(6)	Karen Cannon(CA)MSAC	4-29
13.73	(M)	Marlene Harmon(PE) Talence	9-15
13.82w	(H4)	Margo Edwards(Redids)*2.46(14.17)	6-7
13.90	(7)	Tonja Brown(WC)Zurch + 2.46(14.17)	8-22
13.93w	(H6)	Sue Brownell(Otrch)SJ + 2.46(14.10)	6-7
13.93w	(H1)	Wendy Brown(PE)LA + 3.1(13.95)	6-22
13.7	(6)	Mary Harrington(Nike)MSAC + 1.75(13.95)	
13.96w	(2)	Roianne Byrd(CSH) + 2.15(14.01)	4-21
14.05	(4)	Aladrian Hunter(LAM)UCI + 1.14	5-5
14.05w	(1)	Junea White(ECC)Bak + 2.88(14.18)	5-25

HIGH SCHOOL 100 METER HURDLES(30")

13.41	(1)	Gail Devers(SHS)LA-0.41(14.32-33")	6-2
13.49	(2)	ChooChoo Knighten(LHS) + 1.20(14.25)	5-26
13.59	(2)	Wendy Brown(WHS)LA-0.41(13.93w)	6-2
13.76w	(1)	Leslie Maxie(MHS)SJ + 3.48(13.87)	5-18
13.78	(3)	Carrie Franklin(MHS)Nor + 1.20	5-26
13.85w	(1)	Yvette Bates(BHS) 14.24 30"	
13.87w	(2)	Debbie Budwig(CHS) 13.98 30"(14.73)	
14.04	(5)	Melissa King(FSH)Nor + 1.20(14.57w)	5-26
14.19	(6)	Michelle Taylor(GHS)Norw + 1.20	5-26
14.21	(2)	Lashawn McBridge(LBPHS) + 1.70(15.49)	

HIGH SCHOOL 300 METER HURDLES (30")

40.18	(1)	Leslie Maxie(MHS)Berk(55.20-400mH)	5-26
41.44	(2)	Michelle Taylor(GHS) LA(58.06)	6-2
42.50	(1)	Janice Farwell(MHS)Nor(61.82)	5-19
42.55	(3)	Melissa King(FHS) LA(61.56)	6-2
42.74	(2)	Karen Brown(DHS)Berk(59.65)	5-26
42.88	(H2)	Gail Devers(SHS)Norwalk	5-25
42.8	(-)	Lana Cantrell (MHS)	
43.08	(4)	Janeene Vickers(PHS)Nor(67.86)	5-26
43.16	(2)	Michelle Kendrick(FHS) (62.16)	5-18
43.33	(3)	Michelle Wooten(BVHS)Berk	5-26

400 METER HURDLES

55.20	(2)	Leslie Maxie(ML)WJR SJCC	6-9
56.05	(1)	Latanya Sheffield (CA) UCLA	5-13
56.05	(SF4)	Sandra Farmer (CSLA/PE) LA	8-6
56.96	(H3)	Colleen Cozzetto (Moscow/USA) LA	6-18
57.36	(H4)	Lexie Beck (CA) LA	6-18
57.72	(1)	Stella Edwinton (ML) LosGatos	5-20

57.94	(2)	Gayle Kellon (UCLA) MSAC	4-29
58.06	(SF1)	Michelle Taylor (SCC) LA	6-23
58.0	(2)	Tonja Brown (WC) San Diego	5-27
58.54	(SF5)	Li-Jiau Lai Hendry(SCC) LA	8-5
58.96	(1)	Margaret Hemmans (ECC) Baks	5-25
59.00	(2)	Debra Carson (GoldenBear)LosGat	5-20
59.62	(2)	Sherifa Sanders (Okla) Lincoln	5-12
59.5	(3)	Pam Board (Stanford) SanDiego	5-27
59.65	(SF3)	Karen Brown (DHS) LA	6-23
59.85	(3)	Cathy Lane (Unat) UCLA	5-20
60.0	(5)	Annie King (UC) San Diego	5-27
60.91	(H2)	Kathy Halpin (CSH) Missouri	5-24
61.53	(4)	Sandy Myers (Unat) UCLA	5-20
61.55	(-)	Melissa King (FHS/LAM)	
61.66	(H3)	Deanne Malvino (SonomaSt)Mis	5-24
61.6	(-)	Margaret Demorest (Stanford) (61.90)	
61.80	(3)	Sinix (GlendaleCC) Norwalk	5-18
61.82	(-)	Janice Farwell (Unat) (61.85)	
61.91	(4)	K. Robinson (WLA) Norwalk	5-18
11.07w	(SF1)	Alice Brown(WC) SJCC + 2.19(11.13)	6-8
11.15	(1)	Jeanette Bolden(WC) UCLA + 1.48	5-13
11.23	(1)	Zelda Johnson(MSAC) Bakers + 1.31	5-25
11.24	(1)	Sherri Howard(CSLA) MSAC + 1.7	4-28
11.24w	(2)	Jennifer Inniss(CSLA) + 2.25(11.26)	6-3
11.34w	(H1)	Gail Devers(SHS)Norw + 2.35(11.51)	5-25
11.37	(2)	Lisa Hopkins(PE) CSLA	4-14
11.41	(4)	Inger Peterson(UNLV)UCLA + 1.48	5-13
11.42	(4)	Sandra Howard(PE)SAC + 2.93(11.66)	4-29
11.43	(3)	Pam Marshall(CA) UCI + 0.56	5-5
11.2	(H)	Velisa Harris (Southern)	
11.46w	(1)	Sharon Ware(ASU)UNLV + 6.04	3-31
11.45w	(5)	Donna Carley(PE)Mod + 3.06(11.74)	5-12
11.46w	(1)	Paula Ready(LBPHS) + 4.76(11.78)	5-19
11.47w	(-)	Monica Taylor (PHOENIX CC) (11.54)	
11.50w	(H2)	ChooChoo Knighten(LHS) + 2.35	5-25
11.51	(SF5)	Lashon Nedd(WC) LA + 0.60	6-18
11.56w	(H1)	Andralette Gill(CSB) + 2.18	5-23

photo by Burt Davis



Olympic Trials 100 Meter Finalists (left to right): Alice Brown (2nd), Evelyn Ashford (1st), and Jeanette Bolden (3rd).

100 METERS

10.76	(1)	Evelyn Ashford(PE)Zur. WR + 1.70	8-22
10.99	(2)	Florence Griffith(WC) W.Berlin-0.01	8-17
11.08	(1)	Valerie Brisco Hooks(WC)Kob + 0.9	8-29
11.04	(T3)	Diane Williams(PE) Zurich + 1.70	8-22
11.60w	(2)	Cathy Roberts(CSH) + 4.76	5-19
11.61w	(-)	Patrice Carpenter(ContraCosta)(11.65)	
11.63	(2)	Pam Qualls(BHS) LA + 0.03	6-2
11.63w	(3)	Sara Parros(SMHS) + 4.76(11.73)	5-19

Prep Notes

CIF California Interscholastic Federation

By KEITH CONNING

L.A. Vice Raid Nets Olympic Hurdler Moses

January 14, Los Angeles.

Two-time Olympic hurdles champion Edwin Moses was one of 82 men arrested and charged with soliciting prostitution during a vice squad sweep of Hollywood. He was also cited for possessing a small amount of marijuana, police said.

Moses, co-winner of Sports Illustrated's Athlete of the Year award with gymnast Mary Lou Retton, won the gold medal in the 400-meter hurdles in the 1976 and 1984 Olympics and has not lost in seven years and 109 races.

Moses, who is married, was arrested early yesterday at Sunset Boulevard and Genesee Avenue for allegedly approaching a female undercover police officer and soliciting an act of prostitution.

Police Sgt. David Young said Moses "was booked for soliciting an act of prostitution, and later released on his own recognizance."

Soliciting an act of prostitution is a misdemeanor and carries a \$500 fine and/or six months in jail.

Mary Decker, Mary Decker

January 12, Los Angeles.

Mary Decker believes that her well-publicized collision with Zola Budd at the Olympic Games last summer might ultimately work in her favor. And some harsh words from an Olympic teammate might help, too.

"Sometimes, I wonder if what happened at the Olympics wasn't a blessing in disguise to motivate me more," Decker said. "Maybe, maybe not."

"Maybe that's what I needed to get something inside me fired up to run even faster than I have."

Decker, 26, will race for the first time since her celebrated fall in the 3,000-meter race in the Olympics next Friday night when she competes in the 2,000-meter event in the Sunkist Invitational track meet at the Los Angeles Sports Arena.

Ruth Wysocki, who will also run in 2,000, said earlier this week that she felt Decker owed Budd an apology for her behavior following the incident in the Games, when Decker collided with Budd and fell.

Decker blamed Budd for the collision, saying, "I hold her responsible," after the race.

In addition, Wysocki said, "Some of us are relieved that the public now knows the Mary we all know."

"I can only say that Ruth may have done me a favor," Decker said yesterday at a news conference. "She may have helped me run faster."

"We're just acquaintances. I find it puzzling and surprising that she's become such an authority on me."

Decker, responding to the critical remarks by Wysocki and American miler Steve Scott, another Olympian, said she likes the way she is and that she doesn't believe she has any reason to apologize to Budd.

"I think the general public respects me because they can relate to me as a human being," Decker said. "I have feelings, I'm human."

"My reaction following the Olympics were completely natural, human and what I felt. I think people have the right to form their own opinions. I think I have the right to feel my own feelings."

"I don't think I'm a selfish person. I think I've given a lot to track and field... It (the criticism) bothers me. I am a human being. I have emotions. It doesn't bother me enough to lose sleep over it."

Decker expressed the feeling that Wysocki spoke out without being aware of some details.

"I think it's unfortunate that she (Wysocki) has been misinformed," Decker said. "I've never belittled my competitors and I don't want to start now."

"I don't feel like I have any reason to apologize. We tried to organize a breakfast or a lunch with Zola after the Olympics. They declined the invitation."

"If anyone should apologize, I think it should be Wysocki for talking about something she doesn't have any idea about."

Mary Decker Weds

January 1, Eugene, Oregon.

Track star Mary Decker celebrated New Year's day by marrying British discus thrower Richard Stanley in a private church ceremony in Eugene, Oregon. Decker wore a white gown with veil and carried a bouquet of flowers during the 15-minute evening ceremony at the First United Methodist Church in Eugene. Stanley wore a black tuxedo. Fellow track star Alberto Salazar drove the couple to the reception immediately after the wedding. Many athletes were among the 250 people who witnessed the wedding. Decker's coach, Dick Brown, also was present. The church choir sang "Amazing Grace" during the ceremony, which was officiated by the Rev. Fred Kane. It was Decker's second marriage and Stanley's first. She was formerly married to marathon runner Ron Tabb. They were divorced in 1983.

Decker called Stanley the most unselfish athlete she has ever known. "I was married before, and it didn't work out, so I thought, 'Oh God, I could screw this up, too,'" she said. "But as Richard and I look at it, if we can go through a year like this with all the pressures, adverse situations and everything that's happened, then we certainly can live the rest of our lives together."

Now, Early Bird Gets the Jogger

December 27, Boston, Mass.

"We have identified an additional unexpected danger for joggers," Swiss doctors said in a report published today. "Bird attacks."

Over the last two years, the doctors say they have treated 12 people who were attacked by birds while running. Among them was one jogger who was set upon twice.

"Joggers should be aware that nature has its own laws and may not allow intrusion without revenge," the doctors wrote in the New England Journal of Medicine.

Five of the joggers identified the birds as European buzzards.

The victims, all men, suffered head cuts up to 6 inches long. All the attacks occurred between April and July which is the buzzards' breeding season.

Noah Hinkston Wins One Mile Fun Run

October 21, Alexandria, Louisiana.

Noah Hinkston, the Oakland 800 and mile champ, was the overall winner in the mile run at the Seventh Annual Guaranty Bank United Way Run Day. Hinkston, a member of the San Francisco State track team, was officially clocked in 4:48. Hinkston has a personal best of 4:14 in the 1,600. He set the time this past June at Eugene, Oregon. Hinkston is training and racing in the south and will return to San Francisco in November.

Roger Kingdom

Olympics gold medalist Roger Kingdom bought a \$26,000 Porsche and traveled to Europe last summer, but now he says he doesn't have enough money to fly home to Georgia for the holidays. "I'm broke," Kingdom told the Pittsburgh Post-Gazette. "It really trips me out when everyone says I'm capitalizing on my gold medal and getting all that money." Kingdom said he decided not to accept endorsements shortly after winning the 110-meter hurdles at the Summer Olympics in Los Angeles, even though he had been offered contracts that could have brought up to \$400,000. The reason: he was afraid of losing his eligibility to rejoin the Pitt football team, for which he was a running back and defensive back in 1981 and 1982. Kingdom, from Vienna, GA., since has changed his mind about football.

Covina High School Cross Country

I would like to thank Coach Steve Miller for sending his 1984 Cross Country booklet. "Since Covina High School started its Cross Country Program thirty years ago, no team has distinguished itself with the honors this year's team won," said Miller. "My heartfelt thanks to the fine athletes, their families, and our friends who contributed so much to this, our finest season ever."

1984 saw many firsts for Covina High, including both boys and girls qualifying for CIF in the same year for the first time ever. In addition, the boys qualified for the finals, another first.

The boys varsity won the San Gabriel Valley Invitational.

Striving for Excellence at Drake High Extracurricular activities have taken on a new meaning this year at Sir Francis

Central California's Elite Meet 14th San Joaquin Valley RELAYS

Track & Field Meet for
High School Men and Women

Monday Evening April 1, 1985

"Come Run With The State's Best"

★ Fantastic 10 Lane Atlas Track ★

MEET RECORDS

Men:

38.1, 42.0, 14.2, 10.7, 9:11,
3:20.1, 15-2, 27-7½, 195-10,
6-10¼, 48-3¼, 80-10½

Women:

46.6, 48.9, 12.0, 14.9, 5:00.1,
18-3¼, 5-8, 37-7½, 137-1

SANCTIONED FOR ALL C.I.F. SECTIONS

FOR MORE INFORMATION & ENTRY FORMS, CONTACT:

Chuck Toste, Head Track Coach
Lemoore High School
Bush & Lemoore Ave.
Lemoore, CA 93245
Phone: (209) 924-5651

Drake High School for 35 students who were selected by Bill Taylor to be members of the exclusive group he founded, Arete West.

Taylor is the track and cross country coach who, in his free time, devotes himself to six-year-old Arete West, an organization made up of students who have been hand-picked to study European history and culture and then travel there to experience it first-hand. "Arete" means excellence or virtue in Greek, and is the foundation of what Taylor seeks in the special students he chooses to accompany him on his journey.

Most of the people selected for Arete West are runners, although last year the group included two drama students and one academically outstanding student. Above all, the most important qualification is a striving for excellence in a chosen field of endeavor.

In earlier years, Taylor was on two national championship teams and was a member of the USC track team, but got a severe case of tonsillitis that dashed most of the dreams of his college track career.

"I have a good group of runners," said Taylor. "But the State level talent is ob-

viously outstanding. Angela Driller, fourth in the second heat of the North Coast Section Meet of Champions 300 low hurdles in 47.23, will run under 45, but Maxie (Leslie of Mills, the State Champion) will break 40 seconds. Why don't we require that she run the intermediates? Then she would only win by one or two hurdles."

All-Corner Meet

January 5, Berkeley.

Calvin Gaziano (Castro Valley), the Kinney Western Regional cross country champion, came up to Berkeley to get in a little speed work before his rematch with Kinney National champion Scott Fry of Ohio at the Sunkist Invitational indoor meet. Gaziano ran the first lap of the 800 in 58 and won easily in 1:57.0.

Leslie Maxie (Mills, Millbrae), who almost made the Olympic team, ran a very fast 23.4 200 meters. Jimmy Hines, the 1968 Olympic 100 meter champion, edged her.

Chuck Brook (Oakland) raised some eyebrows with his 23-5/8 leap in the long jump.

COLLEGE CHOICES

GREG AIKENHEAD (Mission Viejo). Shot Put: 3) SC 81-3, 1) State 83-8 1/2, 1) GWI 83-7 1/2, 2) IPI 83-1/2, best 84-7/8. Discus: 1) SCT 185-2, 3) SC 179-11, 5) State 174-10, 5) GWI 178-9, 5) IPI 164-6. **OREGON.**

KEITH ALLEN (Bellarmine, San Jose). 800: 1) NC 1:52.97, 6) State 1:52.99, best 1:52.1. **INDIANA.**

JOHN ANDERSON (San Fernando). 300H: 5) SC H1 37.60, 6) SC 38.40. **USC.**

SHAWN AYERS (Bellarmine, San Jose) Cross Country: 8) CCS 15:50. **CAL POLY SAN LUIS OBISPO.**

GEORGE BASSETT (Saratoga). Pole Vault: 1) NC 15-10, 2) State 15-10, 7) GWI 15-0, 9) IPI 14-9. **CALIFORNIA.**

CHRIS BECERRA (Mills, Millbrae). 1600: 3) CCS 4:17.9y, 5) NC H1 4:29.32. **SAN JOSE STATE.**

JOHN BENDER (Shafter). Shot Put: 1) 3 way 4/11 85-9, 2) SC 62-5 1/2, 3) State 62-3 1/2, 2) GWI 61-5, 1) IPI 63-3 1/4. **FRESNO STATE.**

AL BLADES (Muir, Pasadena). 300H: 2) SS 4A 37.26. **PASADENA CITY.**

RON BROWN (Muir, Pasadena). 100: 4) SC 10.97, 6) State 10.97, 5) IPI 10.74, best 10.39. **ARIZONA.**

GORDON BUGG (West Covina). 300H: 4) SC 37.47, 3) State 36.84. **CAL STATE LOS ANGELES.**

PAUL BURROUGHS (Agoura). 3200: 4) SC 9:03.98, 7) State 9:19.02. **SAN DIEGO STATE.**

ALEJANDRO CARMONA (Belmont, L.A.). 3200: 5) SC 9:05.96. **U.S. INTERNATIONAL.**

DAVID CERAGIOLI (Terra Nova, Pacifica). Long Jump: 3) CCS 23-3 1/2, 8) NC 21-11. Triple Jump: 1) CCS 46-7 1/4, 4) NC 45-9 1/4, 8) State 43-10. **SAN FRANCISCO STATE.**

RICH CLARK (Mountain View). 1600: 4) CCS 4:18.5, 7) NC 4:24.25. Brother of Shannon Clark, the State 1600 champ. **CAL POLY SAN LUIS OBISPO.**

MARK COULTER (Gunderson, San Jose). Pole Vault: 3) CCS 15-8. **SAN JOSE CITY.**

CHRIS CRAIG (Lalgh, San Jose). 3200: 2) NC 9:08.66, 5) State 9:15.40. **CAL POLY SAN LUIS OBISPO.**

TROY CURRAN (York, Monterey). Cross Country: 3) CCS 15:34. **MONTEREY PENINSULA.**

MICHAEL DAVIDSON (St. Francis, Mountain View). 400: 2) NC 47.64, 5) State 48.51, best 47.49. **ARIZONA.**

STEVE DUDLEY (Leland, San Jose). Discus: 1) CCS 180-7, 15) NCT 131-6. **NEW MEXICO.**

ELLIOTT DUNNING (Valley, Santa Ana). 100: 2) SS 4A 10.57, 3) SC H2 10.66, 5) SC 10.97, 5) GWI 10.50w. 200: 3) SS 4A 21.33, 3) SC 21.51, 3) State 21.40, 5) GWI 21.09w. **OREGON.**

JOHN FOLEY (Miramonte, Orinda). 3200: 1) NCS MOC 9:18.41, 13) NC 9:52.1. **U.C. DAVIS.**

MATT GIUSTO (San Mateo). 1600: 1) CCS Top 8 4:15.2y, 3200: 1) NC 9:06.12, 3) State 9:05.20, 300: 4) GWI 8:28.87. **ARIZONA.**

TED GOODLAKE (Fallbrook). 3200: 4) SDS 9:35.74. **TENNESSEE.**

JAMES GREEN (Gunderson, San Jose). Best 15:10.5. **SAN JOSE CITY.**

KEVIN GREEN (Villa Park). Best 4:14.54+. **OKLAHOMA.**

PAT GREEN (La Jolla). 3200: 6) SC 9:08.34. **CALIFORNIA.**

ROD GRIEVE (Jesusit, Carmichael). Cross Country: 14) NC 15:31, 42) Kinney Western 15:53. **CAL POLY SAN LUIS OBISPO.**

JESUS GUTIERREZ (Pasadena). 1600: 3) SS 4A 4:13.77, 3200: 2) SC 8:59.51, 2) State 9:00.30, 3000: 3) GWI 8:25.14, 2 Mile: 3) IPI 9:04.9. **PASADENA CITY.**

CHRIS HALE (Monrovia). Long Jump: 3) SC 23-11w, 3) State 23-2 1/2. **NEBRASKA.**

J. P. HALL (La Salle, Pasadena). Cross Country: 1) SS 1A 15:16, 16) Kinney Western 15:31. **U.C. IRVINE.**

KEN HENDERSON (Berkeley). 100: 1) NC H2 10.67, 5) NC 10.98, 200: 3) NC 21.80, 6) State 21.75, best 21.1. **BRIGHAM YOUNG.**

MARTIN HIGGINBOTHAM (Berkeley). 3200: 2) NCS MOC 9:23.18, 6) NC 9:27.9. **CAL POLY SAN LUIS OBISPO.**

18th Arcadia Invitational

Track and Field Meet for High School Men & Women

Saturday Evening

APRIL 13, 1985

"Come Run With the Best in the West"



★ 1984 Meet featured entries from 24 California State Champions.

★ Nineteen 1984 events featured Track & Field News prep "All-Americans."

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

★ Sanctions applied for all California Sections, Arizona, Oregon and Nevada schools.

MEET RECORDS:

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

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

*Metric Distances
Accutrack Timing*

For Meet Information:
Greg Jones • Doug Speck
Arcadia High School
180 Campus Dr. • Arcadia, CA 91006
(818) 446-0131

All-California Cross Country Team



By Keith Conning

BOYS

FIRST TEAM

1. Calvin Gaziano (Castro Valley)

09/29 1)	Ram	12:10 CR
10/06 1)	Artichoke L	11:09.5
10/08 1)	Stanford A	15:24.6
10/20 1)	Mariner L	15:22 CR
10/27 1)	2 mile postal	9:02.6
11/01 1)	Hayward Area	15:19
11/10 1)	NCS 2A South	13:55 CR
11/17 1)	NCS MOC	13:57
11/24 1)	Nor Cal	14:35.1
12/01 1)	Kinney W	14:49.56
12/08 DNF)	Kinney N	

2. *Eric Mastalir (Jesuit, Carmichael)
Residence: El Dorado Hills

09/22 2)	Clovis	15:03.3
10/13 2)	Crystal Springs CV	15:02
10/27 3)	Mt. SAC R46	15:18
11/02 2)	SJS Sub2	14:48
11/12 2)	SJS	15:02
11/24 7)	Nor Cal	15:09.5
12/01 3)	Kinney W	15:04
12/08 6)	Kinney N	15:19.1

3. Greg Whiteley (University, Irvine)

09/15 1)	Woodbridge DII	16:16
10/20 3)	Orange Co. D4	15:18
10/27 5)	Mt. SAC R46	15:32
11/10 1)	SS 4A R3	15:31
11/17 5)	SS 4A	16:01
12/01 4)	Kinney W	15:06
12/08 8)	Kinney N	15:24.9

4. *David Naranjo (Sanger)

09/21 1)	Sanger	15:02.5
09/28 1)	Hanford Jr.	15:01
09/30 2)	Fresno Police 6m	30:26
10/13 1)	Atascadero L	17:25
11/02 1)	North Yosemite	14:55.9
11/16 1)	CS	14:38.1 CR
11/24 2)	Nor Cal	15:02.6
12/01 5)	Kinney W	15:07
12/08 28)	Kinney N	16:15.4

5. Vic Santamaria (WillowGlen, SanJose)

10/06 4)	Artichoke L	11:39
10/13 4)	Crystal Springs CV	15:14
10/20 1)	St. Francis-Foothill Sr	15:51
10/27 4)	2 Mile Postal	9:31.4
11/13 1)	CCS RII	15:44.6
11/20 1)	CCS	15:01.1
11/24 5)	Nor Cal	15:08.6
12/01 6)	Kinney W	15:11
12/08 15)	Kinney N	15:40.7

6. Jim Harvath (Thousand Oaks)

09/15 1)	Royal III	15:45
09/29 6)	Bell-Jeff L	15:36
10/06 1)	Kenny Staub DI	15:22
10/19 1)	Ventura Co.	14:59
10/20 1)	Palos Verdes R1	11:08
10/27 1)	Mt. SAC R46	15:10 = 29A-T
11/10 1)	SS4A R1	15:18
11/17 2)	SS4A	15:25
12/01 7)	Kinney W	15:13
12/08 27)	Kinney N	16:07.9

Fine Flicks by Don Gosney



CALVIN GAZIANO

7. *Mark Mastalir (Jesuit, Carmichael)
Residence: El Dorado Hills

09/22 1)	Clovis	15:02.4
10/13 1)	Crystal Springs CV	14:57
10/27 2)	Mt. SAC R46	15:17
11/02 1)	SJS Sub 2	14:47
11/12 1)	SJS	15:00.7
11/24 6)	Nor Cal	15:09.0
12/01 8)	Kinney W	15:15
12/08 17)	Kinney N	15:43.3

8. Shawn Sandoval (Southwest, SanDiego)

09/22 2)	South Bay	15:49
10/06 1)	Mt. Carmel	15:34.6
10/27 4)	Mt. SAC R47	15:37
11/16 1)	SDS 3A R2	15:43
11/21 1)	SDS 3A	15:54
12/01 9)	Kinney W	15:17

Fine Flicks by Don Gosney



(left to right): VIC SANTAMARIA, GREG WHITELEY, CALVIN GAZIANO, DAVID NARANJO, ERIC MASTALIR, MARK MASTALIR.

photo by Maurice Wilson



JIM HARVATH

photo by Burt Davis



SHAWN SANDOVAL

SECOND TEAM

9. Paul Myers (Westlake, Westlake VII)

09/15 2)	Royal III	16:18
09/29 1)	Bell-Jeff L	14:48
10/06 2)	Kenny Staub DI	15:40
10/13 2)	Atascadero L	17:35
10/27 2)	Mt. SAC R47	15:27
11/10 1)	SS 4A R2	15:14
11/17 1)	SS 4A	15:24
12/01 11)	Kinney W	15:24

10. Dennis Pfeiffer (Eureka)

11/10 1)	NCS 2A North	15:04.5
11/17 3)	NCS MOC	14:36
11/24 12)	Nor Cal	15:29.6
12/01 17)	Kinney W	15:28

11. Lane Olson (L.A. Baptist, Sepulveda)
Residence: Northridge

10/20 3)	Alemany D3	16:25
10/26 1)	Mt. SAC R18	16:02.5
11/10 2)	SS 1A R2	16:10
11/17 1)	SS 1A	15:57
12/01 18)	Kinney W	15:28

12. *Stephen Imlay (Temple City)

09/15 4)	Woodbridge DII Jr	16:36
10/06 1)	Kenny Staub DII	15:40
11/10 1)	SS 3A R3	15:35
11/17 6)	SS 3A	16:27
12/01 20)	Kinney W	15:29

continued on next page...



(left to right): TRACEY WILLIAMS, LAURIE CHAPMAN, MELISSA SUTTON, CHRISTY FARRELL.



(left to right): DARCY ARREOLA, COLLEEN DONAVAN, TAMMY McCARTY

SECOND TEAM

9. *Shannon Clark (Mt. View)

10/01 1)	Mountain View	18:28
10/11 3)	Center Meet	18:20
10/18 2)	Center Meet	17:56
10/20 2)	St.Francis-Fthl Jr/Sr	18:19.5
10/25 1)	Center Meet	17:49
11/06 1)	Santa Clara VL	18:01.3
11/13 2)	CCS RII	18:31.8
11/20 3)	CCS	17:44.7
11/24 2)	Nor Cal	17:32.9
12/01 14)	Kinney W	18:09

10. Heather Brookes (BonitaVista,C.V.)

Residence: Bonita

09/22 1)	South Bay	11:43.9
10/06 1)	Mt. Carmel	13:46.9
10/27 6)	Mt. SAC R48	18:24
11/16 1)	SDS 3A R2	14:19
11/21 2)	SDS 3A	14:36
12/01 15)	Kinney W	18:12

11. Sherri Minkler (Analy, Sebastopol)

10/08 1)	Stanford B	18:44.2
11/10 3)	NCS 2A North	18:14
11/17 12)	NCS MOC	18:09
12/01 16)	Kinney W	18:14

12. *Sabrina Han (Westmoor, DalyCity)

09/29 1)	Ram	14:45
10/08 21)	Stanford A	20:04.0
10/18 1)	Center Meet	17:41
11/13 6)	CCS R1	19:10.9
11/20 4)	CCS	17:47.3
11/24 5)	Nor Cal	18:09.4
12/01 18)	Kinney W	18:18

13. Patty Almandariz (SantaMonica)

Residence: Los Angeles

10/20 1)	Alemany D3	19:15
10/27 7)	Mt. SAC R49	19:08
11/17 4)	SS 1A	19:14
12/01 19)	Kinney W	18:21

14. Brenda Payton (EIDorado,Placerville)

10/26 1)	Capital Valley C	18:48
11/02 1)	SJS Sub 4	18:12
11/12 3)	SJS	18:07.5
11/24 17)	Nor Cal	18:49.8
12/01 20)	Kinney W	18:21

15. *Lisa Rizzo (Hart, Newhall)

Residence: Valencia

09/15 1)	Royal II	18:58
10/06 2)	Kenny Staub D1	18:31
10/20 2)	Palos Verdes R1	13:33
10/27 1)	Mt. SAC R48	18:14
11/10 1)	SS 3A R3	18:41
11/17 1)	SS 3A	18:32
12/01 22)	Kinney W	18:24

16. *Lisa Williams (Mt. View, El Monte)

09/29 3)	Bell-Jeff L	18:51
10/27 12)	Mt. SAC R49	19:23
11/10 4)	SS 2A R2	19:34
11/17 2)	SS 2A	18:57
12/01 23)	Kinney W	18:24

THIRD TEAM

17. **Michelle Lewis (Buena, Ventura)

10/27 8)	Mt. SAC R48	18:36
11/17 4)	SS 4A	18:46
12/01 24)	Kinney W	18:25

18. Sally Wood (Piedmont)

11/2/01 1)	Alameda Co. AL	18:43 CR
11/10 1)	NCS 2A South	17:31
11/17 17)	NCS MOC	18:20
12/01 25)	Kinney W	18:27

19. Wandy Knox (DelOro, Loomis)

Residence: Rocklin

10/08 12)	Stanford A	19:41
11/02 2)	SJS Sub 4	18:29
12/01 26)	Kinney W	18:30

20. ***Ann Kuphaldt (BellaVista,FairOk)

10/13 3)	Crystal Springs	17:59
10/26 2)	Capital AL	18:36
11/03 1)	SJS Sub 3	18:19
11/12 2)	SJS	17:53.4
11/24 7)	Nor Cal	18:21.4
12/01 27)	Kinney W	18:33

21. ***Sharon Plante (Arroyo Grande)

Residence: Grover City

09/08 2)	Nipomo Classic	18:48
09/15 1)	King City Tri	17:14
09/22 2)	Clovis	18:11
10/08 2)	Stanford A	18:44
10/27 3)	Mt. SAC R48	18:19
11/01 1)	Northern L	17:31
11/10 1)	SS 3A R2	18:45
11/17 3)	SS 3A	19:10
12/01 29)	Kinney W	18:36

22. **Kelly Ilnicki (Santa Cruz)

09/29 3)	Ram	15:05
10/06 2)	Artichoke S	14:16
10/08 4)	Stanford B	19:40.7
10/27 6)	2 mile postal	11:22.8
11/20 16)	CCS	18:47.1
12/01 30)	Kinney W	18:41

23. **Kathy Dalton (SonomaVly,Sonoma)

09/23 11)	HBO 10K	41:53
10/08 3)	Stanford B	19:09.4
11/10 2)	NCS 2A North	18:00
11/17 3)	NCS MOC	17:33
11/24 16)	Nor Cal	18:47.2
12/01 32)	Kinney W	18:42

24. Heather Hollahan (Enterprise,Red)

09/29 2)	Chico	10:51
10/08 5)	Stanford A	19:13.4
11/03 3)	Northern Sec.	19:43
11/24 19)	Nor Cal	18:52.6
12/01 36)	Kinney W	18:46

HONORABLE MENTION

(Listed in alphabetical order)

***Lori Andeen, Menlo-Atherton, Atherton, 6) Nor Cal 18:18.9; ***Wanda Baily, Fairfield, 11) Nor Cal 18:38.1; Debbie Ball, Newbury Park, 46) Kinney W 19:01; ***Carrie Barber, Atascadero, 1)SS 1A 18:53; Ann Beman, San Marino, 2) Mt. SAC R21 19:12.7, 37) Kinney W 18:47; Lupe Casillas, El Rancho, Pico Rivera, 2) SS 3A 18:59; Laura Cattivera, Mira Costa, Manhattan Beach, 3) Stanford A 18:48; Lori Cook, Golden West, Visalia, 1) CS 11:30.9, 14) Nor Cal 18:45.8; *Monica Daley, Los Gatos, 9) Nor Cal 18:30.8; *Maura Digiesi, McAteer, S.F., 1) SFS 19:25, 51) Kinney W 19:07; Terri Dillon, Bella Vista, Fair Oaks, 39) Kinney W 18:49; ***Shannon Hanlon, Yreka, 1) Northern Sec. 19:37; Maggie Henson, Newport Harbor, Newport Beach, 5) SS 4A 19:00; Eugenia Jauregui, Newark Memorial, Newark, 47) Kinney W 19:04;

Fine Flicks by Don Gosney



HEATHER BROOKES, 4107 SABRINA HAN, 4065 KELLY ILNICKI, 4177 LISA RIZZO, 4195 TAMMY McCARTY, 4238 SHANNON CLARK.

***Katie McCandless, Castilleja, Palo Alto, 2) CCS 17:28.3, 8) Nor Cal 18:28.8; Leslie Noll, Mt. Carmel, San Diego, 49) Kinney W 19:06; Janine Ogas, Clovis, 10) Nor Cal 18:34.9; Ojeda, Eagle Rock, L.A., 1) LAS 18:38; ***Kat Prince, Rubidoux, Riverside, 5) Mt. SAC R48 18:23, 40) Kinney W 18:51; Julie Rivers, Livermore, 1) NCS MOC 17:17, 15) Nor Cal 18:46.4; Julie Rulz, Ursuline, Santa Rosa, 2) Stanford B 18:59.4; Deonne Self, Del Campo, Fair Oaks, 6) Mt. SAC R49 19:07, 41) Kinney W 18:51; *Sherri Smith, Woodbridge, 3) SS4A 18:38; *Sydney Thatcher, Encinal, Alameda, 13) Nor Cal 18:44.3; Lori Wilson, Terra Nova, Pacifica, 38) Kinney W 18:49; Mandy Wood, Vacaville, 12) Nor Cal 18:39.3; Tracy Wright, Irvine, 2) Mt. SAC R48 18:19.

Athletes of the Year by Grade

Senior: Colleen Donovan (Lodi)
 Junior: Rebecca Chamberlain (Leigh, San Jose)
 Sophomore: Melissa Sutton (Newbury Park)
 Freshman: Tracey Williams (Mt. View, El Monte)

Coaches of the Year

Boys: Bob Wall (Lassen)
 Girls: Bob Van Sickle (Newport Harbor)

Criteria for Selection:

The top eight finishers at the Kinney Western are placed on the first team. Places nine through sixteen make the second team and places seventeen through twenty-four are on the third team. Naturally runners from other states do not count.

In order to make honorable mention you had to finish among the top thirty-two Californians at Kinney, the top sixteen at Nor Cal, the top ten (times) at Southern Section, win your section and run well in other important races, the top ten (times) at Mt. SAC, or the top five (times) at Stanford.

Abbreviations:

** = junior, ** = sophomore, *** = freshman, L = large school, S = small school, CR = course record, MR = meet record, NCS = North Coast Section, SJS = SSac-Joaquin Section, SS = Southern Section, CS = Central Section, CCS = Central Coast Section, SDS = San Diego Section, No Sec. = Northern Section, LAS = Los Angeles Section, SFS = San Francisco Section, Nor Cal = Northern California, W = Western, N = National, R = Race, CV = Championship Varsity, Mt SAC = Mount San Antonio College, Sub - Sub section, D = Division, Jr = Junior, Sr = Senior, So = Sophomore, Fr = freshman

Results

The Perrier 10K & The Western Hemisphere Marathon

by Richard Lee Slotkin

I visited a couple of old friends last month. It was a while since I had seen either of them, a couple of years at least. They hadn't changed much. I've run with both of them a couple of times. There have been some great moments and one or two not so great ones, but they're my friends and it was great to be back.

I'm talking about the Beverly Hills Perrier 10K and the Western Hemisphere Marathon, of course. Western Hemisphere, better known as Culver City, is the second oldest continuously run marathon in the country. Perrier is newer, only six years old, and it's a shame that they picked the first Sunday in December to run it each year because that's the same day Culver City has been using and it makes it tough to see both these pals. What I usually end up doing is covering Perrier and then running over to Culver City in time to catch the awards and some of the stragglers. That's what I did this time, too.

In the past few years, I've had to sort of spurn my friends because on the same day that they ran, the folks at Sub Four were putting on a world class event down in Newport Beach, about 50 miles away. Sentiment had to give way to practicality. But this year, there was no Sub Four race. I could have slept in; goodness knows I could have used it. Yet, how could I? My first ever 10K was Perrier. And my first marathon was - where else? - Culver City. It was also my best marathon. And, it runs past the apartment where I live.

So, I set the alarm for 6 a.m.

Perrier could almost be called the Bill Rogers Invitational. He has won it twice and taken second or third a couple of times. Perrier brings him out every year and here he was again. Rod Dixon, who won it in 1982 was back again also. It figured to be a toss between Rogers and Dixon. Dixon beat Rogers here last year, but he wasn't running very well right now, having dropped out of the New York Marathon at about 23 miles, and horror of horrors, disdaining the 10K at the Steve Garvey/Pepsi for the 5K just weeks earlier. On the other hand, as everyone knew, Rogers wasn't the same anymore either. Yet, as everyone also knew, he really hadn't lost all that much. It was just that the competition was getting tougher. And, then again, maybe both of them were washed up and one of the locals would kick ass. Steve Ortiz was running very well lately. He hung right on the heels of the great Pat Porter in the Coliseum 10K in October and he did make it all the way to finals of the 10,000 meters in the Trials, taking a pair of thirds in the prelims. Ron Roberts, like Ortiz, a product of the Larsen Long Distance Machine at UCLA, was also running very well lately, going sub-30 with an alarming consistency. Ya' know, this could be a good one.

That wasn't all. In the women's race, we had a real, genuine American Olympian. Yeah, we know that Rogers was an Olympian, too, but this one was a version. Her name is Joan Hansen, she's from Tucson, and she's taken up housekeeping in L.A. We might not only have a great men's race, but we could possibly get a new women's course record. Well, you never know.

As the starting time neared, I couldn't help thinking that Culver City was about half over for the leaders. Boy! Wouldn't a helicopter be nice to have about now?!

Oh well. They'll tell me about it when I get over there. I just hope they save me a bowl of stew. I'm already starving and it's only nine o'clock.

Anyway, things got going, first with the waiters' race. This has been a Perrier tradition and it's no gimmick. Originally they ran 10K but it's been shortened to 5K to attract more entrants. They send them off a few minutes before the main race and some of these guys can go. They do go. This year, as a matter of fact, the first waitress finished in 21:41. That's just a little over a 7 minute a mile average and, don't forget, she's carrying a tray with a full bottle of Perrier. And that bottle has to be kept standing. Sound easy? Let's see you do it in a half hour... without switching hands either.

After the last of the waiters disappeared around the curve, the big one, the Charge of the Three Thousand, commenced. The point of that Charge pierced the mile mark in 4:30. That's a hair below a 28 flat finish. Nobody thought they'd hold that pace.

At 2 miles, Rogers, Roberts and Ortiz had separated themselves from the rest by about 30 yards. That gap continued to spread and a little after the 2 mile mark, Roberts began to fall back. By the 5K, Roberts had been dropped. He was 30 yards behind Rogers and Ortiz who went through the halfway point in 14:12. My, my! That is a 28:24 pace. They picked it up by a second or so from the 2 mile mark. That's not an orthodox pattern. Well, you know something has to give because the last 2 miles are up a slight grade. They've been going slightly down so far. So, for this race, the pattern really wasn't that surprising.

Anyway, 65 seconds later, Joan Hansen came by, smiling and waving to some familiar faces who were cheering her on. Twenty yards behind was Robyn Root of CPSLO, and 5 yards behind her was Gladees Prieur, also of SLO. There was more depth in the women's field this year than they ever had. Thirty-one of them broke 40 minutes.

photo by Richard Lee Slotkin



(left to right): Steve Ortiz, Ron Roberts, Bill Rogers.

They didn't. By two miles it was 9:09. Wait a minute! That's still a 28:25 pace. Are Rogers and Dixon ready for that kind of a shootout? Rogers might be. He was right up in front with Ortiz and Roberts. Dixon... well, he really wasn't in the race at this point. You could just about see him about 50 or 60 yards back there. But Rogers didn't look so hot either. Oh, he was up there, all right, but he looked as though he were in lots of pain. Ortiz, on the other hand, looked as though he was rolling right along. Roberts, just a step behind them, was looking pretty much under control too. But, then, with Rogers you can't go by what he looks like. He always looks as though he's in pain. As a matter of fact, he was in pain. So much so that at about 4 miles he was thinking of asking Ortiz if he wanted to lie. At that point, Ortiz would have taken him up on it. But, we're getting a bit ahead of ourselves.

Meanwhile, Ortiz and Rogers were having a little duel. They took turns testing each other and the lead shifted from one to the other, but never by more than a step or two. Then, at 4 miles, Rogers made one more surge and Ortiz held steady. "He kept picking it up, picking it up... I kept trying to keep him in range, but I was too fatigued." So, Rogers pulled away from Ortiz and saved himself from having to ask the embarrassing question. "... he was a little more tired than me," said Rogers afterward. But, Boston Billy showed that even tired, it takes a hell of a runner to beat him. His time was 28:52. That was 20 seconds ahead of second, and second was the man that Rogers feared once he left Ortiz because he knew what a ferocious finisher Rod Dixon is. Actually, Ortiz might have held Dixon off, but he misjudged not the man but the distance. With about a hundred yards to go, Ortiz thought, "... I had about 80

yards on the next guy... we came around the corner and all of a sudden: Boom! Here comes Rod Dixon. I was surprised."

Hear Dixon tell it: I caught him, I'd say, 20 meters from the finish line. He looked back at the 6 mile mark and he still had 30 yards on me, and I really believe he probably thought that he'd have me. But, you see, as I say: The miler's kick does the trick!

So, Ortiz thought he had a bigger lead than he did and had to settle for third, but by only a second. Dixon's time was 29:12, and Ortiz's was 29:13. It seemed like a long time until 4th place came, but it was only 18 seconds. That was Ron Roberts, who only lost one place after he fell back somewhere past the two mile marker.

John Koning was the seventh, and last, to break the magic half hour mark, which goes to show that this was a pretty good field for what was almost all locals, except for Dixon and Rogers. Sean Evans in 8th place was only 3 seconds over 30 minutes. It was a good race.

Joan Hansen had it pretty easy in winning the women's end of things if you want to call a 33:22 10K pretty easy. Still, it was convincing because second placer Root was 44 seconds behind, with a time of 34:06. Teammate Prieur was 3rd, just as she was at the 5K, in 34:25. Sixteenth place Donna Chadwick was just out of the 36's with a time of 37:06. Now, if you don't know about these things, that's one hell of a women's field when you consider that, except for a couple of the SLO's, this was almost all local talent. And of the SLO group, Prieur is from the neighborhood.

Well, what would a Beverly Hills 10K be without some mention of the merchandise awards? It hurts to even think about it. The silver plate, French perfume, dinner at the gourmet restaurants... the rewards of the fast lane!

The morning was well along by the time they got around to passing out all that good stuff and all the runners were in. But a few miles away, in Culver City, there were still some folks out there. They were all getting pretty close by this time, near noon, but there were still a few who refused to say die. Meanwhile, the awards ceremony was going on inside the senior citizens rec center, Sid Kronenthal, Mr. Western Hemisphere Marathon, himself, presiding. Despite the glories of the past, this race isn't in the same league as Perrier in the strength and depth of its field. You can win this one with something in the 2:20s; they never get anyone to go under 2:20 anymore. And, the winner, as often as not, doesn't have much in the way of challenges after about ten miles. Without prize money and a budget to bring in top runners, that's about all you can expect, and Culver City hasn't chosen to go into the marathon "business." This year, in fact, they only had 190 preregistered. But, in a minor miracle, race day registrations beefed the field up to about 400.

First of the 400 was Steve Flynn, from, where else? San Luis Obispo. He must have carpoled with the girls from Cal Poly. Flynn got out front fast and early and ran all by himself for an 8 minute win. He was the only one to break 2:30, and he just did it at that. His time was 2:29:28. Brad Drake of San Diego was second in 2:37:25 and Charlie Hoover, who is more at home in the ultras, was 3rd just a bit behind Drake. Eight seconds behind, as a matter of fact.

Pauline Brown had blisters so bad that even after the paramedics fixed her up she could hardly walk. She had been running on them since four miles. Around 15 miles she took the lead and held it even though the blisters just got worse the further she went. Her 2:50:53, while not spectacular, especially for a winner, was quite good for this race. It's been won recently in times that didn't break 3 hours. So, second place Sheryl Snyder's time of 2:53:49 turns out to be pretty good, too. In fact, with Sarah Rector taking 3rd in

40:36. 50 & Over: 1. Richard Ramirez 36:58, 2. Bob Small 40:09, 3. John Eberly 41:30.

Division Results - Women's 10K

13-18: 1. Renee Pacheco 44:54, 19-29: 1. Laura Love 38:56, 2. Brenda Villanueva 40:13, 3. Lori Hashim 41:35. 30-39: 1. Lupe Eberly 43:21, 2. J. Thompson 44:27, 3. Jane Granskog 46:59. 40-49: 1. S. Lucas 48:03, 2. Judy McDoyle 51:25, 3. Elizabeth Saba 56:23. 50 & Over: 1. Aurora Perez 53:01, 2. Nancy Acmon N.T.

McFarland Christmas 2-Mile

December 8. McFarland.

Local runners prevailed in both male and female divisions this year. Thomas Valles was the overall winner in 10:00.5 over Javier Zepeda 10:10.0. The 1st female was local Becky Soto in 12:34.2. In the Masters Arnold Buchanan defended his title with a PR 10:56.5 and 7th overall. Ola Buchanan did likewise with 15:38.9 for the ladies. 5 year old Gilbert Pacheco was the youngest McFarlander. Geraldine Morris was the oldest McFarlander and the winner in the 50 & Over division.

Overall Results

1. Thomas Valles (16)	10:00
2. Javier Zepeda (19)	10:10
3. Mario Lopez (19)	10:31
4. Jimmy Aguilar (31)	10:39
5. Fernando Lopez (21)	10:45
6. Damacio Diaz (12)	10:46
7. Arnold Buchanan (46)	10:56
8. Monte Mackey (29)	10:56
9. Montemayor Gabino (23)	10:59
10. Jim Mitchelkoff (15)	11:00

Division Results - Men

12 & Under: 1. Damacio Diaz 10:46. 13-18: 1. Thomas Valles 10:00. 19-29: 1. Javier Zepeda 10:10. 30-39: 1. Jimmy Aguilar 10:39. 40-49: 1. Arnold Buchanan 10:56. 50 & Over: 1. Don Fipps 20:36.

Division Results - Women

12 & Under: 1. Kristina Pacheco 16:00. 13-18: 1. Bambi Lopez 13:13. 19-29: 1. Becky Soto 12:34. 30-39: 1. Eleanor Espinoza 14:38. 40-49: 1. Ola Buchanan 15:38. 50 & Over: 1. Geraldine Morris 27:49.

San Francisco Half Marathon

from John Medinger

December 9. San Francisco.

John Moreno of Pacifica ran away from the field in the first annual San Francisco Half-Marathon on December 9. Moreno, running for the Converse Aggies, opened a 50-yard lead over David Minter and Roy Kissin by the 10K mark, which he reached in 29:42. By the ten mile mark, which Moreno passed in 48:32, the lead was over 100 yards. Slowing a bit on the course's only uphill section in the last mile, Moreno held his comfortable lead and cruised to a swift 1:04:45 finish. Minter held off Kissin and former Canadian Olympian Brian Maxwell for second.

In the women's race, Nancy Ditz of Menlo Park, running for Tiger International, opened a sizeable lead over fast-improving Kathlene Koudela of Cupertino in the early stages of the race and won by over a minute in 1:16:08. Koudela held on to second, finishing 150 yards ahead of Laurie Binder of Oakland. Both Ditz and Binder are on the comeback trail after suffering serious injuries. Ditz is showing a return to her 2:33 marathoning form after suffering three stress fractures while training for the Avon International Marathon this summer. Binder ran her most competitive race since she underwent surgery on her foot following the U.S. Olympic Trials Marathon last spring.

"The course is a last one, and I love coming to the City and running in the park," said Ditz of the race route, which runs through Golden Gate Park and along the Great Highway. "And," she added, "the Pamakids put on the best-organized races I've ever run in." Her sentiments must be shared by many others, as the event overnight became the largest half-marathon in the Bay Area, drawing some 2000 entrants.

The event will be held in 1985 on December 8, and will be the PA-TAC half-marathon championship.

Overall Results - Men

1. John Moreno, Aggies (1 25-29)	1:04:45
2. David Minter, Etotic (1 20-24)	1:05:35
3. Roy Kissin, P&E (2 25-29)	1:06:36
4. Brian Maxwell, Tamaip (1 30-34)	1:08:29
5. Tom Borschel, Reebok (3 25-29)	1:08:37
6. Rob Ansel	1:09:13
7. Derek McIver, Aggies (2 30-34)	1:09:23
8. Charles Thompson, GSF (3 30-)	1:09:38
9. Bryan Fahrenbach, FTC	1:09:52
10. Alex Gonzales (2 20-24)	1:10:16
11. Fritz Watson (1 35-39)	1:10:25
12. Jim Price	1:10:36
13. Stepan Adams (3 20-24)	1:11:18
14. Syl Pascale (2 35-39)	1:12:01
17. Bob McLaughlin, UTC (1 19&U)	1:12:12
18. Glen Handlin (2 19&U)	1:12:25
19. Bill Dunn, SCS (3 35-39)	1:12:36
26. Jerry Lynch (1 40-44)	1:13:37
31. Omar Urbina (3 19&U)	1:14:14
37. Robert Gormley, ExTC (2 40-44)	1:14:59
45. Martin Hillier, Tam (1 45-49)	1:16:11
55. Bill Catanese, Tam (2 45-49)	1:17:25
58. Joe Becema (3 40-44)	1:17:45
92. Siegfried Mattern, Pam (3 45-49)	1:21:21
202. Bob Buckendahl (1 50-59)	1:27:44
203. Arthur Reed (2 50-59)	1:27:46
238. Ernest Schorno (3 50-59)	1:28:55
635. Warren Pait, Frntnrs (1 60-69)	1:43:23
658. Ray Remond (2 60-69)	1:44:13
670. Norman Krieg, SCS (3 60-69)	1:44:30
969. Donald Iwahashi, Pam (1 70+)	1:56:38
994. Abe Wasserman, Pam (2 70+)	1:57:49
1049. Steve Cole, Pam (3 70+)	2:02:27
1100. George Ellis, Pam (1 WC)	2:06:51

Overall Results - Women

1. Nancy Ditz, T.I. (1 30-34)	1:16:08
2. Kathlene Koudela, Ag (1 20-24)	1:17:28
3. Laurie Binder, Adl (1 35-39)	1:18:16
4. Nelly Wright (2 35-39)	1:20:08
5. Alison Unterreiner (1 25-29)	1:20:28
6. Sarah Tabbutt (2 25-29)	1:21:47
7. Patricia English, Sauc (2 30-34)	1:22:39
8. Ann Trason (2 20-24)	1:23:15
9. Heidi Schaefer, Tam (3 25-29)	1:23:28
10. Eileen Bickart, Ryans Spt	1:24:09
11. Jacque Lewis (3 20-24)	1:24:23
12. Hilary Naylor, Imp (3 35-39)	1:24:34
13. Jane Sowersby, GSFTC (3 30-34)	1:25:33
16. Joan Ulyot, WVTC (1 40-44)	1:27:56
18. Sylvie Aguirre (1 19&U)	1:28:16
22. Carrie Costamagna (2 19&U)	1:29:16
24. Janet Buckendahl (1 50-59)	1:29:57
33. Karen Devaney, WVTC (2 40-44)	1:32:55
41. Mary McNolakis (3 19&U)	1:34:52
52. Ann Hurdham (3 40-44)	1:37:22
83. Ginger Burrola, MQTC (1 45-49)	1:42:01
90. Anne Neeley (2 45-49)	1:42:23
113. Eileen Klatsky, NCSr (2 50-59)	1:44:44
133. Margaret Houston (3 50-59)	1:47:07
148. Ceils Wildin, DSE (3 45-49)	1:48:39
217. Jaclyn Caselli, NCSr (1 60-69)	1:55:30
380. Annabel Marsh, Pam (2 60-69)	2:10:18
424. Judy Golding, DSE (3 60-69)	2:18:58

Division Results - Men

19 & Under: 1. Bob McLaughlin 1:12:12, 2. Glen Handlin 1:12:25, 3. Omar Urbina 1:14:14. 20-24: 1. David Minter 1:05:35, 2. Alex Gonzales 1:10:16, 3. Stepan Adams 1:11:18. 25-29: 1. John Moreno 1:04:45, 2. Roy Kissin 1:06:36, 3. Tom Borschel 1:08:37. 30-34: 1. Brian Maxwell 1:08:29, 2. Derek McIver 1:09:23, 3. Charles Thompson 1:09:38. 35-39: 1. Fritz Watson 1:10:25, 2. Syl Pascale 1:12:01, 3. Bill Dunn 1:12:36. 40-44: 1. Jerry Lynch 1:13:37, 2. Robert Gormley 1:14:59, 3. Joe Becema 1:17:45. 45-49: 1. Martin Hillier 1:16:11, 2. Bill Catanese 1:17:25, 3. Siegfried Mattern 1:21:21. 50-59: 1. Bob Buckendahl 1:27:44, 2. Arthur Reed 1:27:46, 3. Ernest Schorno 1:28:55. 60-69: 1. Warren Pait 1:43:23, 2. Ray Remond 1:44:13, 3. Norman Krieg 1:44:30. 70 & Over: 1. Donald Iwahashi 1:56:38, 2. Abe Wasserman 1:57:49, 3. Steve Cole 2:02:27. Wheelchair: 1. George Ellis 2:06:51.

Division Results - Women

19 & Under: 1. Sylvie Aguirre 1:28:16, 2. Carrie Costamagna 1:29:16, 3. Mary McNolakis 1:34:52. 20-24: 1. Kathlene Koudela 1:17:28, 2. Ann Trason 1:23:15, 3. Jacque Lewis 1:24:23. 25-29: 1. Alison Unterreiner 1:20:28, 2. Sarah Tabbutt 1:21:47, 3. Heidi Schaefer 1:23:28. 30-34: 1. Nancy Ditz 1:16:08, 2. Patricia English 1:22:39, 3. Jane Sowersby 1:25:33. 35-39: 1. Laurie Binder 1:18:16, 2. Nelly Wright 1:20:08, 3. Hilary Naylor 1:24:34. 40-44: 1. Joan Ulyot 1:27:56, 2. Karen Devaney 1:32:55, 3. Ann Hurdham 1:37:22. 45-49: 1. Ginger Burrola 1:42:01, 2. Anne Neeley 1:42:23, 3. Ceils Wildin 1:48:39. 50-59: 1. Janet Buckendahl 1:29:57, 2. Eileen Klatsky 1:44:44, 3. Margaret Houston 1:47:07. 60-69: 1. Jaclyn Caselli 1:55:30, 2. Annabel Marsh 2:10:18, 3. Judy Golding 2:18:58.

Alpine Holiday 10K

December 9. Rancho Palo Verde.

Overall Results - Men

1. Sergio Sanchez (22)	32:22
2. Hary Schubert (44)	33:15
3. Shawn Sandoval (17)	33:22
4. Wally Buchingham (32)	33:51
5. Pete Salcedo (22)	33:55
6. Randy Kilpatrick (32)	34:39
7. D. J. Smalley (28)	34:51
8. Fred Doyle (32)	34:58
9. Dan Davies (27)	35:23
10. Dan Clemens (28)	35:34

Division Results - Men

12 & Under: 1. Tony Dan 45:05, 2. Geoffrey Coulston 45:49, 3. Matthew Sturken 47:17. 13-17: 1. Shawn Sandoval 33:22, 2. Bill Sanders 38:11, 3. Tony Arani 40:22. 18-29: 1. Sergio Sanchez 32:22, 2. Pete Salcedo 33:55, 3. D. J. Smalley 34:51. 30-39: 1. Wally Buchingham 33:51, 2. Randy Kilpatrick 34:39, 3. Fred Doyle 34:58. 40-49: 1. Hary Schubert 33:15, 2. Robert Sevens 37:39, 3. Robert McAndrews 38:40. 50-59: 1. Jim O'Neil 36:40, 2. Edwin Gookin 38:19, 3. Fred Lehr 38:54. 60 & Over: 1. Donald Dilworth 44:30, 2. Lee Gentili 46:16, 3. Herb Scholnick 51:15.

Overall Results - Women

1. Patti Hurl-Tuffley (36)	39:12
2. Mary Akins (24)	40:24
3. Debbie Chaddock (23)	40:30
4. Janie Shalkles (38)	43:19
5. Sue Chen (32)	43:23
6. Diana Smith (33)	43:27
7. Lisa Cook (29)	44:18
8. Betty Wood (48)	44:39
9. Bonnie Baer (40)	45:30
10. Diane Shea (30)	45:35

Division Results - Women

12 & Under: 1. Sheri Savell 52:33. 13-17: 1. Julie Price 49:02, 2. Christie Cleal 63:03. 18-29: 1. Mary Atkins 40:24, 2. Debbie Chaddock 40:30, 3. Lisa Cook 44:18. 30-39: 1. Patti Hurl-Tuffley 39:12, 2. Janie Shalkles 43:19, 3. Sue Chen 43:23. 40-49: 1. Betty Wood 44:39, 2. Bonnie Baer 45:30, 3. Ginni Nordstrom 46:46. 50-59: 1. Elsa Sandberg 49:25, 2. Anita Calhoun 51:56, 3. Jane Mills 58:08. 60 & Over: 1. Judy Simon 59:45.

CRRC Christmas Run

December 12. Griffith Pk. L.A. 10K.

Overall Results

1. Danny Bustos (22)	30:08
2. Farron Fields (23)	30:20
3. Jeff Dettmer (23)	31:05
4. Alan DeHlinger (24)	31:37
5. Adam Devito (16)	32:49
6. Jim Ulvestad (29)	32:49
7. Dave White (32)	33:00
8. Enrique Castro (28)	33:16
9. Joe Falcon (30)	33:24
10. Sam Evans (30)	33:25
11. Stanley Dutton (40)	33:50
12. Bob Caro (25)	33:56
13. Manuel Tinoco (18)	34:02

14. Jay Uretsky (34)	34:02
15. Steve Madraccia (38)	34:14

Division Results - Men

12 & Under: 1. Steve Summer 43:11, 2. Carlos Mendoza 45:13, 3. James Rollans 53:48. 13-16: 1. Adam Devito 32:49, 2. Manuel Tinoco 34:02, 3. Gummy Anderson 34:26. 19-29: 1. Danny Bustos 30:08, 2. Farron Fields 30:20, 3. Jeff Dettmer 31:05. 30-39: 1. Dave White 33:00, 2. Joe Falcon 33:24, 3. Sam Evans 33:25. 40-49: 1. Stanley Dutton 33:50, 2. Randall Shelley 36:37, 3. Frank Russo 37:09. 50-59: 1. Ron Poston 37:39, 2. Patrick Devine 37:49, 3. Robert Culling 39:09. 60 & Over: 1. Larry Banuelos 40:26, 2. Jose Canchola 45:20, 3. Nathan Molosky 46:08.

Division Results - Women

12 & Under: 1. Angelica Mendoza 54:39. 13-18: 1. Julie Robles 45:46, 2. Lili Yu 48:25, 3. Kerry Kumahara 48:25. 19-29: 1. Rose Monday 37:25, 2. Sandee Malang 40:08, 3. Melody Kalman 45:25. 30-39: 1. Diane Dixon 40:06, 2. Judy Legande 46:12, 3. Laura Castaneda 47:35. 40-49: 1. Olivia Coria 46:40, 2. Maria Fribourg 49:45, 3. Louise Wilson 50:41. 50-59: 1. Irene Oberz 45:44, 2. Melly Williams 46:26, 3. Elizabeth McClellan 55:18. 60 & Over: 1. Daisy Wong 53:54.

Lompoc City X-C Championship

December 15. Lompoc. Results

Race #1-1/2 Mile: 1. Nathan Daltorio (7) Haggood 4:01. Race #2-1/2 mile: 1. Travis Greenly (7) Buena Vista 3:27. Race #3-1/2 mile: 1. Mike Benson (9) Haggood 3:32. Race #4-3/4 mile: 1. Seth Matthews Bean (9) Haggood 5:23. Race #5-3/4 mile: 1. Jay Benson (11) Buena Vista 4:37. Race #6-3/4 mile: 1. Jason Costa (12) Middle Schl 4:43. Race #7-1 mile: 1. Akih Travis (12) Vandenberg Middle Schl 6:42. Race #10-1 mile: 1. Tom Campbell (15) Lompoc High 5:48. Race #11-2 mile: 1. Dan St John (17) Lompoc High 12:09. Race #12-3 mile open: 1. Tom Campbell (15) 16:47.

Corona Del Mar Viking Holiday 5K

December 15. Newport Beach.

Division Results - Men

14 & Under: 1. Jim Reinhold 17:59, 2. Mitchell Greenberg 18:31, 3. Jim Robbins 19:07. 15-18: 1. Dan Holland 16:03, 2. Greg Neitzel 16:06, 3. Darren Wood 16:14. 19-29: 1. Dr. John Koningh 14:31, 2. Dave Parsel 15:14, 3. Larry Hand 15:23. 30-34: 1. Al Siddons 15:48, 2. Bill Leung 17:21, 3. Thomas Hollar 17:30. 35-39: 1. Henry Lange 16:35, 2. Bill Sumner 16:48, 3. Marty Schwarz 17:00. 40-44: 1. Tommy Martin 17:17, 2. Dennis Durham 17:46, 3. Tim Rhone 17:57. 45-49: 1. Bruce Torrence 18:04, 2. Alan Waking 18:24, 3. Lee Gire 18:52. 50-59: 1. Andy Beall 18:26, 2. Buddy Belsh 18:38, 3. Dennis Grisso 19:17. 60 & Over: 1. Larry Banuelos 18:52, 2. Delmar Gourley 20:31, 3. Jim Dacolas 22:29.

Division Results - Women

14 & Under: 1. Leslie Cashion 20:17, 2. Lisa Ford 21:54, 3. Erin Turner 24:23. 15-18: 1. Amy Dalton 20:07, 2. Michelle Dawson 20:51, 3. Cari Young 21:55. 19-29: 1. Diane Haney 18:39, 2. Laurel Hacche 20:11, 3. Anne Buheig 23:33. 30-34: 1. Aspel Lin 21:10, 2. Maria Rodriguez 21:49, 3. Linda Lawrence 22:54. 35-39: 1. Barbara Giant 24:34, 2. Linda Wallace 26:36, 3. Penny Green 26:46. 40-44: 1. Sherrie Simms 20:16, 2. Linda Parker 24:14, 3. Gina Smart 24:38. 45-49: 1. Cherie Lightburne 21:30, 2. Marcia Martin 22:00, 3. Susan Mailman 23:03. 50-59: 1. Gabrielle Shaul 24:39, 2. Patricia Pruitt 24:41, 3. Katherine Bazara 25:03.

Results

Lake Murray 50

from Jerry Dietrich

December 15, San Diego.

Most ultrarunners plan their year around a six day race, or the WS 100, or London to Brighton. For John Montgomery of Del Mar, California, there was only one big one, The Lake Murray 50. After finishing fifth in 1983, John approached Betty after the race and stated that this was the greatest race he'd ever experienced and raved about the wonderful course. "I'll be back next year for sure, and I'll be looking forward to it."

John Montgomery did return, and true to his word, he was ready. He took the lead early with a steady 8:45 pace over the rolling hills around the lake. By 30 miles all the challengers had faded, except for the relentless Pete Saccone five minutes behind. John increased his lead to 10 minutes at 40 miles, and at 45 Pete was still back by 8. After breaking the tape, a tired, emotional, but very happy, John Montgomery exchanged handshakes and hugs with friends.

The top woman was Dixie Barnard, of San Diego, running in her first ultra. Dixie started out at a cautious 10 minute pace in next to last place. Then she seemed to gain confidence and speed as the race progressed. When it was over she had worked her way through most of the field finishing 9th overall.

Amazing Pete Saccone, who seems to excel at every ultra distance, finished 2nd for the second straight year even though he improved his time by 10 minutes and broke the course record. Pete topped the 40-49 category.

The toughest runner in the field had to be Phil Hengen, of San Diego. Phil was the only runner to continue on and complete 100K. The day was quite cold, but extremely dry. The humidity was at about 20 percent. Even though most of the runners wore tights, muscle soreness stopped all except Phil from going on.

Lee Preble of Torrance, had just turned 50 and celebrated by winning the 50-59 class. Doug Fenner was top man 20-29.

The second woman finisher was Sue Simms, from Newhall. She ran a fine race winning the 30-39 class and finishing 19 minutes behind Dixie.

The top duo of the day was, Trudy Schmutzler and Hutch Gibb. Trudy and Hutch ran together last year and returned this year to take a half an hour off their time.

The only entrant over 50, was our special guest, renowned ultramarathoning pioneer, Dick Goodman, of Yakima, Washington. At the awards dinner after the race, Dick commented that "the course was tough, but very good."

After all the awards were given, Pete Saccone presented me with a birthday card designed by his wife Liz. The card was signed by all the runners, and inside was a very generous gift certificate which had been contributed to by everyone. I can't imagine how I was destined to be so lucky as to have wonderful friends like these.

Overall Results

1 John Montgomery (58)	6:09:20
2 Pete Saccone (41)	6:20:18
3 Rand MacFarlane (54)	6:47:55
4 Ron Leek (41)	6:57:57
5 Doug Fenner (26)	7:16:26
6 Phil Hengen (40)	7:21:41
7 Budd Ziller (44)	7:47:42
8 Lee Preble (55)	7:48:40
9 Dixie Barnard (47)	7:57:57
10 Peter Richards (49) HM	7:57:36
11 Sue Simms (54F)	8:12:11
12 Gregory Chandler (56)	8:20:24
13 John Montgomery (41) HM	8:21:35
14 T R Felt (51)	8:27:33
15 Dick Collins (51)	8:28:53

16 David Saylor (48)	8:37:49
17 Winterhawk Semler (32) OR	8:39:14
18 John Gonzales (19)	8:42:08
19 Dale Sutton (45)(walked)	8:53:38
20 Mickey Morera (24)	8:56:41
21 Dick Goodman (64) WA	9:01:39
22 Trudy Schmutzler (23F)	9:11:06
22 Hutch Gibb (39)	9:11:06
24 Mark Richert (45)	9:11:06
25 John Squires (53)	9:38:45
26 Pat Farrell (48)	10:49:05
27 Pam Medhurst (31)	11:02:37
28 Leon Ransom (47)	11:56:50
100K	
1 Phil Hengen (40)	9:55:38

photo by Richard Lee Slotkin



ANNE PEWE

The Westwood Village 10K

by Richard Lee Slotkin

December 15, Los Angeles.

It was on a Friday evening, last July 27th, to be exact and it was the night before the opening of the Olympic Games. Westwood Village was its usual scene of crowded sidewalks, long lines of movie-goers and heavy vehicle traffic. Pennants fluttering from every street pole gave evidence that some of the Olympic events would be held just a few blocks away on the UCLA campus. So, the scene was a little more festive than usual, the crowd a little bigger than usual and traffic a little heavier than usual. It was vintage Friday night Westwood, only more so.

Then, in one crazy instant a half-block of picture-pretty Westwood became ghastly as the seventh circle of Dante's Hell; bloody as the Marines' landing at Tarawa; frenzied as the deck of the Titanic. An automobile with its driver gone berserk had charged up onto the sidewalk and plowed into the crowd. In a few seconds, one person lay dead, nearly 50 others were severely injured and scores of lives were changed forever.

But the shattered bodies and scarred minds were only the immediate results of this mindless carnage. Ahead still lay the shock, grief and mending.

And, the bills.

Especially the bills. Medical costs are not cheap in any case, but major medical costs can destroy a family's finances forever. And, in this instance, as is so often the case, there were many with insufficient medical insurance. Some of the victims had none.

So, in an effort to provide at least some assistance to the doubly unfortunate, the merchants of Westwood, whose customers were the victims, turned to the running community. Coordinated by the district's councilman, Zer Yaroslarsky, they organized a benefit 10K run, part of which would include the streets of Westwood itself. With sponsor money covering the expenses, it was felt that the entry fees could account for as much as \$20,000. Barely enough to cover a single operation in some cases, but it would buy a lot of groceries for some needy folks.

At ten bucks a head, they needed 2000 entries. There were 1500 finishers logged in by Race Central, who did the results tabulating, and figuring the DNFs and no shows, they probably came pretty close to their goal.

Several of the victims were on hand, some of them even running the race. Most noticeable was a pretty 22 year old wheelchair bound Vietnamese girl by the name of Nghi Hue Truong. She and her family had made their way to this great land of opportunity from the nightmare that their native VietNam had become, only to find another nightmare on the sidewalks of Westwood. Truong now has a missing leg, no spleen and paralysis from the chest down, souvenirs of her visit to the Village. She also has as bright and upbeat a spirit as you will ever find. "I have a whole new life ahead of me," she said with a smile, yet, "and I have to get on with it." You can bet she will, too. After 5 months in the hospital, she has made it home, maybe not quite in one piece, but as ready to go as an NFL linebacker.

And maybe as tough.

Also on hand, in fact he was the official starter, was Carl Lewis. Lewis and his sister Carol, also participated in the awards ceremonies and by their presence, lent some encouragement to the many victims who came out for the race, to either watch or run. It was an autograph hound's holiday for a while. There must be at least 200 people scattered around Los Angeles who have the photograph to prove that they shook the hand of the winner of four gold medals. By the time the crowd had gone, the Lewises were as bushed as the runners, but who could deny that it was for a worthy cause?

A few days earlier at Kangaroos headquarters in St. Louis, Olympian John Tuttle and former British 3000m champion Adrian Leek had been assured that they had a pretty weak field facing them in Westwood, so they could go out there and sort of relax, show the colors and make Team Kangaroo look good. The company also loaded up the women's field by bringing in a whole team, including two T & F All-Americans, Anne Pewe and Karen Campbell. Well, things worked out pretty well for the women, who took 6 out of the top ten places, but Tuttle and Leek began to get that old I've-been-had feeling as they milled around the start line. I mean, guys like Ron Roberts, Joey Gomez and Martti Kiihola were also milling around. And every one of them could go under 30 minutes. Tuttle and Leek had already planned to go out and get a little bit of a lead and go on from there just fast enough to win and cross the line together in a tie. Holding hands yet. Tuttle, especially, was uneasy. A bad ankle had caused him to DNF the Olympic Marathon and he didn't think he had come back enough in his training to break 30 just yet and he knew he'd have to if he and Leek were going to win this one. Memo to the front office, he thought: Thanks a lot, guys!

Well, like it or not, there they were, and after a bit of a delay, Carl finally fired the gun and it was time to go to work. Matt Blaty, running for Converse took the early lead, but he was only the tip of the iceberg. Everyone who had even a pretense of a chance was right on his heels. Still, Blaty kept up the pace, stayed in front and went through the mile in ... what? ... 4:55? At 4:55 even I could have been in that lead pack, which was now down to about a dozen runners. Actually, the mile mark was probably off, because we later learned that due to some misplacing of marker cones, the course turned out to be, in the words of the certifier, "... a little long."

Anyway, Blaty continued to make Converse look good until shortly after that mile mark when he tripped over one of the cones while swinging out a bit too far on a tight turn. That pretty much took him out of things, although not completely. He did hang in close enough to finish 9th, but almost two minutes behind the winners.

OK, so far so good, two miles in 9:29, indicating either a 4:34 second mile, or, as we supposed, a "long" first mile. By this time, Leek and Tuttle had placed their bright red singlets in the front, which is where they had expected to be all along. Trouble was, right behind them were those same guys they were worried about at the beginning: Gomez, Roberts

photo by Richard Lee Slotkin



(left to right): John Tuttle, Ron Roberts, Adrian Leek, Joey Gomez.

and Killholma. Killholma had run the Sacramento Marathon two weeks earlier and it really was doubtful if he had that good a 10K in him this soon afterwards. Sure enough, right past two miles he began to fade, and eventually just packed it in.

Roberts and Gomez weren't having any of that, though. Gomez was right up there with the Roos and Roberts only a step behind. Up until now, the course had been in West L.A. and through the V.A. Hospital grounds, but now it was swinging into Westwood. This was where Leek decided to forget about brotherly love and started to make a move, Tuttle notwithstanding. By a little past the 5K, Roberts began to feel the pace and he fell back about 20 yards. Leek, meanwhile, had a five yard lead on Gomez, who, in turn, had a step or so on what was becoming a very discouraged Tuttle.

Then, disaster struck. Well, maybe that's putting it a bit too strongly. A comedy of errors might be more appropriate. You see, this was more or less an out and back course. The finish wasn't quite the same place as the start, and once the turnaround was made, the return trip covered pretty much the same ground as what was used coming out. Well, at about 3 1/2 miles, it seems that there were a couple of cars parked where they shouldn't have been, and that caused Leek, who was definitely in the middle of a surge, to have to slightly detour. Unfortunately, the only place he could go was right into the mob still heading out! Leek had to literally push his way through that stream of humanity to cross over the street and continue on back the way he had come. And once he had made that breakthrough, he still found the whole course filled with folks coming head-on into him. "It... upset the whole rhythm of the race..." Leek allowed after the race.

It sure did. Once he finally got clear of all that nonsense, he found both Tuttle, which was ok, and Gomez, which wasn't ok, right back on his tail. And even Roberts, when he emerged from the rip tide, was back in the hunt, though still about 20 yards back. Tuttle decided that he really didn't want the race to come down to a sprint and have to get into a kicking contest with some "Foreigner", as he put it, so he went with Leek. Gomez, on the other hand, figured he had been given a new lease on life and he might as well make the most of it.

So, on they went, heading home, the Roos and Gomez. When they were about halfway through the V.A. Hospital grounds again, Tuttle suddenly went to surge city. He got a step or two on Leek, who then followed suit. Gomez was unable to hang with them anymore and he began to lose contact. Running into the traffic, Gomez related, "... was kind of a mess. They brought us back together... and we hung together till about 4 1/2 miles. Then, they surged and I just couldn't respond."

So, Tuttle and Leek got their tie, hand in hand across the finish line. Of course, TAC rules being what they are, ties not being allowed, Leek was given the win, possibly on the basis of a slightly longer nose. Tuttle was elated, though. He never expected to break 30 minutes. "I know Adrian is a little bit better than I am in the shorter distances, so I was happy to tie with him," he said, laughing. "I realized this wasn't going to be such a pushover as what Kangaroos had told us... I knew that we'd have to run under 30 minutes... so we took it out pretty hard after the mile and nobody seemed to drop..." Tuttle continued, "... (after having to fight through the crowd) Adrian was pissed off and said, 'Well, I'm not going to run hard anymore!'"

Not until later anyway. Anne Pewe, say that PAY-way, found herself trailing Sue Berenda for the first two miles. For the next mile, they ran together, more or less, trading short leads. At about 3 miles, the former Michigan State Spartan moved ahead for

good. A member of Kangaroos winning team at the cross country nationals in Boston a few months ago, Pewe opened up a pretty good lead and went on to a 34:07 finish, seventeen seconds ahead of Berenda. Probably a sub-34 on a legitimate course. Then it was three more Roos, former UCLA Sheila Ralston, and two more Roos; a grand total of six out of the first eight.

All in all, it was a pretty good race. The course had too many turns to be a fast course, and if the promoters are able to make this an annual affair, they will make some changes there. They are, in fact, hoping to keep this going. What they are aiming for is to get the shoe companies to send teams as did Kangaroo and make the run an annual shootee. It could be the kind of thing the L.A. area really needs: a prestige race.

Division Results - Men

12 & Under: 1. Marc Lawson 40:49, 2. Gabriel Hernandez 44:17, 3. Michael Krentzin 44:25. 13-15: 1. Richard Nava 35:10, 2. Craig Lawson 35:27, 3. Ken Vendley 35:34. 16-18: 1. Darren Sand 34:50, 2. David Kahan 35:02, 3. Luis Castaneda 35:43. 19-29: 1. Adrian Leek 29:32, 2. John Tuttle 29:32, 3. Joey Gomez 29:46, 4. Ron Roberts 30:02, 5. Hector Perez 31:02, 6. David Greifinger 31:12, 7. Matt Blaty 31:25, 8. James Sterling 32:05, 9. John Ortega 32:06, 10. Mark Van Leeuwen 32:19, 11. Steve Perez 32:26, 12. Holland Dune 32:35, 13. Donald Scott 33:32, 14. Bernie Brizuela 33:48, 15. Mark Mayers 34:25, 16. Michael Brennan 34:51, 17. Joe Galligan 34:51, 18. Tim Smith 34:53, 19. Carlos Sillas 35:00, 20. Richard Wittbrodi 35:02. 30-34: 1. Dave Babiracki 31:09, 2. Ron Gee 31:16, 3. R. Kilpatrick 33:32, 4. John Merhaut 33:55, 5. Jay Urely 34:19, 6. Craig Mead 34:52, 7. Dallas Jones 35:01, 8. Peter Bethune 35:13, 9. Edward Mantini 35:51, 10. Marvin Bartel 36:02. 35-39: 1. Jim Gensichen 35:42, 2. James Subject 36:24, 3. Richard Miller 36:25, 4. Frederic Fleming 36:32, 5. Ralph Johnson 36:55, 6. Daniel Gaudin 37:23, 7. Steve Mangum 37:52, 8. Stephen Gooze 38:31, 9. Roger Weingaertner 39:18, 10. Miles Yamane 39:42. 40-44: 1. Stanley Dutton 34:43, 2. George Kingsley 35:25, 3. Lee Baca 36:24, 4. Dennis Mihora 36:35, 5. Brian Collins 37:12, 6. Manouch Lankarani 38:08, 7. Denis Trafecanti 38:12, 8. Martin Austgen 38:29, 9. Tom Morrow 39:15, 10. Jean-Pierre Theveny 39:34. 45-49: 1. Brian Fernee 34:54, 2. Joe Gassmann 36:00, 3. Christopher Bourke 36:47, 4. Thomas Johnson 38:51, 5. Warren Moorman 39:08. 50-54: 1. John Rudberg 38:24, 2. John Ghini 39:39, 3. Herbert Honor 39:59. 55-59: 1. William Toomey 39:44, 2. Bob Vitale 41:04, 3. Bill Stowell 42:32. 60-64: 1. Bob Page 41:02, 2. Jack Kettler 43:12, 3. Lou Harris 46:32. 65-69: 1. Eddie Lewin 41:51, 2. Jack Warner 42:47. 70 & Over: 1. Nate Shupack 44:54, 2. Ed Stolsen 45:52.

Division Results - Women

12 & Under: 1. Marci Lawson 45:54, 2. Patricia O'Reilly 48:47. 13-15: 1. Sheri Lawson 41:39, 2. Kim Congreger 41:44, 3. Siobhain O'Reilly 44:16. 16-18: 1. Patricia Alendariz 37:59, 2. Wendy Logsdon 40:01, 3. Amanda Marks 40:43. 19-29: 1. Anne Pewe 34:07, 2. Susan Berenda 34:24, 3. Karen Campbell 34:53, 4. Karen Cosgrove 35:22, 5. Nancy Brown 36:17, 6. Sheila Ralston 36:28, 7. Kim Stempion 36:40, 8. Carolyn Richards 38:44, 9. Cathy Bodie 39:50, 10. Gail Conway 40:24. 30-34: 1. Jaynie Studenmund 36:48, 2. Teri Tait 42:04, 3. Aine Lynam 43:42. 35-39: 1. Cheryl Allen 42:58, 2. June Lane 45:26, 3. Adell Williams 47:53. 40-44: 1. Judy Kewley 39:15, 2. Bonnie Robinson 40:25, 3. Susan Stevens 43:00. 45-49: 1. Aitsuko Fujimoto 44:52, 2. Elaine Murphy 47:11, 3. Carole Davis 47:56. 50-54: 1. Layla Harney 47:19, 2. Pat Devita 50:11, 3. Carol Lefevre 54:54. 55-59: 1. Selma Mehman 1:03:12. 60-64: 1. Helen Dick 44:08. 70 & Over: 1. Lucile Adney 1:17:45.

Coyote Hills-To-The-Bay Race

December 15. Coyote Hills Regional Park, Fremont. 3.4 Miles & 6.8 Miles.

Division Results - Men's 3.4 Miles

10 & Under: 1. Sean Eaton 28:23, 2. Jason Goularte 29:14. 11-19: 1. Mike Roach 19:14, 2. Eddie Campbell 19:44. 20-29: 1. Don Looby Jr. 19:46, 2. Fred Ayap 21:15. 30-39: 1. Julios Ratti 18:45, 2. Mike Hotton 19:18. 40-49: 1. Jack Roach 20:13, 2. William Tucker 22:16. 50-59: 1. Arnold DeLaRosa 22:19, 2. Myron F. Boice 26:56. 60 & Over: 1. Ullyses Ratti 26:27, 2. John Gulnee 29:31.

Division Results - Women's 3.4 Miles

10 & Under: 1. Christine Parker 24:20, 2. Janet Marie Parker 24:21. 11-19: 1. Harpreet Kaur 22:47, 2. Andrea Hannes 24:57. 20-29: 1. Val Bates 25:43, 2. Rosanne Dudley 28:13. 30-39: 1. Crystal Miki 23:18, 2. Barbara Zoldan 23:47. 40-49: 1. Diane Bromstead 24:44, 2. Ruth Birmon 32:24.

Division Results - Men's 6.8 Miles

10 & Under: 1. Jerome Daniels 46:55, 2. Dave Reuser 63:15. 11-19: 1. Phil Jensen 39:51, 2. Kevin Hallam 42:01. 20-29: 1. Dan Harvey 37:03, 2. Mike Gama 39:11. 30-39: 1. John Illige 38:14, 2. Peanut Harms 38:15. 40-49: 1. Tim Postege 40:19, 2. Mike Schoelz 41:20. 50-59: 1. Ralph Aquino 44:10, 2. Al Kirkom 47:05. 60 & Over: 1. Howard Powers 52:26, 2. Bill Wallace 53:21.

Division Results - Women's 6.8 Miles

10 & Under: 1. Erin Moore 69:30. 11-19: 1. Erin Bellamy 47:11, 2. Karen Rae Parker 50:05. 20-29: 1. Roxanne Bier 45:02, 2. Rachel Bates 52:07. 30-39: 1. Linda Montyhen 42:58, 2. Nancy Stover 51:18. 40-49: 1. Mary Cantini-Norkin 56:13, 2. Frances Massey 59:35. 50-59: 1. Barbara Rodden 55:25.

Rudolph's Classic 5K & 10K

December 15. Lancaster.

Division Results - Men's 5K

12 & Under: 1. Craig Ciesled 18:56, 2. Chad Ciesiek, 3. Rod Harrington. 13-15: 1. Justin Christensen 17:58, 2. Tim Ward, 3. Brent Garrett. 16-18: 1. Jack Kicklighter 17:12, 2. Scott Denham. 19-24: 1. Brent Allen 15:52, 2. John Brady, 3. Robert Carlew. 25-29: 1. Cordell Teiford 18:19, 2. David Gates, 3. Mike Shiller. 30-39: 1. Ralph West 17:13, 2. Pat Curran, 3. Phil Horn. 40-49: 1. Richard Cooper 19:52, 2. Wayne Mauldin, 3. Jack Wengert. 50-59: 1. Alan Taylor 19:52. 60 & Over: 1. John Thompson 23:25, 2. Larry Kelbly.

Division Results - Women's 5K

12 & Under: 1. Kim Washburn 25:22, 2. Karen Harvey, 3. Kasi Moore. 13-15: 1. Leanne Robinson 27:43. 19-24: 1. Tracy Woods 20:12, 2. Robin Fergusson, 3. Lisa Jackson. 25-29: 1. Clara Cotes 25:14, 2. Darlene Savage, 3. Catherine Guerrero. 30-39: 1. Sylvia Aceves 19:47, 2. Dee Bender, 3. Janice Hightower. 40 & Over: 1. Margaret Chapman 24:31, 2. Jeanne Grant.

Division Results - Men's 10K

12 & Under: 1. Jeremy Gocke 41:37, 2. Jason Pape 13:15, 1. Greg Bales 37:55, 2. Frank Sakelarios, 3. Mark Harvey. 19-24: 1. Allen Dehlinger 32:46, 2. Shawn Elmore. 3. David Lucas. 25-29: 1. Casey Jones 33:35, 2. Tony Whitmore, 3. Gary Miller. 30-39: 1. Gary Ewerson 33:41, 2. Brian Stensauk, 3. Jack Dewar. 40-49: 1. Glenn Cantree 38:45, 2. Neil Wilcox, 3. Stan Cholewinshil. 50-59: 1. Paul Hassan 48:24, 2. Jim Harvey, 3. Don Kaplan. 60 & Over: 1. Jim Talley 42:37.

Division Results - Women's 10K

12 & Under: 1. Jean Harvey 53:24. 13-15: 1. Cheryl Ciesied 49:38. 25-29: 1. Mary Bullock 40:04, 2. Kathy Britcliffe. 30-39: 1. C.J. Douglas 56:38. 40 & Over: 1. Jeanelle Welts 41:26, 2. Julie Andolsek.

Sanger Striders Pre-Christmas Run

from Dave Dodson

December 22. Sanger. 6 Miles.

Division Results - Men

15 & Under: 1. Scott Kennedy 37:23. 16-18: 1. Jesus Llanes 32:47. 19-29: 1. Jesus Jasso 35:44. 30-39: 1. Harry Maloney 34:30. 40-49: 1. Bob Perry 36:39. 50-59: 1. Ric Zamarripa 36:50.

Division Results - Women

19-29: 1. Tanis Leyendekker 35:57 CR. 30-39: 1. Kathy Kennedy 37:33. 40-49: 1. Bonnie Pius 47:24. 50-59: 1. Sydney Loo 59:20. 60 & Over: 1. Virginia Martin 1:08:08.

T.I.T. 6.6 Mile Cross Country

December 23. Ventura.

Overall Results

1 Gary Tuttle (1 19-39)	34:39
2 Steve Blum (2 19-39)	35:45
3 Luis Pinon	36:06
4 Tom Phillips	36:30
5 Rudy Hernandez	37:11
6 Mike Zaragoza	37:16
7 Matt Cucchiera (1 40-49)	37:56
8 Han VanKoppen	38:01
9 Ramon Perez (1 18&U)	38:48
10 Mike Delgado (2 18&U)	39:27
11 Eugene Blankenship (2 40-49)	39:30
23 Anne Hayden (1F 19-34)	43:43
30 Tammay McCarty (1F 18&U)	46:03
32 Manuella Miller (2F 18&U)	46:55
34 Mimi Baranowski (1F 35+)	47:43
40 Fred Nagelschmidt (1 50+)	49:39
51 Terri Donegan (2F 35+)	1:01:16



Westlake Village 20 Mile Run

December 30. Westlake Village.

Overall Results

1 Steve Flynn(28)Tarzana	1:51:16
2 Luis Pinon Jr.(20)SanPedro	1:52:51
3 Thomas Sneddon(38)PanCity	1:57:59
4 Art VanVeen(21)TempleCity	1:59:44
5 Francisco Garcia(28)Rosemead	2:00:48
7 Bob Badgett(18)Valencia	2:01:22
8 Ron Smith(37)GranadaHis	2:01:47
9 Greg Hill(19)Annapolis,MD	2:02:17
10 Jim Pellon(34)Encino	2:02:37
11 Brian Nelson(27)Ventura	2:02:56
12 Ralph Castillas(33)Oxnard	2:03:31
13 Ed Kitchin(25)Thous.Oaks	2:03:53
14 Bill Lovelace(37)CanogaPk	2:04:41
15 Allen Tocco(49)SanPedro	2:04:50
16 Robert Davidson(40)L.A.	2:06:23
17 Paul Garnett(36)Topanga	2:07:08
18 Bill Flynn(30)Tarzana	2:09:35
19 Morris Rehn(32)LongBeach	2:09:41
20 James Leiman(35)Eugene,OR	2:09:48
26 Patrick Devine(56)SanPedro	2:12:05
30 Sherry Simmons(26F)Lomita	2:14:03
52 Fred Nagelschmidt(60)Vert	2:24:08
56 Elizabeth Gauer(25)Nordge	2:25:20
58 Stan Block(53)Chatswrth	2:25:40
71 Sue Harmon(34F)VanNuys	2:29:37
77 Wendy Watson(40F)ManhatBc	2:30:01
82 Laura Miller(28F)Hawthorne	2:32:42
92 Amy Graham(35F)ManhatnBch	2:35:58
159Melida Dean(55F)EISegundo	3:09:44

Results

PA/TAC 5K Championships

Dec. 31, Foothill Col., Los Altos Hills.

Overall Results

1 Sean Cahill, England	14:30
2 Steve Pradere, Reno	15:02
3 Hector Perez, Con. Agg	15:08
4 Terry Gibson, Con. Agg	15:11
5 John Spilman, Northrid	15:16
6 Mark Proteau, Con. Agg	15:27
7 Matt Huber, Reno	15:32
8 Vern Salaz, Con. Agg	15:42
9 Vic Santamaria	15:42
10 Glenn Reynolds, Con. Agg	15:44
11 Stacey Geiken, Con. Agg	15:48
12 Pete Carpenter	15:52
13 Glenn Carpenter	16:01
14 Kevin Mears	16:02
15 Mike Krieger	16:10.4
16 Mark Williams	16:10.6
17 Dale Richard	16:12
18 Syl Paccasi	16:17
19 Hugh Stahl	16:22
20 Steve Scholz	16:24
27 Christine Boxer	16:50
32 Vicki Bray	17:52
34 Melissa Martel	18:16
35 Roxanne Bier	18:29
36 Sharon Maley	19:01

Family Midnite Run

December 31, Lompoc, 4.8 Miles.

Overall Results

1 John Trump (29) Lompoc	25:33
2 Joe Alaniz (19) 29 Palms	25:34
3 Peter Pubek (24) Lompoc	25:49

Track & Field

West Coast Weight Pentathlon

December 16, CSULA.

Top Ten Men

1 Mike Entschman, Bakertf	4678
2 Matt Mitcham, Britain	4253
3 Alan Galitz, Bakertf	4059
4 Paul Bender, FresnoSt	4035
5 Frank Reilly, AllAmrTC	3999
6 Mackon Littlejohn, FresnoSt	3997
7 Phil Mann, Azusa	3770
8 Lloyd Higgins, Stanislaus	3681
9 Oscar Garcia, CalStLLA	3672
10 Jeff Crow, Bakertf	3497

Top Three Women

1 Lory Barron, FresnoSt	2084
2 Maria Louanna, Bakertf	2027
3 Carlyn Edmondson, FresnoSt	1867

All-Comers Meet

January 5, U.C. Berkeley.

Men

55: Craig Nash 6.4. 200: Scott Sanders 22.2. 400: 1. Kevin Mouton 49.9. 800: Calvin Gaziano 1:57.0. 1500: Harvey Franklin 4:08.4. 55HH: Mark Boyd 7.6.

4 John Kelley (22) Lompoc	27:39
5 Mike Uena (41) Lompoc	28:54
13 Art Schickram (55) Lompoc	32:28
20 Cheri Mead (35F) Oxnard	38:57
22 Ruth Adams (47F)Lompoc	39:33

Buena 5K

January 5, Ventura.

Division Results - Men

14 & Under: 1. Darren Lelsky, 16-18: 1. Mike Barton 17:13, 2. Randel Felix 17:17, 3. Tom McKean 17:50. 19-29: 1. Jim Triplett 14:56, 2. Peter Von Haug 15:22, 3. Mikeal Hunt 15:35. 30-39: 1. Chuck Smead 14:55, 2. Larry Montaz 15:46, 3. Raiph Cassillas 16:38. 40-49: 1. Matt Cucchiolla 16:05, 2. Larry Pontinen 17:30, 3. G. Foodman 18:19. 50-59: 1. Ken Gaskell 18:14, 2. Gene Pumphrey 18:46, 3. Gunnar Brickner 19:00. 60 & Over: 1. Fred Naaglsmit 19:03.

Division Results - Women

18 & Under: 1. Tammy McCarty 18:54, 2. Connie McCarty 21:02, 3. Shanna Meriguni 24:27. 19-29: 1. Cathy Askin 19:57, 2. Debbie Mareno 25:16, 3. Debra Mosher 25:20. 30-39: 1. Elaine Triplett 18:05, 2. Mimi Barondush 19:49, 3. Susan Wickham 22:06. 40-49: 1. Jan Franzese 22:06, 2. Liz Cushman 22:17, 3. Racheal Zallgosh 24:46. 50-59: 1. Patti Titus 30:26, 2. Bea House 34:03. 60 & Over: 1. Doris Vernon 30:02.

Avalon Benefit 50 Miles

January 5, Santa Catalina Island.

Overall Results

1 Warren Finke (42) Oregon	6:25:34
2 Richard Provost (38)	6:26:22
3 Larry Goodman (28)	6:44:43
4 Charles Savage (37)	6:50:59

300IH: Michael Engelhart 42.1. HJ: Maurice Crumby 7-2. PV: Joe Sandrini 13-6. LJ: Jeff Suits 21-5 1/2. TJ: Dimitri Piterman 47-7 1/2. SP: Gregg Tafrales 61-3. DT: Gregg Tafrales 178-7. HT: Mike Ostrom 141-8. JT: John Burns 187-2.

Women

200: Leslie Maxie 23.4. 400: Ronda Brooks 1:01.8. 800: Sydney Thatcher 2:29.0. 1500: Luz Frias 5:44.1. 300H: Karen Ansaldi 53.9. 400R: Eastshore TC 55.3. LJ: Carrie Dees 14-8 1/2. DT: Cindi Durchslag 146-10. JT: Martha Hill 105-3.

High School Boys

55: Anthony Usher 6.6. 200: Anthony Usher 23.0. 400: Alvin Pickettay 52.3. 800: Adam McAbay 2:03.9. 1500: Kevin Robinson 4:37.6. 3200: Brian Vaughan 10:09.9. 400R: Berkeley 46.1. HJ: Paul MacFarland 6-4. PV: Kevin Englund 13-0. LJ: Chuck Brooks 23-5 1/2. TJ: Chuck Brooks 42-8. SP: Robert Adwere 48-1 1/2. DT: Milton Harogh 138-4.

All-Comers Meet

January 12, U.C. Berkeley.

Men

55: Kevin House 6.3. 200: Craig Armstrong 21.7. 400: Maurice Compton 48.5. 800: George Mason 1:59.1. 1500: Harvey Franklin 4:07.8. 55HH: Mike Lee 7.8. 300LH: Terry Calloway 42.4. 400R: Merritt 44.5. 1600R: Merritt 3:29.5. HJ: Maurice Crumby 7-0. PV: Anthony Harris 13-6. LJ: Ken Frazier 23-7 1/2. TJ: Terry Calloway 41-8 1/4. SP: Mike Smith 63-10 1/4. DT: Gregg Tafrales 178-9. JT: Ron Uhl 204-8. HT: Dave Debus 180-6.

5 Dan Stumpus (33)	7:05:07
6 Ian Maddison (42)	7:14:09
7 Steve Corona (23)	7:20:50
8 Skip Rochefert (30)	7:20:56
9 Ron Covert (50)	7:36:25
10 Jeff Pierce (28)	7:37:49
11 Bob Silverman (37)	7:37:49
12 Hal Winton (53)	7:39:47
13 Richard Vander Stueken(45)	7:41:47
14 Roger Sebert (28)	7:47:49
15 Steve Kohler (37)	7:52:08

China Cup Opener

January 12, Fountain Valley, 5K.

It was a day to prove Murphys Law -- "That which can go wrong will go wrong". The day started at 4 a.m. with Santa Ana winds blowing in gusts up to 60 mph. It was all we could do to stand up at the park in Fountain Valley. The trees were falling down, branches and leaves flew through the air. A decision had to be made about the race. How dangerous was it for the runners. John Blair and George Payan had to make a decision by 7 a.m. They had both gotten out of sick beds and the winds seemed horrendous to them. They decided to go with just one race, at 8:30, the shorter length and hope that the winds would die down some by then. The race committee looked like pioneers guiding up for a fight with the Indians by circling the race vehicles to try and give some protection from the indian wind. Nothing could be put out without the wind blowing it away. Then came out electronic problems. PA wouldn't work. Wind blown dust in the Chronomix caused it to malfunction, the large clock developed a sticky number. Finish cards were dropped and blown away. Tree tops fought with runners for a piece in the

finish chute. Weather reports say that this was one of the worse Santa Ana winds on record and we agree. We were out in it trying to put on a race.

Division Results - Men

14 & Under: 1. Craig Lawson 16:46, 2. Ken Gibson 17:17, 3. Albert Pardeds 17:43. 15-18: 1. Joe Nitti 14:42, 2. Adam DeVito 15:38, 3. Richard Tanner 16:00. 19-24: 1. Ray Cook 14:48, 2. Nicholas Carr 14:51, 3. Alan Dehlinger 15:14. 25-29: 1. Holland Bunz 15:26, 2. David Parsel 15:31, 3. Tom Cheese 15:37. 30-34: 1. Ben Martinez 15:19, 2. Dave Frickel 15:30, 3. Rex Power 15:54. 35-39: 1. Jim Reilly 16:05, 2. Robert Williams 16:29, 3. Bill Sumner 16:43. 40-44: 1. Bob Hill 16:38, 2. Catarina Gonzalez 16:43, 3. Randall Shelley 16:48. 45-49: 1. Ronald Pattinson 16:51, 2. Juvenal Herrera 17:22, 3. Gary Smith 17:23. 50-59: 1. Gunnar Brickner 17:50, 2. Leonard Walts 18:09, 3. Tom Wilson 18:39. 60-69: 1. Larry Banuelos 17:59, 2. David Cohen 19:41, 3. Casey Poole 20:20. 70-79: 1. Fred Shanley 25:36, 2. Larry Kelbiey 28:38. 80 & Over: 1. Jacob Blshin 30:51.

Division Results - Women

14 & Under: 1. Marci Larson 20:18, 2. Kelly Sullivan 27:40. 15-18: 1. Tania Fisher 16:47, 2. Mo Winner 16:51, 3. Sheri Lawson 18:41. 19-24: 1. Vickie Cook 16:48, 2. Shannon Stryker 16:48, 3. Nancy Brown 16:53. 25-29: 1. Linda Fox 17:50, 2. Anne Standley 18:18, 3. Jeanne Kawashima 18:27. 30-34: 1. Judi Vivian 17:04, 2. Claudia Morales 17:38, 3. Lois Curt 18:05. 35-39: 1. MaryJane Mitchell 18:17, 2. Davia Juslonis 18:32, 3. Diane Ito 10:12. 40-49: 1. Sue Peterson 17:15, 2. Harolene Walters 17:42, 3. Brenda Lunsford 20:31. 50-59: 1. Mary Norris 23:52, 2. Jeanne Carrier 23:55, 3. Jean Windshar 25:51. 60 & Over: 1. Chris Hodowski 26:19, 2. Leona Vinson 29:14.

Women

55: Johnnetta Gay 7.3. 200: Ronda Brooks 26.7. 400: Sheila Herzog 67.5. 800: Laurie Hollingworth 2:22.8. 1500: Laurie Hollingworth 4:56.4. 5000: Janine Aiello 17:16.5. 400R: Dr. King TC 53.5. 1600R: Millbrae Lions 4:27.7. HJ: Nancy Kelly 4-4. LJ: Renee Jackson 17-7 1/2. DT: Buffy Sexton 100-7.

High School Boys

55: Marty Roberts 6.6. 200: Pat Gordon 23.0. 400: Lionel Dozier 51.7. 800: Bryan Mayberry 2:03.1. 1500: Adam McAbay 4:20.0. 3200: Chris Hoepker 9:58.9. 55HH: Michael Engelhart 8.0. 300LH: Alvin Pickettay 42.2. 400R: Skyline 44.8. 1600R: Skyline 3:40.8. HJ: Paul MacFarland 6-2. PV: Wally Summers 13-6. LJ: Charles Brooks 22-3 1/4. TJ: Ray Cox 40-8 1/4. SP: Robert Adwere 48-4 1/4. DT: Milton Harogh 141-2. JT: P. Ansaldi 67-11.

Long Beach State All-Comers Meet

January 19, Long Beach.

Men's Results

80 Yd. (42" Hurdles): 1. Joseph Duarte, 7.8, 2. Viltz 8.3, 3. McLaughlin 8.4. 60 Yd. (39" Hurdles): 1. Anthony Burnett 7.9, 2. Southern St. Anthony 8.6, 3. Noyes 8.7. 100m: 1. John Thomas 10.8, 2. Charles Branch 10.9. 200m: 1. Kevin Hawkins 21.5, 2. John Thomas 21.8, 3. Beckham 22.4, 4. Donald Hawkins 22.6.

400m: 1. John Patterson 50.1, 2. Darrin Smith 51.7, 3. Eric Hesly 52.42.

1500m: 1. Greg King 4:06.3, 2. Bill Schipper 4:10.7.

500m: 1. Adam DeVito 15:53.7.

HJ: 1. Steve Nichols 7-0, 2. Tyrus Jefferson 7-0, 3. Lewis 6-10.

SP: 1. Keith Robinson 42-7, 2. Cordi (Cypress HS) 47-9.

PV: 1. Mike Worden 15-0, 2. Jeff Mulligan 14-6, 3. John Reed 14-6.

LJ: 1. Tyrus Jefferson 24-5 1/2, 2. Tobias Virgil 23-1 1/2.

TJ: 1. Brent Kotinek 48-0 1/4, 2. Anthony Burnett 44-8.

Women's Results

80 Yd. (33" Hurdles): 1. Laura Mills 8.3, 2. Yleana Carrasco 8.5, 3. Sue Patterson 8.8.

60 Yd. (30" Hurdles): 1. Laura Mills 8.3, 2. Yleana Carrasco 8.5.

100m: 1. Felicia Skaggs 12.9.

200m: 1. Myra Mayberry 25.1, 2. Tol Pugh & Joyce Austin 25.8.

400m: 1. Myra Mayberry 56.5, 2. Tol Pugh 56.7, 3. Margaret Hemmans 57.5.

1500m: 1. Teri Grimsby 5:14.4, 2. Kirsten Petersen 5:19.8, 3. Wendy Petersen 5:20.2, 4. Carrie Freeman, 5:22.6, 5. Jamie Barals 5:23.2.

3000m: 1. Kerin Berry 11:50.0.

HJ: 1. Yleana Carrasco 8-5.

SP: 1. Lori Smith 42-11 1/2, 2. Lisa Limm 33-7.

LJ: 1. Kathrine Williams 18-0, 2. Joyce Austin 17-9 1/4, 3. Renita Robinson 17-1 1/2.

TJ: 1. Renita Robinson 39-2, 2. Angela McKnight 34-11, 3. Nedra Walsh 33-0.

SUNKIST Invitational

by Doug Speck

Jan. 18. Sports Arena, Los Angeles.

Meet Director Al Franken's love affair with middle distance running, the intense media hype surrounding the Mary Decker Olympic fall, and comments of late by Ruth Wysocki about Mary's general demeanor all combined to create real interest (and results) in the January 18th Sunkist Indoor Track & Field Meet. Mary and Ruth were out after a World Record 2000 meter 5:43.30 (and each other it seemed). The usual super Men's Mile field here let no one down as Eamon Coghlan, out of the 84 Olympic picture with a stress fracture, and Steve Scott, went at it. Valerie Brisco-Hooks showed she is not planning a post-Olympic let-down in 1985 with a fine 440, and just about every other event was exciting and very competitive.

The Women's 2000 (13 laps 107.2 yards) was a Meet Director's delight, as the couple of weeks previous in the press had been full of charges and counter-charges about Decker's behavior after her Olympic entanglement with Zola Budd by her Olympic Trials 1500 meter conqueror Ruth Wysocki. Both athletes were introduced at the meet to mixed cheers and boos. Both grew up in Southern California, so there was some extra interest. Decker certainly wasted no time once the gun fired in going out after the record. With a 10 meter lead after just three laps on Wysocki, Mary knocked out quarter splits of 68.4-2:15-3:22 (or 500 meter splits as they announced of 1:22.2-4:46.8 through 1000m). By the mile in 4:31.0 Mary had 40 meters on Wysocki and definite record possibilities. The Athletics West star continued to power all the way in to finish in 5:34.52 and easily break Yekaterina Podkopaeva's 1983 mark. Ruth finished in a good 5:45.93. Decker is obviously over any physical ailments due to her Coliseum fall from August and talked excitedly after the race about the rest of her indoor season.

The Men's Mile featured a super field, headed by Eamon Coghlan and Steve Scott, and those people will never let you down competitive-wise. Coghlan was hot to trot after stress fracture problems in 1984 and Scott was anxious to reprove himself after a bit of a letdown in the Olympics. Rabbit Eddie Davis towed the group through 59.1-2:00.1 quarter splits. Tom Smith (Athletics West) kept things honest with a 3:00.8 at the 1320 mark. The favorites were all in close tow. Coghlan made the first move with two 160 circuits to go and the race was on. Scott eased up to Eamon as they came off the final turn, but just missed catching the Irishman at the tape 3:56.34-3:56.35. Coghlan churned the final 160 yard lap in 18.8 seconds (51.7 pace for a quarter). Scott's mile was his 89th under 4:00, while John Walker recorded his 95th with his 3:57.56 in 3rd.

Valerie Brisco-Hooks came to run in her 440 yard race. She blasted the first 160 yard loop in 18.0 (49.5 440 pace) and held a big lead which measured 12 meters at the finish over Florence Griffith. Valerie's 53.41 was a Meet Record and only .12 outside the world 440 yard record.

The Men's 880 featured American Record holder (1:42.96) Johnny Gray and Olympic silver medalist Earl Jones (Eastern Michigan). Gray went out and set the pace through a 53.7 440 with Jones running a comfortable second. Gray learned in Europe to go out hard and push the entire race, and Earl worked his way



photo by Burt Davis

Men's Open 500 Finish, left to right: Egbunike (3rd), Armour (4th), Cameron (2nd), Darden (1st).

close, but could never quite catch the Santa Monica TC star 1:49.0-1:49.2.

The Men's High Jump was a very good competition. Jim Howard, Lee Balkin, and Doug Nordquist all joined Dwight Stones over 7-3 1/4. Balkin surprised a bit by clearing 7-5, while Howard was the only other one to be successful there. Howard surprised even more by sailing over 7-6 1/2 on his second attempt to take the competition.

The Pole Vault featured another top group, of which Dan Ripley, Doug Lytle, Billy Olson, and Earl Bell were able to negotiate 18-0. Olson showed he is on the road back with an 18-4 clearance, along with Bell, with the older Texan (Bell) winning on the earlier clearance rule. Both Bell and Olson looked as if some bigger and better fireworks will be along this indoor season.

Greg Foster survived an altercation with the Security people before his race to put together an excellent start and race over 50 yards in the Hurdles. Greg's 5.96 featured an easing up at the end that cost him a World Record (5.92) by the guy who catches passes for the 49ers). A little later in the meet they raced 60 yards over the sticks, and it was a little closer, but Greg still prevailed 7.11 to 7.19 over Al Joyner.

The Two Mile featured a good group which followed Steve Ortiz through a 4:18.0 mile. Doug Padilla became a bit impatient at that point and took off with 3:37.25 1500 meter specialist from England, Jack Buckner. The Englishman accelerated past Padilla before the Mile and a quarter, and certainly did not seem interested in testing Padilla's wicked last 440 sprint. Buckner went 65.9-64.0-59.2 for the three quarter mile bits past the mile, the third one causing Padilla to cash in his chips and drop way back. Buckner raced 61.6 for the final 440 to win in 8:28.76. The Britisher looked very good through his 3:04.8 final 1320.

The Triple Jump was a good competition. Mike Conley sailed out 54-0 on his second jump, with Robert Cannon moving ahead to 54-10 on his second to last effort. Conley stretched out to 55-6 1/2 on his final trial, as Cannon could respond only with a 52-2.

Alice Brown looked very sharp in run-

ing down quick starting Zelda Johnson over 60 yards in winning with a 6.72 (just .06 short of Evelyn Ashford's Meet Record). Darwin Cook (USC) looked very solid, the entire race in winning the Men's 60 in 6.16 over Harvey Glance (6.20).

Tony Darden, a true indoor vet, won a competitive 500. Darden took the pace out for the first two laps, and it was like a magnet drew the four runner field together down the final stretch, where Bert Cameron just missed catching Darden with 57.0 the time for both.

Lee Arbogast (Athletics West) won an exciting last lap duel in the Women's 880 over Rose Monday (Puma TC) 2:08.3-2:08.5.

El Camino JC won the battle of the behemoth Community Colleges in their Mile Relay at 3:19.9, featuring Daymon Lee on the anchor.

Sunkist Indoor High School Section

A National Record performance by amazing Choo-Choo Knighten (Locke, LA) in the 500 yards, a National Record equalling Women's 640 Relay by a smooth-passing Muir of Pasadena group, and super vaulting by recent transfer (Midway, Waco, Texas to San Marcos, Santa Barbara) Brandon Richards highlighted the prep portion of the Sunkist Indoor Meet. And, as usual, athletes competing unattached (as were all the preps from their institutions in this meet) from Hawthorne HS, were all over the placing winning everything.

Choo-Choo Knighten (Locke, LA) looked very powerful all the way in racing away from her competition into record land and a 1:04.0 500 yard that took down the famous Denean Howard's 1:04.1 from 1981. Knighten returned to blaze 7.9 for the 60 yard Hurdles at 33", the third fastest time in the nation so far in 1985. Soph Janeene Vickers (Pomona) showed her Cross-Country season only made her stronger as she handled cross-town rival Michelle Taylor (Ganesha, Pomona) 1:05.0-1:05.1 in their heat. Vickers and Taylor are now #3 and #4 respectively on the All-Time list in this event.

Muir High returns a good Women's 400 meter relay group. In their 640 relay (4 x 160 loops) here they exhibited a super blend of speed and excellent stick work

photo by Maurice Wilson



CHOO-CHOO KNIGHTEN

continued on next page...

to equal the National Record of 1:13.4. Nicki Caddell (19.1), Lanetta Wilson (18.0), Michelle Miller (18.3), and Lana Cantrell (18.0) made up the squad.

Brandon Richards—perhaps you remember his daddy Bob, cleared 17-0 last year in Texas, and he took right up here where he left off. After he cleared 15-6 to win the Prep vault the Santa Barbaran headed over to the Open competition, where he sailed over 17-0, easily a Golden State prep best. Brandon about broke his rear bone later on when he landed half on and half off the runway, although he appeared to be walking around fine afterwards.

Hawthorne performed at its usual high level. Henry Thomas is looking better than ever. He has run 10.4 and 10.0w for 100 meters outdoors, and here got into high gear in the 60 after about 20 yards and waltzed away in a 6.0 clocking. Thomas anchored his 640 relay group to the evening's fastest clocking of 1:06.0 with a 15.7 lap split, and anchored his Mile Relay group to a win at 3:25.4 with a 49.4 after Sean Kelly had broke it open with a 49.6 third leg. Kelly, who has run 1:53.0 outdoors for 800m this winter, cruised along behind the leader in the half at 57.2 for the first 440, then easily handled Bakersfield's Sean Langer by 1.4 seconds in the final 160 circuit on the way to a 1:57.4 win. The Cougars took one heat of the Men's Two Mile Relay with a squad of four hurdlers. Von Joyce, Ed Tillman, Steve Taylor, and Mike Graham are timber toppers who got in shape. Graham has real potential in this event, as his 2:02.5 brought Hawthorne in first, but the team was disqualified when one of its members stepped off the track onto the infield when going around a turn. Graham returned later to take the 60 Yard High at 7.6 over Terry Johnson (Katella, Anaheim) and Damon Thomas (Pasadena) with the same time.

Each of the first three legs in the Women's Two Mile Relay ran a lap short (pretty good prep 880 legs for young ladies, all between 1:56 and 2:01). It even got strange on the anchor as Newport Harbor and Hawthorne were not far apart, but the anchor runners got the batons on different laps. Anyway, the time sheet came back with Hawthorne the winners and no times listed.

Scott Fry (Perkins, Sandusky, Ohio), the Kinney National CC Champ, came to face Calvin Gaziano (Castro Valley) and Brad Hudson (South Eugene, Oregon) over two miles. The only problem was that neither Gaziano nor Hudson showed or had the courtesy to explain their non-appearances. It was up to Southlanders Greg Whiteley (University, Irvine) and Jim Harvath (Thousand Oaks) to try to tag along with the Ohio dynamo. The trio screamed through three-quarters of a mile in 3:19.7, with Whiteley able to hang on through 4:29.8-5:38.0-6:48.6-7:57.6 splits before the midwesterner began to pull away. There were problems in this race too, as somehow the lap sign skipped a beat and athletes ran one lap too far. Fry went through the real finish in 9:02.4 and sprinted another for the officials. The rest had some problems. The times listed in the results were wrong for the correct distance, with Whiteley finishing two in 9:11.1 (and covering one more lap in 24.4 seconds). Harvath was 9:26.1 with the pack a ways back.

Kerri Zaleski (Millikan, Long Beach) looked good in her 880 race. The Millikan senior took it out through a 63.2 440, with only Mt. Carmel's (San Diego) Lesley Noll close. Zaleski finished unchallenged in a 2:10.8 Meet Record, while Noll ran a fine 2:13.9. Lesley did not run outdoors last Spring after suffering a stress fracture last winter.

Tim Williams (Rubidoux, Riverside) exploded in the Triple Jump out to a fine

photo by Jim Reynolds



TAMMY McCARTY - Rated Mile

photo by Jim Reynolds



Boys Seeded Mile, front row, left to right: John Quade, David Naranjo, Mark Mastalir, Eric Mastalir, Roman Gomez, Bill Feliciano.

The Hawthorne girls were not far behind. They took their heat of the 640 Relay in a good 1:15.4. They recorded the Nation's second fastest Mile Relay at 4:00.6 with Deanna Amy (60.6), Tami Allen (60.9), Lisa Oates (60.1), and Tami Stiles (58.9) making up that group. The Cougars also won the Two Mile Relay in a race that showed some of the careless officiating that took place in the prep distance

48-8 to handle Marcus Hooks (Lakewood) 47-10 1/2. George Smith (Clovis West) goes a long ways over his head in the High Jump. He followed up his 6-11 soph clearance last spring with a 6-8 victory here.

After a leisurely 3:22.0 1320 split in the Men's Rated Mile, LA Wilson's Eric Aguirre cranked a 62.4 final 440 to run away from Shawn Sinclair (Brea) and the

pack in a 4:24.4 win. In the Seeded Mile the pack cruised along behind defending State Champ Roman Gomez (Belmont, LA) for an 880 (65.4-2:15.6) before they realized the LA City star might not be at full strength. John Quade, a 3:52.38 1500 runner from Woodlindville, Washington led the charge, as he tacked a 59.2 final quarter onto a 3:22.8 1320 split to easily win at 4:22.0 over Hilltop of San Diego's

Ellis Del Sol (4:26.4).

In the Women's Rated Mile Tammy McCarty (Buena, Ventura) pulled away from the pack despite an 80.2 final 440 to win at 5:14.2. In the Seeded Race Tracey Williams (Mountain View, El Monte) tried to run away through a 69.1 first 440. The pack worked its way back up by the 880 (2:28.4), as Rebecca Chamberlain (Leigh, San Jose) and Shannon Clark (Mountain View) led the pressure. At 3:47.8 for the 1320 Chamberlain challenged and went by. Clark remained close and during a furious last lap dash edged past her Central Coast Section rival to win 5:02.1-5:02.6, with Williams back at 5:04.7.

Dwight Moore (Westchester) (59.5) and Danny Everett (Fairfax, LA) (59.2) recorded the evening's quickest 500 yard victories in their heats. Simi Valley recorded a slider 2:16.5 in winning the supposed slower section of the 8 x 160 Relay for Men. Louisville recorded a 2:44.9 in an 8 x 160 Relay for Small School Women.

Simi's Lawrence Nelson went 22-7 1/4 to take the Men's Long Jump, and Teddy Baker took a Football Hero 60 yard in 6.3 over Oxnard's Lawrence Berkeley with the same time.

OPEN

Men

60—1. Cook (USC), 6:16; 2. Gience (unat), 6:20; 3. Egbunike (Azusa Pacific/Nigeria), 6:21; 4. Baptiste (Houston), 6:25; 5. Robinson (Arizona St.), 6:36; 6. R. Brown (Arizona), 6:42.

LEGENDS 60—1. Kenny Dennis, 6:5 (equals meet record, Darel Newman, 1984); 2. Leon Coleman, 6:5; 3. Darel Newman, 6:9; 4. Tony Castro, 7:0; 5. Alan Cranston, 7:1; 6. Bob Richards, no time.

50 HURDLES—1. Foster (World Class), 5:96 (second performer and performance all-time world); 2. Campbell (unat), 6:02; 3. Stewart (unat), 6:13; 4. Joyner (Athletics West), 6:16; 5. Phillips (World Class), 6:23.

60 HURDLES—1. Foster (World Class), 7:11; 2. Joyner (Athletics West), 7:19; 3. Campbell (unat), 7:20; 4. Stewart (unat), 7:25; 5. Phillips (World Class), 7:28.

CORPORATE CO-ED RELAY—1. Robkwell International, 4:13.8; 2. Hughes Aircraft, 4:17.3; 3. TRW, 4:18.5.

500—1. Darden (unat), 57.0; 2. Cameron (Jamaica), 57.0; 3. Egbunike (Azusa Pacific/Nigeria), 57.1; 4. Armour (Fresno St.), 57.2.

880—1. Gray (Santa Monica TC), 1:49.0; 2. Jones (Eastern Michigan), 1:49.2; 3. West (Santa Monica TC), 1:51.0; 4. Theriot (unat), 1:51.8; 5. Scott (Arizona St.), 1:52.5; 6. Belger (Pacific Coast Club), no time.

MILE—1. Coghlan (New York AC/ireland), 3:56.34; 2. S. Scott (Tiger), 3:56.35; 3. Walker (Sub 4/New Zealand), 3:57.56; 4. T. Smith (Athletics West), 4:00.86; 5. F. Assumma (unat), 4:01.09; 6. Taylor (Sub 4), 4:08.49.

TWO-MILE—1. Buckner (Britain), 8:28.76; 2. Padilla (Athletics West), 8:34.93; 3. Harbour (Santa Monica TC), 8:35.05; 4. Aldridge (unat), 8:39.41; 5. Predmore (Athletics West), 8:39.66; 6. Koeh (Washington St.), no time; 7. S. Ortiz (unat), nt; 8. Van Calcar (Oregon St.), nt; 9. Cummings (New Balance), nt; 10. Butler (unat), nt.

HIGH JUMP—1. Howard (Pacific Coast Club), 7' 6 1/4 (meet record, old mark, 7' 6, Franklin Jacobs, 1980); 2. Bailon (Stars & Stripes), 7' 5; 3. Nordquist (unat), 7' 3 1/4; 4. Stokes (Pacific Coast Club), 7' 3 1/4; 5. Jacoby (unat), 7' 1 1/4; 6. Harken (Washington St.), 7' 1 1/4.

TRIPLE JUMP—1. Conley (Arkansas), 55' 6 1/2 (meet record, old mark, 54' 1 1/2, R. Livers, unat, 1981); 2. Cannon (Coast Athletics), 54' 10; 3. Kimble (BA Striders), 53' 4 1/4; 4. Washington (OCLA), 51' 1 1/4; 5. Frazier (Arizona St.), 51' 0; 6. Pullin (USC), 48' 5 1/4.

POLE VAULT—1. Bell (Pacific Coast Club), 11' 4; 2. Olson (Pacific Coast Club), 11' 4; 3. Lytle (unat), 11' 0; 4. Ripley (Pacific Coast Club), 11' 0; 5. In between Carran (unat) and Kenworthy (unat), 1' 0; 7. B. Richards (Santa Barbara San Marcos HS), 1' 0; (equal second performer all time); 8. Friley (Fresno St.), 11' 6.

Women

60—1. Brown (World Class), 6:22; 2. Innes (Atlanta), 6:30; 3. Burke (Jamaica), 6:36; 4. Johnson (Washington), 6:48; 5.

Griffith (World Class), 6:59; 6. Simmons (USC), 7:18.

2,000—1. Decker (Athletics West), 5:34.52 (world best and American record, old world best, 5:43.30, Yekaterina Podkopaeva, USSR, 1983, old American mark, 5:51.1, Decker, 1982); 2. Wysocki (Brook), 5:45.93; 3. M. Joyce (Covese/Ireland), 5:56.32; 4. Hopper (Puma), 6:08.08; 5. K. O'Hara (California), 6:08.51.

440—1. Brisco-Hooks (World Class), 53.41; 2. Griffith (World Class), 54.96; 3. Gardner (Hawaii), 55.46; 4. Sheffield (San Diego St.), 55.51.

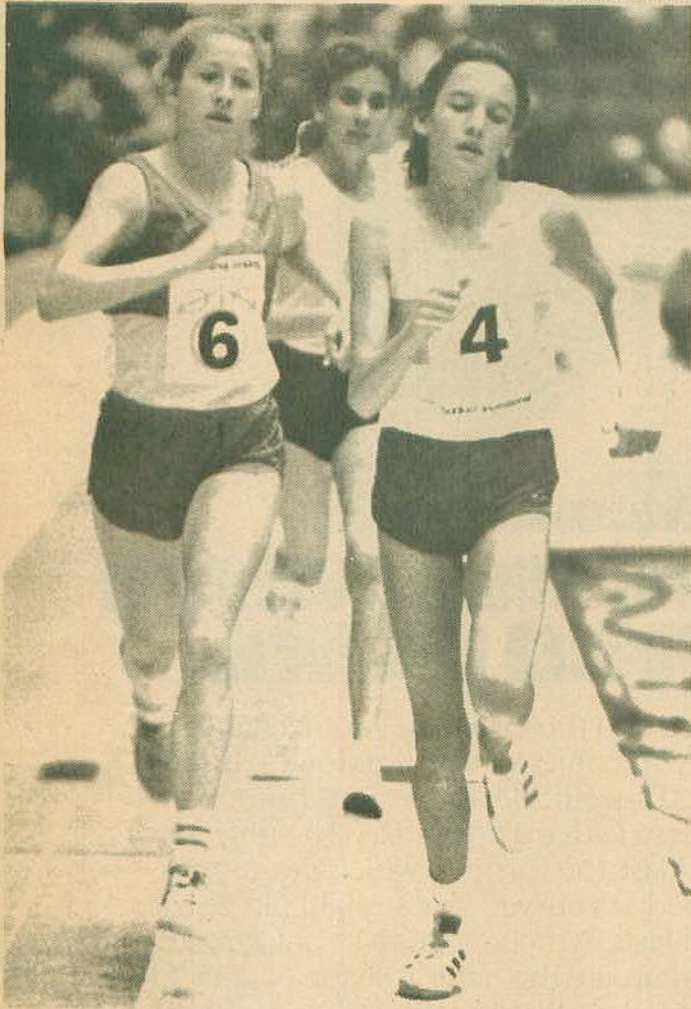
880—1. Arbogast (Athletics West), 2:08.3; 2. Monday (Puma), 2:08.5; 3. Lambelet (Athletics West), 2:09.2; 4. Curtis (USC), 2:12.1; 5. Romo (California), 2:13.7.

880 (Seeded Race)—1. Kelly (Hawthorne), 1:57.4; 2. Langer (Bakersfield), 1:59.0; 3. Akins (HH Wilson), 1:59.2; 4. Thompson (Ganesh), 2:02.0; 5. Lohman (Orange), 2:05.7. (Rated Race)—1. S. Grajiva (Atascadero), 2:02.0; 2. Cronin (Mission Viejo), 2:02.6; 3. Maynard (Capistrano Valley), 2:02.8; 4. Knapp (Esperanza), 2:02.9.

SEEDED MILE—1. Quade (Seattle, Wash.), 4:22.0; 2. Del Sol (Chula Vista Hilltop), 4:26.4; 3. Peterson (North Eugene, Ore.), 4:28.3; 4. M. Mastalir (Sacramento Jesuit), 4:29.0; 5. E. Mastalir (Sacramento Jesuit), 4:29.6.

TWO-MILE—1. Fry (Sandusky Perkins, Ohio), 9:02.4; 2. Whiteley (Irvine University), 9:11.1; 3. Harvath (Thousand Oaks), 9:26.1; 4. Imlay (Temple City), no time.

photo by Burt Davis



(left to right): Rebecca Chamberlain, Shannon Clark, Tracey Williams.

HIGH SCHOOL

Boys

60 1. Thomas (Hawthorne), 6:0 (hand timed); 2. Dixon (Eisenhower), 6:1; 3. Rish (Marina), 6:3; 4. Brooks (Woodbridge), 6:4; 5. Robinson (Coyote), 6:4.

FOOTBALL 60 1. Baker (Saddleback), 6:3; 2. Berkeley (Oxnard), 6:3; 3. Fianagan (Pomona), 6:4; 4. Barba (San Jose Lick), 6:5.

100 (Race 1) 1. Moore (Westchester), 1:59.5; 2. Hill (Santa Monica), 1:00.1; 3. Norman (Barstow), 1:00.3 (Race 2) 1. Everett (Fairfax), 1:59.2; 2. James (Sacramento Grant), 1:03.6; 3. Neal (Flowers Poly), 1:04.6 (Race 3) 1. Richards (San Fernando), 1:00.5; 2. Thomas (Pasadena), 1:01.4; 3. Wilson (Cresshaw), 1:01.6.

80 HURDLES—1. Graham (Hawthorne), 7:6 (hand timed); 2. Johnson (Katella), 7:6; 3. Thomas (Pasadena), 7:6; 4. Bradshaw (Saugus), 7:7; 5. Flowers (Santa Ana Valley), 7:7.

840 RELAY (Race 1) 1. Hawthorne, 1:06.0; 2. Muir, 1:06.8; 3. Cresshaw, 1:08.2; 4. Katella, 1:11.8 (Race 2) 1. Blair, 1:09.4; 2. Ferris, 1:09.7; 3. Fontana, 1:10.0; 4. St. Francis, 1:10.0.

8 x 100 RELAY (Seeded Race) 1. Cresshaw, 2:17.3; 2. Eisenhower, 2:17.7; 3. Saddleback, 2:19.8; 4. Compton, 2:20.3 (Rated Race) 1. Santa Valley, 2:16.5; 2. Santa Ana Valley, 2:19.3; 3. LA Poly, 2:20.6; 4. LA Boscawell, 2:23.3. TWO MILE RELAY (Race One) 1. Mission Viejo, 9:20.9; 2. Dos Pueblos, no time; 3. Birmingham 8:31.3; 4. Torrance

photo by Burt Davis



SEAN KELLY

photo by Burt Davis



SEAN LANGER

8:32.0; 5. Corona del Mar, 8:33.0. (Race 2)—1. La Canada, 8:30.7; 2. El Modena, 8:37.7; 3. Saugus, nt; 4. Loyola, nt; 5. El Toro, nt; 6. Arroyo, 8:39.9; Hawthorne ran 8:23.5 but was disqualified.

HIGH JUMP—1. Smith (Fresno Clovis West), 6-8; 2. Wheelwright (Huntington Beach Edison), 6-6; 3. Moebius (Rolling Hills), 6-6; 4. Martin (Arcadia), 6-6; 5. Ward (Moreno Valley), 6-4; 6. Moore (Millikan), 6-4.

POLE VAULT—1. Richards (Santa Barbara San Marcos), 15-6; 2. Sambrano (Reno Bishop Menogue), 15-0; 3. Johnson (Huntington Park), 14-6; no fourth.

LONG JUMP—1. L. Nelson (Simi Valley), 22.7%; 2. Jones (Saddleback), 22.2%; 3. Sawyer (El Modena), 21.9; 4. Chambers (Oxnard), 20.9.

TRIPLE JUMP—1. Williams (Rubidoux), 48-8; 2. Hooks (Lakewood), 47-10½; 3. Davis (Chino), 45-7; 4. Phillips (Santa Ana Foothill), 45-4; 5. Miller (LA Fremont), 43-1.

Girls

500 (Race 1)—1. Knighten (Locke), 1:04.0 (national high school and meet record, old national HS mark, 1:04.1, Denean Howard, Granada Hills Kennedy, 1981, old meet mark, 1:05.4, Arlese Emerson, Westminster, 1978) (equal seventh performer all-time world); 2. Blalock (Compton), 1:08.6; 3. D. Amy (Hawthorne), 1:10.0. (Race 2)—1. Aube

chon (Esperanza), 1:10.5; 3. Culliver (LA Banning), 1:17.4. (Race 3)—1. Vickers (Pomona), 1:05.0 (third performer all-time HS); 2. Taylor (Ganesh), 1:05.1 (fourth performer all-time HS); 3. Banks (El Dorado), 1:09.7; 4. Mitchell (Bakersfield), 1:15.7.

880 (Seeded Race)—1. Zaleski (Millikan), 2:10.8 (meet record, old mark, 2:11.8, Jessica Spies, Livermore, 1982); 2. Noll (San Diego Mt. Carmel), 2:13.9; 3. Sharon Smith (Crenshaw), 2:21.0; 4. Moring (Hart), 2:22.3; 5. Baker (Spring Valley Monte Vista), 2:24.0; 6. Long (Mission Viejo), 2:25.1. (Rated Race)—1. Sims (Locke), 2:23.4; 2. Dabul (Temple City), 2:25.9; 3. Smith (Upland), 2:28.6; 4. Ribar (Camarillo), 2:30.0.

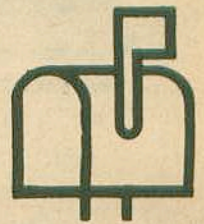
RATED MILE—1. McCarty (Buena), 5:14.2; 2. Donahue (Torrance), 5:18.0; 3. Rizzo (Hart), 5:19.5; 4. Minkler (Sebastopol Anal), 5:19.5; 5. Harkins (La Quinta), 5:21.4.

SEEDED MILE—1. Clark (Mountain View, Central Coast Section), 5:02.1; 2. Chamberlain (San Jose Leigh), 5:02.6; 3. T. Williams (El Monte Mountain View), 5:04.7; 4. Chapman (San Jose Gundersen), 5:07.0; 5. Ritchot (Huntington Beach Edison), 5:12.6.

60 HURDLES—1. Knighten (Locke), 7.9; 2. Franklin (Muir), 9.0; no third. 8 x 100 RELAY 1. Louisville, 2:44.9; 2. Valley Christian, 2:53.0; no third.

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