

FEBRUARY 1989

ISSUE NO. 144

# CALIFORNIA

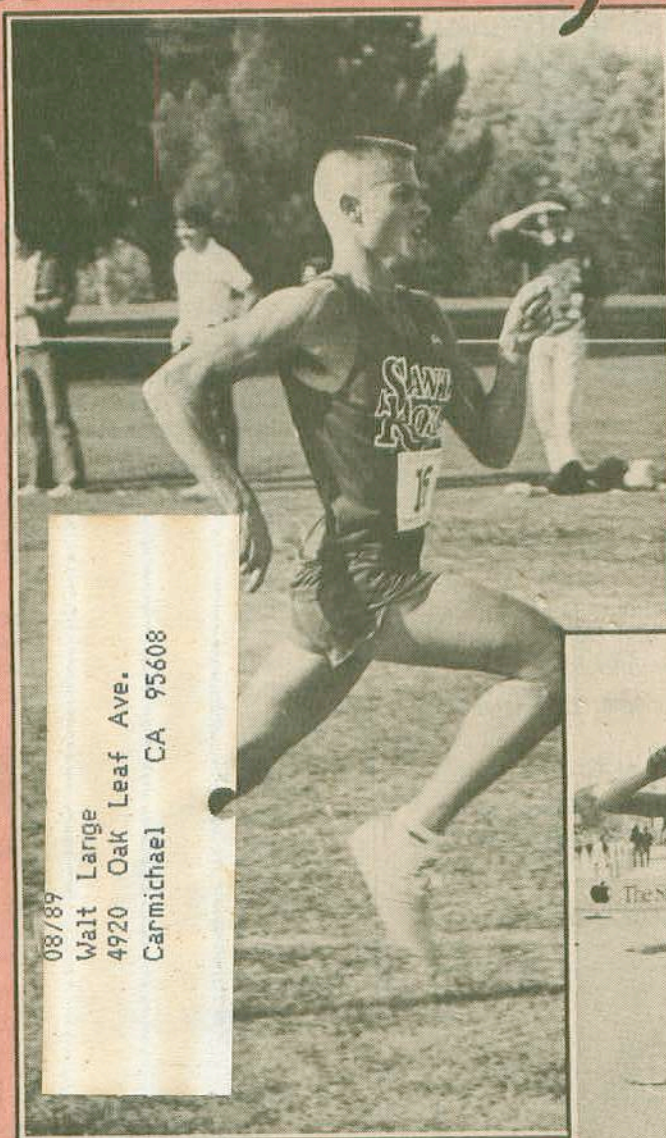
## Track & Running News

### 1988

### Athletes of the Year...

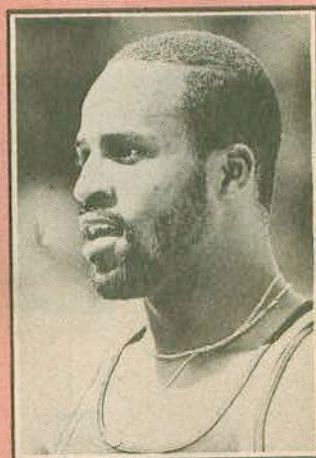
**PLUS:**

- Brian Abshire  
Conquers the Barriers  
by Mark Winitz
- An Interview with  
Mark Covert  
by Gregor Robin
- All-California  
Prep X-C Teams  
by Keith Conning



...CROSS COUNTRY

...TRACK



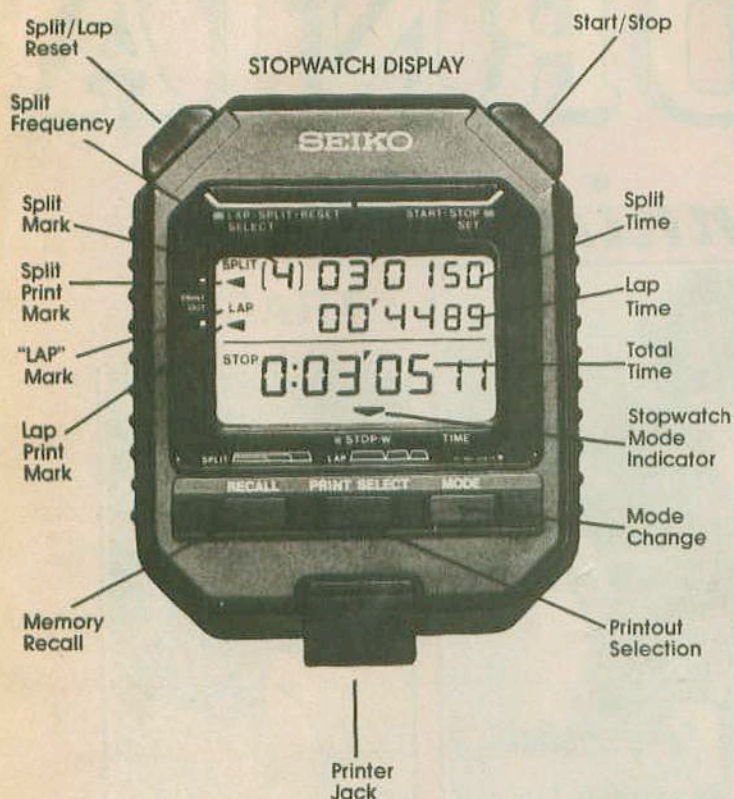
ROAD  
RACING

BULK RATE  
U.S. POSTAGE  
PAID  
Fresno, CA 93706  
Permit No. 629

*California's Only Track & Running Publication*

\$2.25

# Digital Quartz Stopwatch With Printer, SP11



## System Printer

The following data is printed permanently on tape:

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

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

```

1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
```

```

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

## Applications

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

## Specifications

### Time Base & Accuracy:

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

### Printout:

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

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

### LCD Stopwatch Display:

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

### Modes:

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

### Temperature:

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

### Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

### Batteries:

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

### Construction:

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

### Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

### Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

# \$269

## Dealer

## Available From:

**Jack's Athletic Supply**  
P.O. Box 459  
San Carlos, CA 94070  
(415) 595-2249

# CALIFORNIA

Track & Running News



**Bill Cockerham**  
Editor & Publisher

**Judy Cockerham**  
Production/Advertising Manager

**Elaine Fraley**  
Production Assistant

**Keith Conning**  
High School Editor

**Jack Leydig**  
Scheduling Editor

**Mark Winitz**  
Features Editor

**Richard Lee Slotkin**  
Long Distance Editor

**Gregor Robin**  
Central Coast Features Editor

**PHOTOGRAPHERS:** Gene Cohn, Bill Cottles, Burt Davis, Barbara DeGroot, Jim Engle, Don Gosney, Bill Leung, Jr., Cory Noonan, Jim Reynolds, Elaine Rosenfield, Richard Lee Slotkin, Maurice Wilson, Mark Winitz.

**SENIOR EDITORS:** Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (San-Joaquin High School); Percy Knox (Masters Men Track & Field); Dennis McClanahan (San Diego High School); Bill Minarik (Southern California); Doug Speck (Southern California High School); Dr. Steve Subotnick (Medical); Steve Ward (Central Section High School); Bob Womack (High School All-Time Lists).

*California Track & Running News* is published 11 times per year -- one issue per month except December which is combined with November. Each issue is mailed about the first of the month.

*California Track & Running News* has an average circulation of 8,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

*California Track & Running News* is mailed third class bulk rate and is not forwardable. When you move, please let us know at least 4 weeks in advance.

**SUBSCRIPTION RATES:** 1 year (11 issues) \$18; 2 years (22 issues) \$32; 3 years (33 issues) \$43. Add \$10 per year for U.S. first class; \$12 per year for Canada and Mexico; \$22 per year for foreign airmail.

**ADVERTISERS:** Closing date the first of the month previous to cover date. Send for current rate card. Special discounted rates for meet/trace/clinic ads.

4957 E. Heaton Ave.  
Fresno, CA 93727  
(209) 255-4904

MEMBER OF RUNNING INTERNATIONAL

## TABLE OF CONTENTS

February 1989

Issue No. 144

Schedule.....	4	Prep Notes.....	29
Subscription Form.....	5	Ranking the State's Track & Field Programs.....	33
1988 Athletes of the Year.....	13	1988 All-California High School Cross Country Teams.....	35
Keeping Pace.....	20	Results.....	38
"Brian Abshire Conquers the Barriers" by Mark Winitz		TAC Masters X-C.....	39
PA-TAC Notes.....	24	by Richard Lee Slotkin	
An Interview with Mark Covert.....	26	California 10.....	46
by Gregor Robin		by Mark Winitz	
		Mailbag.....	47

## FROM THE EDITOR

JANUARY WAS A GREAT MONTH for meeting CTR&N readers. First, I attended the PA-TAC LDR meeting in Stockton where many club presidents and road racing officials were present. Everyone expressed appreciation for CT&RN, but all had the same criticism: not enough schedule in advance and not enough road results. In response, we've enlarged the schedule this month and are working on getting caught up with results.

Next, on to the clinic circuit in Fresno, Stanford and Anaheim.

As always, the clinics were great! In addition, it was once again a time to meet readers and get their input as to what they like and don't like about the magazine. The clinic crowd was primarily high school coaches and they raved about our high school coverage and weren't as interested in the LDR schedule and results.

It's hard to know just what mix of coverage the magazine should have. I, basically, started CT&RN with the idea of putting together the kind of information I would like to see as a college coach and competitive distance runner. As the letters to the editor show, we are finding it hard to please all of our readers all of the time--however, I suspect we can do a better job of giving you what you want in the way of local track and running publication.

"F" is for "feedback", not "failure"--that's

what I tell my biology students and track athletes at Fresno Pacific College. We can all learn from our efforts and even turn mistakes into learning situations, which gives us a chance for improvement. To get your evaluation of CT&RN, we plan to take a reader survey in an upcoming issue. Hopefully, the results of this survey will give us the kind of feedback that will allow us to make adjustments to please the greatest number of readers the greatest amount of time. If you have any suggestions regarding such a survey, please forward them immediately.

Looking forward to an even better year of coverage of the track and running scene in California.

**ON THE COVER:** Three of CT&RN's 1988 Athlete's of the Year--one representing each of our general categories, ie. Road Racing, Track & Field and Cross Country--include State JC X-C champion TODD TRASK (photo by Bill Leung, Jr.), road racer PATTI GRAY winning the 10K at the Apple Silicon Rally (photo by Gene Cohn Productions) and 400m hurdler gold medalist ANDRE PHILLIPS (Fine Flicks by Don Gosney).

# SCHEDULE

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 4 (Saturday):

**Jean, NV:** Las Vegas TC Marathon, 7:30 a.m. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

**South El Monte:** Legg Lake 5K Carrera de Invierno, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Diego:** Girls & Women in Sports Day 5K and 1 Mi., 7:35 a.m. Balboa Park. Una Pierce: (619) 563-5677.

**Placerville:** Lover's Run, 5 & 10K, Half-Marathon (1/2 Mi. & 1 Mi. for Kids), Mission Flat & Green Valley, 8:30 a.m. New Morning Youth Serv., 460 Main, Placerville 95667. (916) 622-5551.

**San Juan Bautista:** Mission 10 Miler, Mission San Juan Bautista, 10 a.m. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126.

**San Francisco:** Embarcadero Center Run to the Top, Embarcadero Tower Four (stair run), 9 a.m. (staggered starts). Leukemia Society, 55 Hawthorne, Suite 510, San Francisco 94104. (415) 543-9821.

**Trinidad:** Trinidad-Clam Beach Run, 8.75 Mi., Seawood Dr. Exit off Highway 101, 2 p.m. Marge O'Brien, Trinidad-Clam Beach Run, P.O. Box 389, Trinidad 95570. (707) 677-3316.

**Bakersfield:** Bakersfield Memorial Hospital 10K & Half-Marathon, Bakersfield College, Panorama & Mt. Vernon, 8 a.m. Andrea MacDonald, Box 42123, Bakersfield 93384. (805) 395-4261/Days, 872-7921/Eves).

**Downey:** Downey High School Keywanettes 5 & 10K Runs, Rancho Los Amigos Medical

Center (7601 E. Imperial), 7:30 a.m. Denise Butorac, Downey High School, 11040 Brookshire, Downey 90241. (213) 869-7301.

**Azusa:** Cougar Classic, 2K, 5K & 10K Runs (& 5K Walk), Azusa Pacific Univ., 8:30 a.m. Terry Franson, Azusa Pacific Univ., Azusa 91702-7000. (818) 969-3434/Days, (714) 596-4128/Eves.

## February 5 (Sunday):

**Davis:** The Davis Stampede Half-Marathon & 10K, Davis High School (Oak & 14th Sts.), 9 a.m. Ken Lake: (916) 722-4925.

**Lompoc:** Lompoc Winter Run, 5 & 10K, La Purisima Mission, 8:30 a.m./5K, 9:30 a.m./10K. Steve Kraynick: (805) 734-1350.

**San Diego:** San Dieguito Half-Marathon, San Dieguito Park, 8 a.m. Sal Cisneros: (619) 437-4556.

**Hermosa Beach:** Sand and Strand 2.5 & 5 Mi. Runs, Hermosa Beach Pier, 8 a.m./2.5 Mi., 9 a.m./5 Mi. Dept. of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-3312.

**Los Angeles:** Firecracker 5 & 10K Runs, No. Broadway & College, 8:20 a.m./5K, 8:30 a.m./10K. L.A. Chinatown Race Comm., Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

**Lakewood:** McDonald's/Lakewood Half-Marathon & 2 Mi. Fun Run, Del Valle Park, 7:30 a.m./H-M, 8 a.m./2 Mi., McDonald's/Lakewood Half-Marathon, 2860 Seaboard Ln., Long Beach 90805. (213) 633-4183.

## February 11 (Saturday):

**Bakersfield:** Hart Park Fun Run, Distance TBA, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. Steve Moehlman: (805) 831-7855.

**South El Monte:** San Gabriel River 3 Mile Valentine Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Diego:** Cancelled. Guys & Gals 4 Mile (couple only), Sante Fe and Damon, 8 a.m. Info: Kendall Webb (619) 260-1990.

**Las Vegas, NV:** Sweatin' Sweethearts 10K, Tule Springs (Floyd Lamb State Park), 9 a.m. Info: (702) 382-3496.

**Pt. Reyes:** Pacific Coastal Trail Challenge

50 Mile, 50 Mile Relay, Marathon & Half-Marathon, Limantour Beach (50 Mile/Relay), Bolinas (Mara), Muir Beach (Half-Mara.), 7 a.m./50M, 9 a.m./Mara., 10 a.m./H-M. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Sonora:** Orient Express 4 Mi. & 1 Mi., Chinese Camp (Hwy. 120, 8 Mi. west of Sonora), 10 a.m. Orient Express, Box 78, Sonora 95370. (209) 533-5663.

**San Luis Obispo:** French Hospital Love Your Heart Runs, Distance TBA, 8:30 a.m. Kris Kington, French Hospital Medical Center. (805) 543-5353, x300.

**Santa Barbara:** Valentine's 2x4 Mile Relay (Male/Female), Palm Park, 8:30 a.m. John Brennand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

**Playa del Rey:** Sweetheart 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:30 a.m. N-SYNC, P.O. Box 385, Manhattan Beach 90266. (213) 545-9887.

**Yucaipa:** Senior Masters "Old Fashioned" 4 Mile Run, Yucaipa Regional Park (age 55 & over only), 9 a.m. CSA 63, P.O. Box 337, Yucaipa 92399. (714) 797-0284.

## February 12 (Sunday):

**Oakland:** Valentine Day Runs, 5 & 10K, Bellevue Ave. (Boathouse), Lakeside Park, Lake Merritt, 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (415) 632-9606.

**San Francisco:** Chinatown Run - Year of the Serpent 8K, Clay & Kearny Sts., 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94108. (415) 982-4412.

**Monterey:** Together With Love Run, 10K, Lover's Point, 9 a.m. Leda Tully, Monterey Rape Crisis Center, P.O. Box 2630, Monterey 93942. (408) 373-3389.

**West Sacramento:** Jed Smith 50-Miler, 8 a.m. Dana Gard, 8005 Mesa Oak Way, Citrus Heights 95610. (916) 723-7559.

**Bakersfield:** Darryl Easter Memorial Winter Handicap 5K Series, 1/2 Mile east of Hart Park, 3 p.m. Bakersfield T.C., Randy Brown, P.O. Box 42123, Bakersfield 93384. (805) 834-9130.

**Los Angeles:** Aztlan 5K Hill Challenge, Montecito Hgts. Recr. Center (Highland Park

By JACK LEYDIG

# SCHEDULE

Area. . Pasadena Fwy. near Ave. 52), 9 a.m. (plus 3K Children's Run at 8:30 a.m.). Frank Meza, MD, c/o 5220 Telford St., Los Angeles 90022. Hotline: (818) 799-5079.

**South El Monte:** 5K Legg Lake Sweetheart Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Pine Valley:** Pacific Crest Trail 50 Miler, Buckman Springs Rd., 5 a.m. Info: Mac Williamson (619) 755-4975.

**San Diego:** Jose Cuervo Mardi Gras 10K & 2 Mi., South of Hilton, 7:30 a.m. Info: Dave Thompson, San Diego County Safety Council, 3320 Kemper St., Suite 100, San Diego 92110. (619) 236-0842.

**Rancho Bernardo:** Black Mountain Run-to-Top, 6 Mi., west of Rancho Bernardo, 8 a.m. Info: Movin Shoes (619) 488-2310.

**Palm Springs:** Heart of Palm Springs 10K, Palm Springs High School, 8 a.m. Keenan Barber, MD, Box 1639, 45-120 San Pablo, 2C,

Palm Desert 92261. (619) 346-8109.

**Ventura:** SCA/TAC 30K District Championship, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

**Woodland Hills:** Heart Run, 5 & 10K, Warner Center Marriott (21850 Oxnard St.), 8 a.m./5K, 8:30 a.m. Race Central (Attn: Heart Run), P.O. Box 828, Rialto 92376. (818) 703-6100.

## February 13 (Monday):

**South El Monte:** Legg Lake Presidents 8K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

## February 18 (Saturday):

**Sacramento:** C.S.U.S./Fleet Feet 12-24 Hour Run, Cal-State Sacramento (all-weather track), 9 a.m. (pre-reg. by Feb. 10). Fleet Feet, 2408 J Street, Sacramento 95816. (916) 442-3338.

**San Diego:** Cupid's Run, 10K & 2 Mi., Balboa Park, 7:30 a.m. Info: Linda Graves (619) 437-4556.

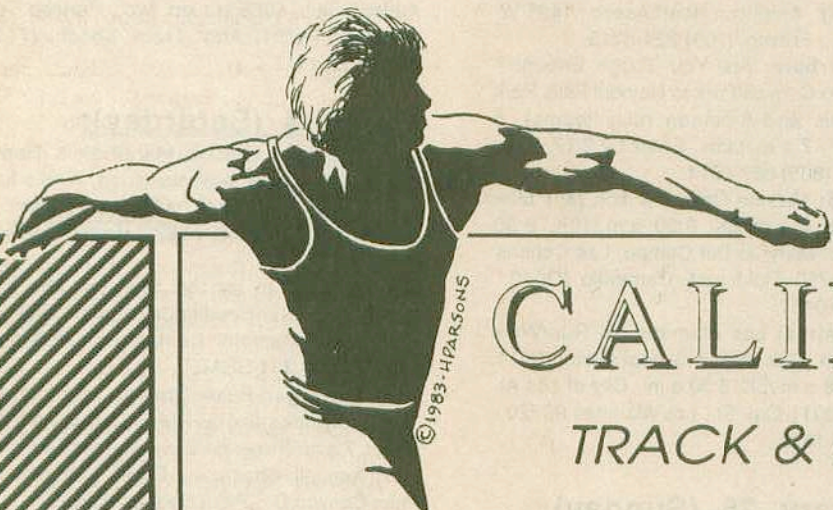
**Las Vegas, NV:** Las Vegas T.C. 5 Mile, Industrial & Blue Diamond Rds., 9 a.m. Info: (702) 382-3496.

**Bakersfield:** The Long Winter's Night 24-Hour Run, Bakersfield Jr. College (all-weather track), noon. Andrea MacDonald, 2904 Dartmouth, Bakersfield 93305. (805) 871-1306.

**Irvine:** Spring Games 8K Run, Irvine Regional Park, 8:30 a.m. Spring Games, c/o Rancho Santiago College, 17th at Bristol, Santa Ana 92706. (714) 667-3300.

**Huntington Beach:** Great American Adventure 2.8 & 4.8 Mile Cross Country, Central Park, 8 a.m./2.8 Mi., 8:30 a.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027/Days, (714) 841-5417/Eves).

**Cypress:** "Pacifcare Celebrates The L.A. Marathon" 5K Run, 5995 Plaza, 8 a.m. Xavier



# CALIFORNIA

## TRACK & RUNNING NEWS

YES, I'd like to subscribe. Please start sending CALIFORNIA TRACK & RUNNING NEWS to me at the address indicated below. My check is enclosed.

Name

Address

City/State/Zip

\$15 ( 1 year/11 issues)    \$28 (2 years/22 issues)    \$39 (3 years/33 issues)

SEND TO: California Track & Running News, 4957 E. Heaton, Fresno, CA 93727

# SCHEDULE

Ramirez, Pacificare, 5995 Plaza, Cypress 90630. (714) 952-1121, x3279.

## February 19 (Sunday):

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384. Randy Brown (805) 834-9130.

**San Diego:** Boys/Girls Club River Run, 10K, Lindo Lake, 8 a.m. Info: Armando Valencia (619) 452-1900.

**Los Angeles:** Run Against Crime, 5K & 10K (also 2K Run for Kids under 10 years old), 8 a.m. Info: WCPC, P.O. Box 19856, Los Angeles 90019. Sgt. Ron Batesole (213) 485-4020.

**San Francisco:** DSE Golden Gate Bridge Toll Plaza Run, 7.4 Mi., & 0.9 Mi. Kids' Run, 9:30 a.m./0.9 Mi., 10 a.m. Fred Haber: (415) 668-2830.

**Verdi, NV:** You've Gotta Be Crazy Run III, 7 Mi. & 3 Mi. Walk/Run, west of Reno, 10:30 a.m. Silver State Striders, P.O. Box 21171, Reno, NV. 89515.

**La Selva Beach:** Bayview 10K Cross-Country Run, Monterey Bay Academy, 10 a.m. Gary Eggers, Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-1481.

**Eureka:** Sequoia Park Race, 2 & 4.5 Mi., 1 p.m./2 Mi., 1:45 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. Mike Egan: (707) 445-1019.

**San Diego:** Guys & Gals (couple only) 4 Mile, Santa Fe @ Damon, 8 a.m. Kendall Webb (619) 260-1990.

## February 20 (Monday):

**South El Monte:** Legg Lake 8K President's Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0894.

## February 25 (Saturday):

**San Diego Area:** Torrey Pines 5K, Torrey Pines High School, 8 a.m. Info: Karen Alexander (619) 755-0125.

**Las Vegas, NV:** Las Vegas T.C. 15K Championships and 5 Mi., Silver Bowl (Near Tropicana and Boulder Hwy.), 8 a.m. Info: (702) 382-3496.

**Santa Cruz:** The Great Chowder Chase, 4.5 Mi., Third & Beach Sts., 8 a.m. Santa Cruz Park & Rec., 307 Church St., Santa Cruz 95060. (408) 429-3477.

**Martinez:** Martinez to Port Costa Brick Yard Run, 8.4 Mi., Rankin Park, 10 a.m. Luka

Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

**Pt. Reyes:** Limantour Half Split, 6.2 Mi., Limantour Beach parking lot, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. *Calif. Coastal Challenge #1.*

**Ripon:** Almond Blossom Run, 1 Mi. & 8K, Mavis Stouffer Park (Manley Rd.), 8:30 a.m./1 Mi., 8:45 a.m. Jeannie Rudd, P.O. Box 537, Ripon 95366. (209) 599-3026.

**Sanger:** Spring Run, 3 Mi. (time prediction) and 6 Mi., Madison School (Cherry and Bethel), 8 a.m. Sanger Striders T.C., 10518 E. California Ave., Sager 93657. Dave Dodson: (209) 875-4072.

**Quartz Hill:** Antelope Valley Hospital Medical Center Benefit Run, 1K, 5K & 10K (5K Walk), 6570 West Ave., L-12, 9 a.m./1K, 9:30 a.m. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**Bakersfield:** North Bakersfield Recreation & Park District Winter Triathlon #6, Distances TBA, Time TBA. Melinda Duplantis: (805) 392-2000.

**Fresno:** Run for Life, 2 Mi. & 10K (+ 1K Kids Run), Woodward Park, 8:30 a.m./2 Mi., 9 a.m. (8 a.m./1K). American Heart Assoc., 1495 W. Shaw Ave., Fresno. (209) 224-8215.

**Santa Barbara:** Are You Tough Enough? 100K, Toro Canyon Park to Nojoqui Falls Park (individuals and 5-person relay teams), 5 a.m./indiv., 7 a.m./tams. Enter by 2/17. Second Sole: (805) 867-2614.

**Camarillo:** Mission Oaks 5 & 10K (& 1 Mile Fun Run), 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi. Mary Jo Del Campo, Las Colinas School, 5750 Fieldcrest, Camarillo 93010. (805) 484-0461.

**Los Alamitos:** Los Alamitos 5K Run/Walk & 10K Run, Oak Middle School Gym (10911 Oak St.), 8 a.m./5K, 8:30 a.m. City of Los Alamitos, 10911 Oak St., Los Alamitos 90720. (213) 430-1073.

## February 26 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders Couples Relay (2x5K), Lake Merritt, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151 or 237-8084.

**Berkeley:** Berkeley Challenge for Charity 5 & 10K, Univ. of Calif. (Edwards Stadium, Oxford & Bancroft), 10 a.m. MBA Assoc., 350 Barrows Hall, Univ. of California, Berkeley 94720. (415) 794-4114.

**St. Helena:** Cancelled: MADD Dash 5K

& 1 Mile Walk (+ Tot Trot), Crane Park, 9 a.m. Dorothy Bovee, P.O. Box 366, Deer Park 94576. (707) 963-9007 or 944-1107.

**Stockton:** Jackets Fun Run, 2 Mi. & 10K, Louis Park (Monte Diablo Ave.), 9 a.m. Richard Johnson, 820 No. D Street, Stockton 95205. (209) 464-6205.

**Newport Beach:** Spirit Run, Distance TBA, Fashion Island, 7:30 a.m. Info: Karen Wilson (714) 760-2680.

**San Francisco:** DSE Diamond Heights Run, 2.99 Mi., McAtteer High School, Portola & O'Shaughnessy, 10 a.m. Fred Haber: (415) 668-2830.

**Pt. Reyes:** Limantour Split, 10 Miles, Limantour Beach parking lot, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. *California Coastal Challenge #1.*

**Montebello:** "Pop" Marty 5 & 10 Mi., and 2 Mi. Fun Run, Grant Rea Memorial Park, 8 a.m. Rozanne Barron, City of Montebello, 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x430.

**Alta Loma:** Lewis Homes Winterfest 5 & 10K, 8 a.m./5K, 8:30 a.m. Chaffey College Athletic Club, 5885 Haven Ave., Rancho Cucamonga 91701. Attn: Track Coach: (714) 987-1737, x442.

## March 4 (Saturday):

**Chico:** Bidwell Classic Marathon & Road Races. (Marathon, half-marathon, 3 mile fun run) 9 a.m./3 mile 8 a.m. Bidwell Classic, P.O. Box 1182, Chico, 95927. Harold Carling (916) 893-5116.

**Sausalito:** Run for the Seals, 4 Mi., Ft. Cronkhite (Marin Headlands), 9 a.m. California Marine Mammal Center, Ft. Cronkhite 94965. (415) 331-SEAL.

**Palm Springs:** Palm Springs Invitational Senior Olympics III 10K Run, (55 years old or older). 7 a.m. Riverside Drive at Palm Canyon. Larry Kendell, Chairman. Bob Green, 550 N. Palm Canyon Dr., Palm Springs 92262.

**Gonzales:** Taylor California Cellars Grape Stampede 10K, So. Alta (Raylor California Cellars), 10 a.m. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

**San Jose:** Mt. Hamilton 10K, Half-Marathon, Marathon & 50 Miles, Joseph Grant State Park, 7 a.m./50 Mi & Mara., 8 a.m./H-M & 10K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** Hart Park Fun Run, Distance TBA, Time TBA. Bakersfield Track Club, P.O.

## SCHEDULE

Box 42123, Bakersfield 93384. (805) 399-2720.

**So. El Monte:** Legg Lake 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Manhattan Beach:** AM Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. Barry Schweiger: (213) 322-6078.

**San Juan Capistrano:** San Juan Capistrano 10K Run, La Novia Park, 7:30 a.m. Community Services, 31421 La Matanza, San Juan Capistrano 92675. (714) 493-5911.

**Irvine:** Run for Hungry Children, 1K, 5K & 10K, South Coast Community Church, 7:30 a.m./5K, 8:15 a.m./10K, 9:30 a.m. (Kids Only 1K). South Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 760-7345.

**San Diego:** Smile San Diego 10K, & 2 Mi., Balboa Park, 7:30 a.m. Toni Deal: (619) 272-8316.

### March 5 (Sunday):

**Los Angeles:** Los Angeles Marathon, Time TBA. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1989.

**San Francisco:** DSE Double Lake Merced Run, 9.2 Mi., Sunset Blvd. Parking lot, 10 a.m. Fred Haber: (415) 668-2830.

**Vallejo:** Vallejo Channel to Lake 10 Mile, Florida & Mare Island Way, 9 a.m. Vallejo Chamber of Commerce, 2 Florida St., Vallejo 94590. (707) 644-5551.

**Stinson Beach:** John Muir Monumental, 7.2 Mi., Muir Beach Parking Lot, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190. *California Coastal Challenge #2.*

**Ferndale:** Foggy Bottoms Milk Run, 2 Mi. Fun Run, 4 & 10 Mi., downtown, 12:15 p.m./2 Mi., 1 p.m. Chuck Ehlers, Jogg'n Shoppe, 1090 G Street, Arcata 95521. (707) 822-3136.

**Bakersfield:** Bakersfield T.C. Handicapped 5K Run, Hart Park, 3 p.m. Steve Moehlman: (805) 831-7855.

**Los Osos:** South Bay 20K, Los Osos Junior High School, 8:30 a.m. Myron Hood, 2000 Doris St., Los Osos 93402. (805) 528-3425.

**Note:** This is listed as 10K in some publications.

**San Diego:** Sue Krenn 15K, South of Hilton, 7:30 a.m. Francisco Saiz: (619) 425-4579.

## Jack's Athletic Supply

Imprinted Sportswear Specialists  
Since 1977

Call or write for quotes on:  
T-shirts, tank tops, caps, bags,  
jackets, sweats, aprons and more.

We also offer timing equipment, traffic control items, ribbons, medals, embroidered emblems, race numbers, etc.

Free race equipment rentals with shirt purchases.

Jack Leydig: Box 459, San Carlos, CA 94070  
Phone (415) 595-2249



### March 11 (Saturday):

**San Francisco:** Irish Sprint & Stride 5 Miler, Sunset Blvd. Parking Lot (Lake Merced), 9:30 a.m./Stride, 10 a.m./Run. Jeff Benes, 347 Keeler Ct., San Jose 95139 (408) 972-4343.

**Palo Alto:** Monte Bello 1/3-Marathon & 5 Miler, Monte Bello Open Space Preserve (I-280 to Page Mill Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** Girl Scout 5K Run/Stride or 1 Mile Run/Stride, Palo Alto Baylands, 9 a.m./1 Mi., 9:30 a.m. Palo Alto Recreation Dept. (415) 329-2380.

**Carmel:** Serra's Run 10K, Junipero Serra School (Carmel Mission), 9 a.m. Sharon Franke, 2992 Lasuen, Carmel 93923. (408) 375-2661.

**Stockton:** Stockton 4 Mile & Team Challenge, Grupe Park, 9 a.m. Tarahumara Running Club, P.O. Box 8422, Stockton 95208. (209) 951-8941.

**Lompoc:** LVDC Memorial Run, 5 & 15K, Ryon Park (Ocean & O St.), 9 a.m. Leo Aragon, c/o Lompoc Valley DC, Box 694, Lompoc 93438. (805) 736-6773.

**So. El Monte:** St. Patrick's Legg Lake 5K Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Riverside:** Green Belt 5 & 15K, Arlington High School, 8 a.m. Contact: (714) 781-7874.

**San Diego:** St. Patrick's Day 10K & 2 Mile,

South of Hilton, 7:30 a.m. Info: Jim Cerveny: (619) 437-4556.

**Irwindale:** Masters & Munchkins Triathlon (Kids: 100 Yd. Swim, 4 Mi. Bike, 1 Mi. Run-13 & Under. Masters: 200 Yd. Swim, 8 Mi. Bike, 3 Mi. Run), Santa Fe Dam, 8 a.m. Info: Esco (714) 989-6512.

### March 12 (Sunday):

**Calistoga:** Napa Valley Marathon, 7 a.m. Napa Valley Marathon, 1325 Imola Ave., Napa 94559. (707) 255-2609.

**Daly City:** DSE Daly City Scenic Run, 6.8 Mi., Colma School (East Market & Hillside), 10 a.m. Fred Haber: (415) 668-2830.

**Fremont:** Fremont Hub's 10K Run for Recreation & 5K Stride, Fremont Blvd. & Mowry Ave., 8:30 a.m. Ginny Duffy, City of Fremont, 3375 Country Dr., Fremont 94537. (415) 791-4320.

**Santa Clara:** Loop the Loop 5K, Mission College (3000 Mission College Blvd.), 8:30 a.m. Phil Sienna, 1400 Bowe, #310, Santa Clara 95051. (408) 241-7315.

**Hornitos:** Gold Trail Half-Marathon, Hornitos Park (check in is at Henderson Park Picnic Shelter, about 1 1/2 mile east of Snelling on Hiway 59), 10 a.m. Stu McElwain, 2855 E. Bellevue Rd., Merced 95340. (209) 722-5315.

**San Luis Obispo:** Graphic Stampede 5K Community Run, Graphic Center, 8:30 a.m. Mimi Glaven, Graphic Center, 2222 Beebee St., San Luis Obispo 93401. Mike Framer-

# SCHEDULE

ger: (805) 544-4319.

**Calabasas:** Calabasas High School March Hare Sports 5 & 10K Runs & 2K Fun Run/Walk, Parkway Calabasas & Paseo Primario, 8 a.m. Kerry Schmidt, Kacey Management, Inc., 20968 Ventura Blvd., Suite 209, Woodland Hills 91364. (818) 887-2771.

**Torrance:** Tom Sullivan 10K Run & 5K Walk, Del Amo Shopping Center, 8 a.m. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (213) 373-7538.

**Irwindale:** L.A. Spring Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, 8 a.m. Info: Esco (714) 989-6512.

**Tucson:** Tucson Sun Run. 3K & 15K. El Con Mall. 8:15 am 3K/9:00 am 15K. Hot Line (602) 744-6256 or Bruce Steenson (602) 882-4382.

## March 18 (Saturday):

**Modesto:** St. Patrick's Day Run/Stride, 5 & 10K and 1 Mi., at YMCA. YMCA, 2700 McHenry, Modesto 95350. Karen Servas: (209) 578-9622.

**Mountain View:** Lancer Fund Run, 5 & 10K, St. Francis High School, 8 a.m. Kathy Lincoln, c/o St. Francis High School, 1885 Miramonte Ave., Mt. View 94040. (415) 961-5758.

**Olema:** Bolinas Ridge Wild Board 9 & 18 Mile Runs, (9 Mi. starts in Bolinas at Fairfax & Ridgecrest Rds.; 18 Mi. starts at Five Brooks Stables), 9 a.m./18 Mi., 10 a.m./9 Mi. Tri Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Santa Rosa:** Redwood Empire 24 Hour Run, Santa Rosa Jr. College (tartan track), Time TBA. Carol Witwer, 5950 Erland Rd., Santa Rosa 95404.

**Clovis:** American Lung Association St. Paddy's Day Dash, 2 Mi. & 10K and 2 Mi. Walk, Letterman Park, 8 a.m. Robert Schumacher, 234 No. Broadway, Fresno 93701. (209) 266-5864.

**Arroyo Grande:** St. Patrick's 20K Great Race, Lopez Lake, 10 a.m. Contact: (805) 489-2680.

**Newhall:** Knights of Columbus 5 Mile Run, Camping World, 8:30 a.m. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

**So. El Monte:** San Gabriel River 10 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**San Marino:** San Marino Rotary 5 & 10K Run for Fun, 8 a.m. John Harris, 2324 Huntington Dr., San Marino 91108. (818) 285-9715.

**Playa del Rey:** Food & Fitness 5 & 10K, Dockweiler Beach, 8 a.m./5K, 8:15 a.m. Leticia Gonzalez, 510 So. Burnside, Apt. 9L, Los Angeles 90036.

**Agoura:** Malibu Trail 50 Mile Run, Paramount Ranch, 5 a.m. (100 runner limit). Phil Shattuck, 5819 Troost Ave., No. Hollywood 91601. (818) 985-0771.

**Irvine:** Orange County Stride, 6K Nature Walk or 8K cross country racewalk, Mason Regional Park, 7:50 a.m. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

## March 19 (Sunday):

**San Francisco:** DSE Fort Point Run, 3.8 Mi., Little Marina Green (Broderick & Marina), 10 a.m. Fred Haber: (415) 668-2830.

**Palo Alto:** Fifty-Plus Runners 8K Race, Stanford Univ. (Angell Field), 9 a.m. (50 & Over runners only). Maria Marsh, P.O. Box D, Stanford 94304. (415) 723-9790.

**San Jose:** San Jose Mercury News 10K, Time TBA. Mercury News 10K, 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

**Mill Valley:** Tennessee Valley Waltz & Half Waltz, 9 Mi. & 6.3 Mi., Tennessee Valley (GGNRA), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Monterey:** Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Fort Ord Army Base, 9 a.m. (500 limit). Waddell Sports, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

**Yountville:** Rotary 5 & 10K Races, Yountville Park, 3434 Ville Lane, Suite 110, Napa 94558. (707) 255-0555.

**Fort Bragg:** Whale Festival Run/Walk, 10K & 2 Mi., 8 a.m. Whale Festival Run/Walk, c/o Ro Peterson, City of Fort Bragg, 416 No. Franklin St., Ft. Bragg 95437. (707) 961-2825.

**Visalia:** End of the Trail 15K, Mooney Grove Park, 8:30 a.m. J.D. Fischer, 2306 Memory Ln., Visalia 93277. (209) 734-7546.

**Bakersfield:** Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

**So. El Monte:** Legg Lake 5K Fitness Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Ventura:** Run for the Music 5 & 10K Runs, San Buenaventura State Beach Park (Pierpoint Blvd. & San Pedro Ln.), 8 a.m. Ventura County Symphony Assoc., Box 1088, Ventura 93002. (805) 643-8646.

**Riverside:** Tri-County Dental Society 5 & 10K Runs & 5K Fun Walk, Fairmount Park, 8

a.m./5K, 8:45 a.m./10K, (Walk at 7:45 a.m.). Tri-County Dental Society, 952 So. Mt. Vernon, Suite A, Colton 92324. (714) 370-2112.

**Long Beach:** CSULB 16.2 Mile & 4.1 Mi. Runs, Cal-State Univ., 7 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

## March 25 (Saturday):

**Fresno:** Fun Run 5K, 8 a.m., Woodward Park, Fresno Community Hospital, Debbie Dorer or Joe Watson, (209) 442-3946.

**Walnut Creek:** Mt. Diablo Ascension Marathon & Half-Marathon, Castle Rock County Park, 8 a.m. (Half-Marathon to top; Marathon round-trip). Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**San Francisco:** DSE Easter Egg Sunday Run, 3 Mi., to top of Mt. Davidson & back (starts at Riordan H.S., 175 Phelan), 10 a.m. Phil Haber: (415) 668-2830.

**Marina:** Marina 5-Miler & Kids 1 Mile, Marina City Park (3200 Del Monte), 9 a.m./1 Mi., 9:30 a.m. Don Garl, Marina Parks & Recreation, 211 Hillcrest, Marina 93933. (408) 384-4636.

**Mountain View:** Shoreline Park 5 Miler, Shoreline Blvd. (Stierlin Rd. No. off 101), 9 a.m. Norman Shaskey, 600 Rainbow Dr., Suite 166, Mountain View 94041. (415) 964-6367.

**Crescent City:** Redwood Wild River Run, 15K (& 5K Fun Run/Walk), 11 a.m. (300 limit). Redwood Wild River Run, 180 Clyde, Crescent City 95531. (707) 464-3779, Ralph.

**Santa Barbara:** Santa Barbara Chardon-nay 10 Mile & 5K Winter Runs, Leadbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm Pl., Santa Barbara 93110. (805) 563-1108.

**Ventura:** Easter Egg Eight Mile Relay (2-person teams - each person runs two 2-mile legs), San Buenaventura State Beach, 9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001. (805) 652-1744.

**Glendora:** Pride of the Foothills 2K, 5K, 10K and Half-Marathon, 250 S. Grand Ave., 8 a.m. Pride Run, c/o Glendora Jaycees, P.O. Box 221, Glendora 91740. (818) 963-8411, x476.

## March 26 (Sunday):

**Oakland:** Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K 10K & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Lake Merritt J & S, 3136 California St., Oakland 94602. (415) 530-9151.

**South El Monte:** San Gabriel River 3 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Reich-



# SCHEDULE

ling Lane, Pico Rivera 90660. (213) 949-0394.  
**Malibu:** Bikesport Southern California Championship Biathlon Series, 5K Run, 15 Mi. Bike, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

## April 1 (Saturday):

**San Bruno:** San Bruno Mountain Wildflower Run, 5 & 10K, San Bruno Mt. County Park (Guadalupe Pkwy.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Firebaugh:** Rotary River Run. 6 Mile/3 Mile/1 Mile. Ron Sani, 2107 N. Harrison, Fresno, CA 93704 (209) 233-0009.

**San Mateo:** April Showers Fun Run/Walk, 5K & 1 Mile, Coyote Point Park, 9 a.m. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

**Pt. Reyes:** California 49'er Double Marathon & Marathon, Limantour Beach (Double Marathon start), Pantoll Ranger Station (Marathon start), 6 a.m./Mara., 9 a.m./D-M. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Sacramento:** Dragon Run, 8K, Caroline Wenzel School (6370 Greenhaven Dr.), 9 a.m. Asian Pacific Community Counseling, 5495 Carlson Dr., Suite D, Sacramento 95819. (916) 452-7836.

**El Dorado Hills:** Run for the Hills 5 & 10K, and 1 Mi., Oak Ridge High School, 1120 Harvard Way, 8:30 a.m./1 Mi., 9 a.m./5K, 10 a.m. Harry Norris, P.O. Box 17, El Dorado Hills 95630. (916) 933-0835.

**Bakersfield:** Hart Park Fun Run, Distance & Time TBA. North Bakersfield Recreation & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

**Lancaster:** Lancaster Community Hospital Mended Hearts 5 & 10K Run & 5K Walk, Apollo Park (4545 West Ave. G), 8 a.m./5K, 8:30 a.m./10K & Walk. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

**So. El Monte:** Legg Lake Easter Run, 5K, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Camrillo:** Camarillo Kiwanis 10K Run, Camarillo Community Center, 7:30 a.m. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. John Muller: (805) 987-1381.

**Seal Beach:** Seal Beach 10K, Marina Community Center (211 Marina Dr.), 8 a.m. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

**El Cajon:** El Cajon 20K, Madison & Fourth, 7:30 a.m. Judi Richardson: (619) 444-3785.

**San Diego:** Vintage 5 & 10K, Rancho California (Winchester at Ynez), 8 a.m. Dennis Kasischke (619) 280-7327.

## April 2 (Sunday):

(Be sure to set clock one hour ahead Saturday evening! Daylight Savings!)

**Sausalito:** Houlihan's to Houlihan's 12K, East Fort Baker to San Francisco (Aquatic Park), 3 staggered starts, 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118. (415) 387-2178.

**Palo Alto:** Oak Creek Spring Forward Run, 5K, Oak Creek Apts. (1600 Sand Hill Rd.), 5 p.m. Palo Alto Recreation Dept. (415) 329-2380.

**El Dorado Hills:** Mother Lode Biathlon, 6 Mi. Run, 28 Mi. Bike, 9 a.m. Bicycle Works, Attn: Nancy or Bob, 2419 K Street, Sacramento 95816. (916) 447-2453.

**Modesto:** Modesto Marathon & Half-Marathon, Blue Gum & Carpenter Rds., 7:30 a.m. Shadowchase R.C., P.O. Box 3605, Modesto 95352. (209) 578-4575.

**Healdsburg:** Fitch Mountain Footrace, 3 & 10K, Healdsburg Plaza (downtown), 8 a.m. City of Healdsburg, 126 Matheson St., Healdsburg 95448. (707) 431-3301.

**Bakersfield:** Lemucchi's Pedal & Plod Biathlon, Time TBA. Tim Lemucchi (805) 872-2473.

**Saugus:** Sparky Canyon 40.5 Mile Ultra-Marathon, Santa Clarita Park, 6 a.m. Scott Butler, 31820 Mountain Shadow, Acton 91351. (805) 274-0400, 265-0555.

**Tustin:** MCAS Tustin 5 & 10K Runs, 8 a.m. Capt. John Walker, S-4 H+HS, MCAS, Tustin 92710. (714) 651-7336.

**Canoga Park:** Hunters Run, 2K, 5K & 10K Fallbrook Square, 8:30 a.m. David Kahn, 7930 Vicky, West Hills 91304. (818) 703-6913.

**Redlands:** Run Thru Redlands, 5K, 10K & Half-Marathon and 5K Walk, Redlands Mall, 7:45 a.m. Ken Scofield, P.O. Box 1702, Redlands 92373. (714) 792-0258.

**So. El Monte:** San Gabriel River Carrera de Pascua 5K, 8:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

**Irvine:** Pacific Coast 12K & Centennial Stride, Irvine Hilton Towers, 8 a.m. Info: (714) 661-6062.

**Carlsbad:** Carlsbad 5,000, Grand Ave.,

11th Annual



Firebaugh-Mendota  
Rotary River Run

April 1, 1989  
6 Mile ~ 3 Mile ~ 1 Mile

CONTACT: Ron Sani  
2107 N. Harrison, Fresno, CA 93704  
(209) 233-0009

7:30 a.m./Women, 8:15 a.m./Men, 9:15 a.m./  
Invit. Elite Racing, Inc., 2431 Morena Blvd.,  
Suite 2H, San Diego 92110. (619) 275-5440.

## April 8 (Saturday):

**Morgan Hill:** AAUW Wildflower Run, 2K, 5K & 10K, Live Oak High School, 9 a.m. AAUW, P.O. Box 451, Morgan Hill 95037. Kathy (408) 779-7561 or Charlotte (408) 779-0830, eves.

**Sacramento:** American River 50, 50 Miles, 6 a.m. (Pre-reg. only, 500 limit). Nancy March, Suite D-3, Roseville 95661. (916) 783-4558.

**Medford, OR:** TAC National Masters 20K Championships (Pear Blossom Run) and 2K Fun Run, Time TBA (Register by Feb. 28). Pear Blossom Run, P.O. Box 146, Medford, OR 97501. Jerry Swartsley: (503) 535-1205.

**Manhattan Beach:** Manhattan Mile, 15th St. & Valley (21 races), 8 a.m./1st Race. Manhattan Mile, P.O. Box 3431, Manhattan Beach 90266. (213) 545-6437, Charlie Van Etten).

**Malibu:** "Day in the Park" 5K Road Run & Children's Track Meet, Malibu Community Center (6955 Fernhill Dr.), 8 a.m. Sharl Latta, P.O. Box 4116, Malibu 90265. (213) 457-

## SCHEDULE

2937.

**Fallbrook:** Fallbrook Hospital 10K & 1 Mi., 463 No. Stagecoach, 7:30 a.m. Duff Stone (619) 728-1191.

### April 9 (Sunday):

**San Francisco:** Bonne Bell 5 & 10K (women only), Golden Gate Park (near Bandshell), 8:30 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**Oakland:** Misty Redwood Run, 7 Mi., Redwood Regional Park (Canyon Meadow), 9 a.m. American Lung Assoc., 295 - 27th St., Oakland 94612. (415) 530-5616.

**Livermore:** Livermore Fitness Day 5 & 10K and 5K Walk, The Barn (3000 Pacific Ave.), 8 a.m. Rich Lange, Livermore Rec. & Park District, 71 Trevarno Rd., Livermore 94550. (415) 447-7300.

**Napa:** Run to Literacy, 1 Mi. & 5K, Napa

City/County Public Library, 9 a.m./1 Mi., 9:15 a.m./5K. Frances Williams, Napa City/County Library, Project Upgrade, 1150 Division St., Napa 94559. (707) 253-4283.

**Sebastopol:** Apple Juice Run, 10K & 2 Mi., 8 a.m. Sebastopol Chamber of Commerce, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

**South Lake Tahoe:** Sierra Mountain Race. 10K XC Ski, 10K Run, 30K Bike, 10 a.m. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264.

**San Luis Obispo:** Cuesta-Spirit 50K Biathlon, 10K Run, 40K Bike, 8 a.m. Warren Hansen, Cuesta College, P.O. Box 8106, San Luis Obispo 93403. (805) 546-3207.

**San Bernardino:** Devil's Canyon 5 & 10K, 8 a.m. Aaron Katz, P.O. Box 2742, San Bernardino 92406. (714) 889-0095.

**Los Angeles:** Jimmy Stewart Marathon Relay, 5x5.2 Miles, Griffith Park, 9 a.m. (No race-day registration: \$500/Team). Jimmy Ste-

wart Marathon Relay, St. John's Hospital, 1328 - 22nd St., Santa Monica 90404. (213) 829-8968.

**Orange:** Round Orange 5 & 10K and Kid's 1 Mile, 7:30 a.m./5K, 8:30 a.m./10K, 9:30 a.m./1 Mi. Orangewood Children's Foundation, 2 City Boulevard East, Suite 250, Orange 92668. (714) 385-8110.

### April 12 (Wednesday):

**Chico:** Humpday 5 & 10K, One Mile Park (in Bidwell Park), 6:30 p.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

### April 15 (Saturday):

**Pacifica:** San Pedro Valley 10K & 2 Mile, San Pedro Valley City Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Chico:** Chico Master's 4-Mile Run, Bidwell

## Track Capital REPORT

If you're interested in track and field or road-racing, then you're interested in what's happening in Eugene and the rest of Oregon. Track Capital REPORT is a monthly magazine full of recent results, coming events schedule, interviews with the big names in the sport, health tips, updates on the University of Oregon teams, Eugene T & F list ('88 included 35 men under 4:00 for 1500M), H.S. list. This year's subscription will include a special extra issue with The World Veterans Game results.

### SUBSCRIPTION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St. \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Amount enclosed (\$11/year): \$ \_\_\_\_\_

**Mail to:** Track Capital REPORT  
P.O. Box 11505  
Eugene, OR 97440

## Put an Olympian On Your Team

John Powell's Video Series — Three Great New Study Tools for Coach & Athlete

**Discus Video:** "If there's a better discus instructional film around, I'd like to see it . . . Anyone interested in the discus simply must own this cassette."  
Roy Conrad, T&FN

"A superb work from the former World Record Holder and Olympic Medalist."  
Vern Gambetta, Track Technique

**Pole Vault Video:** Instruction from Olympian Doug Lytle. Covers the basics as well as advanced techniques. Includes weight training, basic warmups, and slow-motion action shots of some of the world's best vaulters.

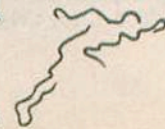
**Shot Put Video:** Features American record holders Brian Oldfield and Ramona Pagel. Covers basic techniques in both the *Spin* and the *Glide*. Plus, action footage of some of the world's best throwers (including the world's only 75' throw).



Each video is \$59.95. Each tape covers the BASICS, including weight training and power related exercises. You'll see action and slow-motion footage of some of the world's greatest athletes. Each video is at least 28 minutes in length — in color with sound and music.  
Orders processed immediately. Please add \$2.50 for shipping and handling. CA residents please add 6-7% sales tax.

**John Powell Associates**

P.O. Box 1393  
Los Altos, CA 94023



# SCHEDULE

Park, 9 a.m. Deb Powers, Enloe Stress & Health Center, Fifth & Esplanade, Chico 95926. (916) 891-7411.

**Ojai:** Thacher Schools 10K Run Against Apartheid, Thacher School, 9 a.m. Robert Williams, Thacher School, 5025 Thacher Rd., Ojai 93023.

**Duarte:** City of Duarte 5 & 10K Runs for Fitness, Royal Oaks Elementary School (Royal Oaks Dr. & Mt. Olive), 8:30 a.m. Lyndel Morgan, City of Duarte, Parks & Recreation, 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

**Westlake Village:** "Reach Out and Care" 5 & 10K and 1 Mile, Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:40 a.m./5K, 9:45 a.m./1 Mi. Steve Polley, 376 Castilian Ave., Thousand Oaks 91360. (805) 499-4434.

**La Quinta:** Coachella Valley Red Cross Triathlon, 3/4-Mile Swim, 20K Bike, 5K Run, Lake Cahuilla, Time TBA. Bob Schneck, P.O. Box 9435, Palm Springs 92263. (619) 325-4114.

**Fontana:** Fontana Days Half-Marathon & 5K, Lytle Creek (San Gabriel Mtns.), 8 a.m. City of Fontana Recreation Dept., Attn: Caren Ware, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

## April 16 (Sunday):

**San Mateo:** Earthquake Day Events, 6 Mi. Stride, 3 Mi. Senior Walk, 10K Run, 12 Mile Bike, Sawyer Camp Rd., Time TBA. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

**San Francisco:** Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (west of 41st Ave. & South Dr.), 9 a.m. Kimochi Sr. Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

**Novato:** Indian Valley College Cross Country Run, 5 Mi., San Jose Middle School (Sunset Pkwy. & Ignacio Blvd.), 9 a.m. Novato Parks & Recreation Dept., 917 Sherman Ave., Novato 94945. (415) 897-4323.

**Monterey:** Monterey Sprint Triathlon, 500 Yd. Swim, 12 Mi. Bike, 5K Run, Ft. Ord Army base, 9 a.m. Waddel Sports Center, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

**Placerville:** Silver Streak 10K, 5K Fun Run/Walk, 1/2-Mi. Kids Run, 8:30 a.m. Mother Lode Big Brothers/Big Sisters, Box 922, Placerville 95667. (916) 626-1222.

**Bakersfield:** Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

**Woodland Hills:** Bikesport Southern California Biathlon Series, 5K Run, 15 Mi. Bike, Zuma Beach, 8 a.m. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

**Del Mar:** La Jolla Half-Marathon, and 2 Mi., 7:30 a.m. Toni Deal: (619) 272-8316.

**Pomona:** Michelob Cal Poly Pomona Triathlon, 1/2 Mi. Swim, 10 1/2 Mi. Bike, 4 Mi. Run, 7:30 a.m. Paul Gabriel: (714) 869-2822.

## April 17 (Monday):

**Hopkinton, MA:** Boston Marathon, noon. Boston Marathon, 17 Main St., Hopkinton, MA 01748. (508) 435-6905. Note: Entry Deadline is March 20!

## Looking Ahead

### **(Marathons, Relays & Important Deadlines, Major Events, Etc.)**

**April 23 (Sunday): Carmel:** Big Sur International Marathon, 7 a.m. Big Sur Marathon, Box 222620, Carmel 93922-2620. (408) 625-6226.

**April 30 (Sunday): Pinole:** Pinole Marathon & Half-Marathon and High Five 5K, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**May 7 (Sunday): Weott:** Avenue of the Giants Marathon, Dyerville Bridge (2.5 Mi. north of Weott), 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226.

**May 7 (Sunday): Long Beach:** Long Beach Marathon & 8K, Long Beach Convention Center, Time TBA. Joe Carlson, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

## TRACK SCHEDULE

**February 11 (Sat.): Bakersfield.** Bakersfield Californian Invitational. Cal State Bakersfield. Charlie Craig (805) 664-2347.

**February 26 (Sun.): Long Beach.** Long Beach Relays. Cerritos College. Ralph Lindemann (213) 985-4666.

**March 4 (Sat.): San Diego.** Aztec Track Classic. San Diego State. Jim Cerveny (619)

594-5536.

**March 5 (Sun.): Palm Springs.** Palm Springs Invitational Senior Olympics III. (55 years or older). Palm Springs High School. David Adams, Chairman. Entry deadline 2/15/89. Contact Ben Green (619) 323-5689 or (619) 320-1296, home.

**March 11 (Sat.): Los Angeles.** Los Angeles Relays. Cal State L.A. John Tansley (213) 343-3095.

**March 11 (Sat.): Irvine.** Irvine HS Invit. Multi-Event Meet. Irvine HS. Herb Stockman (714) 857-9394.

**March 11-12 (Sat./Sun.): Tucson.** U of Arizona Decathlon. Univ. of Arizona. Mike Maynard (602) 621-2124.

**March 17-18 (Fri./Sat.): Berkeley.** Golden Bear Heptathlon. Cal Berkeley. Tony Sandoval (415) 642-9447.

**March 18 (Sat.): Pomona.** Bronco Invitational. Cal Poly Pomona. Jim Sackett (714) 869-2831.

**March 18 (Sat.): Berkeley.** Golden Bear Meet of Champions (women). Cal Berkeley. Tony Sandoval (415) 642-9447.

**March 18-19 (Sat./Sun.): Eagle Rock.** Oxy Heptathlon/Decathlon. Occidental College. Bill Harvey (213) 259-2608.

**March 21-22 (Tues/Wed): Fresno.** Cal State Fresno Heptathlon/Decathlon. Cal State Fresno. Red Estes (209) 294-4097.

**March 24-25 (Fri./Sat.): Tucson.** Univ. of Arizona Heptathlon. Univ. of Arizona. Bob Myers (602) 621-4082.

**March 25 (Sat.): Pomona.** SCA/TAC Open Grand Prix. Pomona-Pitzer. Skip Stolley (213) 453-7655.

**March 31/April 1 (Fri./Sat.): San Francisco.** San Francisco State Decathlon. San Francisco State. Harry Marra (415) 338-1561.

**April 1 (Sat.): Norco.** Chet Nicholson Relays. Norco High School. Ben Gonzalez, 2065 Temescal Ave., Norco, CA 91760 (714) 736-3283 or home (714) 734-4768.

**April 1 (Sat.): Fresno.** Fresno Relays. Radcliffe Stadium. Bob Fraley (209) 294-4097.

**April 1 (Sat.): Tempe.** Sun Angel Classic. Arizona State. Herman Frazier (602) 965-3856.

**April 1-2 (Sat./Sun.): Santa Barbara.** UCSB Decathlon. UC Santa Barbara. Sam Adams (805) 961-7133.

**April 7-8 (Fri./Sat.): Northridge.** Cal State Northridge Heptathlon/Decathlon. CSU Northridge. Don Strametz (818-885-3608 x 3242.

# SCHEDULE

**April 8 (Sat.): Northridge.** Northridge Invitational (women). Cal State Northridge. Don Strametz (818) 885-3608.

**April 9 (Sun.): Northridge.** Northridge Invitational (men). Cal State Northridge. Don Strametz (818) 885-3608.

**April 14 (Fri.): Los Angeles.** USC Twilight Meet. USC. Mike Bailey (213) 743-7770.

**April 14-15 (Fri./Sat.): Los Angeles.** USC Heptathlon. Univ. of Southern California. Mike Bailey (213) 743-7770.

**April 15 (Sat.): Santa Rosa.** 21st Annual Santa Rosa Relays. Santa Rosa JC. (HIGH SCHOOL--Varsity Boys & Girls). Ken Goetzel, Meet Director, Santa Rosa HS, 1235 Mendocoino Ave., Santa Rosa, CA 95401. (707) 433-5335, home or (707) 528-5377, work.

**April 15 (Sat.): Azusa.** Azusa Pacific Meet of Champions. Azusa Pacific. Terry Franson (818) 969-3434.

**April 15 (Sat.): Stanford.** Stanford Track Classic. Stanford University. Brooks Johnson (415) 723-2736.

**April 15 (Sat.): San Jose.** Bruce Jenner Open Invitational. San Jose City College. Bert Bonanno (408) 288-3730.

**April 20-21 (Thurs/Fri.): Azusa.** California Heptathlon/Decathlon. Azusa Pacific University. Terry Franson (818) 969-3434.

**April 20-21 (Thurs/Fri.): Walnut. Mt.** SAC Heptathlon/Decathlon. Mt. San Antonio College. Dan Shrumm (714) 594-5611.

**April 21 (Fri.): Pomona.** Pomona-Pitzer Invitational. Pomona-Pitzer. Anne Phillips (714) 621-8016.

**April 22 (Sat.): San Luis Obispo.** Poly Royale Invitational. Cal Poly SLO. Tom Henderson (805) 546-7235.

**April 22 (Sat.): Stanford.** Stanford Twilight Meet. Stanford University. Brooks Johnson (415) 723-2736.

**April 22 (Sat.): Walnut. Mt. SAC** Relays (Univ./Open Division). Mt. San Antonio College. Dan Shrum (714) 594-5611.

**April 23 (Sun.): Walnut. Mt. SAC** Relays (Invitational Division). San Antonio College. Dan Shrum (714) 594-5611.

**April 29 (Sat.): Irvine.** Irvine Invitational (women). UC Irvine. Danny Williams (714) 856-6342.

**April 29 (Sat.): Claremont.** Claremont HS Pentathlon. Claremont HS. Rich Ede (714) 624-1484.

**April 30 (Sun.): Irvine.** Irvine Invitational (men). UC Irvine. Vince O'Boyle (714) 856-6080.

**May 5 (Fri.): San Francisco.** Johnny

Mathis Invitational (women). San Francisco State. Harry Marra (415) 338-1561.

**May 6 (Sat.): San Francisco.** Johnny Mathis Invitational (men). San Francisco State. Harry Marra (415) 338-1561.

**May 6 (Sat.): Northridge.** Northridge Open. Cal State Northridge. Don Strametz (818) 885-3608.

**May 6 (Sat.): Santa Barbara.** Nick Carter Invitational (men). UC Santa Barbara. Sam Adams (805) 961-7133.

**May 6 (Sat.): Modesto.** S&W Modesto Invitational. Modesto Junior College. Tom Moore (209) 537-0411.

**May 6 (Sat.): Tucson.** Wildcat Last Chance Meet. Univ. of Arizona. Dave Murray (602) 621-4829.

**May 13 (Sat.): Westwood.** UCLA Invitational (formerly Pepsi). UCLA. Al Franken (213) 278-2030.

**May 13 (Sat.): Eagle Rock.** Occidental Invitational. Occidental College. Bill Harvey (213) 259-2608.

**May 13 (Sat.): Flagstaff.** Flagstaff Invitational. Northern Arizona University. Ron Mann (602) 523-5646.

**May 17-18 (Wed./Thurs.) Berkeley U** of California Heptathlon. Cal Berkeley. Tony Sandoval (415) 642-9447.

**May 19 (Fri.): Santa Monica.** Santa Monica Sprint/Hurdle Classic. Santa Monica College. Skip Stolley (213) 453-7655.

**May 20 (Sat.): Santa Monica.** Santa Monica Distance Classic. Santa Monica College. Skip Stolley (213) 453-7655.

**May 20-21 (Sat./Sun.): Santa Barbara.** Late Afternoon Decathlon (SCA-TAC Championship) UC Santa Barbara. Sam Adams (805-961-7133).

**May 20-21 (Sat./Sun.): Long Beach.** SCA-TAC Heptathlon Championship. CS Long Beach. Ralph Lindemann (213) 985-4666.

**May 21 (Sun.): Los Angeles.** Los Angeles Invitational. Cal State LA. John Tansley (213) 343-3095.

**May 25 (Thurs.): Fresno.** Taco Bell Last Chance Meet. Fresno State. Bob Fraley (209) 294-4097.

**May 26 (Fri.): San Diego.** San Diego/Imperial TAC Open Meet. Balboa Stadium. Dixon Farmer (619) 469-1010.

**May 27 (Sat.): San Jose.** Bruce Jenner Bud Light Classic. San Jose City College. Bert Bonanno (408) 288-3730.

**May 27-28 (Sat./Sun.): Walnut. Mt.** SAC HS Heptathlon/Decathlon (SCA-TAC Champs.) Mt. SAC. Dan Shrumm (714) 594-5611.

**May 28 (Sun.): Walnut. Mt. SAC** TAC Qualifying Meet Mt. San Antonio College. Dan Shrum (714) 594-5611.

**June 4 (Sun.): Irvine.** Irvine Elite Classic. UC Irvine. Danny Williams (714) 856-6342.

## ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc., in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately.

Date of Event \_\_\_\_\_ Location \_\_\_\_\_

Name of Event \_\_\_\_\_

Type of Event:  long distance run  track meet  
 cross country  other

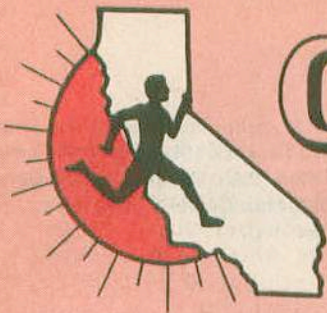
Starting time: \_\_\_\_\_ Distance, if running event \_\_\_\_\_

Other important info: \_\_\_\_\_

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070



# CALIFORNIA

## *Track & Running News*

### ATHLETES OF THE YEAR

# 1988

1988 was another exciting year for track and running in the Golden State. There's hardly a week-end without some type of track and field or running event producing outstanding, noteworthy, performances. Add to that the outstanding efforts of Californians at last summer's Olympic Games in Seoul and we have yet another memorable year of track and running in California.

As we now move into the 1989 action, let's look back to some of the highlights of the past 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 contributed to the voting in one or more categories:

Percy Knox, Jack Shepard, Bruce Springbett, Al Sheahen, Mel Shine, Tom Pagani, Ruth Anderson, Red Estes, Mark Winitz, Ken Dose, Howard Willman, Gary Miller, Bill Minarik, Bob McGuire, Bill Cockerham, Paul Reese, Payton Jordan, John Wenos, Bob Seaman, Tony Sandoval, Doug Speck, Peter Mundle, Gordon Fitzel, Bob Womack, Lance Harter, John Mansoor, Gregor Robin, and Keith Conning.

#### High School Boys Track & Field

##### **REGGIE WILLIAMS**

Double State Meet winner and TAC National Jr. Champ at 5000m.

Reggie received first place votes from all contributors. Others included: Quincy Watts, Brian Bridgewater, Tom Richards, John Wirtz, Kaleaph Carter and Diatori Gildersleeve.

Previous Selections: Rich Kimball 1974, Dedy Cooper 1975, Larry Doubly 1976, James Sanford 1977, Dave Porath 1978, Bill Green 1979, Charles Mayfield 1980, Pete Richardson 1981, Steve Kerho 1982, Maurice Crumby 1983, Joe Richardson 1984, Henry

Thomas 1985, Eric Mastalir 1986., Quincy Watts 1987.

#### High School Boys Cross Country

##### **BRYAN DAMEWORTH**

Dameworth capped an outstanding season running for Agoura High by placing second at the Kinney Western Regional and 4th at the Kinney National Meet--the highest finisher for the West.

Other outstanding cross country runners receiving votes included: Francis O'Neill, Jimmy Rodriguez, Scott Hempel and Mike Williamson.

Previous Selections: Ralph Serna 1974, Thom Hunt 1975, Tim Holmes 1976, Frank As-summa 1977, Jeff Nelson 1978, John Frank 1979, Jay Marden 1980, Harold Kuphaldt 1981, Eric Reynolds 1982, Calvin Gaziano 1983, Calvin Gaziano 1984, Mark Mastalir 1985, Marc Davis 1986, Ian Alsen 1987.

#### High School Girls Track & Field

##### **ANGELA BURNHAM**

A World class performer in the junior championships and *Track & Field News'* Athlete of the Year.

Others deserving recognition include: Michelle DeCoux, Karen Hecox, Dawn Dumble, Kira Jorgensen, Angela Rolfe, Inger Miller, J.C. Broughton and Rayna Cervantes.

Previous Selections: Mary Decker

*continued next page...*

# 1988 Athletes of the Year

1974, Cathy Sulinski 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, Leslie Maxie 1984, Latrese Johnson 1985, Janeene Vickers 1986., Janeene Vickers 1987.

Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982, Kirsten O'Hara 1983, Rebecca Chamberlain 1984, Laurie Chapman 1985, Katy McCandless 1986, Kira Jorgensen 1987.

Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981, Sandy Chapman 1982, Al Miller 1983, Ed Frazier 1984, Dennis Lewis 1985, Mike Gravelle 1986, Kenny Washington 1987.

## High School Girls Cross Country

### KIRA JORGENSEN

Kira's 1988 season was again an outstanding one. She won the State Meet and Kinney Western Regional.

Others: Karen Hecox, Rayna Cervantes, Deena Drossin, and Tina Gorbet.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978,

## J.C. Men Track & Field

### JULIUS KARIUKI

The 1988 Olympic Steeplechase Gold Medal Winner from Kenya, now attending Riverside, also was #1 in the State Meet 10K.

Our panel also voted for: George Kersh (second most votes), Marcus Hooks, Scott Biberthaler, Juan Tobin, Harlan Davis and Carr of Skyline)

Previous Selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth

## J.C. Men Cross Country

### TODD TRASK

Placing first at the State Championships for Todd put him first in the voting.

A close second goes to Angel Hernandez, with Kenrick Sealy, Uriel Rivera, Alfredo Viguera and George Kersh also receiving the nod.

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,

*continued next page...*



**PAM ALLENBY**

*photo by Bill Leung, Jr.*



**ANGELA BURNHAM**

*Fine Flicks by Dan Gosney*



**MARK CONOVER**

*photo by Gregor Robin*



**BRYAN DAMEWORTH**

*Fine Flicks by Dan Gosney*



**MARC DAVIS**

*Fine Flicks by Dan Gosney*



**GAIL DEVERS**

*photo by Bill Leung, Jr.*



**CAROL GRAY**

*photo by Keith Canning*



**FLORENCE GRIFFITH-JOYNER**

*Fine Flicks by Dan Gosney*



**KIRA JORGENSEN**

*Fine Flicks by Dan Gosney*



**STEVE LEWIS**

*photo by Jim Reynolds*



**ANDRE PHILLIPS**

*Fine Flicks by Dan Gosney*



**REGGIE WILLIAMS**

*Fine Flicks by Dan Gosney*

# 1988 Athletes of the Year

Rich Brownsberger 1982, Mandla Kuene 1983, Eugene Cruz 1984, Alphonse Swai 1985, Matt Clayton 1986, Mark Dani 1987.

## J.C. Women Track & Field

### **JULIA TURING**

This was a difficult category with several runners close. Turing, (1st 200, 4th Javelin, 2nd 100 and running both relays) topped them all.

Others included: Janine Bonin, Chris Diehl, Janice Sellon, Chen, Given, Anderson, Krieger, Harris and Rounarmann.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982, Gervaise McCraw 1983, Zeld Johnson 1984, Myra Mayberry 1985, Sylvia Mosqueda 1986, Tammy Stiles 1987.

## J.C. Women Cross Country

### **PAM ALLENBY**

State Champion. No one else even close in the voting.

Others: Marit Koch, Becky Cullens, Kathryn Krieger, Shelly Loveall, and Rachael Rossbach.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gelley 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983, Leslie Hawkins 1984, Sylvia Mosqueda 1985, Anne Hayden 1986, Janice Sellon 1987.

## College Men Track & Field

### **STEVE LEWIS**

This category displayed how awesome UCLA's sprint squad is with teammates Steve Lewis, Danny Everett and Kevin Young dominating the voting. All but one voter placed this trio in one of the top 3 spots. Lewis' gold medal undoubtedly caused him to squeak by Young and Everett to come out ahead.

Others receiving votes included: John

Bender, Matt Giusto, Kari Nisula, Henry Thomas, Atlee Mahorn, and Dave Wilson. 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, Danny Harris 1984, Danny Harris 1985, Danny Harris 1986, Kevin Young 1987.

## College Men Cross Country

### **MARC DAVIS**

A tough category with Davis outleaning opponents Calvin Gaziano and Mark Dani due to his first place at the Region 8 meet. It should be noted that Greg Whiteley (ex-Irvine prep star) deserved more consideration for his powerful season—winner of NCAA District 1 meet and 23rd at the Nationals—but his low visibility to our Western panel garnered him only one first place vote.

Others: Gaziano, Dani, Jesus Gutierrez, Fredson Mayiek, Jim Ortiz, Darren Stonerock, Ernie Freer and Steve Miller.

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, Marc Oleson 1984, Marc Oleson 1985, Matt Giusto 1986, Matt Giusto 1987..

## College Women Track & Field

### **GAIL DEVERS**

Owner of this category for the past 3 years, Devers was far and away the winner for 1988. This "one lady track team" placed on top at the NCAA's, earned national and American records and topped it all with a berth on the Olympic team.

Also deserving recognition: Sylvia Mosqueda, Sheila Hudson, Wendy Brown, Yvette Bates, Durel Schimek, Lacy Barnes, Janeene Vickers.

Previous Selections: Alice Brown 1980, Karin Smith 1981, Jackie Joyner 1982, Jackie Joyner 1983, Carol Cady 1984, Jackie Joyner 1985, Gail Devers 1986, Gail Devers 1987.

## College Women Cross Country

### **CAROL GRAY**

Close...close...close between Gray and Cal's Sally Wood who also had a very consistent season. Gray topped Wood at District 8 and Nationals to get to the top.

Besides Sally Wood, Carmen Maldonado, Teresa Barrios, Brigid Stirling, Kirsten O'Hara, Melanie Hiatt, Noreen deBettencourt, Melissa Sutton, Sabrina Han, Michelle Trimble, and Stacy McAfee all received votes.

Previous Selections: Maggie Keyes 1980, Ceci Hop 1981, Ceci Hopp 1982, Regina Jacobs 1983, Regina Jacobs 1984, Regina Jacobs 1985, Gladess Prieur 1986, Sylvia Mosqueda 1987..

## Open Men Track & Field

### **ANDRE PHILLIPS**

Clearly dominated the category. His gold medal performance and win over Edwin Moses put him squarely in the track & field spotlight in 1988.

Other outstanding track men included: Johnny Gray, Tonie Campbell, Edwin Moses, Larry Myricks, Mike Powell, and Jeff Atkinson. College students, Kevin Young, Danny Everett and Steve Lewis also received votes.

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, Edwin Moses 1984, Willie Banks 1985, Andre Phillips 1986, Greg Foster 1987.

## Open Men Cross Country

### **BRIAN ABSHIRE**

This is one of the toughest categories for comparing runners as there isn't really much cross country action at the club level. The TAC National Championships has traditionally been the best source of comparison. and Brian Abshire's 21st place finish won him the category. Mark Conover was close behind placing 26th at TAC. Yes...another Californi-

*continued next page...*

# 1988 Athletes of the Year

an beat out both Abshire and Conover at the Nationals--Mark Dani placed 10th--but is a college student and ineligible for this category. Just wait until he's out of school.

Others: Mark Conover, Dave Daniels, Dan Gonzalez, Farron Fields, Mark Junkermann, Dave Frank and college students, Dani and Calvin Gaziano.

Previous Selections: Bob Thomas 1976, Dave Babaracki 1977, Larry Lawson 1978, Duncan Macdonald 1979, Steve Scott 1980, Thom Hunt 1981, Thom Hunt 1982, Rod Berry 1983, Carmelo Rios 1984, Ivan Huff 1985, Thom Hunt 1986, Mark Junkermann 1987.

## Open Women Track & Field

### **FLORENCE GRIFFITH-JOYNER**

Who else? With breathtaking performances in Seoul, Flo-Jo dominated here too. Close behind was the 1986 and 1987 winner, sister-in-law Jackie Joyner-Kersey.

Others: Just as FGJ received all of the first place votes, JJK pulled in all of the second placers. Other vote-getters included: Kim Gallagher, Evelyn Ashford, Gail Devers, Ramona Pagel, Donna Mayhew.

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, Valerie Brisco-Hooks 1984, Valerie Brisco-Hooks 1985, Jackie Joyner 1986, Jackie Joyner-Kersey 1987.

## Open Women Cross Country

### **PATTI GRAY**

First place vote-getter from all panel members, Patti was the top California finisher at TAC.

Also receiving votes: Carol Keller, Kathy Smith, Beth McGrann, Melissa Martel, Gladees Prieur, Jan Johnson, Linda Van Housen, Regina Jacobs, college students Sally Wood and Kirsten O'Hara, and prep Kira Jorgensen.

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, Maggie Keyes 1984, Monica Joyce 1985, Janine Aiello 1986, Marilyn Davis 1987.

## Men's Road Racing

### **MARK CONOVER**

Superfluous comments unnecessary. Olympic Trials Marathon tells the story.

Others in the race: Steve Scott, Terry Cotton, Danny Grimes, Ron Gee, Rich McCandless, Tom Wood, Matt Clayton, Marc Nenow.

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, Carmelo Rios 1983, Ivan Huff 1984, John Moreno 1985, Bill Donakowski 1986, Jay Marden 1987.

## Women's Road Racing

### **NANCY DITZ**

Fourth time in a row for Ditz. Placed second in Olympic Trials Marathon and was top U.S. finisher in Olympic Marathon.

Others include: Terry Puckett, Sylvia Mosqueda, Barbara Myers-Acosta, Patti Gray, Janine Aiello, Laurie Binder, Gladees Prieur, Ann Trason, and Robyn Root.

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, Patti Gray 1984, Nancy Ditz 1985, Nancy Ditz 1986, Nancy Ditz 1987..

## Masters Men 40-44 Track & Field

### **STAN WHITLEY**

Unanimous selection from panel for outstanding marks in 100, 200, 400 and long jump.

Others: George Mason, Graeme Shirley, Charles Rader, Mike Deller, John Powell.



**LAURIE BINDER**

*photo by Gene Cohn*



**NANCY DITZ**

*photo from Bowler & Assoc.*



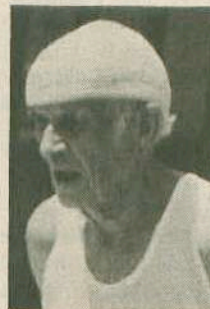
**GINA FAUST**

*photo by Richard Lee Slokin*



**MARIAN IRVINE**

*photo by Gene Cohn*



**PAUL SPANGLER**



**SAL VASQUEZ**

*photo by Gene Cohn*

Previous Selections: Dave Jackson 1977, Ken Dennis 1978, Nick Newton 1979, George Cohen 1980, Walt Butler 1981, Walt Butler 1982, George Cohen 1983, Ed Burke 1984, John Dobroth 1985, Stan Whitley 1986, Stan Whitley 1987.

*continued next page...*



# 1988 Athletes of the Year

## Masters Men 45-49 Track & Field

### **FRANK LITTLE**

National outdoor TAC champ in 100 and 200.

Others: Theo Viltz, Lloyd Higgins, Martyn Adamson, Mike Holbrook, George Cohen, Harvey Franklin and Mel Brooks.

Previous Selections: Bill Fitzgerald 1974, Peter Mundle 1975, Shirley Davisson 1976, Herm Wyatt 1981, Dave Segal 1982, Gary Miller 1983, Larry Stuart 1984, George Cohen 1985, Gary Miller 1986, Gary Miller 1987.

## Masters Men 50-54 Track & Field

### **GARY MILLER**

National TAC outdoor champ in the 300m IH, pentathlon and decathlon.

Other outstanding athletes include: Larry Stuart, Bob Humphrey, Al Henry, Nick Newton, Phil Conley, and Ken Dennis.

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, Parry O'Brien 1984, Parry O'Brien 1985, Phil Conley 1986, Ken Dennis 1987.

## Masters Men 55-59 Track & Field

### **BRUCE SPRINGBETT**

National TAC indoor champ in 60y and 300y and national TAC outdoor champ in 100 and 200.

Other vote getters included: Dave Jackson, Pat Devine, Pete Richardson, Tony Nasralla, Thane Baker and Phil Mulkey.

Previous Selections: Tom Patsalis 1977, Tom Patsalis 1979, Tom Patsalis 1981, Bill Fitzgerald 1982, Jim O'Neil 1983, Bill Fitzgerald 1984, Huel Washington 1985, Huel Washington 1986, Dave Jackson 1987.

## Masters Men 60-64 Track & Field

### **BOB WATANABE**

Dominated the first choice spots. Bests include—100m (12.9), 200m (26.3), 400m (61.2), 300h (49.8).

Also receiving votes: Gunnar Linde, Gene Harte, Del Pickarts, Jim O'Neill, Vern Regier and Phil Brusca.

Previous Selections: Jack Thacher 1976, Payton Jordan 1977, Payton Jordan 1978, Harry Koppel 1979, Bob Hunt 1980, Burl Gist 1981, Tom Patsalis 1982, Tom Patsalis 1983, Burl Gist 1984, Bob Richards 1986, Bob Watanabe 1987.

## Masters Men 65-69 Track & Field

### **BOB HUNT**

National indoor TAC champ 60y, 60yH, and 300y. National outdoor TAC champ 100mH and 300mH. 1st in 4 events at West Regional meet, 1st in 5 events and Southern Pacific meet.

Others: Dave Brown, Jim Johnson, Del Pickarts, Boo Morcom, Tom Patsalis and Jack Alexander.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983, Dan Aldrich 1984, Burl Gist 1985, Bob Hunt 1986, Tom Patsalis 1987.

## Masters Men 70-74 Track & Field

### **PAYTON JORDAN**

71-year old Jordan sprinted to '88 bests of 13.0w, 13.1 and 27.3.

Also receiving votes: Jim Vernon, Bill Morales, Al Guidet, Dan Aldrich, Hy Booth, Herb Miller, Bill Weinacht and Dan Bulkley.

Previous Selections: Josiah Packard 1977, Winfield McFadden 1978, Tony Castro 1981, Tony Castro 1982, Tony Castro 1983, John Satti 1984, Carol Johnston 1985, Herb Miller 1986, Payton Jordan 1987.

## Masters Men 75-79 Track & Field

### **BURT MORROW**

National TAC champ in 100m, 80mH, and 200m.

Also: Carol Johnston, Jim York, Joe Casuso, Tony Castro, and Claude Hills.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980, Winfield McFadden 1984, Ken Carnine 1985, Tony Castro 1986, Tony Castro 1987.

## Masters Men 80+ Track & Field

### **KEN CARNINE**

1988 best in the discus of 97-3.

Also getting votes: Burt DeGroot, Sing Lum, Bob MacConaghy, Paul Spangler.

Previous Selections: Josiah Packard 1984, Winfield McFadden 1985, Paul Spangler 1986, Paul Spangler 1987.

## Masters Women 40-44 Track & Field

### **LAURIE BINDER**

American record holder at 3000m (9:58.2)

Others: Joni Pendleton, Ann Steekelenburg, Linda Kroesen, Susan Ward, Phil Raschker, Lurline Struppeck, Gayle Murphy and Patti Hurl-Tuffley.

Previous Selections: Irene Obera 1977, Irene Obera 1979, Cherrie Sherrard 1981, Jeanne Carter 1982, Jeanne Carter 1983, Jeanne Carter 1984, Fran Conley 1985, Jane Duff 1986, Laurie Binder 1987.

## Masters Women 45-49 Track & Field

### **NADINE O'CONNOR**

Top marks in 100-200-400 events.

Also receiving votes: Jean Carter, Fran Conley, Sandy Shocken, Shirley Matson, Vanessa Hilliard, Marilyn Mitchell, Barbara Pike.

Previous Selections: Shirley Dietderich

*continued next page...*

# 1988 Athletes of the Year

1978, Irene Obera 1980, Christel Miller 1981, Christel Miller 1982, Vicki Bigelow 1983, Marilyn Harbin 1984, Jeanne Carter 1985, Shirley Matson 1986, Nadine O'Connor 1987.

## Masters Women 50-54 Track & Field

### **IRENE OBERA**

Long jump AR at 14-16 1/2 and TAC/USA National Athlete of the Year.

Others: Chrystal Miller, Gina Faust, Heidi Skaden, Vicki Bigelow, Jeanne Hoagland, Marjorie Larney, Barbara Racine.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983, Irene Obera 1984, Irene Obera 1985, Chrystal Miller 1986, Irene Obera 1987.

## Masters Women 55-59 Track & Field

### **MAGDELINA KUEHNE**

Multi-event athlete with field bests for 1988 of Lj (12'0), TJ (25-9, 27'7w), DT (57'8) and JT (57'2).

Others: Dorothy Stock, Marj Moore, Suni Onodera, Shirley Kinsey, Sally Polk, Sally Stiegelmeir, Ruth Anderson.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dietderich 1983, Shirley Kinsey 1984, Marion Irvine 1985, Shirley Kinsey 1986, Shirley Kinsey 1987.

## Masters Women 60-64 Track & Field

### **SHIRLEY DIETDERICH**

1988 bests include 65-9 (DT) and 67-4 (JT).

Others: Kit Pickles, Helen Dick, Pat Peterson, Bernice Holland, Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982, Jaclyn Caselli 1983, Jaclyn Caselli 1984, Jaclyn Caselli 1985, Margaret Miller 1986, Shirley Dietderich 1987.

## Masters Women 65-69 Track & Field

### **JACLYN CASELLI**

Caselli's 3000m time of 13:37 placed her tops in the voting.

Also receiving votes: Gerry Davidson, Ricky Corvello, Els Tuinzing, Molly Monheit, Pearl Auerbach, Carol Peebles, Helen Tender.

Previous Selections: Alice Werbel 1981, Kay Atkinson 1982, Josephine Kolda 1983, Josephine Kolda 1984, Josephine Kolda 1985, Jaclyn Caselli 1986, Gerry Davidson 1987.

## Masters Women 70-74 Track & Field

### **DOROTHY STOTSENBERG**

1988 400m best time is 1:57.2.

Also receiving votes: Pearl Mehl, Helen Stephens, Marjorie Smith.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Edith Mendyka 1985, Kati Jacoy 1986, Dorothy Stotsenberg.

## Masters Women 75-79 Track & Field

### **EDITH MENDYKA**

All-around field event competitor, winning commendation as TAC/USA National Athlete of the Year. Unanimous 1st position choice by our experts.

Votes also received for: Bess James, Polly Clark.

Previous Selections: Bess James 1985, Edith Mendyka 1986, Edith Mendyka 1987.

## Masters Women 80+ Track & Field

### **MARY AMES**

TAC/USA's choice for National Track & Field Athlete of the Year. 1988 bests for the 85-year old Ames include 400m (2:50) and 800m (6:14).

Others: Marilla Salisbury, Mavis Lind-

gren, Anne Ward & Ruth Blattert.

Previous selections: Mavis Lindgren 1987.

## Masters Men 40-44 Road Racing

### **STEVE FERRAZ**

Top master runner in TAC's Pacific Association Grand Prix for 1988.

Others: Bill Sevajld.

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, Sal Vasquez 1984, Tracy Smith 1985, Bill Sevald 1986., Bill Sevald 1987.

## Masters Men 45-49 Road Racing

### **SAL VASQUEZ**

Fourth year in a row.

Previous Selections: John Brennand 1981, Jim Knerr 1982, Doug Latimer 1983, Jim Bowers 1984, Sal Vasquez 1985, Sal Vasquez 1986, Sal Vasquez 1987.

## Masters Men 50-54 Road Racing

### **DARRYL BEARDALL**

Others: John Brennand, John Finch.

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, Wally Ingram 1984, Jim Knerr 1985, Fred Matos 1986, Andre Tocco 1987.

## Masters Men 55-59 Road Racing

### **WALLY INGRAM**

Previous Selections: Jim O'Neil 1980, Jim O'Neil 1981, Jim O'Neil 1982, Jim O'Neil 1984, Pat Devine 1985, Len Thornton 1986, Pat Devine 1987.

continued next page...

# 1988 Athletes of the Year

## Masters Men 60-64 Road Racing

### **JIM O'NEIL**

Received all first place votes.

Others: Joe King, Pat Devine.

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, Larry Banuelos 1984, Jim O'Neil 1985, Jim O'Neil 1986, Jim O'Neil 1987.

## Masters Men 65-69 Road Racing

### **GEORGE BILLINGSLEY**

Previous Selections: Ed Lewin 1981, Ed Lewin 1982, Paul Reese 1983, Paul Reese 1984, Paul Reese 1985, Paul Reese 1986., George Billingsley 1987.

## Masters Men 70-74 Road Racing

### **PAUL REESE**

Others: Wayne Zook.

Previous Selections: Monty Montgomery 1977, Monty Montgomery 1978, Monty Montgomery 1979, Monty Montgomery 1980, Mel Shine 1983, Mac Osborn 1984, Ed Lewin 1986, Paul Reese 1987.

## Masters Men 75-79 Road Racing

### **ROBERT BRIBSTON**

Previous Selections: Paul Spangler 1976, Mel Shine 1986., Mel Shine 1987.

## Masters Men 80+ Road Racing

### **PAUL SPANGLER**

Undisputed owner of the 80-plus road runner category.

Previous selections: Paul Spangler 1981, Paul Spangler 1982, Paul Spangler 1986., Paul Spangler 1987.

## Masters Women 40-44 Road Racing

### **LAURIE BINDER**

Received first place votes from all panel members in this category. Voted outstanding LDR athlete by MLDR/TAC.

Others: Hilary Naylor, Juana Stavalone.

Previous Selections: Miki Gorman 1979, Sandra Kiddy 1980, Karen Scannel 1981, Shirley Matson 1982, Christa Rompannen 1983, Shirley Matson 1984, Shirley Matson 1985, Harolene Walters 1986, Harolene Walters 1987.

## Masters Women 45-49 Road Racing

### **SHIRLEY MATSON**

Top vote getter here. Voted outstanding LDR athlete for 1988 by MLDR/TAC.

Others: Joan Ulyot, Harolene Walters.

Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983, Karen Scannell 1984, Vicki Bigelow 1985, Shirley Matson 1986, Joan Ulyot 1987.

## Masters Women 50-54 Road Racing

### **GINA FAUST**

Second straight year on top. Voted outstanding LDR Athlete by MLDR/TAC.

Others: Heidi Skaden, Vicki Bigelow.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983, Marion Irvine 1984, Alice Rose 1985, Vicki Bigelow 1986, Gina Faust 1987.

## Masters Women 55-59 Road Racing

### **MARIAN IRVINE**

Others: Marty Maricle, Ruth Anderson.

Previous Selections: Margaret Miller 1981, Margaret Miller 1982, Margaret Miller 1983, Margaret Miller 1984, Anne Johnson 1985, Ruth Anderson 1986, Marian Irvine 1987.

## Masters Women 60-64 Road Racing

### **HELEN DICK**

Voted outstanding LDR athlete 1988 by MLDR/TAC at National TAC Convention.

Also: Mary Storey, Margaret Miller.

Previous Selections:

Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983, Mary Storey 1984, Helen Dick 1985, Margaret Miller 1986, Helen Dick 1987.

## Masters Women 65-69 Road Racing

### **JACLYN CASELLI**

Voted outstanding LDR athlete by MLDR/TAC.

Others: Gerry Davidson. Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983, Ada Thomas 1984, Judy Simon 1985, Jaclyn Caselli 1986, Jaclyn Caselli 1987.

## Masters Women 70-74 Road Racing

### **JUDY SIMON**

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Judy Simon 1986., Judy Simon 1987.

## Masters Women 75-79 Road Racing

### **BESS JAMES**

Previous Selections: Bess James 1985, Bess James 1986., Bess James 1987.

## Masters Women 80+ Road Racing

### **MAVIS LINDGREN**

Voted outstanding LDR athlete 1988 by MLDR/TAC.

Others: Mary Ames.

Previous Selections: Mary Ames 1987.

## KEEPING PACE

# Brian Abshire Conquers the Barriers

MAKE NO MISTAKE ABOUT IT, U.S. Olympic steeplechaser Brian Abshire is a California man. You might not have realized that fact when, last July, at the U.S. Olympic Trials in Indianapolis, a sleek runner wearing Athletics West colors took command of the steeple final with 2-1/2 laps to go in the 3,000-meter race. Behind Abshire, two better known American steeple specialists—Henry Marsh and Brian Diemer—were fighting for the remaining two spots on the Olympic Team. Despite nagging plantar fasciitis and not much competing or top quality training in the four months before Indy, the suddenly heralded Californian earned first spot of the three U.S. steeplers headed for Seoul, Korea. Abshire's winning clocking of 8:23.64 was the best time by an American to date in 1988.

It wasn't difficult to lose track of Abshire as one of our state's own over the last few years—even though his running career had recently turned in some outstanding performances, including an American record. During his high school years at De Anza High in Richmond, CA (located in San Francisco's North Bay area near his hometown of El So-

---

*"In track and field, the steeple is definitely the toughest distance event."*

---

brante) and as a Junior college runner at Oregon's Clackamas Community College, Abshire didn't run attention-getting times. But he followed his Clackamas JC coach, Kelly Sullivan, to Alabama's Auburn (a school known more for fast sprinters) and he blossomed.

As a 5-time NCAA All-American, the hard-working Abshire excelled at the 3,000 indoors and in the 5,000 and steeple outdoors. In 1987 he earned a spot as a member of the U.S. steeplechase team that competed in the World Championships.

Then, a year ago, he uncorked a 7:41.57 indoor 3,000 at the Vitalis meet in New Jersey (an American record and the second best

time ever recorded worldwide). That was followed by the injury-plagued late Winter and Spring, graduation from Auburn with a degree in Physical Education, and the unlikely comeback to gain a ticket to Seoul.

Despite a disappointing and illness-ridden Olympics in which Brian failed to make the final, the 25-year old has popped back, relocating to California (San Diego) and setting new goals for the 1989 indoor track circuit. Now, with the mental boost of well-deserved recognition (he was awarded the Glenn Cunningham award for the outstanding track man 800-meters and up in 1988 by The Athletics Congress), and world class experience in the top ranks, this come-home-again Californian has a lot to look forward to.

I interviewed Brian during the opening stages of the indoor season in mid-January. He had just opened the season with a 4:06.55 mile in Dallas—a hair's breadth behind winner Terry Brahm. He was driving up to Los Angeles that afternoon to compete in the Sun-kist Invitational (where he, subsequently, ran a second-place 7:57.88, as both he and winner Doug Padilla broke the old meet record). Promising tidings for the months ahead. As you read this month's column, we'll be approaching the TAC/USA Mobil Indoor Championships in New York (February 24th) and the IAAF World Indoor Championships in Budapest, Hungary (March 3-5). Look for Abshire in the Garden in New York. And when outdoors come around, be sure to keep your eye on a Californian named Abshire gliding over the barriers and streaking the flats.

**CTRN:** By the time readers see this issue the indoor track and field season will be almost over. But I'll ask you this question anyway. What are your goals indoors this year?

**ABSHIRE:** I'd like to win the (Mobil) Grand Prix. Last year I tied with Jim Spivey for the title in the 3,000 (meters). It's tough to win the overall title since you're competing with the hurdlers and all the others, but I'd like to get a lot of points there. I'm also trying to figure out where I can try and get the (indoor 3,000-meter) world record (7:39.2 recorded by Emiel Puttemans in 1973-ed.). I want to

lower my time a little bit, but it's hard to do because it's already very low. If I run any quicker, I should get the world record.

**CTRN:** Brian, can you tell me a little about your background as a runner?

**ABSHIRE:** I started running in 1980. My dad kind of got me interested in it. He was an average runner who used to run road races even before I was in high school. I ran pretty well in high school and got recruited to Clackamas Junior College up in Oregon. The coach at Clackamas, Kelly Sullivan, left the school and went to Auburn. So I went there also because he's a good coach. I had a good, solid college career. I got second place in the NCAA's in the steeple in 1985, but really didn't do anything major until I completed my college eligibility, did well, and started running for Athletics West.

**CTRN:** When did you actually become a steepler?

**ABSHIRE:** It was at a home meet in Auburn in 1985. I'd been running the 5,000 and doing really well. My coach said, "Let's try the steeple," and it went great. I tried it again at a dual meet and ran 8:34, which qualified me for the Nationals, and it was the top collegiate time that year. So, I said, man, this is it.

It wasn't an event that I considered really tough. I was just a natural at it, not needing any special hurdle work or anything like that. I've stuck with it, and really haven't had the opportunity to move to another event. I like the steeple, but I really want to move to the 5,000. I didn't run one 5,000 last year.

**CTRN:** The 3,000-meter steeplechase and the 5,000 are close in a distance sense, but they're really two very different events, aren't they?

**ABSHIRE:** Yes. You have to be a certain kind of person to do the steeple. Some people are great flat runners, but you get them out there with barriers in the way and it breaks up their rhythm. I know a lot of good runners who wouldn't even attempt the steeple.

I don't think you can make a steeplechaser. You just have to be able to go in there and do it. Some guys might not be very good at anything else, but they get in the steeple and it's just natural. I'm just fortunate that I can do a lot of different events—from road racing

By MARK WINITZ

## KEEPING PACE

to you name it. In track and field, the steeple is definitely the toughest distance event. If you have the least bit of a bad day—which we all have—and you're running the steeple, you're in a lot of trouble. You're trying to get over the barriers when you're fatigued. It's not like the 5,000 where you can slow down and get into a pace. In the steeple, you still have to get over that water jump and over the barriers. People nail the barriers with their legs or knees because they're tired, and it's hard to get back up.

Even when you have a good day, you come through the mile at 4:20 on the inside water jump—which I've done many times—and it's tiring. If you go out too hard, you're history. I've gone out in 60 or 61 seconds in the steeple, and after one lap the people who have tried to go with me are fried for the rest of the race. They ruin their whole race because they have no idea what the steeple is. You have to experiment with it. It's a shock sometimes.

**CTRN:** If you stick with the steeple, how far do you think you can go with it? How much can you improve?

**ABSHIRE:** Well, Henry Rono's world record is 8:05, which is a darn good record. I still need to get under 8:20. The only thing that keeps my hopes up is that I've run so well for a flat 3,000. They say that you can make a comparison between your 3,000 time and the steeple. I know that I'll someday, hopefully, get the American record, which is 8:09 (held by Henry Marsh-ed.). Brian Diemer ran 8:13 for us, which is darn close. It's something I'd like to try. You just have to take it one step at a time.

**CTRN:** Brian, I wanted to talk to you about the San Diego area. Our California readers might be interested about how you selected it for your base following the Olympics.

**ABSHIRE:** After Auburn I wanted to come back to California. Originally, I had plans for the Sacramento-Davis area. But after the Olympics my brother called me from San Diego and invited me to visit. Well, I hadn't been down here since I was a kid, when I went to the San Diego Zoo. My girlfriend and I drove down and we liked the area so much that we decided to stay. It all came together.

For a while I didn't have anybody to train with here, and I still don't have a coach (here) to this day. But a couple of weeks ago I got a hold of Steve Scott who lives about 25 minutes from me. We got together on the San

Diego City College track. Now he's a training partner, which is really nice. Last Sunday he unexpectedly brought me on a long 15-mile training run with about 30 guys.

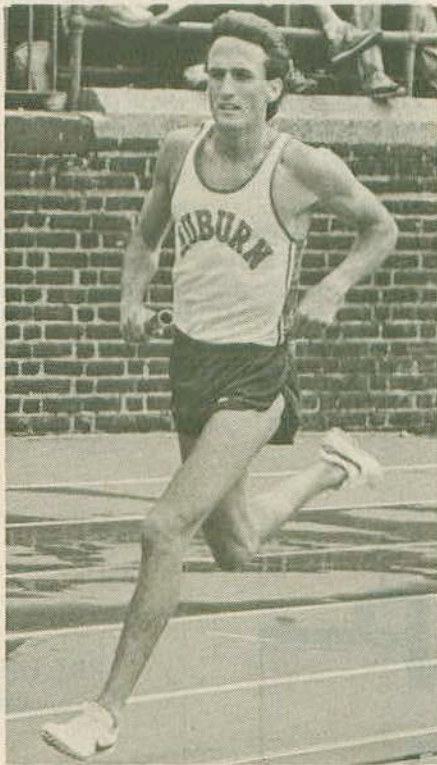


photo by Jeff Johnson, Track & Field News

**CTRN:** Is getting a coach a top priority?

**ABSHIRE:** Kelly Sullivan was a real good coach for me. It's hard not having a coach. At 25 I'm still learning, so I feel that I do need one. But I really haven't found out who's available here yet. There's a lot that I learned from Kelly, so I can work out on my own to a certain extent. Of course, Steve (Scott) is very knowledgeable. But I do need some guidance. Hopefully, I can get a hold of somebody by the outdoor season. With a coach, you don't have to second-guess your workouts. When you're making them up by yourself sometimes you ask, "Should I do halves today or quarters?" It's a little bit more questionable. But I'm doing pretty well. I'm getting off of the track and I'm not tired. I just have to make sure I don't overdo it. I'm only averaging 50 miles a week, if that. I'm still staying with my low mileage, like I've always done. If I do that, I feel that I'm not overdoing

it.

**CTRN:** Can you tell us a few more specifics about your training program?

**ABSHIRE:** I average about seven miles every day—about 49 a week. Every morning I run two miles to warm up. It used to be four miles, but I'm racing more now that the indoor season is here. Then I go into the weight room here (at his living complex) and bike five miles on the stationary bike. Then I do about 100 situps and I stretch for about a half hour. It takes about one hour total every morning. In the afternoon on my easy days I go five to six miles—nothing intense. Then I do strides and bounding. Then I go into the weight room with my brother and we do an hour worth of weights—a circuit that I've been doing for about the last five years. Mostly upper body, a little bit of legs.

I try working out every two days on the track. It depends on when I've raced. The track work is in the afternoon after my usual morning routine. It totals about six or seven miles with my warmup and a three-mile warm-down. For example, I might do four quarters and four 200's. Or I might do halves. At the end of January I'll start mile repeats. I'll do them rather quick, three of them, starting off in about 4:19 with a five minute rest, then a 4:10 with a five minute rest, then a 4:05. I did that last year before the American 3,000 record, and I was in extremely good shape.

I usually race on Friday or Saturday. I believe in taking one day off a week for total rest. But, generally, I'll just go out on a 10 or 15 mile easy bike ride. I won't put it into high gear, and I won't do it if I'm fatigued. It's a lot like what Ed Eyestone and Keith Brantly do. They, generally, take off one day a week.

**CTRN:** Bicycling is an important part of your program, isn't it?

**ABSHIRE:** Oh, aerobically, it really breaks it up. There is absolutely no stress on your legs whatsoever the way I do it. Last Spring, when I was hurt for four months before the trials, bicycling is what kept me in good shape and strong. I bicycled about eight to ten miles in place of my morning run. I quit doing that about two weeks before the trials. It helped me tremendously.

**CTRN:** You train full time, don't you? How do you like that kind of lifestyle?

**ABSHIRE:** Oh, the days go by very quickly. The training only takes up a part of the day, but because I'm racing every weekend on my indoor schedule—and often I'm traveling to meets on Thursdays—there's no way I could have a job right now. There's no

## KEEPING PACE

way that I could do it. I just want to dedicate myself to running right now. Sometimes I'll go out with my brother on his bread route—he works for a bread company—just to keep busy. Probably during the summer I might work a little bit, because I'm not racing terribly much that time of year.

I studied Physical Education in school, and someday I'd like to coach and work with kids. But right now I just want to concentrate on my own running.

**CTRN:** You've already accomplished quite a bit—especially making the Olympic Team. Generally, how was the Olympic experience?

**ABSHIRE:** It was a good experience and a bad experience. Obviously, the good part was that I made the team. I was thrilled to do that. Going over to Seoul, meeting and training with the people that I met was a super thing. The bad part was that I got sick while we were staying at our Olympic facility in Chi-

ba, Japan. I ate something, or drank something, and just didn't feel well while I was over there. I woke up one night in Seoul with terrible stomach cramps that just persisted. I went to a doctor there, but I don't think they could really tell what it was. I felt terrible going through the rounds, the prelims, feeling like I was going to die. Then, of course, I didn't make the final because the semi was so quick. One guy who was ahead of me that made the final was five feet ahead of me with a lap to go. He ended up beating me by 10 or 15 seconds. I usually run well on the last lap, but this time I could barely get over the barriers. I was just out of it. Actually, I lost eight pounds while I was over there, and I'm only 130 pounds. I didn't eat much because I was afraid to, and I didn't know what I was eating.

After the whole thing was over, Nancy Ditz and I and a whole bunch of other people went out and had fun. We forgot about the bad things, and tried to remember making the

team, the people we had met, and the good time we were having. That surpassed all the bads. I'm fortunate enough that I do have another Olympics to try for.

**CTRN:** Of course, the Kenyans were dominant in the distance events in Seoul, including the steeple, with Julius Kariuki winning the final and just missing Flono's record. Do you have any ideas about the Kenyans' success?

**ABSHIRE:** I've heard a lot of stories from many of the Kenyans, describing how they had to run 15 miles to school in the morning, and then turn around in the afternoon and run back. Plus the altitude, the general conditions when they're growing up, the hard labor, help them to develop muscles and traits that we never do. As a culture, they are a lot stronger physically, and they've been doing it since they were young. They're very serious about what they do, and they're tough mentally. I think that someday we can compete at

# CHEAP PRINTED T-SHIRTS

Factory "Seconds"  
Minor "Misprints"  
Production Overruns

Specify size(s) and preferred color(s)  
... various running events, etc. If not  
satisfied, return for refund, less ship-  
ping charges.

2 for \$5, 5 for \$10, 12 for \$20  
Shipping Included  
Add \$1/shirt for long sleeves

Make check payable and send to:  
Jack Leydig • P.O. Box 459 • San Carlos, CA 94070  
(415) 595-2249

PUT THE **RUNCAL** NEWSLETTER ON YOUR  
CALENDAR EVERY MONTH !



Mark Wintz is a columnist and feature writer for California Track and Running News. His articles have appeared in national running publications.

ALL RIGHT! Start my subscription to RunCal Newsletter. I have enclosed \$21 for one year (12 issues), \$25 overseas airmail (U.S. currency). I will receive RunCal monthly, which includes the fastest results of California races possible, interviews with California runners, info on California running clubs, places to run and more.

Name \_\_\_\_\_ Organization \_\_\_\_\_

Address \_\_\_\_\_

City / State / ZIP \_\_\_\_\_ Phone \_\_\_\_\_

Send this form with payment to: RunCal Newsletter  
85 Main Street  
Los Altos, CA 94022

## KEEPING PACE

their level, but they always seem to do well, taking the distance races when the Olympics come.

**CTRN:** In our country do you think that we support young runners enough?

**ABSHIRE:** No, I don't think that we do, and I think most American athletes will say the same thing. But I think that we're starting to lend more support through our programs like the new "Roads to Excellence." TAC is finally starting to offer assistance to athletes so they can train more and work (at other jobs) less.

I know that way over half of the money that I get from Nike is spent on rent. In Alabama I was paying \$112 a month rent. When I moved to San Diego it went up to \$600 for a one bedroom. Of course, Nike doesn't compensate you for the cost of living depending on where you live. So, that's what is tough. Everybody thinks that because I've had such success that I'm rolling in the bucks. Well, that's just not always true. It's true that I can make good money (by appearing) indoors, but why should I have to live off that particularly? So, what I think TAC is striving for is great if they can do it, and give more support to the athletes who really need it.

**CTRN:** Brian, do you have any particular models in running—runners who have inspired you?

**ABSHIRE:** Of course, when I was in high school, Pat Porter, Doug Padilla, and Steve Scott were the guys. To this day, still, there are two people who I look up to as runners—Pat Porter and Steve Scott—even though I've competed against them, and in a sense, I'm at the same level, but in a different event. I'm a world class runner like they are. I admire them not only because of their success, and the fact that they've been around for a number of years, but also because of their personalities. They enjoy it and they're very serious about it. They want to be the best. Their attitude is a lot like mine.

**CTRN:** You sound as if you plan to be at this game for awhile.

**ABSHIRE:** Actually, just last year with my arch injury, I was about to hang it up. I do intend to continue right now, although I've had thoughts about retiring in a year or two. You go through your ups and downs, and sometimes you ask yourself if it's really worth it. Sure, I'm doing well right now, and there are a lot of opportunities, but there's also a lot more to it than that. When I have a lousy race (which I haven't yet because the season just started), I ask myself, "What's all this hard

training I'm doing about? What's all this traveling every week? Is it all worth it?"

It all starts from sleeping to eating, to stretching—the whole bit. The days have been non-stop for the last eight years. Just run, run, run. It gets sometimes to where I'd just like to take a big, big break. But then I don't want to because I love running. There's a lot of opportunities. I've tried to stay positive with it. Hopefully, a coach will come along before I say I'm done.

**CTRN:** In general, what are the qualities necessary to be a top competitor? What are the ingredients for success?

**ABSHIRE:** First of all, God gave me a talent. I don't know why; I was just fortunate that I had the body, the mechanics, whatever it took to be good as soon as I started running. I immediately picked up on it and did well. That was the start of realizing I had a talent.

I've always had a serious attitude about my running. When I get on the starting line, I look back on all the hard work that I've put in, and the sacrifices I made. There's always a time for going out and having fun, going to parties. Of course, I don't really do that anymore, but when I was going to Auburn I'd have fun and enjoy myself. But when it came to racing and training I was very serious. A lot of people couldn't understand why I put so much into it. But then it would show up in a race. I would always do well. I've just had a good outlook. The way I see it, if I do get hurt and was never able to run again, I still would be happy because I did a lot in my career already. My main goal was to make the Olympic Team. I could (possibly) never make another one. I, at least, made one, and I'm happy that I did.

**CTRN:** So you're a believer in natural ability and hard work as a basic part of success?

**ABSHIRE:** Yes, natural ability definitely plays a role. I've known runners who either trained harder than me, or at times were more serious than me—this was in college—and they couldn't come near me. They were just your average runner. You can't explain to them that some people are made with certain muscles—like top sprinters—it's just a weird thing. It's hard to explain. True, I've been given this ability, but I've also worked my butt off. I've sometimes worked out so hard to the point of being sick. I've come back after a workout, sometimes, and almost passed out.

**CTRN:** What specific advice would you give to young runners, say, in high school, who want to make the most of their abilities?

**ABSHIRE:** Even if you're just an average runner in high school, stick with it. I ran well in high school, but never won the state meet or this or that. Just go to college and stay with it. Give it a shot. College is different. The coaches are different, and there are a lot more opportunities. Even if you don't do well, at least you're in school.

When I was in high school, I'd get letters from junior colleges. I'd throw them away, saying that I wouldn't go to a junior college. But it was the best thing for me. I developed slowly, did well, saved myself from injuries, and didn't get burned out.

**CTRN:** What's the best thing that running has done for you in your life?

**ABSHIRE:** I have a big family (four sisters and a brother—ed.) and it's given them something to cheer for and be proud of. It's given them a lot to talk about. Most of my sisters were at the Olympic Trials (as spectators) and it gave them a thrill. And, of course, my parents go crazy when they're able to see me run or win. They're very supportive. To them it's always a topic of conversation, whether at work, or wherever. My dad owns a dry cleaners, and he has big pictures of me up where you walk in. And, of course, all my neighbors up in El Sobrante know who I am. It's kind of neat.

The name recognition is also very rewarding. My real father died in 1976, and now there really aren't any Abshires around. Then people saw my name in the paper, and said "Isn't that Ken Abshire's son?" That's very satisfying—to know that they remember that.

### Brian Abshire

5' 11", 130 pounds, 25 Years Old

#### **Personal Records:**

Mile (Indoors): 3:58 (1988)

3,000 Meters (Indoors): 7:41.5 (1988)

3,000 Steeplechase: 8:20.8 (1987)

5,000 Meters: 13:38 (1986)

10K (Roads): 28:41 (1986)

*Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.*



# PA-TAC NOTES

LISTED BELOW are the rules for the 1989 Pacific Association Grand Prix, along with the races that will comprise the Grand Prix. In the next issue of *CT&RN*, I will publish the results of the 1988 Grand Prix, and the prize money for the 1989 Grand Prix. Keep up with all of the action of this exciting series by attending all the Grand Prix events. For those of you that run on the track, news will be forthcoming soon regarding the new Pacific Association Track Grand Prix. For more information on this now, contact the Pacific Association of fice at (916) 933-4913.

## 1989 LDR Grand Prix

All scorers must be current TAC members and Pacific Association residents prior to any championship in which they are scoring.

### OPEN MEN & WOMEN

#### SCORING INDIVIDUALS

The scoring for individuals will once again include the top twenty-five in all open championships.

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1st	30	14th	12
2nd	24	15th	11
3rd	23	16th	10
4th	22	17th	9
5th	21	18th	8
6th	20	19th	7
7th	19	20th	6
8th	18	21st	5
9th	17	22nd	4
10th	16	23rd	3
11th	15	24th	2
12th	14	25th	1
13th	13		

- Distances 25K and under would be scored using the above format.
- Distances over 25K would be scored at two (2) times the above values.

### TEAM SCORING

Team scoring in championships 25K and under would be as follows:

1st	3 points
2nd	2 points
3rd	1 point

For distances over 25K:

1st	6 points
2nd	4 points
3rd	2 points

### MASTER MEN & WOMEN

#### SCORING

The scoring for master (40-49) men and women would once again be for the top fifteen individuals and would take place as follows:

<u>Place</u>	<u>Points</u>	<u>Place</u>	<u>Points</u>
1st	20	9th	7
2nd	14	10th	6
3rd	13	11th	5
4th	12	12th	4
5th	11	13th	3
6th	10	14th	2
7th	9	15th	1
8th	8		

- For distances 25K and under, the scoring would be as above.
- For distances over 25K, scoring would be two (2) times the above values.
- All scorers must be TAC members and Pacific Association residents prior to any championship in which they are scoring.

### TEAM SCORING

Team scoring for distance 25K and under:

1st	3 points
2nd	2 points
3rd	1 point

For distances over 25K:

1st	6 points
2nd	4 points
3rd	2 points

### SENIOR MEN & WOMEN

#### SCORING

Scoring for seniors (50-59) would be as follows:

<u>Place</u>	<u>Points</u>
1st	10
2nd	6
3rd	4
4th	2
5th	1

- For distances 25K and under, scoring would be as above.
- For distances over 25K, scoring would be two (2) times the value.

### TEAM SCORING

Team scoring for 25K and under will be as follows:

1st	1 point
-----	---------

For distances over 25K:

1st	2 points
-----	----------

### SUPER SENIORS

#### SCORING

The scoring for the super seniors (60 plus) at distances 25K and under is as follows:

1st	1 point
-----	---------

### TEAM SCORING

For distances 25K and under, the scoring is as follows:

1st	1 point
-----	---------

For distances over 25K:

1st	2 points
-----	----------

### FINAL NOTES:

- Athletes may be scored more than once (eg., master in open; senior in master; super senior in senior, etc.) though they may only accept one award. They will have the choice of which award to accept.

By JOHN MANSOOR



## PA-TAC NOTES

### PACIFIC ASSOCIATION GRAND PRIX RACES 1989

April 29	Dome to Delta 12K	Sacramento	All Divisions
May 7	Devil Mtn. 10K	Danville	Open Men
May 29	Pacific Sun 10K	Marin	Masters
June 4	Russian River 8K	Ukiah	All Divisions
July 16	Distance Classic 1/2	San Francisco	All Divisions
July 29	Gold Rush Ultra	Plumas	All Divisions
Aug. 19	Susan B. Anthony 5K	Sacramento	All Women
Sept. 17	Hoy's 10K	San Francisco	Open Women
Oct. 8	Silver State 15K	Reno	All Divisions
Nov. 4-5	Examiner X-C	TBA	All Divisions
Nov. 12	Foundation 30K	Clarksburg	All Divisions
Dec. 3	Cal International	Sacramento	All Divisions

TBA: Men's 5K

## SUBSCRIBE TO CALIFORNIA TRACK & RUNNING NEWS

11 ISSUES ~ 1 YEAR ~ \$18.00

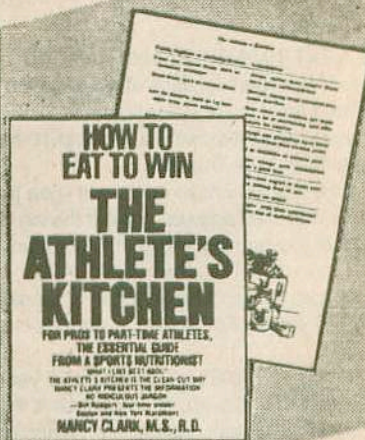
### BACK ISSUES

Back issues of CT&RN are available at the current cover price of \$2.25 plus \$.75 each for postage and handling. Please send your check with a total of \$3.00 for each magazine ordered; please specify month and year of the issue you wish to order.

Send to: CT&RN, 4957 E. Heaton, Fresno, CA 93727.

"...If you're going to buy just one book on sports nutrition, your best bet is **THE ATHLETE'S KITCHEN**"

*Boston Running News*



By **Nancy Clark, MS, RD**  
Sports Nutritionist  
Sports Medicine Brookline  
Boston, MA 02167

\* *Practical suggestions for how to feed yourself healthfully, even when on the run.*

\* *Sports nutrition tips on high energy snacks, protein, thirst quenchers, carbo-loading, vitamins and supplements.*

\* *Over 200 simple recipes for sports-meals and snacks.*

\* *Proven ways to lose, gain or maintain weight and fulfill athletic goals.*

\* *Popular "sports nutrition textbook" with teams, clubs, wellness programs, schools.*  
(40% discount for 24+ copies; +\$5 shipping)

\* *Available by sending \$4.50 plus \$1.50 postage & handling to:*  
*New England Sports Publications*  
*PO Box 252, Boston, MA 02113*  
*MA residents add 5% tax.*

Please send \_\_\_\_\_ copies **The ATHLETE'S KITCHEN**. Enclosed is \$\_\_\_\_\_.

Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_

Allow 4-6 weeks for delivery.

## An Interview With

# Mark Covert

THE NEXT TIME IT'S RAINING, and you don't feel like running, think of Mark Covert.

The next time you're sick with the flu and decide to stay in bed rather than hit that 10-mile loop, think of Mark Covert.

The next time you have a strained knee that jolts you with pain and you pull out the ice bag instead of the running shoes, think of Mark Covert.

Mark Covert hasn't missed a day of running in over 20 years. For Covert, every day is the next time.

On January 23, 1989 his streak hit 20 years and six months. Covert, 38, remembers the first day of the streak and also can pinpoint many days of pain, sickness and fatigue along the way. The minimum distance he allows himself for streak consideration is a three-mile run. And that distance is minimal to Covert, considering that he's averaged 87 miles per-week over the past 20 years.

Covert figures he's averaged 12.45 mile-per-day at about six-minute per-mile pace since his streak started on July 23, 1968. Covert's no stranger to high mileage. He's run many weeks of over 200 miles in his earlier days. Now, with the streak nearing the 7,500-day mark he's still going strong, averaging between 70-and-80 miles per-week.

Covert believes there is only one runner in the world with a longer documented streak, England's Ron Hill.

Hill, once a world class marathoner and Olympian, has a streak of his own that is about four years longer than Covert's. Most believe it is the world record and Hill's still building on it.

Covert graduated from Burbank High in 1968. He ran 9:26 for two miles in high school.

At L.A. Valley Junior College Covert competed from 1968 to 1970. He clocked 9:05 for two miles and set a national junior college record of 28:53 for six miles at a meet at Occidental College during his sophomore year.

While at Cal State Fullerton, Covert won the

NCAA Division 2 cross country title in 1970 at Wheaton College in Illinois, running 25:13 for the five-mile distance.

Covert was a Division I All-American that year, finishing 16th in the NCAA Division I cross country nationals in Williamsburg, Virginia.

Covert clocked 28:08 for six miles and 14:10 for three miles and was a two-time track All-American in each event.

In 1972 Covert redshirted and ran in the Olympic Marathon Trials where he finished seventh in 2:23.26.

Covert set the collegiate hour-run record in 1971, covering a distance just 123 yards short of 12 miles. The record has since been broken. Covert graduated from Cal State Fullerton in 1973.

He is 5-foot-8, 145 pounds, and currently is a national sales manager for a Japanese manufacturing company. He lives in Valencia with wife Debi and their children, Christopher 6, Brittany 4, Patrick 3, and Ashley 1.

**CTRN:** Through high school and college you were a solid runner, better than a lot of guys out there. But one thing that sets you apart from the average runner is this streak you have going. Do you remember the first day of it?

**Covert:** Oh yeah. On July 23 in 1968 I had been on a trip back east with my parents and relatives. We got back to Burbank and the first run was a 15 miler.

**CTRN:** Leading up to the beginning of the streak you were a solid runner. It wasn't like it was your first day of running that started the streak. How long had you been running when you started it?

**Covert:** Through high school.

**CTRN:** A runner named Jon Sutherland has his own streak going and it's said he's about four months behind you. It was written that Sutherland said gamblers should bet on him to outlast you because you've got bad feet. How is your body holding up and what does he

mean about your feet?

**Covert:** My feet are flat. If you saw a footprint it would look like a wedge starting narrow at the back and going wider all the way out to my toes. I've probably not been injured any more than anybody else. When you're young and get hurt, a couple of days later you're rolling good again. Now you get hurt and it's a couple of months later. You don't recover as quickly and little injuries are major injuries and devastating. But at this point it would have to be something where I'm completely incapacitated, in bed and can't get up out of the bed to keep it going.

**CTRN:** What's the worst injury you've run through?

**Covert:** I had a broken foot.

**CTRN:** Stress fracture?

**Covert:** No, broken foot. The fifth metatarsal on my left foot. I was running down a hill. If I hadn't been looking down I probably would have been better off. I saw a snake and moved quickly to my left and when I came down on my foot I hit a rock and the bone broke. You could hear it snap just like a twig. This was about six years ago. I tied the shoe on as tightly as I could and ran back home. I was about three-and-a-half miles from my house. That was very difficult to get back home. Then I drove to an emergency hospital. They x-rayed it and it was broken nearly all the way through. There was no displacement in the bone, though. It was just cracked straight across. They didn't put me in a full cast, just a half cast so I was able to take that off when I got home. I iced it up and the following day I wrapped it up as tightly as I could, put on a pair of army boots so it couldn't move, went out and shuffled through a three-mile run which is my minimum. That was very difficult for about a week. I went to my podiatrist, John Paglano, in Long Beach.

**CTRN:** What did he do for you?

**Covert:** He x-rayed it and told me it was broke, (chuckle). He said as long as there wasn't any displacement and I was able to run

*continued next page...*

By GREGOR ROBIN

## Covert

on and handle the pain I would have, it would just take twice as long to heal without the cast on it. And he said he wasn't going to tell me not to do it because I'd probably go home and rip the cast off anyway.

**CTRN:** What is keeping you with this streak? Do you have a fear that if you miss a day it will all be over and it will snowball and you'll stop running?

**Covert:** Well, right now there is no reason to miss a day. When you've done something this long and there is only one person or however many people who say they've run more, and you're one of a handful of people who can say they've run over 20 years without missing a day, there is no reason to take one off. I'm getting close to 40 and would like to start racing again, but you need to take days off and take a break (for racing). As you get older and get hurt or real sore, you take a day off and you come back quicker. (The streak) does nothing for (racing) if you really want to race. But at this point, I'll be damned to say, "Well geeze, I'll take a couple of days off." It comes sometime in early February where it will be 7,500 days. Now 7,500 days, other than breathing, there's not a whole lot many people have done for 7,500 days every day.

**CTRN:** Ron Hill is the guy who has more in a row?

**Covert:** From what I understand.

**CTRN:** He once hopped on the beach for whatever his minimum mileage is when he had an injured leg.

**Covert:** His minimum is a mile. I wish I knew what his was when I started. His streak is about four years longer than mine.

**CTRN:** What would you say to him if he got a glimpse of this interview?

**Covert:** Well, I admire what he has done. I know that he has been injured and has been sick at times. At one time I knew they were going to do a kidney operation of some sort on him. He held off to see if the problem would clear up to keep his running going and it did. So, at this point, whether it be me or Hill or Jon Sutherland, it becomes something very personal to all of us. I have friends who have known me through the years and they have an idea of what this means. It's like a friend. It's something that has been with you through good times, bad times, but the one thing is that it's always there. Everyday. This morning I'm on business in San Francisco. I got up, I was out the door, got my six or seven miles in. It's something that I can't imagine not doing. It will have to end someday. Nothing will go on forever, but boy, it's going

to have to be one hell of a good reason.

**CTRN:** How many miles are you averaging a week now?

**Covert:** I'm relatively healthy and am averaging 70-to-80 miles a week now.

**CTRN:** Over the years can you figure an average for the whole streak?

**Covert:** The average per-day over the years is 12.47.

**CTRN:** That's about 87 miles a week for 20 years. Now how can you prove this?

**Covert:** The only way anybody else can. The same way Ron Hill can and the same way Sutherland can. I have a training log that I've kept since I was a junior in high school. It must be 500 to 600 pages long at this point. Every run every day is documented. If anybody doesn't believe me, fine. I can live with that. But the people who have known me over the years, they don't question it because they've seen me when I've had a broken foot and been out running. And they've seen me when I had a 103 or 104 fever and I'm throwing my guts up with the flu and I'm going out on a five-mile run. None of these people will tell you that I'm a relatively smart or intelligent individual for doing this, but they've seen me do it. If somebody says, "Awe, that's a bunch of garbage! He didn't do that," that's fine. I can live with that. At this point, and anywhere doing it, at 100 days or now that it's getting close to 7,500 days, it means something to me. If somebody doesn't believe it, that's fine.

### About the Streak:

*"It's like a friend. It's something that has been with [me] through good times and bad times...it's always there...."*

**CTRN:** Have you thought of marketing this, you know, Wheaties?

**Covert:** We've kicked it around, writing a book, something like that, but I don't know how you would do that.

**CTRN:** What's the biggest week you've ever run?

**Covert:** Oh, 220, 230 miles.

**CTRN:** Is there any year span where you could say you averaged over 100 miles?

**Covert:** I had a four or five year streak where I averaged up around 125 to 130 miles a week. I had a 10-year streak where I was well up over 100. I had a 10-year average in the middle there at probably 115 miles per week.

**CTRN:** When do you usually run?

**Covert:** Because of my job, I'm out the door in the early morning, at about five o'clock.

**CTRN:** What about your diet?

**Covert:** I eat anything I can get my hands on. I eat and drink whatever I want. I drink a few beers, but I don't drink like I used to. I don't think any of us drink like we used to.

**CTRN:** What's the biggest difficulty of this streak? You can't do spur of the moment things, can you?

**Covert:** You just do it. I was on a cruise with my wife for a week and I got up and ran on the ship for the week. I've been in Japan and because of the time change, a 24 hour period (become) a calendar day. Getting one in isn't that difficult. I run at five o'clock. By the time my kids get up I'm usually back in the house in the shower.

**CTRN:** What do you think about the road running scene in general now and how has it changed?

**Covert:** It's changed light years from what I call the "Stone Age," back in the 60's and 70's. There's 10 races every weekend in Southern California and 10 races every weekend in the Bay Area. I think it's wonderful

there are a lot more people running. But I don't know if it's better. By that I mean, before this boom, there were five or six races a year on the road that were big races and all the guys would be there. Everybody would be there. The same on the national scene. There were a few big races and you would go to it and everybody would be there. Now there's two to three big races every week and it doesn't seem like the big guns ever all get

*continued next page...*

## Covert

together except maybe at the Olympic Trials every four years and even then some of them don't go to the Trials because they can make more money on the roads. It's changed, but everything's changed.

**CTRN:** Your 5-foot-8, 145 pounds. How much has your weight fluctuated over the years?

**Covert:** Oh, I've probably been as high as 160 and as low as 140.

**CTRN:** What about your height, (chuckle).

**Covert:** I used to be very tall, 5-10, but I pounded out two inches.

**CTRN:** Do you run mainly on the roads?

**Covert:** This time of year because of the time I run in the morning I have to run on the roads. Once we get some light in the morning by 5:15 to 5:30 I can start my runs from my house and 20 minutes later I can do some trials and mix it up.

**CTRN:** What about the smog problem in Los Angeles? You've been there the whole time.

**Covert:** Yeah, and I'll probably die because of it. It's worse than it's ever been and it's difficult, but I don't think it's any more difficult than for people who live any place else. It's there and you put up with it.

**CTRN:** What's the most memorable experience out of all these years running?

**Covert:** Winning the (NCAA) Division 2 cross country championships. I had gotten beat very badly two weeks in a row before the nationals after having a pretty good season up to that point. Up until then I thought I had a real opportunity to win. After running poorly two weeks in a row to come back and run well, considering the conditions of the day - two-below zero with the wind chill factor, and it was snowing and frozen, that was exciting.

**CTRN:** What kind of speed do you think you have right now, say tomorrow running a mile?

**Covert:** I probably couldn't break 4:50 or 4:40. I can't do a whole lot of speed work. I get hurt. The stuff I have to do is fartlek on the roads. I would like to do that, but it's something I can't do.

**CTRN:** Your 230 mile week, your biggest, how did you work that out?

**Covert:** Triples. There was a time where I'd run doubles where I'd run a 10-mile run in the morning and a 10-mile run in the afternoon, 13 days in a row where every run was under 54 minutes.

**CTRN:** So you were just floating?

**Covert:** That's the other thing about this (streak) and it was one of my problems when I

**"Well, right now there is no reason to miss a day. When you've done something this long [i.e. over 20 years without missing a day]...there's no reason to take one off."**

was racing my best. I like to train. I enjoy the feeling when you get in a groove that you're just flowing day after day after day. And that's a hard thing for some people to understand because they never find that groove that you can get in when you're putting in heavy miles. There were times when I was in school, when the nationals would come around or a big meet would come and I'd have to slow my training down. As you slow your training down and peak, you're getting out of that groove. To find that groove again may take a few months and geeze, it was almost a shame to have to do that. Even now when I hit that groove, I think, "Oh geeze, this is wonderful."

**CTRN:** And how long's the longest that's lasted?

**Covert:** Oh, probably three months where I've been in it every day and just rolling.

**CTRN:** Anything else you feel like adding. Did I miss something. Maybe a friend of your's will read it and say, "He didn't ask about that?"

**Covert:** Oh, probably somebody will read it and say I left out a lot. But at this point, the streak means a lot to me and the people that know me know what it means. I know people that have streaks. Sutherland's is still going and people have streaks of five and 10 years and those mean a lot to them. To do anything, whether it be running, riding a bike or swimming and to do it every day, that's something that's commendable and rather amazing to go out when you're sick, hurt or there are things going on with the family. This thing become a friend.

**CTRN:** This running when you're sick. It seems that running with a bad cold or flu could progressively make it worse to the point where you're really layed up.

**Covert:** I usually feel better if I get something in.

**CTRN:** To cover our side of it, is there anybody out there who's just a complete doubter in Mark Covert saying, "He's fooling us and he

took a whole month off and . . ."

**Covert:** Nobody has every come up and said anything like that to me. I assume there is somebody some place. The thing that's funny is that whenever there is an article, and there have been quite a few over the years, somebody will surface that has a longer streak. Where they've been for these other 20 years beats the hell out of me. *Runners World* did an article last year and a month later somebody wrote in and said they had a streak that was three months longer. When I went in and talked with Joe Henderson, I said Joe, where was this guy when the articles were written five, 10, 15, 18 and 20 years ago?

Whether there are doubters, that may be. But I have never had anybody come up and say that and I think the reason why is that those people who know me have seen me run when I've had a broken foot, and been very sick and had other problems. Because of that, I don't go into hibernation when I'm hurt. I'll meet the guys and run slow and hobble through. I have some friends I run with and coach some master runners and a couple of Santa Clarita Club runners right now.

**CTRN:** What's your goal with this streak?

**Covert:** To get my run in tomorrow. Before we can get to 25 years, we have to get tomorrow in.

*Mark Covert was born November 17, 1950. His personal bests from 440 yards to the marathon are: 440 yards-52.0; 880y-1:55.6; Mile-4:09; 2 mile-8:54; 3 mile-14:10; 6 mile-28:08; 10 mile-48:06; half marathon-1:05:15; marathon-2:22:33.*

OOPS! We made a typing error in the John Koningh interview which ran in the January 1989 issue (3rd column, page 19). Koningh's quote should read, "After hearing what Len told me he was doing, I have to concur...."

# PREP NOTES

## Northern and Central California Results Wanted:

Please send Northern and Central California high school track results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

## Mariner Invitational:

**October 15. Garin Park, Hayward**--Unfortunately, the results of this fine invitational were not included in the January issue.

Jesuit (Carmichael), the Sac-Joaquin Section Division II champions, defeated Santa Rosa, the North Coast Section 3A champions, by 33 points--50 to 83--in the Boys' Championship Team competition. Vacaville, third in the Sac-Joaquin Section Division I, placed third with 103 points. Piedmont, ranked as the No. 1 small school team in the state this year, placed fourth with 108. Del Campo (Fair Oaks), the Sac-Joaquin Section Division I champion, was fifth with 125.

Todd Lewis (Burbank), the Southern Section 3A champion, set a new course record of 15:53 in winning the Boys' Championship. The old record of 16:22.2 was set by John Fugler (Del Campo) last year. Kevin Holbrook (Vacaville), the Sac-Joaquin Section Division I champion, placed second in 16:04. David Welsh (Jesuit), the Sac-Joaquin Section Division II champion, placed third in 16:22.

DeLaSalle (Concord), fifth in the State Meet Division I, won the large school boys' team title with 70 points. Antioch placed second with 73 points, Los Gatos was third with 83, and Beverly Hills was fourth with 93.

Jeremy Seven (DeLaSalle), second in the North Coast Section 3A and 12th in the State Meet Division I, was the top large school individual at 16:40. Shumeye Mamo (Berkeley), fourth in the North Coast Section 3A, placed second in 17:16. Gitahi (Beverly Hills) was third in 17:19.

Half Moon Bay, third in the Central

Coast Section Division II, defeated Encinal, third in the North Coast Section 2A, by two points--43 to 45--in the boys' small school race.

Donnie Nelson (Foothill, Pleasanton), the North Coast Section 3A champion, won the small school race in 17:05. Sophomore Mark Douglas (Moreau, Hayward) placed second in 17:18.

Vacaville, the Sac-Joaquin Section Division I girls' champion, won the girls' championship with 31 points.



**TODD LEWIS**

*photo by Doug Speck*

Bishop O'Dowd (Oakland), third in the North Coast Section 2A placed second with 45 points.

Ann Wedum (San Leandro), the North Coast Section 3A champion, won the girls' championship in 20:27.

Jennie Dempsey (Analy, Sebastopol), the North Coast Section 2A champion, placed second in 20:43. Brooke Prichard (Vacaville), the Sac-Joaquin Section Division I champion, placed third in 20:54.

Los Gatos, the Central Coast Section Division II girls' champion, won the large school title with 28 points. El Cerrito, fourth in the North Coast Section 3A, placed second with 66 points.

Lisa Scott (El Cerrito), seventh in the North Coast Section 3A, won the large school race in 21:13. Andrea Meinhardt (Los Gatos) was second in 21:27.

Half Moon Bay girls' won the small school title with 49 points.

Carolina Allen (San Rafael) won the small school race in 21:28. Jennifer Neumeier (San Joaquin Memorial), fifth in the Central Section Division III, placed second in 21:29.

## State Cross Country Meet Date and Classes of Competition:

**November 21. Susanville**--Bob Wall, the Northern Section Cross Country Chairman, wrote the following letter to Tom Byrnes, the C.I.F. commissioner:

*"The Northern Section Cross Country Committee would like to express our concerns about the State C.I.F. Cross Country Meet. We were among the first sections to advocate having a full state level competition, extending the terrific success of our Northern California Meet that was held for years.*

*We supported the concept of a permanent site at Woodward Park in Fresno. The facility is a good challenge, and meet management is first class.*

*Our concerns are date of the meet and classes of competition. We expressed at the very first formation meeting that Thanksgiving weekend was not a good date. We believe that the athletes and coaches should*

*not be forced to choose between the family and team at this holiday gathering time. We also believe the meet to be very late in the season. We recommend the meet be moved up one week to the weekend before Thanksgiving each year. Couldn't this be voted upon by principals, athletic directors, or section commissioners throughout the state?*

*We also are alarmed at the changes in divisions of school size without any input from coaches in the state. Who made the decision to lower the enrollment number for division III to 699? Wouldn't a better solution have been to increase the number of divisions to the same number as volleyball and basketball? Isn't the new division III creating a division of private schools and parochial schools, for the most part?*

*We believe that a rethinking of divisions and of the meet date are things that bother many coaches throughout the state and should be subject to their input and/or vote via section representation or state wide coaches ballot. Please bring this matter up at the next C.I.F. meeting.*

*Copies of this letter will be sent to Section Commissioners and cross country coaches throughout the state to encourage their active participation if they too are concerned with these aspects of the State Cross Country Meet.*

**Prep Editor's Note:** If the State Cross Country Meet was held the Saturday before Thanksgiving, then the Kinney Western Regional Cross Country Championship could be held on Thanksgiving weekend. The three other Kinney Regional meets are held on Thanksgiving weekend. This way the athletes from the Western Region would have the same two-week rest period as the athletes from the remainder of the United States.

## 500,000 U.S. High School Athletes May Be Using Steroids:

*By Susan Okie.*  
The Washington Post. Decem-

By KEITH CONNING

# PREP NOTES

ber 16. Washington--Almost 7 percent of male high school seniors in a new national survey reported taking anabolic steroids, the controversial hormone drugs popular with athletes that experts fear could cause stunting of growth, sterility and other health problems in teenagers.

The study, which is the first large-scale effort to measure steroid use in high school boys, suggests that nationally as many as 500,000 adolescents may be taking the drugs. The report was published in yesterday's issue of the *Journal of the American Medical Association*.

"It's much broader than we thought," said William E. Buckley, an assistant professor of health education at Pennsylvania State University and the report's principal author.

Particularly disturbing, he said, was the finding that boys who used anabolic steroids reported starting to take the drugs at much younger ages than experts had suspected.

Thirty-eight percent of the users said they began taking steroids at age 15 or younger, and more than two-thirds of users had started by age 16.

Taking the powerful hormones at such young ages greatly increases the risk that users could suffer serious, permanent side effects, such as stunted growth and long-term damage to fertility and sexual functioning, said Dr. Wayne V. Moore, a professor of pediatrics at the University of Kansas Medical Center.

Improving athletic performance was the most common motive for taking the drugs, cited by almost half of users. Almost two-thirds of users participated in competitive sports, most commonly football or wrestling. "Appearance" was mentioned as the main reason for using steroids by about 27 percent of users.

In an editorial in the journal, Moore called the study's findings "intriguing and alarming." He raised the possibility that for teenagers, anabolic steroids may well be addictive because of their ability to increase muscle size and dramatically alter mood, causing increased aggressiveness and a sense of well-being.

"The study indicates that many of the users at this age were habitual users," he said.

Moore said little is known about how often permanent side effects

occur in teenagers who take the drugs. But he said the hormones can permanently stunt growth, particularly in the youngest users, by causing pre-mature closure of the "growth plates" at the ends of bones.

He said that steroids taken during puberty may also prevent the body from establishing normal patterns of hormone secretion. These patterns, which involve the brain, the pituitary gland and the testes, could affect sexual maturation and fertility.

The majority of users obtained drugs from the black market, but about one-fifth said they had gotten steroids from a doctor, pharmacist or veterinarian. Steroids are legally prescribed for a wide variety of medical purposes.

## High Schools, Steroids Mix - Doctors Fear Early Use Could Limit Growth:

*By Max Gates.*

**December 16. Newhouse News Service--**One out of 15 male high school seniors has used anabolic steroids, and two-thirds of the users began taking the body-building drugs before the age of 16, according to a new study.

Doctors fear that early use of steroids by adolescents can produce a premature halt in growth, resulting in a shorter adult height, and may permanently affect the fertility of males. Adolescent steroid users also may be more prone to injury researchers say.

"While most of the effects of AS (anabolic steroid) use among adults may be reversible, several studies suggest that they could have more serious biophysical consequences for adolescents," the study's authors wrote in this week's *Journal of the American Medical Association*.

Anabolic steroids are artificial drugs that possess the anabolic, or body-building, attributes of human hormones, especially the male hormone testosterone.

The Pennsylvania State University researchers surveyed more than 3,400 male seniors at 46 high schools around the country. They found that 6.6 percent said they had used anabolic steroids; one-third of the users said they began using steroids at 16, and more than 38 percent

reported using the drugs at 15.

"These data indicate that (anabolic steroids) have been used at all high school grade levels and perhaps at the junior high school level as well," they wrote.

While most of the steroid users were involved in competitive athletics, especially football and wrestling, more than one-third did not intend to participate in school athletics, the researchers wrote.

Most said they had used steroids for more than one cycle, with each cycle lasting six to 12 weeks. Nearly half reported using more than one form of steroid, and 38 percent said they had used injectable steroids.

While about 60 percent said they got their steroids on the black market—other athletes, coaches or gyms—21 percent said their source was a physician, pharmacist or veterinarian, the authors said.

"This totally substantiates what we found. It goes right along with the idea that over half of the people who use steroids in college started in high school," said Dr. Douglas McKeag, the author of a similar study of college athletes.

McKeag, a team physician and associate professor of family medicine at Michigan State University in East Lansing, is completing an NCAA-funded study of steroid use among college athletes with William Anderson, a co-author of the JAMA report.

In the college study, to be published early next year, the researchers found that use of drugs among college students had declined—with two exceptions, steroids and alcohol, McKeag said. He added that the drugs' psychological effects in adolescents can be as damaging as the growth stopping and infertility effects.

Steroids made headlines at the 1988 Summer Olympics when Canadian sprinter Ben Johnson was stripped of his 100-meter gold medal when traces of steroids were found in his system. More recently British Olympic runner David Jenkins was sentenced to seven years in prison for involvement with a ring that dealt in counterfeit steroids.

## Steroids Derived From Hormone Found in Male:

December 16. New York. As-

sociated Press--Anabolic steroids, the substances taken to help build muscle, are man-made versions of a male sex hormone called testosterone.

In children and teenagers, steroids can make bones stop growing prematurely and prevent a child from reaching normal height, the U.S. Food and Drug Administration warned last year.

Health authorities also say the effects on men include breast enlargement, testicle shrinkage, impotence and enlarged prostate. In women, steroids have been linked to deepened voice, beard growth, baldness and breast diminution.

Steroid users of either gender may also show liver disorders as well as increased aggression and antisocial behavior. A study of steroid-taking athletes published earlier this year found mental problems ranging from deep depression to outbursts of violent rage.

Anabolic steroids are different from anti-inflammatory steroids, which are commonly used in medicine. Anabolic steroids also have some medically approved uses, such as treating certain types of anemia.

### Anabolic Steroid User Survey:

A total number of 3,403 students were questioned; of that group 6.64% or 226 used steroids.

### Age of respondents at first use of steroids:

15 & Under	38.3%
16	33.8%
17	25.2%
18 & Over	2.7%

### Main reason for using steroids:

To prevent or treat sports-related injury 10.7%

To improve athletic performance 47.1%

Appearance 26.7%

Social 7.1%

Other 8.4%

### Primary sources of steroids:

Black Market 60.5%

Doctors, pharmacists,

veterinarians 20.9%

Mail Order 9.3%

Other 9.3%

### Source:

JAMA

## Slaney: Drug Use Extensive in Track:

December 21. New York. Associated Press--Mary Decker Sla-

## PREP NOTES

ney (Orange High School, 1976), the premier American women's distance runner, says there is extensive drug use among track and field athletes throughout the world, and many of the users go unpunished.

Slaney, the U.S. record-holder in all outdoor distances from 800 meters to 10,000 meters, said yesterday there is a big "cover-up" of drug use in the sport, and in order to clean it up, all athletes should be tested by an independent agency at any time during the year, not only at meets.

Slaney said that if a number of tests turned up positive, such as Ben Johnson did at the Olympics, it could be seriously damaging to track and field.

"If you nail people for drugs, the results will suffer," she said. "The results won't be as good and people won't watch."

"But how long can it go on? There are tests that are positive, but they are ignored, swept under the rug."

She said the use of masking agents, making drugs impossible to detect, have hampered the testing process.

The Athletes think, she said, that if they can "get around the testing, that's fine."

But that's not necessarily true.

"This year, I have suspicions of a lot of athletes being on drugs," Slaney said, "just like everybody does."

Slaney mentioned no names, but said some of the runners she faced in Seoul "were not clean". Her rivals were mainly East Europeans and Soviets.

"There are problems in my event--there always have been," she said.

In this year's Games, Slaney went into the 1,500 and 3,000 as one of the favorites, but slowed by a virus, she had two disappointing performances, finishing eighth and 10th, respectively.

Slaney urged strict penalties.

"If someone is caught for steroids... performance-enhancing drugs--they should be thrown out of the sport forever. Why should they get another chance to compete?"

### Freshman Eligibility Toughened:

*By Doug Tucker*

January 12. San Francisco. The Associated Press--A Proposition 48 provision that about 1,800 ath-

letes have needed in order to qualify for scholarships was eliminated yesterday by NCAA Division I schools.

By a 163-154 vote, delegates approved a measure which they had defeated 159-151 the day before. The new rule eliminates the partial qualifier and significantly toughens the Proposition 48 freshman eligibility requirements.

Eliminating the partial qualifier from Proposition 48 was viewed by most delegates as the most significant action in the four-day meeting. A partial qualifier is a high school graduate with a 2.0 overall grade-point average who doesn't meet other Proposition 48 requirements such as minimum test scores or a 2.0 average in college preparatory courses.

Previously, partial qualifiers could receive full scholarship aid but had to sit out their freshman year and then have only three years of eligibility left.

Non-qualifiers now must pay their own way their freshman year and still sit out without playing or practicing. They may receive scholarships as sophomores if they complete 24 credit hours. But they will still have only three years of eligibility.

An NCAA spokesman in Mission, Kan., said about 600 partial qualifiers had been admitted each of the three years Proposition 48 has been in effect.

The proposal was almost unanimously opposed by black educators on the basis of their long-held argument that the standardized tests are discriminatory.

"This will affect not just black kids, but poor kids who are black, white and other shades," said Jim Frank, commissioner of the predominantly black Southwestern Athletic Conference. "It means that a great many kids who cannot afford to pay their own costs for their freshman year will never get the opportunity for a college education."

The rule takes affect in 1990 and does not affect anyone currently enrolled.

The request to reconsider was made by Alan Williams of Virginia, chairman of the infractions committee.

Proponents of the proposal said it would send "an even stronger signal" to high school administrators and students that athletes must bear down on their classwork if they wish

to perform at NCAA schools.

"That's clearly the message that's been going out," Williams said. "The overwhelming group of students seem to be much, much better prepared for college than they used to be, because of Prop 48. But there seems to be a persistent group of people who do not take academics seriously because they felt they had a way out through the partial qualifier provision. That's the group we were looking at."

### *From Doug Speck*

### TAC/USA Junior Championship

The TAC National Junior Championships will be held June 9, 10, 11 at Ohio State University in Columbus, Ohio. The Meet is open to athletes with a birthdate of 1970 or later and will be the qualifying competition for the Pan American Junior Championships in Santa Fe, Argentina June 22-25. Also, three International Junior competitions in the United States during the month of July are in the planning stages for a U.S. Junior squad against Canada and the Junior teams of other nations. The U.S. squad will be chosen from the Columbus competition. This TAC/USA Junior Nationals competition is the only post-interscholastic season meet open to Preps that can lead to such valuable International team experience. Top California preps Angela Burnham, Quincy Watts, Reggie Williams, and J.C. Broughton gained invaluable experience as members of the U.S. Junior National squad that competed in the Second World Junior Championships last August in Sudbury, Canada. The TAC/USA Junior Championship competition is always a highlight of the Prep Season with the affair last June in Tallahassee, Florida attended by the top ten male and female vote gatherers in *Track & Field News'* voting for the High School Athlete of the Year. Further information on the TAC/USA Junior National Track & Field Championships in Columbus can be gathered by calling Ron Altoff at the Columbus Recreation Department at (614) 645-3300.

## CIF Section Results

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

November 19. Pierce College.

#### Boys Junior Varsity

1. Carlos Lopez (Belmont) 16:45, 2. Cesar Rodriguez (Belmont) 16:51, 3. Jesus Naranjo (Fremont) 16:53, 4. Fil Nesta (Wilson) 17:04, 5. Larry Whitehead (Fremont) 17:06, 6. Robert Estrada (San Fernando) 17:08, 7. Marc Fisher (El Camino Real) 17:09, 8. Efrain Merumen (Banning) 17:11, 9. Herbert Cordova (Belmont) 17:14, 10. Julius Baradas (Belmont) 17:22.

TEAM SCORES: 1. Belmont 32, 2. Wilson 91, 3. Fremont 95, 4. Roosevelt 107, 5. Banning 160, 6. El Camino Real 181, 7. Bell 183, 8. Garfield 197, 9. University 213, 10. Canoga Park 217, 11. Narbonne 233.

#### Fresh/Soph Boys

1. Steven Gonzales (Carson) 15:31, 2. Roman Rendon (Banning) 16:12, 3. Brian Goodsey (Taft) 16:18, 4. Michael Krentzin (Taft) 16:26, 5. Rene Arellano (Belmont) 16:32, 6. David Melkonian (El Camino Real) 16:32, 7. Kipp Ortenburger (Taft) 16:43, 8. Mike Campos (Garfield) 16:45, 9. Torino Carr (Taft) 16:48, 10. Fred Quintero (South Gate) 17:00.

TEAM SCORES: 1. Taft 43, 2. Belmont 78, 3. Lincoln 104, 4. Banning 107, 5. Garfield 118, 6. Narbonne 160, 7. El Camino Real 162, 8. Bell 185, 9. Grant 195, 10. Kennedy 222.

#### Girls

1. Arcelia Gomez (Wilson) 18:18, 2. Martha Segura (Lincoln) 18:29, 3. Rosetta Hunter (Locke) 19:07, 4. Christy Stubbs (El Camino Real) 19:08, 5. Lillian Soliman (Roosevelt) 19:08, 6. Sandra Hernandez (Wilson) 19:26, 7. Heather Ballard (Birmingham) 19:31, 8. America Rivas (Garfield) 19:36, 9. Shelby Serpa (NoHollywood) 19:37, 10. Claudia Ortega (Garfield) 19:38.

TEAM SCORES: 1. Wilson 50, 2. Garfield 79, 3. San Pedro 103, 4. Belmont 125, 5. South Gate 144, 6. Taft 158, 7. Franklin 183, 8. Birmingham 188, 9. Lincoln 189, 10. El Camino Real 193.

#### Varsity Boys

1. Craig Lawson (Granada Hills) 15:04, 2. Martin Morales (Wilson) 15:05, 3. Natividad Gaona (Belmont) 15:17, 4. Obad Aguirre (San Fernando) 15:27, 5. Gabriel Garcia (Belmont) 15:30, 6. Richard Raya (Carson) 15:31, 7. Danny Jordan (Venice) 15:33, 8. James Moore (Verdugo Hills) 15:37, 9. Lalo Villegas (Jordan) 15:45, 10. Jesus Naranjo (Wilson) 15:55.

TEAM SCORES: 1. Belmont 35, 2. Wilson 91, 3. Venice 102, 4. Narbonne 113, 5. Roosevelt 140, 6. University 159, 7. Birmingham 170, 8. El Camino Real 179, 9. Gra-

# PREP NOTES

nada Hills 180, 10. North Hollywood 199.

## SoCal Prep Track & Field Preview

By Doug Speck

### Men

#### 100m-400m:

Despite the graduation of a super group of dashmen, there are still some fine returnees here. Donovan Burks (Washington, LA) raced 10.58-21.37 as a soph (7th State



100m) in 88, with Hawthorne's all-world Quarterback Curtis Conway (10.61-21.22-48.1), another top quality speedster (2nd COLEY CANDEALE

Fine Flicks by Don Gosney

State 100m-3rd 200m). Andre Green (Poly, Long Beach) showed rocket acceleration on his way to 10.62-21.62 bests in 88 as a 10th grader. Russell White (Crespi, Encino) has 10.72w-10.79-21.52 (8th State 200m) sprint bests. Beno Bryant (Dorsey, LA) has range, 10.76-21.1w-47.90. Simon Jones (Washington, LA) adds to Coach Al Hearvey's sprint crew with a

48.00 400m best (and 21.87w). Anthony Smith (Hawthorne) was 21.74w during the summer as a 10th grader.

#### 800m:

A solid group returns here. Eric Smith (Redlands) 1:52.22 was 6th in State, with Morgan Bateman (Crescenta Valley, La Crescenta) 1:52.66 8th last June in that competition. Frances O'Neill (San Pasqual, Escondido) has wide range that includes a 1:52.55 effort here. Troy Collins (Hemet) 1:53.27 and Jorge Rodriguez (Fallbrook) 1:54.03 put in good Fall Cross Country seasons.

#### 1600m-3200m:

State Division I Cross Country Champion Bryan Dameworth (Agoura) was the highest finishing junior nationally this past December in the Kinney National Cross Country Championships with his fourth place. The Agoura junior has 4:15.58m-9:06.46m distance bests. Scott Hempel (Walnut), the



country's quickest 3200m returnee, at 9:01.56 (2nd state), and Jimmy Rodriguez (Santa Ana Valley) 9:03.06 (3rd state KESHA MARVIN

Fine Flicks by Don Gosney

3200m) were also Kinney Nationals Finalists this past athletic season. Eddie Lavelle (Corona del Mar) at 9:02.90 (6th state) is another top 3200m runner. Amazing junior Coley Candaele (Carpinteria), 4:11.04m (3rd state) last year as a 10th grader, was an All-State Small Schools pick this past Football season as the quarterback and defen-

sive back for a fine Carp football squad. Francis O'Neill (San Pasqual, Escondido) puts in an appearance here also, with 4:13.83m (4th state) and 9:23.55m bests. O'Neill was much improved this Fall harrier campaign, and would appear to have amazing potential over the four lap distance in a quickly paced race. Todd Lewis (Burbank) 4:14.5 is another strong returnee.

#### Hurdles:

William Henry (Arroyo Grande), a very highly thought of football receiver, is easily the best high hurdler back in the state with 14.11 and 37.8 bests. Charles Brown (Channel Islands, Oxnard), the Arcadia winner at 37.93 (and 14.71w-14.85 HH), will challenge in the Intermediates. Dean Dunbar (14.44) and Keith Pouncey 14.5 are the latest of Coach Kye Courtney's hurdling dynasty at Hawthorne.

#### Jumps:

Mark Wilson (Charter Oak, Covina) 7-0.25 (1987) 6-11 (88) is the top jumper back. Eddie Dowling (Canoga Park) at 6-9 is the only other athlete who returns with a best of over 6-8. Greg Sheets (Taft, Woodland Hills) is back at 15-0 in the Pole Vault, with Eric Whitcomb (Valencia, Placentia) 14-8. Glen Reyes (23-10.75-8th St LJ) and Lenny McGill (48-11.5 49-8w 5th St TJ) are a formidable horizontal jumping duo from Orange Glen HS in Escondido. Williams Dancy (Santa Ana Valley) and junior Jerome Price (University City, San Diego-3rd State LJ) are both back at 23-6 in the LJ, with Billy Ivey (West Covina, switch from Edgewood after that school was closed) 23-5.25 49-4.25. Russell White (Crespi, Encino) has a 49-0.5 TJ best with Patrick Scott (Wilson, LB) 48-11.5 and Chris Perry (Muir, Pasadena) 48-6.5 close behind.

#### Weight Events:

Brent Noon (Fallbrook) had a fine 62-3.5 SP best as a soph in 1988 (2nd State). The Fallbrook junior also threw 177-4 in the Discus. Joe Bailey (Wilson, LB) is the only other returnee locally over 55 feet with his 58-2.5 best. John Gallagher (Palm Desert) was 5th in State at 173-6 in the DT.

### Women

#### 100m-400m:

Track and Field News High School Athlete of the Year, Angela Burnham (Rio Mesa, Oxnard), a finalist in the World Junior Championships last summer, returns with 11.28-11.26w-23.58 bests. Junior Inger Miller (Muir, Pasadena), the daughter of Dr. Lennox Miller (former Jamaican Olympic sprinter), will keep Angela honest with her 11.64-11.43w-23.59 bests. The races between this duo should be a real delight in the coming season. Debra Hamilton (LA) 12.11-24.69-55.5 and a healthy Leann Tirkshell 12.38-12.22w-25.94 are the nucleus of a fine Locke of LA team. Kee-Sha Adams 12.20-24.8 and Kesha Marvin 55.24 will be the nucleus of the Hawthorne sprint crew this spring. Taminika Terry (Muir, Pasadena) will add to the Mustang depth with her 12.23-25.01 clockings. Angela Rolfe (Dorsey, LA),

the state champion, will carry the area banner over 400m, with her 54.17. Jeanine Stewart (Duarte) was 7th in State at 400m with a 55.49 best.

#### 800m:

Kim McAllister (Locke, LA) was 5th in State at 2:11.0 (and 55.62 for 400m on the flat). Junior Gina Westby (Torrey Pines, Leucadia) was 2:14.44, with Kim Toney (Atascadero) 2:14.53, and Rhonda Kenner-son (Hawthorne) 2:15.13 (7th State) the best of the rest.

#### Distances:

Big quality here. Karen Hecox (South Hills, West Covina) 10:16.14 (3200m) and Rayna Cervantes (Montebello) 10:18.80m were the two fastest in the nation for that distance with their 1-2 from the State Meet, with the duo racing 4:50.93 and 4:51.30 respectively for 1600m. Kira Jorgensen (Rancho Buena Vista, Vista) should be ready for a big senior track season, with San Diegoan back with 4:49.54m-10:25.55m bests. Others of real quality are Jamie Park (Santa Barbara) 10:45.19m, Ashley Black (Palos Verdes) 5:01.08-10:47.02, Deena Drossin (Agoura) 10:48.03, Beth Bartholomew (Fremont, Sunnyvale) 5:00.0, Nicole Robbins (Hesperia) 5:00.57, and Becky Spies (Livermore) 5:02.61-10:56.7.

#### Hurdles:

LaTonya Davenport (Locke, LA) 13.81-45.35 is a very fine high school hurdler. Felice Lipscomb (Santa Monica) 14.00, Cindy Byrne (Canyon, Canyon Country) 43.47, Suzanne Kerho (Mission Viejo) 14.16, Aldora George (Upland) 14.27, and soph Shanee Somerville (Palm Springs) 44.43 are also very good.

#### Jumps:

Crissy Mills (Campbell Hall, North Hollywood) and Lynn Patrick (Serra, San Diego) have won the last two State Championships in the High Jump and bring 5-10 p's into this season. Lori Svoboda (El Dorado, Placentia), Kris Kurras (Poway), Marilyn Cragin (Miraleste, Palos Verdes), Melanie Clarke (El Camino Real, Woodland Hills), and Kari Gibbs (Glendora) return at 5-8 in that event. Nicole Smith (Montclair Prep, Van Nuys) had a 19-0 best in placing 2nd in State in the Long Jump. Lynette Christian (Dorsey, LA) 18-8.75, Michelle Dimry (Oceanside) 18-2.5, and Jennifer Tully (Torrance) 18-1.25 return with legal bests of over 18 feet in that event. LaFrancia West (Grossmont) leads the Triple Jump at 40-8.75 and was second at state. Stacy Thompson (Morse, San Diego) 39-2, Rosshanda Glenn (West Covina) 38-11.75, Rachelle Johnson (Patrick Henry, San Diego) 38-7, and Lisa Fager (Mission Viejo) 38-6.5 (39-4w) have been successful.

#### Weight Events:

The Discus is a dynamite event this spring. Alison Franke (Canyon, Anaheim) 158-4, Reneeka Williams (Nogales, La Puente) 153-9, and Candy Roberts (Don Lugo, Chino) 145-0 are the leading Southerners. The Northern cast is just as formidable. Angie Arrington (Palmdale) 43-5 and Jennifer Vivia (Madison, San Diego) 43-1.75 are the



# PREP NOTES

## Ranking the State's High School TRACK & FIELD PROGRAMS

By RAY SCOFIELD with assistance from DOUG SPECK and MIKE KENNEDY

Once again we thought it would be fun to rank the State's prep programs on a scoring system that goes much deeper than the points awarded in the very select State Finals. Therefore, we once again took the top fifty marks statewide in the regular prep events and awarded 50 points for the best mark, 49 for the second best, and so on down until 1 point was given for the fiftieth best mark in an event. Only Accutrack timing was used for events for scoring. There are some truly fine programs around the state, and it is interesting to see where they fall under such a scoring system.

### Men

For the third consecutive year a new team Champion was crowned (Jesuit of Sacramento and Hawthorne won the previous two scoring affairs). An extremely strong and talented Washington High team from the Los Angeles section was the winner with 431 points. The Generals, directed by Coach Al Hearvey, himself a 9.5 (9.4w) 100 yard dashman at Los Angeles High in 1969 and competitor for the University of Oregon during his College days, featured real speed this past spring. National 200m prep leader Brian Bridgewater (20.57 and 10.55 for 100m) and super soph Donovan Burks (10.58-21.37) headed a team that had individual scores in ten events, with the 41.05 and 3:16.10 relay teams also scoring high. Washington was 45th in 1987 with 120 points, and Hawthorne had 476 points in winning the title in 1987. Finishing second this year was a strong squad from Independence High School of San Jose, with Coach Stan Dowell's squad also having ten individuals and both relays score points that added up to 409.3. John Montgomery scored in the 200, 400 and both hurdles to lead Independence, which was seventh each of the last two years in our scoring. Another very strong group from the North half of the state was Vacaville, which totalled 374.5 for third. Coach Mike Larsen's Bulldogs would be very tough in a two-team dual, with State 100m champion Darren Stringer (10.65-21.47) and distance stars Scott Smoot (1:51.75-4:17.3c), Luis Luna (1:52.9), and Scott Holbrook (9:13.33c) leading a squad that was 39th last spring. Hawthorne, which rode the power of Curtis Conway and Travis Hannah to the State title in June, scores high once again, with 327.6 for fourth. With fourth, first, and fourth placings in the three years of this scoring system the Cougar Men would be out in front in any recent historical comparisons. The Quincy Watts led Taft (Woodland Hills) team was fifth with 316.0 points. A very strong Arroyo (El Monte) team, which had one of the State's better Cross

Country squads ever last Fall, carried the success over into Track with a sixth place finish here. With distance power from Gerardo Puentes (4:19.1c), Jaime Ortega (4:21.9-9:11.1c), Derrick Powers (9:12.24c), Vaulter Mike Dietch (15-9), and weight man Rick Fuller (61-6 & 177-11), the Knights scored 298.7.

It is also interesting to take a look at individuals who score in a number of events. Diatori Gildersleeve (Grant, Sacramento) scored an amazing 188 points by himself with 14.35 and 37.17 hurdle bests and 25-2 3/4 (LJ) and 50-0 1/2 (TJ) legal horizontal jump marks to outscore three eventer Quincy Watts (Taft) 10.48-20.67-46.67 who totaled 149.

### Team Scoring:

(there are about 1100 High Schools in California)

1. Washington(LA) 431.0
2. Independence (SJ) 409.3
3. Vacaville 374.5
4. Hawthorne 327.6
5. Taft (Woodland Hills) 316.0
6. Arroyo (El Monte) 298.7
7. Dorsey 294.7
8. Oakland 292.0
9. Clovis West (Fresno) 288.0
10. Muir (Pasadena) 264.5
11. Chatsworth 238.5
11. Edison (Huntington Beach) 238.5
13. Crenshaw (LA) 231.0
14. Grant (Sacramento) 229.5
15. Poly (Long Beach) 226.0
16. Crespi (Encino) 223.5
17. Morningside (Inglewood) 213.0
17. Cerritos 213.0
19. Morse (San Diego) 196.0
20. Notre Dame (Sherman Oaks) 195.0
21. Ygnacio Valley (Concord) 191.0
22. Wilson (Long Beach) 187.1
23. Pasadena 185.5
24. Johnson (Sacramento) 182.0
25. Riordan (San Francisco) 174.0
26. Logan (Union City) 171.0
27. Arroyo Grande 159.5
28. Carson 157.0
29. Mt. Miguel (Spring Valley) 156.7
30. Washington (Fremont) 153.5
31. Hoover (Fresno) 153.0
32. Fairbrook 150.5
32. Granada Hills 150.5
34. Corona del Mar 148.7
35. San Marcos (Santa Barbara) 146.0
36. Casa Roble (Orangevale) 144.6
36. Leland (San Jose) 144.6
38. San Pasaqual (Escondido) 142.0
39. Tulare 140.5
40. Bakersfield 134.0
41. Covina 133.0
42. River City (West Sacramento) 132.0
43. Silver Creek (San Jose) 130.5
44. Nogales (La Puente) 127.0
44. Saugus 127.0

46. Thousand Oaks 119.5
47. Marina (Huntington Beach) 119.2
48. Acalanes (Lafayette) 117.5
49. Damian (La Verne) 117.0
50. Justin-Siena (Napa) 113.6
51. Orange Glen (Escondido) 111.5
52. St. Mary's (Berkeley) 111.1
53. Gardena 110.5
54. Dana Hills 108.0
55. Clovis 107.0
56. El Camino (Sacramento) 105.5
57. Pittsburg 104.5
58. St. Francis (Mountain View) 103.8
59. Santa Ana Valley 101.5
60. Upland 101.0
61. St. Ignatius (San Francisco) 98.0
62. Mission (San Francisco) 97.0
63. Castlemont 93.6
64. De La Salle (Concord) 91.0
65. Narbonne (Harbor City) 89.5
65. Newport Harbor 89.5
67. Lemoore 88.6
68. Los Altos 88.5
69. Capuchino (San Bruno) 88.0
70. Mesa Verde (Citrus Heights) 87.5
71. Jesuit (Sacramento) 86.0
72. Redlands 84.5
73. Eisenhower (Rialto) 83.0
74. Edgewood (West Covina) 82.5
75. Agoura 82.0
75. Walnut 82.0
77. North (Riverside) 81.5
78. Fortuna 81.0
78. Palos Verdes 81.0
78. Reseda 81.0
81. La Jolla 80.0
82. Verbum Dei (Los Angeles) 78.0
83. University City (San Diego) 77.5
84. Santa Monica 76.5
85. Lakewood 75.5
85. Taft 75.5
87. Lick (San Jose) 74.0
88. Enterprise (Redding) 73.0
89. Fontana 71.5
90. Carpinteria 71.0
90. Hemet 71.0
90. Moreau (Hayward) 71.0
93. Concord 69.0
94. Birmingham (Van Nuys) 68.0
95. California (San Ramon) 67.0
96. Santa Fe (Santa Fe Springs) 65.5
97. Crescenta Valley (La Crescent) 64.5
98. Gunderson (San Jose) 63.5
99. Apple Valley 63.0
99. Piedmont 63.0
101. Mayfair (Lakewood) 62.0
102. Diamond Bar 61.7
103. Castle Park (San Diego) 61.5
103. Foothill (Sacramento) 61.5
105. Cleveland (Reseda) 61.0
106. Esperanza (Anaheim) 60.5
107. Mater Dei (Santa Ana) 59.0
108. Bella Vista (Fair Oaks) 58.6
108. Los Alamitos 58.6
110. Patrick Henry (San Diego) 58.5
110. Westchester 58.5
112. Crawford (San Diego) 58.0
112. Gahr (Cerritos) 58.0
114. Mt. Carmel (San Diego) 57.6
115. Burroughs (Burbank) 57.3
116. El Cajon 57.0
116. Tracey 57.0

118. Rolling Hills (RH Est's) 56.2
119. Burbank 56.0
119. Skyline (Oakland) 56.0
121. Jefferson (Daly City) 55.0
122. Ramona (Riverside) 54.5
122. San Diego 54.5
124. Rosemead 54.0
125. Roosevelt (Fresno) 52.5
126. Rio Mesa (Oxnard) 51.9
127. Edison (Fresno) 51.5
127. Mission San Jose (Fremont) 51.5
129. Claremont 51.0
130. Channel Islands (Oxnard) 50.5
130. Tokay (Lodi) 50.5
132. Antelope Valley (Lancaster) 50.0
132. Hesperia 50.0
134. Placer (Auburn) 49.1
135. Charter Oak (Covina) 48.0
135. San Benito (Hollister) 48.0
137. Lompoc 47.5
138. Bellarmine Prep (San Jose) 47.3
139. Atwater 47.0
140. San Dieguito (Encinitas) 45.2
141. Cupertino 45.0
141. Garden Grove 45.0
141. McLane (Fresno) 45.0
141. Pomona 45.0
145. Mission College Prep (SLO) 44.0
145. Newbury Park 44.0
145. South Bakersfield 44.0
148. Indio 43.5
149. Roosevelt (LA) 43.0
149. Valley Christian (San Jose) 43.0

### Individual Top Scorers

1. Diatori Gildersleeve (Grant Sacto) 188
2. Quincy Watts (Taft, Wood Hills) 149
3. Curtis Conway (Hawthorne) 131
4. John Montgomery (Ind. San Jose) 123.3
5. Russell White (Crespi, Encino) 121
6. Derrick Baker (Cerritos) 116
7. Ron Martin (Chatsworth) 109.5
8. Reggie Williams (RiverCity, W Sacto) 100

### Women

On the Women's side the competition was very, very close. Two monster team powers shot out way ahead of the pack and left all others over a hundred points behind. In the end a fine Locke of Los Angeles team prevailed 565.5 to 543.5 over the Hawthorne Cougars. Hawthorne had won the two previous years of scoring, with 494 enough to take the 87 title.

Coach Jim Lee at Locke has an amazing group on the track up through the distances, with Debra Hamilton (12.11-24.69-55.5), Kim McAllister (24.98-55.62-2:11.0), and Rosetta Hunter (5:07.30c) joined by hurdlers LaTanya Davenport (13.81-45.35) and Regina Weatherford (14.25-42.78) to make up 47.66 and 3:47.14 relay squads. Fine sprinter LeeAnn Tinkshell went down with injury partway through the season, otherwise Locke would have scored a bundle more. Overall, Locke scored in fifteen spots, one less than last year's winners and runner-ups (Hawthorne and Thousand Oaks). Hawthorne was led this year by the return to form of Deandra Wheeler (11.99-24.48), with Kee-Sha Adams (12.20), Deanna Amy (24.94), Kesha

# PREP NOTES

Marvin (55.24), Rhonda Kennerson (2:15.13), Christina Ross (2:17.56), Sharon Edmonds (14.01-43.95), Ilana Mazingo (14.59-44.46), and 46.73 and 3:47.32 relays mounting up the scores. Southern California powers Muir (Pasadena) 442.0, Dorsey (LA) 308.0, and a surprisingly strong Mission Viejo team (298.0) filled out spots three through five, with Central Coast Section rivals Mitty (293.5) and St. Francis (Mountain View) 292.0 battling for sixth and seventh. Bakersfield, the State team Champion from June, scored a bundle in the weights with Melissa Weis and Dawn Dumble, with their 281.0 total good for eighth here.

A great prep track career started in 1988 for our individual Women's scoring leader. Amazing frosh Keri Sanchez (Santa Teresa, San Jose), who started her first prep season with marks hard to believe for someone of her age, followed through until the summer in great style. Her best legal efforts in the Hurdles (13.99 and 42.96) and horizontal jumps (17-9 1/4 and 39.9 1/5) were the same combination that Diatori Gildersleeve used to win the Men's title (but Keri has three more years left in her prep career while the male Sacramentan moves on to UCLA). Sanchez totaled 169.0, with Kim Young of Madera scoring in the same four events (14.42-43.75-18-3.5-38.0) to total a fine 158.5. Alison Franke (Canyon, Anaheim) had perhaps the most interesting combination of points with 17-11 (LJ) and 38-1 (TJ) marks to go along with her 158.5 Discus (and non-scoring 14.83w 100m LH) in placing 13th.

## Team Scoring

(again, there are about 1100 high schools in the state)

1. Locke (Los Angeles) 565.5
2. Hawthorne 543.5
3. Muir (Pasadena) 442.0
4. Dorsey (Los Angeles) 308.0
5. Mission Viejo 298.0
6. Mitty (San Jose) 293.5
7. St. Francis (Mountain View) 292.0
8. Bakersfield 281.0
9. Poly (Long Beach) 247.0
10. Madera 231.0
11. Rio Mesa (Oxnard) 217.5
12. Agoura 214.5
13. Morse (San Diego) 207.0
14. Esperanza (Anaheim) 204.0
15. Carlmont (Belmont) 201.0
16. Corona del Mar 200.0
17. Santa Teresa (San Jose) 192.0
17. University City (San Diego) 192.0
17. Vallejo 192.0
20. Los Gatos 181.5
21. Palos Verdes 177.5
22. Hueneme (Oxnard) 177.0
23. Bishop O'Dowd (Oakland) 173.5
24. Hesperia 171.0
25. Upland 166.5
26. Pomona 163.0
27. Woodbridge (Irvine) 156.5
28. Leland (San Jose) 153.0
29. Compton 151.5
30. San Fernando 145.0
31. Canyon (Anaheim) 142.5

32. Logan (Union City) 139.5
33. Woodland 138.5
34. Mt. Whitney (Visalia) 133.5
35. Hoover (Fresno) 130.5
36. Glendora 129.0
37. Eisenhower (Rialto) 128.0
38. El Camino Real (Woodland Hills) 127.0
39. Mountain View (El Monte) 124.0
40. Vacaville 123.5
41. Livermore 123.0
42. Alhambra 120.5
43. Washington (Fremont) 116.5
44. Montebello 116.0
45. South Hills 115.0



**KERI SANCHEZ**

photo by Bill Leung, Jr.

46. Morningside (Inglewood) 110.5
47. Alemany (Mission Hills) 109.5
48. Redlands 109.0
49. Cajon (San Bernardino) 108.0
50. Clovis West (Fresno) 105.5
51. Patrick Henry (San Diego) 103.5
52. Westlake (Westlake Village) 102.0
53. Poly (Riverside) 101.5
54. El Molino (Forestville) 100.0
55. Apple Valley 97.5
55. San Pasqual (Escondido) 97.5
57. Rancho Buena Vista 97.0
58. Tokay (Lodi) 96.0
59. Torrey Pines 92.5
60. Bella Vista (Fair Oaks) 91.0
60. Castilleja (Palo Alto) 91.0
62. Barstow 90.0
63. Redwood (Larkspur) 88.5
64. Independence (San Jose) 87.0
65. Poway 86.5
66. West Torrance 86.0
67. Taft (Woodland Hills) 85.5
68. Las Lomas (Walnut Creek) 85.0
69. Bret Harte (Altaville) 84.0
69. Capistrano Valley (Mission Viejo) 84.0
69. El Dorado (Placentia) 84.0
72. Crawford (San Diego) 80.0
73. Yreka 79.0
74. Canyon (Canyon Country) 78.0
74. McAteer (San Francisco) 78.0
76. Atascadero 77.5
76. Orange Glen (Escondido) 77.5
76. Wilson (Long Beach) 77.5
79. Camarillo 76.0
80. Ramona (Riverside) 75.0
80. Ygnacio Valley (Concord) 75.0
82. Fremont (Sunnyvale) 74.5
83. Fallbrook 74.0
84. Manual Arts (LA) 73.0
84. Oceanside 73.0
86. Grossmont (La Mesa) 71.5
86. Mountain View 71.5
88. Sequoia (Redwood City) 71.0
89. Serra (San Diego) 70.5
90. Duarte 70.0
91. Northgate (Walnut Creek) 69.5
92. Grant (Sacramento) 69.0
93. San Pedro 68.0
94. Palmdale 67.5
95. Clovis 66.0
95. Madison (San Diego) 66.0
97. Dixon 65.0
98. Campolindo (Moraga) 64.0
98. Crenshaw (LA) 64.0
100. La Habra 63.0
101. Foothill (Santa Ana) 61.5
102. Torrance 60.5
102. Benecia 60.5
104. Santa Barbara 60.0
105. Western (Tulare) 59.5
106. Palm Springs 59.0
107. Kennedy (Richmond) 58.0
107. San Marcos (Santa Barbara) 58.0
109. La Canada 57.5
110. West Valley 56.5
111. St. Anthony (Long Beach) 56.0
112. Gunn (Palo Alto) 55.5
113. Fillmore 54.5
113. Santa Monica 54.5
115. St. Josephs (Santa Maria) 54.0
116. Bell Gardens 53.0
116. Sierra (Tollhouse) 53.0
118. Mt. Carmel (San Diego) 51.5
118. Valley (Sacramento) 51.5
120. Kern Valley 50.0
120. Roosevelt (Fresno) 50.0
122. Amador Valley (Pleasanton) 49.5
123. Montclair Prep (Van Nuys) 49.0
123. Norco 49.0
123. St. Elizabeth (Oakland) 49.0
123. Silver Creek (San Jose) 49.0
127. King City 48.5
127. Wasco 48.5
129. Milpitas 48.0
129. Piner (Santa Rosa) 48.0
131. Mills (Millbrae) 47.5
131. Oakland 47.5
131. Woodside 47.5
134. Campbell Hall (North Hollywood) 47.0
135. El Capitan (Lakeside) 46.5
136. Burbank 46.0
136. Foothill (Bakersfield) 46.0
136. Nogales (La Puente) 46.0
139. Carpinteria 45.5
139. Wilson (Los Angeles) 45.5
141. Paradise 45.0

142. Colfax 44.0
142. Don Lugo (Chino) 44.0
142. Harbor (Santa Cruz) 44.0
142. Newark 44.0
142. West Covina 44.0
147. Red Bluff 43.5
148. University (Los Angeles) 43.0
149. Monte Vista (Danville) 41.5
149. St. Bernard (Playa del Rey) 41.5

## Individual Top Scorers

1. Keri Sanchez (Santa Teresa, S. Jose) 169.0
2. Kim Young (Madera) 158.5
3. Simone Cain (Huen, Oxnard) 140.0
4. Kathi Roldan (Mt. Whit, Visalia) 133.5
5. Annette Coleman (Carl, Belmont) 133.0
6. Michelle DeCoux (O'Dowd, Oak) 130.5
7. Tarsha Handy (Mitty, San Jose) 128.0
7. Kristi Bache (Univ, San Diego) 128.0
9. Debra Hamilton (Locke, LA) 125.0
10. Tracey Williams (MView, El Monte) 124.0
11. Kim McAllister (Locke, LA) 123.0
11. Becky Spies (Livermore) 123.0
13. Alison Franke (Cany, Anaheim) 116.5
14. Melanie Clarke (El Cam, WoodHls) 113.0
15. Angela Burnham (RioMes, Oxn) 100.0
15. Sharon Polley (El Mil, Forestvl) 100.0

## Combined Scoring

Once again, when programs are combined in scoring for the third consecutive year, the Hawthorne Cougars are way out in front. Their total of 871.1 this year puts them far out in front of second place Muir (Pasadena) 706.5 and Locke (LA) 584.5. It was not quite a three hundred point win like 1987, but over 160 points ahead of anybody else when the programs are combined is kind of frightening, and a tribute to the completeness of the program of Coach Kye Courtney and staff.

## Top 25 California High Schools (Combined Men and Women Scoring) 1988 Season

1. Hawthorne 871.1
2. Muir (Pasadena) 706.5
3. Locke 584.5
4. Dorsey 570.5
5. Vacaville 498.0
6. Independence (San Jose) 496.3
7. Poly (Long Beach) 473.0
8. Washington (Los Angeles) 431.5
9. Bakersfield 415.0
10. Morse (San Diego) 403.0
11. Taft (Woodland Hills) 401.5
12. St. Francis (Mt. View) 395.8
13. Clovis West (Fresno) 393.5
14. Corona del Mar 348.7
15. Oakland 339.5
16. Mission Viejo 330.5
17. Morningside (Inglewood) 323.5
18. Logan (Union City) 310.5
19. Arroyo (El Monte) 298.7
20. Grant (Sacramento) 298.5
21. Leland (San Jose) 297.6
22. Agoura 296.5
23. Crenshaw (Los Angeles) 295.0
24. Mitty (San Jose) 293.5
25. Hoover (Fresno) 283.5

# 1988 ALL-CALIFORNIA High School Cross Country Teams

By **KEITH CONNING**

The runners are listed according to their head-to-head competition and times in the Section Meet, State Meet, Kinney Western Regional, and the Kinney National.

## BOYS

### FIRST TEAM

#### 1 - Bryan Dameworth

(Agoura, Calabasas) Junior

10/01	1 Kenny Staub D1	15:08
10/08	1 Central Park D2	15:42
10/22	4 Mt. SAC Div III	15:11
10/28	1 Ventura County	15:12
11/19	2 Southern Section 2A	15:09
11/26	1 State Meet Div. I	15:03
12/03	2 Kinney Western	14:58
12/10	4 Kinney National	15:15.4

#### 2 - Francis O'Neill

(San Pasqual, Escondido) Senior

09/17	1 Laguna Hills DII Sr.	14:50
10/22	4 Mt. SAC Div. II	15:26
11/26	4 State Meet Div. I	15:08
12/03	1 Kinney Western	14:56
12/10	7 Kinney National	15:19.5

#### 3 - Jimmy Rodriguez

(Valley, Santa Ana) Senior

09/24	1 Dana Hills DI Sr.	14:33
10/22	3 Mt. SAC Div. III	15:10
11/19	4 Southern Section 4A	15:14
11/26	3 State Meet Div. I	15:05
12/03	3 Kinney Western	15:00
12/10	8 Kinney National	15:23.5

10/22	3 Mt. SAC Div. II	15:20
11/19	1 Southern Section 2A	15:06
11/26	1 State Meet Div. II	15:15
12/03	7 Kinney Western	15:03
12/10	10 Kinney National	15:26.1

#### 5 - Mike Williamson

(Thousand Oaks) Senior

09/17	2 Royal Invit. Large	15:32
09/24	6 Bell-Jeff Invit. L1	14:48
10/01	3 Kenny Staub D1	15:16
10/22	1 Mt. SAC Div. III	15:01
10/28	2 Ventura County	15:20
11/19	1 Southern Section 4A	15:02
11/26	2 State Meet Div. I	15:04
12/03	8 Kinney Western	15:05
12/10	16 Kinney National	15:33.3

#### 6 - Louis Quintana

(Arroyo Grande) Sophomore

Residence: Nipomo

09/24	2 Clovis Inv. Open	15:24
10/03	4 Stanford Inv. "A"	16:08.8
10/08	1 Atascadero Inv. Large	16:49
10/22	6 Mt. SAC Div. III	15:26
11/19	3 Southern Section 2A	15:24
11/26	9 State Meet Div. I	15:27
12/03	5 Kinney Western	15:02.7
12/10	32 Kinney National	16:33.8

#### 7 - David Welsh

(Jesuit, Carmichael) Senior

Residence: Meadow Vista

09/24	1 Clovis Invit. Open	15:22
10/03	1 Stanford Inv. "A"	15:47.7
10/15	3 Mariner Inv. Champ.	16:22
11/11	1 Sac-Joaquin Sec. D2	15:19
11/26	2 State Meet Div. II	15:20
12/03	11 Kinney Western	15:18



Left to right: Louie Quintana, Jimmy Rodriguez, Bryan Dameworth, Francis O'Neill, and Scott Hempel.

*Fine Flicks by Don Gosney*

#### 4 - Scott Hempel

(Walnut) Senior

09/17	1 Chaffey District	14:50 cr
10/01	2 Kenny Staub Inv. D1	15:13
10/08	- San Gabriel Valley	15:27

# PREP CROSS COUNTRY TEAM

## SECOND TEAM

### 8 - Mike Tansley

(Dana Hills, Dana Point) Senior

09/17	3	Laguna Hills DI Sr.	15:08
09/24	3	Dana Hills DI Sr.	14:45
11/19	7	Southern Section 4A	15:21
11/26	5	State Meet Div. I	15:21
12/03	49	Kinney Western	15:49

### 9 - Todd Lewis

(Burbank) Senior

09/24	1	Bell-Jeff Inv. MR1	14:27
10/01	2	Kenny Staub Inv. D2	15:46
10/15	1	Mariner Inv. Champ.	15:53cr
11/19	1	Southern Section 3A	15:13
11/26	6	State Meet Div. I	15:22

### 10 - Eddie Lavelle

(Corona Del Mar) Senior

09/17	1	Laguna Hills DI Sr.	14:48cr
09/24	1	Dana Hills DII Sr.	14:35
10/03	3	Stanford Inv. "A"	15:55.7
10/15	1	Orange Co. Champ	15:02
10/22	2	Mt. SAC Div. II	15:13
11/19	3	Southern Section 4A	15:11
11/26	3	State Meet Div. II	15:24
12/03	14	Kinney Western	15:23

### 11 - Dave Hartman

(Canyon, Canyon Country) Sophomore

09/10	1	Colton Inv. 10th	15:20
09/17	1	Sonora Inv. Race II	15:32
10/01	4	Kenny Staub Inv. D1	15:23
10/15	1	Los Angeles County	16:36
10/22	6	Mt. SAC Div. II	15:29
11/19	5	Southern Section 4A	15:18
11/26	7	State Meet Div. I	15:25
12/03	15	Kinney Western	15:25

### 12 - Gary Stolz

(Miraleste, Rancho Palos Verdes) Senior

09/17	3	Royal Inv. Small	16:19
09/24	1	Bell-Jeff Inv. SmR1	14:58
10/01	2	Kenny Staub Inv. D1	16:07
10/08	3	Palos Verdes Inv.	11:36
10/22	1	(tie) Mt. SAC Div. I	16:11
11/19	1	Southern Section 1A	15:31
11/26	4	State Meet Div. II	15:26
12/03	23	Kinney Western	15:29

### 13 - Craig Lawson

(Granada Hills) Senior

09/24	8	Bell-Jeff Inv. L1	14:53
10/15	2	Los Angeles County	17:02

11/26	10	State Meet Div. I	15:28
12/03	22	Kinney Western	15:28

### 14 - Martin Morales

(Wilson, Hacienda Heights) Sophomore

Residence: Los Angeles

09/17	1	Millikan Invit.	14:59
09/24	1	Bell-Jeff Inv. L1	14:19
11/26	8	State Meet Div. I	15:26
12/03	25	Kinney Western	15:33

## THIRD TEAM

### 15 - Matt Hempel

(Walnut) Senior

09/17	2	Chaffey District	15:06
10/01	5	Kenny Staub Inv. D1	15:42
10/08	-	San Gabriel Valley	15:54
11/19	10	Southern Section 2A	15:55
11/26	5	State Meet Div. II	15:33
12/03	20	Kinney Western	15:27.5

### 16 - Natividad Gaona

(Belmont, Los Angeles) Senior

10/15	3	Los Angeles County	17:08
11/26	13	State Meet Div. I	15:34
12/03	21	Kinney Western	15:27.9

### 17 - Ernie Delgado

(Rowland, Rowland Heights) Senior

09/17	2	Sonora Inv. Race II	15:40
10/01	1	Costa Mesa Inv. D1	14:32
10/08	-	San Gabriel Valley	16:06
11/19	4	Southern Section 3A	15:36
11/26	11	State Meet Div. I	15:30

### 18 - Jeremy Seven

(De La Salle, Concord) Junior

Residence: Clayton

09/16	2	Monte Vista Inv.	9:31
09/24	1	Ed Sias Invit.	10:13
10/03	7	Stanford Inv. "A"	16:21.3
10/08	-	Bob McGuire Relays	10:32
10/15	1	Mariner Inv. Large	16:40
11/19	2	North Coast Sec. 3A	15:09
11/26	12	State Meet Div. I	15:31
12/03	43	Kinney Western	15:45.7

### 19 - Mike Farrell

(San Clemente) Junior

09/24	1	Dana Hills DII Jr.	14:56
10/22	9	Mt. SAC Div. II	15:37
12/03	26	Kinney Western	15:34

### 20 - Jeff Hugbey

(Santana) Senior

11/26	14	State Meet Div. I	15:35
-------	----	-------------------	-------

### 21 - Andy Bupp

(Woodside) Junior

Residence: Redwood City

10/01	1	Artichoke Inv. Sm.	11:28
10/03	9	Stanford Inv. "A"	16:24.0
11/19	1	Central Coast Sec. D2	15:14.5
11/26	10	State Meet Div. II	15:46
12/03	27	Kinney Western	15:35.2

# GIRLS

## FIRST TEAM

### 1 - Kira Jorgensen

(Rancho Buena Vista, Vista) Senior

09/24	1	Dana Hills DII JrSr	16:36
10/22	1	Mt. SAC Div. II	17:32
11/26	1	State Meet Div. I	17:42
12/03	1	Kinney Western	17:28
12/10	21	Kinney National	18:33.3

### 2 - Karen Hecox

(South Hills, Covina) Junior

Residence: West Covina

09/17	1	Rosemead Invit. JrSr	18:06
09/24	1	Azusa Inv. Junior	17:00
10/03	1	Stanford Inv. "B"	18:43
10/22	1	Mt. SAC Div. I	18:37
11/19	1	Southern Section 2A	17:57
11/26	1	State Meet Div. II	18:01
12/03	6	Kinney Western	17:46
12/10	4	Kinney National	17:30.4

### 3 - Rayna Cervantes

(Montebello) Senior

09/24	2	Dana Hills DII JrSr	17:32
10/01	1	Yucaipa Inv. Div. 3	19:11
11/19	1	Southern Section 3A	18:04
11/26	2	State Meet Div. I	17:50
12/03	2	Kinney Western	17:31
12/10	7	Kinney National	17:52.5

### 4 - Tina Gorbet

(Lassen, Susanville) Junior

10/03	2	Stanford Inv. "B"	19:13
11/05	1	Northern Section	18:41
11/26	2	State Meet Div. II	18:17

# PREP CROSS COUNTRY TEAM

## RESULTS

12/03	4 Kinney Western	17:38
12/10	18 Kinney National	18:17.5

### 5 - Deena Drossin

(Agoura) Sophomore

10/22	4 Mt. SAC Div. III	18:56
10/28	1 Ventura County	18:39
11/19	2 Southern Section 2A	18:41
11/26	3 State Meet Div. I	17:55
12/03	5 Kinney Western	17:42
12/10	17 Kinney National	18:16.0



Left to right: Kira Jorgensen, Karen Hecox, Deena Drossin & Rayna Cervantes

*Fine Flicks by Don Gosney*

### 6 - Jamie Park

(Santa Barbara) Senior

10/01	1 Kenny Staub Inv. D1	18:39
10/22	2 Mt. SAC Div. II	17:48
11/19	1 Southern Section 4A	17:57
11/26	7 State Meet Div. I	18:25
12/03	9 Kinney Western	18:10

### 7 - Ashley Black

(Palos Verdes Estates, Rancho Palos Verdes) Senior

09/17	1 Royal Inv. Large	18:43
09/24	1 Clovis Inv. Large	19:02
10/01	2 Kenny Staub Inv. D1	18:48
10/08	1 Palos Verdes Inv. R1	14:03
10/15	1 Los Angeles County	20:54
10/22	3 Mt. SAC Div. II	18:18
11/19	2 Southern Section 4A	18:14
11/26	4 State Meet Div. I	18:03
12/03	35 Kinney Western	18:56

## SECOND TEAM

### 8 - Beth Bartholomew

(Fremont, Sunnyvale) Junior

10/01	1 Artichoke Inv. Large	14:04
-------	------------------------	-------

11/19	1 Central Coast Sec D1	18:22.7
11/26	5 State Meet Div. I	18:18
12/03	11 Kinney Western	18:17

### 9 - Nicole Robbins

(Hesperia) Junior

09/10	1 Colton Inv. 11-12	17:50
09/24	1 Bell-Jeff Inv. Large	17:15
11/19	2 Southern Section 3A	18:16
11/26	6 State Meet Div. I	18:20
12/03	41 Kinney Western	19:03

### 10 - Suzanne Castruita

(West Covina) Junior

10/01	1 Kenny Staub Inv. D3	19:59
10/22	1 Mt. SAC Div. III	18:19
11/19	4 Southern Section 3A	18:19
11/26	13 State Meet Div. I	18:47
12/03	12 Kinney Western	18:19

### 11 - Shelley Taylor

(Edison, Huntington Beach) Freshman

09/17	2 Laguna Hills DI Fr	17:56
09/24	1 Dana Hills DI Fr	18:46
11/19	4 Southern Section 4A	18:46
11/26	8 State Meet Div. I	18:28

### 12 - Sandra Acosta

(Walnut) Senior

09/17	1 Chaffey District	19:05
11/19	4 Southern Section 2A	18:52
11/26	3 State Meet Div. II	18:45
12/03	19 Kinney Western	18:33

### 13 - Sandy Belding

(Quartz Hill) Senior

09/10	2 Colton Inv. 11-12	19:19
09/17	2 Sonora Inv. Race 1	19:42
11/19	6 Southern Section 4A	18:57
11/26	14 State Meet Div. I	18:50
12/03	17 Kinney Western	18:27.7

### 14 - Karen Talamantes

(Western Christian, Covina) Senior

10/01	2 Yucaipa Inv. Div. I	19:37
11/19	2 Southern Section 1A	19:20
11/26	2 State Meet Div. III	18:54
12/03	20 Kinney Western	18:36.3

## THIRD TEAM

### 15 - Anjie Miranda

(Palm Springs) Junior

Residence: Cathedral City

09/24	6 Dana Hills DI JrSr	18:26
10/01	2 Yucaipa Inv. Div. 3	20:14
10/22	2 Mt. SAC Div. III	18:39
11/19	5 Southern Section 3A	18:58
12/03	21 Kinney Western	18:36.9

### 16 - Chrissy Look

(Nova, Redding) Freshman

11/05	6 Northern Section	19:57
11/26	9 State Meet Div. I	18:37

### 17 - Tanya Brix

(University, Irvine) Freshman

09/17	1 Laguna Hills DI Fr	17:27
10/01	1 Costa Mesa Inv. D1	17:32
10/08	1 Central Park Inv. D2	18:37
10/15	2 Orange County Champ	18:20
10/22	7 Mt. SAC Div. II	18:57
11/19	5 Southern Section 4A	18:56
11/26	10 State Meet Div. I	18:37

### 18 - Rebecca Spies

(Livermore) Sophomore

12/03	22 Kinney Western	18:37
-------	-------------------	-------

(Note: Spies did not compete for her high school this fall.)

### 19 - Tara Bernhart

(Poway) Sophomore

10/22	5 Mt. SAC Div. III	19:01
11/26	11 State Meet Div. I	18:43

### 20 - Kelly Young

(Grossmont, La Mesa) Sophomore

11/26	12 State Meet Div. I	18:46
12/03	39 Kinney Western	19:02

### 21 - Becky Kopchik

(Northgate, Walnut Creek) Junior

09/24	2 Ed Sias Inv.	12:59
11/29	3 North Coast Sec. 2A	18:42
11/26	4 State Meet Div. II	18:48

# RESULTS

## CROSS COUNTRY

### Central California Association AAU Jr. Olympic Cross Country Championships

November 11, Sanger, 3K

#### Division Results - Boys

10 & Under: 1. Breton Stout 11:28, 2. Blair Newman 11:43, 3. Jerry Padilla 12:02, 11-12: 1. Miles Rosander 11:27, 2. Kenny Lakey 11:34, 3. Tim Henry 11:41, 13-14: 1. Sergio Ruiz 14:52, 2. Tony Hernandez 15:01, 3. Napoleon Hernandez 16:36, 15-16: 1. Curtis Alexander 17:52, 2. James Bell 18:14, 3. Russell Thomas 18:45, 17-18: 1. Max Guardiola 16:25, 2. Robert Cardenas 16:47, 3. Chris Barbour 17:19.

#### Division Results - Girls

10 & Under: 1. Nellie Prado 13:30, 2. Kara Reid 13:42, 3. Arlene Lopez 14:02, 11-12: 1. Maria Prado 12:29, 2. Kathleen Hurley 12:41, 3. P.J. Carmen 12:55, 13-14: 1. Heather Reid 16:06, 2. Judy Petty 16:35, 3. Antonia Garcia 18:29, 15-16: 1. Heather Wyatt 20:03, 2. Marci Casterson 22:49, 3. Erika



MARIT KOCH & PAM ALLENBY

photo by Bill Leung, Jr.

Wigand 23:22, 17-18: 1. Wendy Roper 24:36, 2. Susana Murrieta 25:25.

### Junior College State Championships

November 18, Woodward Park, Fresno

#### Men's Team Results

1. Talt 78, 2. El Camino 98, 3. Trade Tech 102, 4. Orange Coast 114, 5. Santa Rosa 115, 6. West Valley 138, 7. Sequoias 143, 8. Mt. San Antonio 149, 9. Long Beach 188, 10. Hancock 221.

#### Men's Individual Results

1. Trask (SR) 19:25, 2. A. Hernandez (TT) 19:28, 3. Rivera (LB) 19:34, 4. Viguera (OC) 19:42, 5. Kerah (T) 19:50.

#### Women's Team Results

1. Mt. San Antonio 67, 2. American River 75, 3. West Valley 88, 4. Cuesta 115, 5. Bakersfield 119, 6. Ventura 133, 7. SD Mesa 154, 8. Hancock 158, 9. Shasta 170.

#### Women's Individual Results

1. Allenby (AR) 18:06, 2. Collins (S) 18:09, 3. Koch (C) 18:11, 4. Krieger (C) 18:26, 5. Rossbach (V) 18:36.

### U.S. Cross Country Championships

November 25, Meredith College, Raleigh, NC

#### 1988 TAC Cross Country Team Results

##### Men:

(40-49) 1. Twin City TC 1:32:58, 2. Greenville TC Masters 1:35:08, 3. Carolina Godiva TC "A" 1:36:25.  
(50-59) 1. Carolina Godiva TC "B" 1:42:00.  
(60-69) 1. Carolina Godiva TC "C" 1:12:28.  
(Intermediate Boys) 1. Philadelphia CYO 63 points.  
(Young Men) 1. Baltimore's Ed Water's TC 19 points, 2. Norristown TC 77 points.

##### Sub-Masters Men - 5,000 Meters

1. Fred Beggali (Charlottesville, VA) 16:42, 2. Pat Devaney (Bingham, MA) 17:06, 3. Paul Dawson (Raleigh, NC) 17:08, 4. Wayne Broadhead (Tiger NCRC, NC) 17:30, 5. Timothy Clark (Raleigh, NC) 17:39, 6. Tommy Wilcox (Grand Haven, MI) 17:48, 7. Wayne Carlson (Belville, NJ) 19:20, 8. George Howe (Raleigh, NC) 20:33, 9. Frank Haag (Raleigh, NC) 21:11, 10. Terry Edwards (Raleigh, NC) 23:34, 11. Roger Smith (Fayetteville, NC) 26:03.

##### Novice Men - 5,000 Meters

1. Alton Barnes (Garner, NC) 16:52, 2. Stuart Rogers (No. Carolina Roadrunners Club) 16:58, 3. Patrick Cunniff (Athens, GA) 17:02, 4. Donnie Chapman (Atlanta, GA) 17:34, 5. Jeffery Saul (Stuarts Draft, VA) 18:47, 6. Jeff Dodrill (Barrackville, W.V.) 18:56, 7. Steve Hite (Carolina Godiva TC, NC) 20:07, 8. Gonzalo Clemente (Raleigh, NC) 23:14, 9. Steve Sipple (Durham, NC) 24:31, 10. Ronald Hutchins (Waynesboro, VA) 25:50.

##### Masters Men - 5,000 Meters

1. Lenny Sheehan (Reebok RC) 16:44, 2. Patrick Kubley (Custer, Wis.) 16:49, 3. Robert Bergeron (North Carolina RR) 17:15, 4. Lew Faxon (Hampton, VA) 17:26, 5. Wayne Yarbrough (Twin City TC, NC) 17:32, 6. Dave Griffith (Prairie Striders) 17:34, 7. Thomas Hare (Carolina Godiva TC) 17:36, 8. Joseph Thomas (Uniontown, PA) 17:54, 9. Richard Marion (Twin City TC, NC) 17:51, 10. Barry Firestone (Connellyville, PA) 18:01, 11. Phil Peterson (Greenville Masters TC) 18:06, 12. Kirk Pfrangle (Phoenix Athletic Club, GA) 18:08.

##### Women:

##### Sub-Masters Women - 5,000 Meters

1. Alison Edwards (Raleigh, NC) 21:43, 2. Mary El-

len Malloy (Langhorne, PA) 22:58, 3. Cathy Firestone (Connellyville, PA) 23:20.

##### Novice Women - 5,000 Meters

1. Aurora Escotel (Raleigh, NC) 27:11, 2. Beth Hassett (Durham, NC) 27:22, 3. Jan Sipple (Raleigh, NC) 40:09.

##### Masters Women - 5,000 Meters

1. Doris Heritage (Falcon TC) 19:34, 2. Carol Flexer (Reebok Evergreen Harriers, WA) 20:18, 3. Martha Klopfer (Carolina Godiva TC, NC) 22:10, 4. Suzanne Terwilliger (Syracuse Chargers T, NY) 22:23, 5. Susie Klutz (Winston-Salem, NC) 23:12, 6. Andrea Hatch (Liberty Athletic Club, MA) 23:12, 7. Lenis Tucker (Syracuse Chargers Track, NY) 24:17, 8. Mary Harada (Liberty Athletic Club, MA) 24:50, 9. Liz Szawowski (Boston Athletic Ass'n RC) 25:03, 10. Barbara Gregg (Seattle, WA) 27:18, 11. Betty Moser (Decatur, IL) 30:28, 12. Margaret Hagerly (Concord, NC) 35:04.

### TAC Junior Olympics National Cross Country Championships

December 10, Reno, NV

#### Division Results - Boys

Bantam: 1. Ry Stone 11:55, 2. Jarrod Garrilton 11:58, 3. Nicholas Cumings 12:00, 4. Darien Ross 12:00, 5. Jason Reelf 12:10, 6. Alexander Dederer 12:12, 7. Ivan Salvador 12:18, 8. Breton Stout 12:19, 9. Brian Holiday 12:21, 10. Cary Stidham 12:22. Midget: 1. Matthew Goette 11:20, 2. John Waller 11:27, 3. Jason Mooney 11:34, 4. Channing Smith 11:35, 5. Joey Hernandez 11:37, 6. Greg Tademly 11:37, 7. Carmichael Thompson 11:38, 8. Ryan Wilkinson 11:38, 9. James Carlson 11:39, 10. Dan Sorenson 11:39. Youth: 1. Theodore Martin 14:18, 2. Alan Boos 14:22, 3. Jon Steele 14:29, 4. Timothy Martin 14:37, 5. Jeremy Call 14:44, 6. Theo Molla 14:45, 7. Brian Wagner 14:48, 8. Brian Pickl 14:49, 9. Justin Findlay 14:50, 10. James Garrison 14:54. Intermediate: 1. Travis Weltfauer 17:16, 2. Andy Bupp 17:25, 3. Chris Magill 17:25, 4. Brent Hooper 17:33, 5. Adrian Shamble 17:39, 6. Jason Mirock 17:40, 7. Shawn Belone 17:40, 8. Matt High 17:43, 9. William Stricklan 17:44, 10. Brian Hyde 17:45. Young Men: 1. Robert Scott 16:46, 2. Richard Weis 16:53, 3. Guy Perry 17:03, 4. Christopher Berg 17:06, 5. Frank Fry 17:12, 6. Brian Ashworth 17:14, 7. Kevin Buscay 17:16, 8. Craig Collier 17:17, 9. Gene Branderhorst 17:17, 10. David Hughes 17:18.

#### Division Results - Girls

Bantam: 1. Heather Garrilton 12:35, 2. Brooks Hill 12:40, 3. Kendra Hisabek 12:49, 4. Heather Scott 13:03, 5. Whitney Bushnell 13:14, 6. Lisa Flora 13:19, 7. Jennifer Almeida 13:23, 8. Elizabeth Collins 13:23, 9. Tonyalynn Grasha 13:25, 10. Alyson Mills 13:29. Midget: 1. Carrie Garrilton 11:35, 2. Amy Skieresz 11:49, 3. Jola Prock 12:04, 4. Kay Nakota 12:05, 5. Barbara Boisvert 12:08, 6. Elizabeth Robles 12:12, 7. Margot Quandt 12:12, 8. Kari Vigerstol 12:15, 9. Antonia Goldwater 12:16, 10. Leslie Almeida 12:17. Youth: 1. Lynette Peterson 15:58, 2. Susanna Matson 16:19, 3. Katherine Storm 16:29, 4. Mia Cavetzel 16:44, 5. Cary Hollinshead 17:07, 6. Danielle Bonefeld 17:09, 7. Lora Price 17:09, 8. Germaine Beard 17:14, 9. Christiana Ober 17:18, 10. Molly Lori 17:19. Intermediate: 1. Kimberly Orlando 20:17, 2. Jeannine Davis 20:24, 3. Penny Purcell 20:30, 4. Michelle Boegert 20:47, 5. Michelle Severance 21:03, 6. Angela Miranda 21:10, 7. Sizzanne Castruita 21:17, 8. Susan Lundquist 21:18, 9. Nicole

Osborne 21:19, 10. Jennifer Vite 21:21. Young Women: 1. Kristin Wolfman 20:11, 2. Chris Meeks 20:21, 3. Mary Whyntoff 20:44, 4. Kristen Buboz 20:54, 5. Cheri Triner 20:57, 6. Karen Fields 21:00, 7. Karen Talamantes 21:02, 8. Hilary Simmons 21:07, 9. Kristin Galbraith 21:09, 10. Stacey Brown 21:10.

## TRACK & FIELD

### West Coast Throwers Pentathlon

December 11, Cal State L.A.

#### Overall Results - Men

1. Al Collatz (Bakersfield) 4222, 2. Bill McDaniel (CS Bakersfield) 3964, 3. Jim Banich (Unat.) 3699, 4. Mike Deller (CDMTC) 3479, 5. Greg Hodal (Don Lugo HS) 3228, 6. Art Esparza (CS Bakersfield) 3216, 7. Joe Duarte (Unat.) 2973, 8. Jeff LaMonica (CSULA) 2706, 9. Mark Walsh (CSULA) 2650, 10. Mike Layton (Army) 2361.  
11. John White (SoCal Striders) 2293, 12. Dennis Reitz (CDMTC) 2286, 13. Bill Bangert (SC Striders) 2063, 14. Dan Aldrich (CDMTC) 2018, 15. Mohamad Ali-Saataka (Azusa HS) 1965, 16. Bob Stone (NorCal Srs.) 1764.

#### Overall Results - Women

1. Vicky Trask (Fresno St.) 3177, 2. Joyce Framstad (Fresno St.) 2938, 3. Donna McKinnon (Fresno St.) 2571.

## ROAD RACING

### Biathlon Bonanza

October 1, Brannan Island.

(5 Mi. Swim, 4 Mi. Flat Run, 25 Mi. Swim)

#### Overall Results

1. Rafferty/Caplan (Tm) 50:13, 2. John Joha (29) Danville 52:34, 3. James DeLacy (42) Hayward 52:54, 4. Summers/Bennett (Tm) 53:08, 5. Gordon Gould (44) Woodland 53:35, 6. Kevin Sverduk (30) Oakland 54:02, 7. Kurtis Karbowski (31) San Jose 56:05, 8. Dave Boyd (29) Stockton 57:30, 9. Greg Porter (26) Mare Island 59:29, 10. David Nozari (26) San Francisco 59:52.

### Cloud's Rest Marathon

October 1, Yosemite.

#### Overall Results

1. Stan Wagon 5:12, 2. Ronny Harries 5:13, 3. Berry Viel 5:13, 4. Robin Pinkerton 5:434, 5. David Gerrughty 5:50, 6. Molly Gleason 5:59, 7. Lee Brownell 6:05, 8. Peter Hackbart 6:11, 9. Howard Daniel 6:26, 10. David Horning 6:55.

# RESULTS

## TAC National Masters 15K Cross Country Championships

By Richard Lee Slotkin

November 27, Orange.

It was colder than a well-digger's ears in the Klondike at 5 a.m. in Irvine Regional Park. And, to add to the misery, there was a heavy coat of dew on the grass. So, as race director Bruce Robinson and I were measuring and flagging the course, the dew--dew, hell! It was water--kept seeping through our Reeboks. Why was I even there? I could have been sleeping.

And I wished to hell that I was.

But, what could I do? Bruce asked me to help him and Bruce is the guy that comes over and feeds my cats, waters my plants and collects my mail and newspapers when I'm out of town for a week. Or longer.

So, there I was; there we were. Freezing our ginyekies off. But by Golly, when the old folks showed up for the race, a TAC national championship, no less, by George, they found a race waiting for them. The course was measured, by hand, with a wheel; all of it, every hill and dale and dry river bed. Every inch of it. Well, actually, it was a 3 loop course and we only wheeled it once. And it was about 300 feet short per loop. But, so what? Cross country doesn't have to be, isn't even supposed to be, accurate. Anyway, we also had it marked from start to finish with little red and yellow flags. Easy to see. No reason to get lost; no way to get lost.

Just about everyone got lost. Oh well. You're supposed to get lost in cross country, aren't you?

Anyway, as the preparations, and the morning, wore on, a not so funny thing happened.

It began to warm up.

With a 9 a.m. start time, that might not be the least bit funny. After all, this wasn't some high school 5K. These weren't high schoolers, either. These were masters and they had 15 long kilometers to navigate. They didn't need heat.

They got heat.

Well, Death Valley it wasn't, but after what it had been like when Bruce and I got there, it seemed as though some of that chill could have lingered. Instead, by race time it was "comfortable" and as every runner knows, comfortable at the start very quickly becomes uncom-

fortable about 2 miles into the race.

But the saddest thing of all was the crowd. Crowd? You could have held this race in a phone booth. Not even 50 people showed. Even if you count Bruce and me. And we didn't run. It was sad because this was a TAC championship. Not a Southern California Association regional, but a TAC national. Win this and you're the best master in the whole U.S. of A. Can you imagine only 50 guys showing up at that "other" TAC cross country national? Hey! My cold toes are worth more than that, Al Hromjak notwithstanding. (He wasn't there either.)

And there weren't many of the big-name masters jostling for position at the start line. Gina Faust was about as good as it got, which isn't bad, actually, in terms of quality. In terms of quantity, we--I don't know, but it seems that if TAC is going to sanction a national championship, they



ARMANDO VALENCIA leading STEVE MYHRO

photo by Richard Lee Slotkin

ought to get behind it enough to ensure that the field at least borders on being representative. (Prepare to see a rebuttal in the next issue from my friend, the redoubtable Alvin Chriss, to which I will re-rebut in the following issue).

Anyway, as they lined up, Robinson read the gang the rules and someone (guess who?) suggested that whoever was running last entering the final loop do the hired help a favor and pick up the flags on his/her way back in.

Well, why not? No one else would be needing them.

The "request" elicited a collective chuckle and eased the startline tension noticeably.

And, they were off!

It didn't take long to establish the pecking

order. A pair of Chart House harriers, Steve Myhro and Armando Valencia, jumped into the lead and held it all the way except when they got lost. And, they shouldn't have gotten lost because right behind them was San Diego Track Club's Dennis Kasichke giving directions: No! Turn right! No! Turn left!

"Dennis is a good guy. We all run together in San Diego. We're all good friends," said Myhro later.

"And he knew the course," added Valencia.

Despite the help, Myhro and Valencia went off course once each. Myhro's error came at the 2 mile mark and, after realizing his error, found himself some 20 places out and had to work his way back up. Apparently, he didn't have much trouble regaining the lead. Then, he and Valencia continued running together until about halfway through the 3rd loop, which was on the way up the loop's only hill. They had traded the lead a few times but now Valencia was slowing and Myhro began to push the pace.

He knew that Valencia's stomach had been bothering him the previous time up the hill so when he felt Valencia starting to falter Myhro decided to make a move. By the time they came down the hill and reached the river bed, which was still dry and which is more than I could say for my feet, Myhro had a 30 yard lead and was slowly extending it.

Meanwhile, the course guide, Kasichke, had been falling behind the two leaders and was now trying to hold off Donald Ocana. Going up the hill, he had just a step or two lead, but Ocana caught him halfway up and looked to be pulling away. Things, however, are not always as they seem, and when next seen, coming down the hill, Kasichke had either outmuscled Ocana or discovered some long, lost tunnel once used by the ancient aborigines. Either way, he now had a 5 second lead and that appeared to be that.

Once again, things weren't what they seemed because Ocana hung close and with about a quarter mile to go, he threw in a vicious surge and, well, I have to say it, he just dusted 'ol Denny. Shut him down.

"... he went pretty fast. . . and he didn't have a name tag on his back so I didn't know if he was in my age group. . ." Ah, yes; the bane of masters racing: Not knowing who's in your age group. Fortunately, Ocana, a mere stripling of 38, is still a sub-masters, so Kasichke didn't lose a place in his age group. Unfortunately, those two San Diego running buddies of his are in his 40-44 division and they were even longer gone than Ocana was.

Winning time was 46:01 (Myhro), not bad for a (slightly) short course. Valencia was 15 seconds, depending upon your point of view--ahead of Kasichke.

There wasn't much of a women's race. Gina Faust provided some legitimate class but she made up a full 25% of the women's

field. I didn't say age group; I said field. That's right. There were only four honeys out there. Faust finished in 58:23, ten minutes ahead of Tami Graf, who, at 51 is the same age as Faust.

Things were not especially competitive. Faust clowning for the camera every time she went by. And coming out of the river bed on her final loop, Mary Storey grumbled that she set a record for going off course. She claimed a total of 4. On one of them, she found herself ahead of Faust. Gina didn't care too much for that turn of events. She hadn't planned to make a do or die affair out of this thing, but surely she shouldn't be trailing an F64.

She didn't for long, of course.

By now, it had warmed up considerably and everyone, yes everyone, who reached the last 1/2 mile was breathing quite hard.

Sucking air, baby!

Well, what do you expect? A 15K cross country course is not tip toe through the tulips. Or a 10K road race, for that matter. So, that was it. It was all over but the awards. And that was a story in itself.

LDRC chairman Brian Pritchard was on hand with his handy-dandy, computerized medallion and plaque engraver. So, each award, medallion and trophy, was handed out, on the spot, with the victim's, uh, I mean, recipient's (Hey, it was a rough course.) age group, place and name.

Now, I ask you: Is that class or is that class?

### Overall Results

1. Steve Myhro (42) San Diego 46:01, 2. Armando Valencia (40) San Diego 46:16, 3. Donald Ocana (38) Anaheim 46:51, 4. Dennis Kasichke (42) San Diego 46:59, 5. Ron Wells (42) Alpine 47:16, 6. Michael Figueroa (44) Riverside 47:48, 7. Nat Goodhue (48) Anchorage 48:03, 8. Don McCarthy (45) Gardena 48:21, 9. Keith Jellers (40) Encinitas 49:33, 10. Peter Stern (43) San Diego 49:41.

11. Steve Dornish (44) Encinitas 49:45, 12. Phil Gerard (34) Lomita 49:47, 13. Unidentified, 14. Andre Tocco (53) San Pedro 50:09, 15. Bruce Horiguchi (40) Gardena 50:54, 16. Jerry Ulmer (41) Anchorage 50:55, 17. Ronald Lariou (51) Hawthorne 51:27, 18. George Stransky (44) Anchorage 51:53, 19. Mike Fuller (45) Lucerne Valley 51:54, 20. Graeme Shirley (42) San Diego 51:59.

### Teams:

1. San Diego TC (Kasichke, Wells, Stern, Jellers, Dornish) 4:03:14, 2. Senior TC (Figueroa, Fuller, Smith, King, Ogawa) 4:17:12, 3. Seniors TC (Crum, Mayo, Van Dyke, Deem, Ingram) 4:22:48, 4. Anchorage RC (Stransky, Ulmer, Rounds, Heath, Goodhue) 4:25:46, 5. Culver City AC (Pallies, Bellevue, Nyman, Genger, Alarcon) 4:41:03. ♦

# RESULTS

## Angeles Crest 100 Mile Endurance Run

October 1, Wightwood

### Overall Results

1. Jim Gersichen 20:21:49, 2. Jussi Hamalainen (Finland), 3. Stephen Harris 21:17:40, 4. Jack Slater 21:40:05, 5. Alfred Bogenhuber 22:31:05, 6. Dan Barger 23:07:31, 7. Kent Crites 23:22:58, 8. Ray Bell (Florida) 23:27:27, 9. Jeff Peasar 23:55:15, 10. Roberto Prado 24:01:16.

11. Tom Sloan 24:58:26, 12. Robert Volkenand (Oregon) 25:21:16, 13. Steve Harvey 25:55:31, 14. Kathy Britchville (F) 26:30:55, 15. Russell Moore 26:33:13, 16. Wills McCarthy 26:59:31, 17. Wendell Robison (Wyo) 27:15:07, 18. Susan Gimbel (F) 27:22:27, 19. John McComish 27:29:25, 20. Stephen Fulumoto 28:07:01.

## Apple Ridge Run

October 1, Magalia, 3 M & 5 M.

### Overall Results - 3 Mile

1. Marty Coomes (15-19) Paradise 17:47, 2. Jim Broshears (30-34) Paradise 18:44, 3. Everett Riggle (50-59) Chico 18:46, 4. David Millsaps (15-19) Chico 18:55, 5. Warren Coleman (40-44) Chico 19:04, 6. 11. John White (SoCal Striders) 22:93, 12. Dennis Reitz (CDMTC) 22:86, 13. Bill Ban Dean Utterback (40-44) Paradise 19:09, 7. Ed Walsh (40-44) Magalia 19:31, 8. Dan Krause (14&U) Chico 19:51, 9. David Hanley (35-39) Chico 20:06, 10. Alicia Tallos (20-24 F) Chico 20:18.

### Division Results - Men's 3 Mile

14 & Under: 1. Dan Krause 19:51, 2. Josh Pizzica 21:18, 3. Jason Oaks 25:00, 15-19: 1. Marty Coomes 17:41, 2. David Millsaps 18:55, 3. Jay Winter 21:26, 20-24: 1. Mark Barker 20:28, 30-34: 1. Jim Broshears 18:44, 2. James Bell 21:04, 3. Michael Gilbert 29:56, 35-39: 1. David Hanley 20:06, 2. William Orr 21:09, 3. Gary Orr 21:52, 40-44: 1. Warren Coleman 19:04, 2. Dean Utterback 19:09, 3. Ed Walsh 19:31, 45-49: 1. Bill Dawson 22:18, 2. Joe Carter 22:40, 3. Steve Baroni 25:23, 50-59: 1. Everett Riggle 18:46, 2. Michael McLaughlin 24:51, 60 & Over: 1. Herman Ro-

mero 26:18.

### Division Results - Women's 3 Mile

14 & Under: 1. Shaloma Pina 29:34, 2. Andrea Harrill 32:18, 3. Sarah Gaddis 32:19, 15-19: 1. Daisy Stanhope 23:18, 20-24: 1. Alicia Tolles 20:18, 2. Susan Ward 22:12, 3. Tracey Stam 22:46, 25-29: 1. Jennifer Grant 28:37, 2. Terri Brey 30:51, 3. Carolyn Steele 34:23, 30-34: 1. Dale Darrow 21:53, 2. Pam Bjornberg 22:42, 3. Cindi Panarra 22:50, 35-39: 1. Minda Borges 25:23, 2. Cyd Broshears 26:26, 3. Susan Timmons 28:30, 40-44: 1. Sandy Coffey 20:33, 2. Shirley Goudy 28:07, 3. Angela Olsen 28:57, 50-59: 1. Laurene Fringold 25:01, 2. Joyce Hall 32:37, 3. Beverly George 33:52, 60 & Over: 1. Rozie Jarrett 37:37.

### Overall Results - 5 Mile

1. Neil Haggard (15-19) Paradise 27:35, 2. Ken Tilcock (25-29) Antioch 29:20, 3. Ray Darwin (45-49) Chico 29:26, 4. Scott Borges (35-39) Chico 30:03, 5. James Ballantyne (45-49) Paradise 30:09, 6. Bill Gardner (45-49) Forrest Ranch 30:42, 7. George Register (25-29) Chico 30:55, 8. Steve Caverley (40-44) Paradise 31:06, 9. Allen Robertson (15-19)

Paradise 31:19, 10. Guy Malain (35-39) Redding 31:27.

### Division Results - Men's 5 Mile

15-19: 1. Neil Haggard 27:35, 2. Allen Robertson 31:19, 20-24: 1. William Gentry 41:28, 25-29: 1. Ken Tilcock 29:20, 2. George Register 30:55, 3. Mark Thorp 35:42, 30-34: 1. Steve Stefanides 31:55, 2. Michael Shadoan 35:48, 3. Mel Borders 38:28, 35-39: 1. Scott Borges 30:03, 2. Guy Malain 31:27, 3. Michael Busbee 33:12, 40-44: 1. Steve Caverley 31:06, 2. Jose Pena 35:41, 3. Bill Wetterstorm 36:34, 45-49: 1. Ray Darwin 29:26, 2. James Ballantyne 30:09, 3. Bill Gardner 30:42, 50-59: 1. Donald Mohler 42:30, 2. Ray Everett 43:01, 3. Les Wilkerson 45:38, 60 & Over: 1. Grant Eldridge 45:11.

### Division Results - Women's 5 Mile

30-34: 1. Triss Carter 40:55, 2. Elaine Smith 45:01, 3. Jennifer Leigh 45:44, 35-39: 1. Victoria Fisd 37:18, 2. Rochelle Ramay 40:11, 3. Autumn Hutchins 40:49, 40-44: 1. Susan Condon 38:16, 2. Tomi Pauly 42:41, 3. Janice O'Donnell 44:19, 45-49: 1. Lucile Khan 39:07, 50-59: 1. Marjorie Carling

# FRESNO RELAYS

Sponsored by The Fresno Bee & Pepsi Cola

March 31-April 1, 1989

Track & Field returns to Fresno's famed Ratcliffe Stadium with it's new all-weather track  
Meet Directors: Red Estes, Fresno State University & Bob Fries, Fresno City College

### Divisions & Division Directors:

High School: Carlo Prandini, Clovis High School (209) 299-7211

Community College: Ken Dose, Fresno City College (209) 442-4600

Intercollegiate, Open & Invitational: Bob Fraley, Fresno State University (209) 294-4098

Intercollegiate and Open Women: Tom Pagani, Fresno State University (209) 294-4097

**LODGING - The following motels are giving special team rates**

**Travelers  
INN.**

Travelers Inn  
2655 East Shaw  
Fresno, CA 93710  
(209) 294-0224  
Cindy Flores

Travelers Inn  
6730 N. Blackstone  
Fresno, CA 93710  
(209) 431-3557  
Linda Peterson

**RODEWAY  
INN**

Rodeway Inn  
4061 N. Blackstone  
Fresno, CA 93726  
(209) 222-5641  
Violet Meindersee

**Holiday  
Inn**

Holiday Inn  
Fresno-Airport  
5090 E. Clinton  
Fresno, CA 93727  
(209) 252-3611  
Judy Johnson

**RAMADA  
INN**

Ramada Inn  
324 E. Shaw Ave.  
Fresno, CA 93710  
(209) 224-4040  
Jan Coyle

**PICCADILLY INN HOTELS**

Piccadilly Inn Hotels  
4961 N. Cedar Ave.  
Fresno, CA 93726  
(209) 224-4200  
Irma Hudson



# RESULTS

56:18, 2. Elaine Perron 81:36. 60 & Over: 1. Marcia Wordall 43:36.

## Hart Park Fun Run

October 1. Bakerafield, 1, 2, 3, 5 Miles.  
**Overall Results - 1 Mile**  
 1. Carl Hatley 5:17, 2. Leo Marquez 6:13, 3. Andy Varner 6:14, 4. Roy Dennis 6:24, 5. Herb Taylor 6:44, 6. Robert Scales 6:49, 7. Bob Mitchell 6:55, 8. Michael McQuerry 7:07, 9. Robert Hounigan 7:14, 10. Jane Granskog 7:47.  
**Overall Results - 1/2 Mile**  
 1. Joel Long 3:03, 2. Andy Varner 3:03, 3. Vickie Varner 3:57.

**2 Mile**  
 1. Kelly Cargill 13:06, 2. Robert Scales 16:38, 3. Bill O'Brien 19:56.

**3 Mile**  
 1. Carl Hatley 19:17, 2. Steve Moshman 19:47, 3. Leo Marquez 20:18.

**5 Miles**  
 1. Bob Mitchell 35:07, 2. Roy Dennis 35:26, 3. Jane Granskog 38:04, 4. Laura Lowe 38:04, 5. Michael McQuerry 38:12.

## Ultimate Fun Run

October 16. Bakerafield.  
**Overall Results - Men**

Name/Points	Points
Randy Bowen	4075
Bruce Deater	3800
Larry Garoia	3600
Jim Reynolds	3570
Jack Eberly	3195
MacAulay	3185
Andy Varner	3115
Bob Scales	2518
Larry Megazis	2460
W. Campbell	2384

**Overall Results - Women**

Name/Points	Points
D. Marshall	3495
Lupa Eberly	2920
B. Villanueva	2535
J. Granskog	2420
Leslie King	2240
A. MacDonald	2025
Emma Williams	1920
Vicki Varner	1283

## The Hospital Run

October 1. Quartz Hill 5K & 10K.  
**Overall Results - 10K**  
 1. Chip Morris (26) Palmdale 38:20, 2. Pat Harlan (42) Saugus 38:39, 3. Dennis Fletcher (41) Lancaster 40:06, 4. Damon Collier (22) Palmdale 40:16, 5. Andy Higgins (41) Lancaster 40:32, 6. Ted Rife (41) Barstow 42:11, 7. John Moro (15) Lancaster 43:53, 8. Roger Truax (26) Lancaster 44:10, 9. John Hamilton (41) Lancaster 45:05, 10. Steve Keish (36) Lancaster 45:20.

**Division Results - Men's 10K**  
 13-17: 1. John Moro 43:53, 18-29: 1. Chip Morris 38:20, 2. Damon Collier 40:16, 3. Roger Truax 44:10, 30-39: 1. Steve Keish 45:20, 2. C.R. Davis 45:37, 3. Joseph Litch 46:21, 40-49: 1. Pat Harlan 38:39, 2. Dennis Fletcher 40:06, 3. Andy Higgins 40:32, 50-59: 1. Ron Bodle 46:29, 2. Edward Rest 50:56.

**Division Results - Women's 10K**  
 19-29: 1. Kim Schmidt 48:15, 2. Lisa Lawyer 49:42, 30-39: 1. Mary Brady 57:32, 2. Debbie Meister 63:54, 40-49: 1. Elizabeth Blair 46:50, 2. Carol Schmel 51:40.

**Overall Results - 5K**  
 1. Tony Paris (23) Edwards 16:17, 2. Todd Kerzie (19) Palmdale 16:52, 3. Ted Kerzie (18) Palmdale 17:13, 4. Sammie Culver (38) Lancaster 17:51, 5. Armando Arguello (31) Palmdale 18:58, 6. Ryan

Gutzwiller (18) Lancaster 19:31, 7. George Berg (40) Lancaster 19:37, 8. Jeff Parkhurst (28) Ridgecrest 19:46, 9. George Galentine (38) Lancaster 19:50, 10. Jim Scheltig (42) Lancaster 20:07.

**Division Results - Men's 5K**  
 12 & Under: 1. Roy Johnston 20:56, 2. Justin Halloran 23:27, 13-17: 1. Darran Potter 20:18, 2. Chris Oeland 24:04, 3. Steve Hoynacki 26:48, 18-29: 1. Tony Paris 16:17, 2. Todd Kerzie 16:52, 3. Ted Kerzie 17:13, 30-39: 1. Sammie Culver 17:51, 2. Armando Arguello 18:58, 3. George Galentine 19:50, 40-49: 1. George Berg 19:37, 2. Jim Scheltig 20:07, 3. Jim Dudley 21:18, 50-59: 1. Ken Hamrick 20:46, 60 & Over: 1. Lorrin Peterson 25:27, Walk: 1. Mike McGinnis 54:17, 2. Jerry Schoepner 54:20, 3. Tim Doyle 58:48.

**Division Results - Women's 5K**  
 13-17: 1. Michelle Kerzie 22:14, 2. Diane Monaghan 24:41, 18-29: 1. Dianne Lavie 23:52, 2. Debbie Allen 24:00, 3. Angie Bartholomew 24:13, 30-39: 1. Marsha Halloran 24:35, 2. Elaine Fangon 27:20, 3. Teri Blackburn 34:03, 40-49: 1. Karen Morris 26:27, 2. Margaret Chipman 26:32, 50-59: 1. Barbara Hunt 42:25, 60 & Over: 1. Ann Estrada 35:42, Walk: 1. Ila Wysong 35:49, 2. Carol Powell 39:10, 3. Frances Snediger 42:35.

## Journal Jog

October 1. Reno, NV, 8K.  
**Overall Results - Men**  
 1. Domingo Tibaduza (38) Reno 24:22, 2. Derrick May (33) Bailboa 24:31, 3. Mark Hoefer (26) So.Lk.Tahoe 24:35, 4. David Frank (26) Los Altos 24:36, 5. Miguel Tibaduza (32) Reno 24:54, 6. Rich McCandless (32) Reno 24:56, 7. Alan DeHinger (27) Reno 24:58, 8. Juan Ramirez (23) San Francisco 25:02, 9. Ray Cook (26) Zephyr Cove 25:05, 10. Lynn Mentzer (29) Reno 25:07.  
 11. Carl Stempel (31) Oakland 25:08, 12. Charles Alexander (24) Mt. View 25:16, 13. Tom Woods (26) Folsom 25:21, 14. David Minter (27) Reno 25:31, 15. George Hernandez (35) Sparks 25:39.

**Overall Results - Women**  
 1. Terry Schmidt-Puckel (32) Reno 27:06, 2. Linda Somers (27) Folsom 28:20, 3. Robyn Root (28) Davis 28:22, 4. Patty Young (21) Reno 28:50, 5. Terry Ygarra (33) Sparks 29:17, 6. Rosy Cardenas (26) Reno 29:41, 7. Tomara Sayre (27) Folsom 29:50, 8. Costanza Tibaduza (30) Reno 30:11, 9. Patty Howell (32) Sparks 30:28, 10. Kathy D'Onofrio (24) Folsom 30:48.

## Ray Williams Memorial Race

October 1. La Playa Stadium, Santa Barbara.  
 After a hotly contested battle, orthodontist Dr. Boyce Jacques of Reno, Nevada, became the first two-times victor in the fourth annual Ray Williams Memorial race, held October 1 on the new LaPlaya Stadium track in Santa Barbara.

Last year's winner, Ray Gil of Lompoc, CA, provided determined opposition in this grueling 5000 meters Masters event. Because of a developing hamstring, Malibu's Ed Stotsenberg, the 1985 (first year's) winner, was forced to drop out of the race three-quarters of the way.

Special impetus spurred these three particular contestants since each already had one win under the belt toward permanent possession of the perpetual trophy. The Memorial provides that after three victories (not necessarily consecutive) the winner becomes the take-home possessor of the perpetual trophy itself in addition to the replica. After such an event, an identical Perpetual Trophy will immediately replace the former one in the trophy showcase at Santa Barbara City College.

The annual Ray Williams Memorial Race is a TAC-sanctioned event jointly sponsored by Club West of Goleta and the Santa Barbara Recreation Department, and directed by George H. Adams,

Club West president. It is held in memory of Ray Williams of Santa Barbara and Solvang, a top Masters runner, who died in 1984.

## Run For Sight

October 1. Avalon, 3.4 Mi., 10.8 M., & 10K.  
**Division Results - Men's 3.4 Mile**  
 14-18: 1. Shawn Page 17:31, 2. Christan Morrow 18:57, 3. Jim Griswold 23:30, 19-29: 1. Richard Jostion 18:36, 2. Richard Ramos 19:34, 3. Paul Jablon 20:45, 30-39: 1. Joel Murillo 18:47, 2. Robert Barrette 21:47, 3. Gunther Koempel 22:18, 40-49: 1. Randall Shelley 19:13, 2. Bill Sobrito 25:10, 3. Max Oliver 25:34, 50-59: 1. Earl Harris 25:53, 2. Cohn Donohoe 26:29, 3. John Dricker 30:18, 60 & Over: 1. John Mooshagan 29:18, 2. Robert Romann 30:09.

**Division Results - Women's 3.4 Mile**  
 14-18: 1. Kara Martin 26:57, 2. Jennifer Korinko 27:47, 3. Kaffe Daigle 30:25, 19-29: 1. Sabrina Bobkowsk 23:48, 2. Shelley Basta 24:50, 3. Katherine Munson 25:30, 30-39: 1. Karen Mattoy 23:10, 2. Charlotte Chenoweth 25:32, 3. Cathy Meyers-Forshey 25:34, 40-49: 1. Sandi Carter 21:57, 2. Kathryn Pierce 26:51, 3. Dorinda Lillie 27:40, 50-59: 1. Silvia Crise 25:38, 2. Cindy Baxter 26:56, 3. Pam Baker 28:39, 60 & Over: 1. Adeline Hisquiero 10:11.

**Division Results - Men's 10K**  
 13 & Under: 1. Adam Mendonca 42:07, 2. Chris Carter 50:53, 19-29: 1. Brent Griffiths N.T., 2. Russell Sportsman N.T., 3. Gary Nettles N.T., 30-39: 1. Todd Hallenbeck 40:40, 2. Jim Grancich 40:40, 3. Ryan Copeland 41:35, 40-49: 1. Sonya Bangston 45:17, 2. Frederick Fleming 42:04, 3. Bill Read 42:06, 50-59: 1. Bob Gibbs 55:53, 2. Ralph Millidge 57:53, 3. Charles Braun 58:40.

**Division Results - Women's 10K**  
 13 & Under: 1. Tammy Hall 47:33, 19-29: 1. Kathleen Ireland 43:15, 2. Amanda Hendrickson 44:24, 3. Cecilia Chavez 48:52, 30-39: 1. Sonya Bangston 45:17, 2. Michelle Curtis 48:34, 3. Yolanda Stinchcomb 51:17, 40-49: 1. Gretchen Neil 47:50, 2. Joan Jetter 48:22, 3. Nancy Carter 54:46, 50-59: 1. Sandra Donaldson 57:55, 2. Carole Diamond 59:00.

**Division Results - Men's 10.8 Mile**  
 14-18: 1. Greg Rexroad 2:09:06, 2. Brandon Rexroad 2:13:28, 19-29: 1. Mark Sobota 1:08:48, 2. Thomas Moreno 1:11:52, 30-39: 1. Erling Eia 1:06:13, 2. Stephen Whitmore 1:11:13, 3. Lorenzo Herrera 1:13:06, 40-49: 1. John Kurtz 1:15:46, 2. Bill Elam 1:16:14, 3. Joe Lazzari 1:19:01, 50-59: 1. William Phillips 1:30:09, 2. Will Manson 1:34:52, 3. Darrel Jellies 1:36:50, 60 & Over: 1. Bob Mahlsstedt 1:37:23.

**Division Results - Women's 10.8 Mile**  
 19-29: 1. Lori Ansell 1:28:16, 2. Donna Casey 1:29:59, 3. Diane Groh 1:37:00, 30-39: 1. Janice Benson 1:33:17, 2. Kathleen Shaw 1:39:08, 3. Jooy Scott 1:40:44, 40-49: 1. Harlene Walters 1:22:13, 2. Kathy Mathews 1:38:08, 3. Carol Dunlap 1:38:48, 50-59: 1. Carl Lee Wright 2:02:11, 2. Paquel Magana 1:55:13.

## Watts' 5K Run and Health Walk

October 1. Los Angeles, 5K.  
 Tyrus Dimeter and Ramona Brigham took overall first place in the male and female categories of the 5K Run. Dimeter led the men with a time of 15:21.9. Brigham topped the women with a time of 21:35.3.

## Harbor Spring Triathlon

October 1. Morro Bay, (1/4 Mi. Swim, 13 Mi. Bike, 2 1/2 Mi. Run)  
**Overall Results**  
 1. Michael Collins (18-19) 54:31CR, 2. David Saars-Kotko (30-39) 55:01, 3. Chip Watkins (18-29) 56:54, 4. Dave Furbie (30-39) 57:50, 5. Tony Sehgal (18-

29) 58:06, 6. Rick Conway (30-39) 58:10, 7. Blake Chaffee (30-39) 58:28, 8. Thomas Preute (18-29) 58:42, 9. James Klamens (18-29) 58:53, 10. Eric Schmitz (18-29) 59:26.

11. Greg Crosley (18-29) 59:28, 12. Ken Kinsell (30-39) 59:43, 13. Ryan Huckabay (18-29) 59:54, 14. Brian Friedmann (18-29) 1:00:02, 15. David Patch (18-29) 1:00:05, 16. Lesley White (18-29 F) 1:00:07CR, 17. Joseph Boudreau (18-29) 1:00:18, 18. Frank Mattingly (30-39) 1:00:49, 19. Chuck Fiorentino (30-39) 1:00:58, 20. Vince Burke (18-29) 1:01:11.

**Division Results - Men**  
 18-29: 1. Michael Collins, 2. Chip Watkins, 3. Tony Sehgal, 30-39: 1. David Saars-Kotko, 2. Dave Furbie, Rick Conway, 40-49: 1. Gary McCain, 2. Dave Howell, 3. John Niro, 50-59: 1. Larry Walls, 2. Ben Homer, 3. Edward Sandor, 60 & Over: 1. Norie Olvera.

**Division Results - Women**  
 18-29: 1. Lesley White, 2. Aisa Goughner, 3. Leah Garcia, 30-39: 1. Sue Rovai, 2. Leslie Monaco, 3. Cory Saggiario, 40-49: 1. Connie Smith, 2. Pat Bates, 50-59: 1. JoAnn Olvera, 2. Sue Campbell, 60 & Over: 1. Elizabeth Baker.

## Sacramento Marathon

October 2. Sacramento, Full & Half.  
**Overall Results - Men's Full Marathon**  
 1. Craig Moore (35) Placerville 2:34:01, 2. Rae Clark (35) Santa Clara 2:34:53, 3. Chuck Harris (30) Sacramento 2:40:55.

**Overall Results - Women's Full Marathon**  
 1. Christine Iwahashi (30) Sacramento 3:00:29, 2. Susette Moore (30) Placerville 3:07:40, 3. Dale Cecchetti (40) Sacramento 3:22:30.

**Division Results - Men's Full Marathon**  
 19-29: 1. Michael Scott 3:11:50, 2. Scott Robertson 3:17:48, 3. Miguel Gaitan 3:24:35, 30-34: 1. Chuck Harris 2:40:55, 2. Randy Giboney 2:49:44, 3. Doug Rasmussen 2:58:15, 35-39: 1. Craig Moore 2:34:01, 2. Rae Clark 2:34:53, 3. Mike Hernandez 2:59:37, 40-49: 1. Allan Stanbridge 2:50:36, 2. Fritz Collier 2:54:07, 3. Marc Lieberman 2:59:07, 50-59: 1. Ken Okubo 3:31:53, 2. Nel Villarreal 4:01:46, 3. Lamar Dodson 4:02:20, 60 & Over: 1. Robert Gehl 3:16:15, 2. Mike Tselenis 4:43:30, Wheelchair: 1. Taylor Carey 2:08:47, Heavy Weight: 1. William Alexander 3:10:48.

**Division Results - Women's Full Marathon**  
 19-29: 1. Janet Soule 3:32:03, 2. Sue Kersil 3:53:23, 3. Margie Cain 4:44:22, 30-34: 1. Christine Iwahashi 3:00:29, 2. Susette Moore 3:07:40, 3. Sandra Johnson 3:30:21, 35-39: 1. Nancy Graves 3:39:07, 2. Patricia Oden 3:54:06, 3. Sharlene Kelley 4:05:16, 40-49: 1. Dale Cecchetti 3:22:30, 50-59: 1. Gloria Dake 3:53:00.

**Overall Results - Men's Half Marathon**  
 1. Dean Rinde (19) Orangevale 1:09:13, 2. Mark Williams (35) Fair Oaks 1:13:52, 3. John Mendoza (19) Sacramento 1:14:36.

**Overall Results - Women's Half Marathon**  
 1. Sally Edwards (40) Sacramento 1:27:28, 2. Jan Lovel (35) Camino 1:28:27, 3. John Mendoza (19) Sacramento 1:14:36.

**Division Results - Men's Half Marathon**  
 12 & Under: 1. Robbie Mares 2:12:34, 13-15: 1. Billy Allison 2:14:27, 16-18: 1. Scott Worden 1:23:42, 2. Randy Dixon 1:38:23, 19-29: 1. Dean Rinde 1:09:13, 2. John Mendoza 1:14:36, 3. Jeffrey Edwards 1:14:52, 30-34: 1. Ronald Souza 1:15:05, 2. Mike Deatherage 1:15:38, 3. Lynn Bobby 1:15:39, 35-39: 1. Mark Williams 1:13:52, 2. Randy Marx 1:16:01, 3. Don Duffy 1:16:03, 40-49: 1. Dana Gard 1:18:11, 2. Tim Frawley 1:19:51, 3. Steven Tredway 1:20:17, 50-59: 1. A.J. Underwood 1:21:58, 2. Arthur Cahn 1:22:18, 3. Fredrick Maltos 1:25:17, 60 & Over: 1. George Billingsley 1:33:46, 2. Claude Belcourt 1:37:29, 3. Calvin Henningsen 1:44:27.

**Division Results - Women's Half Marathon**  
 16-18: 1. Brandi Rockwell 1:45:48, 19-29: 1. Heidi Fassler 1:29:06, 2. Annette Shearer 1:30:39, 3. Kristi Anderson 1:35:39, 30-34: 1. Sue Tarler

# RESULTS

1:35:50, 2. Karen Shellito 1:40:30, 3. Donna Guisenberry 1:40:36, 35-39: 1. Jan Lovel 1:28:27, 2. Kim Swayze 1:29:00, 3. Debbie Walker 1:29:16, 40-49: 1. Sally Edwards 1:27:28, 2. Cyni Calvin 1:34:33, 3. Wifan Cadura 1:38:24, 50-59: 1. Dina Fields 1:48:42, 2. Kathy Isari 1:51:15, 3. Sandy Becker 1:53:08, 60 & Over: 1. Peggy Ewing 2:05:34, 2. Janis Kalberg 2:27:06.

## Fresno District Fair Cross-City Race

October 2, Fresno, 2 Mile & 10K

### Division Results - Men's 2 Mile

13 & Under: 1. Eric Dunn 10:23, 2. Joaquin Orsoco 11:06, 3. Craig Jenkins 11:10, 14-19: 1. Gus Prado 9:57, 2. Michael Mott 10:04, 3. Los Curiel 10:24, 20-29: 1. James Garrett 9:52, 2. Artemio Villegas 10:20, 3. Reynaldo Garza 10:21, 30-34: 1. Bryan Foley 9:23, 2. Baldemar Belancourt 9:31, 3. Rob Brenner 10:12, 35-39: 1. Bill McCarthy 11:37, 2. Darcy Jensen 11:46, 3. Ed Lopez 12:10, 40-44: 1. David Soleno 11:10, 2. Paul Konoz 11:11, 3. Gustavo Armenta 11:14, 45-49: 1. Dennis Duffy 11:11, 2. Bob Perry 11:46, 3. Fernie Montanez 11:56, 50-54: 1. Joe Delgado 11:21, 2. Graham Partlett 12:18, 3. Grant Sharp 12:49, 55-59: 1. Ed Thomaston 12:17, 2. Christopher Denny 12:23, 3. Dick Stewart 13:54, 60-64: 1. Jesse Rivera 12:44, 2. Bob Musso 12:59, 3. David Eung 13:38, 70 & Over: 1. Norman Liddell 18:51, 2. Bob Jones 27:01, 3. Frank Torres 29:03.

### Division Results - Women's 10K

13 & Under: 1. Kathy Hurley 47:11, 2. Jess Thornton 48:26, 3. Alicia Lopez 48:42, 14-19: 1. Tracy Tonigan 47:40, 2. Lisa Ann Luna 49:38, 3. Lorie Atlas 53:28, 20-29: 1. Kari Fike 37:22, 2. Cheri Fike-Moes 38:40, 3. Diane Vartanian 39:26, 30-39: 1. Nellie Gonzales 41:14, 2. Carol Arney 41:20, 3. Ann Phillips 41:30, 40-49: 1. Halley Schaffer 42:52, 2. Karen Lynch 43:08, 3. Sharon Shaw 44:42, 50-59: 1. Judy Miller 51:19, 2. Elizabeth Strunk 53:27, 3. Heidi Fialho 53:49, Wheelchair: 1. Emily Ball 36:23.

### Division Results - Men's 10K

13 & Under: 1. Alfred Lara 31:15, 2. Chris Cooper 43:59, 3. Mark Cossentino 46:32, 14-19: 1. Bobby Rodriguez 32:05, 2. Ed Gann 34:37, 3. Dennis Hunter 36:27, 20-29: 1. Joe Carnegie 33:02, 2. Steve Garza 33:08, 3. Jesus Pinero 33:10, 30-34: 1. Bob Loux 32:28, 2. Jim Harig 32:56, 3. Elmer McPhail 33:28, 35-39: 1. Al Lomeli 33:23, 2. Paul Garcia 35:31, 3. Terry Nephew 35:38, 40-44: 1. Donald Chapin, Jr. 35:19, 2. Gordon Keller, Jr. 35:26, 3. Garret Ebandick 36:06, 45-49: 1. Jim Ewing 35:47, 2. Don Trout 36:24, 3. Bill Woody 37:44, 50-54: 1. Frank Padilla 35:51, 2. Tommy Upton 38:27, 3. Jim Harris 41:15, 55-59: 1. Dick Cain 39:05, 2. Jack Kratt 45:18, 3. Douglas Eudaly 47:34, 60-64: 1. Sid Toabe 44:52, 2. Bob Stout 45:07, 3. Leon Nonzo, Sr. 46:16, 70 & Over: 1. Harry Harder 52:53, 2. Bill Reed 56:10, Wheelchair: 1. Gary Kerr 27:45, 2. Marty Ball 27:56, 3. Scott Mobley 31:02.

## Great Race '88

October 2, Palo Alto, 10K

### Overall Results - Men

1. Herbie Pepper 32:09, 2. David Mitzi 32:26, 3. Ed Bomber 32:30, 4. David Foglesong 32:47.

### Overall Results - Women

1. Jani Johnson 35:49, 2. Beckie Simmiekesacker 37:00, 3. Sharon Maley 37:58, 4. Lynn Macy 38:38.

### Division Results - Men

12 & Under: 1. Paul Burgess 39:22, 2. Alex Superko 43:38, 3. Carlos Avila 49:29, 13-18: 1. Adam Kaminist 35:28, 2. Randy Stone 37:42, 3. David Ndeio 42:24, 19-29: 1. Herbie Pepper 32:09, 2. David Mitzi 32:26, 3. Ed Bomber 32:30, 30-39: 1. David Foglesong 32:47, 2. David Garcia 33:00, 3. Jack Marinéz 33:17, 40-49: 1. David Furst 32:59, 2. James Cunningham 33:26, 3. Bill Sumner 33:46, 50-59: 1. Myron Nevraston 37:30, 2. David Raspecale 38:16, 3. Paul Baker 38:37, 60 & Over: 1. Ray Ste-

wart 38:57, 2. Don Carpenter 42:28, 3. Gunnar Brinkner 43:20.

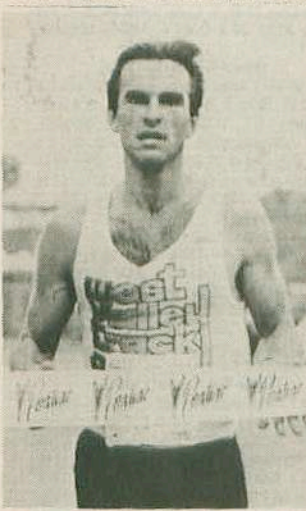
### Division Results - Women

12 & Under: 1. Rosana Lutzinger 52:58, 13-18: 1. Jenny Lames 44:07, 2. Sharra Smith 52:03, 3. Ramie Smith 52:03, 19-29: 1. Sharon Maley 37:58, 2. Not Available 39:29, 3. Janet Waldeck 39:31, 30-39: 1. Jani Johnson 35:49, 2. Beckie Simmiekesacker 37:00, 3. Lynn Macy 38:38, 40-49: 1. Jo Feeney 42:18, 2. Dinny Shyrook 43:25, 3. Evelyn Sullivan 45:22, 50-59: 1. Betsy Frasersmith 43:13, 2. Joan Reiss 44:38, 3. Gwen Whitler 51:18, 60 & Over: 1. Jady Caselli 48:20, 2. Betty Silis 56:57, 3. Reima Sirka 59:35.

## Perry's to Perry's

October 2, San Francisco, Half Mar. & 5K

The Perry's to Perry's half-marathon course is one of the most scenic courses in the world. The course runs from San Francisco across the Golden Gate Bridge, through Sausalito and ends in Mill Valley. It is not an easy race as runners must negotiate the wind on the Golden Gate Bridge and hills both in San Francisco and Sausalito, but the run-



HAL SCHULZ

photo by Gene Cohn Productions

ners love the course and the feeling of success having completed it.

Hal Schulz, 30, blew away his competitors finishing in 1:10:16. Esteban Marinéz, 33, placed second coming in four minutes after Schulz with a 1:14:20. Third place was Nathan Smith III age 32 with a 1:15:35. In the women's division, Isabelle Dittbamer, from Vancouver BC, also blew away the competition coming in nine minutes before the next woman. Isabelle took first place with a time of 1:18:30. Ruth Rutte, 38, came in second 1:27:45 and Lisbet Engberg, 24, third 1:28:14.

In the 5K, Greg Johnson, 28, took first place with a time of 16:11. Bob Cooper age 34 and a writer for Running Times placed second 16:26 and Kevin Cowley, 30, secured third place 17:54. Carolyn Hollingsworth, 23, fought for first place winning with 19:17, while Robin Barnato, 27, grabbed second place four seconds later 19:21. Sarah Napoli, 26, finished third with a 19:46.

### Division Results - Men's Half Marathon

18 & Under: 1. Shane Ridge 1:28:35, 2. John Davis 1:33:52, 19-29: 1. Jason Campbell 1:18:05, 2. Bud Napoli 1:19:20, 3. Ralph Tashjan 1:22:10, 30-39: 1. Hal Schulz 1:10:16, 2. Esteban Marinéz 1:14:20, 3. Nathan Smith III 1:15:35, 40-49: 1. Robert McLennan

1:16:35, 2. Jim Myers 1:20:00, 3. Miguel Solorio 1:20:38, 50-59: 1. James Lacey 1:26:30, 2. Robert Groff 1:26:32, 3. Don Lenzi 1:30:06, 60-69: 1. Wally Strauss 1:31:41, 2. Link Lindquist 1:36:44, 3. Geoff Bardsley 1:37:17, 70-79: 1. Bill Van Fleet 1:53:48.

### Division Results - Women's Half Marathon

19-29: 1. Isabelle Dittbamer 1:18:30, 2. Lisbet Engber 1:28:14, 3. Natalee Simi 1:29:07, 30-39: 1. Ruth Rutte 1:27:45, 2. Maureen Luca 1:29:53, 3. Kim Rupert 1:30:23, 40-49: 1. Karen Lanterman 1:31:07, 2. Joan Johnson-Smith 1:37:33, 3. Gail Rodd 1:37:54, 50-59: 1. Alice Rose 1:34:19, 2. Marys Hayden 1:43:17, 3. Margaret Ghatge 1:49:47.

## Santa Cruz Sentinel Triathlon

October 2, Santa Cruz

(1 Mi. Swim, 23 Mi. Bike, 10K Run)

### Overall Results - Men

1. Garrett McCarthy (San Gabriel) 1:50:42, 2. Pat Gilbert (Santa Cruz) 1:53:04, 3. Dominic Panziera (Truckee) 1:54:56, 4. Charles Clark (San Juan Capistrano) 1:55:03, 5. Mike Bennett (Boulder Creek) 1:55:53, 6. Chris Ward (Oakland) 1:56:35, 7. Anthony Miersky (Sacto) 1:57:07, 8. George Erving (Palo Alto) 1:57:28, 9. Nick Kurth (Davis) 1:57:32, 10. Richard Dillon (San Anselmo) 1:58:12.

### Overall Results - Women

1. Susan Latshaw (Berkeley) 2:00:46, 2. Terry Schneider (Los Gatos) 2:07:23, 3. Joan Alley (Redwood City) 2:07:38, 4. Janet Atwood (Palo Alto) 2:11:38, 5. Judy Soval (Boulder Creek) 2:11:56, 6. Marcia White (Orinda) 2:12:42, 7. Alicia Steinhart (Soquel) 2:13:33, 8. Jane Grypma (Morgan Hill) 2:13:56, 9. Debbie Ingram (Redwood City) 2:16:35, 10. Stephanie Danzig (Pleasant Hill) 2:16:38.

### Division Results - Men

14-19: 1. Ty Nickel (Placerville) 1:59:02, 2. Jim Clarke (Capitola) 2:05:53, 3. Jeff Braunstein (Cupertino) 2:06:55, 20-29: 1. Chris Ward (Oakland) 1:56:35, 2. Richard Dillon (San Anselmo) 1:58:12, 3. Jeremy Gilbert (Watsonville) 1:58:52, 30-39: 1. George Erving (Palo Alto) 1:57:28, 2. Kurt Fouts (Aptos) 2:00:01, 3. Bill Yates (Santa Clara) 2:01:03, 40-49: 1. Tim LaValle (San Jose) 2:06:02, 2. Robert Plant (Woodside) 2:09:57, 3. Roger Taylor (Fair Oaks) 2:10:23, 50 & Over: 1. Gary Nolan (Reno) 2:14:42, 2. Bob Tarozzi (Carmel Valley) 2:15:03, 3. William O'Brien (Redwood City) 2:21:05.

### Division Results - Women

14-19: 1. Kristie Clemens (Santa Cruz) 2:25:58, 2. Kelly Gilliam (Sebastopol) 3:07:31, 20-29: 1. Marcia White (Orinda) 2:12:42, 2. Stephanie Danzig (Pleasant Hill) 2:16:38, 3. Cyni Koke (Los Gatos) 2:21:17, 30-39: 1. Janet Atwood (Palo Alto) 2:11:38, 2. Debbie Ingram (Redwood City) 2:16:35, 3. Kellie Sheehan (Novato) 2:19:23, 40-49: 1. Suzanne Riedinger (Aptos) 2:27:58, 2. Marjorie Milliken (Kelowna) 2:29:05, 3. Helen Resneck (Santa Cruz) 2:48:43, 50 & Over: 1. Martha Young (Steamboat Springs, CO) 2:30:04, 2. Harriet Anderson (San Carlos) 2:55:04.

### Teams

#### Men

1. Cashman, Le, Irving: 1:58:44, 2. McHargue, Taylor, Degirolamo, 2:00:25, 3. Harbison, Spencer, Boggs 2:02:27.

#### Women

1. Moss, Davis, Wood: 1:56:21, 2. West, Slahna, Carroll: 2:16:50, 3. Hamilton, Doyle, Mattox: 2:18:36. Coed: 1. Bishop, Battin, Wood: 1:46:41, 2. Linke, Shand, Harper: 1:49:38, 3. Dick, Neville, Munoz: 1:50:04.

## Tri-Clubs Championship

October 2, Camarillo, (1.5K Swim, 40K Bike, 10K Run)

### Overall Results - Men

1. Michael Smith (24) 1:57:09, 2. Matthew Kresser (23) 1:58:30, 3. Dan Empfield (31) 1:59:42, 4. David

Klamans (25) 2:00:04, 5. Paul Pantelas (25) 2:00:47, 6. Bill Leach (42) 2:00:59, 7. David Nelson (27) 2:01:08, 8. Darrel Brown (30) 2:02:29, 9. Sean Scott (25) 2:03:06, 10. Karl Rush (26) 2:03:09.

### Overall Results - Women

1. Kirsten McCary (19) 2:11:31, 2. Stacy Smith (31) 2:17:13, 3. Pamela Haskell (30) 2:23:11, 4. Linda Schirna (23) 2:26:11, 5. Donna Chadwick (26) 2:26:56.

### Division Results - Men

14-19: 1. Tracy Smith 2:09:07, 2. David Parich 2:10:00, 3. Jason Middleton 2:10:11, 20-24: 1. Michael Smith 1:57:09, 2. Matthew Kresser 1:58:30, 3. Kevin Lee 2:09:14, 25-29: 1. David Klawans 2:00:04, 2. Paul Pantelas 2:00:47, 3. David Nelson 2:01:08, 30-34: 1. Dan Empfield 1:59:42, 2. Darrel Brown 2:02:29, 3. Bob Evans 2:07:50, 35-39: 1. Victor DeSiva 2:14:19, 2. Steve Fernando 2:14:29, 3. Chris Frost 2:14:33, 40-44: 1. Bill Leach 2:00:59, 2. Jay McCafferty 2:10:15, 3. William Lovelace 2:11:47, 45-49: 1. George Toberman 2:08:32, 2. Jim Bishop 2:16:58, 3. Gary McCain 2:25:48, 50-54: 1. Harry Pantelas 2:17:18, 2. Larry Wells 2:44:47, 55-59: 1. Don Williams 2:27:18, 2. Jack Eberly 2:29:31, 3. Jack Saba 2:57:17, 60 & Over: 1. Yvonne Scott 3:03:32.

### Division Results - Women

14-19: 1. Kirsten McCary 2:11:31, 2. Patricia Bishop 2:38:39, 20-24: 1. Linda Schirna 2:26:11, 2. Kristan Gipson 2:33:50, 3. Mindy Marsh 3:07:01, 25-29: 1. Donna Chadwick 2:26:56, 2. Maria Altobello 2:34:25, 3. Michele Beller 2:41:36, 30-34: 1. Stacy Smith 2:17:13, 2. Pamela Haskell 2:23:11, 3. Karen Atkins 2:36:29, 35-39: 1. Cathy Caballero 2:30:33, 2. Holly Lazzarini 2:40:24, 40-44: 1. Linda McIndoe 2:34:47, 2. Kathy Kridel 3:02:33, 3. Suzy Ibers 3:13:28, 45-49: 1. Mardi Briggs 2:35:02, 50-54: 1. Elizabeth Saba 3:05:34.

### Relay Results

#### Men

1. Dan Angress (YNH) 1:51:32, 2. Gerry Rodriguez (Rime) 1:54:56, 3. Brian Flick (Pitz) 2:01:02.

#### Women

1. Nora Lee (Roth) 2:22:42, 2. Joan Laubacher (Kap) 2:23:45, 3. Tracy Clark (Ledo) 2:32:21.

#### Coed

1. Brewer (TCVC) 2:05:30, 2. Jennifer Gutierrez (Fene) 2:07:53, 3. Brad Wheelman (Ruiz) 2:07:56.

### Club Point Totals

1. Team Malibu 121, 2. Kern County 39, 3. Ventura County 25, 4. Dave Scott, Davis 21, 5. Orange County 18, 6. Sport Rock (South Bay) 15, 7. Galif 6, 8. Chuck's Team (Santa Barbara) 5, 9. Codmax/NTTC (L.A.) 4, 10. Pasadena 3, 11. CS Northridge 1.

## Puffin Power II

Sept. 3, Sausalito, 5K & 10K

### Overall Results - 10K

1. Kevin Koch (18) Oakland 41:14, 2. Nikos Mourtos (30) San Jose 43:10, 3. Richard Siciliano (43) San Bruno 44:59, 4. Bernard Malroy (35) San Bruno 47:37, 5. Jim Washburn (32) Sunnyvale 48:34, 6. Chuck Roberts (37) Hayward 49:01, 7. Marty Maricle (55) San Francisco 49:16, 8. Jo Vesco (39) San Francisco 49:25, 9. Brian Huffman (37) Pittsburg 51:45, 10. Greg Moore (40) San Francisco 51:51.

### Overall Results - 5K

1. Steve Parker (47) Reno 23:23, 2. Nick Weber (22) San Ramon 26:24, 3. Nyle Coarlock (53) Morgan Hill 32:22, 4. Amy Stevens (20) Petaluma 33:23, 5. Marie Lau (33) Berkeley 35:00, 6. Janet Lankard (30) Belmont 35:01, 7. Chalice Fong (51) Piedmont 35:11, 8. Len Wallach (60) Belmont 38:54.

# RESULTS

## Stinson Beach Half-Marathon

October 8, Berkeley, Half Marathon & 10K

### Overall Results - 10K (Long Course)

1. Doug McPherson (34) 57:56, 2. Greg Anawalt (26) 58:44, 3. Steve Van Bergen (26) 1:01:02, 4. Clark Gerhardt (41) 1:06:50, 5. David Lohse (32) 1:10:16, 6. Robin Anawalt (28 F) 1:17:30, 7. Celia DeMartini (36 F) 1:18:40, 8. Karen Kuhlman (38 F) 1:19:25, 9. Laura Arida (35 F) 1:34:08, 10. Jeanne Harrod (35 F) 1:39:17, 11. Bernard Brehier (38) 1:39:17, 12. Gail Wax (38) 1:39:51, 13. Hal Jamison (72) 1:43:45, 14. Roger Anawalt (69) 1:57:59.

### Overall Results - Half Marathon

1. Jim Sane (30) 1:38:13, 2. John Harrison (29) 1:40:10, 3. Bernard Maltroy (35) 1:43:08, 4. Michael Kopp (32) 1:44:45, 5. Peter Franks (42) 1:47:03, 6. Frederick Stout (38) 1:49:25, 7. Dimitri Sklavapoulos (42) 1:57:13, 8. John Cook (41) 1:58:18, 9. Connie Giles (32 F) 1:58:27, 10. Robert Kucer (38) 1:59:23, 11. Karen Brown (25 F) 2:00:30, 12. Gary Wilhelm (36) 2:04:27, 13. Rod Hines (30) 2:04:28, 14. Richard Parker (43) 2:05:17, 15. Doug Vieira (27) 2:08:05, 16. Phil Wright (44) 2:13:45, 17. Karen Butler (34 F) 2:13:45, 18. Bill Anderson (50) 2:23:37, 19. Ramin Hedayatpour (18) 2:24:47, 20. Lynn Hal (33 F) 2:33:53, 21. Barbara Hodden (54 F) 2:35:20, 22. Pamela Martin (29) 2:37:27, 23. Lydia Nagel-Zane (36 F) 2:39:06, 24. Mort Weisberg (51) 2:41:26, 25. Lonnie Hawkins (41) 2:45:16, 26. Paula Beard (36 F) 2:46:25, 27. Mary Ann Truitt (32 F) 2:46:25, 28. Robert Sulzizio (49) 2:46:25.

## Run for the Homeless

October 8, Los Angeles, 5K & 10K

Over a thousand runners and 230 skid row residents from fourteen homeless relief agencies ran in the second annual Run for the Homeless, 5K/10K Race and Community Walk sponsored by the Chrystia Center and KABC-TV, at Griffith Park.

The Run for the Homeless benefitted the Chrystia Center, a non-profit self-help organization working to help skid row residents return to self-sufficiency.

Terrence LaFoe, 36, was the winner of the 5K Skid Row Division with a time of 19:53. The top skid row team was from Salvation Army-Harbor Light.

For the Skid Row trainees, the Run for the Homeless has become a symbol of hope. The Run was a culmination of three months of training at race clinics and working out at the Ketchum YMCA. With the confidence gained from committing to the discipline of training and competing, the Skid Row runners are finding the strength to take charge of their own life and improve their situation. In addition to losing weight, no longer smoking, and eating better, many trainees have mentally prepared themselves to begin achieving self-sufficiency, as individuals have already found jobs.

Members of the general community also participated in the run. The top winner in the men's 5K was Tony Young, 26, with a time of 15:09. The female runner was Julie Johnson, 21, with a time of 19:20.

The fastest 10K runner was David Olds, 27, with a time of 32:11 and the number one female 10K runner was Carmen Lopez, 40, with a time of 1:29. The winning three person corporate team is the law firm of Latham & Watkins for both 5K and 10K.

## Bridge to Bridge Run

October 8, Colusa, 5K & 10K

### Overall Results - 5K

1. Ben Henthorn (30-39) Redding 16:18, 2. Brent Shanley (20-29) Yuba City 17:20, 3. Michael

Buzbee (30-39) Yuba City 17:29, 4. Nelson Cobb (30-39) Yuba City 17:41, 5. Rod Cooper (40-49) Willows 17:59, 6. Bruce Mauldin (40-49) Auburn 18:16, 7. Everett Riggle (50-59) Chico 18:28, 8. Randy Fillpot (30-39) Lakeport 19:57, 9. Jeff Dawes (40-49) Yuba City 20:24, 10. Jerry Garner (30-39) Yuba City 20:27.

### Overall Result - 10K

1. Charles Varutti (30-39) Soquel 35:06, 2. Ray Darwin (40-49) Chico 35:17, 3. James Ballantyne (40-49) Paradise 35:51, 4. Scott Borges (30-39) Chico 36:34, 5. Ken Gall (40-49) Yuba City 37:18, 6. Kent Draper (40-49) Sutter 38:08, 7. Tom Forster (30-39) Colusa 38:56, 8. Warren Coleman (40-49) Chico 39:17, 9. Lloyd Kahn (50-59) Bolinas 39:48, 10. Richard Landess (40-49) Paradise 40:04.

## Great Grape Race

Oct. 8, Delano, 5K & 10K

### Division Results - Men's 5K

13 & Under: 1. Sergio Delgado 18:38, 2. Salvador Guzman 19:01, 3. Fernando Torres 19:58, 14-20: 1. Vincenzo Guerrero 18:58, 2. Graham Scott 17:20, 3. Jonathan Wykoff 18:13, 21-29: 1. Adriano Huerta 18:32, 2. Daniel Guerrero 18:10, 3. Mario Mata-Figueroa 18:39, 30-39: 1. Randy Smith 19:09, 2. Sean O'Neal 19:28, 3. Jeffrey Garrett 19:43, 40-49: 1. Leo Marquez 19:06, 2. Robert Barrera 19:24, 3. Allan Kuykendall 19:47, 50-59: 1. George Medina 20:15, 2. Arnold Buchanan 20:32, 3. Bert Beane 22:12, 60-69: 1. Joseph Gonzales 29:36, 2. Richard Mushum 30:08, 70 & Over: 1. Donato DeCastro N.T.

### Division Results - Women's 5K

13 & Under: 1. Cindy Carter 22:33, 2. Lupe Torrez 23:16, 3. Juanita Robles 23:29, 14-20: 1. Diana Delgado 19:52, 2. Amy Mabon 22:19, 3. Alicia Flores 27:15, 21-29: 1. Ninia Lorenzani 20:43, 2. Lorraine Melendez 20:53, 3. Ida Tovar 24:58, 30-39: 1. Lupe Eberly 19:31, 2. Kathy Sweo 21:46, 3. Margaret Marinas 24:35, 40-49: 1. Susie Olivarez 22:19, 2. Becky Whitehead 24:13, 3. Martha Morrison 24:24, 50-59: 1. Carol Lapham 31:52.

### Division Results - Men's 10K

13 & Under: 1. Jose Melendez 45:49, 2. Michael Ramirez 1:03:17, 14-20: 1. David Valle 38:15, 2. Jesus Hernandez 38:22, 3. Thor Garbe 47:04, 21-29: 1. Joel Espinoza 40:30, 30-39: 1. Randy Prino 34:27, 2. Jeff Lesley 36:01, 3. Robert Rodriguez 37:12, 40-49: 1. Tom Whyghe 36:54, 2. Ron Rodman 37:54, 3. George Becerra 40:15, 50-59: 1. Frank Padilla 36:10, 2. Richard Ramirez 38:08, 3. Tim Lemucchi 41:24, 60-69: 1. Bob Small 43:12, 70 & Over: 1. Harry Harder 51:45, 2. Jim Nagatani 54:12.

### Division Results - Women's 10K

21-29: 1. Brenda Villanueva 41:03, 2. Kacey Ginsburg 46:28, 30-39: 1. Carlotta Otero 42:31, 2. Paula Lambdin 43:14, 3. Kathy Moretti 44:31, 40-49: 1. Margaret Lemucchi 54:00, 2. Terry Ciccone 59:45.

## Learn Not To Burn

October 8, Playa del Rey, 5K & 10K

### Overall Results - 5K

1. Angel Hernandez (29) 14:45, 2. Rick Dodson (24) 15:36, 3. Javier Lares (30) 15:48, 4. Joel Sanchez (29) 15:59, 5. Victor Carrillo (25) 16:04, 6. German Alonso (37) 16:14, 7. Eddie Edwards (26) 16:24, 8. Catalino Gonzalez (46) 16:26, 9. Jose Gomez (34) 16:37, 10. Jaime Ortiz (27) 16:45, 11. Marty Horan (28) 16:56, 12. Todd Falke (24) 16:59, 13. Roberto Rivas (34) 17:09, 14. Jim Flanagan (39) 17:13, 15. John Hanley (33) 17:16, 16. Salvador Gonzalez (40) 17:29, 17. Scott Minium (38) 17:33, 18. Luis Diaz (25) 17:41, 19. Joe Mirales (24) 17:45, 20. Nick Trozzi (26) 17:48, 21. Jack Larson (51) 17:51, 22. Canyon (17) 17:51, 23. Robert Bible (37) 17:52, 24. Edward Mantini (36) 17:54, 25. Bruce Geddes (43) 17:55, 26. Barry Wiler (38) 18:05, 27. Rafael Razo (32) 18:08, 28. Ron Werner (46) 18:09, 29. Dean Longo (28) 18:12, 30. Richard Newton (24) 18:17.

### Overall Results - 10K

1. Ron Gee (37) 31:06, 2. Ted Cott (26) 32:26, 3. Larry Montag (36) 32:56, 4. Gianni Carpani (41) 33:55, 5. J. Vier La A (31) 34:17, 6. Victor Morales (21) 34:39, 7. Matthew Brayman (24) 34:54, 8. Gibson Cooper (24) 35:34, 9. Michael Arndt (28) 35:35, 10. Jose Adolfo (22) 35:36, 11. Bob Wilder (30) 35:59, 12. August Simian (41) 36:03, 13. Mark Gross (34) 36:23, 14. Phil DeLaCorda (38) 36:27, 15. Michael Lawrence (40) 36:28, 16. Morris Chip (26) 36:32, 17. Joe Seracuse (26) 36:47, 18. Kenneth Gatewood (28) 37:11, 19. Mark Bruno (20) 37:11, 20. George Kingsley (48) 37:12, 21. Dya Singh Khalsa (34) 37:26, 22. Paul Robinson (35) 37:39, 23. Howard Avery (33) 37:46, 24. Nare Mark (32) 37:47, 25. M. Pietraszkiewicz (35) 37:56, 26. Christi Bach (26) 37:56, 27. Todd Windisch (23) 38:06, 28. Paul Oyley (28) 38:29, 29. Donald Cooper (38) 38:34, 30. Russ Robinson (45) 38:35.

## Nite Lite Run

October 8, Fullerton, 10K

### Division Results - Men

15 & Under: 1. James Garrison 36:12, 2. James Castro 37:45, 3. Jarrod Garrison 38:45, 15-17: 1. Tony Bergman 33:20, 2. John Coxford 35:06, 3. Joseph Gobak 36:37, 18-24: 1. Richard Graves 30:35, 2. Rick Martinez 31:19, 3. Rob Arsenault 31:47, 25-29: 1. Kevin Broady 30:26, 2. Joey Gomez 31:07, 3. Mike Navin 31:10, 30-39: 1. Derrick May 30:12, 2. Dan Davies 31:38, 3. Paul Cook 31:52, 40-49: 1. Bill Summer 33:18, 2. Ben Wilson 35:15, 3. Gene Mote 35:30, 50-59: 1. Paul Browne 39:08, 2. Frank Vasquez 39:44, 3. Elgin Edwards 40:39, 60 & Over: 1. Larry Banuelos 42:10, 2. Ed Harrung 44:58, 3. Bob Mahstedt 46:51.

### Division Results - Women

15 & Under: 1. Carrie Gerritson 35:32, 2. Heather Garrison 42:35, 3. Cynthia Condon 50:01, 15-17: 1. Traci Ruble 46:04, 2. Maura Grundmeyer 46:18, 3. Linda Rashford 47:56, 18-24: 1. Kathy Smith 34:24, 2. Beth McGrann 35:14, 3. Mary Kenney 39:10, 25-29: 1. Annette Cooper 37:19, 2. Helen Lopez 37:49, 3. Rhond Davidson 41:49, 30-39: 1. Patricia Contreras 39:34, 2. Jade Sackett 39:54, 3. Danon Goodrum 42:44, 40-49: 1. Janice Estrick 46:57, 2. Peggy Cook 48:51, 3. Nancy Caudill 50:18, 50-59: 1. Heidi Schroeder 57:05, 2. Jeanne Hum 57:08, 3. Andrea Dalkescamp 59:52, 60 & Over: 1. Yolande Handler 1:07:33.

## Tustin Tiller Runs

October 8, Tustin, 5K & 10K

### Division Results - Men's 5K

14 & Under: 1. David Jones 17:15, 2. James Robinson 18:25, 3. Pich Nham 18:43, 15-18: 1. Andrew Lennox 16:08, 2. Greg Bennett 16:18, 3. Martin Gonzalez 16:21, 19-24: 1. Jose Alcaraz 15:12, 2. Sal Alcaraz 15:59, 3. Greg Neitzel 16:44, 25-29: 1. Louie Gonzalez 17:09, 2. John Lemar 17:14, 3. Jeff Tuohino 17:50, 30-34: 1. Kevin O'Ltana 16:07, 2. Frank Boegeman 16:51, 3. Michael Hoover 17:05, 35-39: 1. Walt Hill 16:56, 2. Bob White 17:01, 3. Ken Rogers 19:00, 40-44: 1. Dan Morales 17:11, 2. Staley Robert 18:57, 3. Greg Mimm 19:26, 45-49: 1. Harry Hunt 17:28, 2. Daniel Henderson 18:07, 3. Dean Anderson 19:20, 50-59: 1. Juvenal Herrera 18:38, 2. John Gilford 19:34, 3. Dave Albert 20:55, 60 & Over: 1. Daniel Lujan 21:21, 2. Jacob Green 24:45, 3. John Moorshamm 27:28.

### Division Results - Women's 5K

14 & Under: 1. Tara Brewer 21:26, 2. Gretchen Brugman 22:02, 3. Beth Reynolds 22:51, 15-18: 1. Karine Faure 22:54, 2. Maureen Glynn 23:28, 3. Terra Mahuka 23:51, 19-24: 1. Sandra McCullough 22:16, 2. Donna Fleagle 23:25, 3. Brenna Formauock 25:16, 25-29: 1. Bicky Gonzales 19:35, 2. Debbie Cobb 20:18, 3. Lisa Morau 25:39, 30-34: 1. Connie Brooks 25:50, 2. Mary Conner 26:10, 3. Beth Handweiler 26:22, 35-39: 1. Christine Collins 24:59, 2.

Deborah Dowler 26:14, 3. Cathy Baird 26:25, 40-44: 1. Shylock Denny 20:57, 2. Ann Barron 24:51, 3. Pat Emekaker 27:58, 45-49: 1. Cassandra Yokem 25:39, 2. Dee Doe Reese 28:01, 3. Martha Wilson 30:36, 50-59: 1. Judy DeManno 25:29, 2. Charlotte Moner 41:40, 60 & Over: 1. Joann Gunn 43:27.

### Division Results - Men's 10K

14 & Under: 1. Daniel Sanders 1:05:15, 15-24: 1. Mitchell Gold 33:32, 2. Bill Davenport 33:53, 3. Robby Lutz 34:33, 25-29: 1. Steve Schmidt 32:20, 2. Steven Shapiro 34:56, 3. Joseph Campbell 37:15, 30-34: 1. David Smith 33:27, 2. Rick Watson 37:33, 3. Karl Roth 37:42, 35-39: 1. John Kuisich 35:46, 2. Craig Chevalier 36:42, 3. Mike Williams 44:40, 40-44: 1. Robert Chase 35:54, 2. Arne Hamala 37:57, 3. Larry Carrol 39:23, 45-49: 1. Phillip Feiock 40:31, 2. Ralph Smith 41:20, 3. William Costello 41:42, 50-59: 1. Sam Mayo 38:06, 2. Rex Lundquist 39:41, 3. Steve Dibble 40:25, 60 & Over: 1. James De Pena 49:21, 2. Bob Berg 1:09:65, 3. Kurt Kupferman 1:06:29.

### Division Results - Women's 10K

24 & Under: 1. Carol Fukunaga 53:15, 2. Regina Weeks 56:39, 3. Shannon Shank 1:03:10, 25-29: 1. Laura McHale 40:36, 2. Jan Bresnahan 43:28, 3. Rozanne Brambla 44:01, 30-34: 1. Sue Howard 44:44, 2. Shaki Kingery You-Lin 44:47, 3. Jennifer Kolasinski 47:29, 35-39: 1. Suzanne Stringfellow 44:39, 2. Leslie James 46:35, 3. Vickie Sanders 47:43, 40-44: 1. Gaye Sprout 50:00, 2. Donovan Hannah 52:07, 3. Ann Lister 54:07, 50-59: 1. Kaye Howell 53:21.

## West Coast University 50-Miler

October 8, Fountain Valley.

With 131 entrants, 60% more than last year, the West Coast University 50-Miler started briskly in the cool morning twilight. James Edmonson, who prefers to be called Echo, led Jim Peillon, Joe Schieffer and last year's winner Dave Warady through 15 miles in 94:56. That's five hours and seventeen minutes pace for 50 miles.

In the women's race, Susan Gimbel, who finished second at the Angeles Crest 100 Miler only six days before, led Karen Kroljic, Saralie Linter-Jigaman and Barbara Shur through 15 miles in 2:00:33. That's 6:43 pace.

The race was run on a flat five mile loop through Mile Square Park in Fountain Valley. With the temperature soaring, the effects of the last early pace were soon evident. Between 30 and 35 miles Joe Schieffer and Jim Peillon dropped out, Echo faltered and Dave Warady swept into the lead. Dave had taken the lead in the second half of the race last year and had powered to a comfortable victory. It looked as though he would do the same thing again.

Reportedly running with only one lung, a revitalized Echo charged back into the lead. John Montgomery from San Diego, moved into second followed by Tom Perry of Culver City. John tried to catch Echo between 40 and 45 miles, closing the gap to less than four minutes. But Echo held him off and regained most of his previous margin in the last 5 miles.

During her sixth circuit Susan Gimbel surrendered her nine minute lead and more; she dropped out at the end of that lap. Barbara Shur and Saralie Linter-Jigaman assumed the lead. Karen Kroljic, last year's second place finisher, followed 8 minutes back.

Barbara and Saralie extended their lead to the finish and intentionally led for first. This caused consternation among the officials, who pointed out that since this was a division championship, the tie would have to be broken. When the women objected strongly to breaking the tie, the result was accepted and now there are two female 50 mile champions in SCA/TAC.

# RESULTS

## Results

1. James Echo Edmonson (45) Los Angeles 6:30:08, 2. John Montgomery (42) Del Mar 6:37:56, 3. Tom Perry (43) Culver City 6:46:10, 4. Steve Watanabe (35) Saugus 7:08:17, 5. Don McLean (43) Montebello 7:14:32, 6. Ken Young (46) Tucson 7:15:22, 7. Rob McNair (34) Huntington Beach 7:20:36, 8. Bob King (46) Pasadena 7:25:22, 9. Ken Price (45) Redondo Beach 7:34:17, 10. Fred Nagelschmidt (64) Ventura 7:44:25.

## Cuesta Spirit Biathlon

October 9, San Luis Obispo.

90 degree plus temperatures, uncommon for the Central California Coast, and gusty Santa Ana winds were the order of the day for the ninth running of the Cuesta Spirit Biathlon. As a result there was only one record broken when many of the past races have had over 10 records broken each time. The broken record was previously held by Kerry McQuay (2:22:10) in the women's 15-19 category. New record holder, Tina Kahan, Montecito, CA, had a time of 2:06:07.

A new class for teams with a combined age of 100 years was won and a record established by Peggy Boddicker and Roger Boddicker, Port Huene, CA, with a time of 2:24:00.

A new class for teams with a combined age of 100 years was won and a record established by Peggy Boddicker and Roger Boddicker, Port Huene, CA, with a time of 2:24:00.

Laura Lowe, Bakersfield, women's champion in April 1988, repeated as women's champion today with a time of 1:47:20.

October 87 men's champion and course record holder for teams as well as individuals (1:29:15), Ray Webb, repeated as overall champion again beating all teams and individuals with a time of 1:32:34.

## Overall Results

1. Ray Webb 1:32:34, 2. Lee/Hagy 1:33:03, 3. Jeff Jacobs 1:35:36, 4. Silva/Orach 1:36:37, 5. Belancourt/Kirchert 1:36:49, 6. Kevin Lutz 1:37:28, 7. Waterbiru/Rachubka 1:37:48, 8. Uema/Ryan 1:38:02, 9. Luke Merrill 1:38:08, 10. Rob Carter 1:38:08.

## Division Results - Men

14 & Under: 1. Ben Eichert 2:27:19, 2. Chris Shackelford 2:52:44, 15-19: 1. Tony Sahgal 1:47:21, 2. Eric Harwood 1:53:34, 3. Jonathan Wykoff 1:55:24, 20-24: 1. Jeff Jacobs 1:35:35, 2. Eric Osgard 1:39:08, 3. Eugene Cordero 1:42:48, 25-34: 1. Ray Webb 1:32:34, 2. Kevin Lutz 1:37:28, 3. Luke Merrill 1:38:08, 35-44: 1. Eddie Kolfer 1:40:06, 2. Joe Joacobson 1:44:28, 3. Joe Escobar 1:45:55, 45-54: 1. Gary Tubbs 1:47:49, 2. Mad Dog Rehorn 1:49:59, 3. Don Haas 1:57:05, 55-64: 1. Fred Kay 1:55:28, 2. Don Rayburne 2:20:17, 3. Richard Leslie 2:22:43.

## Division Results - Women

15-19: 1. Tina Kahan 2:06:14, 20-24: 1. Lesley White 1:51:17, 2. Jill Hibbit 2:09:51, 3. Susan Terrill 2:14:35, 25-34: 1. Laura Lowe 1:47:20, 2. Karen Steele 1:49:37, 3. Marian Florentino 2:01:00, 35-44: 1. Kaffe Eckert 1:57:01, 2. Denise Youngman 2:22:00, 3. Donna Raymond 2:23:16, 45-54: 1. Marilyn Rehorn 2:21:04, 2. Joan Peterson 2:38:25.

## Relay Teams Results

Open Men: 1. Lee/Hagy 1:33:03, 2. Silva/Orach 1:36:37, 3. Belancourt/Kirchert 1:36:49.

Open Women: 1. Hennially/Goughnour 1:45:20, 2. George/Stanley 1:53:19, 3. Monaco/Uram 1:54:35.

34: 1. Steele/Hansen 1:53:57, 2. Vollmer/Miller 2:14:41.

60-69 Men: 1. Waterbury/Rachubka 1:37:48, 2. Uema/Ryan 1:38:02, 3. Wheeler/Trueblood 1:45:07.

100- Men: 1. Boddicker/Boddicker 2:24:09, 2. Werbel/Clewsay 2:02:41.

80-89 Women:

1. Hood/Stallard 2:15:35.

## Mixed Open:

1. Jomund/Tuttle 1:44:45, 2. Johnson/Johnson 1:47:44, 3. Mackin/Rahmas 1:49:17.

## 60-69 Mixed:

1. Dixon/Howell 1:45:56, 2. Anderson/Hadley 1:59:07, 3. Pappas/Massari 2:00:04.

## Parent/Child:

1. Lebens/Lebens 1:54:58, 2. Spierling/Spieling 2:06:30.

## Humboldt Redwoods

### Marathon

October 9, Weott, Marathon.

The Six Rivers Running Club's Humboldt Redwoods Marathon and Half Marathon took place on October 9th on the Avenue of the Giants with clear skies and mild temperatures.

It was the tenth Humboldt Redwoods Marathon and the seventh running of the Half Marathon. With combined registration of over 1,020 runners, both races saw the highest number of finishers in their histories: Marathon 272, Half Marathon 523.

Dan Druschel (age 36) from North Bend, Oregon was the overall Marathon winner in 2:28:37. Druschel won the 1986 Half Marathon in 1:09:27.

Master runner Barbara Miller (age 49) of Modesto, won the women's title in 3:06:56.

Thomas Gidman (age 43) of Vancouver, British Columbia took the men's master title in 2:55:09.

In the Half Marathon, Greg Heistuman (age 33) of Arcata, won in 1:10:40 which was one and one-half minutes faster than his 1987 first place Half Marathon performance.

Teresa McCourt (age 29) of Sacramento winner of the 1986 and 1987 Marathon, won the Half in 1:23:59.

Half Marathon masters winners were Gary Wilborn, 40, of Beaverton, Oregon who finished third overall in 1:11:55. Marge Dunlap, 49, of Redding, took the women's master title in 1:35:43.

## Men's Results - Marathon

19 & Under: 1. Chris Thornley 3:13:12, 2. Tuke Cafari 3:28:42, 3. Jamie Bartel 3:52:00, 20-29: 1. Billy Morris 2:43:29, 2. George Register 2:55:37, 3. Jon Moens 2:55:47, 30-34: 1. James Washington 2:34:52, 2. Heikki Ingstrom 2:37:59, 3. James Oehman 2:51:03, 35-39: 1. Daqn Dreschel 2:28:37, 2. Mike Holt 2:38:50, 3. Doug Elway 2:52:14, 40-44: 1. Thomas Gidman 2:55:09, 2. John Mulligan 2:55:34, 3. Barney Eredia 2:55:42, 45-49: 1. Ulf Werner 2:55:17, 2. Jim Clover 3:09:17, 3. Wally Hesselein 3:10:27, 50-54: 1. Ellsworth Pence 3:03:19, 2. Donald Savant 3:04:42, 3. Ralph Hirt 3:08:54, 55-59: 1. George Crnell 3:21:58, 2. Keith Benwick 4:12:06, 3. John Lindberg 4:22:04, 60-64: 1. Harry Daniell 3:34:27, 2. Robert Kay 4:21:29, 65-69: 1. Delbert Wichman 4:56:33, 75-79: 1. Thomas Cullen 5:31:32.

## Division Results - Women's Marathon

19 & Under: 1. Hilary Simmons 3:10:27, 20-29: 1. Sandra Allen 3:07:21, 2. Diane Syphrit 3:10:55, 3. Michelle Tani 3:17:26, 30-34: 1. Sue Tarter 3:29:21, 2. Bert Meyer 3:32:07, 3. Susan Rondobush 3:45:17, 35-39: 1. Darlene Wallach 3:12:42, 2. Debbie Smith 3:24:33, 3. Sue Francis 3:26:41, 40-44: 1. Jessie Stratton 3:22:34, 2. Anita Seitamo 3:24:56, 3. Carolyn Gannon 3:34:06, 45-49: 1. Barbara Miller 3:06:56, 2. Eldrich Gosney 3:40:02, 3. Sandy Voorries 4:10:12, 50-54: 1. Joan Ketonen 4:40:19, 2. Jean Cons 6:27:19, 55-59: 1. Betty Gillette 4:44:07, 2. Janina Pietrzyk 6:27:19.

## Division Results - Men's Half Marathon

19 & Under: 1. John Steffens 1:12:54, 2. Gene Cotler 1:19:29, 3. Matt Smith 1:23:19, 20-29: 1. James Becker 1:11:06, 2. Joe Kirby 1:17:10, 3. Brian Palz 1:17:20, 30-34: 1. Greg Heistuman 1:10:40, 2. Steven Naiman 1:14:57, 3. Chris Turney 1:17:03, 35-39: 1. David Garcia 1:12:17, 2. Douglas Brown 1:14:54, 3. Thomas Eng 1:15:22, 40-44: 1. Gary Wilborn 1:11:55, 2. John Zinselmeyer 1:13:03, 3. Chris Chambers 1:15:15, 45-49: 1. Ben Jackson 1:22:31, 2. Theodore

Jones 1:25:22, 3. Ron Prior 1:26:19, 50-54: 1. Robert Barber 1:21:52, 2. Alex Deroieux 1:23:56, 3. Tom Cooke 1:33:07, 55-59: 1. Ron Hawkins 1:28:28, 2. James Nason 1:33:30, 3. Darryl Tuggle 1:34:00, 60-64: 1. Dick Packham 1:52:45, 2. Wally Papozo 2:00:43, 3. Joe Ham 2:01:17, 65-69: 1. George Balingley 1:35:09, 2. Bill Hutchinson 1:51:14, 3. William Redmond 2:07:20, 70-74: 1. Bill Nice 1:52:09, 2. Paul Perrine 2:07:07, 75-79: 1. Don Marsters 1:53:59.

## Division Results - Women's Half Marathon

19 & Under: 1. Amy Bergenski 1:51:51, 2. Amanda Derheimer 2:02:35, 3. Jaime Dolson 2:09:50, 20-29: 1. Theresa McCourt 1:23:59, 2. Irene McAlliff 1:26:26, 3. Estelle Valkema 1:29:48, 30-34: 1. Mary Pinci-Wells 1:25:26, 2. Lura Damiano 1:26:31, 3. Hilary King 1:32:56, 35-39: 1. Linda Cash 1:24:58, 2. Robbyn Runyon 1:26:38, 3. Nancy Ruffier 1:31:23, 40-44: 1. Ronda Provost 1:39:25, 2. Nouria Harris 1:40:13, 3. Mary Champagne 1:41:22, 45-49: 1. Marge Dunlap 1:35:43, 2. Margaret Cooke 1:40:37, 3. Susan Hamamoto 1:41:37, 50-54: 1. Kiki Baptista 1:51:41, 2. Andrea Tuggle 1:56:39, 3. Beverly Weiss 2:07:26, 55-59: 1. K. Goering 1:45:12, 2. Joan Arsenault 1:52:45, 3. Mary Welz 1:56:38, 60-64: 1. Lise Rapozo 2:13:09, 2. Josephine Scott 2:34:38, 3. Clarice Yverieilo 3:27:53.

## Bell Race

October 9, Merced, 3K & 15K.

### Overall Results - 15K

1. Mikew Eroolini (30-39) 49:53, 2. Curt Royer (30-39) 54:48, 3. Tom Diehl (30-39) 56:27, 4. Clyde Dilg (30-39) 58:03, 5. Roger Berbera (30-39) 58:04, 6. Ken Schwisow (40-49) 58:05, 7. Dick Domant (40-49) 58:40, 8. Scott Graham (17 & U) 59:35, 9. Trey McNabb (18-29) 60:37, 10. Gilbre Dicocha (30-39) 61:38.

### Overall Results - 3K

1. Mike Boyer (18-29) 9:16, 2. Kevin Cruikshank (30-39) 9:22, 3. Daniel Rusk (18-29) 9:28, 4. Randy Karr (13-17) 9:54, 5. Gary Hogan (13-17) 10:23, 6. Jason Hamm (13-17) 10:42, 7. Frank Miranda (30-39) 10:52, 8. Kenneth Roberts (40-49) 11:24, 9. Michael Canner (10-12) 11:36, 10. Jacqui Newman (18-29) 11:41.

## Division Results - Men's 15K

17 & Under: 1. Scott Graham 59:35, 2. Rod Freedland 63:38, 3. Kevin Hendrickson 65:19, 18-29: 1. Trey McNabb 60:37, 2. Gregory Pike 62:20, 3. Mike Elrod 63:47, 30-39: 1. Mike Eroolini 49:53, 2. Curt Royer 54:48, 3. Tom Diehl 56:27, 40-49: 1. Ken Schwisow 58:05, 2. Dick Domant 58:40, 3. John Julius 64:29, 50-59: 1. Charilew Rodgers 64:18, 2. Fred Pereira 77:48, 3. Jim Walters 78:33, 60-69: 1. John Hannah 80:54, 70 & Over: 1. Harry Harder 80:07.

## Division Results - Women's 15K

17 & Under: 1. Amy Mabon 85:20, 18-29: 1. Michelle Mondragon 77:03, 30-39: 1. Lisa Hunter 62:31, 2. Patti Smith 64:46, 3. Rachelle Roberts 66:19, 40-49: 1. Marilyn Arguelles 73:13, 2. Maribel Olson 73:27, 50-59: 1. Pat Kaulman 80:16, 2. Heidi Fialho 84:48.

## Division Results - Men's 3K

9 & Under: 1. Tre Santos 13:03, 10-12: 1. Michael Canner 11:36, 13-17: 1. Randy Karr 9:54, 18-29: 1. Mike Boyer 9:16, 30-39: 1. Kevin Cruikshank 9:22, 40-49: 1. Kenneth Roberts 11:24, 50-59: 1. Don Helton 13:14, 60-69: 1. Payson Taylor 14:58.

## Division Results - Women's 3K

10-12: 1. Kristen Stator 18:18, 18-29: 1. Jacqui Newman 11:41, 30-39: 1. Dennis Pimental 13:19, 40-49: 1. Cathy Boice 11:46, 50-59: 1. Pat Loring 16:50.

## Columbus Day Runs

October 9, China, 5K & 10K.

### Division Results - Men's 5K

10 & Under: 1. T.J. Avila 24:56, 2. Brent Monson 29:54, 3. Nicholas Posenack 32:48, 11-14: 1. David Cagnolati 19:55, 2. Mike Ponce 20:37, 3. Mat McHugh 20:46, 15-19: 1. John Equi 17:08, 2. Daryl Neher 18:32, 3. Bobby Ellis 18:40, 20-24: 1. Ronald Jones 16:42, 2. Tim Moon 22:33, 25-29: 1. Charlie

Okamoto 17:18, 2. Carl Fabian 17:38, 3. Kraig Long 18:55, 30-34: 1. Dave Cook 16:18, 2. Michael Scarano 17:02, 3. Steve Luccio 17:08, 35-39: 1. Jose Gonzalez 17:47, 2. Mark Newton 17:49, 3. Don Peterson 18:01, 40-44: 1. Travis Estes 17:24, 2. Philip Anderson 19:27, 3. Lindsey Ewell 19:35, 45-49: 1. Paolo Lopez 20:03, 2. Gerald Butera 22:46, 5-54: 1. Frank Ogawa 19:10, 2. Cliff Larkins 19:44, 3. George Johnstone 20:13, 55-59: 1. Charles Hanson 18:44, 2. Lyio Deem 20:00, 3. William Taylor 21:46, 60 & Over: 1. James Wikie 23:31, 2. John Moon 24:22.

### Division Results - Women's 5K

10 & Under: 1. Jenna Lyons 25:01, 2. Renee Eshom 31:41, 3. Natalie Rossnack 46:39, 11-14: 1. Sarah Spradlin 27:14, 2. Nichole Eshom 28:29, 3. Jennifer Bohannon 31:14, 20-24: 1. Jill Jacobs 27:13, 2. Blanca Soles 34:12, 3. Connie Morand 36:14, 25-29: 1. Robin Moon 19:07, 2. Debbie Watson 21:44, 3. Kathryn Vicari 24:49, 30-34: 1. Carole Corella 21:31, 2. Doreen Ramsey 23:43, 3. Teri Nelson 24:13, 35-39: 1. Patricia Miller 26:26, 2. Becky Bower 27:14, 3. Anna Garcia 28:45, 40-44: 1. Joanie Webster 23:31, 2. Guadalupe Naf 24:02, 3. Marie English 25:29, 45-49: 1. Terri Canter 27:57, 50-54: 1. Muriel Cipov 24:12, 60 & Over: 1. Nyla Cook 35:36.

### Division Results - Men's 10K

11-14: 1. James O'Connor 37:51, 20-24: 1. Saul Mercado 41:32, 2. Curtis Westerfield 41:58, 25-29: 1. William Lepore 41:18, 2. Michael Garcia 43:39, 30-34: 1. Henry Nunez 33:21, 2. Felix Figueroa 37:10, 3. Douglas Miner 37:12, 35-39: 1. Salvador Cervantes 35:41, 2. Art Ramirez 44:15, 3. Hector Vidal 48:35, 40-44: 1. Jose Estrada 38:01, 2. Philip Anderson 41:57, 3. Lindsey Ewell 43:29, 45-49: 1. John Rodriguez 37:42, 2. Bryan Kohler 42:21, 3. John Reynolds 44:57, 50-54: 1. Bill Masterson 36:56, 2. Don Moore 42:06, 3. Charles Hanworth 46:20, 55-59: 1. William Wall 42:17, 2. Ed Monroy 47:15, 3. Edmundo Dullely 50:56, 60 & Over: 1. Ward Speaker 45:32, 2. Wally Taylor 46:29.

### Division Results - Women's 10K

25-29: 1. Cheita Neal 45:58, 30-34: 1. Vicki Sparks 44:16, 2. Jan Jones 49:26, 3. Debi Vauco 51:39, 35-39: 1. Kathy Gutierrez 51:04, 2. Patricia Ballast 52:14, 40-44: 1. Theresa Riley 51:25, 2. Elo Briaht 1:01:43, 45-49: 1. Elena Guisa 52:21, 2. Eleanor Denharigh 1:01:44.

## Henry Mayo Newhall Memorial Hospital Run

October 9, Valencia, 5K.

### Overall Results

1. Tyrus Deminter (25) 14:50, 2. Tim Watson (23) 14:58, 3. Alejandro Cruz (26) 15:14, 4. Frank Ebner (29) 15:35, 5. Chuck Pontius (24) 16:03, 6. Jeff Gilkey (18) 16:08, 7. Mike Zaragoza (26) 16:38, 8. Joe Sanchez (29) 16:51, 9. Not Available 17:01, 10. Manny Castanon (30) 17:08.

11. Jack Butler (24) 17:19, 12. James Stephan (35) 17:21, 13. Dean Kewish (17) 17:29, 14. Tom Pilsarski (19) 17:30, 15. Mark Rosen (35) 17:31, 16. Steve Neal (36) 17:36, 17. Michael Mutak (37) 17:40, 18. Gary Hilliard (34) 17:41, 19. Glenn Deines (42) 17:42, 20. Nick Trozza (28) 17:48.

21. Manny DeLeon (16) 17:51, 22. Pat Harlan (42) 17:53, 23. Lauren Uddon (38) 17:56, 24. John Frankman (31) 18:15, 25. Aine Lynam (35F) 18:19, 26. Paul Reiter (17) 18:27, 27. Rick Garr (33) 18:32, 28. Carl Fout (28) 18:38, 29. Erik Zorawowicz (46) 18:40, 30. Adrian McKenzie (42) 18:44.

### Division Results - Men

10 & Under: 1. Adam Horst 20:47, 2. Brandon Deans 21:47, 3. Remy Meyerstein 23:16, 11-14: 1. Mike Weisinger 20:03, 2. Brian Lotman 20:32, 3. Oakley Lehman 20:43, 15-18: 1. Jeff Gilkey 16:08, 2. Dean Kewish 17:29, 3. Manny DeLeon 17:51, 19-24: 1. Tim Watson 14:58, 2. Chuck Pontius 16:03, 3. Jack Butler 17:19, 25-29: 1. Tyrus Deminter 14:50, 2. Alejandro Cruz 15:14, 3. Frank Ebner 15:35, 30

# RESULTS

34: 1. Manuel Castanon 17:08, 2. Gary Hilliard 17:41, 3. John Frankman 18:15, 35-39: 1. James Stephan 17:21, 2. Mark Rosen 17:31, 3. Steve Neale 17:36, 40-44: 1. Glenn Daines 17:42, 2. Pat Harlan 17:53, 3. Adrian McKenzie 18:44, 45-49: 1. Eric Zorawicz 18:40, 2. Alexander Hill 20:41, 3. Jim Barryman 20:46, 50-54: 1. Jerry Cherrington 19:26, 2. Jeri Kelch 21:18, 3. Peter Kimble 21:20, 55-59: 1. Al Friedman 22:45, 2. Bob Gerlach 28:58, 3. Charles Russell 31:06, 60-69: 1. Jack Mehlman 25:14, 2. Victor Galloway 27:32, 3. Charles Pickens 33:11, 70-79: 1. Dean Scofield 29:59, 2. George Johnston 45:25, 80 & Over: 1. Jacob Brishin 39:42, Wheelchair: 1. Ray Castillo 30:59, Race Walk: 1. Doug Shepherd 37:49, 2. Kurt Freeman 37:49, 3. Ralph Parizo 39:05, Cardiac Rehab: 1. Jack Mehlman 25:14, 2. John Cosby 47:24, 3. James Delaney 57:54.

## Division Results - Women

10 & Under: 1. Monica Priele 22:57, 2. Ann Koski 23:17, 3. Eksha Chaitgreen 26:14, 11-14: 1. Marisa Bueno 22:23, 2. Elizabeth Poduska 22:35, 3. Terri Koski 26:09, 15-18: 1. Sophia Hill 21:09, 2. Inez Richards 22:40, 3. Shauna Bird 23:18, 19-24: 1. Diana LaVoire 22:46, 2. Pilar Castano 23:46, 3. Irene Del Toro 24:36, 25-29: 1. Jeanne Connors 22:46, 2. Kim Jones 24:57, 3. Kylie Trueblood 25:48, 30-34: 1. Luisa Rongullo 19:00, 2. Karen Callahan 19:15, 3. Cheryl Nelson 20:12, 35-39: 1. Aine Lynam 18:19, 2. Ann Boyd 21:02, 3. Lynne Plambeck 22:13, 40-44: 1. Leslie Stephan 22:26, 2. Julie Andolsek 23:46, 3. Linda Briggs 27:06, 45-49: 1. Patricia Keller 25:58, 2. Donna Canales 28:15, 3. Judith Peit 30:59, 50-54: 1. Juliette Brockett 30:00, 2. Hedeles Pate 31:03, 3. Carolyn Hauser 44:09, 55-59: 1. Patty Carmody 33:07, 2. Marjorie Gronwinski 33:28, 3. Connie Galasso 37:11, 60-69: 1. Doris Gordon 26:35, 2. Selma Mehlman 33:25, 3. Edith Jeske 52:13, 70 & Over: 1. Irene Johnston 43:31, 2. Ann Puzl 52:10, 3. Olive Rohrer 66:52, Race Walk: 1. Joli Huggins 31:40, 2. Ginger Arnold 33:24, 3. Connie Galasso 37:11, Cardiac Rehab: 1. Ann Puzl 52:10.

## Run for L.I.F.E.

October 9, Century City, 5K & 10K

### Division Results - Men's 5K

13 & Under: 1. Brendan O'Connell 21:06, 2. Michael Roberts 21:50, 3. Michael Tomlinson 33:06, 14-18: 1. Joe Kraus 19:03, 2. Jason Sandler 20:28, 3. Trent Robinson 21:09, 19-24: 1. Donald Cioari 16:18, 2. Kieran Morrow 16:58, 3. Mark Kisback 17:06, 25-29: 1. David Kan 19:11, 2. Wade Bue 21:02, 3. Vic Perez 21:15, 30-34: 1. Herminio Garcia 16:24, 2. Kelly Makl 18:26, 3. Ray Sakido 18:40, 35-39: 1. Derek Okrent 18:23, 2. Terry Collier 19:41, 3. Mike Ehren 20:23, 40-44: 1. Ralph Behringer 20:03, 2. Harry Aronowitz 20:16, 3. Tim Neuloff 21:45, 45-49: 1. Nelson Crader 18:29, 2. Gerald Tyner 21:29, 3. Antonio Urzua 21:43, 50-59: 1. Jack Larson 18:24, 2. Leroy Carter 20:53, 3. David Albert 21:07, 60 & Over: 1. Larry Banuelos 20:43, 2. Bob Mahlstedt 22:21, 3. Jack Green 22:58.

### Division Results - Women's 5K

13 & Under: 1. Cassandra Higgins 22:36, 2. Danielle Ethier 30:22, 3. Nina Rami 30:26, 14-18: 1. Louise Hoyt 28:38, 2. Breanna Helfert 29:56, 3. Monica Vall 31:21, 19-24: 1. Roy Richards 21:19, 2. Eileen Maier 22:51, 3. Lori Kunik 24:52, 25-29: 1. Deborah Riding 21:33, 2. Lynn Stanley 22:58, 3. Helen Campbell 23:00, 30-34: 1. Jody Brewster 22:53, 2. Kathleen Farrelly 23:52, 3. Olivia Guzzi 24:47, 35-39: 1. Sally Gomez 23:55, 2. Marianne McGlynn 25:51, 3. Lynn Friesen 27:17, 40-44: 1. Joy Bivins 22:57, 2. Kathie Gordon 23:05, 3. Karen Unberg 27:10, 45-49: 1. Gigi Galon 27:38, 2. Karen Doan 29:29, 3. Alicia Morrow 30:04, 50-59: 1. Nelly Williams 28:35, 2. Betty Crosby 29:04, 3. Sondra Brumer 30:01, 60 & Over: 1. Catherine Weisser 32:51, 2. Toni Vogel 41:49.

### Division Results - Men's 10K

13 & Under: 1. Michael Reizenstein 45:31, 2. William Carles 45:32, 3. Brent Stein 1:08:27, 14-18: 1. Vic

tor Garcia 40:52, 2. Seth Hellyer 42:53, 3. Andre Amar 45:30, 19-24: 1. Doug Kunin 45:40, 2. Jon Gell 47:34, 3. Tim Reynolds 48:29, 25-29: 1. Michael Trunkas 32:36, 2. Kirk Boyd 37:23, 3. Randy Part 39:09, 30-34: 1. Harold Ketting 33:58, 2. John Hanley 37:47, 3. Dya Singh Khaisa 38:53, 35-39: 1. Paul Brown 39:22, 2. Donald Waggett 39:26, 3. Harry Sinshamer 42:25, 40-44: 1. Juan Cueva 38:37, 2. Francisco Macias 43:44, 3. Hody Rupp 44:03, 45-49: 1. James Edmonson 38:47, 2. Tom Morrow 41:15, 3. Tony Skvarla 41:28, 50-59: 1. Antonio Vgonzalez 38:56, 2. Frank Vasquez 41:08, 3. Claude Bruni 41:39, 60 & Over: 1. Mio Saffer 46:11, 2. William Scott 46:18, 3. George Ropalia 47:55.

### Division Results - Women's 10K

13 & Under: 1. Cynthia Condon 1:06:27, 14-18: 1. Rosa Cazares 44:07, 2. Mari Chemow 48:59, 3. Jennifer Usher 51:02, 19-24: 1. Sylvia Mosqueda 34:42, 2. Annie Seawright 38:26, 3. Lupe Rodriguez 40:15, 25-29: 1. Donna Garris 38:19, 2. Carol Keller 36:42, 3. Mary Cardenas 37:38, 30-34: 1. Karen Carpani 38:54, 2. Evelyn Silvey 42:47, 3. Cathy Tuch 52:19, 35-39: 1. Arlene Uoniski 42:54, 2. Phyllis Palco 48:09, 3. Peggy Sullivan 48:40, 40-44: 1. MaryGail Brauner 43:33, 2. Loretta Bronk 47:12, 3. Adell Williams 48:02, 50-59: 1. Dorothy Malavoti 51:08, 2. Joan Maxwell 54:07, 3. Nancy Kattler 1:05:42.

## Mt. Burdell Challenge

October 9, Novato, 5K & 10K

### Division Results - Men's 5K

14 & Under: 1. Tim McClure 26:09, 2. Brett Simundson 27:40, 3. Steve Wendt 27:55, 15-19: 1. Lawrence Lingbloom 22:50, 2. Andrew Nevins 23:09, 3. David Sokolowski 23:41, 20-29: 1. Toby Knepler 16:33, 3. Edward Russel 18:58, 3. Carlos Lopes 19:15, 30-39: 1. Sheer Spencer 21:08, 2. Sam Long 22:07, 3. Kevin Forrester 23:26, 40-49: 1. Fred Liesbes 20:23, 2. Ed Rudloff 21:49, 3. John Lenardo 22:24, 50-59: 1. Al Pitzer 23:27, 2. Emil Peroni 24:01, 3. Irwin Herihy 25:15.

### Division Results - Women's 5K

14 & Under: 1. Nika Horn 21:50, 2. Karl Horn 27:47, 3. Mollie Misakian 29:05, 15-19: 1. Joy Salachai 22:10, 2. Abby Hass 30:48, 3. Melissa Wong 34:43, 20-29: 1. Tamara Gonzales 20:30, 2. Tami Anderson 24:24, 3. Mary Stompe 25:20, 30-39: 1. Susie Van Buskirk 22:31, 2. Janet Calmels 22:52, 3. Adele Ho 25:17, 40-49: 1. Arlene Hoagland 22:06, 2. Gail Graser 28:20, 3. Diane Major 28:22, 50-59: 1. Kathleen Hubert 50:17.

### Division Results - Men's 10K

15-19: 1. Chris Coffey 57:12, 20-29: 1. Greg Johnson 39:30, 2. William Coughlin 40:39, 3. Alec Isabeau 40:52, 30-39: 1. Michael Lopez 41:33, 2. Bruce Linscott 41:54, 3. John Cosigan 43:03, 40-49: 1. John Demens 44:07, 2. Robert Eichstaedt 44:38, 3. Donn De Angelo 45:23, 50-59: 1. Darryl Beardall 43:17, 2. Robert Groff 46:52, 3. Johann Frey 49:53, 60 & Over: 1. Alan Belton 51:73, 2. Link Lindquist 52:38, 3. Charles Hartman 61:08.

### Division Results - Women's 10K

14 & Under: 1. Mariah Underhill 69:37, 15-19: 1. Desiree Crumelle 55:01, 2. Monica Zech 66:14, 3. Rainbow Underhill N.T., 20-29: 1. Carrie Molquist 46:30, 2. Debbie Holst 49:49, 3. Nancy Camera 54:55, 30-39: 1. Linda Lee 51:15, 2. Sarah Prowell 53:43, 3. Hazel Wood 54:26, 40-49: 1. Meredith Misakian 55:50, 2. Katie Martin 58:31, 3. Susan Condon 58:39, 50-59: 1. Joann Kambur 66:34.

## Pumpkin Patch Fun Run/Stride

October 9, Fremont, 5K

### Division Results - Men

9 & Under: 1. Jonathan Stevens, 2. Dustin Littfedale, 10-14: 1. Lance Morrison, 2. Jason Berlin, 15-20: 1. Matt Bogdermenky, 2. David Cardenas, 21-49: 1. Tim Dala, 2. Michael Smith, 50-59: 1. Myron New-

raument, 2. Walter Williams, 60 & Over: 1. Russel Bush, 2. Gilman Lohtz.

### Division Results - Women

9 & Under: 1. Betsy Stevens, 2. Marisa Bauer, 10-14: 1. Susan Kiper, 2. Carol Lortz, 15-20: 1. Stacy Fam, 2. Sharyl Raines, 21-49: 1. Shariet Gilbert, 2. Ingrid Carlson, 50-59: 1. Doris Leathers, 2. Dana Baker, 60 & Over: 1. Carmen Melia, 2. Maryellen Lentz.

## Run for the Animals

October 9, Palo Alto, 5K & 10K

### Division Results - Men's 5K

12 & Under: 1. Jason Williams 22:02, 2. Joshua Dawson 23:53, 3. Kyle Dawson 24:14, 13-18: 1. David Ndeto 18:22, 2. Randy Stone 18:46, 3. Kevin Kneil 23:18, 19-29: 1. Stephen Thomas 16:13, 2. Manuel Morales 17:21, 3. Marty Beene 18:27, 30-39: 1. Glenn Carpenter 16:31, 2. Jay Masloff 17:19, 3. Malcolm Brown 17:20, 40-49: 1. Jim Hampton 16:39, 2. John Galletta 18:01, 3. Ron Kiyos 18:08, 50-59: 1. Danny Plovrier 20:32, 2. Charles Botsford 21:42, 3. Bernard Stevens 22:51, 60 & Over: 1. Glenn Sievert 24:30, 2. Leo Howard 26:21, 3. Warren Weinstock 30:49.

### Division Results - Women's 5K

12 & Under: 1. Francine Agui 23:09, 2. Michelle Kiyono 23:19, 3. Nicole Walker 24:23, 13-18: 1. Ingrid Graeve 20:47, 2. Jen Sandstrom 25:56, 19-29: 1. Laura Wallaco 23:15, 2. Louise Furukawa 24:57, 3. Libby Talco 25:46, 30-39: 1. Marilyn Wallach 17:50, 2. Karen McCain 22:50, 3. Judy Walden 26:33, 40-49: 1. Linda Johnson 21:05, 2. Gayle Murray 23:05, 3. Barbara Stone 24:02, 50-59: 1. Duffy Price 40:05, 2. Carolyn Brennan 41:30, 3. MaryEllen Carey 45:52, 60 & Over: 1. Dot Weinstock 30:00, 2. Annie Sievert 31:17, 3. Christine Wood 33:29.

### Division Results - Men's 10K

12 & Under: 1. Paul Burgess 42:20, 2. Brian Ida 50:59, 19-29: 1. Rick Buess 33:28, 2. Ulises Fernandez 34:11, 3. Dan Fernandez 34:59, 30-39: 1. Jim Bordon 34:59, 2. Mike Holton 36:59, 3. Tom McGrath 37:16, 40-49: 1. John Talco 37:45, 2. Carl Cull 38:06, 3. Robert Sakai 38:16, 50-59: 1. Richard Cochran 41:07, 2. Gerry Czamanske 41:28, 3. Perter Wood 41:43, 60 & Over: 1. Ray Piva 44:21, 2. Don Anhorn 48:49, 3. Walter Jaye 54:31.

### Division Results - Women's 10K

12 & Under: 1. Brittany Fischer 1:17:29, 13-18: 1. Aimee Tolan 44:22, 19-29: 1. Laura Bruess 40:19, 2. Michele Small 43:15, 3. Yvonne Day 44:20, 30-39: 1. Donna Hinshaw 40:17, 2. Dianna Shields 43:47, 3. Lauredes Bigas 44:38, 40-49: 1. Kathy Frank 44:45, 2. Rhonda Dyer 48:32, 3. Marge Rose 48:40, 50-59: 1. Betsy Fraser-Smith 44:30, 2. Diane Bromstead 49:15, 3. Marjorie Mikael 54:46, 60 & Over: 1. Georgia Longsond 1:05:16, 2. June Swan 1:10:06.

## Spartan Cup Run

October 9, Concord, 5.5K & 10K

### Division Results - Men's 10K

19-29: 1. Bryan Eperbach 42:02, 30-39: 1. Steve Gregory 34:27, 40-49: 1. Steve Beck 36:16, 50-59: 1. Richard Keene 39:06, 60 & Over: 1. Bruce Oliver 41:57.

### Division Results - Women's 10K

30-39: 1. Barbara Ginos 43:12, 40-49: 1. Marlou Mazoli 49:57, 50-59: 1. Marion Irvine 40:38.

### Division Results - Men's 5.5K

13 & Under: 1. Timothy Fehon N.T., 14-18: 1. Reggie Williams 18:08, 19-29: 1. Michael Costello 22:18, 30-39: 1. Bob Hermens 19:28, 40-49: 1. Ernie Melara 18:29, 50-59: 1. Robert Mason 25:06.

### Division Results - Women's 5.5K

13 & Under: 1. Melanie Melara 23:56, 14-18: 1. Julie Jordan 36:20, 19-29: 1. Gayl McGrath 32:25, 30-39: 1. Cheng-er Menedbasich 22:43, 40-49: 1. Anne Renoo 27:22, 50-59: 1. Rosalie Green 49:04.

## Human Race Triathlon

October 9, Newport Beach

(1.5 Mi. Swim, 35 Mi. Bike, 10K Run)

### Division Results - Men

Pro: 1. Brad Kearns 1:42:57, 2. Jon Black 1:43:37, 3. Clark Campbell 1:43:52, 15-19: 1. Donald Tipping 1:57:12, 2. David Hackett 2:06:46, 3. Jeff Gillett 2:18:46, 20-24: 1. Douglas Roberts 1:44:07, 2. Mike Smith 1:46:05, 3. Darren Wood 1:48:26, 25-29: 1. Alex Begg 1:47:44, 2. Mark MacKabacken 1:49:53, 3. Gregory Bohdan 1:50:02, 30-34: 1. Corky Ewing 1:49:22, 2. Brian Johnson 1:53:33, 3. Tony Miller 1:55:07, 35-39: 1. William Hippe 1:49:56, 2. Robert Cuyler 1:50:28, 3. Steve Yavorsky 1:50:32, 40-44: 1. Andrew O'Leary 1:55:59, 2. Bill Leach 1:56:10, 3. Jay McCaffery 1:58:37, 45-49: 1. Randall Shelley 2:15:44, 2. David Stephens 2:20:16, 3. Joseph Bird 2:23:16, 50-59: 1. Terry Lee Ives 2:15:50, 2. Richard Hamus 2:21:21, 3. Bill Fordiani 2:22:34.

### Division Results - Women

Pro: 1. Nancy Vallance 1:52:08, 2. Liz Bulman 1:54:13, 3. Elaine Alrut 1:56:00, 15-19: 1. Erica Prenzlou 2:54:55, 20-24: 1. Stephanie Catino 2:13:13, 2. Gina Shafonsky 2:15:05, 3. Angela Stempel 2:18:34, 25-29: 1. Karie Nelson 2:04:08, 2. Cathy Owen 2:05:16, 3. Cheryl Saung 2:12:48, 30-34: 1. Catherine Donovan 2:07:09, 2. Sue Ann Buck 2:09:22, 3. Sue Osborn 2:10:21, 35-39: 1. Jan Christie 2:14:24, 2. Kathleen Roos 2:31:46, 3. Pamela Martin 2:42:38, 40-44: 1. Mary Klaus-Martin 2:13:34, 2. Schery Braunhardt 2:13:57, 3. Ann Fordiani 2:19:19, 45-49: 1. Linda Bird 2:23:12, 2. Angelika Castaneda 2:24:39, 3. Barbara Alvarez 2:27:19, 50-59: 1. Carol Hemus 2:37:22.

### Relays

Women: 1. Susan McDermott 2:18:33, 2. Lisa Yonaka 2:19:24, 3. Jinny Paro 2:19:44.

Men: 1. Ron Belzer 1:42:55, 2. Todd Schoder 1:44:16, 3. Bob Barts 1:54:26.

Coed: 1. Michelle Kellog 1:53:17, 2. Michael Jones 1:54:44, 3. Richard Miller 1:58:16.



Sorry we couldn't squeeze any more results in this issue. We will try to allot more space to results in March.

## RESULTS

# California 10

by Mark Wintz

### January 8, Stockton

A new double-loop course greeted runners as this long-popular early-year event moved back to its traditional January date. The weather was brisk (upper 30s, clear, and windless at the start). The 10-mile distance was just right for getting back into racing after recovering from the holidays and a busy Fall and early Winter competitive calendar that included a marathon or two for many. Although Frank Hagerty turned over the race director's reigns this year, the perks offered by the race's Sundance Running Club remained intact. Coveted sub 50/55/60/70 minute "T" shirts still spurred racers to put the pedal to the floor, and the post-race breakfast offered in the Lincoln High School cafeteria at the start/finish remained a delicious bargain included in the \$10 entry fee.

Although the faster fields were not nearly as deep as in past years, a core of local speedy Cal 10 devotees made for some exciting racing near the front. A lead pack of a half dozen men sparred on the first of two identical flat circuits, until at about 4 miles John Sup, John Moreno, and Rob Anex opened a gap. An interesting threesome: 4:03.7 miler Sup, who was attempting this distance seriously for only the second time and wondering if he could maintain the sub-5 minute pace; Moreno, the man who has come back from a debilitating pelvic fracture who is looking tough again; and Anex, a top notch road man who won here in 1987, and at 30 years old a veteran of almost two decades at this game.

"John Sup ran very strongly—being a miler who should be a 5,000-meter runner," Anex commented after the race. "Moreno and I kept trying to lose him and really didn't manage to. At about seven and a half miles, I decided I'd better go, or get out-kicked. They let me, and that's all I saw of them for the rest of the race."

The Mechanical Engineer from Atherton turned in a 4:32 final mile and saw 49:21 on the finish clock, just 6 seconds slower than his '86 win which was run on what many considered to be a straighter, smoother, and faster course. The new route had a good number of turns, a stretch on a narrow asphalt sidewalk, and a bit of squishy park grass to cross.

Sup and Moreno put in a good battle for second, with Sup's miler's closing kick giving him a narrow 49:38.1 PR to Moreno's 49:38.7 at the finish.

Another Sup, this one named Sandy, left no question about who was the fastest couple of the day. The Orangevale woman who qualified for the Olympic marathon Trial last year, knows this race well. Her 1:01:17 win this time came without another lady in her sights—as Irene McCloughlin (1:02:36) and Janet Smith (1:03:33) were well spaced behind.

"My time was OK, but I really was trying to break 60," said Sup, who ran 59:06 here in '87. "I slowed down the last two miles."

Sandy plans on working on her shorter-distance skills through

the Spring, hoping to regain some speed that she feels she lost while spending 1-1/2 years on the 26.2 qualifying route.

Among the masters, San Jose's David Furst, 44 years old (54:41) and Oakland's Hilary Naylor, 40 (1:04:35). "I was pretty happy with my race," said Furst, who ran a PR. "I've been injured and haven't done a practice run over nine miles in the last six weeks.

"I've done pretty well in the local masters ranks," says the San Jose State University sports psychology and sports sociology teacher who has been running for 30 years. "But, of course, this is one of the (competitively) toughest areas in the United States for masters. I really love running in this area."

Certainly, the long-time California 10 rates as one of the Northern California events that has contributed generously to the region's running excellence. While working with limited finances and human resources, the race has persevered, and retained its overall standards of quality. Preliminary plans call for the addition of a 5-mile race next year—which will, hopefully, boost the number of overall entrants.

### Top Women Overall

1. Sandy Sup (Orangevale) 1:00:17.6, 2. Irene McCloughlin (San Fran) 1:02:35, 3. Janet Smith (San Jose) 1:03:33, 4. Hilary Naylor (Oakland) 1:04:35, 5. Alice-Marie Laverdiere (Folsom) 1:04:53.

### Top Men Overall

1. Robert Anex (Atherton) 49:21.9, 2. John Sup (Orangevale) 49:38, 2. John Moreno (Pacifica) 49:38, 4. Tim Ketron (Sacramento) 50:38, 5. Thomas Borschel (Oakland) 51:12.

### Divisions--Men

0-18: 1. David Welsh (Meadow Vista) 53:40, 2. John Mumm (Nev City) 55:56, 3. Gerry Cavvilo (Salinas) 57:34. 19-29: 1. Rob Anex 49:21, 2. John Sup 49:38, 3. Rene Perez (Woodland) 51:45. 30-34: 1. John Moreno 49:38, 2. Tim Ketron 50:38, 3. Thomas Borschel 51:12. 35-39: 1. Craig Moore (Placerville) 52:17, 2. Bill Seaver (Byron) 52:56, 3. Robert Schug (San Leandro) 53:07. 40-44: 1. David Furst (San Jose) 54:41, 2. Frank Ruona (Novato) 55:16, 3. Bill Dunn (Sunnyvale) 56:07. 45-49: 1. Bill Clark (Los Altos) 56:31, 2. Jim Reitz (Livermore) 56:38, 3. Martin Jones (Sonoma) 57:58. 50-59: 1. Joe Hancock (Berkeley) 1:00:14, 2. Harry Tellman (West Pt) 1:01:12, 3. Philip Hager (Larkspur) 1:04:23. 60-99: 1. George Billingsley (Loomis) 1:12:19, 2. Don Lundberg (Modesto) 1:15:39, 3. Charles Convis (Stockton) 1:20:12.

### Divisions--Women

0-18: 1. Eva Belt (Placerville) 1:10:02. 19-29: 1. Irene McCloughlin 1:02:35, 2. Janet Smith 1:03:33, 3. Alice-Marie Laverdiere 1:04:53. 30-39: 1. Sandy Sup 1:00:17, 2. Cindi Van Natta (Santa Rosa) 1:04:58, 3. Maureen Luca (Pleasant Hill) 1:06:03. 40-49: 1. Hilary Naylor 1:04:35, 2. Barbara Miller (Modesto) 1:06:34, 3. Laury Fisher (Oakland) 1:08:58. 50-99: 1. Jo Sullivan (Sonora) 1:23:49, 2. Sandy Becker (Palermo) 1:24:12, 3. Dina Fields (Rio Vista) 1:24:19.

# MAILBAG

## PREP AFTERSHOCKS

Dear Editor:

There's a rather insignificant error on page 29 of January's issue (the Sac-Joaquin Section cross country results).

Please be advised that Beyer of Modesto was fourth in boy's Division I results--not Bella Vista of Fair Oaks. The team score of 116 and total time of 84:45 were *our* correct totals. Bella Vista was the fifth place team with 132 points and a combined time of 86:16.

I realize the error is too small to merit correction, but I do want to "stand up" for our athletes.

Frank Moore  
Beyer (Modesto) Coach

Dear Editor:

I have been a subscriber to your fine publication for a number of years and have always been very impressed with it. It's the only publication that seems to specialize in results rather than carbohydrate tapes. Our family reads it cover-to-cover and we try to support your advertisers. Your road racing results section is always of interest to us, as both my wife and son have been fortunate enough to have been mentioned on a number of occasions.

It was with great anticipation that I looked forward to your January 1989, prep cross country issue as my son was a member of the Taft High School (Woodland Hills) frosh/soph cross country team that won the Los Angeles City Championships. I was, naturally, disappointed to discover that while there were results for the Sac Joaquin Section Division 1, Central, North Coast, etc., the only mention of the L.A. City Championships was a six-line comment in the Southern California Diary for November 21, 1988.

Knowing the thoroughness of your publication, I'm sure the reason the L.A. City results were *not included* was that they were never mailed to you. In an effort to rectify this, I have enclosed a complete list of the four events that comprise the L.A. City Championships. There are 54 high schools in the Unified School District and the championship meets were held in the varsity, junior varsity,

soph/frosh and girls divisions.

We are particularly proud of the Taft soph/frosh team since they defeated the perennial power Belmont and appear to be a contender for the 1989 varsity champion. This soph/frosh team competed in a number of invitationals that were mentioned in the January issue. In fact, they won the soph/frosh division at the Bell-Jeff Invitational, the Los Angeles County Championships at College of the Canyons, and Mt. SAC.

I recognize that soph/frosh is a long way from varsity, but those of us at Taft are particularly proud of this team. We are also very proud of our girls team which finished 6th in the City with no seniors on the 13-girl squad. We believe that this girls team has an excellent opportunity to advance to State in the 1989 season.

Once again, thanks for a great publication and I hope these results will be of value to you.

Charles R. English  
Santa Monica

Charles,

*Thank you for taking the time to write and submit the L.A. City results. They are printed within our Prep Notes section. You were right! We did not receive a copy of these results, nor the San Diego Section. - Ed.*

## DISSATISFIED READERSHIP

Editor:

I subscribe to your magazine for the road racing results. That part of your magazine is becoming shorter and shorter. Why:?

This will be the last time I renew unless improvement is made in the road racing results--more results from more races.

Anonymous

Dear Editor:

I have obtained recently the last issue (November/December) and I regret very much to inform you that I shall not renew the subscription.

I am sorry to tell you that in my opinion, your

magazine has developed into a magazine for ROAD RACING and HIGH SCHOOL sport. On the other hand, the coverage of collegiate sport is very poor. If I compare your magazine of today with your *California Track News* of former years, then the difference is enormous, and it is a pity that you have omitted the results and summaries of dual meets, junior college meets, conference championships, and so on.

Thanking you for the regular delivery of your magazine during 1988.

Werner Steiner  
Bern, Switzerland

*Well... what can I say? Of course, improvements can always be made and we do strive to do just that, but we've found that it is virtually impossible to be all things to all people. Our readership is varied--each individual subscribing for his/her own reasons. All complaints/suggestions are digested, considered and acted upon if possible and appropriate. To our credit (some have said "discredit") we publish ALL road racing results that we receive, no matter how small the race. Of course, with the volume of road racing in California and space limitations being what they are, the results do not appear in as timely a manner as we would like--but they all will eventually be printed. We do appreciate feedback. Even negative. - Ed.*



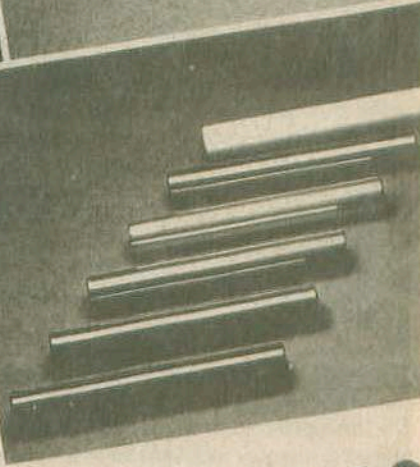
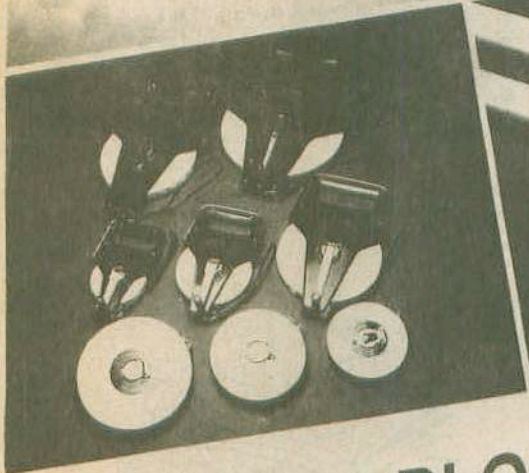
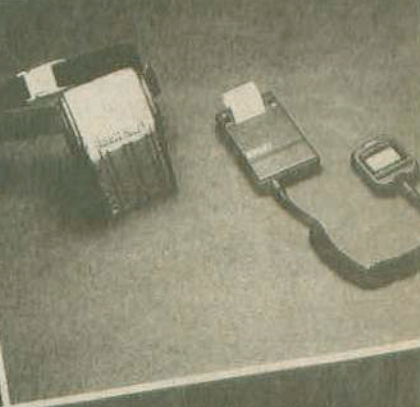
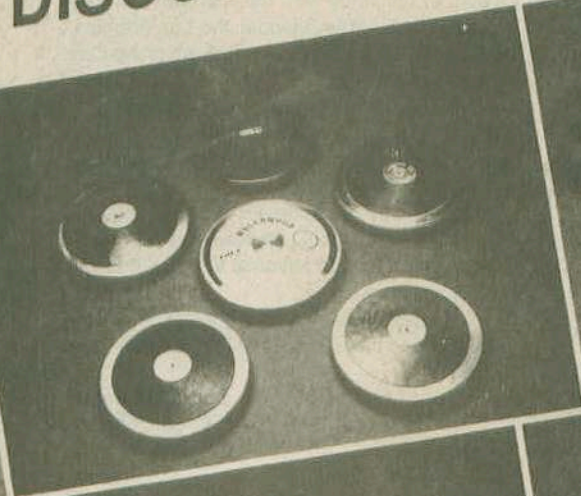
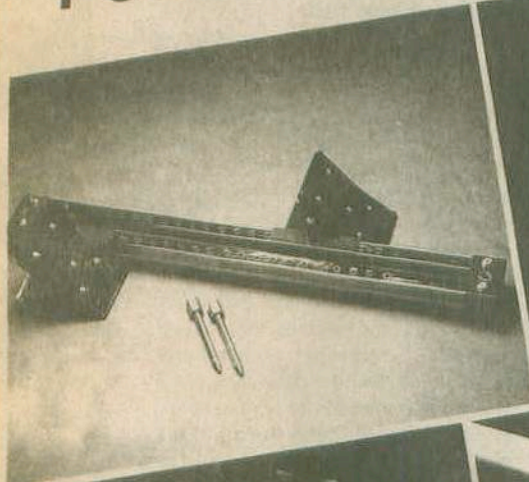
1989

# SPRINGCO

ATHLETIC COMPETITION EQUIPMENT

1450 W. 228th Street, #17 • Torrance, CA 90501

POLES • PITS • DISCUS • JAVELINS • HURDLES



STARTING BLOCKS • STOPWATCHES • VIDEOS

*Complete line  
of Track and Field  
Equipment*

**Call Toll Free  
(800) 383-0305  
Fax (213) 534-4520**