

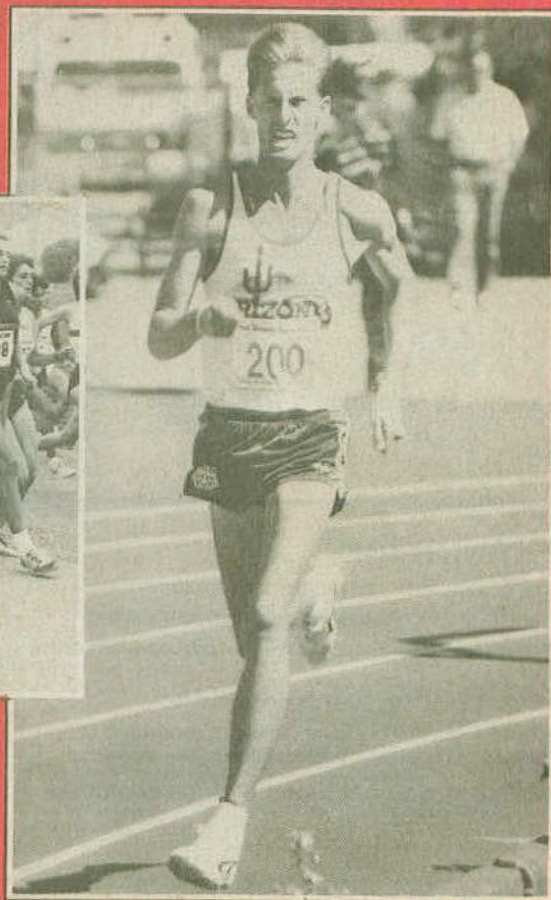
FEBRUARY 1990

ISSUE NO. 155

CALIFORNIA

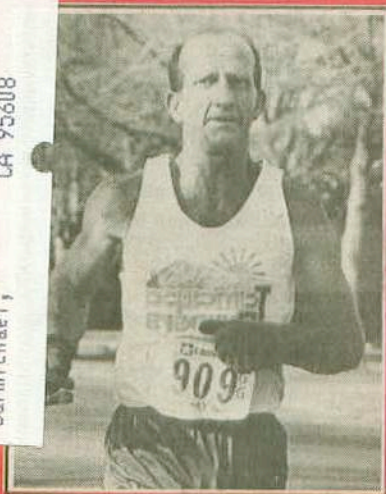
Track & Running News

1989 Athletes
of the Year...



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COUNTRY

...TRACK & FIELD



...ROAD
RACING

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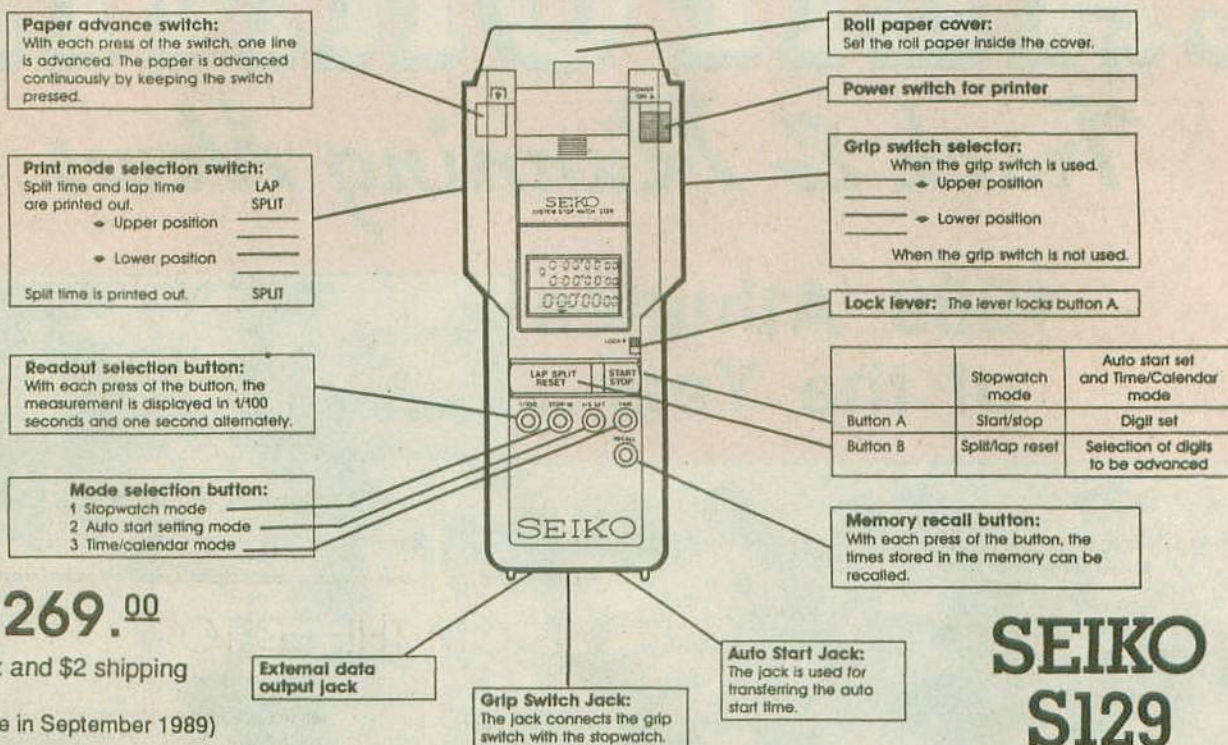
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**SEIKO
S129**

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

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
0:00'07 06
2-0:00'09 03
0:00'01 97
3-0:00'11 11
0:00'02 08
4-0:00'13 15
0:00'02 04
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Applications

The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

Specifications

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6 digits Split/Lap Time, 7 digits Running Time, 2 digits show Place or Lap Number.

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Temperature:

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

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Weight: 12 ounces with batteries, paper and cord

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Stopwatch: 1 Lithium battery, SB-T 51 (3-year maximum life).
Printer: 4 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815, Duracell MN1500. Will print approx. 10,000 lines.

Construction:

Cases are high impact plastic with Hardlex stopwatch display crystal.

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CALIFORNIA

Track & Running News



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MEMBER OF RUNNING INTERNATIONAL

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FROM THE EDITOR

The magnitude and diversity of the Golden State contributed once again to an exciting year, full of noteworthy performances by Californians. As we move into the decade of the 90s, we'll look back to some of the highlights of the past year with the annual California Track & Running News Athlete of the Year selections (begins on page 20).

As in previous years, ballots were mailed out to our panel of selectors, who then 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.

Whoa! It's not as simple a task as it sounds. 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, but we're confident that our panel has broad enough representation and the ability to sort it all out and come up with worthy selections.

One dilemma facing our panel each year is--So, who's considered to be a Californian anyway? Athletes from many states come to California to compete in college (eg. Brigid Stirling/UCI/Seattle, WA, or Janet Smith/CPSLO/Edison, NJ). How about foreign athletes, such as our J.C. men's winner Nouredine Morcelli attending Riverside J.C.? Our panel considered him the standout in the JC category, yet had some reservations proclaiming him the "California" Athlete of the Year. Yet, who should represent the "best" of cross country but the winner of the California State Meet -- Nouredine Morcelli.

There was also a question regarding Matt Giusto, the outstanding prep cross country/Kinney national winner in 1983 who competed so successfully for Arizona. When it was confirmed that he has returned "home" to live in California, then the open cross country category made more sense. And Marc Davis? Well, he's out there in Arizona rewriting the record books--California claims him too. The dilemma remains.

Although we feel we have a handle on the situation,

we would welcome input from our readers. Let us know your insights. Also, if you know a knowledgeable person to serve on our panel of selectors (perhaps that person is YOU...), please let us know. The more input the better.

The following experts contributed to the voting in one or more categories: Percy Knox, Jack Shepard, Bruce Springbett, Mel Shine, Ruth Anderson, Red Estes, Mark Winitz, Ken Dose, Gary Miller, Bill Cockerham, Paul Reese, Payton Jordan, John Wenos, Bob Seaman, Tony Sandoval, Doug Speck, Peter Mundle, Bob Womack, Lance Harter, John Mansoor, Keith Conning, Don Ruh, Bill Stock, Harry Marra, Larry Knuth, Marly Post, Jon Hendershott and Bob Larsen.

Thank you, panel. We appreciate your input!

ON THE COVER: Three of CT&RN's 1989 Athletes of the Year, representing each of our general categories, ie. Road Racing, Track & Field and Cross Country. Collegiate cross country runner **BRIGID STIRLING** (#23 in pack, upper left photo). Other runners identified include: Darcy Arreola, Teena Colebrook, Kira Jorgensen, Sabrina Han, Janet Smith, Buffy Rabbitt and Tracey Williams (photo by Bill Leung, Jr.). On the track (upper right) **MARC DAVIS** (Fine Flicks by Don Gosney). Road racer **DARRYL BEARDALL** (lower left), Athlete of the Year in the 50-54 Age Division (photo by Gene Cohn Productions).

MEDICAL NOTES FOR RUNNERS

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

QUALITY IN LIFE...

Running With Rob and Joe


IT'S EIGHT O'CLOCK Sunday morning, almost any Sunday morning. My front door is unlocked, the hot water boiling on the stove for tea, and my dog Crystal is anxiously waiting.

I finish scanning the newspaper, reading a few articles that catch my interest, usually those on world affairs and the weather, and slowly tie the laces on my Nike running shoes.

Crystal and I hear the familiar flop flop flop of Joe's feet coming down the hill as he passes the kitchen window; soon he is up the stairs through the front door

tal--his loyal patient (he's a vet). And again we take to the roads. He chides me at my increasingly slower pace recalling some of the great runs we shared in the past over the last fifteen years.

The three of us--Joe, Rob and I--discuss our forthcoming ski trip--our annual trip to the mountains. We discuss our teenage children, our wives, our medical practices, the world, and life in general. Joe bemoans the fall of organized medicine (he's an ophthalmologist). Rob is too busy being a vet to bemoan anything other than lack of time.



A voice deep down
inside whispers -- life is
great, life is a gift,
accept it fully.

and standing in the kitchen. Crystal greets him with great enthusiasm knowing that we are going for our run.

We both agree that we are getting too old to get up this early on the weekends, for this type of activity. I reach for Crystal's leash, tie it around my waist and secure it around her neck. We hit the road towards Rob's house. Rob is characteristically a few minutes late finishing his last cup of coffee. He says hello to Crys-

I'm doing fine with my family, private practice, as well as multiple outside activities including the study of homeopathy. Joe, of course, is swamped. We all agree that as people get older the feet and eyes become a problem.

We discuss our teenage children and all the adventures they are having.

Joe complains that the two glasses of wine he had the evening before wiped him out. He ate too much. He tries to



convince us that we all must run three extra miles to atone for his overeating sins last evening. The three of us run on as Crystal pulls forward on her leash.

Six miles later I'm back home with a comfortable sweat and a warm glow. I thank God for the good friends I have, my good health, the beautiful California day that greets me. My dog Crystal agrees as she throws me a toothy grin. It was a great run, just the way to start the day. These runs add greatly to the quality of my life. Somewhere in the back of my mind I remember a phrase I once read ("Today is the first day of the rest of your life.") Certainly that's the case and I'm off to a great start. A voice deep down inside whispers life is great, life is a gift, accept it fully.

I resolve to do so.

Yours in health and peace.
Steven I. Subotnick

THE ATHLETE'S KITCHEN

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

Do Muscle Cramps Cramp Your Style?

IF YOU'VE EVER EXPERIENCED the excruciating pain of a severe muscle cramp, you may fearfully wonder if it will strike again. One runner, who frequently was awakened in the middle of the night by piercing pains in his calf muscles, was eager to find a solution to this disturbing problem. "Perhaps something is wrong with my diet?" he asked, hoping that I'd be able to pin-point a simple nutritional deficiency.

Since no one really understands what causes muscle cramps, these unpredictable spasms are somewhat mysterious. They most commonly occur among athletes who work their muscles to the point of exhaustion. They are likely related to over-exertion, but fluid loss, inadequate conditioning and electrolyte imbalance may also be predisposing factors. The solution often can be found with massage, stretching or, yes, a hard pinch placed squarely on the upper lip. Other times, nutrition may be involved. Although the following nutritional tips are not guaranteed to resolve this mystery, I recommend athletes rule-out these possible contributing causes:

1. Lack of water. Cramps often occur when an athlete is dehydrated. The solution is simple: Drink more than enough fluids before, during and after exercise. Always drink enough fluids on a daily basis so that the urine is clear colored and copious—two indications that the body is in water balance. During hard exercise, you should drink as much as tolerated, optimally 8 ounces every 15-20 minutes. After exercise, if you are going to drink alcoholic beverages, be sure to first have plenty of non-alcoholic fluids to replace the sweat losses, because alcohol has a dehydrating effect. One rugby player eliminated his painful muscle cramps by following the simple advice to first drink water for fluids, then beer for social fun.

2. Lack of calcium. Calcium plays an essential role in muscle contractions. Anecdotal stories hint that athletes who eliminate

calcium-rich dairy products may become plagued by muscle cramps. For example, one ballet dancer found that once she re-introduced yogurt and skim milk into her diet, her cramping disappeared. A mountaineer resolved his muscle cramps by taking calcium-containing Tums when hiking. However, exercise scientists may question the validity of these anecdotes. Dr. William Evans, at the USDA Human Nutrition Research Center believes that a calcium imbalance is unlikely to be the cause of muscle cramps. "The bones are a calcium reservoir that supply the body what's needed to proper muscle contractions" he explains. "If dietary deficiency should occur, calcium would be released from the bones to provide what's needed for proper muscle contraction."

Never-the-less, to rule-out any possible link between a calcium-poor diet and muscle cramps, I recommend that athletes plagued by cramps consume dairy products at least twice per day, such as lowfat milk on cereal and a yogurt for a snack. This good nutritional practice certainly won't hurt them, and may possibly help.

3. Lack of potassium. Electrolyte imbalance, such as lack of potassium, may play a role in muscle cramps. This can be ruled-out by eating potassium-rich foods on a daily basis, focusing on fruits and vegetables. According to Dr. Evans, potassium deficiency is unlikely to occur as a result of sweat losses because the body contains much more potassium than even a marathoner might lose during a hot and sweaty race. Never-the-less, a daily potassium-rich diet certainly won't hurt anyone, and in fact is a health-protective choice. Some potassium-rich foods include potatoes, tomatoes, broccoli, oranges, orange juice, bananas and raisins. Eat generous portions!

4. Lack of sodium. Many health-conscious athletes restrict their salt intake on a daily basis, erroneously believing that

sodium causes high blood pressure. However, if they are losing a significant amount of sodium through sweat, they may be putting themselves at risk of developing a sodium imbalance that could contribute to cramps. This is most likely to occur in ultra-endurance athletes, athletes, such as Ironmen triathletes, particularly if they have consumed only water during the event and have eaten no sodium-containing foods or beverages. However, athletes with a self-imposed sodium restricted diet commonly complain to me about needless fatigue and lethargy, in addition to cramps, and report marked improvement once they re-introduce a little salt into their daily diet. Hence, when counselling healthy athletes who needlessly restrict their salt intake, I suggest they experiment with sprinkling some salt on their food to see if that resolves the cramping problem. Oftentimes it does.

Although the above suggestions are only suggestions and not proven solutions, you might want to experiment with these dietary improvements if you repeatedly suffer from muscle cramps. Adding extra fluids, lowfat dairy products, potassium-rich fruits and vegetables and a sprinkling of salt certainly won't harm you, and may possibly resolve the worrisome problem. I also recommend you consult with a physical therapist, athletic trainer or coach regarding proper stretching and training techniques. Nutrition may play no role at all.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, provides nutrition check-ups for both casual exercisers and competitive athletes who have dietary questions and concerns. Her books The Athlete's Kitchen (\$7) and the newly released Nancy Clark's Sports Nutrition Guidebook (\$15) are available by sending a check to New England Sports Publications, P.O. Box 252, Boston 02113.

SCHEDULE

By JACK LEYDIG

Please send scheduling information directly to:

Scheduling Editor-- Jack Leydig
P.O. Box 459
San Carlos, CA 94070.

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

February 3 (Saturday):

Chinese Camp: Orient Express 4 Mi. Run and 1 Mi. Run/Walk, Chinese Camp School, 9:30 a.m./1 Mi., 10 a.m./4 Mi. Tuolumne County Recreation Dept., 43 Green St., Sonora 95370. (209) 533-5663.

Cathedral City: Desert Princess Run-Bike-Run World Championship Series Championships, (Short Course: 3K Run, 15K Bike, 3K Run) (Long Course: 10K Run-62K Bike-10K Run), Time TBA. Greg Klein & Brenda Clark, P.O. Box 8476, Palm Springs 92263. (619) 320-1341.

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

Azusa: Tenth Annual Cougar Classic 2K, 5K & 10K Runs & 5K Fun Walk, 8:30 a.m. Azusa Pacific University Campus. Terry Franson, Azusa Pacific University, Azusa 91702-7000. (818) 969-3434 or (714) 596-4128.

Chico: Chico 6-Hour Relay & Iron Person Run, Location & Time TBA. Contact: Walt Schafer (916) 343-6857, 895-5273.

Marin Headlands: Pacific Coast Trail Challenge, Marathon & Half-Marathon, 9 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Trinidad: Trinidad-Clam Beach Run, 8.75 Mi., Patrick's Point Dr., Time TBA. Contact: Marge O'Brien, Trinidad-Clam Beach Run,

P.O. Box 389, Trinidad 95570.

Bakersfield: Bakersfield Track Club's Annual Half-Marathon & 10K, Bakersfield College, 8 a.m. Andrea MacDonald, 2904 Dartmouth, Bakersfield 93305. (805) 872-7921.

Avila Beach: Winter Run 5K, Avila Pier, 8:30 a.m. Info: Ed Crawford (805) 756-1130 or 544-1784.

Santa Barbara: Santa Barbara Brunch Series 2 & 8K, Leadbetter Beach, 10 a.m. Info: (805) 965-6652.

Jean, NV: Las Vegas Marathon, 7:30 a.m. Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 878-8414.

Palm Springs: Desert Princess Biathlon, Distances TBA (long & short courses), Doubletree Resort, 7:30 a.m./Short, 9:30 a.m./Long. Klein & Clark Sports Production, P.O. Box 8476, Palm Springs 92263. (619) 753-5894.

Sierras: Flight of the Eagle Triathlon, 5K Run, 5K Mtn. Bike, 5K Run, Eagle Mountain (I-80, 1 Hr. east of Sacto), 9 a.m. Info: (916) 389-2254.

February 4 (Sunday):

San Francisco: Chinatown Run, 8K, Portsmouth Square (Washington & Kearny), 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94162. (415) 982-4412.

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

San Diego: San Dieguito Half Marathon, San Dieguito Park, 8 a.m. Info: Kathy Loper (619) 437-4556.

Los Angeles: 12th Annual Firecracker 5K & 10K Run, 8:20 a.m./5K, 8:30 a.m./10K, North Broadway and College St., L.A. Chinatown Race Committee, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

Lakewood: McDonald's/Lakewood Half Marathon & 2 Mile Fun Run, 7:30 a.m./Half Marathon, 8 a.m./2 Mi., Del Valle Park on Woodruff Ave. McDonalds/Lakewood Half Marathon, 2860 Seaboard Lane, Long Beach 90805. (213) 633-4183 or (213) 866-9771.

Valencia: Santa Clarita Runners Women's 5K Run/Walk, Golden State Fwy (I5) to Lyons Ave., West to Pico Canyon, 8:30 a.m. Santa Clarita Runners, Box 800298, Santa Clarita

91380. (Karen Callahan (805) 296-0138) or (Marilyn Noble (805) 259-0529).

San Francisco: DSE Mission Rock Run, 3.5 Mi., Third St. & Mission Rock, 10 a.m. Info: (415) 668-2830.

Davis: Davis Stampede, 10K and Half-Marathon, 9 a.m. Contact: A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

Lompoc: Winter Runs, 5 & 10K, La Purisima Mission, 8:30 a.m./5K, 9:30 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (Wayne Davis: (805) 734-3944, 866-5313).

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

Mount Laguna: Pacific Crest Trail Run, 50 Mi., 6 a.m. (enter by Jan. 20). Info: Mac Williamson (619) 755-4975.

Oakland: Run for Turtle Island 10K, Sailboat House (Bellevue Ave.), Lake Merritt, 9 a.m. Sidney Welsh, 33-5 No. Keeble Ave., San Jose 95126. (408) 279-2389.

February 10 (Saturday):

Olema: Limantour Split (10 Mi.) and Half Split (6.2 Mi.), Limantour Beach parking lot, Point Reyes Nat'l. Seashore, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

San Diego: Dragon Run, 1K & 5K, Balboa Park, 7:30 a.m. Info: George Yee (619) 437-4556.

Playa Del Rey: 5K & 10K Sweetheart Runs, Imperial Hwy and Vista Del Mar, 8 a.m./5K, 8:30 a.m. Tri-SYNC, P.O. Box 385, Manhattan Beach 90266. (213) 545-9887 or (213) 826-2818.

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

Montecito Heights: Aztlan 2K & 5K Hill Challenge Run, 8:30/2K, 9 a.m./5K, Pasadena Fwy (110) to Ave. Avenue 52, so. to Montecito Hgts. Rec. Center. (818) 799-5079.

Stinson Beach: Cascading Cataracts, 7

SCHEDULE

Mi. & 25K Cross-Country, 9 a.m. Dave Horn-
ing, Tri-Sports, 21 Live Oak, Berkeley 94705.
(415) 540-7008.

Placerville: Lovers Run, 5K, 10K & Half-
Marathon, Children's Half-Mile & Mile, (6767
Green Valley Rd.), 8:30 a.m./Children's Run,
9 a.m. Lovers Run, New Morning, 6765 Green
Valley Rd., Placerville 95667. (916) 622-
5551.

Bakersfield: Hart Park Fun Run, 8 a.m. Ba-
kersfield T.C., P.O. Box 42123, Bakersfield
93384.

San Luis Obispo: French Hospital Love
Your Heart 5 & 10K Runs, Meadow Park, Time
TBA. Kris Kington, French Hospital Medical
Center, 1911 Johnson Av., San Luis Obispo
93401. (805) 543-5353, x300.

Santa Barbara: Santa Barbara Brunch
Series 2 & 5K, Leadbetter Beach, 10 a.m.
Info: (805) 965-6652.

February 11 (Sunday):

Pacific Grove: Together With Love Run,
10K, Lover's Point, 9 a.m. Monterey Rape Cri-
sis, P.O. Box 2630, Monterey 93942. (408)
373-3389.

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

Oakland: Valentine Day Run/Walk, 5 &
10K, Lake Merritt Boathouse (Bellevue Ave.),
10 a.m. American Heart Ass'n., P.O. Box
5157, Oakland 94605. (415) 632-9606.

Irvine: Cupid's Quest 5K Run & 1K Fun Run/
Walk, SportsBarr in Irvine Market Place, 8
a.m./5K, 9 a.m./1K. SportsBarr, 4187 Cam-
pus Dr., Suite M170, Irvine 92715. (714) 854-
1565.

Hermosa Beach: 37th Annual Sand And
Strand 2.5 & 5Mi. Runs, 8 a.m./2.5 Mi, 9 a.m./
5 Mi. Pacific Coast Highway to Pier Ave., west
to Hermosa Beach Pier. Dept. of Community
Resources, 710 Pier Ave., Hermosa Beach
90254. (213) 379-3312.

Los Angeles: SCATAC 5K Cross Country
Championship, Griffith Park, 8 a.m. Victor
Carrillo, 407B North Wilton Pl., Los Angeles
90004. (213) 465-5302.

San Francisco: DSE Windmill Run, 6.5
Mi., Kennedy Dr. at Ocean Beach, 10 a.m.
Info: (415) 668-2830.

Sacramento: Jed Smith 50K, 50 Mi. &
100K/6 a.m., 8 a.m./100K. Norm Klein,
11139 Mace River Rd., Rancho Cordova
95670. (916) 638-1161.

Bakersfield: NBRPD Triathlon #6, 10 Mi.
Bike time trial, 5K Run, & 600 Yd. Swim, 10

a.m. N. Bakersfield Rec. & Park District, 405
Galaxy Ave., Bakersfield 93308. (805) 392-
2000.

Woodland Hills: Heart Run 5K & 10K, War-
ner Center (Marriott Hotel), 8 a.m. Info: Ameri-
can Heart Assoc. (818) 984-0001.

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

San Luis Obispo: French Hospital Love
Your Heart 5 & 10K, Meadow Park (Meadow &
South Sts.), 8:30 a.m./5K, 9 a.m. Info: Kris
Kington (805) 543-5353, x300.

Napa: La Cancha Run Sweethearts 5 & 10K,
Justin Sienna H.S., Time TBA. Mike Tarvid,
La Cancha Health Club, 1850 Soscal Ave.,
Napa 94558 (707) 252-8033.

February 12 (Monday):

So. El Monte: Legg Lake 8K Presidents'
Run, 9:30 a.m. Arthur Martinez, 9502 Reich-
ling Ln., Pico Rivera 90660. (213) 949-0394.

February 14 (Wed.):

San Ramon: Love Your Heart Fun Run/
Walk, 5K, #2 Bishop Dr., noon. Team Chal-
lenge, P.O. Box 963, El Sobrante 94803.
(415) 841-1190.

February 17 (Saturday):

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

San Diego: Here's Hope San Diego, 10K &
2 Mi., South of Hilton, 7:30 a.m. Info: James
Scott (619) 273-4642.

Santa Barbara: Are You Tough Enough
100K Individual and Relay Run, 5 a.m., limit-
ed to 75 teams. Bob Huebel, 3959 State St.,
Santa Barbara 93105. (805) 967-2614.

Huntington Beach: American Adventure
2.8 & 4.8 Miles Cross Country, 2.8 Mi/8 a.m.,
4.8 Mi/8:30 a.m. Oscar Rosales, 7846 Con-
nie Dr., Huntington Beach 92648. (714) 841-
5417.

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SCHEDULE

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

San Diego: San Diego Ekiden Relay, UC San Diego, 8 a.m. (5-runner teams). Info: Kathy Kinane (619) 275-5440.

Stinson Beach: Ode to Olema Marathon & Half-Marathon, (Half-Marathon at Bolinas/Fairfax & Ridgecrest Rd.), 9 a.m./Mara., 10 a.m./H-M. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Santa Barbara: Santa Barbara Brunch Series 2 & 5K, Leadbetter Beach, 10 a.m. Info: (805) 965-6652.

February 18 (Sunday):

La Selva Beach: Bay View Cross-Country 10K, Monterey Bay Academy, 9:30 a.m. Gary Eggers, Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-1481, x371.

Berkeley: Berkeley Challenge for Charity, 5 & 10K Run & Stride, Lawrence Hall of Science (Centennial & Grizzly Rds), UC Berkeley, 9 a.m. Team Challenge, 150 Panoramic Way, Berkeley 94704. (415) 841-1190, Nancy.

Los Angeles: Tenth Wilshire Police 2K, 5K & 10K Runs Against Crime, 8 a.m. Sgt. Ron Batesole, Wilshire Police Station, 4861 Venice Blvd., Los Angeles 90019. (213) 485-4020 or (213) 485-6809.

Palm Springs: Twelfth Annual Heart of Palm Springs 10K Run, 8 a.m., Palm Springs High School. Keenan Barber, M.D., Box 1639, 45-120 San Pablo 2C, Palm Desert 92261. (619) 346-8109.

San Francisco: DSE Land's End Run, 5K, Balboa Ave. & Great Highway, 10 a.m. Info: (415) 668-2830.

Bakersfield: Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Ventura: Ventura 30K (SPA/TAC Championship) & 2 Mi. Fun Run, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

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

San Diego: Guys & Gals (couples only), 4 Mi., Sante Fe at Damon, 8 a.m. Info: Kendall Webb. (619) 260-1990.

February 19 (Monday):

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

February 24 (Saturday):

Mill Valley: John Muir Monumental, 7.2 Mi. & 5K, Muir Beach (Hiway 1, GGNRA), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Martinez: Brickyard Run, 8.4 Mi. & 2 Mi., Rankin Park, 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

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

La Verne: Roynon School 5K & 10K Runs & 5K Walk, 7:47 a.m., 8th & D Sts. between Foothill Blvd. and Arrow Hwy. Roynon Racoon Run, 2458 Third St., La Verne 91750. (714) 593-2024.

Los Alamitos: Los Alamitos 5K & 10K Runs, 10911 Oak St., Los Alamitos Runs, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073.

Montecito: Are You Tuff Enough 100K & 100K Relay Challenge, Toro Canyon Park (to Nojoqui Fall in Solvang), time TBA. Info: Bob Heubel (Second Sole) (805) 967-2614.

Lancaster: Antelope Valley Hospital Medical Center Benefit Runs, 5K & 10K and 1K for Kids, 6705 West Ave. M (Mayflowers Gardens), 9 a.m. Running Promotions, Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.

Orange: Spring Games 8K Run, Irvine Regional Park, 8:30 a.m. Al Siddons, Rancho Santiago College (Track Coach), 17th at Bristol, Santa Ana 92706. (714) 667-3309.

San Francisco: Hastings Phi Delta Phi 5K Fun Run, Golden Gate Park, 9 a.m. Phi Delta Phi, Hastings College of Law, 200 McAllister St., San Francisco 94102. (415) 565-4805.

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

Los Olivos: Lean on Beef 5K (Run & Walk) and 10K Run, Ted Chamberlin Ranch (on Figueroa Mtn. Rd.), 9 a.m. Info: Thom Giambattista (805) 688-5066.

Chino: Chino Triathlon, 4 Mi. Run, 12 Mi. Bike, 100 Yd. Swim, 8 a.m. Chino Recreation Dept., 13219 Central Ave., Chino 91710. (714) 591-9834.

February 25 (Sunday):

Stockton: Jackets Fun Run, 10K & 2 Mi., Louis Park (Mt. Diablo Ave. west of I-80), 9 a.m./2 Mi., 9:30 a.m./10K. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209)

467-4737; 477-0943.

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., South of Hilton Hotel, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

Montebello: 42nd Annual "Pop" Marty 2 Miles, 5 Miles & 10 Miles, 8 a.m. Grant Rea Memorial Park. Rozanne Barron, City of Montebello, 1600 West Beverly Blvd., Montebello 90640. (213) 725-1200 x 430.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 668-2830.

Bakersfield: NBRPD Triathlon #6, Distances TBA, Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

Oakland: Lake Merritt Joggers & Striders Couples Relay, 2x5K, 14th & Lakeside, 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-9151.

Santa Cruz: Great Chowder Chase, 4.5 Mi., Boardwalk, 9 a.m./Men, 9:30 a.m./Women. Santa Cruz Recreation Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Newport Beach: Spirit Run, 5 & 10K, Newport Center (Fashion Island), 7:30 a.m./5K, 7:30 a.m. Spirit Run, 900 Goldenrod, Corona Del Mar 92625. (714) 548-4897.

Rancho Cucamonga: Winterfest 5/10K Runs, Chaffey College, 8 a.m. Chaffey College Athletic Club, 5885 Haven Ave., Rancho Cucamonga 91701. (714) 987-5383.

Irvine: Anteaters Make a Wish Race Day 5K, 10K & 3K Walk, UC Irvine, 7 a.m. Info: (714) 786-3825.

March 3 (Saturday):

Manhattan Beach: 10th Annual AM Good Morning 5K, 8 a.m. American Martyrs School. American Martyrs School, 1701 Laurel Ave., Manhattan Beach 90266. (213) 372-0428.

Sausalito: Run for the Seals, 4 Mi., Rodeo Lagoon (Ft. Chronkite in Marin Headlands), 9 a.m. (Pre-reg. only; 2,100 limit). California Marine Mammal Center, GGNRA, Marin Headlands, Sausalito 94965. (415) 331-SEAL.

Gonzales: Taylor California Cellars Grape Stampedo 10K, 800 So. Alta St., 10 a.m. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

San Jose Area: Mt. Hamilton Runs, 10K, Half & Full Marathons, 50K, 7 a.m. Dave Hornig, Tri-Sports, 21 Live Oak, Berkeley 94705.

SCHEDULE

(415) 540-7008.

Chico: Bidwell Half-Marathon & 3 Mi., Bidwell Pk., 9 a.m. David Welch, Box 1182, Chico 95927. (916) 342-9214.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Bakersfield: CAHPERD Runs, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

So. El Monte: Legg Lake 099'ers 5K Sprint Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

Pleasant Hill: The Heartbeat 6-12-24 Hr. Challenge, Diablo Valley College (track), 9 a.m. Jack Riley, c/o AHA, P.O. Box 6181, Concord 94524. (415) 827-1600.

Santa Barbara: Santa Barbara Brunch Series 2 & 5K, Leadbetter Beach, 10 a.m.

Info: (805) 965-6652.

Palm Springs: Palm Springs Senior Olympics 10K (50+ Only), Time TBA. Ben Green, 550 N. Palm Canyon, Palm Springs 92262.

(619) 323-5689.

Irvine: Run for Hungry Children, 1K, 5K & 10K, So. Coast Community Church, 7:30 a.m./5K, 8:15 a.m./10K, 9:30 a.m./1K (Kids Only). So. Coast Community Church, 5120 Bonita Canyon Rd., Irvine 92715. (714) 854-7600.

March 4 (Sunday):

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona (enter Wawona from Sunset Blvd. to 34th Ave. & Crestlake), 10 a.m. Info: (415) 668-2830.

Los Osos: South Bay 20K, Los Osos Junior High, Time TBA. Contact: Myron Hood (805) 528-3425.

So. El Monte: Legg Lake 5K Eagle Run,

9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Los Angeles: Los Angeles Marathon V, Time TBA. Los Angeles Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles 90025. (213) 444-5544.

San Jose: Spartan Gold Rush 5 Mile, Hellyer Park, 9 a.m. Frank Jewette, P.O. Box 612352, San Jose 95161. (408) 971-8764.

Ferndale: Foggy Bottoms Milk Run, 2, 4 & 10 Mi., Ocean & Main Sts., 1 p.m./2 Mi., 2 p.m./4 & 10 Mi. Hal Jackson, 373 Park, Arcata 95521.

March 10 (Saturday):

Palo Alto: Monte Bello One-Third Marathon & 5 Mi., (Monte Bello Open Space parking lot off Page Mill Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Carmel: Serra's Run, 10K, Carmel Mission

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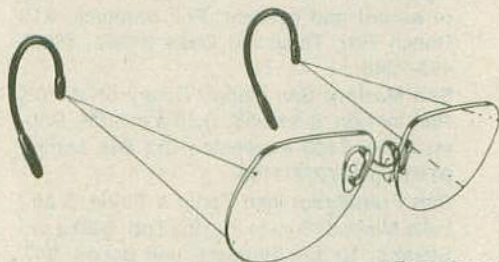
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SCHEDULE

Basilica, 8:30 a.m. (Kid's Mile), 9 a.m. Will Franke, 2992 Lausen, Carmel 93923. (408) 375-2661.

Marin County: Bolinas Ridge Wild Boar Runs, 9 & 18 Mile Cross-Country, 9 a.m. Dave Horning, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Daley 50K, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Lompoc: LVDC Memorial Run, 5 & 10K, Ryon Park (Ocena & "O" St.), 9 a.m. Contact: Leo Aragon (805) 736-6773.

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

Riverside: Green Belt 15K and 5K, 8 a.m. Green Belt 15K, P.O. Box 56473, Riverside 92517. (714) 796-0836, 824-2914.

Palo Alto: Girl Scout Fun Run, 1 Mi. & 5K, Baylands Athletic Center (Geng & Embarcadero Rd.), 9 a.m. Leslie Burchyns/Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Santa Barbara: Santa Barbara Brunch Series 2 & 5K, Leadbetter Beach, 10 a.m. Info: (805) 965-6652.

Porterville: 14th Annual St. Patrick's Day Run, Half-Marathon & 5K Run/Walk, 8 a.m. Veteran's Park. Thevi Pather, Porterville Parks & Leisure Services Dept., P.O. Box 432, Porterville 93257. (209) 782-7461.

March 11 (Sunday):

Calabasas: Calabasas High School March Hare 5K/10K Runs and 2K Fun Run/Walk, 8 a.m. Lake Calabasas. Kerry Schmidt, Kacey Management Inc., 20969 Ventura Blvd., Suite 209, Woodland Hills 91364. (818) 887-2771.

Fremont: Fremont's 10K Run for Recreation & 2 Mi. Walk, Central Park (39700 Paseo Padre), 8:30 a.m. Ginny Duffy, c/o 3375 Country Dr., Fremont 94537. (415) 791-4363.

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

Callstoga: Napa Valley Marathon, Rosedale Ln. & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola Ave. West, Napa 94559. (707) 255-2609.

Stockton: Stockton 4 Miler & Team Challenge, Grupe Park, 9:30 a.m. Tarahumara R.C., P.O. Box 8422, Stockton 95208 (Dave Valentine: (209) 951-8941).

So. El Monte: Legg Lake 5K Hawks Run, 9:30 a.m. Arthur Martinez, 9502 Reichling

Ln., Pico Rivera 90660. (213) 949-0394.

Hornitos: Gold Trail Half-Marathon, 8 a.m. Merced T.C., P.O. Box 3275, Merced 95344.

Sacramento: Pocket Pursuit Biathlon, 5K Run, 30K Bike, 5K Run, Promenade Shopping Center (Wind Bridge/Rush River), 8 a.m. Fleet Feet Pocket, 7465 Rush River Dr., Suite 700, Sacramento 95831. (916) 427-8022.

San Luis Obispo: Graphic Stampede 5K, Time TBA. Info: Mike Framberger (805) 544-4319.

March 17 (Saturday):

San Francisco: Irish Sprint & Stride, 5 Mi., Lake Merced (Sunset Parking Lot), 9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

Mill Valley: Tennessee Valley Waltz, 9.5 Mi., and Half-Waltz (5.5 Mi.), Tennessee Valley parking lot, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Mt. Diablo Marathon & Half-Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Rain/Shine Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

San Diego: St. Patrick's Day 10K and 2 Mi., South of Hilton, 7:30 a.m. Contact: Jim Cerveny (619) 437-4556.

Newhall: 10th Annual Knights of Columbus 5 Mile Run, 8:30 a.m. out and back on Pico Canyon Rd. Mike McSkane, 23806 Daisetta Dr., Newhall 91321. (805) 259-4384.

Agoura: Malibu Trail 50 Mile Run, 7500 feet of ascent and descent. Phil Shattuck, 810 Ranch Rd., Thousand Oaks 91361. (805) 495-2248.

San Marino: San Marino Rotary 5K & 10K Run for Fun, 8 a.m./5K, 8:15 a.m./10K. Robert Nafie, 8400 Huntington Dr., San Marino 91108. (818) 286-3108.

San Francisco: Irish Sprint & Stride, 5 Mi., Lake Merced (Sunset Parking Lot), 9:30 a.m./Striders, 10 a.m./Runners. Jeff Benes, 347 Keeler Ct., San Jose 95139.

Mill Valley: Tennessee Valley Waltz, 9.5 Mi., and Half-Waltz (5.5 Mi.), Tennessee Valley parking lot, Time TBA. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Walnut Creek: Mt. Diablo Marathon & Half-

Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Bakersfield: Rain/Shine Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

San Diego: St. Patrick's Day 10K & 2 Mile, south of Hilton, 7:30 a.m. Contact: Jim Cerveny (619) 437-4556.

Clovis: St. Paddy's Day Dash, 2 Mi. & 10K, Clovis High School, 8 a.m. American Lung Assoc., 234 No. Broadway, Fresno 93701. (800) FOR-LUNG.

Arroyo Grande: St. Patrick's 20K Great Race, Lopez Lake, Time TBA. Info: (805) 489-2680.

Santa Barbara: Santa Barbara Brunch Series 2 & 5K, Leadbetter Beach, 10 a.m. Info: (805) 965-6652.

March 18 (Sunday):

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

Torrance: Tom Sullivan 10K Run & 5K Walk, 8 a.m., Del Amo Shopping Center. Vistas, P.O. Box 7000-251, Redondo Beach 90277. (714) 548-4897 or (213) 544-7258.

San Francisco: DSE Golden Gate Bridge Toll Plaza Run, 7.46 Mi. (& 0.875 Mi. Kids' Run), Dolphin Club, 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 668-2830.

Santa Rosa: Lake Istanjo Classic 10 Miler, Howarth Park, 9 a.m. (Raceday Reg. only). Alex Isabeau, 2900 St. Paul, #219, Santa Rosa 95405. (707) 525-1808.

Oakland: Run Against Drugs, 5 & 10K, Lake Merritt Boathouse, 9:30 a.m./5K, 10 a.m./10K. West Coast Knights, P.O. Box 23731, San Jose 95153. (408) 281-4599.

Bakersfield: Ultimate Fun Run, Bakersfield College, 8 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

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

Long Beach: Long Beach Marathon Prep Run, 16.2 Mi., 7 a.m. L.B. Marathon, 1827 Redondo, Long Beach 90804. Joe Carlson: (213) 494-2664.

Fort Bragg: Whale Run, 2 Mi., 10K & Half-

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Marathon, Ft. Bragg Recr. Ctr., 8 a.m./H-M, 8:30 a.m. Cindy Ellis, 213 E. Laurel St., Ft. Bragg 95347. (707) 964-6807.

San Jose: San Jose Mercury News 10K, Park/Almaden Blvd. (downtown), 9 a.m. Mercury News 10K, c/o Public Relations Dept., 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

Oakland: Run Against Drugs, 5K & 10K, 9:30 a.m./5K, 10 a.m. Lake Merritt Sailboat House at 568 Bellvue Ave. (near Children's Fairyland). Run Against Drugs, c/o Barbara Himes, 658 Ventura Ave., San Mateo 94403. (408) 281-4599, 365-8482 or 530-3616.

March 24 (Saturday):

Playa Del Rey: L.A. Dieticians 5K/10K Food & Fitness Run/Walk, 8 a.m. near Lifeguard State 53. C.D.A. - L.A.D., Box 3506, Santa Monica 90403. (Nancy (213) 396-6367 or (Janine (805) 253-4495).

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

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

Avalon: 24th & 25th (Sat. & Sun.): Catalina Island 5K, 10K & Marathon. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 433-4557.

Death Valley: Death Valley Trails Marathon, 5200' net elevation loss, Time TBA (\$50 pre-reg. only). Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Irwindale: For Kids Only Biathlon (13 & Under), 1 Mi. Run, 4 Mi. Bike, 1 Mi. Run, Santa Fe Dam, 8 a.m. ESCO, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

March 25 (Sunday):

Thousand Oaks: Domino's Pizza 5K, 10K & 1 Mi. Run for the Future, 8 a.m./5K, 8:50 a.m./10K, 9 a.m./1 Mi., Thousand Oaks H.S. CYES, 80 E. Hillcrest Dr., #207, Thousand Oaks 91360. (805) 373-0745.

Brisbane: DSE "Where the Hell is Brisbane" Run, 5 Mi., Brisbane Yacht Harbor, 10 a.m. Info: (415) 668-2830.

Stanford: Fifty-Plus Runners Association 8K Run, Stanford Univ., 9 a.m. (50 & Over only). Fifty-Plus Runners Assoc., P.O. Box D, Stanford 94309. (Don Anhorn: (415) 493-7838).

So. El Monte: San Gabriel River Spring 3 Mile Run, 8:30 a.m. Arthur Martinez, 9502 Re-

ichling Ln., Pico Rivera 90660. (213) 949-0394.

Carlsbad: Carlsbad 5000, State & Elm, 7:30 a.m./Open Women, 8:15 a.m./Open Men, 9:15 a.m./Invit. Info: Tim Murphy (619) 275-5440.

Yountville: Napa Valley 5 & 10K, Yountville Park, 8:30 a.m. Napa Valley 5/10K, P.O. Box 10407, Wine Valley Station, Napa 94581. (707) 257-2488.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Old Boat-house, (14th & Lakeside), 9 a.m. (raceday reg. only). Info: (415) 530-9151.

Tomales: Marin Biathlon #2, 2 1/2 Mi. Run, 16 Mi. Bike, 2 1/2 Mi. Run, 10 a.m. Team Chal-

lenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Irwindale: L.A. Spring Biathlon, 2 Mi. Run, 9 Mi. Bike, 2 Mi. Run, Santa Fe Dam, 8 a.m. ESCO, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

March 31 (Saturday):

Encino: Van Nuys/Sherman Oaks Heart and Sole Classic Run and 1 Mi. Walk, 8 a.m./5K, 8:45 a.m./10K, 9 a.m./1 Mi. Walk. Stacey Lee, American Heart Assn., 4741 Laurel Canyon Blvd., N. Hollywood 91607. (818) 984-0001.

Seal Beach: 16th Annual Seal Beach 10K,

SCHEDULE

8 a.m., Seal Beach Pier. A Running Experience, P.O. Box 3209, Long Beach 90803. (213) 439-6875.

Glendora: Pride of the Foothills 2K, 5K, 10K & Half Marathon, 8 a.m. Pride 12, Box 221, Glendora 91740. (818) 963-8411 or (714) 592-0198 x476.

Camarillo: Camarillo Kiwanis 5K, 10K & One Mile Runs, 7:30 a.m./5K, 8 a.m./10K, 8:15 a.m./1 Mile, Ventura Fwy. to Carmen to Community Center. Camarillo Kiwanis, P.O. Box 533, Camarillo 93011. John Muller (805) 987-1381 or Jim Graf (805) 484-0534.

San Mateo: April Showers Fun Run & Walk, 5K Run/Stride, 1 Mi. Walk & Kids' Run, Coyote Point Park, Time TBA. Lois Koenig, 535 Darrell Rd., Hillsborough 94010. (415) 342-9328.

Marin Headlands: California 49'er Double Marathon & Marathon, 6 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

Delano: Delano Fools Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

Manhattan Beach: Manhattan Mile, Live Oak Park (18th & Valley Dr.), separate starting times for many age-groups. Ralph Singer, Manhattan Beach T.C., P.O. Box 3431, Manhattan Beach 90266. (213) 379-2333.

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

Fairfield: On the Edge 5 & 10K, (Suisun Valley & Rockville Rd.), 9 a.m./10K, 9:05 a.m. On the Edge, P.O. Box 2702, Fairfield 94533. (707) 427-EDGE.

Morgan Hill: Wild Flower Run 5 & 10K, 2K (12 & Under Run & Adult Walk), Live Oak High School, 9 a.m. Kathy Sass or Marilyn Gadow, P.O. Box 451, Morgan Hill 95037. (408) 779-7561.

Sacramento: Dragon Run 8K, Caroline Wenzel Elem. School (6870 Greenhaven Dr.), Time TBA. Asian Pacific Community Counseling, 5495 Carlson Dr., Suite D, Sacramento 95819. (916) 452-7836.

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

April 1 (Sunday):

Los Angeles: Jimmy Stewart Marathon Relay, Griffith Park, 8 a.m. Info: (213) 829-8968.
Tustin: MCAS Tustin 5K & 10K Runs, 8 a.m.

Harvard and Warner. Capt. John Walker, S-4 H+HS, MCAS. Tustin 92710-5000. (714) 726-7336.

Sausalito: Houlihan's to Houlihan's 12K, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

San Francisco: DSE Polo Field 5 & 10K Lotto Runs, Golden Gate Park (parking lot, south side), 9:30 a.m. (1/4 Mi. Kids' Run), 10 a.m. Info: (415) 668-2830.

Modesto: Modesto Marathon & Half Marathon, 7:30 a.m. West Campus Business Center (start) Gordon Wilkinson, 3112 Denver Ave., #5, Merced 95348 (209) 384-1727.

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

Oakland: Misty Redwoods Run, 7 Mi., Redwood Regional Park, (parking lot), 9 a.m. Info: American Lung Ass'n. (415) 893-5474.

Palo Alto: "Spring Forward" Oak Creek Run 5K, 1600 Sand Hill Rd., 5 p.m. Palo Alto Recreation Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

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

San Diego: Spring Sprint Biathlon, 5K Run, 25K Bike, 25K Run, Mission Bay, Time TBA (also 2-person relay teams). Spring Sprint Biathlon, P.O. Box 5031, San Diego 92105. (619) 441-7844.

April 7 (Saturday):

San Francisco: ASA "Once Around the Lake", 4.56 Mi. Run/Stride & 2 Mi. Health Walk, Sunset Blvd. Parking Lot (Lake Merced), 6 p.m. (50 & Over, 5-year age divisions; Under 50, no divisions). American Society on aging, L.A.C. - Fitness, 833 Market St., Suite 512, San Francisco 94103. (415) 543-2619.

Pacifica: San Pedro Valley 10K & 2 Mi., San Pedro Valley County Park, 9 a.m. (2nd race in Wildflower Series). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Bakersfield TC Fun Run, Distance TBA, Hart Park, Time TBA. Info: Randy Brown (805) 834-9130.

Atascadero: Park to Park Half Marathon, Time TBA. Info: Paula Anton (805) 461-5000.

Santa Barbara: Chardonnay 10 Mile District Championship & 5K Runs, Leadbetter Beach, 8 a.m. Chris Holmberg, 3836 Pemm

Pl., Santa Barbara 93110. (805) 563-1008.

Compton: Compton Cup 5K Run, Compton College (1111 E. Artesia), 8 a.m. Harris Williams, 19003 Clarendon Ave., Carson 90746. (213) 636-8575, eves.

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

El Cajon: El Cajon 20K, Madison & 4th, 7:30 a.m. Info: Judi Richardson (619) 444-3785.

Lake Hughes: Steamroller 100K, 5 a.m.. Rich Dinges, 7718 Yarmouth Ave., Reseda 91335. (818) 345-8751.

Sacramento: American River 50 Mi., finish in Auburn, 7 a.m. Fleet Feet Sports, 1730 Santa Clara Dr., #D-3, Roseville 95661. (916) 783-4558.

Big Basin: Big Basin Marathon & Half Marathon, trail runs, Time TBA. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

April 8 (Sunday):

Livermore: Livermore Fitness Day, 5 & 10K and 5K Walk, 3000 Pacific Ave., 8 a.m. Rich Lange, LARPD, 71 Trevamo Rd., Livermore 94550. (415) 447-7300.

Fremont: Coyote Hills 10K & 2 Mi., Coyote Hills Park, 8:30 a.m. SAVE, P.O. Box 8283, Fremont 94537. (415) 794-6056.

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th Ave., & Clement, 10 a.m. Info: (415) 668-2830.

Palo Alto: IAMS "Dog's Best Friend" 5K Run/Stride, Baylands Athletic Center (Geng/Embarcadero Rd.), Time TBA. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Sebastopol: Apple Juice Run, 10K & 2 Mi., Analy High School, 8 a.m. Teresa, P.O. Box 178, Sebastopol 95473. (707) 823-3032.

Sacramento: Nor Cal Bi Series #1, 5K Run, 30K Bike, 5K Run, Location & Time TBA. Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

Long Beach: Beach Charities Ship to Shore 10K, Queen Mary, 8 a.m. Beach Charities, 230 Pine Ave., Suite 1, Long Beach 90802. (213) 436-7727.

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

San Francisco: Bonne Bell 5/10K Women's Run, Golden Gate Park (bandshell near Academy of Sciences), 8:30 a.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

SCHEDULE

April 14 (Saturday):

Redwood City: Edgewood Wildflower Run, Distances TBA, Edgewood County Park, 9 a.m. (3rd of Wildflower Series). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Westlake Village: "Reach Out and Care" 5/10K and 1 Mi., Hyatt Westlake Plaza Hotel, 7:30 a.m./10K, 8:45 a.m./5K, 9:45 a.m./1 Mi. Calvary Community, 31293 Via Colinas, Westlake Village 91362. Steve Polley: (805) 499-4434.

So. El Monte: Legg Lake 5K Carrera de Pascua, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Descanso: Cuyamaca Trail 50K, 6 a.m. Limited to 100. State Park Trails. Jerry Mitchell, 709 Hanson Lane, Ramona 92065. (619) 789-0406.

Marin Headlands: Golden Gate Headlands Marathon, 8 a.m. Dave Horning, Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

April 15 (Sunday):

San Francisco: DSE Easter Sunday Egg Run, 3 Mi. (up Mt. Davidson), Riordan High School, 175 Phelan, 10 a.m. Info: (415) 668-2830.

Greenbrae: MGH Grand Five, 5 Mi., Marin General Hospital (250 Bon Air Rd.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. Ed or Rowena de Mayo: (415) 459-5937.

So. El Monte: San Gabriel River 5K Easter Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 16 (Monday):

Hopkinton, MA: Boston Marathon, (new qualifying times), noon. Boston Marathon, 17 Main St. Hopkinton, MA 01748. (508) 435-6905.

April 21 (Saturday):

San Francisco: Ruth Anderson 100K, Lake Merced (Sunset Blvd. Parking Lot), 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

Pinole: Three Valleys Half Marathon & 5K, Pinole Valley High School, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Vacaville: Pena Adobe Run, 5 & 10K, Lagoon Valley County Park, 9 a.m. Solano Strid-

ers, P.O. Box 1778, Vacaville 95696. (707) 448-0413 or (916) 758-9341.

Lompoc: Laura Stegman Memorial Women's 5K, River Park, 9:30 a.m. (Women only). Bill Graham, 1309 E. Palmetto, Lompoc 93436. (805) 736-4696, evs.

Thousand Oaks: Conejo Valley Days 2, 5 & 10K, Cal Lutheran College, 7:30 a.m./5K, 8 a.m./10K. Don Green, 3663 Consuelo Ave., Thousand Oaks 91360. (805) 492-3136.

Fontana: Fontana Days Half Marathon & 5K, 8:15 a.m./H-M, 8:30 a.m./5K. Fontana Recreation Dept., 9460 Sierra, Fontana 92335. (714) 350-7636.

San Bernardino: John Muir 5 & 10K Runs, Cal State Univ., 7:30 a.m./5K, 8 a.m./10K. Robert Thweatt, ASI, 5500 University Pkwy., San Bernardino 92407. (714) 880-5932.

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

San Diego: Save The Children Relay, 24-Hour Relay, San Diego State Univ., 9 a.m. Info: Steve Kleinstuber (619) 584-8641.

Note: 10 or more runners/team.

Fort Bragg: Sunset Run, 5 & 10K & Kids's Mile, Mackerricher State Pk., 6 p.m. Mendocino Coast Rec. & Park Dist., 213 E. Laurel St., Ft. Bragg 95437. (707) 964-9446.

April 22 (Sunday):

San Francisco: DSE Potrero Hill Run, 4.5 Mi., 17th St. & Arkansas, 10 a.m. Info: (415) 668-2830.

San Francisco: Kimochi Cherry Blossom Run, 5 Mi., Golden Gate Park (41st Ave. & So. Drive), 9 a.m. Komochi Senior Citizen's Center, 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Old Boat-house (Lakeside Dr. & 14th), 9 a.m. LMJS, 3136 California St., Oakland 94602. (415) 530-9151. Raceday Reg. only.

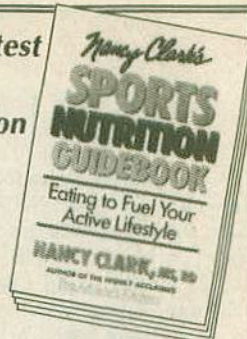
Los Gatos: The Tortoise and Hare 10K Run and 5K Run/Walk, Union Middlw School, 8:30 a.m. Libby Brost, Good Samaritan Hospital League, 2425 Samaritan Dr., San Jose 95124. (408) 559-2555.

Napa: Run to Literacy, 5K & 1 Mi., County Library, 9 a.m. Project Upgrade, 1150 Division St., Napa 94559. (707) 253-4283.

Merced Area: Indian Gulch 5 & 10 Mi., Time TBA. Merced Track Club, P.O. Box 3275, Merced 95344.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Distance TBA, Bakersfield College, Time

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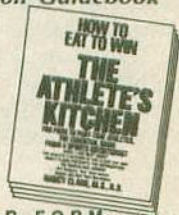


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SCHEDULE

TBA. Info: Randy Brown (805) 834-9130.

San Luis Obispo: YMCA City to Port 10 Miller, finishes at Avila Beach, Time TBA. Info: Larry Lant (805) 543-8235.

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

Del Mar: La Jolla Half Marathon & 2 Mi. (H-M finishes in La Jolla), 7:30 a.m. Info: Toni Deal (619) 272-8316.

April 25 (Wednesday):

Chico: Humpday 5K, Bidwell Park, 6 p.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

April 28 (Saturday):

San Mateo County: Earthquake Day 10K Run, 12 Mi. Bike or 5K Walk, Sawyer Camp Trail, 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

San Francisco: Nimitz Run, 5 & 10K, Treasure Island, 9:30 a.m./5K, 9:45 a.m./10K. David Moore, 25 Callaghan Hall, UC Berkeley, Berkeley 94720. (415) 845-2518.

Larkspur: Larkspur's Madrone Canyon Race, 5K & 3K Walk, Dolliver Park (Magnolia/Madrone), 9 a.m. Larkspur Recr. Dept., P.O. Box 585, Larkspur 94939. (415) 927-5031.

Stanford: MBA Challenge for Charity, 5 & 10K, Stanford Stadium, 8 a.m. Pat Jennings, 2035 Sterling Ave., Menlo Park 94025. (415) 854-5075.

So. Pasadena: Road Runner 1, 5 & 10K Classic, Oak & Garfield, 7:30 a.m. South Pasadena/San Marino YMCA, 1605 Garfield Ave., So. Pasadena 91030. (818) 799-9119.

So. El Monte: San Gabriel River 5K Woodchuck Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

April 29 (Sunday):

San Francisco: DSE Ferry Building Run, 3.83 Mi. & 0.875 Kid's Run, Dolphin Club, 10 a.m. Info: (415) 668-2830.

San Francisco: May Day Run, 5 & 10K Walk, Golden Gate Park (Polo Fields), 8 a.m./Kids, 9 a.m. American Heart Assoc., 120 Montgomery St., Suite 1650, San Francisco 94104. (415) 433-2273.

Alameda: Run the Runways, 2 Mi. & 10K, Naval Air Station Runway, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Palo Alto: Paly/Gunn Fun Run, 1 Mi., 5 &

10K, Gunn H.S. (780 Arastradero Rd.), 8:30 a.m./1 Mi., 9 a.m./5K, 9:15 a.m./10K. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Discovery Bay: Rally Around the Lake 5K, Discover Blvd. (Swim & Tennis Club), 9:30 a.m. Phil Paulson, 5514 Marlin Ct., Byron 94514. (415) 634-6654.

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

Sacramento: Race Judicata 10K Run, 5K Walk, Capitol Park, 10 a.m. Chris Heyers, c/o MDA, 1783 Tribute Rd., Suite C, Sacramento 95815. (916) 921-9518.

Rohnert Park: Hart Triathlon, 1000 Yd. Swim, 17 Mi. Bike, 5 Mi. Run, Sonoma State Univ., Time TBA. Victor Venuta, Intramurals, Sonoma State Univ., 1801 E. Cotati Ave., Rohnert Park 94928. (707) 664-2753.

Healdsburg: Fitch Mountain Footrace, 3 & 10K, Downtown Plaza Park, 8 a.m. Mark Graham, Healdsburg Park & Recr. Dept., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

Chico: Butte Biathlons, (Full: 4 Mi. Run, 30 Mi. Bike, 4 Mi. Run; Half: 1 1/2 Mi. Run, 15 Mi. Bike, 1 1/2 Mi. Run), 9 a.m. Exchange Club, 2500 Zanella Way, Suite A, Chico 95928.

Fresno: Volunteer Triathlon, 10K Run, 20 Mi. Bike, 400 Yd. Swim, Clovis West H.S., Time TBA. Franz Weinschenk, P.O. Box 101, Prather 93651. (209) 299-3195.

So. El Monte: Legg Lake Wildflower Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

San Diego: Fastest Masters 10K, East Fiesta Island, 7:30 a.m. (40+ runners only). Info: Dale Larabee (619) 234-3054.

Looking Ahead

Marathons, Relays & Important Dealines, Major Events, Etc.

May 6 (Sun.): Weott: Avenue of the Giants Marathon, Dyerville Bridge, 9 a.m. Dick Gilchrist, 281 Hidden Valley Rd., Bay-side 95524. (707) 443-1226.

May 6 (Sun.): Long Beach: Long Beach Marathon, 7:25 a.m. Long Beach Marathon, 1827 Redondo Ave., Long Beach 90804. (213) 494-2664.

May 19 (Sat.): Reno, NV: Silver State 50K & 50 Mi., 6 a.m. Ken McKim, 1460 Prospect Ave., Sparks, NV. 89431.

May 19 (Sat.): Fountain Valley: SPA/

TAC 50 Mile Championships, Mile Square Regional Park (16801) Euclid, 6:30 a.m. (Enter By May 1, 12-Hour Limit). Lee Preble, West Coast Univ., 550 S. Main St., Orange 92668. (213) 532-5043, eves.

May 20 (Sun.): Fremont: Ohlone Wilderness Trail Run, 50K, Stanford Ave. trailhead, 6:30 a.m. John Vonhof, 4438 Gibraltar Dr., Fremont 94536. (415) 797-8169, eves.

May 26 (Sat.): Aptos: Santa Cruz Host Lions Aptos Marathon, Half Marathon & 10K, Forest of Nisene Marks State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Track Schedule

Feb. 2 (Fri.): Madison Square Garden, NYC: Millrose Games.

Feb. 3 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 3 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Feb. 10 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 10 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Feb. 17 (Sat.): Berkeley: California All Comers Meet (See Jan. 13th).

Feb. 17 (Sat.): Los Gatos: Los Gatos All Comers Meet (See Jan. 6th).

Mar. 11 (Sun.): CS Northridge: Sport Arcade V-Masters Track and Field Classic. CS Northridge, open, sub-masters, masters. L.A. Patriots Int'l. Track & Field Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Mar. 17, 18 (Sat. & Sun.): Oxy: Hept/Dec. Occidental College. Bill Harvey (213) 259-2608.

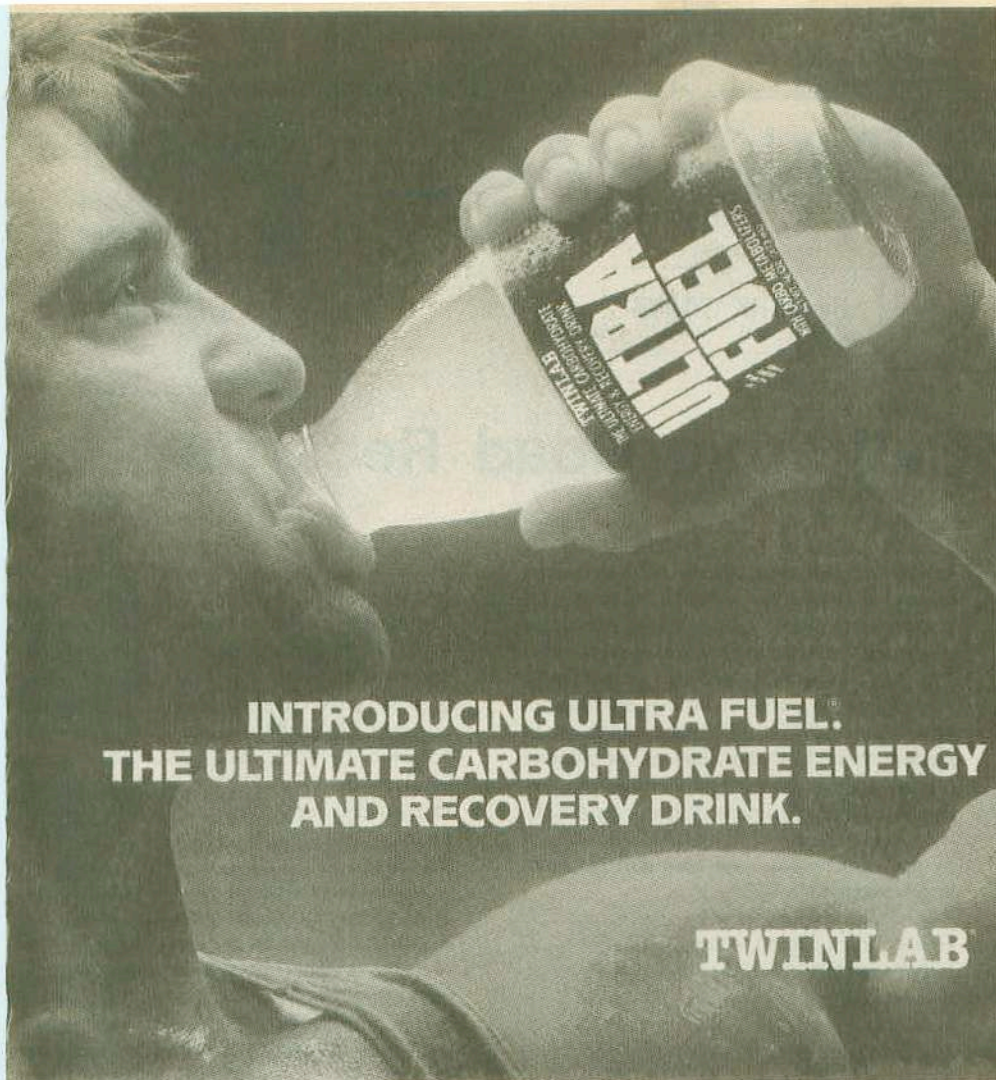
March 17, 18 (Sat. & Sun): Long Beach: Twilight Hept/Dec at CSULB. Andy Sythe (213) 985-4666.

Mar. 23, 24 (Fri. & Sat.): Cal Berkeley: Golden Bear Hept. Tony Sandoval (415) 642-9447.

Mar. 30, 31 (Fri. & Sat.): San Francisco State: San Francisco State Decathlon. Harry Marra (415) 338-1561.

Mar. 31, Apr. 1 (Sat. & Sun.): Santa Barbara: Santa Barbara Decathlon at UCSB. Sam Adams (805) 961-7133.

Apr. 6, 7 (Fri. & Sat.): Fresno: Fresno Relays. H.S. & Small Colleges on Friday, Open, Intercollegiate & Community Colleges on Saturday. Contact: Red Estes (209) 294-4097.



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1 Pec. B., Hostmark, A., Vaage, O., Kardi, K., Maehlum, S. Effect of different post-exercise sugar diets on the rate of muscle glycogen synthesis. Med. Sci. in Sports and Exercise 1987; 19: 491-496.
2 Nilsson, L.H., Hultman, E. Liver and muscle glycogen in man after glucose and fructose infusion. Scand. J. Clin. Lab. Invest. 1974; 33: 5-10.

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Apr. 10, 11 (Tues & Wed.): Fresno: Cal State Fresno Hept/Dec. Red Estes (209) 294-4097.
Apr. 13, 14 (Fri. & Sat.): USC: USC Heptathlon. Mike Bailey (213) 743-7770.
Apr. 19, 20 (Thurs. & Fri.): Azusa Pacific Univ.: Calif. Hept/Dec. Terry Fran-son (818) 969-3434.
Apr. 19, 20 (Thurs. & Fri.): Mt. SAC: Mt. SAC Hept/Dec. Dan Shrumm (714) 595-1415.
Apr. 28 (Sat.): San Francisco: Johnny Mathis Int'l. Invitational Track & Field Meet, San Francisco State Univ., Cox Stadium. Harry Morra (415) 338-1561, (415) 338-2218.
May 13 (Sun.): Fresno State University: 5th Annual Calif. State Team Championships. Sub-masters and masters only. L. A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.
May 19, 20 (Sat. & Sun.): UCSB: Late Afternoon Decathlon. Sam Adams (805) 961-7133.
May 19, 20 (Sat. & Sun.): SCA-TAC

Heptathlon Championship. Place TBA.
May 26, 27 (Sat. & Sun.): Mt. SAC: Mt. SAC HS Hept/Dec (SCA-TAC Jr. Champs. Dan Shrumm (714) 594-5611.
June 12, 13 (Tues. & Wed.): Cerri-tos: TAC Senior Nationals (5350 qualifying).
June 19, 20 (Wed. & Thurs.): Cerri-tos College: TAC/Mobil National Champi-onships.
June 28, 29 (Thurs. & Fri.): Fresno: TAC Junior Nationals (4200 qualifying).
July 22 (Sun.): Los Angeles: L.A. P.O.C. Grand Prix Finals. Site TBA. Sub-masters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.
Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui: 2nd Annual Hawaiian T & F Festival. War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

Meetings, Clinics, etc.

Apr. 7-11: San Luis Obispo: Sky Jumpers National Pole Vaulting Camp. Contact: Jan Johnson, c/o Sky Jumpers, 3000 Collma, Atascadero 93422. (805) 466-8119.
July 23-27: San Luis Obispo: Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).
Aug. 5-10: Yosemite: Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.
Aug. 5-10: Lake Tahoe: USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.
Aug. 12-17: Yosemite: Yosemite Cross Country Camp. (See Aug. 5-10).
Aug. 19-24: No. San Diego: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).
Aug. 28-Sept. 4: Catalina Island: USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).

KEEPING PACE

By MARK WINITZ



Where are the California Road Records?

I'LL GIVE YOU UNLIMITED CHANCES to answer that question. I don't mean "where" in the sense of scarcity, or as a challenging remark aimed at of the swiftness of our state's runners. California yields road performances nearly every weekend worthy of national recognition. Undoubtedly, our runners are some of the best in the nation. And we run all over California, a geographical area that is 800 miles long and 325 miles wide. We participate and tear up the roads in over 800 TAC-sanctioned events every year just in this state. And then California's runners travel. Oh, do we travel to race all over the world—as individuals, with our club teams, etc. Our top elites compete on our national teams in all places imaginable short of the Himalayan Mountains.

These facts are at the crux of my question: "Where are the California road records?" Imagine gathering and keeping track of such a large volume of information, year upon year for continuity—data and records covering a dozen and a half race distances from road miles through ultra distance events on the asphalt. Open records, age group records, single age records—of course, for both men and women. Don't forget to distinguish between California records or "best" performances set by Californians on California asphalt, by Californians on out-of-state or out-of-country asphalt, by non-Californians on California asphalt. Add records set on "record quality" courses that conform to TAC's standards for record purposes versus records set on point-to-point or "aided" courses (more on this later). All-time records. Single year records.

It becomes apparent that this is quite a job. No wonder you can't find a comprehensive set of California records *anywhere*. If they exist, I haven't been able to find them.

Take, for instance, the simplest state record imaginable—for example, the men's all-comers (Californian or non-Californian) best mark in the open division set on a TAC-certified 10K course in California. Forget all

the other details (age, residence, record quality course and all that). What's the record? If you know it, please let me know, because I don't. Before you do, please consider that TAC can't verify performances for record purposes unless specific timing procedures have been followed, the performance took place in "bona fide" competition, was properly officiated and run on the exact route as certified, and complete results plus an official TAC race summary sheet completed and signed by timers, referees, and race director have been submitted to TAC.

O.K. But somebody somewhere must be keeping track of road records, right? Well, the answer is "yes" and "no." For many years, Ken and Jennifer Young kept cratefuls of results, "best" performances, and such for TAC and for anyone who was interested enough to inquire at their National Running Data Center in Arizona. But the job was too big, demanding, and frustrating for two dedicated people who were, essentially, volunteers. Burnout was predictable, and in 1986 the Young's relinquished the job to Linda and Basil Honikman of Miami, Florida. Under the Honikmans the NRDC became TACSTATS/USA, the official road record-keeping arm for TAC (The Athletics Congress), the national governing body for track and field, road running, and race walking in the U.S.

In just a few years, the Honikmans have done wonders for U.S. road records. They recruited individual, volunteer TACSTATS record keepers for every state. They sought and received much-needed sponsorship dollars from John Hancock Financial Services (the major sponsor of the Boston Marathon) and patron support from nearly two dozen corporations and race organizations entrenched in the sport.

Today, TACSTATS/USA compiles and publishes a comprehensive compendium of national records and best performances for all the commonly run road distances, by age group and single age, every year. They send

out a bi-monthly newsletter, *TacTimes*, in which they publish pending and interim records and valuable information on road racing rules, trends, and developments. In addition, they determine and publish road rankings and prize money earnings for athletes of all ages. Recently, they've added another newsletter, *TAC's Long Distance Running News* to their repertoire. (All are available free to race directors, TAC and RRCA officers, sports media, and sponsored athletes. Others can be put on the TACSTATS mailing list for a minimum \$20/year tax-deductible donation.) Of course, all the Honikman's publishing work are products of many hours of accumulation, sorting out, and organizing tons of race data from all over the country. If you're really into this sort of thing, Ken Young, too, continues to compile road rankings and extensive prize money information on individual athletes and events. He publishes them monthly in his *Competitive Road Racer* newsletter. Well worth the \$20/year subscription price. Order from Sports Ranking Systems, P.O. Box 42888, Tucson, AZ 85733.

Last summer I took over the job as California State Record Keeper for TACSTATS. The volunteer position seemed a logical extension to my affiliation with *California Track & Running News* and writing/editing of *RunCal*. My objective: to get California road records in shape and get them published. The Honikmans forewarned me of the current state of record affairs in our state. I knew, already, that road recordkeeping wasn't an area at the top of TAC's priority list. After all, track & field is their *forte* (even if not their bread and butter), and the doubts by many as to the value of records on the varied and "imprecise" roads are, still, often heard. But in my mind, I knew there were three things that fostered top-notch racing: prizes and prize money, stiff competition, and the *pursuit of records and recognition* (in the form of rankings, publicity, etc.). On the state level, I saw that the last thing needed some work. I took the volunteer

KEEPING PACE

job despite a schedule filled with my publications duties, my technical writing and training business, hours of grass roots politicking on the local trail network and open space scene, 60-mile training weeks plus weight training and racing, increasing peripheral roles in running such as emceeing and race announcing, and spending time with my wife, mother, brother, other family members and friends once in a blue moon.

Now, I'm your TACSTATS California state road record keeper. And I need help, fiscal and physical assistance. This year I've begun chipping away at the task of compiling and organizing California individual road performances worthy of national and state recognition. I began by submitting a proposal to TAC for funding at last November's TAC National Convention to get the record keeping process in California off the ground. This proposal was supported by TAC's Pacific Association (one of four TAC associations in our

state). The funds would be used for (1) setting up and maintaining a computerized data base of performances and records, (2) implementing a system to consistently receive complete results from all TAC sanctioned events in California plus results from races outside California where Californians have turned in performances of note, (3) setting up TACSTATS/California recordkeeping office to maintain centralized historical files of road race results, and (4) publishing here, in *RunCal*, and in other regional publications, periodic lists of California road running top performances and records, and, eventually, California road running rankings based on recent performances.

Although our TACTSTATS/CA proposal was ranked at the top level in terms of value and merit by TAC's Grants Committee (in a pool of over 30 other grant proposals), the outlook doesn't look promising for funding. As I mentioned, TAC has other priorities.

To date, several TACSTATS state record keepers have done a superb job in organizing their area's road records even without TAC dollars—through hard work and tried-and-true capitalism. Minnesota's Jack Moran publishes *TACTimes Minnesota* quarterly. He has an inside track to results from Minnesota races since he does the computerized scoring of all TAC-sanctioned events in that state himself. Once a year he publishes *A Minnesota Runner's Yearbook*—70-sum-odd pages of the best performances on Minnesota's roads during the previous year, 5K through 100K. With about 70 races on certified courses in Minnesota each year, Jack does a superb job in his state. He distributes the yearbook through running stores in Minnesota and the runners eat it up.

Likewise, Massachusetts' Don Allison compiles performances for TACSTATS in his state, and along with John McGrath of *New England Runner* publishes a yearly annual of

PUT TAC'S *RunCal*



INTO YOUR RUNNING LIFE !

RunCal is published by the Pacific Association of The Athletics Congress
and is edited by Mark Winitz

ALL RIGHT! Start sending me the magazine that gives me all there is to know about the runners, races, and the best in long distance running and track and field from all over the state. I have enclosed \$12 for 6 issues. *RunCal* is published every other month. It is free if you live within the Pacific Association's boundaries and you join PA/TAC. But you'll want to subscribe even if you don't. *RunCal* has received accolades from subscribers all over the country.

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KEEPING PACE

performances in the New England area. They started with just a few common race distances and plan to keep adding several distances every year. Their annual includes an attractive pull-out calendar of races for the new year which also sells separately from the annual.

Finn Hansen of Utah publishes separate booklets of best performances in his state, one for each of the more commonly run distances. He sells them by special order.

It is generally recognized that of all the regions in the country, California has the most formidable task of gathering, organizing, keeping on top of, and disbursing distance running records. With a land area of over 156,000 miles we host a full 20% of all the TAC sanctioned events in the country each year.

California probably has the largest percentage of competitive distance runners and recreational runners of any state. With relatively good weather all year, which makes year-around training and racing very easy, we also have a huge number of very good and elite runners in all age categories—many of whom are capable of (and who do) set new records (or put in nationally ranked performances) regularly. A good number of national and world class athletes come to California to train and race. And with an increasing number of lucrative prize money events, there are a significant number of noteworthy performances regularly run on our roads and tracks.

Unfortunately, for years, many top performances in California, and by Californians, have slipped through the cracks and gone unrecognized. With no record keeping system and few people to track such things, who knows how many California distance runners have not received their due recognition for races well run. Already, I've received dozens of calls from athletes telling me that their times—some of them of American Record quality—were never officially recorded, submitted, or recognized.

I'd venture to say that for every record quality performance that appears on the finish clock and subsequently appears in the record books, there are at least as many that are lost in time. Since it is the race director's responsibility to submit finish results and suspected records or noteworthy performances to TACSTATS—and many times they don't—individual athletes have taken it upon themselves to push the directors to fulfill proper procedures so their performances can

get recognized. The burden rests on the runner to collect his just rewards. Yet, it shouldn't be.

If no one counted Roger Maris' 61 home runs in one baseball season, then the record would probably have been lost forever. Maris wasn't the type to promote his own accomplishments. Distance runners are even less inclined to do so.

Let's do something about it! Now there is a system (via TACSTATS) and a potential core of people who can right the record system in our state. Just think of the competitive value a comprehensive, accurate, and validated set of California road records would provide. Not only would athletes use them as benchmarks, race directors would find them invaluable for determining relative merit of performances and perhaps offer prize incentives for setting new "all-California" records. The media would certainly benefit from having such a list. The natural progression of California road race rankings—something akin to the national and world rankings that we see in many running publications right now—would, no doubt, be very impressive.

What can you do as individuals to help get the system in motion?

- ✓ If you know of, or have, past notable road performances hiding in the plaster (even if they were never submitted to TAC and never validated), please write me with the details (name, age, event, distance, time, date). Provide documented evidence, if possible, in the form of printed results, mention in print, etc. (I will have a special award for the person who first sends me, with recorded evidence, the fastest 10K ever run by an open division man on a certified California road course. Same for a 10K woman. I will give credit here to the people who can do the same for other distances, including age group and single age performances by Californians in and out of state, and by non-Californians on California soil. (Don't send me TACSTATS compilations. I already have those.) Let's see what you find, compared to what we already have on record at TACSTATS. (Note: I can provide no guarantees to get water on the bridge clarified or officially recognized nationally. That's out of my hands.)
- ✓ Prod and remind race directors of the importance of sending in *complete* results of their race to TACSTATS/USA and to me at TACSTATS/CA-RunCal. Race di-

rectors and management organizations also need to be familiar with proper timing procedures and the proper submission of TACSTATS Race Summary Sheets in order for performances of merit to be recognized. This information is available from the Honikmans at TACSTATS/USA or from me at TACSTATS/CA (contact numbers at the end of this article). Don't forget to *also* send copies of results to the *California Track & Running News* office for publication (their office is different than mine).

- ✓ Patrons and sponsors of the TACSTATS/CA program are being sought. Individual donations will be put to immediate and productive use.
 - ✓ I am also seeking coordinators from the four TAC associations in the state to help me in compiling results and records in their local areas. Initially, I'll select one coordinator from each of the associations. Drop me a line if you're interested.
 - ✓ Never hesitate to write or call me if you think that you or someone else has turned in a performance of California merit. I will make available a list of minimum time standards for "California-worthy" performances in the near future. Ideally, get the race director to *promptly* send in the results and Race Summary Sheet as described above.
 - ✓ Although not officially compiled, race directors are encouraged to send me course records for their races to keep on hand. I often receive inquiries from athletes concerning the CRs for particular events.
 - ✓ If you believe in the need for comprehensive California state road records let the TAC National Office in Indianapolis know (contacts at end of article).
- I'll need your help in making TACSTATS/CA productive and worthwhile. Hope to hear from you.

One important thing that you should be aware of in respect to national records on road courses:

In December, a proposal submitted by TACSTATS/USA and TAC's Road Running Technical Committee was approved which, essentially, negates road records set on "aided" courses. Under the new guidelines, records can only be set on courses that do not exceed a drop in elevation of one meter per 1,000 meters, and which have start and finish

KEEPING PACE

lines that are no more than 30% of the total race distance apart. An exception is made for courses with start and finish lines more than 30% apart if they fall within the 1 meter slope stipulation and there was no measured tailwind factor on the day of the race.

Up to now TACSTATS has placed records in two categories: (1) certified loop course records, and (2) point-to-point records that may be aided. This has caused confusion and disarray (especially in the media) according to Linda and Basil Honikman of TACSTATS/USA. "The real records are the most potent marketing device for the sport as a whole," comments Basil Honikman. "Our proposal includes every possible meritorious performance in the sport."

What it does exclude are some well-loved races such as the Boston Marathon. Boston's slope is 3.3 meters per 1,000.

"We (Boston) should be considered for records," says its race director, Guy Morse. "It is an event that should be included in this tightly restricted fold. I appeal for this from an emotional point of view."

The new rule will be applied retroactively to all existing records. (Through 1988, six of the top ten male marathon times set by Americans were run at Boston.)

Cal International is also excluded from possible records since it has a 2.1 meter downhill slope. "But it's O.K. with us to be put in the same class as Boston," says CIM's John Mansoor.

In fact, every certified marathon in Northern California is now ineligible for records according to Mansoor.

The Los Angeles and Long Beach Marathons remain eligible for records. However, the steeply descending Fontana Days Half Marathon is obviously ruled out. Bay to Breakers is eligible for records under the "no wind factor" stipulation.

New York City—the race that shares with Boston the rights as the U.S.'s most competitive and well-known marathon—also falls under the wind factor provision, as its start and finish lines are more than 30% apart, but it has an acceptable drop. So, New York's future eligibility for records—unless the course is changed substantially—will depend on the wind on race day.

I've heard endless debates on both sides of the new standards for acceptable record-quality courses. Factions within TAC itself are vehemently divided on the question—a fact particularly obvious at the last TAC Conven-

tion where the proposal was bashed about in various committees with fervor. Those in favor say it's time to clean up our records. Let the true records shine and the "legitimate" courses come to the fore. Boston will remain great, they assure us, with or without records.

Those opposed argue for the inherent variety of running on the roads versus the track. They want to keep courses varied...and on the books, records and all. By slashing many existing records punctuated with names like Alberto Salazar and Bill Rodgers, we're obliterating our running history, they assert. Some suggest that if we want "true" records on the roads, we'll have to make all road courses completely flat loops run under utterly windless conditions at a set temperature and humidity.

I've heard the argument more than once that comparing records between different road courses is a fruitless endeavor anyway. That they don't really matter. Every course has their own world record. World and national road records or "bests" (and I might add state road records) mean nothing.

What I can't figure out is if they mean nothing, why is everyone always talking about them?

Contacts

TACSTATS/USA, c/o Linda and Basil Honikman, 7745 SW 138 Terrace, Miami, FL 33158. (305) 253-8448.

TACSTATS/CA, c/o Mark Winitz, RunCal, 85 Main Street, Los Altos, CA 94022. (415) 948-0618, FAX (415) 949-3127.

TAC/USA National Office, Ollan Cas-sell, Executive Director, 200 South Capitol Avenue, Suite 140, Indianapolis, IN 46225. (317) 638-9155.

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 he is chief cook and bottle washer of the popular Run-Cal Magazine on California running. He also announces, publicizes and helps promote running events. Subscriptions to Run-Cal are \$12 for 6 bimonthly issues. (Members of Pacific Association/TAC receive it as a service.) Mailing Address: RunCal, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

Quick Test

Can American Records Be Set on Your Course?

This quick test (reprinted courtesy of *Road Race Management* Newsletter, edited by Phil Stewart) will enable a race director to determine whether or not an American Record could be set on his course.

- A. Is the course certified?
B. Are the race start and finish within 30% of the total race distance from each other (i.e. 3000 meters for a 10K; 3 miles for a 10 mile; approximately 8.7 miles for a marathon)?
C. Does the course have a net drop less than 1 meter per kilometer (i.e. 10 meters for a 10K, approximately 16 meters for a 10 mile, approximately 42 meters for a marathon)?

Answers

— If your answer is "yes" to A, B, and C then you have a record-quality course under the new rule.

— If your answer is "yes" to A, and C, but "no" to B, then you can have a record-quality course only if you supply wind information satisfactory to TAC's Road Running Technical Committee to prove that the wind did not constitute "unfair assistance" on race day. This information will have to be more than a local weather service's statement of wind velocity and direction at race time. For details contact Pete Reigel of TAC's Road Running Technical Committee, 3354 Kirkham Rd., Columbus, OH 43221. (614) 451-5617-eves until 10 p.m.

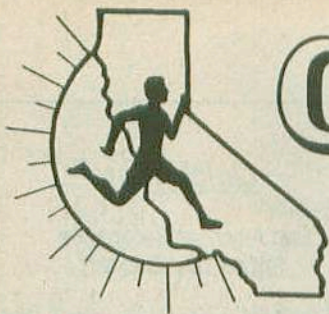
— If your answer is "yes" to A and B and "no" to C, there is no way your current course can be considered for a record.

And Then What?

If your course qualifies for record quality and a runner betters an existing American record you must:

1. Have a post-race validation to make sure the course was run as certified and the original certification figures hold up (contact RRTC Validations Chair Sally Nicoll, Ragged Mountain Club, P.O. Box 62, Potter Place, NH 03265. (603) 735-5721.
2. Make application to TACSTATS/USA (address at end of article).

CTRN Editor's Note: Often age group and single age records or noteworthy performances go unnoticed by race administrators. Also, as described, all-California records are now being documented. For these reasons, it is always a good idea to submit a TAC Race Summary Sheet and complete results to TACSTATS/USA and to TACSTATS/CA as soon as possible after your race. Your results will be examined for possible records and ranking performances. Publications such as *California Track & Running News* and *Run-Cal* also appreciate receiving your results.



CALIFORNIA

Track & Running News

ATHLETES OF THE YEAR

1989

High School Boys Track & Field

JAMES STALLWORTH

Won IPI and State Meet (26 4 3/4) , second in the nation. Others receiving votes included: Brent Noon (2nd place), Barry Smith, Curtis Conway, Jeff Laynes Gordon Johnson, and Francis O'Neill.

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, Reggie Williams 1988.

High School Boys Cross Country

BRYAN DAMEWORTH

Dameworth was unbeatable this season, topping off his senior year at Agoura High by winning the Kinney Western Regional and followed by the Kinney Nationals.

Other outstanding cross country runners receiving votes included: Louis Quintana

(2nd), Eliazar Herrera, Jeremy Seven, Kevin Berkowitz and Abe Valdez.

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, Bryan Dameworth 1988.

High School Girls Track & Field

ANGELA BURNHAM

A repeat selection by *Track & Field News* as High School Female Athlete of the Year. Led the nation at 11.52 and 23.49.

Others deserving recognition include: Juliana Yendork (2nd), Julie Broughton, Dawn Dumble, Angela Rolfe and Inger Miller.

Previous Selections: Mary Decker 1974, Cathy Sulinski 1975, Freida Cobb 1976, Ann Regan 1977, Cheri Williams 1978, Sherri Howard 1979, Sherri Howard 1980, Denean Howard 1981, Denean Howard 1982, Natalie Kaaiawahia 1983, Leslie Maxie 1984, Latrese Johnson 1985, Janeene Vickers 1986., Janeene Vickers 1987, Angela Burnham 1988.

High School Girls Cross Country

DEENA DROSSIN

Agouar High's dynamic junior repeated as Division I winner at the State Meet and placed

second at the Kinney Western Regional.

Others: Becky Spies (2nd), Jennifer Owens, Jeannie Rothman, Sarah Riley and Beth Bartholomew.

Previous Selections: Debra Johnson 1974, Suzanne Keith 1975, Vicky Bray 1976, Susan Sanchez 1977, Roxanne Bier 1978, Vickie Cook 1979, Vickie Cook 1980, Vickie Cook 1981, Cory Schubert 1982, Kirsten O'Hara 1983, Rebecca Chamberlain 1984, Laurie Chapman 1985, Katy McCandless 1986, Kira Jorgensen 1987, Kira Jorgensen 1988.

J.C. Men Track & Field

MAURICE HORTON

Beat national JC record-holder (Kersh). 1:49.33 800.

Our panel also voted for: Kevin Marks and Nouredine Morcelli.

Previous Selections: James Robinson 1974, Grant Niederhaus 1975, Millard Hampton 1976, Houston McTear 1977, Kenneth Hayes 1978, Andre Phillips 1979, Joe Staub 1980, Tyke Peacock 1981, Sandy Chapman 1982, Al Miller 1983, Ed Frazier 1984, Dennis Lewis 1985, Mike Gravelle 1986, Kenny Washington 1987, Julius Kariuki 1988.

J.C. Men Cross Country

NOUREDDINE MORCELI

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

A close second goes to American River's
continued next page...

Mason Myers, with Robert Nelson, Jamie Galindo and Derrick Powers also getting votes.

Previous Selections: Bob Thomas 1974, Henry Perez 1975, Bob Paulin 1976, Tim Holmes 1977, Bill Hurst 1978, Rick Rose 1979, Jeff Nelson 1980, Rodney Rivera 1981, Rich Brownsberger 1982, Mandla Kuene 1983, Eugene Cruz 1984, Alphonse Swai 1985, Matt Clayton 1986, Mark Dani 1987, Todd Trask 1988.

J.C. Women Track & Field

LASHAWN SIMMONS

Clearly the unanimous choice, Simmons was memorable by her four-event win at the State Championship (LJ 20-6, 100m 11.54, 100H 13.66 and 4x400 relay).

Others included: Laura Ainsworth and Chris Diehl.

Previous Selections: Gail Douglas 1977, Ruth Caldwell 1978, Ruth Caldwell 1979, Donna Mayhew 1980, Valerie Brisco 1981, Barbara Moro 1982, Gervaise McCraw 1983, Zelda Johnson 1984, Myra Mayberry 1985, Sylvia Mosqueda 1986, Tammy Stiles 1987, Julia Turing 1988.

J.C. Women Cross Country

DONAGH BRUNI

State Champion and first at the SoCal Championships.

Others: Sue Check, Diana Tracy and Kim Campo.

Previous Selections: Ruth Caldwell 1977, Ruth Caldwell 1978, Renee Ortiz-Wyckoff 1979, Sue Gellely 1980, Renee Wyckoff 1981, Kim DeVetis 1982, Mara Lazdens 1983, Leslie Hawkins 1984, Sylvia Mosqueda 1985, Anne Hayden 1986, Janice Sellon 1987, Pam Allenby 1988.

College Men Track & Field

MARC DAVIS

Davis' 1st place in the 5K at NCAA (national junior record) gave him the nod over close second placer Robert Reading.

Others receiving votes include: Brian Blue-trich, Bart Goodell, Dave Wilson, Steve Lewis George Porter, Ade Olukoju and Mike Marsh.

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, Steve Lewis 1988.

College Men Cross Country

MARC DAVIS

A close battle was waged in this category, with the most votes going to Davis. The consensus was that although he missed the NCAA's due to an ankle injury, Davis still outshined the rest. Eric Mastali's third place at the PAC-10 meet and his 6th place at NCAA-8 placed him right behind Davis in the voting.

Others: Jason Lienau, Fredson Mayiek, Jesus Gutierrez, Mitchell Sloan, Brad Hudson and Terence Mahon.

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, Marc Davis 1988.

College Women Track & Field

JANEENE VICKERS

Vickers was placed in the first spot by all of our panel except one. Highlights include her 400H win at NCAA, along with a 4th place in the 100H, and anchoring the 2nd place 4x400 team.

Also deserving recognition: Teena Colebrook, Darcy Arreola, Tanya Sedwick, Michelle Taylor (2nd), Patty Purpur, Kris Larson, Ashley Selman, Renita Robinson and Linetta Wilson.

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, Gail Devers 1988.

College Women Cross Country

BRIGID STIRLING

Close...close...close between Darcy Arreola, Buffy Rabbitt and Stirling, with Stirling's top finish for a Californian at the NCAA I Meet giving her the extra boost.

Besides Arreola and Rabbitt, others getting votes included: Jamie Park and Sabrina Han.

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, Carol Gray 1988.

Open Men Track & Field

LARRY MYRICKS

Clearly out front in the voting, selectors cited Myricks' consistency and "only gets better with age" as reasons to place him on top in the voting.

Other outstanding track men included: Dave Johnson (2nd), Kamy Keshmiri, Johnny Gray, Jim Doehring, Tom Petranoff, Tonie Campbell, Kevin Young, Danny Everett and Andre Phillips.

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, Andre Phillips 1988.

Open Men Cross Country

MATT GIUSTO

The TAC National Championships has traditionally been the best source of comparison for this category. Giusto's 9th place at TAC placed him ahead of close finishers Tom Wood (12th TAC, 6th PA-TAC X-C) and Ivan Huff (win at Cal Poly).

Others: Noel Berkeley, Brian Abshire, Harry Green, Danny Gonzalez, Matt Clayton and Carmelo Rios.

continued next page...

1989 Athletes of the Year



ANGELA BURNHAM
Fine Flicks by Don Gosney



LAURA CATTIVERA
Photo by Bill Leung, Jr.



BRYAN DAMEWORTH
Fine Flicks by Don Gosney



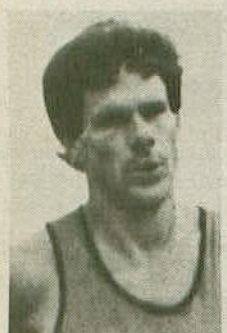
MARC DAVIS
Fine Flicks by Don Gosney



DEENA DROSSIN
Fine Flicks by Don Gosney



MATT GIUSTO
Fine Flicks by Don Gosney



IVAN HUFF
Photo by Bill Leung, Jr.



NOURREDINE MORCELLI
Photo by Kirby Lee



LARRY MYRICKS
Fine Flicks by Don Gosney



PATTISUE PLUMER
Photo by Bill Leung, Jr.



JAMES STALLWORTH
Photo by Bill Cockerham



JANEENE VICKERS
Photo by Bill Leung, Jr.

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, Brian Abshire 1988.

Open Women Track & Field

PATTISUE PLUMER

Clearly dominating the voting, Plumer established herself nationally (replacing Decker-Slaney as the dominant U.S. distance runner) and internationally in 1989. She ran fast times from the 800 to 5K.

Others: Ramona Pagel (2nd), Jackie Joyner-Kersey, Lacy Barnes, Donna Mayhew, Regina Jacobs, Sheila Hudson, Sandra Farmer-Patrick and Jan Wohlschlag.

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, Florence Griffith-Joyner 1988.

Open Women Cross Country

LAURA CATTIVERA

Very close here, with Cattivera and Janet Smith trading off for first and second place by all selectors. Cattivera ended up with more points to get the nod. She was first at two top invitationals (SLO and Stanford) and placed 15th at TAC, two places behind Smith. Like we said—very close here.

Also receiving votes: Kathy Smith, Linda Somers, Patti Gray, Michelle Hopper-Bucchichio, Kathy Kaines and Rosa Gutierrez.

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, Patti Gray 1988.

Men's Road Racing

IVAN HUFF

Huff outleaped second place vote-getter Mark Nenow to earn Athlete of the Year. Huff's Boston half marathon win, 2:12 at Columbus and superb showing at Carlsbad, Tom

continued next page...

1989 Athletes of the Year

Sullivan and Tulsa 15K were cited.

Others in the race: William Musyoki, Rae Clark, Jay Marden, Matt Giusto, Harry Green, Alan Dehlinger, Dan Aldridge, Jeff Atkinson, Brian Abshire and Steve Scott.

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, Mark Conover 1988.

Women's Road Racing

LINDA SOMERS

Somers dominated the Northern California roads in 1989 (2nd Cal International Marathon, 1st Foundation 30K, 1st PA-TAC XC). Close behind in the voting were Sylvia Mosqueda and Rosa Gutierrez.

Others include: Terry Puckett, Ann Trason, Pattisue Plumer, Mary Alico and Janet Smith.

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, Patty Gray 1984, Nancy Ditz 1985, Nancy Ditz 1986, Nancy Ditz 1987, Nancy Ditz 1988.

Masters Men 40-44 Track & Field

JAMES KING (40)

'89 Bests: 400 - 48.44 (WR), 400H - 52.76 (WR).

Others: Eddie Hart (2nd), Stan Whitley, Milan Tiff and Wilson Waigwa.

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, Stan Whitley 1988.

Masters Men 45-49 Track & Field

LLOYD HIGGINS (46)

1st place hammer at World Games; 1st place hammer and discus at Nationals.

Others: George Cohen (2nd), Win Emert, Walt Butler, Mike Morris, Don Parker, Larry Walker and Theo Viltz.

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, Frank Little 1988.

Masters Men 50-54 Track & Field

KEN DENNIS (51)

Close battle here between Dennis and 2nd place vote-getter Gary Miller. Dennis' 1989 bests: 100 - 11.2w, 11.48; 200 - 22.8w, 23.4.

Other outstanding athletes include: Al Henry, Gilbert LaTorre, Paul Richardson, James Hart and Larry Stuart.

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, Gary Miller 1988.

Masters Men 55-59 Track & Field

DAVE JACKSON (57)

1989 bests: LJ - 12.11, TJ - 12.11.

Other vote getters included: Bruce Springbett (2nd), Richard Hickman, Harvey Schellenberg, Herm Wyatt and Nick Newton.

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

rald 1984, Huel Washington 1985, Huel Washington 1986, Dave Jackson 1987, Bruce Springbett 1988.

Masters Men 60-64 Track & Field

DEL PICKARTS (62)

1989 Javelin best - 53.94.

Also receiving votes: Pat Devine (2nd), Joe King, Bob Watanabe, Gene Harte, Bernie Stevens, Jim O'Neil, Jack Greenwood, Harry Hawke and Dave Stevenson.

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, Bob Watanabe 1988.

Masters Men 65-69 Track & Field

BOB HUNT (69)

Hunt and Burl Gist were placed either first or second place by all selectors; Hunt received more points by virtue of 3 firsts to 2 firsts for Gist.

Others: Bill Bangert, Ray Spencer and Avery Bryant.

Previous Selections: Harry Koppel 1981, Payton Jordan 1982, Dan Aldrich 1983, Dan Aldrich 1984, Burl Gist 1985, Bob Hunt 1986, Tom Patsalis 1987, Bob Hunt 1988.

Masters Men 70-74 Track & Field

PAYTON JORDAN (72)

Jordan received first place votes from all selectors. 1989 bests include: 100 - 13.0w, 13.1; 200 - 27.1w, 27.3; 400 - 66.02.

continued next page...

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1989 Athletes of the Year

Also receiving votes: Bill Morales (2nd), Al Guidet, Jim Vernon, Dan Aldrich and Herb Miller.

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, Payton Jordan 1988.

Masters Men 75-79 Track & Field

BERT MORROW (76)

National TAC champ in 80mH (16.66 WR) Low Hurdles (63.55) and 200m (38.19).

Also: Guido DePetra, Joe Caruso, John Gatti, Wilfred Bigelow, Jim York, Carol Johnston.

Previous Selections: Paul Spangler 1976, Josiah Packard 1979, Winfield McFadden 1980, Winfield McFadden 1984, Ken Carnine 1985, Tony Castro 1986, Tony Castro 1987, Bert Morrow 1988.

Masters Men 80-89 Track & Field

KEN CARNINE (81)

1989 best in the discus of 31.62 (AR), javelin (27.30), hammer (21.62).

Also getting votes Win McFadden, Mel Shine, Burt DeGroot, Earl Salisbury, Tony Perona, Bob MacConaghy and Emery Cur-tice.

Previous Selections: Josiah Packard 1984, Winfield McFadden 1985, Paul Spangler 1986, Paul Spangler 1987, Ken Carnine 1988.

Masters Men 90+ Track & Field

PAUL SPANGLER (90)

1989 bests: 800 - 4:39.6, 1500 - 9:25.2, 5K - 37:39, 10K - 71:40.8.

Others: Tom Lane.
No previous selections.

Masters Women 40-44 Track & Field

JONI PENDLETON (42)

Top competitor in events from 800 through 3000m.

Others: Kate O'Neill, Hilary Naylor (2nd), Susan Henderson, Latanya Glass and Laurie Olson.

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, Laurie Binder 1988.

Masters Women 45-49 Track & Field

JOAN COLMAN (45)

AR in 1500 - 4:48.19. WR in 5K - 17:45.

Also receiving votes: Nadine O'Connor (2nd), Alita Rosenfeld, Lolita Bache, Jeanne Carter, Joanne Nedelco, Fran Conley and Shirley Matson.

Previous Selections: Shirley Dietderich 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, Nadine O'Connor 1988.

Masters Women 50-54 Track & Field

CHRYSTEL MILLER (54)

Outdistanced all others in the voting. Outstanding field event athlete.

Others: Vicki Bigelow (2nd), Jeanne Hoagland, Cathie Crawford, Jill Latham, Cherrie Sherrard.

Previous Selections: Shirley Kinsey 1981, Shirley Kinsey 1982, Ruth Anderson 1983, Irene Obera 1984, Irene Obera 1985, Chrystel Miller 1986, Irene Obera 1987, Irene Obera 1988.



JOAN COLMAN

Photo by Mark Winitz



PAT DEVINE



WALLY INGRAM



PAYTON JORDAN



CHRYSTEL MILLER

Photo by Irene Obera



MARY STOREY

Photo by Gene Cohn

Masters Women 55-59 Track & Field

IRENE OBERA (55)

WR - 200 (28.48) and 400 (66.91). AR - 100 (13.84). Consistently outstanding in the sprints.

continued next page...

Others: Marion Irvine (2nd), Sally Polk, Marj Moore and Magdalena Kuehne.

Previous Selections: Helen Dick 1981, Helen Dick 1982, Shirley Dietderich 1983, Shirley Kinsey 1984, Marion Irvine 1985, Shirley Kinsey 1986, Shirley Kinsey 1987, Magdalena Kuehne 1988.

Masters Women 60-64 Track & Field

SHIRLEY DIETDERICH (62)

Close between Dietderich and Shirley Kinsey and Ruth Anderson. All received first place votes.

Others: Kit Pickles and Collie Green.
Previous Selections: Jaclyn Caselli 1981, Josephine Kolda 1982, Jaclyn Caselli 1983, Jaclyn Caselli 1984, Jaclyn Caselli 1985, Margaret Miller 1986, Shirley Dietderich 1987, Shirley Dietderich 1988.

Masters Women 65-69 Track & Field

MARY STOREY (65)

AR in 800: 3:08.21.

Also receiving votes: Jacklyn Caselli (2nd), Els Tuinzing and Gerry Davidson.

Previous Selections: Alice Werbel 1981, Kay Atkinson 1982, Josephine Kolda 1983, Josephine Kolda 1984, Josephine Kolda 1985, Jaclyn Caselli 1986, Gerry Davidson 1987, Jaclyn Caselli 1988.

Masters Women 70-74 Track & Field

None for 1989.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Edith Mendyka 1985, Kati Jacoy 1986, Dorothy Stotsenberg 1987, Dorothy Stotsenberg 1988.

Masters Women 75-79 Track & Field

EDITH MENDYKA (78)

Four-time selection here for this all-around field event competitor. TAC/USA outstanding

award.

Votes also received for: Bess James, Dorothy Stotsenberg.

Previous Selections: Bess James 1985, Edith Mendyka 1986, Edith Mendyka 1987, Edith Mendyka 1988.

Masters Women 80+ Track & Field

MARY AMES (86)

TAC/USA's choice for the outstanding award. 1989 bests: 100 - 31.7, 400 - 2:57, 800 - 6:39.

Others: Marilla Salisbury.
Previous selections: Mavis Lindgren 1987, Mary Ames 1988.

Masters Men 40-44 Road Racing

BILL SEVALD

A top finisher in PA-TAC's Grand Prix for 1989.

Others: Steve Ferraz, Wilson Waigwa.
Previous Selections: Bill Gookin 1974, Jerry Smartt 1975, Truman Clark 1976, Kent Guthrie 1977, John Brennan 1978, Joe Buggasser 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, Steve Ferraz 1988.

Masters Men 45-49 Road Racing

SAL VASQUEZ

Fifth year in a row; moves to new category next year.

Previous Selections: John Brennan 1981, Jim Knerr 1982, Doug Latimer 1983, Jim Bowers 1984, Sal Vasquez 1985, Sal Vasquez 1986, Sal Vasquez 1987, Sal Vasquez 1988.

Masters Men 50-54 Road Racing

DARRYL BEARDALL

Top point-getter in PA-TAC's Grand Prix for 1989 in Senior Men category.

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 Mattos 1986, Andre Tocco 1987, Darryl Beardall 1988.

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, Wally Ingram 1988.

Masters Men 60-64 Road Racing

PAT DEVINE

Others: Jim O'Neill, Larry Banuelos.
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, Jim O'Neil 1988.

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, George Billingsley 1988.

Masters Men 70-74 Road Racing

PAUL REESE

Others: Wayne Zook, Don Dilworth.
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, Paul Reese 1988.

continued next page...

Masters Men 75-79 Road Racing

ROBERT BRIBSTON

Previous Selections: Paul Spangler 1976, Mel Shine 1986., Mel Shine 1987, Robert Bribston 1988.

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, Paul Spangler 1988.

Masters Women 40-44 Road Racing

LAURIE BINDER

Received first place votes from all panel members in this category. National champion 10K, half marathon and 5K. AR 10K 34:16.

Others: Hilary Naylor (2nd), Kathy Kennedy.

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, Laurie Binder 1988.

Masters Women 45-49 Road Racing

SHIRLEY MATSON

Bests include: 36:17 10K, 56:59 15K.

Others: Joan Colman, Harolene Walters and Joan Ulyot.

Previous Selections: Vicki Bigelow 1981, Vicki Bigelow 1982, Sandra Kiddy 1983, Karen Scannel 1984, Vicki Bigelow 1985, Shirley Matson 1986, Joan Ulyot 1987, Shirley Matson 1988.

Masters Women 50-54 Road Racing

GINA FAUST

Third straight year on top. Voted outstanding athlete by TAC/USA.

Others: Barbara Miller, Vicki Bigelow, Heidi Skaden.

Previous Selections: Marion Irvine 1981, Marion Irvine 1982, Marion Irvine 1983, Marion Irvine 1984, Alice Rose 1985, Vicki Bigelow 1986, Gina Faust 1987, Gina Faust 1988.

Masters Women 55-59 Road Racing

MARION IRVINE

Third time winner in this category. Outstanding athlete award from TAC/USA.

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, Marion Irvine 1988.

Masters Women 60-64 Road Racing

HELEN DICK

AR 12K - 56:02.

Also: Ruth Anderson.

Previous Selections: Kay Atkinson 1981, Jaclyn Caselli 1982, Jaclyn Caselli 1983, Mary Storey 1984, Helen Dick 1985, Margaret Miller 1986, Helen Dick 1987, Helen Dick 1988.

Masters Women 65-69 Road Racing

JACLYN CASELLI

Fourth time winner here. Voted outstanding award by TAC/USA. Bests include: 49:15 10K, 1:49:51 20K, 39:04 5 mile.

Others: Gerry Davidson, Helen Klein, and

Mary Storey.

Previous Selections: Kay Atkinson 1982, Evelyn Koinig 1983, Ada Thomas 1984, Judy Simon 1985, Jaclyn Caselli 1986, Jaclyn Caselli 1987, Jaclyn Caselli 1988.

Masters Women 70-74 Road Racing

JUDY SIMON

Four-time choice by panel. Bests include: 55:19 10K, 28:30 5K, 63:18 6.5 mile.

Previous Selections: Bess James 1981, Bess James 1982, Bess James 1983, Bess James 1984, Judy Simon 1986., Judy Simon 1987, Judy Simon 1988.

Masters Women 75-79 Road Racing

BESS JAMES

Five-times in this category. Bests include: 68:36 10K, 6:31:07 marathon, 29:54 5K.

Previous Selections: Bess James 1985, Bess James 1986., Bess James 1987, Bess James 1988.

Masters Women 80+ Road Racing

MAVIS LINDGREN

Voted outstanding award by TAC/USA.

Bests include: 6:49:33 L.A. Marathon.

Others: Edith Enos.

Previous Selections: Mary Ames 1987, Mavis Lindgren 1988.

Congratulations!

The Magic Ingredient

By JEFF GALLOWAY

"YOU WERE SO RIGHT! When I put the magic ingredient into my training program my times improved by 25 seconds in the 5K and 45 seconds in the 10K. I've told some of my friends about it--and they've improved about as much. Thanks!"

One of the most interesting parts of my running vacation (for me) is the opportunity to sit down with each person and write out a training program to meet their goals. Five months before, Louie from Boston had told me that he appreciated my suggestions, but it would be too difficult for him to follow it. In the note quoted above, however, he was reporting exactly what a "coach" likes to hear--that he tried the program, and it worked.

Louie was frustrated because of several small mistakes which practically every runner makes. By inserting the "special ingredient" he was able to take advantage of his basically sound training program. He had been doing the "big things" right. It was a few "little things" which slowed him down.

The secret formula for this fellow was very simple, and required no extra time for training. In his 6-7 day running week, he had three hard days: a long run on Sunday, a speed workout on Tuesday, and a race on Saturday. The workouts were just what he needed to achieve his goal--he just wasn't recovering between them.

I cut him back to 4 running days per week, and alternated races and long runs on successive weekends. He came away from the consultation shaking his head; I expected him to improve while running fewer miles and fewer days per week. He couldn't do it. I watched his defiance--during the rest of the vacation, he ran more miles than anyone else.

Upon returning home, however, he remembered a few things I told him. Runners who are over 35 will have increasingly tired legs if they don't take enough days off per week. Running pounds the legs and junk miles don't allow for complete recovery. Louie cut back to a 4 day running week.

He continued his speed sessions every week, but noticed that his legs recovered faster. He slowed down the pace of the long run, and increased the distance from 13 to 16 miles (every other week).

At first, his times in races were no faster--but he didn't feel so tired and tight at the end. After 5-6 weeks, he started improving and continued improving for the next 3 months.

The secret ingredient is rest--no running for 24 hours. Increasingly, I believe that those over 35 need two day off from running per week, and those over 45 need three days off. In many cases, the runners I've worked with have added miles to their running days and maintained the same weekly mileage. They receive a better training effect from the running days--and better recovery afterward.

To maintain sanity, many runners find an alternative activity, such as walking, cycling, swimming or running in deep water. This is preferable to not running at all, and often strengthens muscles which can act as back-up groups in fast or long runs.

"Now I can admit it," said Louie, "I enjoyed shutting off the 5:30 a.m. alarm. I told myself that the extra rest was part of my workout program."

For Louie, it was the most important ingredient.



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PREP NOTES

By KEITH CONNING

● Hawaii International Young Women's Ekiden.

By Doug Speck

December 30, Honolulu--Beth Bartholomew (Fremont, Sunnyside) took part in this popular Japanese road relay event that was brought to the U.S. in a competition sponsored by the Lion Corporation of Japan involving thirteen international squads of young women between the ages of 14 and 18. The event was held over the Honolulu Marathon course, with two U.S. prep teams, selected from the recent Kinney National High School Cross Country Finals, placing a respectable 6th and 12th in the competition which consisted of legs between 3 and 7 kilometers and a symbolic passing of the sash at each relay point. Experienced Japanese "B" and "A" teams went 1-2 in the race which was beamed back to Japan for prime-time live TV coverage. Beth raced the third leg for the U.S. "B" squad, a 5K distance, which she covered in 18:49.0, the 12th fastest split for that segment against a very tough international field.

The U.S. high-schoolers spent a great five days in the Islands housed in University of Hawaii dorms with the other international teams. The road relay aspect of this event almost has created a third sport for runners, with the difference in running distances and starting with some athletes ahead and some behind putting competitors in a mental state which is a good change of pace. It is hoped that interest in this event will continue to grow with the first one a real winner.

30 Kilometer course, point to point.

1. Japan "B" 1:43:22.7; 2. Japan "A" 1:43:31.7; 3. England 1:44:10.5; 4. China 1:45:53.0; 5. Canada 1:46:03.3; 6. United States "A" 1:47:18.3 (Cruz Zarco (Colorado 7K-25:51.7), Celeste Susnis (Indiana 3K-10:47.4), Sarah Schwald (Washington 5K-17:42.5), Carole Zajac (Pennsylvania 5.5K-19:50.8), Megan Thompson (Missouri 6K-21:27.3), Megan Flowers (Texas 3.5K-11:38.6)); 12. United States "B" 1:51:12.5. (Calley Nelson (Colorado 7K-25:47.6), Megan McCarthy (Virginia 3K-10:46.4), Beth Bartholomew (California 5K-18:49.0), Gina Derks (Florida 5.5K-22:05.3), Carrie Moller (Washington 6K-21:32.2), Jackie Concaugh (Virginia 3.5K-12:12.0)).

● TAC/USA Junior Track & Field Championships in Fresno.

June 28-July 1.

An annual highlight for those young athletes who are still "juniors" (those born 1971 or later) will be held in California early this summer. The U.S. Junior National Championships in Track & Field will be held June 28-July 1 in Fresno, California at Ratcliffe Stadium. This Meet will bring together the finest young athletes in the country and serve as the qualifying competition for the Third World Junior Championships in Plovdiv, Bulgaria, August 8-12. Also planned are a series of International Competitions in the United States in preparation for the World Junior Meet.

The U.S. Junior Championship Meet is the only end of season competition for high school athletes that can lead on to valuable international experience as the member of a U.S. Junior National Team.

The U.S. Junior Championship competition is a highlight of the season for the top high school athletes in the nation. The 1989 Junior Championship Meet in Columbus, Ohio, featured three national high school record breaking performances (Brian Tabor Triple Jump, Glenn Terry High Hurdles, and Gregg Hart Discus). Dion Bentley broke Carl Lewis's prep Long Jump record during the summer as a member of the U.S. Junior National team that was selected at the Columbus 1989 U.S. Junior Championships. Female participation in the TAC Junior Nationals was headlined by two-time *Track & Field News* Prep Athlete of the Year, Rio Mesa High School (Oxnard) sprinter Angela Burnham, with the next four top vote getters for that prestigious honor, High Jumper Tanya Hughes, Discus Thrower Teresa Sherman, Heptathlete Kelly Blair, and Hurdler Monica Taylor, starring in the Columbus TAC Junior competition and as members of the U.S. Junior National team in summer meets. The presence at the U.S. Junior Nationals of the top five male and female prep athletes last year in voting for "High School Athlete of the Year" by *Track & Field News* shows the importance of that competition in the seasonal plan of top prep athletes. Of the

one hundred high schoolers accorded All-American status by *Track & Field News* for 1989, fifty-two competed in the 1989 National Junior Championships in Columbus, Ohio. Over half of the U.S. Junior National team selected from last year's U.S. Junior National Championship Meet was of High School age. Most College Coaches find the Junior Championships an excellent chance to scout the young talent in the nation.

More information on the 1990 United States Junior Track & Field Championships can be secured by contacting the Meet Management. Call Ken Dose (209) 442-4600 ext 8448. You may write: Ken Dose-U.S. Junior National Championships, Fresno City College, 1101 E. University, Fresno, Calif. 93741.

Start your planning now to include this fine athletic experience during the 1990 season!

1990 U.S. Junior Outdoor Championships Qualifying

Standards

Men:

Event	Mark	
100m	10.64	10.4
100y	9.74	9.5
200m	21.43	21.2
220y	21.53	21.3
400m	47.83	47.7
440y	48.13	48.0
800m	1:52.73	1:52.7
880y	1:53.13	1:53.1
1500m	3:52.80	3:52.8
1600m	4:11.00	4:11.0
1 Mile	4:12.60	4:12.6
3000m SC	9:17.00	9:17.0
2000m SC	6:17.00	6:17.0
5000m	14:45.20	14:45.2
3000m	8:29.50	8:29.5
3200m	9:05.20	9:05.2
2 Mile	9:08.20	9:08.2
3 Mile	14:15.20	14:15.2
10,000m	32:00.00	32:00.0
6 Mile	30:57.00	30:57.0
110m H (42")	14.50	14.3
120y H (39")	14.14	13.9
400m H (36")	54.07	53.9
440y H (36")	54.20	54.0
400m H (30")	53.74	53.6
440y H (30")	53.94	53.8
300m H (36")	37.44	37.3
300m H (30")	36.94	36.8

continued opposite...

A Look Back Through the Decade of the 1980's in California High Schools

By Doug Speck

○ 1980:

Long Beach Poly, anchored by Faye Paige in 55.5 destroyed the National HS Indoor 4x400 record with a 3:51.0 in the Muhammad Ali Invitational—Andy DiConti (La Canada) raced a 4:10.5 mile in the Sunkist Indoor affair, with Freeman Miller (Fremont) Triple Jumping a fine 50-5.75.

—Fountain Valley's Girls team starts the year's string of National Records with a 12:04.4 Distance Medley Relay at the Arcadia Invitational. Alemany's Girls, anchored by Vickie Cook, set a National 4x Mile Record of 21:14.3 at the Mt. Carmel (San Diego Invite). Leslie Deniz (Gridley) extended her own National Discus record set in 1979 out to 177-7, then to 178-8 through late May. Likewise, Berkeley's Girls, who set the record at 1:38.3 in 1979, took down the 4x200 prep best, first to 1:37.6, then 1:37.1. The Willie White coached crew lowered the National 4x100 best to 45.7 in Section action. Charles Mayfield (Muir, Pasadena) took the Federation Triple Jump mark out to 52-10.5 during Pacific League action.

—The Berkeley State Meet featured National Relay records from the Sherri Howard (the team also featured Denean and Tina from the family) anchored Ken-

edy of Granada Hills teams, first over 400 meters (45.81), then over 1600 Meters, at 3:37.98. On the Boys side, Centennial (Compton) broke the National 4x400 meter record with a 3:10.37, with Mike Turner holding off Berkeley's Kenny Robinson on the anchor.

—Sherri Howard (Kennedy, Granada Hills), who took the TAC Senior and Olympic Trials 400 Meter races, is selected as *Track & Field News* female High School athlete of the year. Marlene Harmon (1000 Oaks), who set a National Pentathlon record was voted 2nd nationally, with Leslie Deniz 4th, Denean Howard 6th, and Sharon Ware (Berkeley) 8th.

○ 1981:

Denean Howard (Kennedy, Granada Hills) sets a National Indoor 500 yard record indoors with 1:04.1 in Open division in the Sunkist Indoor—Jon Butler (Edison, Huntington Beach) clocks 4:11.3 (Mile-Michelob Indoor) and 8:55.2 (2-mile-L.A. Times).

—At the Jenner Prep Meet Vickie Cook (Alemany, Mission Hills) took rival Polly Plumer (University, Irvine), with both at 4:25.8 for 1500 meters in an exciting showdown. Kenny Robinson (10:44) and Sharon

Ware (11:59) cranked quick 100 wins there for Coach Willie White's Berkeley High crew.

—Santa Barbara High took down the National Distance Medley record with a 12:01.0 for the yard distance in the Santa Barbara Relays—The National Records continued during this season, with Kenny Robinson and Pete Richardson leading Berkeley's 3:21.1 Sprint Medley National Record setters, with Natalie Kaaiawahia (Fullerton) tossing the Shot out to 50-10 at Arcadia for another National Best at that competition.

—The Southern Section Divisional Meet was strong, with Gayle Kellon (Walnut) lowering the National 300 Meter Low record to 41.91. In the decade's most memorable mass finish, Centennial (Compton) won the 4A 4x400 Meter Relay in 3:12.89 with the next four squads (each of whom held the lead sometime during the anchor leg) within .43. Kaaiawahia moved her National Shot best out to 52-4.5 during the qualifying process in her section.

—The 1981 State Meet would have to win the award as top Golden State affair of the 80's. Five National Records were set during the weekend at Cerritos that featured the North-South statewide rivalry more in-

continued next page...

330y H(36")	37.64	37.5
330y H(30")	37.14	36.9
5K Walk	25:38.00	25:38.0
10K Walk	56:00.00	56:00.0
High Jump	2.11	6-11
Pole Vault	4.75	15-7
Long Jump	7.20m	23-10.5
Triple Jump	14.82m	48-7.75
Shot Put (16)	15.71m	51-6.5
Shot Put (12)	18.33m	60-1.5
Discus (2K)	47.24m	155-0
Discus (HS)	54.72m	179-6
Hammer (16)	42.60m	140-0
Hammer (12)	40.70m	160-0
Javelin (New)	59.44m	195-0
Javelin (Old)	62.64m	205-6
Decathlon	5950(Int.)	6250 (HS)

Women:

Event	Mark	
100m	12.24	12.0
100y	11.24	11.0
200m	24.74	24.5
220y	24.84	24.6
400m	55.94	55.8
440y	56.24	56.1
800m	2:14.14	2:14.0

880y	2:15.14	2:15.0
1500m	4:42.14	4:42.0
1600m	5:00.94	5:00.8
1 Mile	5:02.14	5:02.0
3000m	10:20.14	10:20.0
3200m	11:00.14	11:00.0
2 Mile	11:05.14	11:05.0
5000m	18:00.14	18:00.0
10,000m	40:30.14	40:30.0
100m H (33")	14.64	14.4
110m H (30")	14.34	14.1
300m H	44.14	44.0
400m H	63.14	63.0
3K Walk	16:00.14	16:00.0
5K Walk	23:30.14	2:30.0
High Jump	1.73m	5-8.0
Long Jump	5.72m	18-9.25
Triple Jump	11.60m	38-0.75
Shot (4K)	12.80m	42-0
Discus	42.80	140-5
Javelin	40.00	111-3
Heptathlon	4200 FAT	

Qualifying Guidelines:

1. Qualifying marks must be made in (1) TAC sanctioned meets, (2) collegiate meets

or (3) high school meets, except dual and triangular meets.

2. Junior qualifying standards must be met from May 26, 1989 through June 24, 1990.

3. Junior multi-event marks must be made from January 1, 1989 through June 24, 1990.

4. Indoor marks made after December 1, 1989 are acceptable for entry into the Junior Championships.

5. A three percent (3%) altitude allowance will be permitted on track events of 1500 meters and longer conducted above 4000 feet.

6. Standards for events of 3000 meters and longer must be met on standard tracks, not on road courses.

7. If fully automatic and manual times are both recorded, only FAT can be submitted. Times submitted in hundredths of seconds must be FAT.

8. 1500-meter, 1600-meter, one mile, 3000-meter, 3200-meter and two-mile qualifying times also qualify for the 5000 Meters and 10,000 Meters for both men and women and the 3000-meter steeplechase for men.

PREP NOTES

tensely than at any other competition. Berkeley, the power in the North, under Coach Willie White, came South to face the best there and before the weekend was over the Yellowjacket crew had taken part in breaking four national records. Pete Richardson set an 800 meter standard of 1:47.31, Walter Murray lowered the 300 meter Lows standard to 35.79, with the Yellowjacket Boys 4x400 group (3:08.94) and Girls 4x100 group (45.13) destroying all-time prep bests. The Kennedy (Granada Hills) girls 4x400 group raced 3:37.61, anchored by Denean Howard's 50.8, with the two 4x400 record efforts putting the cap on a magical state championship weekend. Cerritos was more than sold out for Saturday's Finals on that weekend.

--Ed Tave (Muir, Pasadena) outleaped future football great Vance Johnson (Arizona) 25-9w-25-8w in the Long Jump for the best California mark from the Golden West Invite.

--Denean Howard (Kennedy, Granada Hills) took the Senior Women's TAC 400 Meter title at 51.79. Later, she is named the *Track & Field News* High School Female Athlete of the Year. Kaaiawahia is 4th in the voting, with Vickie Cook 10th. Pete Richardson was third in the Boys' voting, with Ken Frazier (national LJ (25-3) and TJ (52-4.75) leader) eighth.

○ 1982:

Jessica Spies (Livermore) raced a fine 2:11.7 in the Sunkist Indoor 880, then returned to outkick Polly Plumer (Univ., Irvine) over a mile 4:58.2-4:58.3. MacArthur Osborne (Crenshaw, L.A.) raced a fine 1:53.9 880 in that meet.

--April was one of National Prep bests. Denean Howard (Kennedy, GH) continued the string of records at Arcadia, with her 52.90 400 meters a Federation best to go along with 12.01 (100) and 23.9 (200) wins that were part of an amazing triple win. Polly Plumer led Univ. of Irvine teams to 4x1500 meter (18:52.5) and Distance Medley (11:44.53) All-Time prep bests (with the Distance Medley mark still standing). Competing unattached in the Kinney Invite at UCLA Polly Plumer continued a magical senior year by taking down the prep 1500 meter (4:16.8) and Mile standards (4:35.24).

--Gayle Kellon (Walnut) lowered the 300 meter Lows Best to 41.44 during Southern Section competition.

--The Sacramento state meet was headlined by National Bests in the 300 Meter Lows from Tony Atkins (35.76) and Kellon once again (41.09). Denean Howard (Kennedy, GH) lowered her Federation 400 record to 52.39 here, to go along with a 200 win and 2nd at 100. Plumer set a Federation best over 1600 Meters here at 4:39.92. Steve Kerho (Mission Viejo) took down the prep auto-timed High Hurdles record to 13.41.

--Denean Howard continued her fine running into the summer racing a 50.87 Prep Record in winning the TAC Senior title at that distance. Gayle Kellon raced 58.22 for the full 400 Meter Lows distance to set an American Junior (athletes 19 & Under) Record.

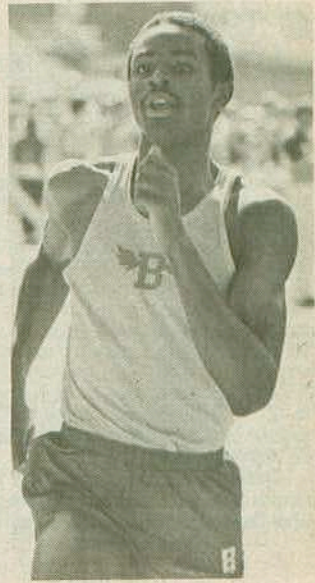
--Denean Howard is voted National Prep Athlete of the Year by *Track & Field News* prep staff once again. Gayle Kellon was third ranked in the nation, with Polly Plumer 5th, and Natalie Kaaiawahia tied for 7th. Steve Kerho was the highest ranked California male prep at third, with Maurice Crumby (Balboa, San Francisco) 10th for his junior year 7-3 High Jumping.

○ 1983:

Indoors, Doug Fraley (Clovis West, Fresno) had the top mark from the Sunkist with a 16-2.75 pole vault

effort. Gladees Prieuer (Le Lycee Francais, L.S.) recorded a 4:47.1 Mile in the San Diego Michelob.

--Maurice Crumby (Balboa, San Francisco) skied a prep and American Junior best in the High Jump with his 7-4.5 from the Marin Luther King Invitational at Stanford. Other top April Invitational action was Eric Reynolds (Camarillo) winning at Arcadia in 8:49.06 over 3200 meters, while up north Cory Schubert (Del



From left to right: ERIC REYNOLDS (photo by Burt Davis), JESSICA SPIES and PETE RICHARDSON (Fine Flicks by Don Gosney)

Mar, San Jose) doubled at 4:30.2 (1500m) and 9:30.2 (3K) at the Jenner Meet.

--Preps performed nicely in the Pepsi Invite at UCLA. Natalie Kaaiawahia (Fullerton) continued her record-setting, tossing 52-4.5 while competing unattached, while Gayle Kellon (Walnut) raced 58.06 for an auto-timed American Prep and Junior 400 meter hurdle effort. Eric Reynolds (Camarillo) clocked 8:44.0 for 2 miles in that same meet.

--The State Meet at Bakersfield was another good one. Danny Harris (Perris) put the 300 meter lows event to permanent rest in California with his 35.52 National Record, while Kaaiawahia's 52-7.5 was #2 ever behind a 53-7.75 during the Section qualifying process. Natalie took the Discus at 170-0, while Cory Schubert (Del Mar) raced to a very exciting double (3200-10:08.14 and 1600-4:44.93) win. Coach Kye Courtney's Hawthorne program marked its total coming out as soph Henry Thomas held off Danny Harris on the anchor of the 4x400 relay with a 46.0 in anchoring the school's 3:10.11 winner.

--Mike Kibort (Saratoga) leaped a fine 16-6 to win the Golden West Invitation Vault.

--In end of year Athlete of the Year voting by *Track & Field News* Gayle Kellon was tied for 2nd, with Natalie Kaaiawahia 4th and Cory Schubert 5th. Leslie Maxie (Mills, Millbrae), who led the nation at 53.13 over 400m, was 8th. Maurice Crumby was California's only Boy ranked with his 6th.

○ 1984:

Henry Thomas (Hawthorne) led the Sunkist Indoor with a fine 6.22 for 60 yards, with Kirstin O'Hara (Palos Verdes) racing 10:28.1 for 2 miles in the Michelob affair.

--Leslie Maxie (Mills, Millbrae) became serious about a non-prep event during the Olympic year, clocking a

prep and American Junior 400 meter Lows record of 57.52 competing unattached in the Sun Devil Invitational in Tempe, Arizona.

--During April Invitational action the Muir-Hawthorne rivalry heated up at Arcadia, with Ray Brown (Muir) running down Henry Thomas at the end of a 41.18 4x100 relay and winning at 10.54 in the 100. Wendy Brown (Woodside) showed her senior year would be a special one, with a 43-2.5w Triple Jump win at Jenner to go along with a 6-2.25 High Jump win. Ray Brown handled Thomas at Mt.SAC with a 10.39 at 100 meters, with Thomas catching a start at the Section Meet and rocketing a 10.27 State Record.

--In the Pepsi Invitational competing unattached Henry Thomas raced 45.82 with Roman Gomez (Belmont, L.A.) recording an 8:20.6 for 3000 meters.

--Leslie Maxie (Mills, Millbrae) took down the National Record in the 300 meter Lows during Section competition by almost a second in her 40.18. Joe Richardson (Pasadena) steadily improved in the horizontal jumps, moving to 25-1w (LJ) and 53-0.25w (52-0) (TJ) bests, as did junior weightman Brian Blutreich (Capistrano Valley) 68-4.25 (SP) through section competition.

--The second (and last) one-day state meet at the Coliseum featured Wendy Brown of Woodside, who led her team to the title with 20-9.75 (LJ), 6-0.25 (HJ), and 42-10.5 National Record (TJ) wins in the field and a 13.59 2nd in the 100 meter Low Hurdles. Choo Choo Knighten (Locke, L.A.) raced 52.67 for 400m, Trena Hull (Compton) nipped rival Kerri Zaleski (Millikan,

continued next page...

PREP NOTES

Long Beach) 2:04.91-2:05.87 in the 800, and was 2nd in the 1600 at 4:47.70. Kirsten O'Hara (Palos Verdes) was 10:11.42 for 3200 meters, with Gail Devers (Sweetwater, National City) 11:51 (100m), 13.41 (100mLH) and 20-6.25 (LJ). Henry Thomas (Hawthorne) led his team to the title with 10.44-20.77 sprint wins and a 46.0 anchor on a 3:09.45 4x400 relay. Interest in the sport was especially strong that year, as things built towards the L.A. Summer Olympic Games.

--In the Golden West Invite Joe Richardson (Pasadena) continued to improve, responding to upstart Johnny Cleveland's (Soquel) 26-0 LJ with a 26-0.75 effort to win there, then Joe shocked by sailing out to 53-6.5 for a Prep All-Time Triple Jump best.

--Leslie Maxie continued her Olympic Year improvement in the 400 meter Hurdles, shattering the World Junior Standard (19 and under) and her own U.S. Prep best with a 55.20 in the TAC with a 2nd place effort. Unfortunately, in the Olympic Trials Leslie finished 5th (in 56.86), just missing the U.S. team for the L.A. Games.

--In End of Year Voting for National Athletes of the Year at the prep level by *Track & Field News*, Leslie Maxie (Mills) and Wendy Brown (Woodside) went 1-2, with Gail Devers (Sweetwater) 7th. Michelle Olivera (Bishop Diego HS, Santa Barbara), who only one out of a thousand prep fans could identify for her javelin successes, was 9th. On the Boys' side, Joe Richardson (Pasadena) was 3rd, with Henry Thomas 7th.

○ 1985:

Choo-Choo Knighten (Locke, L.A.) started off her senior year in fine style, recording a National Record 1:04.0 500 yard indoors at the Sunkist Meet. Brandon Richards (San Marcos, Santa Barbara) cleared 17-0 in the Pole Vault in the Open division in that Meet--The San Diego Michelob Indoor meet was strong. Knighten

equalled her 1:04.0 record, with Calvin Gaziano (Castro Valley) taking Kinney National Cross Country Champion Scott Fry (Ohio) 8:55.7-8:58.2 over two miles. Hawthorne blew away the National Girls 4x160 relay best with a 1:11.5, with Henry Thomas anchoring a 3:20.8 mile relay with a 47.8 on the tight 160 yard track.

--Brandon Richards, who would frustratingly no-height or came down with injury most of the outdoor season while trying to represent San Marcos (Santa Barbara) in meets, vaulted 17-6 to win the Pathmark National Scholastic Indoor Championships at Princeton, New Jersey. Calvin Gaziano (Castro Valley) took the 3000 in 8:26.55.

--Latrese Johnson (Clovis) shocked outdoors with a 6-2.75 National Record equalling High Jump in the March 15 Sanger Relays. Hawthorne set a National Sprint Medley Relay record on the Boys' side with Henry Thomas and Sean Kelly doing most of the damage for the 3:21.15 team.

--In probably the most dramatic performance in an all-prep field during the decade Hawthorne went to the Texas Relays and stuck it to Roy Martin and the best Lone Star State teams. In the 4x400 event Michael Graham, Michael Marsh, and Sean Kelly preceded Henry Thomas' 44.8 anchor that carried the Cougars to the still standing 3:07.40 National Record.

--In other April competitions, Choo Choo Knighten (Locke) took four events at Arcadia (100-200-400-100LH), with Danny Everett (Fairfax, L.A.) upsetting State Champion Chip Rish over 400m in 46.79 there. Brian Blutreich (Capistrano Valley) was out to 66-6.5 in the Shot there, and had a 210-8 (#2 all-time) from a dual meet.

--Muir of Pasadena, anchored by Linetta Wilson, set a National 4x400 record of 3:37.69 in the Southern Section competition, with George Porter (Cabrillo, Lompoc) racing 35.57 for the 300 Meter Intermediate Hurdles. Shocking news was the appendectomy at this

point in the season that effectively ended the scholastic season of Hawthorne's Henry Thomas. The Hawthorne Girls took over the load for the team as the 4x100 team took down Berkeley's 45.13 with a 45.11 in the Section State Qualifier. George Porter lowered the National Record in the 300 meter Intermediates with a 35.32 in that Meet. Brian Blutreich (Capo Valley) tossed to a State Record 69-6.5 in the Shot.

--In the Sacramento State Meet Chip Rish (Marina, Huntington Beach) defended his 400 title over favored Danny Everett (Fairfax) 45.7-46.37. Roman Gomez (Belmont, L.A.) doubled in the distances (1600-4:15.93 & 3200-9:03.05), with Hawthorne surviving the loss of Henry Thomas to take yet another State Meet team title. A torrid team competition on the Girls' side had Muir, led by Linetta Wilson's 41.54 300 LH win and a 4x400 relay win, overcome Hawthorne and Choo-Choo Knighten's Locke crew to win (Knighten took the 400 in 52.72, was 2nd in the 100, and 3rd in the 100LH).

--Danny Everett (Fairfax) 400 (46.09), Roman Gomez (Belmont) Mile (4:07.09), and Brian Blutreich (Capo Valley) SP (67-5.5) and DT (202-1) were big Golden West Invitational winners.

--Choo Choo Knighten took the TAC Junior 400 Meter title with Leslie Maxie winning the 400 meter Hurdles in that competition. Henry Thomas recovered from his appendectomy and spent the summer competing in Europe, recording a 45.09 400 (#2 U.S. Prep ever). During the season Kerri Zaleski (Millikan, Long Beach) recorded a 2:04.59 800m in competition at the open level and was named to lead the *Track & Field News* All-American team in that event.--In the *Track & Field News* voting for National Prep Athlete of the Year, Latrese Johnson of Clovis was crowned top athlete in the nation by voters, with Leslie Maxie #3, and Choo-Choo Knighten 7th. Brandon Richards (San Marcos, Santa Barbara) ended up second among the Men



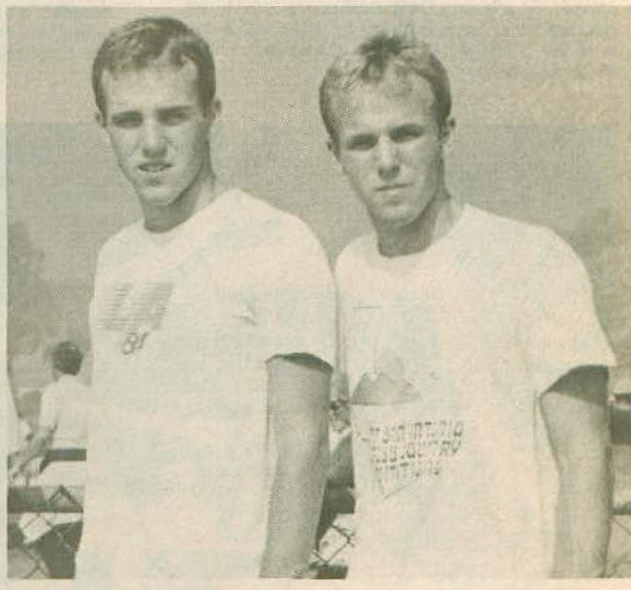
CHOO-CHOO KNIGHTEN

Fine Flicks by Don Gosney



BRIAN BLUTREICH

Fine Flicks by Don Gosney



MARK (left) and ERIC MASTALIR

Photo by Burt Davis

PREP NOTES

with fine summer results that had him leap a High School Record 18-2. Henry Thomas was 3rd on the Boys' side with Brian Blutreich 5th, and George Porter 9th.

○ 1986:

Jackie Anderson (Mt. Miguel, Spring Valley) shocked with a 41-0.5 National Indoor Triple Jump Record in the San Diego Michelob Indoor Meet. Mark Dani (Valhalla) blazed an 8:49.1 2-mile in that competition—Eric Mastalir (4:08.06-red), Mark Dani (4:10.31-4th), and Mark Mastalir (4:11.14-5th) ran very strongly at the Pathmark National Scholastic Indoor Meet.

--Eric (8:48.55) and Mark (8:51.99) Mastalir, took Dani and an outstanding Southern California crew in a big Arcadia 3200 showdown.

--Eric Mastalir raced 8:44.95 to win the State 3200, with brother Mark winning the 1600 at 4:07.81. Marcus Hooks (Lakewood) leaped 52-5.75 in the Triple Jump (during trials action). Janeene Vickers (Pomona) raced 41.32 in the 300 Lows and clocked 13.47 in the 100 Lows in a heat. Tami Stiles (Hawthorne) won the 200 and anchored a 45.54 400 Relay win.

--Eric Mastalir (8:07.60) won the Golden West 3000 in the #4 prep time ever to lead locals, with brother Mark 2nd at 8:10.54.

--In voting for National Athlete of the Year among Preps Eric Mastalir (Jesuit, Carmichael) was 2nd, brother Mark was 8th, with Marcus Hooks (Lakewood) 10th. On the Girls' side Janeene Vickers was 7th.

○ 1987:

Brent Burns (Acalanes, Lafayette) had the top mark from the Sunkist Indoor, a 16-6 pole vault, with Tracey Williams (Mt. View, El Monte) clocking a fine 10:35.7 two mile.

--Kamy Keshmiri (Reno, NV) came to California and broke the National Record in the Discus twice. At Stanford, March 28th, he tossed 214-11, but at Arcadia, pressed by Arizonan Dwight Johnson's 212-11, the Nevadan left all preps in history far behind with a dramatic 224-3 final throw. Brent Burns vaulted 17-3 in the Arcadia affair.

--Hawthorne High broke the National Girls sprint medley relay record (100-100-200-400) at the Mt. SAC Relays at 1:42.0.

--Quincy Watts (Taft, Woodland Hills), at 10:36 and 20.69, and Corey Ealy (Muir, Pasadena) 10.36 and 20.80, were the nation's top two sprinters through most of the spring.

--Janeene Vickers (Pomona) was the top performer at the Sacramento State Meet, winning the 100 Lows at 13.34 and racing a #2 prep time ever of 40.26 in the 300 meter Lows. Kira Jorgensen (Vista) won the 1600 in the nation's quickest time, 4:45.98. Dave Bultman (Royal, Simi) exploded to 67-0 in the Shot Put. Quincy Watts (Taft, Woodland Hills) took the 100 (10.49) and 200 (20.99), exhibiting shocking acceleration over the final part of the events. It was Hawthorne who once again took the Boys' team title by virtue of another 4x400 relay triumph.

--Steve Lewis (American, Fremont) improved late in the season over 400 meters, running 46.14 to win the Golden West Invitational, then racing 45.76 behind William Reed in the TAC Junior Nationals. Brent Burns took the Golden West Vault at 17-4.5.

--In voting for National Prep Athlete of the Year by *Track & Field News*, Janeene Vickers is named Athlete of the Year on the Girls' side, Quincy Watts is voted #5 on the Boys' side, with vaulter Brent Burns 8th.

○ 1988:

The Hawthorne Girls 4x200 team broke the National Indoor record with a 1:41.57 in their heat of the National Scholastic Indoor affair in New Haven, Connecticut, only to have Tilden of Brooklyn race 1:41.15 in the very next race.

--The Arcadia Meet went National, with Ian Alsen (Granada Hills) doubling in an impressive 4:09.67 (1600) and 8:59.54 (3200). Travis Hanna (Hawthorne) ran down the South Oak Cliff of Dallas, Texas, anchorman at the tape with a 45.5 split in the meet's final event, the 4x400 meter relay, in probably the decade's most exciting finish. The Hawthorne girls turned back rivals Tilden of Brooklyn in both the 4x100 and 4x400 relays.

--Brian Bridgewater (Washington, L.A.) (20.53) and Quincy Watts (Taft, Woodland Hills) (20.67) led the nation over 200 meters and had a series of monumental contests over the half lap distance, with Bridgewater taking the L.A. City and State Meet races. Reggie Williams (River City, Sacramento) was very impressive in a Cerritos State Meet double, 4:08.78 (1600) and 8:59.61 (3200). Karen Hecox (South Hills, West Covina) cranked a 10:16.14 3200 there, with Angela Burnham (Rio Mesa) a fine 100 (11.52) and 200 (23.45) double winner.

--Reggie Williams continued his fine running into the summer, taking the Golden West 3000, Keebler 2 Mile, and Junior TAC 5000 meter title. Quincy Watts became a World Junior Gold Medalist as the U.S. squad he was a part of took the 4x100 meter relay event in Sudbury, Canada. Angela Burnham was 6th in that World Junior Meet over 100 Meters.

--In National Prep of the Year voting by *Track & Field News* Angela Burnham was named Athlete of the Year on the girls side, with Reggie Williams 4th vote getter among the Boys. Decathlete and vaulter Tom Richards (San Marcos, Santa Barbara) was 6th.

○ 1989:

Hawthorne broke another All-Time Prep mark in the National Scholastic Indoor affair, with Coach Kye Courtney's Boys team recording a 1:28.25 in the 4x200 event. Angela Burnham (Rio Mesa) started off her senior year with a win there in the 200 meters.

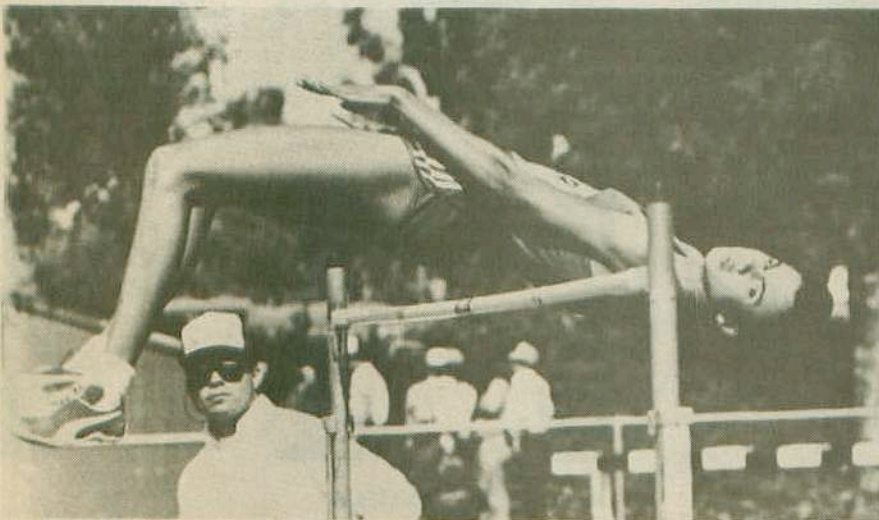
--Arcadia once again brought a national flavor, with 14 states attending. Leah Kirlin (Marshall, Oklahoma City) was named Athlete of the Meet for her 41-8 Triple Jump win and anchor on a smooth-passing 46.79 4x100 Relay winner. Inger Miller (Muir) and Angela Burnham split in sprint duels, Miller taking the 100 11.59, with Angela the duce at 23.63. Dawn Dumble (Bakersfield) tossed the Shot 48-9, with Texan Jayson Lavender (Wichita Falls) jumping 17-3.25 in the Vault.

--Dave Welch (Jesuit, Sacramento) raced 8:23.11 in the Mt. SAC 3000 meters, with Angela Burnham 11.57 (100), and Juliana Yendork (Walnut), a Ghanan native and only a 10th grader, recording a 41-1.25w Triple Jump there.

--Angela Burnham and Inger Miller emerged as the top two prep sprinters in the nation, racing a number of breathlessly exciting 100's and 200's during the last part of the year. Julie Broughton (Woodland) leaped 6-2.25 in the High Jump. Hawthorne's Boys shocked with a 40.29 400 relay during Section Qualifying action, with Brent Noon (Fallbrook) tossing the Shot 69-8.25.

--In the Cerritos State Meet James Stallworth (Tulare) started off Saturday's Finals with an amazing 26-4.75 Long Jump. Hawthorne blazed 40.24 in the Heats in the 4x100, then managed to take the team title despite not finishing the short relay in the Finals. Juliana Yendork continued her fine Triple Jumping, sailing 42-6.75 for a National soph record. Angela Burnham took the 100 (11.31w) and 200 (23.56).

--In *Track & Field News* voting for Athlete of the Year Angela Burnham fittingly closed out the decade by being only the second prep ever to repeat for that top honor (Denear Howard was the other from 1981 and 1982). Juliana Yendork ended up third in the voting, with Julie Broughton (Woodland) 7th, and Dawn Dumble (Bakersfield) 8th for the State's best showing in a while. On the Boys' side James Stallworth was 8th, with Brent Noon 10th.



LATRESE JOHNSON

Fine Flicks by Don Gasney

1989 Kinney California State High School Cross Country Rankings

By Doug Speck, Steve Fagundes and Correspondents around the State

Boys

Division I (1600 students & above)

- | | |
|---------------------------|--------------------------------|
| 1. Camarillo | 14. Poway |
| 2. De La Salle (Concord) | 15. Amador Valley (Pleasanton) |
| 3. Agoura | 16. Helix (La Mesa) |
| 4. Madera | 17. Hart (Newhall) |
| 5. San Clemente | 18. Watsonville |
| 6. Saddleback (Santa Ana) | 19. San Pasqual (Escondido) |
| 7. Canyon (Canyon Co.) | 20. Fountain Valley |
| 8. Hoover (Glendale) | 21. Santa Ana |
| 9. Arroyo Grande | 22. Torrance |
| 10. Del Campo (Fair Oaks) | 23. San Gabriel |
| 11. Belmont (L.A.) | 24. Casa Roble (Orngv) |
| 12. Taft (Woodland Hills) | 25. Dana Hills |
| 13. Bellarmine (San Jose) | |

Division II (700-1599 students)

- | | |
|----------------------------|-----------------------------|
| 1. Jesuit (Carmichael) | 14. St. Ignatius (S.F.) |
| 2. Norte Vista (Riverside) | 15. University (San Diego) |
| 3. Palo Alto | 16. Benicia |
| 4. St. Anthony (Long Bch) | 17. Lemoore |
| 5. South Pasadena | 18. Sonora |
| 6. Lompoc | 19. Palo Verdes |
| 7. Corona del Mar | 20. San Luis Obispo |
| 8. Northgate (Walnut Ck) | 21. San Marino |
| 9. La Jolla | 22. Castro Valley |
| 10. Arcata | 23. El Dorado (Placerville) |
| 11. Los Gatos | 24. Yucaipa |
| 12. Wasco | 25. St. Francis (Mt. View) |
| 13. El Camino (Oceanside) | |

Division III (0-699 students)

- | | |
|------------------------------|------------------------------|
| 1. Laguna Beach | 14. Bishop (La Jolla) |
| 2. McFarland | 15. Coronado |
| 3. Bret Harte (Altaville) | 16. Lick-Wilmerding (S.F.) |
| 4. La Salle (Pasadena) | 17. Stevenson (Pebble Bch) |
| 5. Calvin Christian (Escndo) | 18. Oak Park |
| 6. Sherman Indian (Riversd) | 19. University (S.F.) |
| 7. Maranatha (Sierra Mad) | 20. South Fork (Miranda) |
| 8. Pater Noster (L.A.) | 21. Crossroads (S. Monica) |
| 9. Yosemite (Oakhurst) | 22. Webb Schools (Claremont) |
| 10. York (Monterey) | 23. Fort Bragg |
| 11. Bell-Jeff (Burbank) | 24. Brentwood (L.A.) |
| 12. Corcoran | 25. Vanden (Travis AFB) |
| 13. Christian (El Cajon) | |

Congratulations to those Californians who qualified for the Kinney National Finals at San Diego on December 9th by placing among the top eight in the West Regional in Fresno:

1. Bryan Dameworth (Agoura) 14:39
2. Louie Quintana (Arroyo Grande) 14:59
5. Eliazar Herrera (Hoover, Glendale) 15:05

Thanks -- for their assistance all year long with these rankings -- Keith Conning, Phil Wilder, Willie Harmatz, Hal Daner, Bob Wall, Steve Ward, Dennis McClanahan, and Sara Clifford.

Girls

Division I (1600 & Above students)

- | | |
|------------------------------|-------------------------------|
| 1. Palo Verdes | 14. Paramount |
| 2. Agoura | 15. Clovis West (Fresno) |
| 3. Mt. Carmel (San Diego) | 16. El Toro |
| 4. San Pasqual (Escondido) | 17. Westlake (Westlake VII) |
| 5. Poway | 18. California (San Ramon) |
| 6. Arroyo Grande | 19. San Ramon (Danville) |
| 7. Buena (Ventura) | 20. Foothill (Bakersfield) |
| 8. Alta Loma | 21. Rubidoux (Riverside) |
| 9. Overfelt (San Jose) | 22. Capistrano Vly (MissionV) |
| 10. Woodbridge (Irvine) | 23. Del Campo (Fair Oaks) |
| 11. Bella Vista (Fair Oaks) | 24. Irvine |
| 12. San Clemente | 25. Grossmont (La Mesa) |
| 13. Channel Islands (Oxnard) | |

Division II (700-1599 students)

- | | |
|--------------------------|-------------------------------|
| 1. La Jolla | 14. St. Paul (Whittier) |
| 2. Mills (Millbrae) | 15. Mitty (San Jose) |
| 3. Corona del Mar | 16. South Hills (West Covina) |
| 4. Nordhoff (Ojai) | 17. St. Francis (Mt. View) |
| 5. Morro Bay | 18. Anderson |
| 6. San Marino | 19. La Habra |
| 7. Newport Harbor | 20. Los Altos (Hacienda Hts) |
| 8. Golden West (Visalia) | 21. Lassen (Susanville) |
| 9. Castro Valley | 22. Orange |
| 10. San Luis Obispo | 23. Santa Margarita (M.Viejo) |
| 11. St. Francis (Sacto) | 24. Chaminade (Canoga Pk) |
| 12. Foothill (Santa Ana) | 25. El Camino (Oceanside) |
| 13. Los Gatos | |

Division III (0-699 students)

- | | |
|-----------------------------|----------------------------------|
| 1. Bret Harte (Altaville) | 14. Coronado |
| 2. Maranatha (Sierra Mad) | 15. Garces (Bakersfield) |
| 3. L.A. Baptist (Sepulveda) | 16. Loretto (Sacto) |
| 4. Marymount (L.A.) | 17. University (S.F.) |
| 5. McFarland | 18. San Joaquin Mem. (Fresno) |
| 6. Paraclete (Lancaster) | 19. Head Royce (Oakland) |
| 7. Piedmont | 20. Yosemite (Oakhurst) |
| 8. Brentwood (L.A.) | 21. Santa Catalina (Monterey) |
| 9. Thacher (Ojai) | 22. Fort Bragg |
| 10. Laguna Beach | 23. Calvin Christian (Escondido) |
| 11. Bell-Jeff (Burbank) | 24. Webb Schools (Claremont) |
| 12. Stevenson (Pebble Bch) | 25. Justin (Siena) (Napa) |
| 13. Lick-Wilmerding (S.F.) | |

Congratulations to those Californians who qualified for the Kinney National finals at San Diego on December 9th by placing among the top eight in the Western Regional in Fresno:

2. Deena Drossin (Agoura) 17:40
3. Becky Spies (Livermore) 17:5
4. Jennifer Owens (So. Lake Tahoe) 18:00
6. Beth Bartholomew (Fremont, Sunnyvale) 18:01
8. Jeannine Rothman (Westlake, WV) 18:05

PREP NOTES

1989 All-California HIGH SCHOOL CROSS COUNTRY TEAM

By KEITH CONNING

The top 40 cross country runners are placed in order of their best time at Woodward Park during the CIF/Reebok State Meet and the Kinney Western Regional Meet. After each athlete you will find some of their significant races during the season.

If I used different criteria, I would get different results. I was trying to reduce the subjective judgments used in selecting the team.

I derived this method of selecting the team from the NCAA, which bestows All-American honors on the top 25 finishers in their championship meet. Since California has three divisions in the State Meet, I thought it would be fairer to include the times from the Kinney Western Regional as well. That gives runners in the smaller school divisions a chance to improve their times with the increased competition available in the Kinney meet. It also gives athletes who didn't qualify for the State Meet a chance to make the team.

Bryan Dameworth (Agoura) ran 15:18 at Woodward Park as a freshman in 1986, 15:12 as a sophomore in 1987, 14:58 as a junior in 1988, and 14:39 as a senior in 1989.

Louis Quintana (Arroyo Grande) ran 15:30 as a freshman in 1987, 15:02 as a sophomore in 1988, and 14:54 as a junior in 1989. That equals the top junior time by Calvin Gaziano (Castro Valley) in 1983. Quintana ran four seconds faster than Dameworth did as a junior.

Deena Drossin (Agoura) ran 17:26 at Woodward Park as a freshman in 1987, 17:42 as a sophomore in 1988, and 17:27 as a junior in 1989.

Becky Spies (Livermore) ran 18:10 as a freshman in 1987, 18:37 as a sophomore in 1988, and 17:33 as a junior in 1989.

Abbreviations: - = Senior, * = Junior, ** = Sophomore, *** = Freshman, A.L. = Athletic League, B = Beach, Co. = County, Comb. = Combined races, CR = Course Record, D = Division, Fr = Freshman, IS = Individual Sweepstakes, Jr = Junior, k = kilometer, L = Large School, LS = Large School Seeded, M = Medium, N = National, O = Open, R = Race, S = Section, Se = Seeded, Sm = Small School, So = Sophomore, Sr = Senior, SS = Small School Seeded, TS = Team Sweepstakes, V = Varsity, W = Western.

Format: Ranking, Grade, Name (School, City)

TOP 40 BOYS

1. -Bryan Dameworth (Agoura)

Residence: Calabasas

14:21CR	1) Woodbridge M12	09/16
14:24	1) Buena Jr/Sr	
14:50CR	1) Kenny Staub DI	10/07
13:56	1) Central Park DII	10/14
14:41	1) Mt. SAC TS	10/21
14:56	1) Ventura Co.	10/28
14:36	1) Southern S 2A	11/18
14:45	1) State DI	11/25

14:39 1) Kinney W 12/02

14:49 1) Kinney N 12/09

2. *Louis Quintana (Arroyo Grande)

Residence: Nipomo

15:21	1) Arroyo Grande	09/09
15:30	1) Hind/Big Ditch L	09/16
15:37	1) Clovis D	09/23
15:45	1) Agoura L	09/30
15:36	1) Stanford A	10/07
14:45	2) Mt. SAC TS	10/21
15:11	2) Southern S 2A	11/18

14:54 2) State DI 11/25

14:59 2) Kinney W 12/02

15:10 3) Kinney N 12/09

3. -Eliazar Herrera (Hoover, Glendale)

14:44 1) Woodbridge L 09/16

14:22 1) Bell-Jeff LS 09/30

15:18 2) Kenny Staub DI 10/07

15:07 3) Mt. SAC TS 10/21

15:15 3) Southern S 4A 11/18

15:44 14) State DI 11/25

15:05 5) Kinney W 12/02

15:25 11) Kinney N 12/09

4. -Jeremy Seven (De La Salle, Concord) Residence: Clayton

10:22.4 1) Monte Vista 09/15

09:58CR 1) Ed Sias 09/23

09:34 2) San Ramon L 09/30

16:01 3) Stanford A 10/07

15:29 8) Mt. SAC TS 10/21

14:32CR 1) Bay Valley 11/08

15:51 1) North Coast S 3A 11/18

15:11 3) State DI 11/25

15:32 20) Kinney W 12/02

5. -Kevin Berkowitz (Hayward)

16:07 4) Stanford A 10/07

16:24 1) Mariner L 10/21

15:46 1) North Coast S 2A 11/18

15:19 1) State DII 11/25

15:36 25) Kinney W 12/02

6. *Mark Gonzales (La Habra)

15:31 1) Brea-Olinda 10/14

15:27 1) Orange Co. R2 10/21

16:07 10) Southern S 3A 11/18

15:31 2) State DII 11/25

15:19 11) Kinney W 12/02

7. -Abe Valdez (Camarillo)

13:46 1) Royal L 09/23

15:54 2) Stanford A 10/07

15:14 4) Mt. SAC TS 10/21

15:47 4) Ventura Co. 10/28

15:13 2) Southern S 4A 11/18

PREP NOTES

All-California Team

continued

15:22	4) State DI	11/25
15:25	12) Kinney W	12/02
8. -Dan Berkland (Canyon, Canyon Country)		
16:18	2) Bronco Sr	09/09
16:02	3) Santa Clarita DI	09/14
15:36	4) Kenny Staub DI	10/07
15:43	12) Mt. SAC TS	10/21
15:21	5) Southern S 4A	11/18
15:26	5) State DI	11/25
15:50	45) Kinney W	12/02
9. -Obed Aguirre (San Fernando)		
15:42	5) Mt. SAC IS	10/21
15:16	1) Los Angeles S	11/18
15:30	7) State DI	11/25
15:27	14) Kinney W	12/02
10. *Dave Hartman (Canyon, Canyon Country)		
16:13	1) Bronco Jr	09/09
15:52	1) Santa Clarita DI	09/14
15:29	3) Kenny Staub DI	10/07
15:15	5) Mt. SAC TS	10/21
15:12	1) Southern S 4A	11/18
15:28	6) State DI	11/25
15:33	21) Kinney W	12/02
11. -Eric Taylor (Grant, Sacramento)		
	2) Lowell	09/16
17:05	2) Bret Harte	09/23
15:58	1) Bear River	09/30
15:28	1) Sac-Joaquin S DI	11/10
15:34	3) State DII	11/25
15:28	15) Kinney W	12/02
12. -Creighton Harris (Hoover, Glendale)		
16:02	8) Kenny Staub DI	10/07
15:27	7) Southern S 4A	11/18
Did not qualify for the State Meet.		
15:29	16) Kinney W	12/02
13. *Israel Pose (Torrance)		
15:13	1) Woodbridge M11	09/16
15:19	2) Warren L	09/23
16:07	2) Agoura L	09/30
15:59	7) Kenny Staub DI	10/07
11:24	2) Palos Verdes Comb	10/14
15:19	4) Southern S 4A	11/18
15:30	8) State DI	11/25
15:40	29) Kinney W	12/02

14. *Paul Eley (Mills, Millbrae)		
Residence: South San Francisco		
15:14	1) Crystal Springs VI	10/14
15:36	2) Mt. SAC IS	10/21
15:12	1) Central Coast SDI	11/18
15:39	4) State DII	11/25
15:31	18) Kinney W	12/02
15. **Angel Martinez (San Gabriel)		
16:01	2) Santa Clarita DI	09/14
15:27	1) Rosemead 10	09/16
14:54	1) Azusa 10	09/30
16:17	9) Stanford A	10/07
15:26	6) Mt. SAC TS	10/21
15:32	1) Southern S 3A	11/18
Did not qualify for the State Meet.		
15:35	24) Kinney W	12/02
16. -Damon Chamberlain (Casa Roble, Orangevale)		
16:03	2) Clovis O	09/23
16:55	25) Stanford A	10/07
16:15	8) Crystal Springs VI	10/14
15:36	1) Sac-Joaquin S DI	11/10
17:15	130) State DI	11/25
15:37	27) Kinney W	12/02
17. *Roman Rendon (Banning, Wilmington)		
11:35	5) Palos Verdes Comb	10/14
15:55	6) Los Angeles S	11/18
15:38	9) State DI	11/25
18. *Javier Lozano (Helix, La Mesa)		
16:30	5) San Diego S 2A	11/10
15:38	10) State DI	11/25
19. -Matt Ringer (Homestead, Sunnyvale) Residence: Los Altos		
12:32	1) Ram	09/30
16:20	13) Stanford A	10/07
16:43	3) Mariner L	10/21
15:26	1) Cental Coast S DI	11/18
15:38	11) State DI	11/25
20. *Steve Gonzales (Carson)		
11:30	3) Palos Verdes Comb	10/14
15:30	3) Los Angeles S	11/18
15:41	12) State DI	11/25
21. -Jeff Aschbrenner (California, San Ramon)		
10:54.9	3) Monte Vista	09/15
09:46	4) San Ramon L	09/30
16:16	8) Stanford A	10/07



PAUL ELEY

Photo by Keith Conning

15:55	1) Mt. SAC R36	10/21
17:01	4) East Bay	11/10
16:40	3) North Coast S 3A	11/18
15:43	13) State DI	11/25
21. -Paul Goodrich (Dos Pueblos, Goleta) Residence: Santa Barbara		
15:45	3) Arroyo Grande	09/09
15:17	1) Woodbridge Sm12	09/16
14:08	2) Royal Sm	09/23
16:15	1) Agoura Sm	09/30
15:35	3) Dos Pueblos Sr	10/07
15:43	5) State DII	11/25
23. -Luis Escanuela (Eisenhower, Rialto)		
15:16	6) Bell-Jeff LS	09/30
15:58	1) Serrano L	10/14
15:41	1) Mt. SAC R57	10/21
15:36	2) Southern S 3A	11/18
15:43	33) Kinney W	12/02

PREP NOTES

All-California Team

continued

24. -Todd Coulston (De La Salle, Concord)
 10:51.8 2) Monte Vista 09/15
 10:30 3) Ed Sias 09/23
 09:53 5) San Ramon L. 09/30
 16:17 10) Stanford A 10/07
 15:00 3) Bay Valley 11/08
 16:32 2) North Coast S 3A 11/18
 16:01 30) State DI 11/25
15:44 36) Kinney W 12/02

25. -Derek Kite (Camarillo)
 14:11 3) Royal L 09/23
 16:09 5) Stanford A 10/07
 15:33 10) Mt. SAC TS 10/21
 15:54 5) Ventura Co. 10/28
15:45 15) State DI 11/25

26. *Robert Cardenas (Sanger)
 16:06.4 1) Sanger 09/22
 16:03 1) Rough Rider 10/22
 15:15 1) Central Area 11/09
 15:33 3) Central S 11/17
15:45 16) State DI 11/25

27. -David Virgil (Santana, Santee)
 15:25 2) Dos Pueblos Sr 10/07
 15:40 1) San Diego S 2A 11/10
15:47 17) State DI 11/25

27. -Andy Bupp (Woodside)
 Residence: Redwood City
 11:37.4 1) Artichoke DII 10/07
 15:30.4 2) Central CoastSDII 11/18
15:47 6) State DII 11/25

29. -Andrew Wignot (Dos Pueblos, Goleta) Residence: Santa Barbara
 16:03 5) Arroyo Grande 09/09
 14:19 3) Royal Sm 09/23
 16:39 2) Agoura Sm 09/30
 15:25 2) Dos Pueblos Sr 10/14
 15:35 9) Southern S 4A 11/18
 16:05 11) State DII 11/25
15:47 37) Kinney W 12/02

30. -Mike Farrel (San Clemente)
 15:28 4) Woodbridge M12 09/16
 15:20 1) Orange Co. Se 10/21
 15:30 8) Southern S 4A 10/18
15:48 18) State DI 11/25

31. *Eddie Salinas (Saddleback, Santa Ana)
 15:25 1) Woodbridge L11 09/16
 14:40 2) Dana Hills DI Jr 09/30
 16:56 26) Stanford A 10/07
 14:32 2) Central Park DI 10/14
 15:29 9) Mt. SAC TS 10/21
15:48 19) State DI 11/25

32. -Brian Gastelum (Birmingham, Van Nuys) Residence: Grenada Hills
 16:16 4) Santa Clarita DI 09/14
 15:37 3) Mt. SAC IS 10/21
 15:20 2) Los Angeles S 11/18
 16:05 32) State DI 11/25
15:48 39) Kinney W 12/02

33. -Derek Waxman (San Mateo) Residence: Hillsborough
 16:14 1) Stanford B 10/07
 15:15 1) Crystal Springs 10/14
 15:27.6 3) Central Coast DII 11/18
 16:17 22) State DII 11/25
15:49 42) Kinney W 12/02

34. -Jason Atwood (Castro Valley)
 10:57.4 4) Monte Vista 09/15
 12:58 4) Ram 09/30
 16:43 5) North Coast S 2A 11/18
15:50 7) State DII 11/25
 16:03 1) Kinney Sr 12/02

35. **Terrel Reyes (Lakewood) Residence: Long Beach
 15:15 1) Paramount 09/09
 15:34 1) Millikan L 09/16
 16:18 3) Agoura L 09/30
15:51 46) Kinney W 12/02

36. -Julio Moreno (Venice, Los Angeles) Residence: Inglewood
 16:33 2) Walnut 09/14
 15:17 7) Bell-Jeff LS 09/30
 16:03 9) Kenny Staub DI 10/07
 15:45 4) Los Angeles S 11/18
 16:19 51) State DI 11/25
15:51 47) Kinney W 12/02

37. -Oscar Perez (Pater Noster, Los Angeles)
 15:21 1) Warren Sm 09/23
 14:53 2) Bell-Jeff SS 09/30

16:10 1) Mt. SAC R11 10/20
 16:01 1) Southern S 1A 11/18
15:52 1) State DIII 11/25

38. *David Soto (Christian, San Diego)
 16:23 1) San Diego S Sm 11/10
15:52 2) State DIII 11/25

39. *Shannon Brusca (Camarillo)
 14:37 9) Royal L 09/23
 17:01 29) Stanford A 10/07
15:53 20) State DI 11/25

40. -Buddy Jones (Wilson, Hacienda Heights)
 16:43 3) Walnut 09/14
 16:01 1) San Gabriel 10/07
 15:38 2) Brea-Clinda 10/14
 15:45 6) Mt. SAC IS 10/21
15:53 50) Kinney W 11/25

TOP 40 GIRLS

1. *Deena Drossin (Agoura) Residence: Agoura Hills
 17:55 1) Woodbridge M 09/16
 18:31 1) Kenny Staub DI 10/07
 16:51 2) Central Park DII 10/14
 18:15 2) Mt. SAC TS 10/21
 18:00 1) Ventura Co. 10/28
 17:42 1) Southern S 2A 11/18
17:27 1) State DI 11/25
 17:40 2) Kinney W 12/02
 18:14 13) Kinney N 12/09

2. *Becky Spies (Livermore)
 18:06 4) Fresno State 09/16
 17:58 6) Aggie 09/30
 17:23 13) Cal Poly SLD 10/14
 10:35.3 1) Two-Mile Postal 10/28
 19:07.4CR 1) East Bay A.L. 11/10
 18:42CR 1) North Coast S 3A 11/18
17:33 2) State DI 11/25
 17:56 3) Kinney W 12/02
 18:04 11) Kinney N 12/09

3. *Jennifer Owens (South Lake Tahoe)
 18:00 4) Kinney W 12/02
 18:08 12) Kinney N 12/09

PREP NOTES

All-California Team

continued

4. *Jeannie Rothman (Westlake, Westlake Village)	18:06	4) Woodbridge M	09/16	18:29	2) Southern S 2A	11/18	17. -Suzanne Castruita (West Covina)		
18:47	1) Royal L	09/23	18:18	3) State DII	11/25	18:13	1) Rosemead Jr/Sr	09/16	
19:13	1) Agoura L	09/30	18:14	5) Woodbridge M	09/16	18:53	1) Kenny Staub DIII	10/07	
18:43	2) Kenny Staub DI	10/07	17:32	1) DanaHillsDIIJr/Sr	09/30	18:23	1) Mt. SAC IS	10/21	
13:39	1) Palos Verdes #1	10/14	18:06	2) Orange Co. R4	10/21	19:02	3) Southern S 3A	11/18	
18:27	2) Ventura Co.	10/28	18:48	6) Southern S 4A	11/18	Did not qualify for the State Meet.			
18:01	2) Southern S 4A	11/18	18:25	6) State DI	11/25	18:35	15) Kinney W	12/02	
18:01	3) State DI	11/25	11. **Shelley Taylor (Edison, Huntington Beach)			18. ***Maribella Aparicio (Fillmore)			
18:05	8) Kinney W	12/02	Residence: Fountain Valley			18:34	2) Seaside Fr/So	09/09	
18:32	16) Kinney N	12/09	17:16	1) Laguna Hills L So	09/23	18:50	2) Millikan	09/16	
4. *Sarah Riley (Campolindo, Moraga)	12:18CR	1) Ed Sias	09/23	17:03	1) Dana Hills DI So	09/30	17:02	1) Royal Sm	09/23
19:20	1) Stanford B	10/07	16:34	1) Central Park DII	10/14	18:04	1) Bell-Jeff SS	09/30	
18:16	1) North Coast S 2A	11/18	17:50	1) Mt. SAC TS	10/21	18:34	2) Buena Fr/So		
18:01	1) State DII	11/25	17:59	1) Southern S 4A	11/18	18:53	1) Mt. SAC TS	10/20	
18:16	11) Kinney W	12/02	18:30	7) State DI	11/25	18:57	4) Ventura Co.	10/28	
6. -Beth Bartholomew (Fremont, Sunnyvale)			12. -Maryann Martinez (Foothill, Bakersfield)			19:03	1) Southern S 1A	11/18	
	1) Lowell	09/16	17:58	1) Bell-Jeff LS	09/30	18:46	7) State DII	11/25	
14:59	1) Ram	09/30	17:46	1) Central S DI	11/17	18:36	1) Kinney Fr/So	12/02	
13:52	1) Artichoke DI	10/07	18:30	8) State DI	11/25	19. *Deanna Hadley (San Pasqual, Winterhaven) Residence: Escondido			
11:00.0	2) Two-Mile Postal	10/28	13. -Alva Dancel (Mills, Millbrae)			19:19	2) Woodbridge Sm	09/16	
18:26	1) Central Coast S DII	11/18	19:30	3) Central Coast SDI	11/18	14:52	1) San Diego S 1A	11/10	
18:24	5) State DI	11/25	18:36	5) State DII	11/25	18:37	11) State DI	11/25	
18:01	6) Kinney W	12/02	18:30	14) Kinney W	12/02	20. *Tiffany York (Agoura)			
19:13	29) Kinney N	12/09	14. ***Milena Glusac (Fallbrook)			18:19	2) Seaside Jr/Sr	09/09	
7. **Tanya Brix (University, Irvine)			12:23	1) South Bay DIII		18:01	3) Woodbridge M	09/16	
18:20	7) Woodbridge M	09/16	15:12	1) San Diego S 3A	11/10	18:19	2) Buena Jr/Sr		
18:21	1) Laguna Hills M So	09/23	18:31	9) State DI	11/25	19:32	5) Kenny Staub DI	10/07	
17:44	1) Dana Hills DII So	09/30	18:40	18) Kinney W	12/02	18:53	7) Mt. SAC TS	10/21	
18:22	3) Southern S 4A	11/18	15. *Maria Solorio (Overfelt, San Jose)			19:04	5) Southern S 2A	11/18	
18:06	4) State DI	11/25	14:14	2) Artichoke DI	10/07	18:39	12) State DI	11/25	
8. *Neve Zwagerman (Tamalpais, Mill Valley)			18:36	2) Crystal Springs	10/14	21. **Krissy Look (Shasta, Redding)			
14:24.4	4) Artichoke DII	10/07	18:50	2) Central Coast S DI	11/18	15:36	2) Yreka	09/23	
18:21	1) Crystal Springs	10/14	18:31	10) State DI	11/25	10:32	1) Chico	09/30	
18:42	2) North Coast S 2A	11/18	16. -Tina Gorbet (Lassen, Susanville)			18:46.8	1) Nevada Union	10/07	
18:15	2) State DII	11/25	15:03CR	1) Yreka	09/23	18:56	1) Northern S	11/09	
9. -Karen Hecox (South Hills, Covina) Residence: West Covina			10:55	2) Chico	09/30	18:57	18) State DI	11/25	
19:33	1) San Gabriel	10/07	13:40.4	1) Artichoke DII	10/07	18:41	19) Kinney W	12/02	
18:41	1) Mt. SAC R19	10/20	20:06	2) Northern S	11/09	22. *Melisa Freeberg (California, San Ramon)			
			18:33	4) State DII	11/25	11:45	2) San Ramon L	09/30	
			19:14	50) Kinney W	12/02	19:24	1) Mt. SAC R31	10/21	
						20:35	3) East Bay A.L.	11/10	

PREP NOTES

All-California Team

continued

19:43 2) North Coast S 3A 11/18
18:44 13) State DI 11/25
 22. ***Melissa Ackerman (Castro Valley)
 13:20.5 2) Monte Vista 09/15
 15:38 2) Ram 09/30
 14:31.5 4) Artichoke DI 10/07
 19:16 3) North Coast S 2A 11/18
18:44 6) State DII 11/25
 19:08 2) Kinney Fr/So 12/02
 24. *Martha Pinto (Katella, Anaheim)
 18:44 1) Sonora DI 09/23
 17:20 3) Huntington B. DII 10/14
 17:35 1) Orange Co. R4 10/21
 18:43 4) Southern S 4A 11/18
18:46 14) State DI 11/25
 25. -Jean Harvey (Paraclete, Lancaster)
 20:06 1) Santa Clarita DII 09/14
 18:22 2) Bell-Jeff SS 09/30
 19:25 2) Southern S 1A 11/18
 18:58 2) State DIII 11/25
18:46 21) Kinney W 12/02
 26. ***Tammy Wilcox (Palos Verdes Estate, Rancho Palos Verdes)
 17:29 3) Royal L 09/23
 14:04 5) Palos Verdes Comb. 10/14
 18:54 8) Southern S 4A 11/18
18:47 15) State DI 11/25
 26. **Nika Horn (Santa Rosa)
 12:21 1) Viking Fr/So 09/16
 12:38 2) Ed Sias 09/23
 11:35CR 1) San Ramon L 09/30
 19:30 4) Stanford A 10/07
 18:47 1) North Bay A.L. 11/10
 20:18 3) North Coast S 3A 11/18
18:47 16) State DI 11/25
 26. ***Laura Hamady (Urban, San Francisco)
 19:03 1) North Coast 1A 11/18
18:47 1) State DIII 11/25
 29. -Nancy Ragon (Alta Loma)
 19:13 2) Chaffey District 09/23
 19:35 6) Kenny Staub DI 10/07

19:04 9) Mt. SAC TS 10/21
 18:47 1) Southern S 3A 11/18
18:48 17) State DI 11/25
 30. *Dascha Spellman (Nordhoff, Djai)
 19:25 2) Djai Valley 09/16
 19:12 1) Dos Pueblos 11th 10/07
18:51 8) State DII 11/25
 19:16 6) Kinney Jr/Sr 12/02
 31. **Angela Drefice (Arroyo Grande)
 18:54 1) Arroyo Grande 09/09
 18:55 1) Hind/Big Ditch L 09/16
 19:30 3) Agoura L 09/30
 19:57 6) Stanford A 10/07
 18:48 6) Mt. SAC TS 10/21
 18:56 3) Southern S 2A 11/18
 18:58 19) State DI 11/25
18:53 26) Kinney W 12/02
 32. *Lucinda Reyes (Lakewood)
 Residence: Long Beach
 17:57 1) Paramount 09/09
 18:35 1) Millikan 09/16
 19:27 2) Agoura L 09/30
18:53 27) Kinney W 12/02
 33. -Tina Beauchemin (Lynwood)
18:54 28) Kinney W 12/02
 34. -Cheyenne Zantelli (Agoura)
 18:53 7) Seaside Jr/Sr 09/09
 19:24 4) Kenny Staub DI 10/07
 19:08 10) Mt. SAC TS 10/21
 19:08 22) State DI 11/25
18:54 29) Kinney W 12/02
 35. -Kimberly Robinson (Newport Harbor, Newport Beach)
 17:59 1) Seaside Jr/Sr 09/09
 18:36 1) Laguna Hills Jr/Sr 09/23
 17:45 2) Dana Hills D2 Jr/Sr 09/30
 17:59 1) Buena Jr/Sr
 18:10 1) Orange Co. TS 10/21
18:54 30) Kinney W 12/02
 36. -Victoria Munoz (Redlands)
 19:03 2) Colton Jr/Sr 09/09
18:55 32) Kinney W 12/02

37. *Jenny Lacovara (Morro Bay)
 19:12 1) Djai Valley 09/16
 17:53 4) Royal S 09/23
18:56 9) State DII 11/25
 38. ***Sheila Aguilar (Norte Vista)
 19:50 1) Riverside Co. DII 10/14
 19:05 5) Southern S 3A 11/18
18:56 10) State DII 11/25
 39. **Bernice Santoyo (Mountain View, El Monte)
 Residence: South El Monte
 19:00 2) Laguna Hills M So 09/23
 18:31 3) Bell-Jeff LS 09/30
 19:13 3) Kenny Staub DI 10/07
 13:53 1) Palos Verdes #2 10/14
18:56 34) Kinney W 12/02
 40. **Kirsten McFarland (Corona del Mar)
18:57 11) State DII 11/25

TOP RUNNERS BY GRADE

BOYS

Senior
 Bryan Dameworth (Agoura) 14:39
 Junior
 Louis Quintana (Arroyo Grande) 14:54
 Sophomore
 Angel Martinez (San Gabriel) 15:35
 Freshman
 Marc Lawson (Clovis West) 16:49
 GIRLS
 Senior
 Beth Bartholomew (Fremont, S.) 18:01
 Junior
 Deena Drossin (Agoura) 17:27
 Sophomore
 Tanya Brix (University, Irvine) 18:06
 Freshman
 Milena Glusac (Fallbrook) 18:31

RESULTS

TRACK & FIELD

West Coast Weight Pentathlon

December 10, CSLA.

Men's Results

University/Open: 1. Billy McDonell (Unat.) 3981, 2. Andy Harris (Fresno St.) 3790, 3. Darrin Buckner (CSLA) 3709, 4. Tom Rowe (Fresno St.) 3604, 5. Tim Boarum (Fresno St.) 3446, 6. Shawn Absher (Unat.) 3386, 7. Robert Moulton (Unat.) 3247, 8. Pete Smith (Unat.) 3180, 9. Art Esparza (Unat.) 3130, 10. Jeff Williamson (Unat.) 3028.
Community Colleges: 1. Kevin Absher (Unat.) 3377, 2. Eric Johnson (Unat.) 3351, 3. Jason Robinson (Unat.) 2815, 4. Dave Koeb (Unat.) 2623, 5. Jim Hurtada (Unat.) 2613.
High School: 1. Greg Hodel (Unat.) 3676, 2. Mohamad Saat (Unat.) 2571.
Masters: (30-39): 1. Steve Bergreen 1832, (40-49) 1. Mike Deiler 3405, (50-59) 1. John White 2367, 2. Dennis Reitz 2339, (60-69) 1. Bill Bangert 2690, (70-79) 1. Daniel Aldrich 2804.

Women's Results

1. Tracie Millet (Unat.) 3819, 2. Grace Apiafi (Unat.) 3232, 3. Dana Simon (Unat.) 3148, 4. Doprna McKinron (Fresno St.) 3071, 5. Jennifer Vavia (Fresno St.) 2910, 6. Linda Benioff (Unat.) 2760, 7. Chris Harris (Fresno St.) 2663, 8. Katie McCandless (Fresno St.) 2645, 9. Nicole Carroll (Fresno St.) 2489, 10. Michelle Gustin (Fresno St.) 2442.

CROSS COUNTRY

Northern California Athletic Conference X-C Championships

October 28, Crystal Springs.

Men's Results: Individual: 1. Dennis Pfeifer (Humboldt) 25:31, 2. Paul Cummings (Davis) 26:06, 3. Mike Goralka (Davis) 26:12, 4. Chuck Mullane (Humboldt) 26:18, 5. Rob Scott (Humboldt) 26:22, 6. Alberto Gomez (Chico St.) 26:26, 7. Brandon Smith (Davis) 26:33, 8. Phil Cox (Sonoma St.) 26:36, 9. Dale Porter (Davis) 26:39, 10. Phil Rouse (Humboldt) 26:47.

11. Edmund Burke (Sonoma St.) 26:52, 12. Mike Stone (Sonoma St.) 26:52, 13. Parker Kelly (Davis) 26:57, 14. David Goodrich (Hayward) 26:58, 15. Mike Roach (Hayward) 27:01, 16. Lanny Binney (Chico) 27:03, 17. Ian Reeve (Davis) 27:09, 18. Bret Kemple (Davis) 27:07, 19. John Larabee (Chico) 27:09, 20. David Larabee (Chico) 27:13.

21. Rick Herr (Stanislaus) 27:14, 22. Shane Parmeter (Stanislaus) 27:15, 23. Chris Pressman (Chico)

27:16, 24. Dale Richard (Sonoma St.) 27:19, 25. Scott Pesch (Humboldt) 27:22.

Teams: 1. UC Davis 34, 2. Humboldt State 39, 3. Chico State 95, 4. Sonoma State 109, 5. Cal State Hayward 136, 6. Cal State Stanislaus 138, 7. Notre Dame 176, 8. San Francisco State 207.

Women's Results: Individual: 1. Suzy Lahnkuhl (Davis) 17:54, 2. Valerie Bluvett (Davis) 18:06, 3. Pamela Bragg (Davis) 18:21, 4. Maura Digioia (S F State) 18:28, 5. Irene McAuliffe (S F State) 18:29, 6. Carolyn Crawford (Davis) 18:33, 7. Susan Carey (Stanislaus) 18:41, 8. Liz Zaragoza (S F State) 18:47, 9. Jenny Cubillas (Hayward) 18:53, 10. Barbara Kozlowski (Sonoma St.) 19:12.

11. Shawn Adams (Humboldt) 19:14, 12. Kelly Berg (Humboldt) 19:18, 13. Alchera Clemenshaw (Humboldt) 19:23, 14. Denise Walker (Humboldt) 19:27, 15. Sorrel Bird (Davis) 19:31, 16. Becky D'Acost (Hayward) 19:34, 17. Cynthia Carlson (Chico) 19:35, 18. Trish Stone (S F State) 19:37, 19. Georgia Daniels (Humboldt) 19:40, 20. Angela Allen (Chico) 19:40.

21. Susan Vaughn (Hayward) 19:44, 22. Dana Bjornsen (Chico) 19:46, 23. Teresa Clark (Davis) 19:48, 24. Elizabeth Mosier (Chico) 19:53, 25. Valerie Jensen (Hayward) 20:05.

Teams: 1. U. C. Davis 27, 2. San Francisco State 67, 3. Humboldt State 69, 4. Calif. State Hayward 98, 5. Chico State 111, 6. Calif. State Stanislaus 144, 7. Sonoma State 182, 8. Notre Dame 246.

Santiago Oaks 10K X-C Race SCA-TAC District Championship

By Larry and Jerri Higginbotham

The hot, dry Santa Ana winds howled in from the desert, greeting 150 runners at the third annual Santiago Oaks Cross Country 10K race. The runners circled Santiago Oaks Regional Park twice before leaving the park and ascending into the adjacent Anaheim Hills. The runners battled heat, wind, and steep hills before returning to the park for the finish, where refreshments and a large support group of fans and volunteers awaited the weary runners.

The overall men's winner was Brian Wolf of Irvine, who covered the course in 40:58. The women's winner was Stephanie Gildchrist of Long Beach, who ran 50:15.

Division Results - Men

14 & Under: 1. James Uwins 58:28, 2. Brad White 1:07:58, 15-18: 1. Ray Estrada 45:42, 2. David Burnett 46:50, 3. James Downing 50:15, 19-20: 1. Fabian Grassini 43:12, 2. Lincoln Scott 46:36, 3. Jesse Meyer 46:50, 30-34: 1. Brian Wolf 40:58, 2. Robert Slick 41:58, 3. David Mott 49:38, 35-39: 1. Jim O'Brien 43:55, 2. Jim Pivonka 54:59, 3. Mike Connor 55:17, 40-44: 1. Mark Hemphill 43:26, 2. Mike VanGulder 45:10, 3. Bruce Horiguchi 47:03, 45-49: 1. Mike Fuller 47:21, 2. Gene Moie 47:27, 3. George Wright 48:45, 50-54: 1. Bill Crum 46:38, 2. Don Van Dyke 48:15, 3. Paul Jeffers 51:37, 55-59: 1. Bob Donovan 1:08:06, 60-64: 1. Bob Vitale 57:03, 2. Solomon Jamerason 1:07:51, 65-69: 1. John Thompson 1:00:09, 2. Ed Hornung 1:00:09, 3. Stanley Newkirk 1:11:27, 70 & Over: 1. Fred Sharkey 1:26:05, 2. Dean Scofield 1:45:16.

Division Results - Women

14 & Under: 1. Leonie Wyrhoven 1:17:21, 19-29: 1. Stephanie Gildchrist 50:18, 2. Kriste Stamler 54:28, 3. Jill Cupp 1:01:33, 30-34: 1. Georgina Ried 53:38, 2. Chameila 58:58, 3. Patte Peschel 1:01:23, 35-39: 1. Lorraine Ordaz 53:03, 2. Kay Price 56:50, 3. Helen Louise Bates 57:36, 40-44: 1. Sclange Strangler 1:02:30, 2. June Johnson 1:07:21, 3. Anne Burke 1:09:52, 45-49: 1. Diane McLeod 1:10:45, 50-54: 1. Irene Bjarregaard 1:08:14, 2. Elizabeth Carr 1:20:52, 3. Judy Artson 1:34:02.

ROAD RACING

Fiesta Run

No Date or Place Available. 5K & 10K.

Division Results - Men's 10K

12-14: 1. Greg Burton 41:39, 20-24: 1. Jason Lopez 45:20, 25-29: 1. Larry Kolb 36:31, 2. Scott Miller 37:45, 3. Jim Kimberling 39:40, 30-34: 1. J. Alberto Ocampo 33:05, 2. Joe Martinez 33:39, 3. Tim Taylor 33:58, 35-39: 1. John Casso 34:38, 2. Al Sanchez 35:18, 3. Brian Hunt 36:27, 40-44: 1. Bill Scooby 36:07, 2. Russ Allen 37:33, 3. Paul Brown 38:53, 45-49: 1. Robert Vernable 41:24, 2. Gary Nuibe 41:36, 3. Paul Lovelle 42:31, 50-54: 1. Dave Wheeler 36:36, 2. Fred Peterson 42:30, 3. Tom Fenniken 43:28, 55-59: 1. Neil Ziegler 44:42, 2. Gary Dayton 49:04, 3. Joe Gibbs 50:14.

Division Results - Women's 10K

20-24: 1. Mindy Marsh 48:57, 25-29: 1. Leticia Melgoza 40:13, 2. Lisa Scooby 40:44, 3. Suzanne Schod 44:44, 30-34: 1. Donna Randall 47:21, 2. Janet McWald 48:20, 3. Cheryl Ruckert 56:29, 35-39: 1. Lydia Montag 40:23, 2. Terri Werber 46:19, 3. Kathy Myers 53:29, 40-44: 1. Joyce Parker 47:31, 2. Judi McIntyre 1:02:45, 45-49: 1. Trudie Sommers 50:34, 2. Arne Harris 52:59, 50-54: 1. Ruth Hemming 48:30, 60-64: 1. Marie Young 1:15:30.

Division Results - Men's 5K

11 & Under: 1. John Carr 22:31, 2. Ben Hamady 22:47, 3. Tony Dalto 24:30, 12-14: 1. Steve O'Reilly 21:53, 2. Ryan Purdy 23:55, 3. Rodney Vos II 27:00, 15-18: 1. Gary Arnell 18:45, 2. Klay Kidd 20:07, 20-24: 1. Anthony Valdez 15:54, 2. Darren Odgers 18:27, 3. Todd Gottfried 18:56, 25-29: 1. Todd Castor 16:02, 2. David Winkler 16:12, 3. Jim Perez 16:41, 30-34: 1. Scott Engel 17:12, 2. Alfred Orozco Jr. 20:48, 3. Gary Mutz 20:53, 35-39: 1. Larry Montag 15:31, 2. Tim Finley 17:30, 3. Kal Thomas 19:53, 40-44: 1. Larry Plunkett 17:37, 2. Ron Olson 19:24, 3. Barry Rice 19:30, 45-49: 1. Bill Smith 19:55, 2. Gordon Madsen 20:07, 3. Jim Franks 22:40, 50-54: 1. Pat Farrell 18:37, 2. Chuck Hill 22:05, 3. Clarence Hibbs 23:54, 55-59: 1. Bill Armstrong 25:49, 60-64: 1. Win Popp 27:30, 2. Nick Galicchio 33:15.

Division Results - Women's 5K

11 & Under: 1. Nicole Addington 24:25, 2. Sarah Newton 29:34, 3. Nicole Dalto 31:27, 12-14: 1. Katie Hufford 26:28, 15-19: 1. Tina Guerra 32:10, 20-24: 1. Jill Holman 21:36, 2. Stacy Schloetal 25:35, 3. Erin McFadden 26:46, 25-29: 1. Terri Fenniken 25:03, 2. Daria Keogh 27:58, 30-34: 1. Shari Latta 20:16, 2. Carri Dutler 23:41, 3. Jacqueline Valencia 24:01, 35-39: 1. Maureen Little 20:21, 2. Gretchen Light 23:30, 3. Heather Thomas 25:32, 40-44: 1. Linda Madsen 25:30, 2. Bonnie Counsellor 27:03, 3. Janet Nichols 30:39, 45-49: 1. Penny Hill 23:43, 2. Susan Cross 31:59, 3. Lynda Sista 33:35, 50-54: 1. Feliza

Perez 26:11, 55-59: 1. Joyce Clunis 28:28.

Dam Tough Run

September 24, Lake Isabella, Ultra Marathon.

Overall Results

1. Jim O'Brien (36) Monrovia 4:14:24, 2. Mark Hahn (24) Hanford 4:26:22, 3. Jaime Ortiz (28) Cudahy 4:39:08, 4. John Montgomery (43) Del Mar 4:50:11, 5. Freddie Perez (49) Sylmar 4:55:01, 6. Lili Blank (26F) Thousand Oaks 5:00:36, 7. Brian Slansauk (37) Reseda 5:09:25, 8. Ray Maranda (49) Bakersfield 5:15:49, 9. Jack Nosco (27) Thousand Oaks 5:19:14, 10. Denise Ellestad (28) Pacific Palisades 5:27:11.

Ventura Half-Marathon

September 24, Ventura.

Overall Results

1. Greg Horner (35-39) 1:09:58, 2. Paul Lee (19-29) 1:10:58, 3. Don Wright (40-44) 1:11:18, 4. Larry Montas (35-39) 1:11:39, 5. Pete Kaplan (30-34) 1:12:33, 6. Tom Moriarty (30-34) 1:12:47, 7. Stephen Brown (19-29) 1:16:42, 8. Marie Rollins (30-34F) 1:16:49, 9. John Casso (35-39) 1:16:55, 10. William Little (35-39) 1:17:14.

11. Sean Scruggs (18 & U) 1:17:48, 18. Abe Valdez (45-49) 1:19:29, 29. Dave Wheeler (50-59) 1:22:58, 31. Pat Devine (60 & O) 1:23:06, 46. Teri Spiker (30-34F) 1:25:36, 65. Renee Fonynto (25-29F) 1:29:38, 91. C. Ramos (35-39F) 1:32:46, 104. Linda King (45-49F) 1:33:57, 125. Loretta Bronk (40-44F) 1:35:57, 162. Via Luyfles (50-59F) 1:41:39, 277. Betty Jones (60 & OF) 2:02:45.

Race of the Runways

October 3, MCAS El Toro, 5K, 10K & Half Mar.

Division Results

Men's 5K: 1. Salvador Ncaraz (24) 16:47, 2. Thomas Morse (32) 16:49, 3. Jim Perez (26) 17:07.
Women's 5K: 1. Lori Coker (38) 18:57, 2. Bicky Gonzales (30) 19:21, 3. Sue Reinhardt (43) 20:12.
Men's 10K: 1. Stuart Calderwood (31) 32:09, 2. Dave Orlovski (32) 32:58, 3. Matt Capeouto (19) 33:41.
Women's 10K: 1. Kristin Gilzer (25) 41:20, 2. Margie Dana (36) 43:38, 3. Diana Babb (31) 44:08.
Men's Half Marathon: 1. Enrique Alvarez (35) 1:08:06, 2. Larry Hollance (29) 1:11:33, 3. Stephen Jeppson (31) 1:13:19.
Women's Half Marathon: 1. Debbie Wilkinson (41) 1:28:11, 2. Debbie Mutton (32) 1:32:17, 3. Bobbi Magerus (28) 1:32:49.

Harbor Heritage Run

October 7, Newport Harbor HS, Newport Beach, 5K.

Winners

Men: 1. Mark Junkermann (24) 14:34, 2. John Konning (33) 14:37, 3. Jon Butler (27) 14:44.
Women: 1. Jennifer Thomas (24) 17:50, 2. Kim Robinson (17) 18:35, 3. Maria Mendoza (19) 18:36.

Santa Barbara News Press Run

October 7, Santa Barbara, 10K.

Overall Results

1. Rich McCandless (33) Hayward 29:39, 2. Jose Iniguez (23) Solvang 30:09, 3. Steve McCormack

RESULTS

(29) San Diego 30:32, 4. Joey Gomez (29) Fullerton 30:49, 5. Alan Scharu (29) San Diego 31:18, 6. Jim Triplett (31) Santa Barbara 31:43, 7. Brock Vaughn (26) Fullerton 31:58, 8. Corey Welles (26) Santa Barbara 32:21, 9. James Knox (29) Santa Barbara 32:30, 10. Nick Yray (40) Morgan Hill 32:56.

11. Glenn Madden (29) Santa Barbara 32:59, 12. Brian Nelson (32) Ventura 33:06, 13. David Sjogren (21) Santa Barbara 33:13, 14. Jeff Jacobs (22) Goleta 33:25, 15. Karl Polivka (18) Los Angeles 33:29, 16. Bryan MacMillan (20) Santa Barbara 33:32, 17. Rosa Gutierrez (25F) San Jose 33:33, 18. Randy Thwing (35) Santa Barbara 33:49, 19. Sean Nyhan (21) Goleta 34:06, 20. Eric Osgard (22) Goleta 34:07.

Division Results - Men

14 & Under: 1. Steven Dempsey 43:14, 2. Jonathan Weaver 50:21, 3. David Bauer 50:26, 15-18: 1. Karl Polivka 33:29, 2. Eban Robinson 34:22, 3. William Pohl 34:43, 19-24: 1. Jose Iniguez 30:09, 2. James Knox 32:30, 3. David Sjogren 33:13, 25-29: 1. Steve McCormack 30:32, 2. Joey Gomez 30:49, 3. Alan Scharu 31:18, 30-34: 1. Rich McCandless 29:39, 2. Jim Triplett 31:43, 3. Brian Nelson 33:06, 35-39: 1. Randy Thwing 33:49, 2. Jim Kornel 34:55, 3. Tony Moreno 35:45, 40-44: 1. Nick Yray 32:56, 2. Joseph Banach 37:17, 3. Keith Kirkpatrick 38:36, 45-49: 1. Steve Close 35:39, 2. Vic Birtalan 37:31, 3. Larry Pontinen 37:52, 50-59: 1. Sam Mayo 41:14, 2. Gordon McClenathan 41:23, 3. Buck Taylor 42:36, 60 & Over: 1. Bob Koch 44:44, 2. Jim Rowe 47:45, 3. Douglas Welch 53:40, 39 & Under Walk: 1. Andrew Hecker 56:21, 2. Paul Capritto 1:14:11, 3. Art Perret-Robles 1:23:48, 40-49 Walk: 1. Ed Bouldin 54:15, 2. Carl Warroll 1:00:20, 3. Steven Waggener 1:00:53, 50 & Over Walk: 1. Jim Baites 1:01:00, 2. Robert Caudry 1:06:10, 3. Rod Hamer 1:17:35, Wheelchair: 1. Steve Greenwood 57:12.

Division Results - Women

15-18: 1. Summer Eckberg 43:09, 2. Jana Gulledge 44:11, 3. Lisa Carter 1:03:05, 19-24: 1. Megan Riker 38:55, 2. Kelly Coster 41:37, 3. Karen Courter 41:48, 25-29: 1. Rosa Gutierrez 33:33, 2. Laura Sanchez 35:41, 3. Julie Christie 36:48, 30-34: 1. Juli Matteson-Guzman 37:32, 2. Petra Kemper 38:07, 3. Laurie Kirkpatrick 39:25, 35-39: 1. Anne Hayden 38:49, 2. Jane Holden 43:00, 3. Donna Morin 46:19, 40-44: 1. Mimi Baranowski 42:25, 2. Kathy Sanders 43:17, 3. Stephanie Welch 44:26, 45-49: 1. Suzie Klein 43:27, 2. Honey Nelson 48:56, 3. Marilyn Hansen 51:55, 50-59: 1. Barbara Camp 50:06, 2. Lisa Norcuff 54:40, 3. Judy Demario 56:29, 60 & Over: 1. Lisa Lang 58:47, 2. Helen Carter 1:02:00, 3. Haiga Carden 1:03:37, 39 & Under Walk: 1. Juliette Clement 1:14:11, 2. Tammy Blackwill 1:14:14, 3. Frances McClellan 1:17:48, 40-49: 1. Linda Lepper 1:10:11, 2. Carolyn Friedman 1:23:47, 3. Claire Craighton 1:26:38, 50 & Over Walk: 1. Janice Chelini 1:23:56, 2. Marian Lamonte 1:27:17, 3. June Atkins 1:33:20.

Running Is For The Birds

October 7. Bolsa Chica State Beach, Huntington Beach. 5K & 10K.

Overall Winners

Men's 10K: 1. Tom Mountain 34:22, 2. Dave Brunken 35:40, 3. Peter Benjamin 36:37, 4. Mike Correa 37:11, 5. Tom Haracy 37:16.

Men's 5K: 1. Tom Cupp 15:50, 2. John Eiler 16:30, 3. Charley Yu 16:40, 4. Tom Morse 16:49, 5. Kelly Babcock 18:29.

Women's 10K: 1. Georgia Reid 39:54, 2. Sally Adam 41:54, 3. Linda Reizalf 43:15, 4. Donna Casey 44:10, 5. Kim Kinzing 45:16.

Women's 5K: 1. Susie Peek 15:27, 2. Kathy Stahlin 21:25, 3. Patty Micklus 21:26, 4. Carrie Dollase 22:46, 5. Rosalia Mireles 22:51.

YMCA New Horizons Runs

October 7. Santa Ana. 5K & 12K.

Division Results - Men's 5K

17 & Under: 1. Chris Louie 35:23, 18-24: 1. Paul Candelera 20:34, 2. Ramiro Mosalez 21:17, 3. Joe Yeboan N.T., 25-29: 1. Antonio Munoz 17:29, 2. Jim Perez 17:59, 3. Robert Garro 19:24, 30-34: 1. Mike Wray 19:54, 2. David Graefe 21:32, 3. Luis Mendez 21:51, 35-39: 1. Jose Vera 18:12, 2. Mike Kirshbaum 21:35, 40-44: 1. Daniel Morales 18:35, 2. Dave Reynolds 20:06, 3. James Beaudry N.T., 45-49: 1. Jovank Herrera 20:32, 2. Ben Waldron N.T., 3. Rick Fordina 23:19, 60-69: 1. John Mooshagian 30:26, 2. Bob Waldron N.T.

Division Results - Women's 5K

17 & Under: 1. Devun Floss 35:51, 2. Allison Louie 43:02, 18-24: 1. Robin Strauss 22:52, 2. Cynthia Waldron 28:32, 3. Ann Gonzalez 30:09, 25-29: 1. P. Fajia Sloan 25:09, 2. Barbara Fierlo 25:33, 3. Linda Shandler 26:36, 33-39: 1. Jan Fields 30:16, 2. Holl Osborn 42:00, 3. Janice Law 45:15, 40-44: 1. Milli Clark 25:26, 2. Susan Newman 27:19, 3. Chantal Guard 31:11, 45-49: 1. Gralizia Gutierrez 27:37, 2. Judy Woods 27:52, 3. Ester Soza 37:13, 50-54: 1. Ida Hernandez 23:40, 55-59: 1. Jo Ann Waldron 45:13, 2. Alicia Hernandez 52:55, 60-69: 1. Teresa Soza 64:45.

Division Results - Men's 12K

18-24: 1. Marcos Diaz 47:49, 2. Bernardo Chong 49:44, 3. Sam Soto 53:26, 25-29: 1. Tim Robinson 50:08, 2. David Schilke 52:09, 3. Donn Hallman 53:05, 30-34: 1. Jorge Ortega 43:24, 2. Randy Palitza 57:09, 35-39: 1. Scott Klippert 46:42, 2. Art Blaser 46:59, 3. Bob Porter 49:48, 40-44: 1. Mike Louie 46:49, 2. George Morgan 55:12, 3. Robert Clinard 59:09, 45-49: 1. John Conant 43:52, 2. Bill Coombs 51:10, 3. Mike Lalum 53:56, 50-54: 1. James Christenson 66:45, 55-59: 1. Pablo Prietto 57:03, 2. John Strand 66:04, 60-69: 1. John Fisher 74:23.

Division Results - Women's 12K

25-29: 1. Patty Moran 55:00, 30-34: 1. Shirley Tomo 57:40, 35-39: 1. Nancy Baird 53:23, 45-49: 1. Margaret Waldron 60:59.

TAC 20K Championships (Celebrate Life)

October 8. Valencica.

Overall Results

1. Benito Cruz (24) 1:01:35, 2. Alfredo Rosas (29) 1:04:08, 3. Martin Rodriguez (23) 1:05:06, 4. Paul Hough (31) 1:07:16, 5. Larry Montag (37) 1:07:24, 6. Pete Kaplan (33) 1:07:37, 7. Paul Cook (37) 1:08:59, 8. M. Hemphill (40) 1:11:39, 9. David Palpat (25) 1:11:40, 10. Fred Ortega (42) 1:12:00.

11. B. Shallen (42) 1:12:29, 12. Peter Schuster (25) 1:12:42, 13. Don McCarthy (45) 1:12:43, 14. Abel Ibarra (36) 1:12:52, 15. Mark Dawson (35) 1:13:21, 16. Juan Cabeza (45) 1:13:49, 17. Jani Johnson (34F) 1:13:52, 18. Gretchen Lohr (29F) 1:14:52, 19. Michael Mutekm (38) 1:14:57, 20. David Louks (36) 1:15:54.

21. Bob Milam (44) 1:16:32, 22. Steve Elder (38) 1:16:36, 23. John Rudberg (55) 1:16:41, 24. Anita Johnson (25F) 1:16:57, 25. Jan Campbell (36) 1:16:57.

Zoo Zoom

October 8. Sacramento. 5K & 10K.

Division Results - Men's 5K

Overall Winner: 1. Jeffrey Scott 15:19, 13-16: 1. Justin Mank 17:20, 2. Ben Butcher 19:09, 3. Chris Chandley 19:39, 17-29: 1. Bob Johnston 15:32, 2. Arke Huff 15:58, 3. Brian Peoples 16:10, 30-39: 1. Al Lomei 15:50, 2. H.D. Lowery 15:54, 3. Tom Palguta 15:55, 40-49: 1. Tim Sharon 16:31, 2. Don Spickelner 17:01, 3. Jon Shelgren 17:39, 50-59: 1. John Ball 18:09, 2. David Radsdale 18:58, 3. Aaron Knight 21:47, 60 & Over: 1. Bob Burns 22:20, 2. Nestor Ve-

lasco 27:34, 3. Ellis Katz 27:50.

Division Results - Women's 5K

Overall Winner: 1. Lisa Boyle 17:34, 13-16: 1. Jennifer Egge 21:01, 2. Heidi McLaughlin 21:31, 3. Dawn Cabiatz 22:54, 17-29: 1. Beth Hickman 19:39, 2. Anne Webster 20:06, 3. Laurie Dove 20:18, 30-39: 1. Jeannie Bakaslice 21:05, 2. Alison Bridges 22:23, 3. Tracy Ellis 22:33, 40-49: 1. Sandra Coffey 20:20, 2. Natalie Hebborn 20:28, 3. Ann Brice 22:13, 50-59: 1. Audrey Veirs 25:35, 2. Nell Cook 29:57, 3. Rae London 31:53, 60 & Over: 1. Lori Conzen 29:25, 2. Grace Gammill 30:14, 3. Joan Moses 31:22.

Division Results - Men's 10K

Overall Winner: 1. Leonard Sperandio 31:33, 13-16: 1. Spencer Hedden 39:18, 2. Erik Skow 48:00, 3. David Brandenburger 50:07, 17-29: 1. Jim Misener 33:43, 2. Thom Pearman 35:22, 3. Troy Turner 36:25, 30-39: 1. Martin Dean 33:28, 2. Robert Coyle 33:35, 3. Chris Enflante 34:17, 40-49: 1. Mike Ammon 35:02, 2. Karl Yamauchi 36:16, 3. Tim Frawley 36:53, 50-59: 1. Arthur Cahn 38:36, 2. Joe McCladde 45:00, 60 & Over: 1. Vance Koerner 50:39, 2. Armond George 52:57, 3. Jim Sutton 56:52.

Division Results - Women's 10K

Overall Winner: 1. Eileen Taylor 36:08, 13-16: 1. Chris Carter 47:08, 2. Karen Carter 53:40, 17-29: 1. Laura Method 42:33, 2. Diane Smith 42:47, 3. Ljvia Peras 43:48, 30-39: 1. Cindy Scott 38:58, 2. Kim Swayze 40:45, 3. Vickie Pell 42:12, 40-49: 1. Lilly Frawley 47:20, 2. Margie Hata 47:53, 3. Kathy Douglas 50:06, 50-59: 1. Kathy Iseri 49:51, 2. Frances Rutz 53:20, 3. Dolores Mayer 59:55.

Corporate Relays

Open Men: 1. Businessland (Hohenke, Carroll, Salv) 55:30, Open Women: 1. McClatchy Newspapers (Kushman, Whaley, Drayton) 1:03:03, Open Co-Ed: 1. KCEM (Fuller, Czek, Moris) 1:23:11.

Rio Vista Bass Derby

October 14. Rio Vista. 5K & 10K.

Division Results - Men's 10K

18-29: 1. Carl Sacks 41:24, 2. Hobie Schultz 44:50, 3. John Donovan 59:42, 30-39: 1. Frank Garcia 37:38, 2. Ron Moreland 38:30, 3. Mike Golinvaux 46:27, 40-49: 1. Phil Murphy 37:15, 2. Ron Tanaka 38:51, 3. Manuel Cabrera 42:07, 50-59: 1. Jerry Lyeal 40:27, 2. Alfredo Garcia 48:37, 3. Alan Freese 48:49, 60 & Over: 1. Tony Bush 50:08, 2. John Nyser 50:37, 3. Robert Hereroa 51:07.

Division Results - Women's 10K

18-29: 1. Alejandra Aguires 38:52, 2. Mary Donovan 59:44, 30-39: 1. Consuelo Garcia 40:36, 40-49: 1. Karen Diemer 54:49, 50-59: 1. Dina Fields 51:20, 2. Mayrene Bates 51:27.

Division Results - Men's 5K

17 & Under: 1. Greg Friedman 19:57, 2. Gary McCormick 26:24, 18-29: 1. Ken Valentine 17:40, 2. Rich Hamilton 22:41, 3. Jeffery Johnson 22:56, 30-39: 1. Mike Holton 16:34, 2. Patrick Goodpasture 20:23, 3. Tom Acevedo 20:26, 40-49: 1. Roger Zoldan 17:13, 2. Kenneth Valentine 18:43, 3. Herman Ramirez 21:30, 50-59: 1. Michael Otten 19:55, 2. Gary Hollinger 20:17, 60 & Over: 1. Frank Cunningham 21:43, 2. Harold Linde 23:45.

Division Results - Women's 5K

30-39: 1. Elizabeth Hatch 31:39, 2. Stephanie Fetter 23:30, 3. Stephanie Wilson 27:18, 40-49: 1. Barbara Zoldan 20:55, 2. Lesta Chavir 28:19, 3. Beverly Fleicher 28:41, 50-59: 1. Chico Shingu 22:32, 2. Stella Goodpasture 39:28, 60 & Over: 1. Angie Given 28:60.

Columbus Day Festival

October 14. Martinez. 5 Mile.

Overall Results

1. Doug Pitt (44) Fairfield 28:02, 2. Jim Roberts (37) Martinez 28:43, 3. Mike Palmer (36) Berkeley 29:11, 4. Steven Wight (36) Martinez 29:15, 5. Edward Freyer (38) Petaluma 29:27, 6. John Monteverdi (43) Oakland 29:38, 7. Eddie Fryer (18) Mar-

inez 30:29, 8. Matt White (30) Walnut Creek 30:32, 9. Tom Ford (37) Pittsburg 31:07, 10. Tim Fronek (41) Benicia 31:15.

11. Michael Miretta (42) Pittsburg 31:32, 12. William Tomlinson (34) Brentwood 32:14, 13. Jim Bruce (42) Pleasant Hill 32:30, 14. Pam Mosher (27) Martinez 32:52, 15. Jim Viglienzono (36) Martinez 33:18.

Golden Bear Challenge

October 14. Berkeley. 5K & 10K.

Overall Results - Men's 5K

1. Scott Kennedy 15:55, 2. Michael Carlton 15:58, 3. Blair Venables 16:01, 4. Gordon Johnson 16:02, 5. Carl Rose 16:25, 6. Ian Phillips 16:32, 7. Jon Schroeder 16:43, 8. Richard Sendow 16:57, 9. David Figueroa 16:59, 10. David DeGusta 17:17.

Overall Results - Women's 5K

1. Patricia Falsone 19:31, 2. Laurie Davis 21:16, 3. Jennifer Maxwell 21:19, 4. Margaret Kinkel 21:20, 5. Nadine O'Connor 21:29, 6. Ana Kurosad 23:00, 7. Wendy Hassen 23:00, 8. Jenny Abelson 23:02, 9. Lorraine 23:07, 10. Marta Nakae 23:09.

Division Results - Men's 5K

14 & Under: 1. Tim Doherty 21:35, 2. Marc Thomas 22:44, 3. Jonathan Hassen 23:18, 15-18: 1. Scott Kennedy 15:55, 2. Blair Venables 16:01, 3. Gordon Johnson 16:02, 20-29: 1. Michael Carlton 15:58, 2. Carl Rose 16:25, 3. Richard Sendow 16:57, 30-39: 1. Jon Schroeder 16:43, 2. Anthony Chan 17:43, 3. Michael McRae 17:58, 40-49: 1. Phil Nemir 17:47, 2. John Gallista 18:18, 3. Britton Chang 19:01, 50-59: 1. Rich Barke 19:27, 2. Roberto Haro 21:33, 3. Jess Chavez 22:19, 60 & Over: 1. Don Lucero 22:30, 2. Lawrence Pairano 24:28, 3. George Turman 25:29.

Division Results - Women's 5K

14 & Under: 1. Wendy Hassen 23:00, 2. Kale Fehon 25:52, 3. Christine Woodin 29:01, 15-18: 1. Margaret Kunkel 21:20, 2. Jenny Abelson 23:02, 3. Tara Trumbull 27:55, 20-29: 1. Laurie Davis 21:16, 2. Jennifer Maxwell 21:19, 3. Ana Kurosad 23:00, 30-39: 1. Lorraine Hogle 23:07, 2. Joyce Bradley 23:34, 3. Rebecca Mullins 23:36, 40-49: 1. Patricia Falsone 19:31, 2. Nadine O'Connor 21:29, 3. Jori Wright 26:24, 50-59: 1. Chafon Fong 30:18, 2. Wafis Smith 31:49, 3. Mary Ann McLean 31:54, 60 & Over: 1. Kay Yamamoto 32:01.

Overall Results - Men's 10K

1. Eugene Tung 31:48, 2. Brian McGuire 31:51, 3. John Gasiano 32:06, 4. Crispin Hetherington 32:54, 5. Jay Johannesen 33:39, 6. Imre Farkas 34:25, 7. Glenn Vencil 35:24, 8. Curtis Kanazawa 35:25, 9. Randall Perkins 35:27, 10. Andrew Price 36:16.

Overall Results - Women's 10K

1. Linda Schirmer 38:40, 2. Yumi Takahashi 40:30, 3. Marilyn Acquistapace 41:05, 4. Karen Miller 41:41, 5. Sue Dickson 42:41, 6. Gina Miller 42:46, 7. Denise Allen 43:06, 8. Debbie Sherman 43:06, 9. Cindy Tuttle 43:59, 10. Dalia Dassa 44:14.

Division Results - Men's 10K

14 & Under: 1. Tim Fehon 47:42, 15-18: 1. Curtis Kanazawa 35:25, 2. Andrew Price 36:16, 3. Richard Herman 37:28, 20-29: 1. Eugene Tung 31:48, 2. John Gasiano 32:06, 3. Crispin Hetherington 32:54, 30-39: 1. Brian McGuire 31:51, 2. Glenn Vencil 35:24, 3. Alan Steeples 36:25, 40-49: 1. Edward Pachel 36:19, 2. Chris Larsen 36:25, 3. Gerald Werner 38:19, 50-59: 1. Juan Roman 39:04, 2. Rob Heblung 39:08, 3. John Gibbs 39:54, 60 & Over: 1. Joe Wakabayashi 44:07, 2. David Nethaway 46:25, 3. Edward Bosler 48:15.

Division Results - Women's 10K

14 & Under: 1. Sasha Hom 56:43, 15-18: 1. Kistin Winn 49:45, 2. Katie Welch 49:50, 20-29: 1. Linda Schirmer 38:40, 2. Karen Miller 41:41, 3. Sue Dickson 42:41, 30-39: 1. Yumi Takahashi 40:30, 2. Gina Miller 42:46, 3. Debbie Sherman 43:06, 40-49: 1. Marilyn Acquistapace 41:05, 2. Margaret Hourigan 45:12, 3. Julie Yallie 45:28, 50-59: 1. Barbara Robben 48:37, 2. Frances Rutz 52:02, 3. Barbara Kamprath 60:10, 60 & Over: 1. Kit Pickles 52:50.

RESULTS

Western Hemisphere Marathon

By Richard Lee Slotkin

December 3. Culver City.

The Jefferson Jinx is dead! Well, maybe only sleeping. In any case, it didn't catch the leader this time, chew him up and spit him out, a hopeless broken wreck, left to wobble through the last 3 miles while dropping 2, 3, or more, places.

Oh, it appeared, alright, but too little and too late. The guy with the big lead held it and won big. By almost 4 minutes. But, I'll tell you, it took the big lead to do it, because even though he was safely off Jefferson Boulevard, even though 2nd place was too far back to be visible, even though there were less than 2 miles to go, Alfredo Rosas, leading since 3 miles and leading big since 6 miles, was struggling to hold an 8 minute pace.

And failing.

No matter. So, he had hit the wall and there were brick chips all over him. He could afford to jog. The Jefferson Jinx couldn't touch him now. It had waited too long and missed its chance, and now the day belonged to Alfredo Rosas, whose name will be added to the honor roll plaque of Western Hemisphere Marathon winners that stands near the corner of Overland and Culver, a mere few yards from the Start/Finish line.

Well, Boston it ain't, but this race is trying its damndest to regain its old respectability. These days you can usually win here in the low 2:30s. Today, there were two guys under 2:30. They've never had a pace car in the 11 years that I've been associated with it. Today they had one.

Not only that, they had Miss Culver City riding in it and she was worth chasing for 26 miles. And to add another flavor icing to this cake, there was even some of the "M" word: Money! As in prize money.

OK, so it wasn't that much, \$250 for 1st, \$150 for 2nd, \$100 for 3rd, plus fifty bucks if you were an age group winner and weren't in the top three overall.

Hey! It's a start.

Actually, Rosas never should have even run this race. The previous week he had run a pretty com-

petitive 5K and two weeks earlier he had run a 2:20:06 PR at the Columbus Marathon. So, he was here only for a workout. That's the motto of the Gardena Valley Runners: I'm only doing it for a workout. Yeah, right. What it really is is part of Dan Ashimine's plan to take over the world. He puts all his Gardena Valley Runners in every race and figures that at least one or two will hold up and get a win.

And, by golly, it not only worked, once again, but it got second place too, even with the Jefferson Jinx occupying the premises. Actually, it was a strange race. The crowd was slightly bigger than usual, about 400 compared to the 250-300 they've been getting. More people usually means more quality, but the unseasonably warm weather promised to offset that. In fact, it was getting so warm that they delayed the start 15 minutes because the water stops weren't quite ready. When Bruce Robinson, of the newly formed Marathon Committee made that announcement over the P.A. he was roundly booed. Imagine what would have happened to him if there had been no announcement but no water.

So, what do you suppose happened?

Funny you should ask.

What happened was that some fools took off as though they were running a 1500. Ricardo Gutierrez grabbed the lead first. I thought he was just a no-name going for some momentary glory. Or for Miss Culver City's phone number. However, despite his rash start, he'll finish 17th overall with a time of 2:53:41.

Nevertheless, Gutierrez didn't last long as the leader. By a minute and a quarter, Bill Entz, definitely not a no-name, took over. He then proceeded to a 4:59 mile and continued this insane pace for another half mile until he began to show pain, feel pain and fade. He will finish 24th with a 2:57:29. Now, the old Bill Entz might have... oh well, we all get older, don't we?

Next to demonstrate his scorn for Mistress Marathon was Polin Belisle, last year's 3rd placer and victim of the Jefferson Jinx. Belisle, who was an '88 Olympian from Belize, should certainly have known better, but... Does 2 miles in 10:17 tell you anything? Remember, this isn't New York. You

don't need a 5 minute pace to win here.

And you're not going to get it, either.

Anyway, Belisle builds up a 30 yard lead, Entz is really fading and two GVRs are starting to move into sight. Just past 3 miles, Rosas takes over from Belisle while teammate Javier Lares trails in 3rd. At this point the only conclusion you can come to is that everyone is out of their gourd. Unless, of course, they're trying to



ALFREDO ROSAS

Photo by Richard Lee Slotkin

get in position to get a good look at Miss Culver City. In that case, maybe they aren't so dumb after all.

Except for Belisle. He got his glance but ended up with a DNF. Was it worth it? Well, well; who's to say?

So, now it's Rosas. He's got a 40 to 50 yard lead on Belisle at 4 miles, which he passes in 21:19. By mile 5, Lares has moved a few yards ahead of

Belisle and is only about 25 yards behind Rosas, who cleared the marker at 26:38. This is still a sub 2:20 pace from a guy who PRed in 2:20 just 2 weeks ago.

Two minutes later, Lares is 5 yards behind Rosas. You can imagine the pace he's been running for the last mile. Well, he does have a 2:24 PR, but this is madness. And he's not alone. Belisle, though he's now 15 to 20 yards behind Lares, has also moved up on Rosas, gaining back about half the real estate he had given up. Forget him, though. He DNFs, remember?

About a block from the 6 mile mark, Lares has caught Rosas. As they go through the Culver/Overland intersection, the runners are supposed to cross from the south side of Culver to the north side, and at that point there are island dividers. However, a major foul up occurred. You see, the escort motorcycles weren't very well coordinated with the pace car and, despite my pleas, the driver was afraid to blow the horn to tell the cops to pick it up. As a result, the leaders passed the pace car upon occasion.

And this was one of those occasions.

So, with Rosas and Lares ahead of the pace car, they missed the crossover and proceeded on down the south side of Culver. They hadn't gone but a few yards when they were directed to the north side, but that meant running across the divider with its curbs and planters. No big deal, really, but it does throw the pacing off. Coming out of all this, Rosas had a few yards lead again and it proved to be the move of the race. From there on until the last 2 miles or so, he built up that lead to the point where Lares was too far back to be seen.

And still insanity prevailed. Check out these splits:

7 miles=36:39. 20 yard lead. 8 miles=41:38. 40 yard lead. 9 miles=46:47. 40 yard lead.

This is a 2:16 pace by a guy who still hasn't recovered from a 2:20 PR all of two weeks ago and it's getting very warm!

Have you noticed that there are very few names being mentioned? That's because nobody was in sight anymore. We would see them at the turnaround on our way back, and some of them would run very good times. But from here on, except for a short stretch following the turnaround, it would be just the police motorcycles escort, the pace car and Rosas.

By 11 miles, in 57:04, which would be under a 2:18, Rosas has broken the thing wide open. His lead is about 150 yards over Lares. Who's in 3rd? Who

continued next page...

RESULTS

knows? He's not even in the same zip code.

So, up the hill on Vista del Mar and along the beach through the turnaround in El Segundo and then 14 miles in 1:12:48, a 2:16 pace. As we check out the runners still headed out we see Entz struggling along about 4 minutes back. Just a bit later we spot the first F, Karen Carpani who has crested the sharp hill at the north end of Vista del Mar. Second F not in sight. It figures. Carpani came within a couple of seconds of breaking 3 hours at the L.A. Marathon earlier this year. She can win this.

She won't, though. She'll die by 22 miles and settle for 2nd in 3:15:35. At this point, though, she looks good.

A little later we see last year's winner, Merle Heimberg. She appears to be in second, but she's not. Antoinette Delgado was blocked from our view where the course was split by a few city blocks in Playa del Rey. Unlike everyone else, she is not feeling the heat, will not feel it and will catch Carpani at 22 miles. And, she will win. In 3:06:54. Well, it's her first marathon and she doesn't know any better. In fact, she doesn't understand why the heat hasn't gotten to her. It always did at Pasadena City College and CSULA, where she ran distance and cross country. Beginner's luck.

Rosas will also win. We can't see Lares and we are on a stretch of Jefferson Boulevard where the visibility is a lead a mile in either direction.

Want some more splits?
15 miles=1:17:57. 16 miles=1:23:29. Wow! He slowed to a 5:32. 17 miles=1:28:56. Just under 5:30 and about a 2:17 pace.

That's the way it went through 22 miles. Cranking out 5:30s. Now, that would be a 2:24 pace but those early 5:05s are still holding the average down. Unfortunately, whether he knows it or not, whether it looks it or not, the honeymoon is over. You didn't have to be there to know that by 22 miles, Rosas was going to be smelling the foul breath of the Jefferson Jinx.

Sure enough, mile 23 was almost 6 minutes; not that bad, but it would get worse. The question was: Where was Lares? Was he close? He wasn't.

Good thing, because mile 24 took 6:22 and mile 25 was 7:02. Now, that's not too bad either because anyone trying to catch Rosas would have to be doing at least a 6:02, and at this stage of the race, with this field, that wasn't possible. Rosas would have to slow to about 9 minutes per mile for anyone to have a chance to pick him off. With a

mile and a quarter left, it wasn't likely that he'd slow down that much.

Coming up Barman Avenue, about 3/4 of a mile to go, Rosas was running about 9 minutes per mile.

If he could pick it up to maybe 8:30 or 8:25, he could break 2:25 and that would be kind of respectable for this second oldest marathon. But Rosas just smiled and said, "I don't van' to." Even Miss C.C. tried to get him to pick it up. Never mind what she offered; she was only kidding, but Rosas was too far gone to know that. His answer? "I don't van' to." Geez, I would have.

Why didn't he? Why did he miss going under 2:25 by a lousy 11 seconds? His excuses were: 1) a sore throat that morning. 2) Just in the race for a workout, and, 3) Big deal! He had the race won anyway.

I'll tell you exactly why he didn't get those 11 seconds: He couldn't.

Rosas had hit the wall so hard that he had pieces of brick all over him. And though it took a while to feel it, that wall started in Columbus 2 weeks ago.

Anyway, what's wrong with a 2:25:10?

RESULTS
1. Keith Dysert (Wlchr) (37) 1:57:55, 2. David Cornelisen (Wlchr) (37) 2:01:07, 3. John Fackler (Wlchr) (37) 2:01:08, 4. Alfredo Rosas (29) 2:25:10, 5. Bob Ashlock (Wlchr) (58) 2:27:52, 6. Javier Lares (31) 2:28:59, 7. Bill McDermott (38) 2:33:19, 8. Harold Ketting (35) 2:35:12, 9. Enrique Alvez Preza (36) 2:35:37, 10. Martin Rodriguez (23) 2:36:36.

11. Nicholas Hernandez (34) 2:38:23, 12. Rodolfo Hernandez (23) 2:40:50, 13. Daniel Flees (19) 2:42:26, 14. Normand Steeg (28) 2:45:39, 15. Jon Hiroshima (37) 2:47:57, 16. Stephen Harris (35) 2:49:29, 17. James Edmonson (47) 2:49:51, 18. Bob Streets (37) 2:50:21, 19. Gheorghe Tancu (44) 2:51:43, 20. Craig Johnson (26) 2:52:36.

21. Ricardo Gutierrez (25) 2:53:41, 22. Steven Hartmann (31) 2:54:24, 23. Dan Ashimine (46) 2:54:28, 24. John Rudberg (55) 2:54:34, 25. Eric Meredith (45) 2:54:43, 26. Kenneth Moffitt (37) 2:55:29, 27. William Lovelace (42) 2:57:25, 28. Bill Entz (35) 2:57:29, 29. Andre Tocco (54) 2:58:54, 30. Roland August (34) 3:00:22.

Long Beach Low Tide Run

October 14, Long Beach, 4 Mile.
The 27th annual Long Beach Low Tide Run were run under sunny late afternoon skies along the hard packed sand of the Long Beach shoreline.

Twenty-nine year old Terry Petersen of Team Runners High ran away with the men's overall title in the featured four mile race with a time of 21:54. Two time Olympic rowing silver medalist (76, '84) Joan VanBlom took the women's honors in 27:20.

Two masters times were recorded by Mark Hemphill (22:47) and Joan Clergy (28:45). Other notable performances included fourteen year old James Duckman's 26:41 and ten year old Tamara Araya's 34:42 performances to win the male and female 14 and under age groups.

Division Results - Men
14 & Under: 1. James Duckman 26:41, 2. Brian Farren 27:18, 3. Ryan Noble 35:13, 15-18: 1. Clarence Allums 22:50, 2. Ray Bush 24:16, 3. Nelson Molina 24:24, 19-24: 1. Felipe Esparza 24:54, 2. David Noyes 25:12, 3. Peter Hirell 25:23, 25-29: 1. Terry Petersen 21:54, 2. John Jeridau 22:17, 3. Bob Krauth 22:52, 30-34: 1. Jorge Alvarez 23:24, 2. Larry Hingibotham 23:37, 3. Edward Davis 23:45, 35-39: 1. Jim Whitson 22:36, 2. Mike Morris 23:00, 3. Mark Gross 23:18, 40-44: 1. Mark Hemphill 22:47, 2. Daniel Kelly 23:11, 3. Wayne Mitchell 23:55, 45-49: 1. Ben Jackson 23:51, 2. Sylvester Chumley 25:12, 3. Joe Quinn 25:41, 50-54: 1. Bob Nyman 25:27, 2. Gamma Chavez 25:36, 3. Pete Saultz 26:47, 55-59: 1. Renny Nelson 28:31, 2. Ken Calvin 29:16, 3. David Carlson 29:44, 60-64: 1. Bob Vitale 28:28, 2. Bob Koch 29:45, 3. Glen Stout 29:57, 65-69: 1. Ed Hornung 31:29, 2. Ralph Liberto 35:34.

Division Results - Women
14 & Under: 1. Tamara Araya 34:42, 2. Elizabeth Farrell 39:37, 3. Bernadette Lee 41:21, 19-24: 1. Melissa Staley 27:46, 2. Vivian Ricourto 33:31, 25-29: 1. Loretta Marietti 28:53, 2. Rhonda Davidson 29:26, 30-34: 1. Lynne Clay 27:59, 2. Mary Ann Hernandez 32:15, 3. Laryn Lee 32:19, 35-39: 1. Joan Van Blom 27:19, 2. Linda Riddle 29:23, 3. Linda Lou Natzmer 30:57, 40-44: 1. Joan Clergy 28:44, 2. Cindy Van Stralen 28:59, 3. Barbara Spatz 24:29, 45-49: 1. Brenda Lansford 28:57, 2. Sue Cooper 31:53, 3. Sharen Kokasa 33:09, 50-54: 1. Mary Cash 34:55, 2. Rose Mendoza 41:39, 3. Angelina Aldereto 42:30, 55-59: 1. Gnie Mains 31:27, 2. Yukie Mochida 33:53, 3. Audrey Houth 34:32, 70 & Over: 1. Lucy Adney 54:20.

City of Montebello 5K

October 14, Tustin, Orange, Villa Park Area.

Division Results - Men
15-19: 1. Jesus Rangol 16:44, 2. Alford Calderon 26:17, 20-24: 1. Eitren Garcia 15:06, 2. Valente Torres 15:45, 3. John Vela 15:48, 25-29: 1. Mark Castaneda 15:05, 2. Vicent Ribera 15:23, 3. Alex Gonzalez 15:43, 30-34: 1. John Caro 15:48, 2. Ricardo Arevalo 15:50, 3. Edward Sois 15:59, 35-39: 1. John Chavez 16:05, 2. Bob Landry 16:08, 3. Jim Granados 16:17, 40-44: 1. Craig Wright 20:58, 2. Miguel Gonzalez 21:42, 3. David Romero 22:33, 45-49: 1. Michael Lalum 16:30, 2. James Ortega 24:37, 3. Joe Gonzalez 24:49, 50-54: 1. Jacob Padron 22:50, 2. Louis Salgado 25:03, 55-59: 1. Ruben Esqueda 16:22, 60-64: 1. Bruce Odoou 21:26, 65-69: 1. Stanley Neufeld 21:48, 2. Ben Bernal 21:50.

Division Results - Women
20-24: 1. Carole Casillas 16:14, 2. Sonia Gonzalez 23:06, 25-29: 1. Elizabeth Blair 16:16, 2. Andrea Calderon 23:16, 30-34: 1. Miriam Rizo 16:19, 2. Ana Castaneda 23:32, 50-54: 1. Connie Yee 25:36, 2. Evelyn Briavo 26:05, 55-59: 1. Lillian Esqueda 28:24, 2. Vela Jimenez 28:31.

Learn Not To Burn

October 14, Playa Del Rey, 5K & 10K.
Division Results - Men's 5K

Overall Winners: 1. Peter DeLaCorda 15:17, 2. Eddie Edwards 15:56, 3. Stephen Keyes 16:04, 14 & Under: 1. Ricky Barba 18:48, 2. Trevor Erickson 21:44, 3. Brian Dittmar 22:46, 15-18: 1. Peter DeLaCorda 15:17, 2. Steve Schlegel 18:42, 3. Gary Arnell 18:44, 19-24: 1. Alan Thompson 22:24, 2. Raymond Callahan 23:56, 3. Jerry Traugbber 24:13, 25-29: 1. Eddie Edwards 15:56, 2. Dave Winkler 16:30, 3. Arturo Torres 16:51, 30-34: 1. Joel Sanchez 16:13, 2. Roland August 17:44, 3. Mark Menda 18:04, 35-39: 1. Salvador Arellano 18:04, 2. German Alonso 16:07, 3. Mike Tipping 16:21, 40-44: 1. Stephen Keyes 16:04, 2. Salvador Gonzalez 17:40, 3. Ronald Crittenden 19:14, 45-49: 1. Catarina Gonzalez 16:53, 2. Ken Desmet 17:07, 3. John Gonzalez 18:13, 50-54: 1. Sonny Moniz 17:59, 2. John Ghini 19:16, 3. Gary Smith 19:48, 60-69: 1. Leonard Walls 19:59, 2. Bill Fitzgerald 21:11, 3. Jack Bennett 21:28, 70 & Over: 1. Tuck Wherley 23:15, 2. Fred Shanley 28:18, 3. Jacob Bghin 42:40.

Division Results - Women's 5K

Overall Winner: 1. D.Darbie Bowden 17:47, 2. Kaße Cunningham 18:24, 3. Robie Duenas 18:35, 14 & Under: 1. J. DeLaCorda 20:04, 2. Michelle Dewestern 30:33, 3. Tamara Hodges 31:00, 19-24: 1. Lea Ryan 22:07, 2. Kelly Conway 24:47, 3. Meredith Mortimer 25:58, 25-29: 1. Robie Duenas 18:35, 2. Marie Deary 19:27, 3. Heid Heikamp 19:59, 30-34: 1. Kaße Cunningham 18:24, 2. Karen Callahan 18:37, 3. Donna Silveria 20:34, 35-39: 1. Darbie Bowden 17:47, 2. Peggy Sullivan 21:37, 3. Mary Ann Schewe 23:03, 40-44: 1. Sue Reinhardt 20:02, 2. Diane Lich 25:48, 3. Lois Feldhamer 26:12, 45-49: 1. Georgina Nuttall 22:16, 2. Maria Hargett 24:48, 3. Karen Barry 25:25, 50-54: 1. Bobbi Gold 21:17, 2. Atsuko Fujimoto 23:09, 3. Greta Jones 25:29, 60-69: 1. Selma Mehlman 30:10.

Division Results - Men's 10K

Overall Winners: 1. Mark Eisenmenger 31:43, 2. Rick Dodson 32:38, 3. Larry Montag 32:40, 14 & Under: 1. Sam Harang 43:49, 2. Scott Anderson 48:49, 3. Tim Anderson 58:58, 15-18: 1. Brian Johnson 1:06:37, 2. Eric Onesti 1:06:38, 19-24: 1. Ronald Combs 33:52, 2. Gabriel Sanchez 34:09, 3. Sean Riosmonte 36:00, 25-29: 1. Mark Eisenmenger 31:43, 2. Rick Dodson 32:38, 3. Michael Spencer 33:00, 30-34: 1. Dave Orlovski 32:50, 2. Ramon Estrada 33:09, 3. Sergio Gonzalez 34:16, 35-39: 1. Larry Montag 32:40, 2. Mark Gross 35:17, 3. Barry Wifler 36:29, 40-44: 1. John Mossbacher 36:35, 2. Paul Garnett 37:49, 3. A.J. Simion 38:10, 45-49: 1. Ron Werner 36:55, 2. Simon Rubin 37:52, 3. Robert Neill 39:02, 50-54: 1. John Rudberg 36:40, 2. Arnold Ward 40:15, 3. Jerry Cherrington 42:22, 60-69: 1. Edwin Travers 42:40, 2. Milo Sather 43:22, 3. Ruben Heredia 47:35, 70 & Over: 1. Eddie Lewin 44:47.

Division Results - Women's 10K

Overall Winner: 1. Marica Cardenas 36:44, 2. Karen Carpani 38:12, 3. Jill Walker 39:59, 19-24: 1. Jackie Harf 51:28, 2. Annabelle Abba 52:22, 3. Alisa Berger 54:18, 25-29: 1. Jill Walker 39:59, 2. Linda Werner 40:58, 3. Laura Radodinski 44:07, 30-34: 1. Marica Cardenas 36:44, 2. Karen Carpani 38:12, 3. Karen Callahan 40:21, 35-39: 1. Lena Cortez 47:19, 2. Karen Chase 48:57, 3. Deb Blair Porter 53:42, 40-44: 1. Anita Sack 48:10, 2. Linda Todero 51:20, 3. Eiko Posty 55:51, 45-49: 1. Karin Handsaker 46:21, 2. Kay Hopkins 1:03:06, 50-59: 1. Marilyn Clark 47:09, 2. Keiko Takeda 50:51, 3. E. Nicsson 1:22:31, 60-69: 1. Myoko O'Hara 57:53.

Wenmats

Coca Cola Classic

October 14, Sacramento, 5K & 10K.

Division Results - Men's 5K

First Boy: 1. Chad Horn. **Overall Winners:** 1. Leonard Sperando 15:21, 2. Rich Govi 15:44, 3. Cesar

RESULTS

Santos 15:55. 14 & Under: 1. Seth Veges 26:47. 15-19: 1. Bart Good 19:42. 20-24: 1. Cesar Santos 15:55. 2. Kenny Brown 16:01. 3. Rod Coker 17:15. 25-29: 1. Leonard Sperandio 15:21. 2. Tracey Dryden 19:14. 3. Raymond Cervantes 19:38. 30-34: 1. Rick Kushman 16:53. 2. Jesse Jaime 21:42. 3. Russell Nacala 21:50. 35-39: 1. Rich Govi 15:44. 2. Rick Reyes 18:41. 3. Kevin Duffy 19:17. 40-44: 1. Otto Barloski 19:19. 2. Don Polly 19:35. 3. Steve Zehner 20:44. 45-49: 1. Charles Conway 19:22. 2. Ed Havenaul 25:54. 3. Bill Kinney 28:22. 50-54: 1. Tony McMullen 21:18. 2. Edwin Berry 21:59. 3. Bob Baker 29:02. 55-59: 1. Dick Woods 25:14. 2. Bartran Orwin 25:30. 3. Bill Leek 33:46.

Division Results - Women's 5K
First Girl: 1. Amber Daniel. Overall Winners: 1. Janine Jarris 18:15. 2. Tina Schuld 22:20. 3. Trina Kraus 22:36. 20-24: 1. Janine Jarris 18:15. 2. Trina Kraus 22:36. 3. Samantha Ramsey 48:02. 25-29: 1. Laura Arnez 23:09. 2. Dawn Gibson 23:48. 3. Mary Scott 24:45. 30-34: 1. Tina Schuld 20:20. 2. Terese Zellmer 24:58. 3. Shelley Lamn 25:08. 35-39: 1. Christine Shady 25:54. 2. Linda Parr 26:13. 3. Lauvand Brown 27:12. 40-44: 1. Janet Hoorigan 23:03. 2. Elizabeth Knap 24:33. 3. Joyce Pryor 25:48. 45-49: 1. Charlene Conteras 27:11. 2. Cynthia Hayes 27:41. 3. Linda Downing N.T. 50-54: 1. Joan Kosman 48:03. 2. Patricia Hansen N.T. 55-59: 1. Dorothy Rimer N.T. 60 & Over: 1. Midge Porter 29:08. 2. Grace Grammel N.T.

Division Results - Men's 10K
Overall Winners: 1. Joaquin Leano 31:20. 2. Bob Johnson N.T. 3. Tim Williams N.T. 15-19: 1. Bill Pasqua 40:57. 20-24: 1. Bob Johnson 32:00. 2. Michael Marotte 38:10. 3. Jeff Patterson 44:05. 25-29: 1. Mauricio 33:32. 2. Engel Avalos 34:06. 3. Nick Kurth 34:48. 30-34: 1. Joaquin Leano 31:20. 2. Andy Harris 37:26. 3. Ken Campbell 37:33. 35-39: 1. Tim Williams 32:25. 2. Adam Feueira 32:49. 3. James Milton 35:06. 40-44: 1. Mike Ammon 36:24. 2. Dan Pfier 38:26. 3. Doug Essary 39:00. 45-49: 1. Ted McNight 38:36. 2. LeEarl Healy 38:45. 3. John Deheimer 41:39. 50-54: 1. Fred Mattos 39:06. 2. A Rodriguez 43:45. 3. John Brown 49:13. 55-59: 1. Sam Schlagetta 48:56. 2. Raymond Gonzales 51:33. 3. Don Goering 55:38. 60 & Over: 1. Ray Helm 46:39. Wheelchair: 1. Rory Cooper 29:29. 2. Jim Scholmer 31:41. 3. Dave Larson N.T.

Division Results - Women's 10K
Overall Winners: 1. Christine Iwahashi 38:50. 2. Vicky Pall 41:20. 3. Jan Levat 41:21. 20-24: 1. Liva Peras 42:56. 2. Lorene Nichols 44:39. 3. Elissa Moran 47:58. 25-29: 1. Beth Dillon 42:59. 2. Tracey Warr 46:28. 3. Laura Kulsk 46:31. 30-34: 1. Christine Ewahashi 38:50. 2. Paula Robichard 44:00. 3. Lauri Parlong 47:01. 35-39: 1. Vicky Pall 41:20. 2. Jan Levat 41:21. 3. Andrea Salmi 49:48. 40-44: 1. Cyni Calvin 41:23. 2. Candace Harris 46:59. 3. Gloria Takaish 50:13. 45-49: 1. Cathleen Motz 56:02. 2. Susanne Ahquist 56:36. 3. Loretta Lutz 1:05:45. 50-54: 1. Nan Finney 55:31. 2. Lynn Persano 56:15. 3. Sharon Sedlar 1:03:40. 55-59: 1. Lynne Hurrell 60:13.

Tustin Tiller Days

October 14. Tustin. 5K & 10K
Division Results - Men's 5K
14 & Under: 1. Brad Pickett 19:17. 2. Mike Curran 19:37. 3. Nicholas Faure 19:56. 15-18: 1. Michael Terry 16:09. 2. Ryan Ackerman 17:03. 3. Damon Oshita 18:19. 19-24: 1. Pete Martinez 17:01. 2. Kelly Finmeran 18:53. 3. Tim McKay 19:21. 25-29: 1. Dan Arsenault 15:43. 2. Mike Friedl 17:04. 3. Mike Blitt 18:19. 30-34: 1. Thomas Morse 16:41. 2. Dymphno Serna 17:35. 3. Mark Stevcave 19:36. 35-39: 1. Wall Hill 16:47. 2. Don Hughes 18:06. 3. Richard Kingsland 19:14. 40-44: 1. Don Irvine 16:19. 2. Jim Heller 18:23. 3. A. Delbosmo 18:47. 45-49: 1. Harry Hurt 17:20. 2. George Hill 18:56. 3. Robert Williams 22:15. 50-59: 1. John Gilfoil 10:36. 2. Ernie Louder 22:14. 3. Dan Laflin 23:42. 60 & Over: 1. Don Hays 24:26. 2. James Lawrence 26:49. 3. John

Mooshagian 28:43.

Division Results - Women's 5K
14 & Under: 1. Kristina Dahlberg 19:02. 2. Joy Kelo 25:31. 3. Melinda Kim 25:54. 15-18: 1. Amy Wiczorek 21:13. 2. Laura Egendorf 23:37. 19-24: 1. Chrissy Benham 21:15. 2. Robyn Strauss 21:45. 3. Julie Gothe 25:06. 25-29: 1. Sue Davis 18:29. 2. Deborah Schwarz 23:18. 3. Barbara Fierro 23:46. 30-34: 1. Kathy Smith 24:56. 2. Pam Underwood 27:14. 3. Carmel Scherf 27:20. 35-39: 1. DoeDee VanWay 23:30. 2. Sharon Tipple 24:38. 3. Karen Wolf 25:43. 40-44: 1. Jill Spencer 27:27. 2. Marcia Hazlett 28:06. 3. Gabriele Mahutte 28:52. 45-49: 1. Jean Susan 32:24. 2. Esther Soza 34:57.

Division Results - Men's 10K
14 & Under: 1. Tom Coffey 42:34. 2. Ryan Emesaker 46:14. 3. Jeffrey Price 46:52. 15-24: 1. Bill Davenport 32:19. 2. Ian Williamson 37:09. 3. Anthony Keifer 37:52. 25-29: 1. Larry Holland 33:30. 2. Tom Fitzgerald 43:12. 3. Jeff Crosson 35:15. 35-39: 1. Jose Machuca 38:21. 2. Reagan Splady 39:26. 3. William Speger 40:00. 40-44: 1. Fred Shuffelbarger 35:09. 2. Jim Burton 37:34. 3. Ron Cartwright 38:37. 45-49: 1. Maurice Bousquet 35:17. 2. Steve Walber 37:56. 3. T. Sweets 38:45. 50-59: 1. Sam Mayo 40:29. 2. Steve Dibble 41:07. 3. Tom Riles 45:02. 60 & Over: 1. Tracy Brown 40:56. 2. Doug Majjala 46:55. 3. Casey Poole 47:49.

Division Results - Women's 10K
24 & Under: 1. Dawnell Goergen 49:03. 2. Karine Faure 52:33. 25-29: 1. Jan Bresnahan 44:39. 2. Lori Sage 45:10. 3. Kerri LaMora 53:25. 30-34: 1. Georgina Reid 40:32. 2. Peggy Robb 40:43. 3. Maureen Megliazzo 54:21. 35-39: 1. Lori Coker 39:06. 2. Candy Clark 43:40. 3. Linda Meier 48:24. 40-44: 1. Debbie Wilkinson 41:25. 2. Sue Splady 56:38. 50-59: 1. Joan Jeter 46:14. 2. Judy Demeno 55:34. 3. Jane Tolley 59:49.

Bear Valley "Run 'n' Ride" Biathlon

October 15. Pindole.
Overall Results - Long Course (12K Run, 24 Mi. Bike)
1. Larry Nolan (30) Fremont 1:43:02. 2. Nathan Smith (35) Oakland 1:45:37. 3. Dean Harper (36) Walnut Creek 1:45:38. 4. Vince Gonsalves (25) Martinez 1:48:28. 5. Fitzgerald Team (PT Richmond) 1:49:13. 6. Bruce Lin (19) Berkeley 1:50:12. 7. Gay Chamberlain (42) 1:50:14. 8. Johnson & Kolchov (Vallejo) 1:50:21. 9. Tucker & Hewett (Menlo Park) 1:50:57. 10. Mitch McHarque (29) Salinas 1:51:02.

Overall Results - Short Course (5K Run, 10 Mi. Bike)
1. Jim Hartigan (32) Sacramento 49:21. 2. Warren Gee (23) El Cerrito 49:37. 3. Doug Lyle (31) Berkeley 50:20. 4. Hans Facer (37) Lafayette 51:18. 5. Bill Boyd (24) Castro Valley 51:25. 6. Roll Nebeburg (50) Dublin 51:37. 7. Ramin Hedayatpour (19) Martinez 51:57. 8. Mike Banks (26) Morgan Hill 52:06. 9. Chris Sanchez (23) Antioch 52:27. 10. Tom Gress (31) Travis AFB 52:59.

Montclair Baldy View Runs

October 15. Montclair. 5K & 10K
Division Results - Men's 5K
Overall Winners: 1. Disqualified 16:10. 2. Nick Peach 16:15. 3. Brad Reed 16:37. 4. Disqualified 17:01. 5. John LeMar 17:26. 15 & Under: 1. Patrik Kocian 17:53. 16-19: 1. Ed Rands 18:08. 20-24: 1. Jonathan Peach 18:29. 25-29: 1. Nick Peach 16:15. 30-34: 1. Sam Obwocha 16:10. 35-39: 1. Scott Kendall 17:51. 40-44: 1. Bill Yanez 18:42. 45-49: 1. Glenn Gorelich 19:22. 50-54: 1. Booker Washington 19:59. 55-59: 1. Ed Monroy 23:26. 60 & Over: 1. Ehan Sanchez 20:23.
Division Results - Women's 5K
Overall Winners: 1. Michele Budicchio 17:28. 2. Lau-

ra Held 18:47. 3. Susan Graeborg 18:56. 4. Miste Garcia 20:13. 5. Jodi Peyton 21:24. 15 & Under: 1. Anhu Dang 22:50. 16-18: 1. Susan Graeborg 18:56. 20-24: 1. Jodi Peyton 21:24. 25-29: 1. Laura Held 18:47. 30-34: 1. Michele Budicchio 17:28. 35-39: 1. Dale Kucera 25:31. 40-44: 1. Kay Cronin 33:53. 45-49: 1. Lyta Bloomfield 26:32. 50-54: 1. Muriel Ciopov 25:48.

Division Results - Men's 10K
Overall Winners: 1. Disqualified 33:51. 2. Medardo Escalante 34:44. 3. Pedro Santoni 35:48. 4. Greg Esser 35:54. 5. Steve Hartman 36:08. 15 & Under: 1. Austin Moore 49:16. 16-18: 1. Mike Ortiz 38:02. 20-24: 1. Medardo Escalante 34:44. 25-29: 1. Greg Esser 35:54. 30-34: 1. Sam Obwocha 33:51. 35-39: 1. Anthony LaTona 38:12. 40-44: 1. James Cope 38:24. 45-49: 1. Ed Valasco 45:15. 50-54: 1. Ray Hughes 40:36. 55-59: 1. Eugene Black 40:58.

Division Results - Women's 10K
Overall Winners: 1. Alisa Harvey 35:16. 2. Carol Carrigan 38:18. 3. Greta Diebih 44:22. 4. Suzie DePhest 45:22. 5. Denise Soverch 45:55. 16-19: 1. Monica Kocian 49:46. 20-24: 1. Alisa Harvey 35:16. 25-29: 1. Carol Carrigan 38:18. 30-34: 1. Barbara Shea 47:20. 35-39: 1. Diane McKee 56:24. 40-44: 1. Maria Rodriguez 46:21. 45-49: 1. Valerie Nixon 101:55.

Bell Race

October 15. Merced. 15K & 3K
Overall Results - 15K
1. Joe Carnegie (18-29) 49:15. 2. Nestor Ayala (18-29) 49:58. 3. Dan Rusk (18-29) 52:05. 4. Nico Nickols (30-39) 52:12. 5. Jim Ejan (18-29) 52:42. 6. Don Gregory (30-39) 53:17. 7. Randy Karr (17&U) 53:55. 8. Edward Jarrett (30-39) 54:30. 9. Don Olynick (30-39) 54:32. 10. Steven Levy (40-49) 55:43.
Overall Results - 3K
1. Greg McKinstry (30-39) 9:20. 2. Mike Boyer (18-29) 10:01. 3. Tim Cox (13-17) 10:15. 4. Jeremy Murly (13-17) 10:24. 5. Deime Ramirez (13-17) 10:55. 6. Max Cota (13-17) 10:59. 7. Jamill Kelly (10-12) 11:01. 8. Kyle Royer (10-12) 11:01. 9. Jojo Aguilar (10-12) 11:05. 10. Lee Anderson (40-49) 11:24.

Division Results - Men's 15K
17 & Under: 1. Randy Karr 53:55. 2. Ralph Ramirez 63:19. 18-29: 1. Joe Carnegie 49:15. 2. Nestor Ayala 49:58. 3. Dan Rusk 52:42. 30-39: 1. Nick Nickols 52:12. 2. Don Gregory 53:17. 3. Edward Jarrett 54:30. 40-49: 1. Steven Levy 55:49. 2. John Minney 57:24. 3. Dick Doman 58:58. 50-59: 1. Ken Schwisow 57:07. 2. Frank Russell 62:09. 3. Ed Thomason 62:57. 60-69: 1. Chuck Feuler 1:12:50. 2. Lee Thomas 1:18:52.

Division Results - Women's 15K
18-29: 1. Pamela Gooden 1:15:14. 2. Teri Craft 1:16:53. 3. Huang Phan 1:19:44. 30-39: 1. Anne Liza 1:09:38. 40-49: 1. Reva Culliver 1:10:11. 2. Jackie Ryle 1:19:14. 3. Mary Ann Barrosa N.T. 50-59: 1. Deborah Schwartz 1:19:07. 2. Pat Kaufman 1:21:16. 3. Heidi Frahn N.T. 60 & Over: 1. Dorothy Thomas 1:21:56. 2. Pat Loing 1:30:33.

City of Lawndale Runs

October 15. Lawndale. 5K & 10K
Overall Results - Men's 10K
1. Javier Laros (31) 32:26. 2. Hector Arroyo (26) 32:35. 3. Dan Nielsen (28) 33:21. 4. Jose Rodriguez (35) 34:33. 5. Steve Gonzales (15) 34:34. 6. Dan Takahashi (32) 34:45. 7. Eddie Edwards (27) 35:15. 8. David Kessler (26) 35:24. 9. Dave Brunk 35:35. 10. Ron Poston (55) 36:06.
Division Results - Men's 10K
13 & Under: 1. Michael Chaleksson 47:31. 2. John Chalkson 51:40. 14-16: 1. Steve Gonzales 34:34. 2. Richard Raya 40:37. 3. James Rogers 51:54. 19-24: 1. Dave Brunk 33:35. 2. Steve Hildreth 44:28. 3. David Borell 50:48. 25-29: 1. Hector Arroyo 32:35. 2. Dan Nielsen 33:21. 3. Eddie Edwards 35:15. 30-34: 1. Avier Laros 32:26. 2. Dan Takahashi 34:45. 3. Wendell Yoshida 37:55. 35-39: 1. Jose Rodriguez

34:33. 2. Raymond Hale 41:20. 3. Jeff Halbert 42:34. 40-44: 1. Ernest Chaleksson 41:00. 2. Willie Spozza 42:36. 3. Robert Kawamoto 45:55. 45-49: 1. Bill Pierce 38:33. 2. Russa Halligan 38:40. 3. Dan Crosser 39:34. 50-54: 1. Sonny Manior 42:05. 2. Thomas Johnson 42:46. 3. Elmer Sanborn 42:34. 55-59: 1. Ron Poston 36:06. 2. John Rudberg 36:46. 3. Philip Felchko 59:05. 60-64: 1. Patrick Devine 38:15. 2. Richard Ryder 49:05. 3. Yosh Fujinami 51:33. 65 & Over: 1. Stanley Neulold 46:11. 2. John Nino 48:31.

Overall Results - Women's 10K
1. Sue Reinhardt (43) 44:21. 2. Corinne Devras (32) 44:30. 3. Peggy Sullivan (38) 45:06. 4. Karin Handsaker (46) 46:29. 5. Jan Lyman (41) 47:42. 6. Carole Harding (36) 48:49. 7. Cheryl Vanick (33) 49:30. 8. Antonia Ruit (33) 52:16. 9. Marisela Olson (46) 53:11. 10. Kris Kingsbury (41) 53:14.

Division Results - Women's 10K
25-29: 1. Carole Hughes 59:12. 30-34: 1. Corine Devras 44:30. 2. Cheryl Vanick 49:30. 3. Antonia Ruit 52:16. 35-39: 1. Peggy Sullivan 45:06. 2. Carole Harding 48:49. 40-44: 1. Sue Reinhardt 44:21. 2. Jan Lyman 47:42. 3. Kris Kingsbury 53:14. 45-49: 1. Karin Handsaker 46:29. 2. Marisela Olson 53:11. 3. Maria Terry 56:35. 50-54: 1. Barbara Larsh 1:02:18. 2. Janet Witte 1:08:17. 55-59: 1. Virginia Marsh N.T.

Division Results - Men's 5K
Overall Winners: 1. Steve Gonzales 16:25. 2. Ron Jensen 16:35. 3. Paul Marcel 16:36. 13 & Under: 1. Alex Dederer 18:56. 2. Jacob Dederer 22:19. 3. Andrew Jaskolski 23:47. 14-18: 1. Steve Gonzales 16:25. 2. Richard Raya 17:35. 3. Nicholas Jaskolski 22:20. 19-24: 1. Alonzo Munoz 19:38. 2. James Feenstra 20:32. 3. Edward Perez 24:36. 25-29: 1. Eddie Edwards 16:40. 2. Paul Wilder 18:12. 3. Brainard Takiguchi 19:53. 30-34: 1. Marty Horan 17:33. 2. Brian Bloom 18:45. 3. Michael Rick 19:16. 35-39: 1. Wayne 19:15. 2. Greg Peel 19:57. 3. Mike Hinton 20:20. 40-44: 1. Ron Jensen 16:35. 2. Paul Marcel 16:36. 3. John Westhaler 19:55. 45-49: 1. Don McCarthy 16:43. 2. Juan Cabeza 17:31. 3. Jeoffrey Glassner 19:00. 50-54: 1. Sonny Morioz 18:47. 2. Pete Savitz 20:34. 3. Frank Greene 20:47. 55-59: 1. Bob Perry 21:58. 2. Edward Olson 24:39. 3. Terry Fujinaga 26:17. 60-64: 1. Jack Green 23:18. 2. Hank Meshokova 24:24. 3. Luis Cordova 26:44. 65 & Over: 1. Phil Jones 22:24.

Division Results - Women's 5K
Overall Winners: 1. Joanne Urbani 21:02. 2. Sue Reinhardt 21:06. 3. Kathy White 22:08. 13 & Under: 1. Cynthia Condon 24:29. 2. Alicia Neely 30:45. 3. Danielle Ethier 30:45. 14-18: 1. Joanne Urbani 21:02. 2. Mesha Stow 26:33. 19-24: 1. Lee Ryan 23:29. 2. Lori Kurik 26:28. 3. Lisa Johnson-Yao 29:29. 25-29: 1. Kathy White 22:08. 2. Carol Belsor 22:23. 3. Myra Umagung 31:38. 30-34: 1. Yoko Kaneko 27:09. 2. Ariene Ishikawa 27:43. 3. Nannette Horan 27:46. 35-39: 1. Mary Ann Schwes 24:37. 2. E Gunladia 25:44. 3. Paullette Pacione 26:49. 40-44: 1. Sue Reinhardt 21:06. 2. Debbie DeLong 25:45. 3. Marilyn Brown 29:44. 45-49: 1. Diane Hartley 29:16. 2. Josie Ozellon 29:51. 3. Iona Danna 31:56. 50-54: 1. Greta Jones 26:27. 2. Annie Burns 27:24. 3. Joann Bally 27:25. 60-64: 1. Miyako O'Hara 28:26. 2. Shirley Williams 29:00. 3. Marjorie Grace 50:49. 65 & Over: 1. Irene Moley 54:27.

High Desert Classic

October 15. Victorville. 10K
Division Results - Men
Overall Winners: 1. Steve McCormack 31:31. 2. Steve Hastings 35:10. 3. Mark Leisinger 35:43. 12 & Under: 1. Jeff Limus 48:32. 2. Gary Garay 53:36. 13-15: 1. Brian Ray 41:32. 2. Juan Jimenez 44:43. 3. David Martinez 45:25. 16-19: 1. Jeff Barakat 37:06. 2. Gary Larson 41:31. 3. Max Carpenter 42:05. 20-24: 1. Kevin Bards 37:28. 2. Bernie Campos 40:23. 3. Chris Sanders 43:32. 25-29: 1. Steve McCormack 31:31. 2. Steve Hastings 35:10.

RESULTS

3. Joseph Morris 38:08, 30-34: 1. Mark Leisinger 35:43, 2. Pascual Martinez 37:23, 3. Dennis Smith 38:01, 35-39: 1. Sal Cervantes 36:59, 2. Carlos Turnes 37:32, 3. John Allen 38:37, 40-44: 1. Danny Contreras 38:17, 2. Elber Camacho 38:55, 3. Steve Cornish 38:58, 45-49: 1. Mike Fuller 40:12, 2. John Brown 40:15, 3. Bill Costello 42:18, 50-54: 1. Don Van Dyke 39:12, 2. Joaquin Granada 39:18, 3. Paul Williams 41:43, 55-59: 1. Eddie Smith 54:05, 60-64: 1. James Wilkie 52:51, 2. George Butler 1:05:50, 70 & Over: 1. Eddie Lewin 46:06.

Division Results - Women

Overall Winners: 1. Jennifer Henderson 38:44, 2. Joann Howard 40:04, 3. Doreen Fay 41:53, 12 & Under: 1. Jaimee Carpenter 1:14:11, 13-15: 1. Cristiana Pickering 53:33, 16-19: 1. Paula Robinson 48:53, 2. Rosemary Johnson 55:28, 3. Kelsie Radtke 1:02:01, 20-24: 1. Brenda Myers 43:59, 2. Shelly Banoroff 48:43, 3. Marie Vidana 52:19, 25-29: 1. Joann Howard 40:04, 2. Vicky Lucking 45:15, 3. Diane Hinojosa 47:10, 30-34: 1. Jennifer Henderson 38:44, 2. Doreen Fay 41:53, 3. Deborah Lyon 44:12, 35-39: 1. Masreen Latham 48:41, 2. Becky Aug 49:55, 3. Sheryl Shellhammer 50:28, 40-44: 1. Kathy Taylor 47:56, 2. Ann Coy 49:50, 3. Thea Lundberg 54:56, 45-49: 1. Myra Lauder 49:34, 2. Elena Guiza 53:42, 50-54: 1. Carole Plinker 52:08, 55-59: 1. Grace Craig 58:45, 2. Iona Scapple 1:01:34.

Inland Empire Racewalkers Grand Prix Walk

October 15, Riverside.

Division Results - Men

29 & Under: 1. Federico Valerio 36:44, 2. Michael Tomasulo 40:36, 30-39: 1. Enrique Camarena 38:05, 2. Brian LaBounty 40:46, 3. Stephen Tabb 45:19, 40-49: 1. Ed Boukán 40:22, 2. Richard Nestor 41:12, 3. Art Grant 41:31, 50-59: 1. Robert Meador 41:38, 2. Richard Oliver 41:53, 3. Ken Yoshihara 45:36, 60 & Over: 1. John Kelley 44:09, 2. George Newbery 52:13.

Division Results - Women

29 & Under: 1. Lisa Sheridan 41:40, 2. Andrea Johnson 45:33, 30-39: 1. Chris Sakelarios 42:19, 2. Diane Byington 43:55, 3. Jane Janovsk 48:50, 40-49: 1. Joy Bevilacqua 47:42, 2. Helen Palomo 50:37, 50-59: 1. Jill Latham 47:08, 2. Nidia Noble 48:58, 3. Shirley Capps 50:31, 60 & Over: 1. Collie Greene 53:32, 2. Rose Kash 56:15, 3. Marjorie Tander 1:12:40.

Half Moon Bay Pumpkin Festival Run

October 15, Half Moon Bay, 10K.

Division Results - Men

Overall Winners: 1. Martin Smith 33:45, 2. Mike Cooks 35:00, 3. Steven O'Brien 35:07, 17 & Under: 1. Dan Bodmann 44:19, 2. Ryan Yee 55:15, 3. Eric Yee 59:58, 18-29: 1. Martin Smith 33:45, 2. Mike Cooks 35:00, 3. Christopher Phipps 35:35, 30-39: 1. Steven O'Brien 35:07, 2. William Miles 35:13, 3. Jim Lawson 35:32, 40-49: 1. Ron Ferral 36:33, 2. Walt Kohner 38:22, 3. Jim Howell 38:49, 50-59: 1. Floyd Okada 44:35, 2. George Burinnes 48:26, 3. Angelo Festa 51:53, 60 & Over: 1. Kenneth Bailey 50:15, 2. Jim Sanford 51:12, 3. Robert Sturges 52:57.

Division Results - Women

Overall Winners: 1. Kathi Krause 40:13, 2. Lorena Ferreira 40:35, 3. Alison Murray 42:12, 17 & Under: 1. Nilda Ferreira 54:13, 18-29: 1. Kathi Krause 40:13, 2. Lorena Ferreira 40:35, 3. Gerdyn O'Brien 43:47, 30-39: 1. Alison Murray 42:12, 2. Lani Hadcock 44:37, 3. Dana Fitzpatrick 44:51, 40-49: 1. Margaret Smith 43:04, 2. Valerie Coppes 43:22, 3. B.J. Empey 47:21, 50-59: 1. Bev Parks 50:20, 2. Susan Jones 55:57, 3. Betty Bickhart 57:51.

Division Results - Men's 1.5 Mile

Overall Winners: 1. William Campbell 8:04, 2. Jesus Ruiz 8:09, 3. Mike Freehart 8:46, 17 & Under: 1. Mike Freehart 8:46, 2. David Wilds 10:54, 3. Ariz Orbe 11:32, 18-29: 1. William Campbell 8:04, 2. Jesus Ruiz 8:09, 3. Matt Morgan 8:51, 30-39: 1. Timothy Haenry 12:55, 2. Werner Hoehnerfeder 13:14, 3. Binky Laus 13:20, 40-49: 1. Rigobart Hernandez 11:26, 2. James Grady 13:03, 3. Ron Wilos 13:21, 50-59: 1. Paul Lundholm 10:58, 2. Brian Bear 11:34, 3. Ted Wydeven 12:09, 60 & Over: 1. David Cole 12:04, 2. Jesse Harvey 13:28, 3. John Stacey 13:40, 50-59: 1. John Larimer 57:29, 2. Leo Ramirez 59:59, 3. Richard Giberti 64:07, 60 & Over: 1. Kenneth Bailey 50:15, 2. Jim Sanford 51:12, 3. Robert Sturges 52:57.

Division Results - Women's 1.5 Mile

Overall Winners: 1. Jori Martinez 10:34, 2. Rebecca Oben 10:49, 3. Lisa Forbes 11:44, 17 & Under: 1. Rebecca Oben 10:49, 2. Lisa Forbes 11:44, 3. Dana Washington 11:48, 18-29: 1. Sandra Thieme 12:10, 2. Leslie Sutherland 12:19, 3. Lynn Weller 12:22, 30-39: 1. Jori Martinez 10:34, 2. Joan Barti 12:21, 3. Teresa Milly 12:36, 40-49: 1. Jeanne Yatch 11:47, 2. Linda Malone 11:50, 3. Kay Johnson 13:04, 50-59: 1. Nita Gundlach 13:54, 2. Jan Sutherland 16:38, 3. Maryellen Carey 18:27, 60 & Over: 1. Dorothea Cole 21:19.

Sri Chinmoy 12 Hour Run

October 15, Burlington.

Don Davis of Bethlehem, Pennsylvania was the winner in Men's Open Division (runners under 49 years of age), with a total mileage of 77 3/4 miles. Second place went to Bernd Leopold of Forest Hill, with a total mileage of 74 1/4 miles and third place went to Larry Butler of San Francisco with a total mileage of 67 miles. Stephen Derenzo of Pinole was fourth with 62 3/4 miles, Mark Samuelson of Stockton won 5th place with 58 miles, Mike Hogan of San Jose was 6th with 55 3/4 miles, and Robert Damp of Tracy was 7th with a total mileage of 55 1/2 miles.

In the Men's Masters Division (runners over 50 years of age), Al Hill of San Jose placed first (and second overall) with a total of 74 3/4 miles. Jim Pommier of Pacifica took second place with 58 miles, John Hutchinson of Monterey was third with 53 3/4 miles and Ralph McLaughlin of Kensington was 4th with 41 miles.

In the Women's Open Division (runners under 49 years of age), Karen Johnston of Millbrae took first place with 51 miles. In the Women's Masters Division (runners over 50 years of age), Cindy Hutchinson of Monterey took first place with a total mileage of 50 miles.

Overall Results

1. Don Davis 77.75, 2. Bernd Leopold 74.25, 3. Larry Butler 67.00, 4. Stephen Derenzo 62.75, 5. Mark Samuelson 58.00, 6. Mike Hogan 55.75, 7. Robert Damp 55.50, 8. Mike Duncan 54.00, 9. Gary Fleischman 52.50, 10. James Kelly 52.00.
11. Dan Lagunday 50.00, 12. Michael Gomez 47.50, 13. Richard Scott 40.50, 14. Jim Mansching 37.50, 15. Stephen Finn 35.00, 16. David Samuelson 34.00.
Women: 1. Karen Johnston 51.00.

Men's Masters: 1. Al Hill 74.75, 2. Jim Pommier 58.00, 3. John Hutchinson 53.75, 4. Ralph McLaughlin 41.00.

Women's Masters: 1. Cindy Hutchinson 50.00.

St. Vincent's School for Boys Run for Kids

October 15, San Rafael, 5 Mile & 2 Mile.

Overall Results - 5 Mile

1. James Myers 29:30, 2. Mike Hottel 30:54, 3. Tamara Gonzales (F) 31:21, 4. Michael Thomas 31:42, 5. Rich Henderson 32:17, 6. Bill Catanese 32:19, 7. Leon Marono 33:22, 8. Andy Anderson

33:43, 9. Tim Fewell 34:01, 10. Teri Goodman (F) 34:48.

Division Results - Men's 5 Mile

19-29: 1. Rob Crise, 30-39: 1. Mike Hottel, 2. Thomas Michael, 3. Leon Moreno, 40-49: 1. Jim Myers, 2. Rich Henderson, 3. Andy Anderson, 50-59: 1. Bill Catanese, 2. Irwin Herlihy, 3. Russ Kernan, 60 & Over: 1. Sam Hirabayashi, 2. John Nelson.

Division Results - Women's 5 Mile

13-15: 1. Kristin Nelson, 16-29: 1. Tamara Gonzalez, 2. Janet Gallagher, 3. Colleen Moreno, 30-39: 1. Kathleen Costello, 2. Carol Thomas, 3. Anne Zarranada, 40-49: 1. Teri Goodman, 2. Betsy Hurd, 3. Jane McClure, 50-59: 1. Cici Zerbe, 2. Lillie Kocher, 3. Katherine Edwards.

Overall Results - 2 Mile

1. Mickey Joseph 12:36, 2. Ed Gallagher 12:38, 3. Raymond Ravina 13:04, 4. Dwain Johnson 13:30, 5. Charles Scott 13:36, 6. Charles Buckley 13:45, 7. Ron Blair 13:45, 8. John Greene 14:06, 9. Marquez Oliver 14:29, 10. Shannon May 14:38.

Division Results - Men's 2 Mile

8 & Under: 1. John Bracco, 2. Owen Mattys, 3. Charles Buckley, 9-10: 1. Daniel Owen, 2. Larry Thomas, 3. Jerome Broussard, 11-12: 1. Joe Wright, 2. Anthony Zmigra, 3. James Martinez, 13-15: 1. Marquez Oliver, 2. Tim Belleville, 3. David Jaramillo, 16-29: 1. Mickey Joseph, 2. Ed Gallagher, 3. Raymond Ravina, 30-39: 1. Shannon May, 2. James Spillane, 3. Jim Ravina, 40-49: 1. Joseph Bracco, 2. Thor Christianson, 50-59: 1. Paul Bosque, 60 & Over: 1. Alfred Ravina.

Division Results - Women's 2 Mile

11-12: 1. Monica Meste, 16-18: 1. Trina Christiansen, 2. Jennifer Kelly, 19-29: 1. Debbie May, 2. Kim Ginnini, 3. Caroline Chinn, 30-39: 1. Kim Bray, 2. Jeanne Marinak, 3. Pamela Robertson, 40-49: 1. Suzi Jastadt, 2. Midge Bracco, 3. Joanna Gernetzki, 50-59: 1. Wallis Smith, 2. Barbara Bosque.

Stanford's Great Race

October 15, Stanford, 10K.

Overall Results - Men

1. Tim Wallen 31:45, 2. William Graham 32:15, 3. Gilbert Munoz 32:19, 4. Hank Lawson 32:22, 5. Steve Scholz 32:45, 6. Brian Robinson 32:52, 7. Rohan Zaveri 32:57, 8. Jason Shear 33:00, 9. Paul French 33:12, 10. Rick Woods 33:16.

Overall Results - Women

1. Donna Hinshaw 37:57, 2. Patricia Story 38:06, 3. Marissa Schwartz 38:10, 4. Karen Chequer-Pfleiffer 38:41, 5. Karen Saxena 38:45, 6. Liz Long 38:54, 7. Lesley Chequer 40:13, 8. Connie Nelson 40:32, 9. Patti Henry 41:02, 10. Camille Broneman 41:30.

Mission Bay Triathlon

October 15, San Diego.

Division Results - Men

16-19: 1. David Bateman 51:42, 2. Todd Gunther 57:03, 3. Jason Schellor 59:16, 20-24: 1. Deon Lourens 51:13, 2. Mark Stephan 51:30, 3. Chris Huxley 51:36, 25-29: 1. Garrett McCarthy 45:15, 2. Kerry McKay 50:59, 3. Marc Makebakken 51:40, 30-34: 1. Larry Rhoads 47:13, 2. Kurt Madden 53:10, 3. Chris Penrose 54:00, 35-39: 1. Reed Mayne 52:12, 2. Eric Nottingham 54:24, 3. Craig Hill 57:25, 40-44: 1. Gurujan Khalsa 58:31, 2. David Slidders 59:35, 3. Steve Domish 60:32, 45-49: 1. Bud Chrisman 56:36, 2. Frank Murphy 58:05, 3. John Stoner 60:36, 50-59: 1. Tee Brack 60:18, 2. Don Taokowski 69:36, 3. B.R. Bragg 72:07, 60 & Over: 1. Burkley Remy 71:10.

Division Results - Women

16-19: 1. Jodi Cross 57:13, 2. Vicki Yu 65:44, 3. Kelli Fletcher 73:57, 20-24: 1. Sherri McIntosh 57:12, 2. Susan Jepsen 59:15, 3. Amy Donovan 65:12, 25-29: 1. Holly Stevenson 55:20, 2. Leslie Mendez 61:01, 3. Stacy Knoeshaw 61:25, 30-34: 1. Elaine Alrutz 60:40, 2. Mary Grace Barsaleav 66:55, 3. Betsy McCallum 68:47, 35-39: 1. Pamela Makar 64:08, 2. Evelyn Vance 68:18, 3. Alice Lane 70:35, 40-44: 1.

Alison Reese 71:24, 2. Janlyn Sober 74:22, 3. Shirley Mitchell 74:45, 50-59: 1. Siv Ljungwe 81:34, 2. Lois Roguemoore 82:53, 3. Virginia Farneman 82:56.

Relays

Men: 1. Eoin Fahy 49:48, 2. Jim Barnes 50:31. Mixed: 1. Don Colbertson 50:54, 2. Laurie Zieger 51:29.

Springville Big Apple Run

October 21, Springville, 10K.

Division Results - Men

13 & Under: 1. Joshua Turner N.T., 16-18: 1. James Conn 38:15, 2. Mario Rios 41:34, 3. David Garcia 54:44, 19-24: 1. Isidro Valerio 37:41, 2. Alberto Villaseñor 38:16, 3. Paul Sanchez 39:59, 25-33: 1. Adrien Huerta 35:20, 2. Tony Rangel 37:41, 3. Roger Drummond 40:53, 34-39: 1. Robert Taloya 41:22, 2. Thomas Tilton 41:48, 3. Amado Coronado 42:19, 40-45: 1. Scott Vai 40:50, 2. Gil Meachum 41:57, 46-50: 1. Bill Dougherty 51:28, 2. Bill Chivers 1:00:39, 51-59: 1. Bill Wiswall 46:42, 2. Thomas Almgren 47:14, 3. Mel Kindal 48:29, 60-69: 1. Robert Teynaga 53:53, 2. Jim Davison 1:01:12, 70 & Over: 1. Jim Nagatani 57:30.

Division Results - Women

16-18: 1. Jenny Adelia 50:22, 19-24: 1. Gillian Evans 39:49, 2. Jennifer Baker 41:56, 3. Anne Warshaw 1:02:00, 25-33: 1. Pam Brown 54:52, 2. Lisa Peer 56:05, 3. Petra Castro 1:06:46, 34-39: 1. Deanna Voelker 42:16, 2. Sally Howen 59:28, 3. Randy Mitchell 1:06:28, 40-45: 1. Charise Shanes 59:41, 46-50: 1. Carol Atkinson N.T., 51-59: 1. Marjorie Turner 1:03:06.

Firetrails Fifty

By Dick Collins

October 21, San Leandro.

Only four days after the earthquake, our Firetrails Fifty race was scheduled. We called the Park District and found that there had been no damage to the course, so we decided to hold the race.

After six years to good weather, Saturday was a windy, rainy day, but neither the earthquake nor the rain deterred thirty-five runners from starting the race.

Dave Scott, who won our Orlone Wilderness Run 50K in May came back to win this race in 6:39:46, shattering Dan Williams' two-year old course record by almost 16 minutes.

Mary Welter from Colorado was the women's winner in 9:10:15.

Breaking the 50-59 course record and finishing 6th overall was Harold Carling of Chico, in 8:03:48. Jim Butler was 1st in the 40-49 age group finishing 7th in 8:17:56.

Joan Bumpus and Linda Elam tied for 2nd in the 40-49 age group in 10:15:05.

Mike Platzbecker, our only 20-29 age group entrant and a rarity in ultras, tied for 3rd in 7:35:56.

The course was muddy and the rain and wind were uncomfortable, but the runners and the volunteers were able to spend a day doing what they consider normal and forgetting about the earthquake for a day.

Overall Results

1. Dave Scott (32) 6:39:46, 2. Dow Mattingly (38) 7:27:42, 3. Mike Platzbecker (26) 7:35:56, 4. George Staub (33) 7:35:56, 5. Joe Schieller (38) 7:47:05, 6. Harold Carling (55) 8:03:48, 7. Jim Butera (41) 8:17:56, 8. Monte Mackey (34) 8:22:01, 9. Bill Briggs (48) 8:24:02, 10. Steve Christian (39) 8:39:37.

Hawthorne Rotary Runs

October 21, Hawthorne, 5K & 10K.

Overall Results - Men's 5K

1. Harold Ketting (35) 15:09, 2. Eric Renfro (28)

RESULTS

California International Marathon (TAC National Women's Championship and PA/TAC Championship)

By MARK WINITZ

December 3, Folsom-Sacramento.

The 7th running of the jaunt that starts near the face of the Folsom Lake Dam and proceeds 26.2 miles to Sacramento's Capitol Building included a script and cast that predicted fast times. The men's field included last year's winner Rich McCandless (2:12:44 in '88), 1986 winner Dan Gonzalez, plus seven international veterans. The women were headed by Iowa's Nan Doak-Davis, TAC's 10,000 meter champion who was making her marathon debut, and Tennessee's Margaret Groos of Olympic Trials fame who was looking to remedy a disappointing 2:38 at New York City just a few weeks before. Last year's fourth placer, Linda Somers of Davis, and several other promising locals were in the fray. Both men and women were vying for portions of the sizeable \$50K purse—especially the ladies, who had a national championships and spots for the top two on the Goodwill Games team on the line.

The upper 30s temperatures, and clear, windless sky at the 7:05 AM start added to the speculation of a swift pace among the 1,600 starters. Doak-Davis and Groos went out in lock step over the first six gently downhill miles. Marathon novice against veteran; petite speed (Doak) against tenacious strength (Groos). Doak-Davis had edged Athletics West teammate Groos by four seconds at the Cross Country Nationals a week before, finishing fourth and fifth respectively. Here they were again, the Iowan being cheered on by a large contingent of family and her coach, Bob Sevene.

"I went out exactly at the pace I wanted to run," said 27-year-old Doak-Davis, "but I just didn't know how I was going to come back, so it was risky. But I moved up to the marathon because my coach told me I'd be good at it, so that gave me confidence."

Groos, however, who dropped

back from Doak-Davis near halfway and dropped from the race entirely at 20 miles, questioned the early pace. "Nan ran a great race for her first marathon, but she probably went out a little too hard," she told reporter Susan Slusser of the *Sacramento Bee* (a race sponsor). "I tried to slow her down a little bit. Nan ran a few hard miles in there she didn't need to, but she seemed to be standing when she crossed the finish line."

Indeed, she was, as Doak-Davis' winning 2:33:11 is the fastest women's performance here since Nancy Ditz's CR of 2:31:36 in 1985.

Running almost as superbly, Linda Somers crossed the line just 26 seconds behind the winner for second, a whopping 11-minute improvement over last year in only her third marathon. The Davis attorney had closed to within 8 seconds of the leader before having to stop at 21 miles to tie a shoe.

"After I passed Margaret (Groos at 13 miles), I kept telling myself 'I'm going to do it; I'm going to the Goodwill Games,'" Somers related. "I kept listening to my splits, and I was never outrageously below my target times."

Somers, who had cut back on her training significantly to rest up following the Foundation 30K on the advice of her coach, Sue Williams, expressed the hope that "maybe now somebody will give me some shoes." Previously unsponsored, Linda has now given notice, along with Doak-Davis, that they are forces to contend with over the long haul.

But why did Nan decide to move up from 10K to the cold, cruel world of the marathon so soon? "Just look at the results today, and you tell me why," she joked. Doak-Davis received some \$15,500 in prize money and bonuses, and Somers over \$8,000 including PA/TAC Championship funds. Not so cold and cruel for some.

Following third placer Lisa Kindelan (2:35:31) of Washington, San Jose's Rosa Gutierrez (2:35:55) ran an excellent PR for fourth. Southern Cal's Mary Alico (2:36:26) placed fifth in her first marathon. In other action, Reno's Rosy Tibaduiza-Cardenas'

(2:50:26) 8th place among PA/TAC women put her one point shy of passing PA/TAC Grand Prix leader Terry Puckett in the last Grand Prix event of the year. Puckett did not run the race.

In the men's race, Reno's Alan Dehlinger and Wyoming's Joe Nzau—the experienced Kenyan whose claim as a newly turned master this year is being investigated—both clad in tights, led a closely spaced line of Rich McCandless, Sammy Rotich, and Miguel Tibaduiza through 3 miles in 15:05. Nzau had instructed recruited rabbit Dehlinger to hit 5:00 pace through 10 miles, hoping to continue on to a finishing 2:10. But the next 4:37 mile had McCandless taking over, pulling the group along at a very swift sub-2:10 effort. Through the hills and 10 miles in 49:55, McCandless suddenly pulled up with a wayward hamstring (dropping out a mile later) as Tibaduiza inherited the lead. But by halfway in 1:05:25 Tibaduiza was history as Kenya/Albuquerque's Rotich (4th last year in 2:18) made a move up the last significant uphill as Nzau went with him.

Maintaining sub-5-minute pace Rotich lost Nzau and accumulated a commanding quarter mile lead through 18 miles, when both hamstrings began to tighten.

"It might have been the cold and it might have been my taking no water," said Rotich. "I wasn't tired at all and I had a lot of energy; I just couldn't sprint."

At 17 miles Bud Coates, a 2:13 marathoner from Emmaus, Pennsylvania who is a fitness coordinator for Rodale Press, broke away from the trailing pack of Gonzalez, Santa Monica's Jerry Marsh, and Nzau in pursuit of Rotich who hit 20 in 1:39 and change. Still 19 seconds behind at 23 miles, the 32-year-old Coates chiseled away at the leader who was tightening up even more as a fog descended over the Sacramento streets, cooling temps several degrees to near 40° once again.

"I checked my watch a couple of times and saw that I was gaining 5 or 10 seconds a mile on him," said Coates, who doesn't count his marathons and finished 7th at Twin Cities last October in 2:15. "I didn't want to red line it too much so when I did catch him I was fresh enough to get away."

Coates did just that at 25 miles, and the race plus \$5,000 was his in 2:14:07, 33 seconds up on Rotich. Marsh (2:15:20) was third, Clyde (2:17:57) fourth in his fifth CIM. Gonzalez (5th, 2:18:57) limped across the finish with a painful groin strain, as he

was first PA/TAC man. Despite the ideal conditions, Peter Butler's 2:10:56 CR set in 1985 still stands.

Bruce Blair, 42, (2:24:08) of New Zealand topped all the masters groups and PA/TAC's Chris Thomas, 41, (2:35:51) just missed catching Grand Prix masters men's champion Bob McLennan in the final point tallying by a single digit. Mary Wood (2:50:37) of Colorado topped women's masters in the race, Wen-Shi Yu, 55, ran an excellent 3:12:50, and Mary Story, 65, an equally impressive 3:59:02 in topping their age divisions.

Overall Results - Men

1. Budd Coates (32) Emmaus, PA 2:14:07, 2. Sammy Rotich (32) Kenya 2:14:40, 3. Jerry Marsh (26) Santa Monica 2:15:20, 4. Fraser Clyde (33) Scotland 2:17:57, 5. Daniel Gonzalez (27) Mt. View 2:18:57, 6. Andrew Jones (28) Nepean, Ontario 2:19:21, 7. Dennis Rinde (31) Orangevale 2:19:28, 8. Dean Rinde (25) Orangevale 2:20:45, 9. Michael Miner (24) Philomath, OR 2:22:00, 10. Henry Bickford (38) Thornhill, Ontario 2:22:35, 11. Rob Greer (31) Spokane, WA 2:23:19, 12. Harold Schulz (31) Fairfax 2:23:26, 13. Bruce Blair (42) New Zealand 2:24:08, 14. Joaquin Leano (30) Columbia 2:24:18, 15. Tom Bowmaster (30) Morristown, N.J. 2:26:59, 16. Richard Hanna (25) Sacto 2:29:32, 17. Joseph Schieffer (38) Oakland 2:30:31, 18. Derck Frenchette (45) Rochester, NY 2:31:33, 19. Mark Eisenmenger (26) Redondo Beach 2:31:37, 20. Fernando Braz (28) Brazil 2:31:54, 21. Juan Garcia (34) Visalia 2:32:09, 22. Ty Nickel (20) Placerville 2:32:13, 23. Ed Cardenas (29) Reno, NV 2:32:28, 24. Craig Wanner (33) Gardnerville, NV 2:32:37, 25. Isaac Silva (30) Anaheim 2:32:54.

Overall Results - Women

1. Nan Doak-Davis (27) Coralville, IO 2:33:11, 2. Linda Somers (28) Davis 2:33:37, 3. Lisa Kindelan (26) Kirkland, WA 2:35:31, 4. Rosa Gutierrez (26) San Jose 2:35:55, 5. Mary Alico (26) Solano Beach 2:36:26, 6. Louise Mohanna (27) Cairo, NE 2:40:42, 7. Karen Scholte (23) Sunnyvale 2:42:56, 8. Christine Iwahashi (34) Sacto 2:46:08, 9. Laura Sanchez (28) Salinas 2:46:45, 10. Kimberly Shalfer-Bruyn (28) So. Lake Tahoe 2:47:42, 11. Cindy Scott (34) Sacto 2:48:54, 12. Rosy Cardenas (26) Reno, NV 2:50:26, 13. Mary Wood (44) Montrose 2:50:37, 14. Claudia Shannon-Cottrell (37) Lynn, WA 2:51:52, 15. Theresa McCourt (30) Sacto 2:56:12, 16. Cindi Witte (26) Woodinville, WA 2:56:48, 17. Honor Featherston (35) Mill Valley 2:57:26, 18. Linda Wood (37) Montrose 2:58:02, 19. Joan Ulyot (49) S.F. 3:01:15, 20. Yoshie Piles (25)

continued next page...

RESULTS

15-18, 3. Armand Crespo (21) 15:49, 4. Tom Halaszynski (21) 15:50, 5. Ed Mora (33) 15:53, 6. Hector Arroyo (26) 15:57, 7. Paul Marcol (40) 16:02, 8. Kieran Sherlock (22) 16:04, 9. Don McCarthy (45) 16:07, 10. Stephen Keyes (40) 16:20.

Division Results - Men's 5K

10 & Under: 1. Robert Chappell 23:13, 2. Tim Anderson 26:32, 3. Ramirez Diego 27:06, 11-13: 1. Ricky Barba 18:33, 2. Rudy Casillas 21:47, 3. David Kohut 21:51, 14-16: 1. Mario Rocha 18:23, 2. Ernesto Gonzalez 18:32, 3. Roman Baker 18:40, 17-19: 1. Marcelo Vizuete 17:31, 2. Ramonito Abrego 18:10, 3. Mario Gonzalez 18:24, 20-24: 1. Armand Crespo 15:49, 2. Tom Halaszynski 15:50, 3. Kieran Sherlock 16:04, 25-29: 1. Eric Renfro 15:18, 2. Hector Arroyo 15:57, 3. Adolfo Garcia 16:40, 30-34: 1. Ed Mora 15:53, 2. Roland August 17:36, 3. Ruben Vasquez 18:33, 35-39: 1. Harold Ketting 15:09, 2. Carmelo Hernandez 17:06, 3. Samuel Gardner Jr. 17:34, 40-44: 1. Paul Marcel 16:02, 2. Stephen Keyes 16:20, 3. Michael Smith 17:23, 45-49: 1. Don McCarthy 16:07, 2. Catalino Gonzalez 16:43, 3. Juan Cabeza 16:43, 50-54: 1. Sunny Munoz 17:58, 2. John Gilfoyl 19:17, 3. Tom Rodda 19:51, 55-59: 1. Ron Poston 17:18, 2. Leroy Carter 19:22, 3. Cornelius Lino 19:48, 60-64: 1. Leonard Walls 19:56, 2. Sol Jamerson 21:24, 3. Maa Sadaiko 23:37, 65-69: 1. Avery Bryant 20:27, 2. Stanley Neufeld 21:27, 3. Joseph Rossi 25:15, 70 & Over: 1. Dutch Benedetti 22:14, 2. Eddie Howard 25:25, 3. Fred Shanley 26:56.

Overall Results - Women's 5K

1. Heather Dibdin (31) 18:12, 2. Elizabeth Blair (41) 19:38, 3. Diane Tyler (37) 20:03, 4. Jennifer Getz (21) 20:20, 5. Cynthia Condon (11) 20:45, 6. Christy Cheathon (41) 20:47, 7. Joanna Pobillo (14) 21:05, 8. Tressia Palmer (24) 21:09, 9. Peggy Sullivan (38) 21:23, 10. Maggie Lippon (28) 21:27.

Division Results - Women's 5K

10 & Under: 1. Miki Katagami 24:08, 2. Stephanie Smith 31:02, 3. Kenna Oleary 33:20, 11-13: 1. Cynthia Condon 20:45, 2. Jae Lee 23:05, 3. Jennifer Lopez 24:18, 14-16: 1. Joanna Pobillo 21:05, 2. Sandra Hernandez 21:36, 3. Kendra Oessey 22:48, 17-19: 1. Victoria Garcia 23:06, 2. Cecilia Gonzalez 24:49, 20-24: 1. Jennifer Getz 20:20, 2. Tressia Palmer 21:09, 3. Carrie Dollase 21:59, 25-29: 1. Maggie Lippon 21:27, 2. Susan Danner 21:46, 3. Anabela Jacob 22:04, 30-34: 1. Heather Dibdin 18:12, 2. Melanie Peterson 23:24, 3. Antonia Routt 23:32, 35-39: 1. Diane Tyler 20:03, 2. Peggy Sullivan 21:23, 3. Nancy Cousineau 21:29, 40-44: 1. Elizabeth Blair 18:38, 2. Christy Cheathon 20:47, 3. Debbie DeLong 25:13, 45-49: 1. Georgina Nuttall 22:26, 2. Dianne Moore 25:03, 3. Gil Case 26:05, 50-54: 1. Bobbi Gold 21:38, 2. Greta Jones 24:59, 3. Dolores Vega 26:54, 60-64: 1. Shirley Williams 27:45, 2. Verian Bruce 29:22, 65-69: 1. Katharine Weidauer 31:02.

Overall Results - Men's 10K

1. Tyrus Deminter (26) 31:50, 2. Javier Laros (31) 31:51, 3. Todd Felker (25) 33:23, 4. Jeremy Stratton (29) 33:27, 5. Dan Nielsen (28) 33:28, 6. Kamel Guerbaoui (32) 33:38, 7. Eddie Edwards (27) 33:43, 8. Dan Takahashi (32) 34:16, 9. Dale Frank (33) 34:25, 10. Miguel Covarrubias (30) 34:33.

Division Results - Men's 10K

14 & Under: 1. Carlos Tampan 38:35, 2. Sal Arroyo 39:43, 3. Eddie Esparza 43:42, 15-19: 1. David Ennall 39:00, 2. Jac Porter 39:58, 3. Randall Abbe 41:27, 20-24: 1. Myles Naligan 40:50, 2. Western Tuia 42:49, 3. Richard Wallace 49:51, 25-29: 1. Tyrus Deminter 31:50, 2. Todd Felker 33:23, 3. Jeremy Stratton 33:27, 30-34: 1. Javier Laros 31:51, 2. Kamel Guerbaoui 33:38, 3. Dan Takahashi 34:16, 35-39: 1. Darryl Stripisky 39:21, 2. Thomas Young 39:51, 3. Guy Askins 40:16, 40-44: 1. Steve Notaro

37:27, 2. Jeff Mintz 38:13, 3. Don Smith 38:17, 45-49: 1. Ron Werner 37:09, 2. Robert Neill 38:22, 3. Bill Pierce 38:45, 50-54: 1. Luis Varga 37:39, 2. Ronald Larrieu 37:44, 3. Thomas Johnson 42:29, 55-59: 1. George Devorry 47:36, 2. Philip Feltchko 57:34, 3. Oliver Hill 57:58, 60-64: 1. Patrick Devina 37:32, 2. Milo Sather 43:34, 3. Len Hankins 45:27, 65-69: 1. Daniel Jujan 46:16, 2. John Williams 53:13, 70 & Over: 1. Eddie Lewin 44:36.

Overall Results - Women's 10K

1. Janet Norem (32) 38:12, 2. Linda Werner (20) 40:17, 3. Sara Denning (36) 40:52, 4. Cherie Gruenfeld (45) 44:22, 5. Amy Ellis (17) 45:38, 6. Rosemary Handerson (32) 46:08, 7. Diana Gonzales (49) 46:10, 8. Karin Hansdaker (46) 46:12, 9. Shirley Blush (53) 46:26, 10. Stacia Jackson (27) 48:29.

Division Results - Women's 10K

15-19: 1. Amy Ellis 45:38, 2. Christine Chale 1:00:58, 20-24: 1. Malinda Venzland 1:00:38, 2. Lind Stipierre 1:03:53, 25-29: 1. Linda Werner 40:17, 2. Stacia Jackson 48:29, 3. Sheila Matthews 53:36, 30-34: 1. Janet Norem 38:12, 2. Rosemary Handerson 46:08, 3. Julie Ellis 49:02, 35-39: 1. Sara Denning 40:52, 45-49: 1. Cherie Gruenfeld 44:22, 2. Diana Gonzales 46:10, 3. Karin Hansdaker 46:12, 50-54: 1. Shirley Blush 46:26, 2. Arusto Fujimoto 50:21, 3. Annie Burns 56:12, 55-59: 1. Lupe Castaneda 1:04:11, 60-64: 1. Trudy Wadman 50:05.

Overall Results - 5K Walk

Men: 1. Ed Bouldin 23:25, 2. Dana Marsh 24:08, 3. Richard Nester 25:50.
Women: 1. Lynn Marsh 31:34, 2. Karen Helms 31:37, 3. Steph Sundus 33:37.

10th Anniversary Homecoming Runs

October 21, Long Beach, 5K & 10K

Division Results - Men's 5K Racewalk (No Times Available)

30 & Under: 1. Mike Strader, 40-49: 1. Oscar Wickliff, 2. Paul Krcione.

Division Results - Women's 5K Racewalk

40-49: 1. Betty Yutani, 2. Kristi Jones, 50 & Over: 1. Ruth Nishimura.

Division Results - Men's 5K

13 & Under: 1. Ryan Yohn, 2. Ira Strain-Boy, 20-25: 1. Rick Wight, 2. Abe Varughese, 26-35: 1. John Perez, 2. Ralph Rutovoy, 36-45: 1. Barry Lavay, 2. Mike Lavia, 46-55: 1. Randall Sholey, 2. Richard Tankersley, 56 & Over: 1. Jack Green, 2. Bernie Hodowski.

Division Results - Women's 5K

13 & Under: 1. Tamara Araya, 2. Kristin Jones, 14-19: 1. Melanie Sutphen, 2. Christy Foley, 20-25: 1. Susan Iida, 2. Gina Berlin, 26-35: 1. Kim Des Lauriers, 2. Lisa DeLaLoza, 36-45: 1. Peggy Jamieson, 2. Sharen Kokeka, 46-55: 1. Ingeborg Larson, 2. Dixie Grimmett, 56 & Over: 1. Rachel Kimble.

Division Results - Men's 10K

14-19: 1. Graham Clark, 2. Robert Chavez, 20-25: 1. James Ward, 2. Jeff Fields, 26-35: 1. Michael Hamer, 2. Kevin Burgess, 36-45: 1. Jim Burton, 2. Nabor Gomez, 46-55: 1. Mel Mirilas, 2. Art Giffeman, 56 & Over: 1. Sam Tealord.

Division Results - Women's 10K

13 & Under: 1. Amanda Resch, 14-19: 1. Tonya Kong, 2. Joyce Yoo, 20-25: 1. Stephanie Gilchrist, 2. Fiona Tullock, 26-35: 1. Maia Daley, 36-45: 1. Margee Ralston, 2. Linda Sempel.

Manteca Bulletin Runs

October 21, Manteca, 10K & 2 Miles

Overall Winner: 1. Charles Locke 33:35, Wheelchair: 1. Leonard Costa 40:17, 19-29: 1. Carlos Castelo 33:44, 2. Jim Elam 33:50, 3. Mike Boyer 36:39, 30-39: 1. Charles Locke 33:35, 2. Pete Simons 40:14, 3. Vance Rogat 41:11, 40-49: 1. Steve Tredway 35:38, 2. Michael Shaw 41:01, 3. Joe Oddo 41:31, 50-59: 1. Bill Thieme 46:46, 2. Chuck Davey 52:38, 60-69: 1. Vic Lyons 53:22, 70 & Over: 1. Ernie Klann 1:02:04.

Division Results - Women's 10K

Overall Winner: 1. DeeDee Grafus 40:54, 19-29: 1. Tracey McCullough 52:19, 30-39: 1. Jill Bressler 45:37, 2. Heidi Ryan 47:00, 40-49: 1. DeeDee Grafus 40:54.

Division Results - Men's 2 Miles

Overall Winner: 1. John Shaw 10:38, 12 & Under: 1. Gary Cisneros 18:07, 2. Allen Clark 19:21, 3. Jesse Corralgo 20:46, 13-18: 1. Preston Murry 10:55, 2. James Price 11:41, 3. Andrew Flores 12:18, 19-29: 1. John Shaw 10:38, 2. Randy Rogers 11:28, 3. Albert Stanfield 11:28, 30-39: 1. George Harris 11:07, 2. Ed Wood 15:05, 3. Steve Mooney 20:46, 40-49: 1. Abel Diaz 11:16, 2. Gerry Holmes 11:33, 3. Mike Erdman 15:12, 50-59: 1. Dick Shoman 12:03, 2. Glenn McDonald 13:55, 3. Lamar Dodson 14:46, 60 & Over: 1. Jesse Harvey 16:28, 2. Bill Lawson 16:59, 3. Don Osborne 16:59.

Division Results - Women's 2 Miles

Overall Winner: 1. Regina Martinez 13:41, 12 & Under: 1. Regina Martinez 13:41, 2. Angelina Martinez 13:42, 3. Liz Larrosa 14:40, 19-29: 1. Cindy Minahan 16:56, 2. Angela Lowrey 17:18, 3. Mary Marrell 17:19, 30-39: 1. Candy Froelich 22:25, 2. Dalia Mooney 24:23, 40-49: 1. Judy Clark 16:39, 2. Nancy Ferman 22:01, 3. Jeannette Clark 23:06, 50-59: 1. Maryanne Buckley 25:05.

Hayward Half Marathon

October 22, Kennedy Park

Division Results - Men

Overall Winners: 1. Bill Donakowski 1:08:18, 2. P. Lundberg 1:32:32, 3. Ken Grace 1:13:44, 18 & Under: 1. Dino Daniels 1:23:01, 2. Josh Oikowski 1:33:40, 19-29: 1. Per Lungberg 1:13:32, 2. Tim Souza 1:15:41, 3. Jim Angelopoulos 1:16:33, 30-34: 1. Bill Donakowski 1:08:18, 2. Ken Grace 1:13:44, 3. Andrew Cross 1:20:00, 35-39: 1. Don Jedloves 1:17:42, 2. Guillermo Barron 1:18:20, 3. Chris Nunz 1:19:05, 40-44: 1. Gabriel Sandoval 1:16:05, 2. Jim Howe 1:17:40, 3. Doug Butt 1:19:51, 45-49: 1. Jim Wisener 1:17:44, 2. Aldo Magorovic 1:23:49, 3. Delma Fred Jones 1:23:54, 50-59: 1. John Rader 1:34:39, 2. Don Mittelstead 1:34:39, 3. John Williams 1:35:49, 60 & Over: 1. Joe Wakabayashi 1:43:55, 2. Don Wilgus 1:46:12, 3. Roland Caruthers 1:51:30.

Division Results - Women

Overall Winners: 1. Donna Troyna 1:31:53, 2. Nancy Howe 1:32:19, 3. Kathleen King 1:32:41, 19-29: 1. Kandis Graves 1:35:51, 2. Helen Wisniski 1:35:56, 3. Kathi Tambin 1:45:30, 30-34: 1. Nancy Howe 1:32:19, 2. Rpbom Kamoszaitalo 1:37:37, 3. Lydia Escobar 1:39:07, 35-39: 1. Donna Troyna 1:31:53, 2. Kathleen King 1:32:41, 3. Sue Francis 1:38:53, 40-44: 1. Jan Wilson 1:45:32, 2. Dobby Main 1:46:06, 3. Diana Czakisaki 2:02:30, 45-49: 1. Lois Fleming 1:47:36, 2. Dianne Pales 1:57:36, 3. Mary Kennedy 2:00:58, 50-59: 1. Mary Young 1:55:31, 2. Joyce Small 2:03:33, 60 & Over: 1. Lizee Rapozza 2:11:03.

Lake Merritt Joggers and Striders

Fourth Sunday Run

October 22, Oakland, 5K & 10K

This was the first running of the not-yet-famous "Time is On Your Side Run." This predict-your-time race goes to the steady, not necessarily to the swift. We had some second thoughts about holding any race in the aftermath of the earthquake. However, we decided that trying to return to normalcy might be the best approach, and we went ahead.

Due to several conflicting races (the Hayward half-marathon, for one), traffic uncertainties, and uncertain looking skies, we had a fairly small turnout.

The 5K was a hotly contested event, with the final standings not determined until the very last finisher came in (and nabbed 2nd place). This was a hard race in which to break into the money, as six finishers were within 20 seconds of their predicted

Cal International, continued

Bella Vista 3:03:34.

21. Julie Carrasco-Minton (37) Sacto 3:03:46, 22. Hilary Simmons (19) Roseburg, OR, 3:05:14, 23. Barbara Miller (50) Modesto 3:05:21, 24. Kim Swayze (37) Colfax 3:06:18, 25. Chrissy Duryea (28) San Jose 3:07:15.

Division Results - Men

19 & Under: 1. Brandon Rose 2:50:21, 2. Tom Rennie, Jr. 2:55:08, 3. John Gibson 2:55:45, 20-24: 1. Michael Miner 2:22:00, 2. Ty Nickel 2:32:13, 3. Jason Mayeroff 2:40:57, 25-29: 1. Jerry Marsh 2:15:20, 2. Daniel Gonzalez 2:18:57, 3. Andrew Jones 2:19:21, 30-34: 1. Budd Coates 2:14:07, 2. Sammy Rotich 2:14:40, 3. Fraser Clyne 2:17:57, 35-39: 1. Henry Bickford 2:22:35, 2. Joseph Schieffer 2:30:31, 3. Martin Dean 2:34:12, 40-44: 1. Bruce Blair 2:24:08, 2. Doug Huff 2:35:13, 3. Chris Thomas 2:35:51, 45-49: 1. Derck Frechette 2:31:33, 2. Jon MacPherson 2:38:54, 3. Jim Minami 2:40:09, 50-54: 1. Richard Leutzinger 2:47:29, 2. Martin Hillyer 2:58:21, 3. Bruce Kielsmeier 3:01:21, 55-59: 1. Peter Todd 3:07:53, 2. Paul Mitchell 3:12:11, 3. David Arst 3:18:14, 60-64: 1. Bill Wood 3:22:55, 2. Richard Laino

3:23:58, 3. Morris Fraser 3:36:14, 65-69: 1. George Billingsley 3:28:45, 2. Sidney Roullier 3:55:05, 3. Matt Krier 4:55:40, 70 & Over: 1. Leroy Wherley 4:50:18.

Division Results - Women

19 & Under: 1. Hilary Simmons 3:05:14, 2. Marcia Lunday 3:50:56, 3. Brenda Lipe 4:31:49, 20-24: 1. Karen Scholte 2:42:56, 2. Edith Vogt 3:08:54, 3. Julie Young 3:16:17, 25-29: 1. Nan Deak-Davis 2:33:11, 2. Linda Somers 2:33:37, 3. Lisa Kindelan 2:35:31, 30-34: 1. Christine Imahashi 2:46:08, 2. Cindy Scott 2:48:54, 3. Theresa McCourt 2:56:12, 35-39: 1. Claudia Shannon-Cottrell 2:51:52, 2. Honor Featherston 2:57:26, 3. Linda Wood 2:58:02, 40-44: 1. Mary Wood 2:50:37, 2. Cynici Calvin 3:10:35, 3. Jean Spirlock 3:15:37, 45-49: 1. Joan Ulliyot 3:01:15, 2. Margie Lindsey 3:09:45, 3. Joan Bumpus 3:34:15, 50-54: 1. Barbara Miller 3:05:21, 2. Marge Dunlap 3:30:31, 3. Kay Martin 3:47:36, 55-59: 1. Wen-Shi Yu 3:12:50, 2. Joyce Zyrkoske 3:56:01, 3. Dorothy Peavy 4:02:35, 60-64: 1. Marcia Worden 4:12:47, 65-69: 1. Mary Storey 3:59:02, 2. Helen Klein 4:13:32, 3. Po Adams 4:47:28.

RESULTS

times. First place went to Doerte Murray, who exactly nailed her predicted time of 24:13! Second place went to Hazel Peter, who missed her predicted 46:00 time by only 4 seconds. In third place was Kirk Schumacher, whose 18:03 missed his prediction by 8 seconds.

The 10K was, surprisingly, just as tight as the 5K. Dave Reichel trotted home with the first place prize by finishing in 44:43, only 1 second off his prediction. Claus Scheiderer of Oakland claimed 2nd place with a 39:55-a 4 second miss. And third place went to Dan Dahlgren of Oakland for coming within 6 seconds of his prediction, in 40:06.

Overall Results - 5K

Predicted Time in Parenthesis:

1. Doerte Murray (S.F.) (24:13) 24:13, 2. Hazel Peter (Oakland) (46:00) 45:56, 3. Kirk Schumacher (Richmond) (17:55) 18:03, 4. Tony Lynn (Berkeley) (22:03) 22:13, 5. Herb Childress (Oakland) (19:15) 19:01, 6. Tom Johanning (Alameda) (19:06) 19:27, 7. Leonard Rossi (Castro Valley) (29:10) 28:39, 8. Edward Roldaz (Berkeley) (24:49) 24:12, 9. John Hearney (Oakland) (22:10) 21:33, 10. Judi Childress (Oakland) (25:00) 24:18.

Overall Results - 10K

Predicted Time in Parenthesis:

1. Dave Reichel (Oakland) (44:44) 44:43, 2. Claus Scheiderer (Oakland) (39:59) 39:55, 3. Dan Dahlgren (Oakland) (40:00) 40:06, 4. Bo Kinchley (S.F.) (39:00) 38:15, 5. John Hurt (Concord) (41:30) 42:17, 6. Bob DeChene (Danville) (46:00) 46:49, 7. Howard Warrel (Berkeley) (38:00) 37:10, 8. Dan Schin (Berkeley) (40:22) 41:15, 9. Daz Lamparas (S.F.) (41:40) 40:44, 10. Anne Nurse (Berkeley) (48:30) 47:31.

Barrows to Bear's Lair Run

October 22, Berkeley, 5K.

Overall Results - Men

1. Doug Henderson 15:26, 2. Mike Carlton 16:07, 3. Robert Jones 16:16.

Overall Results - Women

1. Shannon Day 20:36, 2. Holly McPeak 21:09, 3. Abby Ashby 21:37.

Fay Hobbs Runs

October 22, Santa Barbara, 5K & 10K.

Overall Results - 10K

1. Petra Kemper (33) S.B. 37:34, 2. Mary Ryzner (35) S.B. 38:02, 3. Gae McClenathen (27) S.B. 40:41, 4. Maria Finney (38) Oxnard 40:43, 5. Mimi Baranowski (41) Ventura 42:04, 6. Betty Jory (45) Lompoc 42:45, 7. Maureen Horner (31) S.B. 43:50, 8. Marie Barron (26) Ventura 44:09, 9. Debbie Jagness (26) S.B. 44:13, 10. Terry Thomas (40) S.B. 44:14.

Division Results - 10K

19-24: 1. Ashley Bale 46:17, 2. Noel Blodeau 46:36, 3. Hilary Schmidt 49:16, 25-29: 1. Gae McClenathen 40:41, 2. Marie Barron 44:09, 3. Debbie Jagness 44:13, 30-34: 1. Petra Kemper 37:34, 2. Maureen Horner 43:50, 3. Iohino Carr 45:30, 35-39: 1. Mary Ryzner 38:02, 2. Maria Finney 40:43, 3. Cindy Torres 47:04, 40-44: 1. Mimi Baranowski 42:04, 2. Terry Thomas 44:14, 3. Stephanie Welch 44:52, 45-49: 1. Betty Jory 42:45, 2. Patty Landis 50:39, 3. Nadine Krebs 51:32, 50-59: 1. Joanne Barker 46:51, 2. Ute Luyties 46:53, 3. Barbara Camp 50:16, 60 & Over: 1. Margaret Miller 48:34, 2. Margie Withow 54:27.

Overall Results - 5K

1. Anne Hayden (35) S.B. 18:42, 2. Carol Werner (26) S.B. 20:52, 3. Laura McCullough (28) S.B. 21:28, 4. Kathy Matthews (42) Oxnard 22:22, 5. Leslie Belfridge (31) Camarillo 22:51, 6. Tara Hobbs (28) Roseda 22:54, 7. Guadalupe Reyes (31) Port Huemene 23:12, 8. Diane Saunders (20) S.B. 23:21, 9. Andrea Byers (21) S.B. 24:39, 10. Lysandra Sellinger (20) Goleta 25:11.

Division Results - 5K

Open: 1. Anne Hayden 18:42, 2. Carol Werner 20:52, 3. Laura McCullough 21:28. Walk: 1. Debbie Hilton 31:48, 2. Nancy Hunt 32:11, 3. Signid Twomey 34:32.

Grizzly Run

October 22, Garden Valley, 5K & 10K.

Overall Results - Men's 5K

1. Kenny Brown 15:47, 2. Will Wilson 16:42, 3. Armando Flores 18:30, 4. Mark Cauldin 18:37, 5. Mort Ward 18:43, 6. Darryl Reeder 20:11, 7. John Twilling 21:09, 8. Matt Sampson 22:14, 9. William Rhoades 22:39, 10. David Peterson 23:07.

Overall Results - Women's 5K

1. Lisa Boyle 17:54, 2. Peggy Mills 22:00, 3. Audrey Veirs 24:13, 4. Anna Jarman 25:27, 5. Donna Peterson 27:03, 6. Shelly Gorin 30:30, 7. Rosa Lopez 30:33, 8. Doris Gorin 30:37, 9. Gerry Sullivan 30:55, 10. Betty Peterson 30:58.

Overall Results - Men's 10K

1. Craig Moore 33:38, 2. Craig Thornley 35:05, 3. Ron Mellor 35:59, 4. Ken Rhodes 36:00, 5. Greg Colt 37:41, 6. Peter Maurer 38:45, 7. Shawn Akin 38:48, 8. Sam Jensen 40:49, 9. Mike Tarilton 41:21, 10. Gary Cullen 43:22.

Overall Results - Women's 10K

1. Jean Spirlock 41:32, 2. Donna Brown 47:30, 3. Cynthia Underwood 48:55, 4. Barbara Schoener 49:10, 5. Suzanne Remillard 49:21, 6. Andrea Wong 50:00, 7. Kathy Rotherman 51:49, 8. Marie Gonzales 52:22, 9. Annie Cox 53:06, 10. Nancy Nelson 53:13.

Mt. Diablo Relay

October 22, Clayton.

Overall Results

1. Kenya 'B' Team (Oakland) 4:37:50, 2. East Bay Grease 'C' (Berkeley) 4:40:59, 3. Buns and Hoses (Walnut Creek) 4:49:24, 4. Athlete Runners (Modesto) 4:56:30, 5. Team Sluggo (Oakland) 5:00:50, 6. Golden Bay Runners (Castro Vly) 5:03:00, 7. Pac Tel Runners (Clayton) 5:04:49, 8. Viet Vets & Friends (Fremont) 5:10:17, 9. Cetus Runners (Alameda) 5:11:58, 10. The Orphans (Walnut Creek) 5:12:04.
11. Sweatsox & Pantyhose (Pittsburg) 5:13:01, 12. East Bay Grease 'B' (Berkeley) 5:14:03, 13. Gavilan Jog & Striders (Gilroy) 5:21:28, 14. Davis Running Club (Davis) 5:22:58, 15. Cal. Dep. of Health Nuts (Oakland) 5:37:41, 16. San Jose Police #1 (Fellton) 5:38:35, 17. Spikes (Incline Vll) 5:51:42, 18. Speed Freaks (Berkeley) 5:52:04, 19. Magnificent 7 (Walnut Creek) 5:52:56, 20. Coyote Striders (Orinda) 6:04:20.

Mulberry Grape Escape Runs

October 22, Livermore, 5K & 10K.

Despite the earthquake that damaged much of Northern California 5 days earlier, 1417 runners and walkers turned out for the "Mulberry Grape Escape 5 & 10K," a benefit for Children's Hospital Oakland. As was pointed out by various psychologists and psychiatrist in the area, it's important for people to get back to normal routines and do things they enjoy - in the Mulberry Grape Escape fit the bill to a tee.

The Mulberry Grape Escape is one of the most picturesque runs in the East Bay. The run starts and ends at Wente Bros. Estate Cellars in Livermore - the course itself runs along country roads and through Wente Bros. vineyards. After the run, participants were treated to Dixieland Jazz, a "French Country" style picnic, and wine tasting.

The competition was impressive - in the 5K, 33 year old Brad Hawthorne took first with a 14:59, 18 year old Rebecca Spies placed first for the second year in a row with a time of 17:21. In the men's

10K, John Calvin Gaziano, 22 years old, was first with a 32:08 and 34 year old Monya Lane won the women's division in 40:54.

Division Results - Men's 5K

19 & Under: 1. Ian Phillips 16:06, 2. Ahmik Jones 17:10, 3. Jason Richardson 17:13, 20-29: 1. Craig Blockhus 15:03, 2. Chris Case 17:43, 3. Joseph Stoner 18:17, 30-39: 1. Brad Hawthorne 14:59, 2. Stephen Armstrong 17:26, 3. Otto Zialke 17:42, 40-49: 1. Rudy Mandragon 17:30, 2. Darryl West 20:11, 3. Jerry Ray 21:19, 50-59: 1. Ed Walchempino 17:14, 2. Paul Dickinson 23:00, 3. Joe Kinder 23:20, 60 & Over: 1. Cal Henningsen 24:26, 2. Walter Eneidi 24:28, 3. Dan Downey 32:17.

Division Results - Women's 5K

19 & Under: 1. Rebecca Spies 17:21, 2. Michelle Del Giudice 23:29, 3. Lori Wang 23:44, 20-29: 1. Jeanette Manrique 20:23, 2. Jamie Rosenfeld 21:10, 3. Pamela Borg 22:44, 30-39: 1. Joan Case 20:48, 2. Nadine Austin 22:45, 3. Debbie Wojtowicz 23:02, 40-49: 1. Verona Swensy 23:14, 2. Joanne Lemos 24:29, 3. Darlene Simonaro 25:12, 50-59: 1. Dody Thomas 28:03, 2. Connie Cutler 29:26, 3. Carol Spinder 29:33.

Division Results - Men's 10K

19 & Under: 1. Dave Mazzera 38:41, 2. Gregory Macaulay 39:27, 3. Brett Koerig 39:57, 20-29: 1. John Calvin Gaziano 32:08, 2. Peter Winjum 36:05, 3. Matthew Urdan 36:44, 30-39: 1. Mark Graves 32:23, 2. Matt McMenamy 33:36, 3. John Hirschber-



BRAD HAWTHORNE

Photo by Gene Cohn Productions

ger 35:46, 40-49: 1. Jim Reitz 34:43, 2. Phil Murphy 36:19, 3. Chris Larsen 37:03, 50-59: 1. Doug Latimer 37:23, 2. Jim Cross 38:40, 3. Juan Roman 38:53, 60 & Over: 1. Jesse Meadows 52:58, 2. Jess Harvey 53:40, 3. Ken Wright 54:57.

Division Results - Women's 10K

19 & Under: 1. Michelle Kiyono 44:49, 2. Marcy Galzman 47:11, 3. Cali Winter 59:05, 20-29: 1. Suzie Lister 41:03, 2. Laura Method 42:20, 3. Sue Davies Holbrook 43:18, 30-39: 1. Monya Lane 40:54, 2. Evelyn Sethi 42:31, 3. Elisa Kinder 44:27, 40-49: 1. Jen-

ny Underwood 45:18, 2. Judi Richardson 45:41, 3. Ann Lowenthal 46:40, 50-59: 1. Chiyo Shingu 48:45, 2. Priscilla Snyder 56:16, 3. Sally Morner 59:29.

Mountain Goat Marathon

October 28, Oakhurst.

Overall Results - Marathon

1. Clyde Dill (Atwater) 3:48:56, 2. Mark Rowney (Mariposa) 4:00:00, 3. David Suggs (San Luis Obispo) 4:07:36, 4. Michael Rensch (Merced) 5:01:48, 5. John Mason (Atwater) 5:02:00, 6. Reva Coliver (El Portal) 5:37:50, 7. Gail Miller (Yosemite) 6:11:14, 8. Florence Seely (Mariposa) 6:38:15, 9. Ralph Seely (Mariposa) 6:38:18, 10. Robert Evans, Sr. (Mariposa) 6:38:19.

Overall Results - 2 Mile

1. Jim Granados and Jeff Anderson 9:25, 3. A. Salazar 9:30, 4. B. Rogers 9:32, 5. D. Sierra 9:45, 6. D. Espino 9:51, 7. I. Jones 9:58, 8. G. Dinsmore 10:05, 9. M. Hayes 10:11, 10. R. Blake 10:20.
11. S. Foster 10:22, 12. Chris Guzman (F) 10:25, 13. S. Culp 10:41, 14. A. Medina 10:50, 15. R. Chavez 10:57, 16. Mary Tamplin (F) 11:03, 17. S. Witte 11:11, 18. R. Shanks 11:12, 19. I. Jung 11:27, 20. T. Burneman 11:35.

City of Bellflower Runs

October 28, Bellflower, 5K & 10K.

Overall Results - 5K

1. Mario Bueno (25) 15:49, 2. Joe Alvarado Jr (30) 16:01, 3. Eddie Perez (22) 16:03, 4. Stan Madrid (25) 16:05, 5. Bruce Tynner (17) 16:09, 6. Bill Sumner (41) 16:22, 7. Robert Thiede (24) 16:41, 8. Michael Bujorquez (26) 16:44, 9. Vincente Rivera (30) 16:55, 10. John Perez (28) 17:12.

Division Results - Men's 5K

13 & Under: 1. Tom Coffey 19:39, 2. Brian Struikman 21:15, 3. Michael Adam 23:07, 14-18: 1. Bruce Tynner 16:09, 2. David Mackey 18:01, 3. Anthony Namora 19:06, 19-24: 1. Eddie Perez 16:03, 2. Robert Thiede 16:41, 3. Marty Hernandez 17:35, 25-29: 1. Mario Bueno 15:49, 2. Stan Madrid 16:05, 3. Michael Bujorquez 16:44, 30-34: 1. Vincente Rivera 16:55, 2. Chandel Jones 18:22, 3. Jaime Rincon 18:42, 35-39: 1. Joe Alvarado Jr. 16:01, 2. Bokvar Gonzalez 17:21, 3. Gary Carlin 17:55, 40-49: 1. Bill Sumner 16:22, 2. Juan Gomez 17:56, 3. Mike St. Andre 18:07, 50-59: 1. David Risher 19:21, 2. Carlos Vega 20:31, 3. Buzz Fitts 21:11, 60 & Over: 1. Jack Green 22:47, 2. Thomas Young 23:57, 3. Bernie Hodowski 27:09.

Division Results - Women's 5K

13 & Under: 1. Shaloe Milligan 26:36, 2. Shannon Milligan 28:52, 14-18: 1. Sarah Miller 19:10, 2. Tiffany Goedhart 20:37, 3. Marisa Hall 23:30, 19-24: 1. Donna Uriend 24:21, 2. Kimberly DeYoung 24:32, 3. Donna Boehmer 25:08, 25-29: 1. Kathy Beals 20:36, 2. Katy Pitcher 21:39, 3. Giulia Giacompe 24:01, 30-34: 1. Erica Lansdown 19:10, 2. Marlene Falconi 22:51, 3. Barbara Moses 24:09, 35-39: 1. Ruth Saavedra 23:44, 2. Sue Rogers 24:03, 3. Trudy Ibbotson 24:12, 40-49: 1. Frances Pluma 24:54, 2. Lorraine Stark 25:43, 3. Graciela Gutierrez 26:13, 50-59: 1. Beverly Smith 24:51, 2. Dolores Vega 27:39.

Overall Results - 10K

1. Dennis Bourland (19) 32:46, 2. Nicolas Hernandez (33) 32:55, 3. John Harrison (30) 33:04, 4. Martin Moreno (25) 34:12, 5. David Ferrer (27) 34:25, 6. Dan Takahashi (32) 34:29, 7. Mario Dominguez (26) 34:52, 8. Pablo Drabny (43) 35:11, 9. Kevin Dexter (27) 35:39, 10. Angelo Decolibus (32) 35:41.

Division Results - Men's 10K

13 & Under: 1. Robert Alvarado 52:59, 14-18: 1. Jeremy Dixon 43:25, 2. Robert Mann 43:26, 3. Wei Lin Wang 47:04, 19-24: 1. Dennis Bourland 32:46, 2. Peter Hrezi 38:12, 3. Mike VanderMoer 38:55, 25-29: 1. Martin Moreno 34:12, 2. David Ferrer 34:25, 3. Mario Dominguez 34:52, 30-34: 1. Nicolas Hernandez 32:55, 2. John Harrison 33:04, 3. Dan Takahashi

RESULTS

West Valley Track Club Christmas Relays

By Mark Winitz

December 17th, San Francisco.

Over 300 teams turned out at Lake Merced on an overcast (but not too cool) San Francisco winter's morn to compete with some friendly holiday good cheer before getting seriously into the figgy pudding and chasing the partridge in the perennial pear tree. Each of the revelers on the four-person teams make a 4.464-mile loop of the lake, mostly on a paved pedestrian/bike path which includes several long gentle inclines. The competition is stiff and rich, something akin to a good rum-laced holiday egg nog. Indeed, many rosy noses and cheeks were in evidence throughout the 15 running divisions.

One of the strongest teams ever to compete at the 16-year old relays dominated the open division from start to finish, eventually forging almost a 2-1/2-minute gap in front of the nearest pursuers over the near-18 miles. *RunCal Gold* it 'was on the last race before Christmas. Competing for the glory of the black and white were alpha-

betically, Brian Abshire (Nike), Bill Donakowski (Etonic), Jay Marden (New Balance), and Tom Wood (Reebok). An unlikely foursome that temporarily dropped their regular allegiances in order to run—uncompensated lest for prize Christmas Relay mugs—under the *RunCal* masthead. (Your writer duled as team coach/manager for the Gold while competing on a Hoy's Sports submasters team.)

Marden got the opening nod for the *RunCal* guys and didn't waste time sprinting to the lead. By the far side of the lake, the chasing pack was at bay behind the 28-flat (10K) track man, Dave Frank of the seriously contending "Training Manor" team pursued. Concluding his leg in 20:57, Marden handed off his lead to his Folsom, CA neighbor and training partner Abshire. The Olympic steepler misstepped a 4:18 mile in route to a 20:53 leg—the fastest of the day. 2:10-marathoner Bill Donakowski, healthy and fleet-footed again, ran a very swift 21:16 to extend the *RunCal* lead and hand the imaginary baton to anchor man Wood. Cruise time, as recently sparkling Wood—12th recently

at the Cross Country Nationals—turned in 21:15 to win two bottles of champagne awarded by *RunCal* to the team member running a pace closest to his 5K best.

The team's final clocking of 1:24:21 (4:43 pace) smashed the course record of 1:25:59 set last year by team Pursuit. The Training Manor's team (David Frank, Harry Green, Marc Olsen, Steve Schadler) settled for second, as their team did last year, concluding in 1:26:45. Hoy's Sports Racing Team (Dave Ottaway, Brad Hawthorne, Dan Aldridge, and Mike McMannus), listed in the final results as 21st overall in 1:36:31, missed their start and thus started 10 minutes later in the second wave of teams. (So, make that a 1:26:31 actual time for Hoy's.)

The open women's division title was successfully defended by the Reebok Aggies in 1:43:26 (5:47 pace; Jennifer Thatcher, Patti Gray, Melissa Martel, Rae Stiger).

The Peter O' Reilly Team topped the submasters men (1:31:42) in a divisional course record. Tamalpa's submaster women improved their own CR in 1:48:01 (Sharon Swann, Pat English, Leslie McMullin, Wink Luskin).

The masters men's title went to the Excelsior Masters A, their 1:34: 27 likewise a CR (Steve Ferraz, Bob Darling, Michael Duncan, Bill Seaver). Impala Blue defended their women's masters title in 1:55:59.

Additional division CRs fell to the Chip Babies (Junior Boys) in a superb 1:33:07, and the Watsonville Track Club (Junior Girls) in 2:01:11. West Valley Joggers & Striders (1:47:03)

headed the men's 50+ group; as did the Lake Merritt Joggers & Striders (2:20:38) on the women's 50+ side. Hewlett-Packard (1:32:00; 6th overall) were repeat winners in the corporate open; LLNL's B Team (2:03:22) led the corporate women.

Special thanks to Jack and Judy Leydig, Marc Lund, and the rest of the West Valley Track Club for staging excellent Christmas-time relays year after year.

Overall Results

1. *RunCal Gold* 1:24:21, 2. Training Manor 1:26:45, 3. Willow Glen Alumni TC 1:29:20, 4. BOHO A 1:30:00, 5. Peter O'Reilly Team 1:31:42, 6. HP Racers A 1:32:00, 7. Aggie Y 1:32:14, 8. Lockheed 1:32:23, 9. Reebok Aggies Sub Liminals 1:34:25, 10. East Bay Striders Submasters A 1:34:41, 11. BOHO I 1:34:47, 12. East Bay Striders Open A 1:35:17, 13. The EEKM Team 1:35:18, 14. GSFTC A 1:35:31, 15. BOHO B 1:35:40, 16. LLL Sons of the Dry Heaven 1:35:58, 17. Freak Brothers RC 1:36:07, 18. Golden Bay Runners 1:36:11, 19. Travis Hawks 1:36:26, 20. Luna-tics 1:36:30, 21. Hoy's Sports RT 1:36:31, 22. Tamalpa A 1:37:14, 23. M & S Technologies 1:37:28, 24. Hoy's Sports RT B 1:37:38, 25. WVJ&S Submaster A 1:37:41, 26. Thirsty Boys 30+ 1:38:03, 27. Tamalpa A 1:38:05, 28. Thirsty Boys Open 1:38:05, 29. Diablo Dusseldorers 1:38:10, 30. D 4 T.C. 1:38:25.

34:28, 35-39: 1. Thomas Schade 37:29, 2. Art Blasor 38:06, 3. Thomas Thomas 38:26, 40-49: 1. Pablo Drobny 35:11, 2. Sylvester Chumley 38:40, 3. Bill Kelly 38:59, 50-59: 1. Carlos Valle 37:14, 2. Tom Cuevas 37:32, 3. Tex Tyler 40:02, 60 & Over: 1. Richard Elizarraras 45:18, 2. Daniel Lujan 45:38, 3. John Redwine 55:02. Wheelchair: 1. Jim Knaub 23:05, 2. Stewart Ray 23:57, 3. Paul Manucchio 23:58.

Division Results - Women's 10K

14-18: 1. Heather Goedhart 54:34, 2. Monica Turney 1:01:42, 25-29: 1. Doreen Warner 51:53, 2. Margarita Reinoso 57:56, 3. Rita Rueva 1:01:26, 30-34: 1. Sue Ann Back 40:05, 2. Lynne Clay 40:09, 3. Terry Salazar 46:17, 35-39: 1. Chizuro Hamabata 52:19, 2. Nancy Rosaman 53:19, 3. Marylea Roth 56:42, 40-49: 1. Kathy Eimen 50:31, 2. Della Wolfe 55:00, 3. Patricia Arredondo 56:30, 50-59: 1. Marian Russell 53:34.

Lompoc Valley ARC Walk-A-Jog-A-Thon

October 28, Byron Park, Lompoc, 10 Miles.

Overall Results

1. Rich Pogue 77:00, 2. David Laliberte 78:00, 3. R. Gil 80:00.

Halloween Fun Run

October 29, Larkspur, 5 Miles.

Division Results - Men

Overall Winner: 1. Hal Schulz 25:30, 20-29: 1. John Nai 37:39, 30-39: 1. Hal Schulz 25:30, 40-49: 1. Ross Bogart 30:31, 50-59: 1. Mike Paul 37:52.

Division Results - Women

Overall Winner: 1. Lynn May 34:36, 20-29: 1. Lynn May 34:36, 30-39: 1. Valerie Hamilton 36:44, 40-49: 1. Daniel Cane 37:56.

Running Scared

October 29, Palo Alto, 5K

Division Results - Men

5-12: 1. Carlos Avila 21:13, 2. Kevin Emard 23:38, 3. Robbie Benson 23:39, 13-18: 1. Javier Avilla 18:23, 2. Kyle Emard 22:41, 19-29: 1. John Hoch 16:13, 2. Kevin Koch 16:32, 3. Jeff Traum 18:11, 30-39: 1. Nick Nichols 15:59, 2. Steve Petto 16:49, 3. Bo Crane 19:55, 40-49: 1. Jim Hampton 17:13, 2. Richard Whitwate 17:35, 3. Greg Burke 17:49, 50-59: 1. Mike Flint 21:37, 2. James Pryor 21:58, 3. David Hannon 26:26, 60-69: 1. David Stevenson 18:44, 2. Don Anhorn 23:10, 3. Glenn Sievert 24:14, 70 & Over: 1. Lawrence Vigliarzone 38:56.

Division Results - Women

5-12: 1. Katy Grote 32:07, 2. Beth Grote 32:07, 3. Holly Carlson 32:07, 13-18: 1. Alison Herzog 24:02, 2. Mimi Hannon 26:25, 19-29: 1. Kerry Brogan 18:32, 2. Jennifer Sanchez 20:53, 3. Jennifer Heidmann 21:03, 30-39: 1. Chris Spaniel 18:47, 2. DD Roberts 19:40, 3. Kathryn Jacobson 21:23, 40-49:

1. Margaret Smith 20:32, 2. Elsa Pastor 26:44, 3. Gloria DeVal 27:14, 50-59: 1. Marina Flores 26:30, 60-69: 1. Annie Sievert 28:51.

Ghosts, Goblins & Noses Run For Special Olympics "Monster Chase"

October 30, San Francisco, 5K & 1 MI.

Tarzan and Jane, the Tinman, two huge running garbage cans, four "mouseketeers", rabbits, a mailbox, various ghosts, goblins and ghouls, a giant nose and hundred of other Halloween revisers dressed as, of all things, runners, took part in the Fifth Annual Halloween Monster Chase 5K Run and 1 Mile Monster March for Special Olympics, at Crissy Field in San Francisco's Presidio.

Linda Martinez was the first 5K female finisher with a time of 17:50.0 while her husband, Dan,

RESULTS

was the first male a 15:50.0. Each received a commemorative medallion and a magnum of Domaine Chandon Champagne. The Redwood City couple, running in "Tarzan and Jane" outfits, also placed in the costume contest and will enjoy a San Francisco Dining Spectacular package from Neptune's Palace and Alcazar Bar & Grill, both located at Pier 39.

First prize for best costume went to "The Jogging Garbage Cans", Jackie Brown and Joe Stephenson from Petaluma. The couple will enjoy a Romance Weekend in The City compliments of Sheraton Fisherman's Wharf, Mason Street Bar & Grill and Vannelli's Seafood Restaurant at Pier 39.

Angela Festa, of San Francisco, in his gigantic, 10-foot tall running prosthetic, took second place in the costume contest "by a nose" over Kevin "Timman" Fifield, of San Mateo. Festa will enjoy a three month supply of Haagen-Dazs Ice Cream and can now afford to stop and smell the roses with his \$100 gift certificate from Hoogasian Flowers. "Timman" Fifield will be able to "rust-proof" himself, Japanese-style, at Kabuki Hot Springs and stay "well lubricated" with his Kolobuki Sake set courtesy of Takara Sake USA Inc.

Other costume contest prizes included a sports-wear package from Avia and Lombardi's Sports; a \$150 Hertz Getaway Weekend car rental; dining packages from Houlihan's Restaurant at Fisherman's Wharf, Kuleto's Union Square and Eddie Jacks South of Market; movie passes to the new Hemdale Corporation feature film "Staying Together" and cassette tapes from X-100 FM Radio.

Rosario Beach Holiday Runs

November 4. Rosario Beach, Baja, CA, 5K & 10K

Division Results - Men's 10K

13 & Under: 1. Mario Almanza 38:33, 2. Jorge Contreras 45:12, 3. Francisco Javier 46:43, 14-17: 1. Arturo Nunez 37:50, 2. Neal Mason 52:05, 18-23: 1. Felipe Cuellar 35:54, 2. Ron Esparza 37:55, 3. Mark Miller 41:26, 24-28: 1. Oswaldo Robles 36:13, 2. Gustavo Villaseor 41:31, 3. Randy Kurihara 41:44, 30-34: 1. Dee Carey 34:07, 2. Roger De Priest 34:06, 3. Dave Duran 38:17, 35-39: 1. Ronald Swain 40:10, 2. Art Tillotson 42:09, 3. Marc Freirehouse 42:36, 40-44: 1. Gilbert Varela 36:44, 2. John Mossbacher 37:26, 3. Akira Shimabukuro 39:28, 45-49: 1. Pablo Torres 38:51, 2. Samuel Provenzano 40:24, 3. Dave LaBonte 41:36, 50-54: 1. Frank Vasquez 41:57, 2. Anastasio Arce 44:08, 3. John Royce 52:33, 55-59: 1. Roger Martin 48:35, 2. Jerry Lasher 54:38, 60 & Over: 1. Ward Speaker 47:29, 2. David Plank 47:45, 3. John Williams 53:47.

Division Results - Women's 10K

18-23: 1. Leigh Huhn 52:28, 24-29: 1. Carrie Booth 37:28, 2. Judy Libby 48:15, 3. Stacy Mason 52:06, 30-34: 1. Catherine Molina 44:48, 2. Cheryl Chase 52:47, 3. Marnie Deutsch 57:49, 35-39: 1. Kim Lewis 46:53, 2. Janet Meaker 51:58, 3. Kathy Hansen 53:47, 40-44: 1. Kathleen Fickel 54:42, 2. Lydia Ramos 54:50, 3. Katy Stewart 55:19, 45-49: 1. Carolyn Foster 54:31, 2. Jan Weber 66:52, 50-54: 1. Carole Felker 54:39, 2. Andrea Dolkeskamp N.T., 3. Gerry Martin 60:19, 55-59: 1. Patty Marvey 59:55, 2. Sabrina Rouse 59:55, 60 & Over: 1. Jean McClean 63:02.

Division Results - Men's 5K

13 & Under: 1. Horacio Almanza 18:18, 2. Francisco Martinez 18:36, 3. Hector Almanza 19:45, 14-17: 1. Juan Granados 17:03, 2. Carlos Valdez 17:52, 18-23: 1. Manuel Gamboa 18:47, 2. Rogelio Brown 20:07, 3. Leonard Gonzalez 23:44, 24-29: 1. Marty Callahan 16:35, 2. Daniel Gonzalez 17:19, 3. Demetrio Soltero 18:11, 30-34: 1. Randy Thiele 17:20, 2. Bob Johnson 17:26, 3. Mario Molina 18:41, 35-39: 1. Cruz Marmolejo 17:37, 2. Jose Valquez 18:15, 3. Rubin Garcia 18:28, 40-44: 1. Steve Lavon 17:14, 2. Juan Montoya 18:51, 3. Dennis Roberts 19:54, 45-

49: 1. Dave Brandland 18:51, 2. Juan Correa 18:48, 3. Page Naugle 18:57, 50-54: 1. Don Garsh 19:23, 2. Carlos Vega 19:52, 3. Federico Valdivinos 24:51, 55-59: 1. Jesus Rangel 20:50, 2. Jesus Nuno 21:44, 3. Kent Berge 24:14, 60-64: 1. Ted Horner 21:49, 2. Lloyd Williams 22:40, 3. Zacarias Mejia 23:41.

Division Results - Women's 5K

14-17: 1. Alex Royce 24:36, 18-23: 1. Marcella Boyer 19:33, 2. Gloria Arana 21:26, 3. Dora Zepeda 24:24, 24-29: 1. Francis Shapiro 23:02, 2. Debbie Watson 23:24, 3. Hortensia Muniz 24:17, 30-34: 1. Raquel Flores 20:22, 2. Joanne Townsend 21:53, 3. Roseann Classic 23:04, 35-39: 1. Moremi Nzinga 22:54, 2. Judith Moore 23:48, 3. Kathy Dawson 23:58, 40-44: 1. Irma Lopez 25:26, 2. Carmen Lopez 26:34, 3. Julie Rush 27:19, 45-49: 1. Carol Hunter 28:13, 2. Linda Eachus 29:47, 3. Carolyn Boe 30:26, 50-54: 1. Sylvia Crise 23:32, 2. Dolores Vega 26:37, 3. Donica Wood 29:25, 55-59: 1. Iris Sellers N.T., 60-64: 1. Shirley Williams 28:16, 2. Varian Bruce 29:10.

Brian Sturgeon Run

November 4. Madera, 2 Mile & 10K.

2 Mile Winners

Men: 1. Antonio Villegas 10:12

Women: 1. Ann Phillips 12:02

10K Winners

Men: 1. Jose Renteria 33:12

Women: 1. Nolle Gonzalez 41:54.

Pedal & Plod

November 5. Bakersfield.

Overall Results - Men

1. John Devere (29) 1:30:04, 2. Jeff Cram (26) 1:37:25, 3. Jeff Allen (29) 1:38:02, 4. Greg Gilmer (18) 1:40:24, 5. Larry Lake (45) 1:42:30, 6. Kyle Allan Lacey (23) 1:43:52, 7. Scott Kress (30) 1:44:34, 8. Jonathan Wykoff (20) 1:44:38, 9. Louis Paul Gamino (29) 1:45:19, 10. Stephen Fahsbender (39) 1:45:32.

Division Results - Men

19 & Under: 1. Greg Gilmer 1:40:24, 2. Adam Chase 1:50:18, 3. Bryan Bailey 2:06:21, 20-29: 1. John Devere 1:30:04, 2. Jeff Cram 1:37:25, 3. Jeff Allen 1:38:02, 30-39: 1. Scott Kress 1:44:34, 2. Stephen Fahsbender 1:45:32, 3. Richard Hixson 1:46:47, 40-49: 1. Larry Lake 1:42:30, 2. Richard Lawrence 1:47:17, 3. Jim Reynolds 1:48:52, 50 & Over: 1. Joe Marino 1:46:58, 2. Coby Churchman 1:47:19, 3. Larry Wells 2:01:28.

Overall Results - Women

1. Laura Lowe (28) 1:44:04, 2. Judi Thompson (38) 1:50:00, 3. Jane Granskog (43) 1:55:18, 4. Susan Rubin (40) 1:57:56, 5. Susan Lucas (47) 2:00:51, 6. Debbie Raygoza (30) 2:01:57, 7. Marc Briggs (47) 2:02:21, 8. Jacqui Talley (34) 2:02:27, 9. Anne Hagy (28) 2:03:56, 10. Jeanne Gregory (41) 2:05:01.

Division Results - Women

20-29: 1. Laura Lowe 1:44:04, 2. Anne Hagy 2:03:56, 3. Jody Kamrath 2:32:53, 30-39: 1. Judi Thompson 1:50:00, 2. Debbie Raygoza 2:01:57, 3. Jacqui Talley 2:02:27, 40-49: 1. Jane Granskog 1:55:18, 2. Susan Rubin 1:57:56, 3. Susan Lucas 2:00:51, 50 & Over: 1. Becky Whitehead 2:25:51.

Overall Results - Teams

1. Prine/Hagy 1:31:16, 2. Lopez/Hock 1:33:15, 3. Kanini/Atchison 1:33:45, 4. Correa/Petersen 1:33:48, 5. Garcia/Kirchert 1:35:42.

Division Results - Teams

Women: 20-29: 1. Boyle/Wiggs 1:47:28, 2. Hopkins/Jones 1:56:56, 3. Gibeau/Bair 2:00:04, 30-39: 1. King/Hoff 1:49:49, 2. Guimarra/Eberts 1:56:52, 3. Schmidt/Lobsinger 2:07:12, 40-49: 1. McDonald/Roseberry 2:17:17, 2. Swoer/Reynolds 2:17:33, 3. Wright/O'Neil 2:38:33, 50 & Over: 1. Perez/Phillips 2:27:05.

Men

19 & Under: 1. Lopez/Hock 1:33:15, 2. Cartier/Moore 1:40:31, 3. Farmer/Bailey 1:54:13, 20-29: 1. Kanini/Atchison 1:33:45, 2. Correa/Petersen 1:33:48, 3. Rosenlieb/Ames 1:35:51, 30-39: 1. Prine/

Hagy 1:31:16, 2. Garcia/Kirchert 1:35:42, 3. Sandoval/Black 1:41:01, 40-49: 1. White/Cagle 1:45:20, 2. Fambrough/Bateman 1:48:32, 3. White/Luehe 1:54:53, 50 & Over: 1. Maranda/Dawson 1:57:05, 2. Williams/Leviz 2:07:36, 3. Medina/Castro 2:12:24. Mixed Teams: 1. Battles/Dunlap 1:45:03, 2. Sharum/Boyd 1:46:42, 3. Houchin/Walkoff 1:52:11.

New York City Marathon

November 5. New York City.

Overall Results - Men

1. Juma Ikangaa (29) Tanzania 2:08:01, 2. Ken Marin (31) USA 2:09:38, 3. Galindo Bordin (30) Italy 2:09:40, 4. Salvatore Bietoli (27) Italy 2:10:08, 5. Jesus Herrera (27) Mexico 2:11:15, 6. Nivaldo Filho (29) Brazil 2:12:23, 7. Osniro Silva (28) Brazil 2:12:50, 8. Steve Jones (34) Great Britain 2:12:58, 9. Belayneh Densimo (24) Ethiopia 2:13:42, 10. Pat Petersen (29) USA 2:14:02.

Overall Results - Women

1. Ingrid Kristianson (33) Norway 2:25:30, 2. Kim Jones (31) USA 2:27:54, 3. Laura Fogli (30) Italy 2:28:43, 4. Kumi Araki (24) Japan 2:30:00, 5. Drothe Rasmussen (29) Denmark 2:32:18, 6. Zoya Ivanova (37) USSR 2:32:21, 7. Emma Scanich (35) Italy 2:32:25, 8. Gordon Bloth (28) USA 2:33:01, 9. Ritva Lemetinen (29) Finland 2:34:00, 10. Alena Peterkova (28) Czech 2:34:22.

Division Results - Men

18-19: 1. Stephane Sohet (France) 2:37:17, 40-49: 1. John Campbell (New Zealand) 2:16:15, 50-59: 1. Roger Robinson (New Zealand) 2:28:02, 60-69: 1. Jim McNeary (USA) 2:50:44, 70-79: 1. Andrew Neidig (USA) 3:32:31, 80 & Over: 1. Alfred Gibson (Spain) 5:19:24.

Division Results - Women

18-19: 1. Wendy Hendrix (Netherlands) 3:37:50, 40-49: 1. Priscella Welch (Great Britain) 2:36:15, 50-59: 1. Olga Vasquez (Mexico) 2:57:33, 60-69: 1. Whayong Samar (USA) 3:09:00, 70 & Over: 1. Althea Weatherbee (USA) 5:33:43.

Top California Runners

Men: 1. Jaime Cuitua (Glendale) 2:22:10, 2. Polin Belisle (Sherman Oaks) 2:29:25, 3. Derrick May (Balboa) 2:33:16, 4. Herb Tanzor (Topanga) 2:36:43, 5. Russell Sportsman (San Diego) 2:37:24, 6. Michael Rodriguez (San Francisco) 2:43:16, 7. Chuck Harris (El Dorado Hills) 2:46:05, 8. Robert Weatherwax (Oakland) 2:47:11, 9. Craig Welch (San Jose) 2:48:49, 10. Craig Johnson (Redondo Beach) 2:49:14.

11. Kevin Coto (Redondo Beach) 2:50:33, 12. Jeffrey Vannini (Encino) 2:50:53, 13. Dominique McAree (Redondo Beach) 2:50:53, 14. Kenny Slaughter (Santa Barbara) 2:51:11, 15. Malyn Malquist (San Diego) 2:52:02, 16. David Sylvester (Moraga) 2:52:11, 17. Ronald Kubokawa (El Cerrito) 2:52:35, 18. Mickey Heuwelt (Oakland) 2:52:40, 19. Kalyan Farrington (San Pedro) 2:52:41, 20. Paul Heggie (San Diego) 2:55:43.

Women:

1. Chantal Best (Los Angeles) 2:50:07, 2. Lisbet Engberg (San Francisco) 2:54:56, 3. Barbara Miller (Modesto) 3:03:28, 4. Wink Luskin (Corte Madera) 3:05:36, 5. Lisa Ehrenreich (Hermosa Beach) 3:08:51, 6. Juli Mastain (Moorpark) 3:12:34, 7. Eileen Pae (San Diego) 3:14:44, 8. Dorothy Gibbins (Santa Monica) 3:15:05, 9. Donna Troyna (San Jose) 3:15:25, 10. Dru Ann Deger (Santa Monica) 3:19:47, 11. Loretta Bronk (Newbury Park) 3:22:17, 12. Andrea Liebowitz (Newbury Park) 3:24:10, 13. Janice Gannon (Manhattan Beach) 3:27:24, 14. Cecilia Chase (Sausalito) 3:27:42, 15. Kathy Johnson (Burbank) 3:29:37, 16. Kathie Gordon (Los Angeles) 3:30:00, 17. Yvette LaVigne (Los Angeles) 3:32:57, 18. Margaret Stearns (Los Angeles) 3:33:19, 19. Kristie Clemens (Santa Cruz) 3:33:38, 20. Carlota Otero (Visalia) 3:34:42.

Santa Barbara Half Marathon

November 5. Santa Barbara. Half & 5K.

Overall Results - Half Marathon

1. Gordon Christie (28) S.B. 1:08:28, 2. Gregg Homer (35) S.B. 1:11:20, 3. David Sjogren (22) S.B. 1:12:26, 4. Robert Hollister (30) Lompoc 1:12:58, 5. Corey Welles (26) S.B. 1:13:21, 6. David Peterson (32) S.B. 1:14:44, 7. Peter Gutierrez (21) S.B. 1:15:33, 8. Randy Thwing (35) S.B. 1:16:37, 9. Jim Kornell (38) S.B. 1:17:17, 10. Glenn Madden (29) S.B. 1:17:17.

Division Results - Men

19-29: 1. Gordon Christie 1:08:28, 2. David Sjogren 1:12:26, 3. Corey Welles 1:13:21, 30-34: 1. Robert Hollister 1:12:58, 2. David Peterson 1:14:44, 3. Shane Eggers 1:19:27, 35-39: 1. Gregg Homer 1:11:20, 2. Randy Thwing 1:16:37, 3. Jim Kornell 1:17:17, 40-44: 1. Joseph Banach 1:22:17, 2. John Rupp 1:22:30, 3. John Wikel 1:27:39, 45-49: 1. Larry Pontinen 1:23:04, 2. Larry Brooks 1:24:44, 3. Vic Britlan 1:25:23, 50-54: 1. Ron Thurston 1:33:52, 2.

Elmer Sanborn 1:34:09, 3. Bill Dodson 1:34:25, 55-59: 1. Paul Cooke 1:31:19, 2. Richard Bartek 1:32:09, 60 & Over: 1. William Catigi 1:41:26. Wheelchair: 1. Peter Trabucco 1:31:43.

Division Results - Women

19-29: 1. Paulette Scoville 1:31:06, 2. Anna Roberts 1:32:28, 3. Kristan Battles 1:33:59, 30-34: 1. Petra Kemper 1:22:41, 2. Debbie Mutton 1:32:01, 3. Katherine Vause 1:44:16, 35-39: 1. Mary Ryzner 1:22:32, 2. Diane LaPierre 1:40:46, 40-44: 1. Debbie Briglio 1:39:18, 2. Stephanie Welch 1:40:13, 45-49: 1. Joyce Paskel 1:47:52, 2. Marilyn Hansen 1:53:10, 50-59: 1. Ruth Henning 1:49:51.

Overall Results - 5K

1. Pete Dolan (29) Goleta 15:25, 2. Michael Smith (25) S.B. 15:39, 3. Ron Hershey (32) S.B. 17:05, 4. Brian Tharp (38) S.B. 18:06, 5. Charles Locke (33) Goleta 18:17, 6. Bill Graham (48) Lompoc 18:28, 7. Jose Gonzales (28) S.B. 18:38, 8. Anne Hayden (35) S.B. 18:41, 9. Jesse Mellor (37) Ventura 18:44, 10. John Baron (39) S.B. 18:45.

Division Results - Men's 5K

15-18: 1. Coby Ruder 19:19, 19-29: 1. Pete Dolan 15:25, 2. Michael Smith 15:39, 3. Jose Gonzales 18:38, 30-39: 1. Ron Hershey 17:05, 2. Brian Tharp 18:06, 3. Charles Locke 18:17, 40-49: 1. Bill Graham 18:28, 2. Alan Gratzler 19:26, 3. Stephen Horne 22:23, 50-59: 1. Gordon McClenathan 19:29, 2. Jerry Jacobs 20:56, 60 & Over: 1. Ray Gil 22:30.

Division Results - Women's 5K

14 & Under: 1. Rebecca Bauer 24:53, 19-29: 1. Gae McClenathan 19:24, 2. Kelly Coster 19:51, 3. Laura Jo McClenough 21:07, 30-39: 1. Anne Hayden 18:41, 2. Christine Newsham 24:56, 3. Kimberly Schizas 25:31, 40-49: 1. Deanna Timm 23:24, 2. Penny Hill 25:22, 3. Mary Graham 36:15, 50-59: 1. Pauline Paulin 28:56, 60 & Over: 1. Patty Frankus 29:16.

Almond Bowl

Nov. 5. Chico, 3 Miles & 6 Miles.

Division Results - Men's 3 Miles

9 & Under: 1. Seque Harrison 23:44, 2. Travis Pembroke 26:34, 3. Tom Pastor 26:35, 10-19: 1. Travis Lambert 17:39, 2. Josiah Jones 18:46, 3. Nathan Brooks 19:07, 14-17: 1. Anthony Sainz 16:17, 2. Josh Megill 16:54, 3. Dan Krause 16:55, 18-24: 1. Ernie Freer 14:21, 2. Sari Zoltan 14:38, 3. Kevin Anderson 15:06, 25-29: 1. Bill Elliott 15:10, 2. Jim Felder 15:21, 3. Michael Newton 16:59, 30-34: 1. Peter Churney 15:03, 2. Bill Joseph 15:32, 3. Michael Clarke 16:30, 35-39: 1. David Wood 16:15, 2. Tom Engstrom 17:48, 3. Dave Everson 17:49, 40-44: 1. Herve Pastre 16:00, 2. Daniel Toy 17:15, 3. Jack McKenna 17:18, 45-49: 1. Tony Johnson 17:17, 2. Ray Darwin 17:33, 3. Robert Ross 17:57, 50-54: 1. Walt Schaler 16:45, 2. Roy Butterfield 18:58, 3.

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Daniel Braz 19:43, 55-59: 1. Charles Allen 22:05, 2. Dan Cook 23:15, 3. Les Wikerson 27:05, 60-66: 1. Mal Sullens 21:16, 2. Glen Shols 22:41, 3. Charles Wais 24:35, 70 & Over: 1. Ray Mahannah 26:25, 2. Harold Buckholdt 31:23, 3. John Storing 35:00, 3 Mile Walk: 1. Alan Mendoza 28:33, 2. Philip Lydon 30:35, 3. David Lutzow 31:21.

Division Results - Women's 3 Mile
Wheelchair: 1. Dama Moody 28:15, 9 & Under: 1. Megan Kallison 24:10, 2. Alyssa Swanson 27:28, 3. Jocelyn Brown 44:49, 10-13: 1. Brooks Hill 19:28, 2. Measha Artzner 23:20, 3. Marisa Ramirez 23:54, 14-17: 1. Kristine Look 18:08, 2. Olivia Perdicos 20:46, 3. Kerry Houchin 21:54, 18-24: 1. Carol Robinson 21:03, 2. Susan Berry 21:28, 3. Blaire Harms 21:32, 25-29: 1. Brenda Green 18:18, 2. Sue Kamr 19:01, 3. Kelly Anderson 20:16, 30-34: 1. Lauren Kay Wright 18:04, 2. Paula Ethimion 19:47, 3. Mary Bosworth 20:33, 35-39: 1. Bernadette Phillips 19:31, 2. Marsha Jamison 22:52, 3. Rochelle Ramey 23:02, 40-44: 1. Bonnie Sonnenburg 22:55, 2. Sue DeMille 23:12, 3. Marie Ramey 25:02, 45-49: 1. Lucille Khan 22:43, 2. Tamson Bemiller 23:12, 3. Bonnie Davies 25:25, 50-54: 1. Laurene Faingold 23:21, 2. Rita Allen 23:25, 3. Betty Best 23:33, 55-59: 1. Theresa Henneman 22:08, 2. Joan Sullens 31:37, 3. Eleanor Dougherty 36:45, 60-69: 1. Marcia Worden 24:13, 2. Norma Kerhoulas 24:14, 3. Jane Bock 30:02, 3 Mile Walk: 1. Cyrilla Salsedo 31:50, 2. Laurel Edwards 33:00, 3. Helen Rottger 34:49.

Division Results - Men's 6 Miles
Wheelchair: 1. Ben Bruno 37:24, 13 & Under: 1. Paul Smith-rose 39:46, 2. Bob Brown 48:43, 3. Tommy Fahy 48:44, 14-17: 1. Allen Robertson 36:00, 2. Scott Worden 37:57, 3. Joshua Lisell 38:08, 18-24: 1. Roger Dix 31:25, 2. Lanny Binney 31:28, 3. Phillip Millard 33:24, 25-29: 1. Kerry Morelli 30:51, 2. Dan Towner 31:44, 3. Gregory Meadows 32:28, 30-34: 1. Ron Richardson 30:50, 2. Ben Dover 31:59, 3. Greg Smith 32:56, 35-39: 1. Thomas Cushman 31:00, 2. Jim Price 31:39, 3. Michael Buzbee 33:32, 40-44: 1. Kent Draper 36:00, 2. Jim Wyatt 36:12, 3. Dennis Doris 37:01, 45-49: 1. James Ballantyne 35:10, 2. Bill Gardner 35:16, 3. Barney Hope 39:13, 50-54: 1. Les Fredrickson 37:34, 2. Ray Navarro 38:11, 3. Michael Erpino 39:17, 55-59: 1. Lee Bunnell 38:49, 2. Scott Hepburn 42:41, 3. Fritz Steppat 45:23, 60-69: 1. Harry Daniell 41:20, 2. Marvin Metzler 44:50, 3. Edward Mastrangelo 51:11, 70 & Over: 1. Thomas Cullen 52:11, 2. Wall Slack 1:24:33.

Division Results - Women's 6 Miles
14-17: 1. Michelle Millard 43:46, 2. Lisa Evanhoo 47:43, 3. Alicia Mercer 50:11, 18-24: 1. Susie Hansen 38:30, 2. Kim Denton 38:33, 3. Christy Oliveira 39:38, 25-29: 1. Jennifer Cowden 42:36, 2. Charmon Walsh 42:40, 3. Alma Cox 44:03, 30-34: 1. Robin Black 41:15, 2. Patricia Dart 42:09, 3. Sandra Johnson 42:36, 35-39: 1. Victoria Fraci 41:40, 2. Andrea Wayman 43:45, 3. Susan Towlen 45:38, 40-44: 1. Sally Edwards 39:21, 2. Joan Kenney 42:08, 3. Priss Bruffag 44:15, 45-49: 1. Susan Andrews 48:32, 2. Kathleen Evanhoo 52:28, 3. Yvonne Cunningham 52:39, 50-54: 1. Mary Tupen 44:36, 2. Betty Heyko 46:39, 3. Sandy Becker 51:06, 55-59: 1. Mary Weiz 51:08, 2. Margaret Apceches 53:05, 3. Heather McCloud 54:13, 60-69: 1. Marlene Parkan 53:13.

Windsor Whale Runs

November 5. Windsor, 10K & 3K.
The 10K run was highlighted by the record setting performance of Kevin Jones, now living in Hayward. His time of 31:06 broke the former record of 32:08 set in 1988 by Arthur Welch of Novato. The top female finisher was Honor Fetherston of Mill Valley in 37:48, only seven seconds shy of the course record of 37:41 by Cindi Van Natta of Santa Rosa.
The 3K race was highlighted by the outstanding

performance by Christine Hardman, of Santa Rosa. She set a new course and County record by finishing second overall in 9:59. She shattered the former course record of 10:37 set in 1985 by Nora Doyle-Cooney of Santa Rosa. Christine is the first female runner to break the 10 minute barrier in Sonoma County history.

The individual male champion this year was Jim Noonan, of Santa Rosa at 9:52, only seven seconds in front of the Hardman.

Division Results - Men's 10K
Overall Winners: 1. Kevin Jones 31:06, 2. Michael Fink 32:37, 3. Dale Richard 32:46, 12 & Under: 1. Jacob Greenberg 46:44, 2. John Stephens 54:06, 3. Ryan Grenier 57:28, 16-18: 1. John Mumm 33:00, 2. Paul Laefield 40:11, 19-24: 1. Michael Fink 32:37, 2. Michael Tyler 35:55, 3. Chaz Felrow 36:13, 25-29: 1. Kevin Jones 31:06, 2. Dale Richard 32:46, 3. Leon Shordon 34:03, 30-34: 1. John Parente 37:16, 2. Jerry Esposito 39:12, 3. Michael Thornton 43:04, 35-39: 1. Dennis Kurovsky 35:02, 2. Ronald Brown 35:37, 3. Richard Schram 35:48, 40-44: 1. Rick Niles 33:15, 2. Ray Cataldo 36:22, 3. Tadese Gebreghawariat 36:34, 45-49: 1. Larry Pruchomme 37:13, 2. Will Reed 38:24, 3. Gary Grenier 39:22, 50-54: 1. Darryl Beardall 37:40, 2. Joe Dana 40:57, 3. Mike Callahan 44:52, 55-59: 1. Hank Fragoza 42:24, 2. Sam Stevenson 42:47, 3. Bob Chadwick 45:33, 60 & Over: 1. Alan Bellon 40:34, 2. Peter Woodward 44:48, 3. Richard Couvillon 46:08.

Division Results - Women's 10K
Overall Winners: 1. Honor Fetherston 37:48, 2. Lura Damiano 37:57, 3. Patty Howell 38:14, 12 & Under: 1. Jodie Horn 57:35, 13-15: 1. Nika Horn 38:15, 16-24: 1. Anna Monjure 47:13, 2. Amy Quinn 49:21, 3. Aisa Romero 1:25:40, 25-29: 1. Lisa Youmans 39:16, 2. Claire Pirie 43:15, 3. O.B. Juan Flamingo 46:06, 30-34: 1. Lura Damiano 37:57, 2. Patty Howell 38:14, 3. Lisa Homen 42:48, 35-39: 1. Honor Fetherston 37:48, 2. Kathleen Batty 42:33, 3. Margie Tonelli 43:55, 40-44: 1. Jody Jeppson 44:02, 2. Judy Welch 44:12, 3. Joyce Homenko 46:47, 45-49: 1. Sandra Karas 46:03, 2. Pamela Horton 46:08, 3. Colene Mace 48:26, 50-54: 1. Ceis Widin 49:10, 2. Joanne Kambur 51:37, 3. Marganne Clay 55:26, 55-59: 1. Lois Cook 54:58, 60 & Over: 1. Helen Kuziara 1:06:25, 2. Suzanne Clark 1:26:50.

WHEA Race

November 5. Washington Hospital, Fremont.

Overall Results - Men
1. James Headt 35:14, 2. Israel Dudley 35:21, 3. Michael Plummer 35:32, 4. Keith Hanson 35:47, 5. Tony Chan 36:06, 6. Karl Wurzbach 36:16, 7. Glenn Vencill 36:26, 8. Samuel Harvel 36:57, 9. Tim Quinn 37:07, 10. Barry Hampshire 37:20.

Division Results - Men
12-18: 1. David Patton 42:12, 2. Murray Harris 51:33, 3. Richard Kostick 1:32:00, 19-29: 1. James Headt 35:14, 2. Ichael Dudley 35:21, 3. Keith Hanson 35:47, 30-39: 1. Michael Plummer 35:32, 2. Tony Chan 36:06, 3. Glenn Vencill 36:26, 40-49: 1. Tim Quinn 37:07, 2. Barry Hampshire 37:20, 3. William Johnson 39:35, 50 & Over: 1. Carl Tuck 46:41, 2. Lloyd Anderson 47:49.

Overall Results - Women
1. Susan Puiney 37:01, 2. Debbie Waldear 37:30, 3. Deanne Thomasson 42:39, 4. Elizabeth Carlton 46:17, 5. Barbara Galloway 46:34, 6. Joyce Tanaka 47:24, 7. Darlene Cardoza 47:34, 8. Tanya Corman 49:05, 9. Mary Beth Lassman 49:21, 9. Kathy Woolcock 49:27, 10. Janet Greenhigh 49:34.

Division Results - Women
12-18: 1. Tanya Corman 49:05, 2. Karen Kostick 1:18:00, 19-29: 1. Susan Puiney 37:01, 2. Deanne Thomasson 42:39, 3. Elizabeth Carlton 46:17, 30-39: 1. Barbara Galloway 46:34, 2. Joyce Tanaka 47:24, 3. Kathy Woolcock 49:27, 40-49: 1. Debbi Waldear 37:30, 2. Karen White 51:34, 3. Karen Gudiksen 53:41, 50 & Over: 1. Mary Rodriguez 54:40, 2. Roberta Carlson 56:51, 3. Rolana Wilcox 1:01:05.

The Pescadero 1/2 Marathon

November 11. Pescadero.

Overall Results - 1/2 Marathon
1. Joe Woods (36) 1:39:44, 2. Dan Johnson (33) 1:44:00, 3. Larry Berg (31) 1:44:09, 4. Karl Fieberling (34) 1:45:41, 5. Ben Benjamin (42) 1:45:44, 6. Donald Cooper Jr. (25) 1:47:06, 7. Jonathan Perezco (30) 1:48:20, 8. Gregg Klagawa (29) 1:49:03, 9. Eric Lindquist (29) 1:50:55, 10. Jerry Miller (38) 1:52:09.

11. Dean Carzon (29) 1:52:06, 12. Joe Andolina (33) 1:53:56, 13. Ron Hudson (44) 1:55:09, 14. Carl Stoffel (46) 1:55:14, 15. Ed Novicki (29) 1:55:14, 16. Brad Christie (33) 1:55:34, 17. Steven Van Bergen (27) 1:55:48, 18. Patrick Mattimore (39) 1:56:31, 19. Patti Henry (27) 1:56:44, 20. Mark Moyer (31) 1:57:31.

Overall Results - 5 Mile
1. Steve Cunningham (36) 36:27, 2. Doug Parrott (24) 37:50, 3. Randy Bennett (35) 38:01, 4. Art Feman (38) 38:11, 5. Jon Antoni (35) 39:23.

Autumn Classic 5K

November 11. Cal State Bakersfield.

Overall Results
1. John Michaels (35) 15:49, 2. Jose Luis Medina (23) 16:01, 3. Eric Pugh (38) 16:15, 4. Ken Trome (35) 18:16, 5. Pat Jenkinson (37) 18:32, 6. Bruce Deiter (34) 18:38, 7. Carl Hallay (39) 19:15, 8. Donna Jackson (24F) 20:08, 9. Michael McQuerry (42) 20:36, 10. Michael Moser (37) 20:50.
11. C.J. Wilson (46) 21:38, 12. Michael Ward (41) 23:12, 13. Rick Felix (34) 23:18, 14. Marilou Ward (31F) 23:21, 15. Debbie Beasley (32F) 23:29, 16. James Knapp (42) 23:33, 17. Cherie Walker (12F) 23:56, 18. Emma Williams (52F) 24:22, 19. Juanita Winkler (34F) 24:40, 20. Pete Smith (24) 24:42.

Jet to Jetty Run

November 11. Playa del Rey, 5K & 10K.

Overall Results - Men's 10K
1. Greg Houlgate (22) 31:28, 2. Robert Rendon (29) 32:24, 3. Chris Jagers (28) 32:33, 4. Clyde Matsumura (30) 32:53, 5. Jeff Press (34) 33:23, 6. Stan Madrid (25) 33:53, 7. Scott Young (26) 33:58, 8. Dan Takahashi (32) 34:36, 9. John Stickland (27) 34:53.

Overall Results - Women's 10K
1. Aine Lynam (36) 37:30, 2. Karon Carpani (33) 38:17, 3. Dianne Lucas (45) 42:05, 4. Linda King (46) 42:17, 5. Tanna Manford (32) 43:31, 6. Loreta Bronk (41) 43:51, 7. Carla Watkins (34) 45:10, 8. Corinne Devcrs (33) 45:17.

Overall Results - Men's 5K
1. David Monroe (27) 14:55, 2. Rolando Reyes (19) 15:29, 3. Ken Washington (29) 15:31, 4. Doug McKee (29) 15:32, 5. Eddie Mora (32) 15:41, 6. Mitchell Gold (21) 15:43, 7. Marc Reider (22) 15:51, 8. Kieran Sherlock (23) 15:54, 9. Paul Marcol (40) 15:55, 10. Greg Flynn (20) 16:05.

Overall Results - Women's 5K
1. Laura Calavera (21) 15:59, 2. Christine McHarmy (23) 16:16, 3. Darsie Bowden (39) 17:06, 4. Christi Bach (27) 18:13, 5. Katie Cunningham (33) 18:20, 6. Valerie Leatherwood (26) 19:11, 7. Terry Goodreau (40) 20:06, 8. Heidi Nourbak (16) 20:07, 9. Lori Marfel (31) 20:22, 10. Anita Boone (26) 20:53.

Solidarity Runs

November 11. Los Angeles, 5K & 10K.

Division Results - Men's 10K
Overall Winners: 1. Chris Spears 34:43, 2. Henrik Gabrielyan 34:55, 3. Lee Baca 36:56, 14 & Under: 1.

Jurand Mrugalski 1:03:44, 15-18: 1. Glenn Ames Jr. 42:14, 2. Sanjago Salaz 42:58, 3. Ruben Miranda 44:09, 20-24: 1. Henrik Gabrielyan 34:55, 2. Sanjago Robles 37:55, 3. Tom Mashita 43:13, 25-29: 1. Chris Spears 34:43, 2. Craig Ruffedge 40:35, 3. Ovidio Bonilla 41:33, 30-34: 1. AA Faelbender 37:19, 2. Rafael Flores 38:54, 3. Steven Healy 39:26, 35-39: 1. Jose Lopez 40:36, 2. Paul Schuster 41:01, 3. Prill Rimosilo 41:16, 40-49: 1. Lee Baca 38:56, 2. John Dischinger 39:09, 3. Caz Scislowicz 39:48, 50-59: 1. John Miller 42:00, 2. Robert Ploos 43:01, 3. Herb Frieden 45:24, 60 & Over: 1. Barry Boston 48:59, 2. Jack Mehlman 53:58, 3. Arthur Zymont 1:01:50.

Division Results - Women's 10K
Overall Winners: 1. Lorraine Dischinger 42:28, 2. Gale Jones 46:57, 3. Pamela Scott 47:22, 15-19: 1. Elizabeth Mahour 1:01:44, 20-24: 1. Caroline Magbos 48:16, 2. Lisa Davis 49:53, 25-29: 1. Pamela Scott 47:22, 2. Antoinette Waller 50:52, 3. Linda Bellison 1:00:47, 30-34: 1. Mina Jaravata 50:03, 2. Ann Thomson 50:55, 3. Niccieta Ludwin 55:25, 35-39: 1. Lorraine Dischinger 42:28, 2. Nancy Reeves 49:23, 3. Lillie Gould 51:02, 40-49: 1. Gale Jones 46:57, 2. Susan Northfisher 48:02, 3. Suzanne Porter 51:42, 50-59: 1. Atsuko Jujimolo 49:01, 2. Irene Bjerregaard 49:01, 3. Joan Potter 1:05:28, 60 & Over: 1. Selma Mehlman 1:30:43.

Division Results - Men's 5K
Overall Winners: 1. John Leac 16:44, 2. Nick Peach 16:51, 3. Geoff Skarr 17:08, 14 & Under: 1. Jeff Sneed 18:02, 2. Matt Locker 18:36, 3. Luis Panate 19:12, 15-19: 1. Geoff Skarr 17:08, 2. Arthur Marlin 17:22, 3. Neils Dahlgren 20:36, 20-24: 1. Nacho Fonseca 17:53, 2. James Grace 17:55, 3. Ricardo Gutierrez 19:03, 25-29: 1. John Leac 16:44, 2. Jim Perez 17:12, 3. Cameron Cali 18:12, 30-34: 1. Nick Peach 16:51, 2. Richard Bales 20:11, 3. Sam Keckler 20:12, 35-39: 1. James Stepan 17:32, 2. Andrew Kozowski 19:29, 3. David Walker 21:24, 40-49: 1. Roger Weingaertner 17:58, 2. Paul Baleman 18:00, 3. Jeff Mint 18:27, 50-59: 1. Bohdan Sweczyk 20:52, 2. Carlos Vega 21:05, 3. Norbart Ball 22:34, 60 & Over: 1. Wally Taylor 21:15, 2. Stoy Richard 28:35, 3. Roberto Sanchez 29:05.

Division Results - Women's 5K
Overall Winners: 1. Marisa Gardella 19:06, 2. Joan Hammarston 19:19, 3. Laurie Andeen 19:34, 14 & Under: Erin Spaulding 24:08, 2. Jennifer Lopez 26:39, 3. Chris Rasiewicz 27:13, 15-19: 1. Marisa Gardella 19:06, 2. Laurie Andeen 19:34, 3. Katrina Delaf Enle 20:35, 20-24: 1. Sonia Garcia 26:16, 2. Kim Malias 27:36, 3. Karen Ball 30:30, 25-29: 1. Joan Hammarston 19:19, 2. Paula Archer 23:11, 3. Maureen Host 23:14, 30-34: 1. Laura Zambo 23:47, 2. Evie DiMaggio 25:46, 3. Karen Carpenter 26:08, 35-39: 1. Christi Sutherland 21:02, 2. Lisa Johnson 24:24, 3. Victoria Cross 25:01, 40-49: 1. Leslie Stepan 22:31, 2. Lynn Walton 24:08, 3. Fran Smith 24:16, 50-59: 1. Elaine Murphy 22:27, 2. Mary Trinnaman 25:14, 3. Mary Miller 26:23, 60 & Over: 1. Ann Priddy 25:32, 2. Cathy Bosch 28:13, 3. Nysa Pickets 39:15.

Tustin Trek

November 11. Tustin, 5K & 10K.

Overall Results - 5K
1. Salvador Alcaraz (18-24) 15:46, 2. Bill Davenport (18-24) 16:02, 3. Jesse Clemente (25-29) 16:13, 4. Robert Slick (30-34) 16:35, 5. Hector Barron (18-24) 18:16, 6. Thomas Moore (30-34) 18:19, 7. Jennifer Thomas (18-24) 18:24, 8. Michael Ericde (25-29) 18:37, 9. Tim Staks (25-29) 18:53, 10. Don Hughes (35-39) 19:03.

Division Results - Men's 5K
12 & Under: 1. Ryan Emanias 23:59, 13-17: 1. Leo Gillis 19:40, 18-24: 1. Salvador Alcaraz 15:46, 25-29: 1. Jesse Clemente 16:13, 30-34: 1. Robert Slick 16:35, 35-39: 1. Don Hughes 19:03, 40-44: 1. Michael T. 20:03, 45-49: 1. Alan Adams 22:02, 50-59: 1. Dick Vosburgh 19:55, 60 & Over: 1. Gunnar Brickner 22:25.

RESULTS

Division Results - Women's 5K

12 & Under: 1. Michelle Sepulveda 29:23, 13-17: 1. Debbie Henderson 20:03, 18-24: 1. Jennifer Thomas 18:24, 25-29: 1. Dawn Staab 21:24, 30-34: 1. Trish McDonough 25:29, 35-39: 1. Sherri Hall 19:39, 40-44: 1. Elizabeth Blair 20:51, 45-49: 1. Beverly Nees 34:23, 50-59: 1. Nancy Waterman 33:43, 60 & Over: 1. Joan Gunn 44:45.

Overall Results - 10K

1. Jose Alcaraz (18-24) 32:55, 2. Kevin Waggoner (25-29) 33:12, 3. Kevin O'Hara (30-34) 34:20, 4. Erik Waterman (34:45), 5. Cuduh Temor Espesza (18-24) 37:16, 6. Tom Roltzint (30-34) 38:31, 7. Lonnie Yogan (30-34) 38:52, 8. Pete Martinez (18-24) 39:15, 9. Don Leroy (40-44) 39:29, 10. Don Collins (45-49) 39:34.

Division Results - Men's 10K

18-24: 1. Jose Alcaraz 32:55, 25-29: 1. Kevin Waggoner 33:12, 30-34: 1. Kevin O'Hara 34:20, 35-39: 1. Ari Blaser 39:43, 40-44: 1. Don Leroy 39:29, 45-49: 1. Don Collins 39:34, 50-59: 1. Gene Labriola 45:42.

Division Results - Women's 10K

25-29: 1. Theresa Hilliker 40:17, 30-34: 1. Barbara Moses 51:11, 40-44: 1. Yolanda Lavala 50:52, 45-49: 1. Eddie Baxtzger 48:00.

Porterville Veteran's Day Challenge

November 11, Porterville, 5K & 10K

Overall Results - 10K

1. Matt Clayton (23) San Diego 29:09, 2. Dean Miller (23) Tehachapi 30:43, 3. Alfred Lara (32) Fresno 31:02, 4. Eric Freer (23) Fresno 31:44, 5. Jim Harlig (35) Clovis 32:02, 6. Juan Garcia (35) Visalia 32:08, 7. Jeff Allen (29) Bakersfield 32:36, 8. Beldemar Betancourt (33) Hanford 33:04, 9. Amanda Coonado (37) Woodlake 33:21, 10. Joe Carnegie (23) Fresno 34:08.

Division Results - Men's 10K

13-17: 1. Jose Juarez 34:38, 2. Russell Thomas Jr. 38:55, 3. Richard Ramirez 39:24, 18-25: 1. Matt Clayton 29:09, 2. Dean Miller 30:43, 3. Eric Freer 31:02, 4. Jim Harlig 31:44, 26-34: 1. Alfred Lara 31:02, 2. Jeff Allen 32:36, 3. Beldemar Betancourt 33:04, 35-44: 1. Jim Harlig 32:02, 2. Juan Garcia 32:06, 3. Amado Coonado 33:21, 45-54: 1. Pare Santolano 40:04, 2. Phil Stone 45:13, 3. Nolan Anderson 47:48, 55 & Over: 1. Len Thornton 40:01, 2. Mel Kindei 47:16, 3. Jim Nagatani 52:49.

Division Results - Women's 10K

13-17: 1. Eva Tamez 49:58, 18-25: 1. Stacy McAfee 38:10, 2. Noreen DeBattencourt 37:05, 3. Janine Ogas 37:18, 26-34: 1. Jari Johnson 34:30, 2. Jennifer Henderson 37:48, 3. Pam Hundal 52:00, 35-44: 1. Linda Sprague 52:30, 2. Randy Mitchell 59:52, 3. Sylvia Anderson 59:53, 45-54: 1. Carol Atkinson 1:08:20.

Overall Results - 5K

1. Peter Strongin (20) Bakersfield 15:46, 2. Oscar Correa (27) Delano 16:33, 3. Amador Ajon (20) McFarland 16:35, 4. Mike Brooks (16) Fresno 16:40, 5. Bernie Kraus (43) Clovis 17:20, 6. Mike Brooks (38) Fresno 17:25, 7. Gary Havner (24) Fresno 17:31, 8. Luis Orozco (31) Porterville 17:50, 9. Ozzie Osgood (43) San Diego 18:05, 10. Jennifer Baker (21) Porterville 18:15.

Division Results - Men's 5K

12 & Under: 1. Juan de Jesus 22:57, 2. Bryan Poole 22:59, 3. Ricky Mendoza 24:03, 13-17: 1. Mike Brooks 16:40, 2. Oscar Ramirez 19:47, 3. David Szakala 21:17, 18-25: 1. Peter Strongin 15:46, 2. Amador Ajon 16:35, 3. Gary Havner 17:31, 26-34: 1. Oscar Correa 16:33, 2. Luis Orozco 17:50, 3. Dean Berly 19:35, 35-44: 1. Bernie Kraus 17:20, 2. Mike Brooks 17:25, 3. Ozzie Osgood 18:05, 45-54: 1. Gustavo Amenta 18:45, 2. Juan Sanchez 21:01, 3. Frank Williams 25:39, 55 & Over: 1. Mort Ward 19:43, 2. Jim Davidson 27:02.

Division Results - Women's 5K

12 & Under: 1. Michelle Lervano 24:59, 2. Cassandra

Cervantes 27:20, 3. Sherry Bagby 28:55, 13-17: 1. Mary Mabon 20:34, 2. Rosa Mojarro 30:49, 3. Maria Rodriguez 30:50, 18-25: 1. Jennifer Baker 18:15, 2. Jeanette Fagundes 23:39, 3. Juana Tarin 24:38, 26-34: 1. Jeanne Tirado 25:31, 2. Cathy Norman 26:06, 3. Heidi West 26:48, 35-44: 1. Deanna Voelker 19:37, 2. Luann Welker 23:26, 3. Janice Abbott 26:00, 45-54: 1. Carolyn Ward 24:51, 2. Virginia Durhan 27:11, 3. Margie Turner 29:10, 55 & Over: 1. Carol Lapham 31:40, 2. Mary Mersel 31:59.

Charlie Wedemeyer Classic

November 11, Los Gatos, 10K

Overall Results

1. Danny Gonzalez (27) 30:56, 2. Rich McCandless (33) 30:56, 3. Thomas Wood (26) 31:22, 4. Rony Maoz (28) 32:12, 5. Sari Zoltan (22) 32:31, 6. Jeff Stein (29) 32:38, 7. Mark Graves (39) 33:01, 8. Nick Yray (40) 33:03, 9. Dan Townner (26) 33:10, 10. Jerry Deets (40) 33:28.

11. Patrick Byrne (22) 33:30, 12. Rod Brunngraber (35) 33:33, 13. Tim Souza (30) 33:43, 14. Pete Kaw (14) 33:50, 15. Janine Aiello (29) 34:15, 16. Christopher Bradler (18) 34:18, 17. Chris Nunz (37) 34:20, 18. Rosa Gutierrez (26) 34:27, 19. Robert Withler (27) 34:30, 20. Bob Dalton (32) 34:32.

21. Tim Rostage (49) 34:36, 22. Niki Butterfield (32) 34:49, 23. Kevin Koch (19) 35:10, 24. Robert Roa (36) 35:12, 25. Linda Martinez (27) 35:21, 26. Jeff Allmon (32) 35:24, 27. Yui Higaki (15) 35:29, 28. Kevin Breit (15) 35:36, 29. Kenneth Drew (39) 35:45, 30. Becki Krings (23) 36:04.

Columbus Marathon

November 12, Columbus, OH

Overall Results - Men

1. Sam Ngatia (30) Kenya, (\$22,000) 2:11:59, 2. Antonio Niemczak (33) Poland (\$13,000) 2:12:02, 3. Mike O'Reilly (31) Ireland (\$8,500) 2:12:06, 4. Martin Ptaqoy (29) Mexico (\$6,000) 2:12:17, 5. Filomon Lopez (31) Mexico (\$4,000) 2:12:33, 6. Ivan Huff (29) California (\$3,500) 2:12:56, 7. Chris Fox (30) Maryland (\$2,000) 2:13:43, 8. Gerard Nijboer (34) Holland (\$1,750) 2:14:13, 9. Allan Zachariassen (34) Denmark (\$1,500) 2:15:13, 10. David Mora (24) Indiana (\$1,250) 2:15:36.

Overall Results - Women

1. Julie Isphording (27) Ohio (\$33,000) 2:30:54, 2. Maria Trujillo (30) Arizona (\$13,000) 2:32:31, 3. Mary Krusely (30) Texas (\$7,500) 2:35:16, 4. Sinikka Keskitalo (38) Finland (\$5,000) 2:36:06, 5. Charlotte Teske (39) W. Germany (\$3,000) 2:38:54, 6. Jane Welzel (34) Colorado (\$2,500) 2:40:47, 7. Julie Peterson (29) Massachusetts (\$2,000) 2:42:39, 8. Jari's Klecker (29) Minnesota (\$1,000) 2:42:50, 9. Louise Mohanna (27) Nebraska (\$800) 2:43:52, 10. Debbie Wagner (38) Ohio (\$600) 2:46:43.

Male Masters: 1. David Oropeza (43) Arizona (\$1,000) 2:31:34.

Female Masters: 1. Janice Kreuz (42) Ohio (\$1,000) 2:15:15.

Male Wheelchair: 1. Paul Van Winkal (36) Minnesota (\$3,500) 1:41:39, 2. Rafael Ibarra (34) California (\$3,000) 1:49:31, 6. Michael Trujillo (41) California (\$200) 1:50:01.

Female Wheelchair: 1. Candace Cable (35) California (\$3,500) 2:03:52.

Top California Runners

5. Rafael Ibarra (34) Clovis 1:49:32, 6. Michael Trujillo (42) Huntington Beach 1:50:02, 6. Ivan Huff (30) Paso Robles 2:12:56, 11. Candace Cable (35) San Luis Obispo 2:03:52, 13. Ivo Rodrigues (29) San Francisco 2:17:19, 14. Jose DeSilva (36) San Francisco 2:17:51, 19. Alfredo Rosas (29) San Pedro 2:20:09, 20. Faustino Hernandez (26) Anaheim 2:20:34, 27. Richard Kaitany (33) San Francisco 2:23:34, 30. Benito Cruz (24) Los Angeles 2:25:59.

Mt. Tamalpais Road Race

November 12, Berkeley, 6.5 Miles.

Overall Results

1. Jim Warmowski (31) San Francisco 41:05, 2. Geoff Farrell (28) San Francisco 42:53, 3. Dimitris Sklavopoulos (43) Mill Valley 43:02, 4. Gerry Armstrong (43) Berkeley 43:04, 5. Ken Joseph (28) San Francisco 44:50, 6. Mark James (30) So. San Francisco 44:54, 7. Dale Clooner (45) Belvedere 46:01, 8. Bill Johnson (28) Mill Valley 47:32, 9. Ben Hunter (24) San Francisco 47:36, 10. David LaMar (28) San Mateo 48:20.

Tomales Bay Run

November 11, Tomales Bay State Park, 8.5 Miles.

Overall Results

1. Fred Frauens (38) Lagunitas 1:00:40, 2. Richard Avarett (35) Oakland 1:01:31, 3. Donn Deangelo (42) Forest Knolls 1:01:42, 4. Andre Borgman (29) Greenbrae 1:04:35, 5. Peter Scanlan (28) San Francisco 1:08:00, 6. Chris Ohman (34) San Francisco 1:08:00, 7. Julian Peel (49) Fairfax 1:12:58, 8. Ulf Sandberg (35) San Jose 1:13:27, 9. Robert Shank (42) San Anselmo 1:16:40, 10. Susan Palesschi (40) San Francisco 1:18:08.

Dash for Diabetis

November 12, Sunnyvale, 9K

Overall Results

1. Andrew Leach (25) 24:56, 2. Andy Bupp (17) 26:40, 3. Paul French (32) 27:15, 4. David Fergus (32) 27:17, 5. Steven Chavez (32) 27:18, 6. Lloyd George (33) 27:27, 7. William Miles (31) 27:45, 8. Ross Filippone (38) 28:09, 9. Reggie Duhe (35) 28:19, 10. Don Anderson (38) 28:34.

Division Results - Men

18 & Under: 1. Andy Bupp 26:40, 2. Paul Burgess 29:34, 3. Dan Olmstead 29:52, 19-29: 1. Andrew Leach 24:56, 2. Mark Govey 29:09, 3. Michael Gormley 30:21, 30-39: 1. Paul French 27:15, 2. David Fergus 27:17, 3. Steven Chavez 27:18, 40-49: 1. Jerome Moehl 29:22, 2. Mike Patrick 29:56, 3. Steve Chapel 30:04, 50-59: 1. Sam Vandenberg 30:32, 2. Bob Shuck 30:59, 3. George Miller 31:03.

Division Results - Women

18 & Under: 1. Christy Ash 44:47, 20-29: 1. Julie L'Heureux 30:33, 2. Laura Wallace 34:35, 3. Kelly Nichols 35:14, 30-39: 1. Maureen Luca 30:51, 2. Roxey Jones 33:49, 3. Elisa Kinder 35:36, 40-49: 1. Linda Johnson 37:42, 2. Stephanie Hall 38:21, 3. Sandra Vaur 39:06, 50-59: 1. Diane Bromstead 38:30, 2. Jean Teter 38:56, 3. Marilyn Elmer 40:32.

Hacienda Runs

November 12, Ventura, 10K & 5K

Overall Results - 10K

1. Jim Triplett (28-35) 31:19, 2. Pete Dolan (28-35) 31:45, 3. Brian Nelson (28-35) 32:31, 4. Scott Werve (14-19) 33:12, 5. Joe Nordin (20-27) 33:15, 6. Vicente Zaragoza (28-35) 34:04, 7. Brian Fitzgerald (28-35) 34:14, 8. Scott Fickerson (14-19) 34:56, 10. Al Sanchez (36-44) 35:20, 15. Dave Wheeler (45 & O) 36:42, 25. Mimi Baranowski (36-44) 41:02, 30. Cathy Pucetti (28-35) 42:53, 56. Nic Waters (13 & U) 50:42, 59. Jodi Foy (13 & U) 51:14, 76. Carmen Ochoa (20-27) 54:58, 81. Kathleen O'Brien (45 & O) 59:05.

Overall Results - 5K

1. Peter Mogg (28-35) 15:42, 2. Steve Blum (28-35) 15:46, 3. Vaughan Kasler (20-27) 16:09, 4. Mike Smith (20-27) 16:52, 5. Ted Orvati (20-27) 17:38, 6. Galendi Vazquez (14-19) 18:19, 7. Tom Carrier (28-35) 18:44, 8. Jess Mellor (36-44) 18:51, 9. Andrew Hecker (28-35) 19:17, 10. Jim Dawson (36-44) 19:26, 14. Ron Nisbet (45 & O) 19:59, 16. Carol Werner (20-27) 20:19, 19. Shari Latta (28-35) 20:36, 22. April Richardson (13 & U) 20:46, 29. Rich Falt

(13 & U) 21:27, 31. Miki Blagborne (14-19) 21:52, 47. Jude Hawkes (36-44) 26:05, 63. Addie Greene (45 & O) 30:08.

Riverside

Mission Inn Runs

November 12, Riverside, 5K & 10K

Division Results - Men's 10K

Overall Winner: 1. Bobby Adams 31:22, 2. Mark Castro 31:57, 3. Daniel Reed 33:02, 15 & Under: 1. Eric Wellmeyer 38:45, 2. Erik Jorgensen 39:15, 3. Chris Edwards 41:23, 16-18: 1. Mike Livingston 37:09, 2. Joe Matyask 38:17, 3. John Edwards III, 39:35, 19-24: 1. Michael Tyler 35:17, 2. Barry Verespey 36:30, 3. Mike Hebebrand 38:57, 25-29: 1. Bobby Adams 31:22, 2. Mark Castro 31:57, 3. Daniel Reed 33:02, 30-34: 1. John LaMar 35:34, 2. Felix Figueroa 37:11, 3. Mike Neaton 37:14, 35-39: 1. Don Oceana 34:53, 2. David Naman 35:50, 3. Alan Reich 37:08, 40-44: 1. Bob Heaton 38:10, 2. Phil Beauchamp 41:09, 3. Richard Hargis 41:41, 45-49: 1. Frank Freyne 40:27, 2. Tony Dacci 40:38, 3. Jess Max Y 41:35, 50-54: 1. Don Van Dyke 38:52, 2. Alan Banks 42:53, 3. Bill Coomes 43:48, 55-59: 1. Bill Chavez 43:29, 2. Lyle Deam 44:00, 3. Don Moore 44:50, 60-69: 1. Charles Hanson 41:06, 2. Ward Speaker 46:58, 3. Gilbert Cisneros 52:35, 70 & Over: 1. Donald Diworth 46:00, 2. Robert Kroger 50:30.

Division Results - Women's 10K

Overall Winner: 1. Alisa Harvey 35:06, 2. Carol Carrigan 38:20, 3. Odette Osantowski 41:01, 15 & Under: 1. Lisa Edwards 50:13, 16-18: 1. Amy Gorsline 49:24, 19-24: 1. Alisa Harvey 35:06, 2. Elizabeth Schroll 51:58, 3. Liz Binnell 52:26, 25-29: 1. Carol Carrigan 38:20, 2. Katie Kingsbury 53:38, 3. Laura Walsh 54:27, 30-34: 1. Doreen Fay 41:44, 2. Linda Hellay 43:12, 3. Karen Maness 48:33, 40-44: 1. Odette Osantowski 41:01, 2. Anne Coy 51:10, 3. Theresa Riley 51:26, 45-49: 1. Lorraine Hashey 50:34, 2. Rilla Campbell 54:24, 3. Donna Archer 56:53, 50-59: 1. Carol Elstead 54:29, 2. Carole Prinkner 55:28, 3. Patsy Humphrey 1:08:38.

Division Results - Men's 5K

Overall Winner: 1. Steve Kovisto 15:42, 2. Ron Davis 15:57, 3. William Emmel 15:59, 12 & Under: 1. Marcus Castro 18:05, 2. Doug Henning 19:15, 3. Valetin Arvizu 20:52, 13-19: 1. Bill Sandlin 16:20, 2. Jason Ramirez 16:27, 3. Warren Beam 16:36, 20-24: 1. William Emmel 15:59, 2. Robert Davis 16:25, 3. David Swiderski 16:28, 25-29: 1. Steve Kovisto 15:42, 2. Ron Davis 15:57, 3. Tony Black 16:10, 30-34: 1. Gene Warner 16:47, 2. Frank Dauncy 17:16, 3. Robert Beauchamp 17:19, 35-39: 1. Carlos Turmes 17:40, 2. John Ninnis 17:47, 3. Kendall Scott 17:48, 40-44: 1. Ron Kurrie 17:34, 2. Jim Smith 18:18, 3. John-Freckman 18:30, 45-49: 1. Mike Fuller 17:53, 2. Manouch Lankarini 19:21, 3. Tony Cocciolo 20:11, 50-54: 1. Bill Crum 18:00, 2. Joaquin Granada 18:28, 3. Tony Gomez 19:27, 55-59: 1. Robert Cylifig 19:43, 2. Wally Ingram 20:17, 3. Jim Andres 20:29, 60-69: 1. Harold Willi 23:00, 2. Aldace Crow 23:53, 3. Steve White 25:26, 70 & Over: 1. Ed Rumble 27:19, 2. Philip Beauchamp 34:27, 3. Dean Scofield 34:31.

Division Results - Women's 5K

Overall Winners: 1. Debbie Williams 17:59, 2. Laura Held 18:08, 3. Patricia Contreras 18:48, 12 & Under: 1. Theresa Flores 23:59, 2. Kristie Prady 25:00, 3. Sedina Banks 25:07, 13-19: 1. Jenny Wilkerson 21:39, 2. Alison Rice 21:59, 3. Holly Burrows 22:16, 20-24: 1. Debbie Williams 17:59, 2. Shellagh Boyle 21:33, 3. Miklyn Edman 22:25, 25-29: 1. Laura Held 18:08, 2. Diane Hinojosa 22:18, 3. Darlene Garcia 23:23, 30-34: 1. Patricia Contreras 18:48, 2. Kathy Barton 22:41, 3. Miriam Peloton 22:44, 35-39: 1. Sandy Robbins 19:39, 2. Maryann Mera 20:04, 3. Deborah Flores 20:15, 40-44: 1. Kathy Taylor 22:24, 2. Anne Coy 23:26, 3. Betty Walsh 23:35, 45-49: 1. Diana Peterson 26:07, 2. Linda Hamon 28:03, 3. Janice Alendrier 28:25, 50-54: 1. Cate Senally 26:22, 2.

RESULTS

Mary Wesolowski 28:08, 3. Betty Heising 35:04, 55-59: 1. Ronnie Richardson 31:35, 60-69: 1. Dorothy Lineberry 30:29, 2. Beth Freeman 33:34, 3. Modena MacFarlane 33:35

Overall Results - Men's Racewalking

1. Dave Snyder 27:16, 2. R. Ted Greiner 28:03, 3. Paul Sutherland 29:15, 4. Oscar Alendarez 29:44, 5. John Burns 30:14.

Overall Results - Women's Racewalking

1. Sara Standley 23:36, 2. Victoria Herazo 25:12, 3. Chris Sakalarius 27:20, 4. Virginia Scaley 27:56, 5. Cathy Rehage 28:15.

Options For Women Over Forty

November 12, San Francisco, 5K

Overall Results

1. Janine Aiello 18:28, 2. Francine Aqvi 21:13, 3. Darise Valkema 21:53.

Run Your Axe Off

Nov. 12, Berkeley, 5K

Overall Winners

Marc:
1. Halmer Aslakson 15:54, 2. Matthew Halsey 16:20, 3. Kevin Kresge 17:15.
Women:
1. Lauri Ann Thrupp 19:52, 2. Donna Rabin 20:34, 3. Tiona O. Touma 20:59.

North Bakersfield Recreation and Park District Winter Series #1

November 12, Bakersfield.

Overall Results - Triathlon

1. Jonathon Wykoff (20) 52:32, 2. Phil Jordan (29) 53:55, 3. Daniel Hamlin (22) 54:06, 4. Jim Reynolds (45) 54:24, 5. Kirk Zuniga (31) 54:39, 6. Karen Dragt-Clem (29) 54:42, 7. Dane DeBoer (25) 55:04, 8. Steve Dalke (27) 56:38, 9. Pavel Lavdakopol (36) 56:44, 10. Todd Gottfried (25) 58:39.

Division Results - Men

20-29: 1. Jonathon Wykoff 52:32, 2. Phil Jordan 53:55, 3. Daniel Hamlin 54:06, 30-39: 1. Kirk Zuniga 54:39, 2. Pavel Lavdakopol 56:44, 3. Kevin Peaker 1:09:14, 40-49: 1. Jim Reynolds 54:24, 50 & Over: 1. Gary McCain 59:35.

Division Results - Women

25 & Under: 1. Lanette Valpredo 1:01:13, 26-35: 1. Karen Dragt-Clem 54:42, 46 & Over: 1. Mardi Biggs 1:05:01.

Ladera Heights Civic Association Road Run

November 18, Los Angeles, 5K

Division Results - Men

Overall Winners: 1. Ken Niles 16:09, 2. Robert Goodwin 16:19, 3. Efrain Vargas 16:19, 14 & Under: 1. Je-

sus Toris 18:43, 2. Michael Estrada 18:44, 3. Jose Salguero 19:07, 15-19: 1. Mario Rocha 17:10, 2. Mario Gonzalez 17:53, 3. Nicolas Marquez 28:07, 20-29: 1. Ken Niles 16:09, 2. Efrain Vargas 16:19, 3. Mister Gibbs 17:32, 30-34: 1. John Adams 16:23, 2. Greg Newberry 17:02, 3. Orlando Greene 19:04, 35-39: 1. Robert Goodwin 16:19, 2. Bob Streets 16:33, 3. Samuel Gardner Jr. 16:45, 40-44: 1. Joe Calhou 17:00, 2. Salvador Gonzalez 17:48, 3. Michael Mansfield 18:30, 45-49: 1. Catarino Gonzalez 16:51, 2. Gordon Madsen 19:59, 3. Earl Bakar 21:23, 50-59: 1. Lee Van Leeuwen 19:17, 2. LeRoy Carter 19:24, 3. Robert Stephens 20:25, 60-69: 1. Mito Sather 20:37, 2. Sam Simon 29:05, 80-99: 1. Jacob Bishon N.T.

Division Results - Women

14 & Under: 1. Cyndi Condon 22:15, 2. Maris Ramirez 25:56, 3. Dayal Gonzalez 27:53, 15-19: 1. Tracy Burton 27:15, 20-29: 1. Linda Wallace 19:15, 2. Mane Deary 19:34, 3. Kenya Turner 23:07, 30-34: 1. Darlene Thomas 19:51, 2. Ms. Antonia 24:32, 3. Lynn Edson 26:56, 35-39: 1. Peggy O'Kuneff 27:45, 2. Kathy Cox 28:39, 3. Rebecca Frazier 38:36, 40-44: 1. Pam Donesley 22:33, 2. Susan Thibodeaux 23:34, 3. Martha Darby 23:36, 45-49: 1. Corrine Sibratz 22:50, 2. Chris Matson 23:01, 3. Marilyn Stephens 24:24, 50-59: 1. Greta Jones 24:49, 60-69: 1. Arlene Simon 36:17.

Overall Results - One Kilometer

1. Cyndi Condon 3:50, 2. Ramiro Martinez 4:06, 3. Chris Johnson 4:19, 4. Jeremy Reese 4:44, 5. Jeremy Stewart 5:08.

City of Pico Rivera Turkey Trot

November 18, Pico Rivera, 5K & 10K

Division Results - Men's 5K

12 & Under: 1. Eren Sahagun 24:42, 2. Curtis Flores 25:25, 3. Daniel Urray 30:20, 13-15: 1. Martin Navarro 17:40, 2. Raul Ramirez 18:42, 3. Gabriel Reyes 19:01, 16-18: 1. Art Ursuloneks 17:08, 2. Jose Castanone 17:58, 3. Rick Ramirez 18:05, 19-29: 1. Jesse Clemente 15:53, 2. Eddie Perezas 15:56, 3. Dave McGassick 16:09, 30-39: 1. Nicholas Hernandez 16:12, 2. Rafael Roda 17:43, 3. Edward Sois 19:10, 40-49: 1. Randal Steley 28:24, 2. Silano Valdez 18:35, 3. Juan Arcos 19:56, 50-59: 1. Bob Nyman 19:34, 2. Carlos Vega 20:07, 3. Ken Calvin 20:14, 60 & Over: 1. Manio Casteneda 21:08, 2. Wally Taylor 21:32, 3. M. Hensen 26:01.

Division Results - Women's 5K

12 & Under: 1. Vanessa Gonzalez 24:14, 2. Jessica Robles 25:00, 3. Marcella Carrillo 33:29, 13-15: 1. Norma Lopez 21:50, 2. Daniella Galvan 22:30, 3. Irma Lopez 23:28, 16-18: 1. Claudia Banuelos 23:25, 2. Debbie Marrone 23:40, 3. Jenny Molina 24:24, 19-29: 1. Lupe Casillas 19:33, 2. Rosa Casillas 19:58, 3. Cynthia Paquette 24:09, 30-39: 1. Elizabeth Blaire 20:00, 2. Chris Tyrovalthen 22:45, 3. Theresa Riley 24:26, 50-59: 1. Dolores Vega 28:18, 60 & Over: 1. Hortensia Carrillo 30:26.

Division Results - Men's 10K

12 & Under: 1. Calvin Foley 56:18, 2. Armando Rueda 59:45, 3. Carlos Guzman 1:07:10, 13-18: 1. David Zavala 36:04, 2. Oscar Ramirez 38:55, 3. Javier

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RESULTS

Hernandez 39:11, 19-29: 1. Daniel Zepeda 37:13, 2. Ruben Ledesma 38:40, 3. David Alta 39:02, 30-39: 1. David Tbh 34:50, 2. Ed Rubio 38:02, 3. Albert Verdozo 38:06, 40-49: 1. Tanco George 38:30, 2. Jeff Mintz 38:44, 3. Alfred Tovar 39:16, 50-59: 1. Ray Gutierrez 44:44, 2. Ken Calvin 45:00, 3. Jorge Guiferraz 45:56, 60 & Over: 1. Tracy Brown 41:38, 2. Daniel Lujan 47:30, 3. John Guzman 59:00.

Division Results - Women's 10K

13-18: 1. Merri Gomez 48:26, 2. Hazel Bilbao 54:03, 3. Lourdes Agustin 55:12, 19-29: 1. Eileen Davidson 48:43, 2. Elisabeth Kinsler 47:02, 3. Elvia Rivera 48:38, 30-39: 1. Wendy Bracamont 45:48, 2. Lesley Fuller 47:58, 3. Barbara Whittall 52:10, 45 & Over: 1. Raquel Magana 51:53, 2. May Fong 57:20, 3. Mary Eber 59:20.

Thanksgiving Fun Run & Stride

November 18, So. San Francisco, 4.3 Miles.

Overall Results

1. Alberto Gomez (20-29) 22:16, 2. Dan Martinelli (30-39) 23:41, 3. Jim Misener (20-29) 23:50, 4. Dennis Dille (30-39) 24:25, 5. Michael Regan (16-19) 24:49, 6. Eddie Lanzarin (30-39) 25:09, 7. J. Heliodoro Perez, Jr. (20-29) 25:20, 8. Richard Whitewater (40-49) 25:32, 9. Chris Hoffert (16-19) 25:52, 10. Bruce Eaton (40-49) 26:09.

Overall Results - Striders

1. Jim Seleny 48:12, 2. Ross Walker 55:29, 3. Les Solano 56:37, 4. Lorraine Sbragia 56:50, 5. Robert McGarvey 59:37.

Turkey Trot

November 18, San Gabriel, 5K & 10K

Division Results - Men's 5K

13 & Under: 1. Mathew Mascorro 19:47, 2. Mack Paciorek 20:51, 3. Ricky Flores 22:08, 14-18: 1. Juan Gutierrez 15:49, 2. Ernest Delgado 16:46, 3. Paul Wilson 17:48, 19-24: 1. Aaron Mascorro 15:15, 2. Jose Zavala 16:11, 3. Tony Mashita 18:58, 25-29: 1. John Leach 16:24, 2. Garth Jones 22:09, 3. George Rodriguez 22:41, 30-34: 1. Ramon Estrada 15:47, 2. John Mulvihill 20:06, 3. Tim Paris 20:49, 35-39: 1. Daniel Ducoy 20:18, 2. Ron Torres 20:28, 3. David Cruz 21:21, 40-49: 1. Donald Gillman 18:09, 2. George Anderson 18:39, 3. Larry Main 18:46, 50-59: 1. Jesus Rangel 21:02, 2. Ben Bernal 21:49, 3. Larry Schrock 25:53, 60 & Over: 1. Jerry Solo 20:19, 2. William McKickle 21:35, 3. Bruce Odou 22:25.

Division Results - Women's 5K

13 & Under: 1. Miriam Bueno 24:49, 2. Sara Solo 25:00, 14-18: 1. Anita Martinez 28:23, 2. Maria Haynes 31:48, 3. Isabel Rivas 33:53, 19-24: 1. Socorro Vasquez 18:39, 2. Dianne Taylor 20:00, 3. Carmen Hughlett 25:20, 25-29: 1. Torie Pleasant 18:39, 2. Marlene Wilcox 18:46, 3. Barbara Hules 23:12, 30-34: 1. Mary Kaupainen 21:57, 2. Irene Arredondo 22:34, 3. April Mack 26:03, 35-39: 1. Suzanne Britt 20:19, 2. Elsa Aguirre 20:43, 3. Lena Cortez 22:00, 40-49: 1. Mickey Cruz 23:45, 2. Hannalore Fowler 24:04, 3. Lois Franke 25:50, 50-59: 1. Cecily Parke 21:06, 2. Mary Trinnaman 24:05, 3. Muriel Copoy 25:17.

Division Results - Men's 10K

Overall Winner: 1. Leonard Aguilar 33:21, 14-18: 1. Juan Gomez 35:36, 2. Gilbert Barajas 40:44, 3. Donald Martinez 1:03:17, 19-24: 1. George Juarez 35:30, 2. Fred Ochoa 43:53, 3. Mario Ness 45:16, 25-29: 1. Art Van Veen 34:16, 2. Gilbert Cortez 34:46, 3. Dan Bernal 38:15, 30-34: 1. Efrén Garcia 35:10, 2. George Aguilera 37:44, 3. John Breen 38:04, 35-39: 1. Leonard Aguilar 33:21, 2. Gary Brennan 38:42, 3. Myron Oakes 38:56, 40-49: 1. Mickey Depalo 36:36, 2. John Santiago 41:39, 3. Michael Nese 43:05, 50-59: 1. Mick Richards 41:43, 2. Dick Bellis 43:17, 3. Ross Stephens 43:45, 60 & Over: 1. Larry Banuelos 43:36, 2. Lono Tyson 46:50, 3. Ray Thorne 47:18.

Division Results - Women's 10K

Overall Winner: 1. Christy Paciorek 45:02, 14-18: 1. Christy Paciorek 45:02, 25-29: 1. Holly Casella 51:12, 2. Sonia Vallado 50:01, 30-34: 1. Jeanne Sather 46:48, 2. Janice Pallinger 56:05, 3. Anita Willis 1:03:03, 40-49: 1. Carmen Connolly 45:23, 2. Cheryl West 56:04, 3. Margaret Richards 56:18, 50-59: 1. Clara Thoms 1:00:38.

Valley of the Flowers

November 18, Lompoc, 5K & 10K

Overall Results - 5K

1. Paul Lee (28) Santa Maria 16:34, 2. J. C. Tretin (35) Lompoc 17:06, 3. Mark Bocock (19) Vandenberg AFB 17:30, 4. Ron Hutchins (39) LVDC 18:15, 5. Bill Graham (48) LVDC 18:16, 6. David Aguirre (35) Lompoc 18:25, 7. Don Kurtz (37) Santa Maria 18:32, 8. Joseph Padilla (27) Lompoc 19:52, 9. Doug Ludden (33) LVDC 19:53, 10. David LaLiberte (29) Lompoc 19:54, 11. Kim Arata (29F) Vandenberg AFB 19:55, 12. Todd Curtis (27) Lompoc 20:16, 13. Vicki Peterson (19F) Santa Maria 20:19, 14. Leroy Adams (42) Carpinteria 20:45, 15. Wayne Davis (37) LVDC 20:46, 16. Ron Levy (34) Santa Maria 21:07, 17. Kathy Froemming (33F) Lompoc 21:14, 18. Gregory Banton (43) Lompoc 21:15, 19. Doug Poyner (27) Lompoc 21:23, 20. Ray Gil (65) LVDC 21:24.

Overall Results - 5K Walk

1. Terry Bolen (54), 2. George Lucaric (56), 3. Diane Bristol (41F), 4. Ruthann Reese (44F), 5. Itha Foster (39F).

Overall Results - 10K

1. Paul Lee (28) Santa Maria 34:23, 2. John Barry (27) Goleta 34:56, 3. Chris Allen (29) LVDC 35:43, 4. Joseph Padilla (27) Lompoc 37:55, 5. Jim Gillespie (32) Lompoc 41:07, 6. Sam Mayo (55) Running Springs 41:16, 7. Greg Axline (32) Lompoc 41:51, 8. Robert Clemens (51) Lompoc 42:17, 9. Gary Christiansen (47) Santa Barbara 42:36, 10. Peter Munding (38) Colorado Springs, CO 43:16.

Turkey Trot

November 18, Las Vegas, NV, 10K

Division Results - Men

10 & Under: 1. Brian Parry 50:03, 2. Nino Manico 56:09, 3. Jeremy Brown 59:21, 11-14: 1. Frank Pierce 38:57, 2. Aaron Magnuson 41:12, 3. Ryan Theriault 42:40, 15-18: 1. Jamie McGeahy 34:58, 2. Adam Duis 35:15, 3. Jemaine Kemp 35:17, 19-29: 1. Ronnie Archuleta 30:48, 2. Dan Winteroth 32:34, 3. Joe Carter 32:35, 30-34: 1. Hywel Jones 36:07, 2. Curt Wildemann 36:15, 3. Terry Allen 36:26, 35-39: 1. Grover Proxell 32:14, 2. Wayne Hutchins 35:03, 3. Rick Ruller 35:05, 40-44: 1. Bob Macias 33:22, 2. Tony Gerard 35:07, 3. Carlos Munoz 35:40, 45-49: 1. Chuck Osborn 38:10, 2. Charle Tonkinson 39:02, 3. Frank Appice 40:07, 50-54: 1. Ed Hagerman 39:12, 2. Stan Wiggins 40:51, 3. Vance MacDonald 42:01, 55-59: 1. Frank Ellis 39:22, 2. Duke Redburn 39:46, 3. Hank Gordon 42:28, 60-64: 1. Harrie Hess 42:00, 2. Bob Ellsworth 47:56, 3. Don Fuller 57:57, 65-69: 1. Lane Walton 48:39, 2. Menas Tashjian 52:46, 3. Bruce Roe 54:06, 70 & Over: 1. George Reichard 54:57, 2. Nick Andrich 1:35:25, Wheelchair: 1. Robert Stevens 41:43.

Division Results - Women

10 & Under: 1. Julie Kyriacou 50:04, 2. Daniela Marin 58:28, 11-14: 1. Erin Allen 43:28, 2. Ashley Lunn 46:23, 3. Stephanie Scott 48:01, 15-18: 1. Amy Blackwell 43:01, 2. Christina Frimodig 45:55, 3. Lisa Hartwick 46:02, 19-29: 1. Lynda Brown 39:26, 2. Carla Woodworth 39:52, 3. Diane Salletta 40:31, 30-34: 1. Karla Ely 36:30, 2. Desiree Hall 40:43, 3. Sandy Wolff 41:59, 35-39: 1. Terry Busby 37:44, 2. Jacqueline Bruce 43:20, 3. Jan Sandoval 43:35, 40-44: 1. Chris Sewell 43:43, 2. Robin Logston 44:34, 3. Barb Davis 44:41, 45-49: 1. Judy Hagerman 44:43, 2. Judith Cleaforth 48:49, 3. Barbara Langley 49:19, 50-59: 1. Karan Keith 52:39, 2. Beverly Mueller 53:46, 3. Judy DeManno 56:24, 60 & Over: 1. Anne Nauman 54:22, 2. Marybelle Russell 56:53, 3. Norma King 56:58.

MIWOKS Ultras

Nov. 19, Berkeley, Ultra 50, Marathon (29 MI.), 1/2 Marathon & 10K

Overall Results - Ultra 50

1. Charles Greene (54) Oakland 8:58:03, 2. Steve McCormick (45) Boulder, CO 9:02:36, 3. Steve Senich (39) Carmichael 10:33:12, 4. George Durr (43) Camarillo 10:33:12, 5. Eldrith Gosney (48) Vallejo 10:35:50, 6. Richard Opsahl (57) Huntington, NY 11:05:52, 7. Phil Wright (45) San Ramon 12:28:58.

Overall Results - Marathon (29 miles)

1. Dave Stevenson (37) Los Altos Hills 4:36:05, 2. Matthew Baxter (19) Berkeley 4:55:40, 3. Vladimir Babichev (56) Los Angeles 5:03:27, 4. Chris Bagini (48) Pleasanton 5:06:45, 5. Wolfgang Polak (39) Sunnyvale 5:12:02, 6. Anthony Kraft (27) San Rafael 5:24:32, 7. John Clark (47) Citrus Heights 5:25:36, 8. Charlie Gonzales (45) Los Angeles 5:36:20, 9. Paul Levy (34) Portola Valley 5:37:58, 10. Austin Shaw (19) Berkeley 5:47:03.

Overall Results - 1/2 Marathon

1. Paul Thomas (25) Sausalito 1:40:34, 2. Bob Ates (30) San Rafael 1:47:35, 3. Mark James (30) So. San Francisco 1:56:32, 4. John Schuck (37) Palo Alto 1:58:02, 5. Rex Kampholner (37) San Francisco 2:01:45, 6. Pat Dewey (34) San Mateo 2:04:23, 7. Francine Lonkiewicz (41) Mill Valley 2:09:03, 8. Lari Haddock (35) Los Gatos 2:15:26, 9. Bill Anderson (50) Mill Valley 2:21:10, 10. Bernard Hirt (30) Hohentengen, W.Germany 2:23:31.

Overall Results - 10K

1. Terry Milby (28) So. San Francisco 38:02, 2. Dimitris Salavopoulos (43) Mill Valley 44:40, 3. Bob Keyser (36) Sebastopol 50:17, 4. Gary Marsh (32) San Jose 51:21, 5. Bob Hancock (45) Plano, TX 54:51.

The Great American Smokeout

November 19, Riverside, 5K, 10K & Half Marathon

Division Results - Men's 5K

Overall Winners: 1. David Swiderski 15:58, 2. Frank Dauncy 15:59, 3. Roger Philips 16:42, 12 & Under: 1. Valentin Arvizu a23:47, 2. Stephen Henderson 25:49, 3. Jason Hipps 26:02, 13-15: 1. Geoff Skarr 20:02, 2. Antony Conniff 18:11, 3. Enrique Garcia 18:46, 16-19: 1. Warren Beem 16:49, 2. Ed Santillano 17:17, 3. Tony Corraia 17:35, 20-29: 1. David Swiderski 15:58, 2. Roger Philips 16:42, 3. David Jones 19:28, 30-39: 1. Frank Dauncy 15:59, 2. Douglas Will 17:55, 3. Paul Wiseloga 18:01, 40-49: 1. Steven Deterville 19:24, 2. Gil Hartman 19:26, 3. Niles Bughman 20:02, 50-59: 1. Frank Ogawa 19:51, 2. Bob Bell 21:45, 3. Jerry Fulton 22:11, 60-69: 1. Olie Harker 22:32, 2. Harold Willis 22:36, 3. Peter Kaus 29:41, 70-79: 1. J.B. Smith 26:59, 2. Bill Comett 27:07.

Division Results - Women's 5K

Overall Winner: 1. Debra Henderson 19:50, 2. Maryann Mera 20:21, 3. Kim Strong 22:18, 12 & Under: 1. Christine Lintwe 28:05, 2. Jennifer Vaz 28:56, 3. Marrie Hartman 30:54, 13-15: 1. Erin Russell 22:22, 2. Stephanie Henry 23:11, 3. Kristin Fulton 24:23, 16-19: 1. Debra Henderson 19:50, 2. Adrian Herr 24:48, 20-29: 1. Rhonda Fellows 24:17, 2. Laura Kulnack 24:23, 3. Chris Marluh 26:00, 30-39: 1. Maryann Mera 20:21, 2. Kim Strong 22:18, 3. Kathy Barton 22:38, 40-49: 1. Betty Walsh 23:42, 2. Jan Joseph 24:47, 3. Marrie English 26:40, 50-59: 1. Mary Wesolowski 27:30, 2. Eva Kaus 29:03, 3. Deanna Ashford 32:46.

Division Results - Men's 10K

Overall Winner: 1. Daniel Reed 32:30, 2. Jeff Shockey 37:10, 3. Ted MacKechrie 37:34, 13-15: 1. Erik Jorgensen 39:03, 2. John Sanchez 48:00, 16-18: 1. Ajay Mathur 40:25, 2. Anthony Bradley 41:29, 19-29: 1. Daniel Reed 32:30, 2. Jeff Shockey 37:10, 3. Mike Hebebrand 38:55, 30-39: 1. Ted MacKechrie 37:34, 2. Glen Reid 39:20, 3. Steve Krueven 40:44, 40-49: 1. Fred Lindsie 39:05, 2. John Ewens 39:40, 3. Bob Gilligan 40:58, 50-59: 1. Anthony Gomez 41:21,

2. Gary Frykma 47:35, 3. Clay Mallard 48:51, 60-69: 1. Wally Taylor 45:35, 2. Remy Burkell 46:25, 3. Ward Speaker 47:20, 70-79: 1. Bob Karger 52:22.

Division Results - Women's 10K

Overall Winners: 1. Carol Carrigan 38:03, 2. Dorothy Gibbons 44:20, 3. Theresa Riley 48:04, 13-15: 1. Joanne Stewart 58:09, 16-18: 1. Paula Robinson 51:46, 19-29: 1. Carol Carrigan 38:03, 2. Lisa Freedman 53:21, 3. Card Kozlovich 54:57, 30-39: 1. Dorothy Gibbons 44:20, 2. Ramona Kruveen 48:34, 3. Rose Cooke 48:54, 40-49: 1. Theresa Riley 48:04, 2. Virginia Stokes 49:49, 3. Rilla Campbell 54:11, 50-59: 1. Dee Ann Palmer 1:12:13, 2. Patsy Humphrey 1:12:45, 60-69: 1. Aline Simon 1:17:25.

Division Results - Men's 1/2 Marathon

Overall Winners: 1. David Carpenter 1:15:19, 2. Daniel Artaaga 1:18:35, 3. Phil Vannette 1:20:14, 13-15: 1. Eric Walmeyer 1:28:03, 2. Paul Wagner 2:04:23, 3. Gary Gowens 2:09:10, 16-18: 1. Michael Keith 1:45:36, 2. Robert Henry 1:48:37, 3. Sal Sanchez 1:51:52, 19-29: 1. David Carpenter 1:15:19, 2. Daniel Artaaga 1:18:35, 3. Dale Scholmester 1:20:27, 30-39: 1. Phil Vannette 1:20:14, 2. Sal Cervantes 1:21:14, 3. Tim Hayes 1:22:35, 40-49: 1. Reg Price 1:24:26, 2. John Rodriguez Jr. 1:25:33, 3. Rene Ruiz 1:26:45, 50-59: 1. Joaquin Granada 1:26:08, 2. Frank Vasquez 1:34:38, 3. Don Moore 1:36:31, 60-69: 1. John Foster 1:52:11, 2. Allen Bergman 1:59:59, 3. David Harrah 2:04:58.

Division Results - Women's 1/2 Marathon

Overall Winners: 1. Jennilee Henderson 1:27:20, 2. Joann Howard 1:29:23, 3. Odette Ostrowski 1:32:30, 19-29: 1. Joann Howard 1:29:23, 2. Sheri Liebe 2:07:01, 30-39: 1. Jennilee Henderson 1:27:20, 2. Jane Laub 1:40:19, 3. Kenzie Williams 1:42:24, 40-49: 1. Odette Ostrowski 1:32:30, 2. Kathy Pycior 1:51:06, 3. Portia Cornell 1:54:01, 50-59: 1. Elaine Herlet 2:00:57, 2. Marsha Aies 2:12:33.

Walk Results

Men: 1. Paul Sutherland 29:12, 2. Gary Hiltunen 30:04, 3. Rodney Canes 30:13, 4. Wilson Cronn 30:30, 5. Mel Grantham 31:01.

Women: 1. Donna Kennedy 31:32, 2. Mary Hannibal 36:50, 3. Ester Sanchez 36:51, 4. Linda Hiltunen 36:55, 5. Terri Ewec 37:13.

Harry Sutter Memorial Turkey Trot

November 23, Torrance, 3 Miles

Division Results - Men

(No Times Available)
8 & Under: 1. Jacob Dederer, 2. Johnnie Kenderski, 3. Steven Torres 9:10, 1. Sam Harang, 2. Ronny Traber, 3. Jesse Neese, 11-12: 1. Alex Dederer, 2. Fernando Torres, 3. Brady Ryan, 13-15: 1. Geoff Delahanty, 2. Brian Steip, 3. Tim Knapp, 16-18: 1. Angel Martinez, 2. Bruce Tynor, 3. Armando Sanchez, 19-24: 1. Eugene Cruz, 2. William Muzock, 3. Joe Niff, 25-29: 1. Alfredo Rosas, 2. Matt Ebner, 3. Hector Penez, 30-34: 1. John Koning, 2. Javier Lares, 3. Eddie Mora, 35-39: 1. Harold Ketting, 2. Sam Obivocho, 3. Steve Harris, 40-44: 1. Paul Marcol, 2. DePalo Mickey, 3. Joe Calhoun, 45-49: 1. Dan McCarthy, 2. Tva Cabeza, 3. Ken DeSmet, 50-54: 1. Andre Tuoco, 2. Sonny Morica, 3. Jim Piper, 55-59: 1. Ron Paston, 2. Marilyn Midsklokke, 3. Hal Sullivan, 60-64: 1. Pat Devine, 2. Jerry Wilbers, 3. Mito Sather, 65-69: 1. Larry Banuelos, 2. Avery A. Bryant, 3. John Schmidt, 70 & Over: 1. Carlos Gabaos, 2. John Zentmyer, 3. Fred Bruckner.

Division Results - Women

(No Times Available)
8 & Under: 1. Megan McGowan, 2. Kelly Frick, 3. Lauren Kim, 9-10: 1. Jennifer Watson, 2. Miké Katagami, 3. Yukie Nishinaga, 11-12: 1. Cynid Condon, 2. Kristi Parks, 3. Kim Wyatt, 13-15: 1. Mesha Stow, 2. Jessica Ruler, 3. Angie Parks, 16-18: 1. Joanne Ulibari, 2. Jill Parker, 3. Irma Robles, 19-24: 1. Caroline Piaz, 2. Vanessa Yingling, 3. Lauran Benassi, 25-29: 1. Gretchen Loch-Cruz, 2. Kim Currie, 3. Marie Deary, 30-34: 1. Julie McKinney, 2. Olivia Padilla,

RESULTS

la, 3. Mary Redlitz 35:38; 1. Lori Coker, 2. Merle Heimberg, 3. Debby Flynn 40:40; 1. Sue Reinhardt, 2. Joanie Matheson, 3. Ronna Narambre 45:40; 1. Suzie Klein, 2. Karin Handsaker, 3. Vickie Testa 50:54; 1. Gina Fausl, 2. Shirley Blush, 3. Greta Jones 55:59; 1. Jeanne Carrier, 2. Hilde Davis, 3. Barbara Rodgers 60:54; 1. Verian Baule, 2. Pat Burschinger, 3. Nan White 65:59; 1. Amy Coury, 2. Julia Thoreson, 3. Marge Jones 70 & Over; 1. Lucille Carpenter, 2. Melie DeLucia, 3. Florine Buchsbam.

Thanksgiving Day Run

November 23. Cerritos Regional Park. 5K.

Overall Results

1. Jim Triplett (30-39) 15:19, 2. Jesse Clemente (20-29) 15:53, 3. Jim Keley (20-29) 16:03, 4. Eric Roe (20-29) 16:17, 5. John Leach 16:26, 6. William Anderson (16-19) 16:59, 7. Jim Perez 17:16, 8. Keene Matsuda (30-39) 17:17, 9. Ken Whitaker (30-39) 17:22, 10. Spencer Waich 17:30.

11. John Caro 17:38, 12. Vince Lopez (40-49) 17:14, 13. Randall Shelley (40-49) 17:46, 14. Josue Ruvalcaba (40-49) 18:00, 15. Ajay Mathur (16-19) 18:17, 16. Dan Sanders 18:18, 17. Mark Hacke 18:33, 18. James Mahon (13-15) 18:36, 19. Leo Grillas (13-15) 18:37, 20. Robert Sierra 18:44.

Turkey Trot

November 23. Dana Point. 10K.

Division Results - Men

Overall Winners: 1. Bobby Adams 30:49, 2. Brock Vaughn 31:23, 3. Andrew Carlson 31:45, 9 & Under: 1. Peter Butler 52:03, 2. Jeff Bosson 53:36, 3. Eric Sykes 57:43, 10-12: 1. Marcus Castro 37:56, 2. Tom Coffey 41:47, 3. Ryan Downey 42:24, 13-15: 1. Chris Lynch 34:13, 2. Juan Kojima 36:19, 3. Albert Pedroza 36:26, 16-18: 1. Daniel Niednagel 32:32, 2. Tim Mahon 32:43, 3. Steve Frisone 33:06, 19-24: 1. Andrew Carlson 31:45, 2. Eric Squires 31:48, 3. Rich Herr 32:14, 25-29: 1. Bobby Adams 30:49, 2. Brock Vaughn 31:23, 3. Mikal Peveto 32:21, 30-34: 1. Dave Parsell 31:49, 2. Stuart Calderwood 32:21, 3. Dave Orlowski 32:36, 35-39: 1. Enrique Alvarez 33:32, 2. Jay Olsen 34:05, 3. Earl Towner 34:44, 40-44: 1. Rick Hagin 33:36, 2. Bill Sumner 33:54, 3. Don Irvine 34:23, 45-49: 1. Harry Hunt 35:45, 2. Ben Jackson 35:52, 3. David Carter 36:15, 50-54: 1. Juvenal Herrera 38:54, 2. Ron Grant 39:02, 3. Frank Russo 39:48, 55-59: 1. Buddy Belsho 40:03, 2. Julius Schnell 41:39, 3. Pat Hammond 45:21, 60 & Over: 1. Richard Langelle 47:40, 2. Bob Calhoun 49:28, 3. Oliver Noris 50:59.

Division Results - Women

Overall Winners: 1. Jennifer Thomas 35:21, 2. Anet Cooper 35:55, 3. Mary Kinney 36:26, 9 & Under: 1. Jennifer Davis 52:35, 2. Kipp Downey 54:43, 3. Monique Silva 56:03, 10-12: 1. Nicole Silva 40:02, 2. Megan Dains 49:57, 3. Nicole Roostee 50:05, 13-15: 1. Sharon Tibbs 37:33, 2. Megan Cooper 46:33, 3. Allison Horak 46:39, 16-18: 1. Kim Robinson 40:32, 2. Eva Mattson 44:22, 3. Corina Walker 44:54, 19-24: 1. Jennifer Thomas 35:21, 2. Mary Kinney 36:26, 3. Michelle Conlay 37:04, 25-29: 1. Anet Cooper 35:55, 2. Susan Berenda 37:01, 3. Joan Fowler 38:23, 30-35: 1. Michele Piss 39:23, 2. Lori Belsho 39:54, 3. Alison Duff 42:03, 35-39: 1. Trish Pierson 39:47, 2. Dawn Braund 41:47, 3. Vickie Sanders 44:01, 40-44: 1. Debbie Wilkinson 41:07, 2. Terri Goodreau 41:27, 3. Odette Osantowski 41:48, 45-49: 1. Harolene Walters 40:12, 2. Sally Adams 41:22, 3. Sandi Carter 42:30, 50-54: 1. Joan Jeter 42:58, 2. Jane Dods 47:01, 3. Carolyn Hickey 47:40, 55-59: 1. Patty Perkins 58:21, 2. Joanne Martin 1:05:25, 3. Wila Porter 1:06:05, 60 & Over: 1. Margaret Gill 59:46, 2. Claire Aukerman 1:09:38, 3. Joann Beers 1:12:49.

The Ginder Grinder

November 24. Walnut Creek. 3.4 Mi. & 7.4 Mi.

Overall Results - 3.4 Mile

1. Ron Holtsanke (30) Orangevale 18:46, 2. Tony Chan (16) Piedmont 18:50, 3. James Stormo (14) Elk Grove 19:51, 4. Bob Jordan (17) Piedmont 20:59, 5. Andrew Morrell (18) Walnut Creek 21:15, 6. Helen Lehman (25) Berkeley 21:41, 7. Alec Czajkowski (Walnut Ck) 21:47, 8. Pierre Deyo (Walnut Ck) 21:58, 9. Vol Lehman (20) El Cerrito 22:42, 10. Marisa Gardella (19) Kensington 22:43.

Overall Results - 7.4 Mile

1. S. E. Nickols (30) Palo Alto 39:09, 2. Leon Shorndon (26) Moraga 39:25, 3. Jeff Cowling (30) Concord 39:43, 4. Jose Garcia (40) Gilroy 39:56, 5. Mark Conrad (19) Danville 42:17, 6. Paul Gyorey (33) Los Gatos 42:21, 7. Les Ong (39) San Francisco 43:52, 8. Chris Larsen (43) Walnut Ck) 44:43, 9. Bob Hermans (37) Concord 45:32, 10. Noah Dye (11) Fresno 45:52.

Long Marine Lab Half Marathon

November 25. Santa Cruz.

Division Results - Men

Wheelchair: 1. Jerry Deets 1:11:08, 19 & Under: 1. Chris Zeman 1:23:23, 2. Scott Jones 1:29:14, 3. Clint Narver 1:30:35, 20-25: 1. Rafael Ojeda 1:12:35, 2. Mark Frauentzimmer 1:25:51, 3. Floyd Gerhardt 1:25:57, 26-29: 1. Barry Farrara 1:14:16, 2. David LaBerge 1:15:42, 3. John Anderson 1:20:51, 30-35: 1. Tortuga Rolstein 1:15:15, 2. David Davis 1:16:34, 3. Ed Casey 1:17:15, 36-39: 1. Charles Thompson 1:10:38, 2. Bob Eberle 1:16:55, 3. Gary Heidinger 1:17:07.

5 Acres Doo Dah 5K

Richard Lee Slotkin

This race is held several hours prior to its namesake, the Doo Dah Parade, which is a totally wacky parody of the world famous New Year's Day event, the Rose Parade.

But unlike the parade, the race is no parody. They've put together a very serious and high quality affair.

This year's version featured a classic match up: The Great Kicker vs. The Strong Man.

As a matter of fact, despite the fact that the Arturo Barrios 10K down in Santa Ana siphoned off some of the talent that might have come—even agreed to come, in a few instances—to Pasadena this day, there was a very good bunch of speed merchants crowding around the start line. There was Hector Perez, one time SMT'er, now a member of Mexico's national team; and there was Matt Ebner, who can go under 29 in the 10,000; Hans Koelman, a speedster from the Netherlands; Alan Dahlinger, Steve Bishop, Alfredo Rosas, who has his marathon time down to Trials qualifying levels, and the backbone of the Mt. SAC cross country team, Derrick Powers and Edgar Montes. And there were others, Gardena Valley had most of its hot shoes there; Koning, Cruz, Ketting added their weight to Ebner's and Rosas's. And the Kenyan Obwacha, first name Samson.

Well, you know that when it comes to crunch time, when you go to the bank to pull out whatever is left, when it's time to fire up the afterburners, when it's down to just you and him, well that's when you find out that you just can't beat the miler's kick, especially when you're a 5000/10,000 meter man and the miler is Steve Scott. For a while it looked as if Obwacha, the designated Strong Man with a name like Samson what else could he be? might put the lie to all that. You see, after finally dropping all the other contenders, Obwacha was the only one left to challenge Scott and he was



KATHY KANES

Photo by Richard Lee Slotkin

matching Scott stride for stride for 150 of the last 200 yards. It took some world class grimacing but, in the end, Scott dug deep down into 15 years of kicking memory and began to inch, literally inch, ahead. At that point, Obwacha seemed to ease off ever so slightly and suddenly there was a 10 yard gap.

And that was the race. Was Scott ever really worried? "Yeah, I mean, I kept waiting for people to drop so it would just be me and Hans (Koelman, who took a big lead during



SAMSON OBWACHA (left) & STEVE SCOTT

Photo by Richard Lee Slotkin

the middle of the race), or just me and Samson. But there was always a pack of guys, it didn't seem as though we had lost everybody until the very end."

So, on this cold, overcast day, the streets still rain-soaked from a pre-dawn drizzle, the miler's kick prevailed.

But it wasn't easy. On the other hand, Kathy Kanes did have it easy. Easier, anyway.

Taking the lead at the quarter mile mark from Michelle Buchichio and hitting the mile in 4:59 ("That was a little fast, I thought.") she was unchallenged the rest of the way. Finishing in a fast 16:16, she was 48 seconds ahead of the second placing Buchichio.

Overall Results - Men

1. Steve Scott (\$1000) 14:18, 2. Samson Obwacha (\$700) 14:20, 3. Alfredo Vallejo (\$500) 14:23, 4. Benny Cruz (\$200) 14:24, 5. Hans Koelman (\$100) 14:30, 6. Steve Bishop 14:33, 7. Alfredo Rosas 14:36, 8. Matt Ebner 14:27, 9. Hector Perez 14:40, 10. John Koning 14:40.

Overall Results - Women

1. Kathy Kanes (\$1000) 16:16, 2. Michelle Buchichio (\$700) 16:58, 3. Grelhene Loh (\$500) 17:05, 4. Nora Gollas (\$200) 17:17, 5. Nancy Bowman (\$100) 17:18, 6. Glades Prieur 17:37, 7. Janet Norem 18:21, 8. Debbie Ball 18:46, 9. Sheril Newton 20:00, 10. Merle Heimberg 20:02.

Division Results - Men

10 & Under: 1. Jack Hager 22:16, 2. Naneem McNeal 22:52, 3. David Wiseman 23:27, 11-14: 1. Joey Hernandez 17:41, 2. Konrad Shadler 18:11, 3. Matt Locher 18:26, 15-19: 1. Edgar Montes 15:15, 2. Derrick Powers 15:18, 3. Don Higgins 15:24, 20-24: 1. Marc Goulet 15:07, 2. Martin Rodriguez 15:11, 3. Mike Gottard 15:53, 25-29: 1. Alfredo Rosas 14:36, 2. Matt Ebner 14:37, 3. Hector Perez 14:40, 30-34: 1. Steve Bishop 14:33, 2. John Koning 14:40, 3. Javier Lares 15:28, 35-39: 1. Harold Ketting 15:20, 2. John Gula 16:58, 3. Kurt Hoffman 17:03, 40-44: 1. Nolan Smith 16:00, 2. Mickey Depalo 16:58, 3. Joe Calhoun 17:27, 45-49: 1. Don McCarthy 16:28, 2. Juan Cabeza 17:00, 3. Donald Gillman 18:02, 50-59: 1. Brian Fernee 17:51, 2. Sonny Monioz 17:53, 3. Skip Witt 18:17, 60-69: 1. Wally Taylor 21:27, 2. Fred Goldman 22:15, 3. Robert Olvera 23:12, 70 & Over: 1. George Feinstein 27:55.

Division Results - Women

10 & Under: 1. Erin Spaulding 23:43, 2. Stef Woodmansee 24:00, 3. Miriam Buono 24:59, 11-14: 1. Jessica Marquardt 21:24, 2. Melissa Flayer 21:39, 3. Robin Cruz 25:02, 15-19: 1. Joanne Ullbari 20:30, 2. Jennifer Bennett 22:35, 3. Lyn Bowker 24:24, 20-24: 1. Glades Prieur 17:37, 2. Debbie Ball 18:46, 3. Debbie Ball 19:32, 25-29: 1. Joan Roehrig 20:51, 2. Kellie Meacham 21:01, 3. Jirny Magill 21:42, 30-34: 1. Janet Norem 18:21, 2. Sheril Newton 20:00, 3. Bobbi Vega 22:23, 35-39: 1. Merle Heimberg 20:02, 2. Deborah Bethen 22:11, 3. Lena Cortez 22:50, 40-44: 1. Cheryl Carnall 20:04, 2. Pam Rousseau 21:24, 3. Leslie Stephan 22:14, 45-49: 1. Judith Taksa Russo 20:44, 2. Carmen Connolly 21:43, 3. Penny Morledge 22:58, 50-59: 1. Joan Jeter 21:03, 2. Atsuko Fujimoto 24:29, 3. Palli Koppo 24:55, 60-69: 1. Daisy Wong 29:37, 2. Genette Hentschiel 30:13, 3. Selma Mohman 31:19, 70 & Over: 1. Rose Schliacter 50:20.

Arturo Barrios Invitational

November 26. Santa Ana. 10K.

Overall Results - Men's Elite

1. Matt Clayton (24) Imperial Bch. 28:30, 2. Sulyman Nymby (37) 28:39, 3. Salvador Garcia (26) Mexico 28:44, 4. Abundo Mondragon (29) Mexico 28:52, 5. Jorge Marquez (22) 29:12, 6. Bill Mangano (24) Albuquerque, NM 29:14, 7. Dan Airdridge (33) Santa Rosa 29:24, 8. Alfredo Viqueas (24) Newport Beach 29:27, 9. Farron Fields (28) Norway 29:38, 10. Paul Williams (33) Vancouver, BC 29:47.

Overall Results - Women's Elite

1. Rosa Mota (37) Portugal 32:42, 2. Francie Larriou Smith (37) Dallas, TX. 33:05, 3. Sylvia Mosqueda (22) Alhambra 33:20, 4. Leah Pells (25) Vancouver, BC. 33:46, 5. Alisa Harvey (24) Up-land 33:54, 6. Ingrid Kristiansen (33) Boulder, CO. 34:24, 7. Maureen Roben (34) Denver, CO. 34:58, 8. Marie Rollins (30) Glendale 35:17, 9. Mindy Ireland (36) Escondido 35:43, 10. Rosa Maria Munoz (23) Mexico 35:56.

Division Results - Men

Overall Winners: 1. Phil Bedford 30:12, 2. Jimmy Rodriguez 30:49, 3. Javier Perez 31:08, 12 & Under: 1. Marcus Castro 41:01, 2. Justin Marrujo 42:18, 3. Tom Coffey 43:46, 13-17: 1. Joseph Reinisch 33:55,

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2. Francisco Quinonez 33:56, 3. Eddie Salinas 33:57, 18-22: 1. Jimmy Rodriguez 30:49, 2. Javier Perez 31:05, 3. Jose Alcaraz 31:33, 23-26: 1. Carlos Nabarro 31:24, 2. Martin Padgett 31:48, 3. Salvador Alcaraz 32:10, 27-29: 1. Phil Bedford 30:12, 2. Roberto Rodriguez 31:49, 3. Scott Mayfield 33:16, 30-33: 1. Raul Hernandez 32:06, 2. Larry Hololand 33:04, 3. Vincenta Rivera 34:17, 34-36: 1. Keith Withauer 32:36, 2. Dave Parsell 32:34, 3. Carique Alvaros 33:39, 37-39: 1. Bill Modernott 32:21, 2. Mike Lozoya 33:41, 3. Gorman Aion 33:43, 40-45: 1. Stephen Keyes 33:27, 2. Bill Sumner 34:01, 3. Mark Hemphill 34:11, 46-49: 1. Lee Bacca 35:30, 2. Maurie Bousquet 35:34, 3. Peter Jones 38:24, 50-58: 1. Andre Tuit 36:52, 2. Antonio Gonzalez 38:10, 3. Juvenal Herrera 38:55, 60-69: 1. Jim O'Neil 38:27, 2. Jim McCown 40:30, 3. Tracy Brown 40:39, 70 & Over: 1. Donald D'Worth 45:07, 2. Demetrio Miller 49:44.

Division Results - Women

Overall Winners: 1. Michelle Conlay 36:29, 2. Card Carrigan 37:13, 3. Helen Lopez 38:18, 12 & Under: 1. Cynthia Condon 50:27, 2. Vanessa Gonzalez 51:08, 3. Ronda Rope 54:21, 13-17: 1. Eva Mattson 42:47, 2. Melissa Pelote 42:52, 3. Rori Plascencia 42:53, 18-22: 1. Michelle Conlay 36:29, 2. Kimberly Robinson 39:16, 3. Christine Moia 39:39, 23-26: 1. Patty Moran 44:39, 2. Jill Minegar 46:47, 3. Sheila Matthews 52:12, 27-29: 1. Carol Carrigan 37:13, 2. Helen Lopez 38:16, 3. Sue Davis 41:19, 34-36: 1. Julie Brown 38:50, 2. Lorraine Gersitz 38:55, 3. Lori Smith 43:42, 37-39: 1. Robin Paine 40:43, 2. Kerry Tabler 40:59, 3. Terry Ramirez 44:58, 40-45: 1. Terri Goodreau 41:55, 2. Judy Kewley 42:34, 3. Margaret Neville 43:32, 46-49: 1. Teresa Ross 45:03, 50-59: 1. Tami Graf 45:10, 2. Jane Doc 47:21, 3. Jane Toller 1:00:30, 60-69: 1. Margaret Miller 46:47, 2. Mary Storey 50:10, 70 & Over: 1. Lucile Adney N.T.

Run to the Far Side V

November 26, San Francisco, 5K & 10K

Over 11,000 participants came to San Francisco to run, walk and stroll through Golden Gate Park at the Run to the Far Side V. Far Side cartoonist Gary Larson lends his name and cartoons to this 5K and 10K race due to his love of the California Academy of Sciences, the host and beneficiary of the races.

Far Side participants came in all shapes, sizes and costumes. There were plenty of costumes as one of the highlights of the 5K run is the costume contests. Prizes went to the "Fastest" and the "Best" Far Side costumes. The "Fastest" prize went to a runner who was dressed as one of Larson's zany doctors. The "Best" went to a baby riding in his stroller dressed like a dinosaur with a sign hanging on the stroller which read "18 NY" - a great take off of one of Larson's most famous cartoons. Prizes for the costume contest included a framed Gary Larson autographed poster of Run to the Far Side V and airline tickets on Southwest Airlines.

Olympian and National Cross Country champion 30 year old Pat Porter was the first to cross the 5K finish line, in a time of 14:52. Pat's win came the day after he won the 1989 National Cross Country Championships, also held in San Francisco (this made Pat the only runner to have ever won 8 consecutive national titles in cross-country). The women's 5K winner was 26 year old Ceci St. Geme winning in a time of 17:09 and in second place was master runner 45 year old Joan Colman with a time of 17:54. The third place time was 17:56 by Irene McLoughlin 30 years old. Three time winner 39 year old Leslie McMullin placed fourth with a time of 18:04.

In the 10K, 23 year old Bo Reed, of San Diego, took first place with a time of 29:42. Ivo Rodrigues 29 years old, a member of the 1988 Brazil Olympic Team, placed second with a time of 30:49. Ugan-

dan Olympian 23 year old Vincent Ruguga grabbed 3rd place in 31:01. First place in the women's 10K in a time of 36:02 was Michigan's Kathy Pfeifer, age 30. She was followed by 27 year old Linda Marti



CECI ST. GEME

Photo by Gene Cohn Productions

nez, 36:07, with Christine Iwahashi, age 34 taking third in a time of 36:53.

Division Results - Men's 10K

Stroller: 1. Kirk Boisseree 43:13, 2. Darren Gutterberg 53:29, 3. Ross Guttenberg 53:30, 6-13: 1. Jason Williams 42:29, 2. Anthony Brown 48:27, 3. Timothy Brown 48:28, 14-19: 1. John Mumm 33:56, 2. Peter Johnson 37:11, 3. Kory O'Neill 37:29, 20-29: 1. Bo Reed 29:42, 2. Ivo Rodrigues 30:49, 3. Vincent Ruguga 31:01, 30-39: 1. Luiz Coutinho 32:17, 2. Tom Lowry 32:39, 3. Charles Thompson 32:42, 40-49: 1. Bruce Blair 31:53, 2. Bill Allman 34:43, 3. Eric Ivary 35:42, 50-59: 1. Bob Barber 37:55, 2. Raymond Auker 38:13, 3. Juan Roman 38:20, 60 & Over: 1. Geoff Bardsley 41:37, 2. Joe Tremi 41:53, 3. Cahill 43:34, Wheelchair: 1. Gary Kerr 29:50, 2. David Elsnor 41:33.

Division Results - Women's 10K

6-13: 1. Courtney Dominguez 43:53, 2. Michele Kiyono 44:17, 3. Kari Horn 45:49, 14-18: 1. Nicole Fischer 42:12, 2. Angie Allen 43:11, 3. Eva Bell 43:11, 20-29: 1. Linda Martinez 36:07, 2. Kathi Krause 38:32, 3. Michele Tani 38:48, 30-39: 1. Kathy Pfeifer 36:02, 2. Christine Iwahashi 36:53, 3. Sharon Swann 37:13, 40-49: 1. Patricia Story 37:20, 2. Sally Edwards 38:47, 3. Cyndi Calvin 42:31, 50-59: 1. Barbara Miller 41:55, 2. Betsy Frasersmith 43:55, 3. Peggy Kang 47:07, 60 & Over: 1. Marion Irvine 41:48, 2. Dottie Gray 53:55, 3. Denise Rocha 57:219.

Division Results - Men's 5K

Youth: 1. Beebe Rutledge 19:51, 2. Michael Dominguez 20:29, 3. Johnny Pizzo 21:58, Open: 1. Pat Porter 14:52, 2. David Ottaway 15:06, 3. Craig Blockhus 15:16, Master: 1. Steve Ferraz 15:50, 2. Jim Reitz 16:42, 3. Harvey Franklin 16:50.

Division Results - Women's 5K

Stroller: 1. Lauren Tatsuno 20:08, Youth: 1. Francine Aqu 20:34, 2. Andrea Rutledge 21:49, Open: 1. Ceci St. Geme 17:09, 2. Irene McLoughlin 17:56, 3. Leslie McMullin 18:04, Master: 1. Joan Colman 17:54, 2. Juana Stavolone 19:50, 3. Vicki Bigelow 19:53.

Lake Merritt Joggers & Striders

Fourth Sunday Run

November 26, Oakland, 5K, 10K & 15K

Division Results - Men's 5K

14 & Under: 1. John Sargent 20:13, 2. Chad Wald 23:08, 3. Michael Jones 25:02, 15-19: 1. Brian John 17:29, 2. Nicholas Ratti 19:02, 3. Josh Olkowski 24:29, 20-29: 1. John Spriggs 17:35, 2. Alex Peter 20:11, 3. Jim Foley 20:28, 30-39: 1. Julius Ratti 17:38, 2. Ernie Rivas 17:42, 3. Mike Noonan 18:27, 40-49: 1. John Monteverdi 17:44, 2. Roger Sharpe 19:18, 3. Flavio Barra 20:57, 50-59: 1. Jim Grodnik 20:31, 2. Dave Reichel 20:37, 3. Vince Alcantar 20:47, 60 & Over: 1. Bob DeChene 23:48, 2. Pat Everett 30:25.

Division Results - Women's 5K

20-29: 1. Phoebe Shih 20:35, 30-39: 1. Jayme Gallagher 24:08, 2. Ada Wierzb 28:01, 40-49: 1. Doorte Murray 23:17, 2. Eileen Miller 28:36, 3. Elaine Merrill 29:15, Walk: 1. Hazel Peter 46:18, 2. Linda News-trom 46:19.

Division Results - Men's 10K

20-29: 1. Chris Hoepker 33:16, 2. Scott Kennedy 34:09, 3. Dave McDonald 54:16, 30-39: 1. Joe Schieller 33:53, 2. Mike Holton 37:39, 3. Tom Johansing 39:52, 40-49: 1. John Hearney 39:16, 2. Herman Wackler 40:39, 3. Ian Jones 45:52, 50-59: 1. Glenn Smith 44:58, 2. Peter Monroe 47:43, 60 & Over: 1. Gary Toji 47:33, 2. John Anderson 56:03.

Division Results - Women's 10K

40-49: 1. Mary Kennedy 57:02.

Division Results - Men's 15K

19 & Under: 1. Michael Gimes 68:39, 30-39: 1. Jack Zakarian 51:46, 2. Steve Gregg 63:20, 40-49: 1. Al-phonzoo Jackson 56:58, 50-59: 1. Chuck Greene 59:43.

Division Results - Women's 15K

40-49: 1. Ruth Grimes 68:17.

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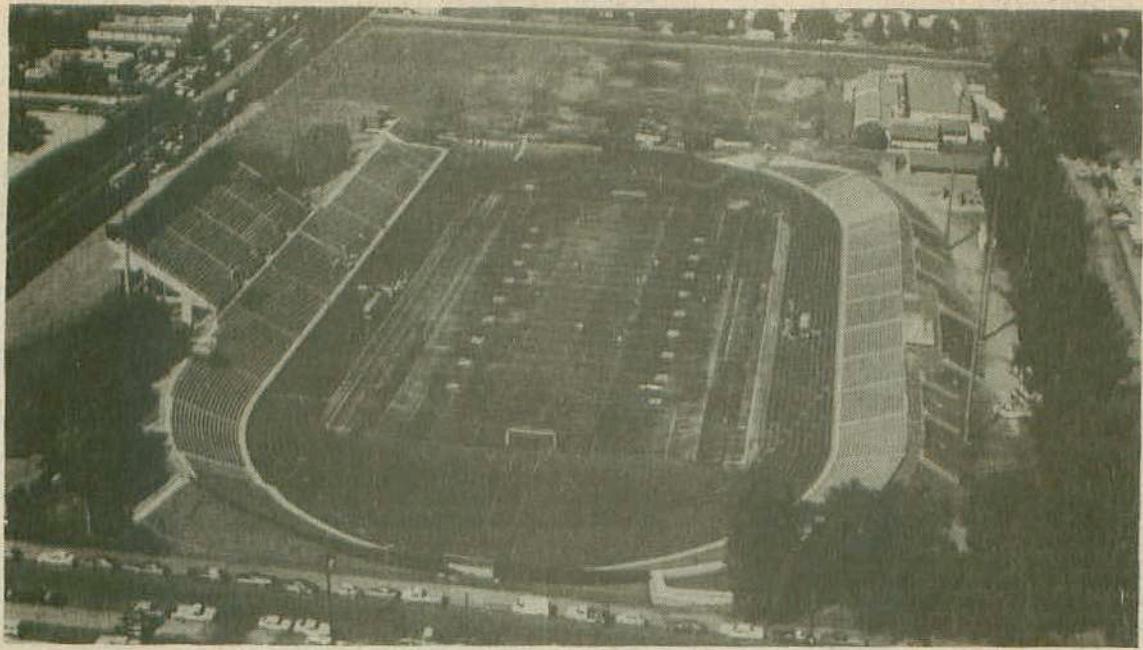
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