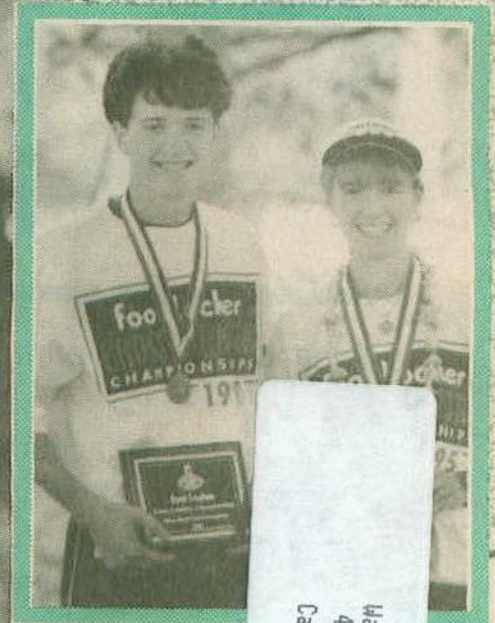
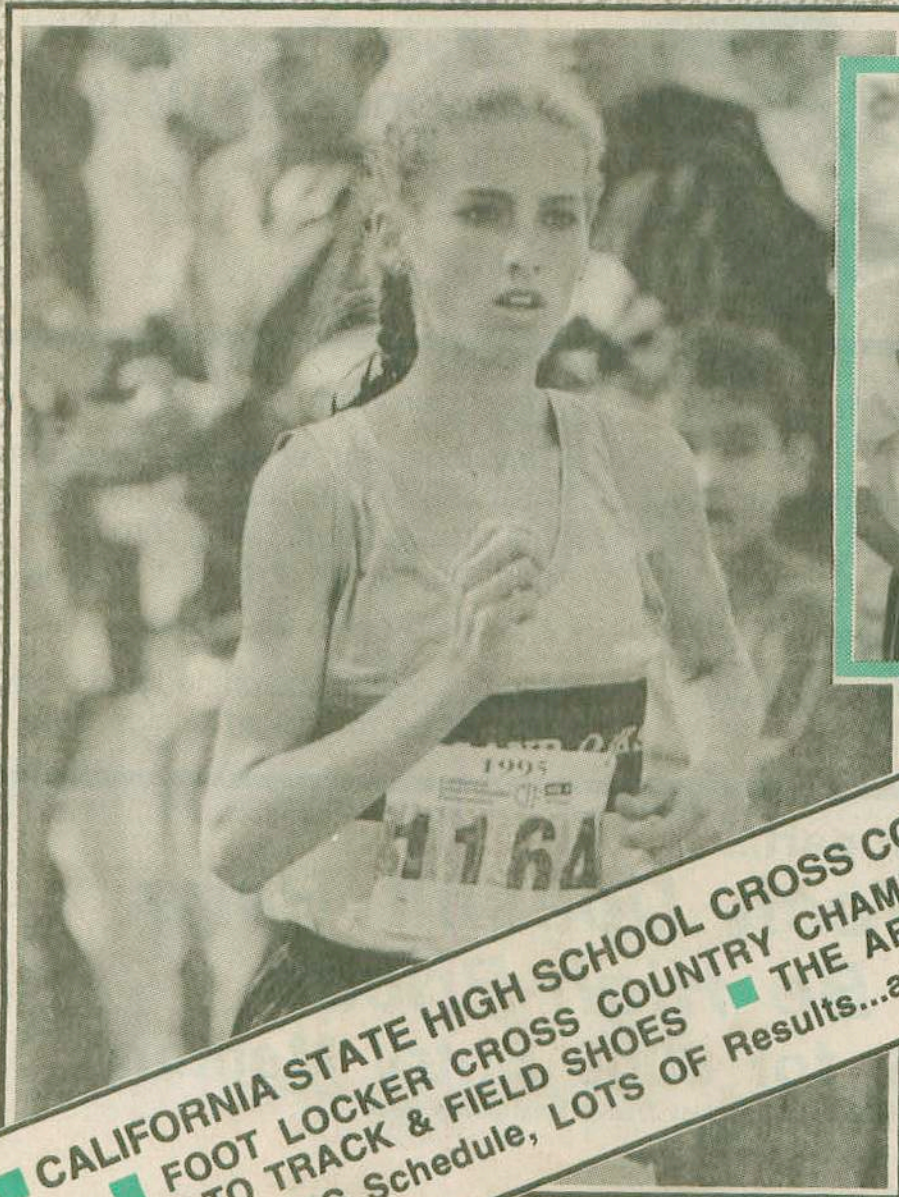


CALIFORNIA

Track & Running News

JANUARY / FEBRUARY 1996

ISSUE NO. 217



96/10
Walt Lange
4920 Oak Leaf Avenue
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FROM THE EDITOR

What a cross country season it has been! This fall harrier season was an exciting one, with lots of thrills, spills and even some unexpected surprises. I hope you will be able to relive some of that excitement in the pages of this issue of *California Track & Running News*. We have jammed it full of information. Inside you will find results, features, and photos from such meets as the CIF Section championships, the State Meet, Foot Locker Regionals and Nationals, as well as a host of other end-of-the-season events.

Most cross country observers will agree that the biggest surprise of the season was the upset in the women's Foot Locker National Championship held at San Diego's Balboa Park, the second Saturday in December. Julia Stamps was a "no-brainer" for the win. The question was, "Would she get the course record?" After all, she was undefeated, including State and Foot Locker Regional--almost always with course records. It wasn't to be--not this day. No record. No championship. No victory. No string.

This day, Julia showed that she is neither indestructible nor superhuman, but very much human like the rest of us. Yes, she even gets sick.

What a range of emotions I experienced while watching the Foot Locker Nationals. When Julia fell, so did my heart. Julia's friendly and upbeat persona wins over anyone who is near her. Even her opponents love her. While still hurting for the stricken leader, I began to wonder, "What will her reaction be to defeat? No one has ever seen that aspect of her. Will

she retreat? Sulk? And with the event heavily populated by media and college coaches...Wow! What will happen?"

Within the hour, although visibly disappointed and exhausted, Julia began to show her true colors--smiling, congratulating the winners, visiting with family and friends. She was her old self at the Awards Banquet proving to be ever-gracious. Yes, Julia is a true champion--in victory and defeat. If she hadn't been sick the second Saturday in December, maybe we wouldn't have had the chance to find out.

As low as my emotions plummeted at that two mile mark, they shot back just as high six minutes later when Kim Mortensen crossed the finish line as the High School National Champion. Kim is an amazing person. She was the only one to go after Julia in the race. I think the other runners had conceded the victory before the start and just let Julia go. Not Kim. She hung and pushed, hung and pushed, and it paid off big time. Kim had run in Julia's shadow all year, but not this day. Today was Kim's.

Congratulations to two champions in victory and defeat. B.C.

ON THE COVER: Californian KIM MORTENSEN (Thousand Oaks HS) capped an outstanding senior season by becoming the nation's top cross country runner--she won the Foot Locker Cross Country Championships (photo by Kirby Lee). Inset: Foot Locker West Regional winners, ISAAC HAWKINS (Spokane, WA) and JULIA STAMPS (Santa Rosa HS) -- see Foot Locker Cross Country coverage beginning on page 30 (Fine Flicks by Don Gosney).

SCHEDULE

Please send schedule information...

Cross country and track information--

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

Road Racing information--

Jack Leydig, PO Box 1390,
San Mateo, CA 94401
FAX (415) 348-1862

The schedule is subject to change, so please verify dates, locations, times, etc., prior travelling to an event. It is a good idea to always include a self-addressed, stamped envelope when requesting information or entry forms.

Road Racing

January 6 (Sat.)

Bakersfield: Hart Park Fun Run, Distance & Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Bakersfield: Doin' '96 in the Fog Runs, Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (805/326-3053).

Ventura: Buena 4 & 1 Mi. Dia Rounds Memorial Run, San Buenaventura State Beach, 1M/8:30 a.m., 4M/9 a.m. Steve Blum, 505 Briarwood Terr., Ventura 93001 (805/652-1744).

Irvine: Southern California Half Marathon & 5K and Kids'/Seniors' 2K Challenge, Woodbridge Village Shopping Center, 8:30 a.m. George Varvas, 7 Woodrush, Irvine 92714 (714/559-8171).

January 7 (Sun.)

San Francisco: DSE Single & Double Muni Pier Runs, 1.25M/2.47M, Dolphin Club, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Stanford: East-West Shrine Run 5K/10K, Stanford Stadium, 9 a.m. East-West Shrine Run, 1651 - 19th Av., San Francisco 94122 (800/227-8881).

Stockton: California 10 (PA/USATF 20M Champs), San Joaquin Gen. Hosp., French Camp (new course!), 9 a.m. Larry Frank, 3627 Fourteen Mile Dr., Stockton 95219 (209/478-2802).

January 13 (Sat.)

Daly City: San Francisco Sports & Boat Show 10K Run/5K Run-Walk, 9 a.m. J&A Produc-

tions, 1032 Hacienda Av., Campbell 95008 (408/866-8848).

Pinole: MiniMan Biathlon (2.5mR-12mB-2.5mR), Ellerhorst School (Pinole Valley Rd.), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Pt. Reyes: Pt. Reyes Trail Marathon/25K/7M, Five Brooks (Hwy. 1 between Olema & Stinson Beach), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Fresno: Clovis/Fresno Martin Luther King, Jr. Scholarship Dream Run, 1K/2M/4M, Woodward Park, 8:30 a.m. Marilyn Wilburn, P.O. Box 25032, Fresno 93720 (209/436-5210).

San Simeon: Castle to Coast Eight Mile Run, Sam Simeon State Park (to Shamel Park in Cambria), 8:30 a.m. No contact information available.

Paramount: Paramount 10K (& World Masters Div.), Progress Park, 8 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Las Vegas, NV: LVTC 5M/2M, Bruce Trent Park (Rampart & Vegas Dr.), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

January 14 (Sun.)

San Francisco: DSE Windmill Run, 6.5M, Golden Gate Park (JFK Dr. & Great Hwy.), 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Emeryville: Emeryville Market Run, 5 Mi., Day's Inn (Powell St. exit off I-80), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Ventura: Ventura 30K & 5K Classic, Great Pacific Iron Works (Santa Clara/Olive), 8 a.m. Info: Gary Tuttle (Inside Track) (805/643-1104).

Santee: Steve Scott Festival of Miles 1M/5K, Mission Gorge Rd./Town Center, 7:30 a.m. Ken Schulte, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 8K, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

San Diego: Strides Across the Border 10K/5K, 5K starts in Tijuana, B.C., 10K starts at San Diego Factory Outlet Center, 7:30 a.m./5K, 8 a.m./10K. SandRock Prods., 7915 Silverton, Suite 309, San Diego 92126 (619/530-1111).

January 20 (Sat.)

El Dorado Hills: Run for the Hills 10K/5K & 1M Kids' Run/Walk, Marina Village School (Francisco Dr.), 8:30 a.m./1M, 9 a.m. Jim Crangle, Marina Boosters Club, 2320 Hartford Ct., El Dorado Hills 95762 (916/933-2078).

Sacramento: Jedediah Smith 18M/31M/50M Gibson Ranch County Park (Elverta Rd.), 8 a.m./50M, 9 a.m./31M, 10 a.m./18M. Jim Drake, 3445 Whitnor Ct., Sacramento 95821 (916/344-2878w, 916/485-8013h).

Bakersfield: BTC Poker Runs, 5K/10K, Comanche Acres Cattle Co. (Sherwood Av.), 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386 (Lee Denham: 805/871-4288).

Las Vegas, NV: LVTC 10M/5M/2M, Boomtown Hotel/Casino (reg. in RV area, but no parking here...use main lot or out by start), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

January 21 (Sun.)

San Francisco: San Francisco Zoo Run, 3M/7M, Herbst Rd./Skyline Blvd., 8 a.m./7M, 9 a.m./3M. Tern Tarantino, 1 Zoo Rd., San Francisco 94132 (415/753-7171).

San Francisco: DSE Single Lake Merced Run 4.6M, Sunset Blvd. Parking Lot (Lake Merced), 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Sacramento: Trackathon, 10K/20K/30K/ Marathon/50K, 9 a.m. Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

Ventura: European-Style X-C Run, 2.2M/6.6M Olivas Adobe (Olivas Park Dr.), 8:30 a.m./2.2M, 9 a.m. Info: Team Inside Track (805/643-1104).

Highland: Highland Family YMCA 5K/10K/ Half-Marathon, East Highland Ranch, 8:20 a.m. Info: 909/864-8296.

Carlsbad: San Diego Marathon & Half-Marathon, Marathon Relay & 5K, Plaza Camino Real, 6:50 a.m./HM, 7:15 a.m./Mara. & Relay San Diego Marathon, 511 S. Cedros Av., Suite B, Solana Beach 92075 (619/792-2900).

January 27 (Sat.)

El Sobrante: Lakeridge Triathlon (500yS-10mB-5kR), Lakeridge A.C., 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Copperopolis: The Copper Run 10K/2M/0.5M Runs, Black Creek Park (Copper Cove), 8 a.m./0.5M, 8:30 a.m./2M, 9:15 a.m./10K. Marilyn Richardson, 3450 Arrowhead St., Copperopolis 95228 (209/785-2326, 209/785-2757).

Merced: MTC Fog Jog, distance TBA, 27th & K St., 9 a.m. Merced T.C., P.O. Box 3275, Merced 95344 (209/722-4428).

Agoura Hills: Great Race of Agoura 2K/5K/10K, Agoura H.S. stadium, 7:30 a.m. Info: 818-725-4444.

San Diego: Naval Medical Center 10K/5K Fun Run/Walk, Balboa Park (Pan American Plaza), 8 a.m. Info: Amanda Bolvin (619/532-5215).

SCHEDULE

January 28 (Sun.)

San Francisco: Home Depot San Francisco Half-Marathon & 5K, Golden Gate Park (JFK Dr./Stow Lake Dr.), 8 a.m. Info: Pamakids (415/333-4780).

San Francisco: DSE Legion of Honor Run, 4.3M (34th & Clement), 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse, 14th St. & Lakeside Dr.), 9 a.m. LMJS Hotline (510/601-7887).

Santa Cruz: Santa Cruz Co. Special Olympics Super Bowl Sunday Fun Run, 10K/3K, Silicon Systems (2300 Delaware Av.), 8:30 a.m./3K, 9 a.m. Santa Cruz Special Olympics, 809 Bay Av., #H, Capitola 95010 (408/479-5288).

Running Springs: Winter Shootout (5mXC Ski & Air Rifle Shoot; 5K Novice Ski Race), 10 a.m./Biathlon, 11 a.m./5K Ski. Stephen Whitmore, 42620 Dogwood Rd., Lake Elizabeth, Running Springs 93532 (805/724-2139; 909/867-2600).

Redondo Beach: Redondo Beach Super Bowl Sunday 10K/5K & Elite 1M, North Harbor Dr (Redondo Beach Marina), 8 a.m. The Redondo Beach Chamber of Commerce, 200 Pacific Coast Hwy., Redondo Beach 90277 (310/379-6913).

Huntington Beach: Huntington Beach Shoreline Run, 1K/5K/10K/Half-Marathon, Huntington Beach Pier, 7:30 a.m./5K, 8 a.m./10K-HM, 10:30 a.m./1K. Info: Race Pace Promotions (714/661-6547).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 12K, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

San Diego: Super Run 10K Run & 5K Super Stroll/Run, Mission Bay (Sea World), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Green Valley, NV: Super Sole VIII 10K/2M Fun Run & 1K Kids' Classic, Green Valley Twin Center, 8 a.m. Green Valley A.C., 2100 Olympic Av., Henderson, NV 89014 (702/454-6000, x223).

February 3 (Sat.)

Pt. Reyes: Limantour Split 10M/6.2M (1st of Coastal Challenge Series), Limantour Beach parking lot, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Saratoga: Santa Cruz Mountains Half-Marathon & 7M, Saratoga Gap (Hwy 9 & 35), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

San Juan Bautista: Rotary Mission Ten, 10M/5K, Mission San Juan Bautista, 10 a.m./10M, 10:15 a.m./5K. Sam Breger, 321 San Felipe Rd., #15, Hollister 95023 (408/637-9283).

Chinese Camp: Orient Express 4M/1M, Chinese Camp School, 9 a.m./1M, 10 a.m./4M, Eddie Zoma R.C., P.O. Box 78, Sonoma 95370 (209/532-7974).

Trinidad: Trinidad-Clam Beach Run, 8.75M, Lampun Restaurant (Patrick Point Dr.), 1 p.m./

Walk, 2 p.m. Info: Trinidad Chamber of Commerce (707/677-3448).

Bakersfield: BTC Half-Marathon & 5K, Beach Park (Hwys 99 & 178E), 8 a.m. Leslie King, 3825 Fairmount, Bakersfield 93306 (805/872-9554).

Las Vegas, NV: Sweatin' Sweet Hearts 5M/2M, Silver Bowl (near Russell Rd. & Boulder Hwy), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

February 4 (Sun.)

San Francisco: DSE Stem Grove Run, 4M, 33rd Av. & Wawona, 9:30 a.m. DSE Runners, P.O. Box 210483, San Francisco 94121 (415/978-0837).

Davis: Davis Stampede Half-Marathon/10K/5K, Davis Sr. H.S., 9 a.m./5K-10K, 9:10 a.m./HM. A Change of Pace, 221 "G" St., #205, Davis 95616 (916/757-6017).

Playa del Rey: Friendship Run for Los Angeles, 18.6M/10M, L.A. Memorial Coliseum, 8 a.m. Prime Time, P.O. Box 4931, Blue Jay 92317 (818/345-9377; 310/828-4123).

Long Beach (POSTPONED!!): Long Beach Marathon/Marathon Relay/Half-Marathon/5K, Time TBA. LBM, P.O. Box 32038, Long Beach 90832.

February 10 (Sat.)

Muir Beach: Breakers to Breakers 5K/7.2M (2nd of Coastal Challenge Series), Muir Beach at Hwy. 1 (GGNRA), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Campbell: Valentine's 10K Run/5K Walk, Water Tower/Hyde Park at First St./Orchard City Dr., 9 a.m. John Araujo, Campbell Recr. Dept., 1 W. Campbell Av., #31, Campbell 95008 (408/866-2105).

Santa Barbara: Valentine's Couple Relay, 2x4M, 2-person male/female relay, Palm Park, Time TBA. John Brennand, 4476 Meadowlark Ln., Santa Barbara 93105 (805/964-2591).

Torrance: President's Day Run, South H.S., 5K/10K/Youth Races, South H.S. stadium (4801 Pacific Coast Hwy), 8 a.m./10K, 8:15 a.m./5K, 9:30 a.m./Youth Races. Info: Conte Prods. (310/798-2488).

Huntington Beach: The Great American Adventure Run, 2.8 & 4.8 Mi., Central Park West, 8 a.m./2.8M, 8:30 a.m./4.8M. Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Furnace Creek: Death Valley Trail Marathon/Half-Marathon (100 Limit), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Las Vegas, NV: International Breakfast Run 5K, MGM Grand Hotel, 8 a.m. Al Boka, P.O. Box 81262, Las Vegas, NV 89180 (702/876-3870).

February 11 (Sun.)

San Francisco: DSE Golden Gate Bridge Vista Run, 5.04M, Legion of Honor (34th Av. & Clement), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Valentine Day Run/Walk, 5K/10K, Lake Merritt, 10 a.m. Susan Hulse, American

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SCHEDULE

Heart Assoc., 11200 Golf Links Rd., Oakland 94605 (510/632-9606).

Los Gatos: Love Connection Couples Relay, 2x2M, Vasona Park, 9 a.m. Julie Rohloff, 19445 Black Rd., Los Gatos 95030 (408/354-4892).

Pacific Grove: Together With Love 10K Run/Walk, Lover's Point, 9 a.m. Clare Mounteer, Monterey Rape Crisis Center, P.O. Box 2630, Monterey 93942 (408/373-3389).

Torrance: Torrance Education Foundation President's Day Runs, 5K/10K & Kids Run, South H.S. (sports stadium), 8 a.m. Info: Conte Prods. (310/798-2488).

Woodland Hills: Heart Run & Walk, 5K/10K, 21850 Oxnard, 8 a.m./5K, 8:45 a.m./10K. American Heart Assoc., 10390 Santa Monica Blvd., #310, Los Angeles 90028 (818/906-9816).

Palm Springs: Heart of Palm Springs 5K/10K & 2M Fun Run, Palm Springs H.S., 7:30 a.m. American Heart Assoc., 74020 Alessandro, Ste. A, Palm Desert 92260 (Keenan Barber, MD: 619/346-8109).

San Diego: Guys & Gals Couples Race, 4 Mi., Santa Fe at Damon, 8 a.m. Info: Kendall Webb (619/268-1932).

Las Vegas, NV: Las Vegas International Marathon, Relay, Half-Marathon & 5K, starts at Jean, 7 a.m./HM, 7:30 a.m./Mara. Al Boka, P.O. Box 81262, Las Vegas, NV 89180 (702/876-3870).

Ensenada, Mexico: Ensenada Invitational 5K/10K People's Run/Walk & Elite 10K Invit., 9 a.m. Info: Elite Racing (619/450-6510, 714/548-4897).

February 17 (Sat.)

San Mateo: Castaway 5K/10K, Castaway Restaurant (Coyote Point), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Stinson Beach: Cascading Cataracts Trail Marathon/25K/7M, Parkside Cafe, 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Porterville: Sweethearts Half Marathon Run & 5K, 8 a.m. Los Robles Elementary School (500 E. Mulberry). Info: (209) 782-7461.

Santa Barbara: Adventours Winter Series, 5K Run, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Las Vegas, NV: LVTC 10M/5M/2M Trail Run, Desert Nat'l. Wildlife Range (I-95 north 9M past Mt. Charleston), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

Charlotte, NC: Men's Olympic Trials Marathon (& Charlotte Observer Marathon, run separately), time TBA. Muhleman Marketing, 6000 Monroe Rd., Suite 300, Charlotte, NC 28212 (704/568-2520).

February 18 (Sun.)

San Francisco: DSE Polo Field 5K/10K Runs, Golden Gate Park (south side of Polo Fields), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Pasadena: Race for the Cure-LA County 5K/1K, Rose Bowl, 8:30 a.m. Info: Kinane Events (619/434-7706).

Newport Beach: L.A. County Race for the Cure, 5K, Newport Center, 8:30 a.m. Info: Kinane Events (619/434-7706).

Dana Point: Whale Chase 5K, Ritz Carlton Hotel, 8 a.m. Race Pace Promotions, P.O. Box 795, Dana Point 92629 (714/661-6547).

Rancho Santa Fe: San Dieguito Half-Marathon & 5K Run/Walk, San Dieguito County Park, 8 a.m. Info: Kathy Loper Events (619/298-7400).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 15K, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Manguente Pkwy., #101, Mission Viejo 92692 (714/380-7255).

Scottsdale, AZ: Smith Barney Valley of the Sun Marathon, Marathon Relay, Half-Marathon & 5K, 7 a.m./Mara. & Relay, 7:30 a.m./HM, 7:35 a.m./5K. Smith Barney/Valley of the Sun Marathon, 6505 N. 16th St., Phoenix, AZ 85016 (Raceplace Event Systems: 602/277-4333).

February 24 (Sat.)

Ft. Cronkhite: Tennessee Valley Waltz (last of Coastal Challenge Series), 10M/5M, near Rodeo Lagoon, 9 a.m. Sky High, P.O. Box 29063, El Sobrante 94803 (510/223-5778).

Sausalito: Escape from Marin Marathon/Half/7M, East Ft. Baker (Mara/HM), Rodeo Beach (7M), 9 a.m./Mara-HM, 10 a.m./7M. Enviro-Sport, Box 1040, Stinson Beach 94970 (415/868-1829).

Monterey: Run With the Dream 10K, Presidio of Monterey (Soldier Field), 9 a.m. Erik Price, 449 Lewis Rd., Monterey 93940 (408/242-5399 or -5573).

Ripon: Almond Blossom Run, 8K/1M, Mavis Stouffer Park (Manley Rd.), 8:30 a.m./1M, 8:45 a.m. Ripon Chamber of Commerce, 19988 S. Carrolton Rd., Ripon 95366 (Jackie: 209/599-3476; Greg: 209/623-3421).

Redding: The Record Searchlight Half-Marathon/10K/2M, Caldwell Park, 10 a.m. Lina Calvo-Smith, P.O. Box 492113, Redding 96049 (916/223-5136).

Los Alamitos: Los Alamitos 10K/5K Runs, Los Alamitos Comm. Ctr., 8 a.m. Los Alamitos Runs, 10911 Oak St., Los Alamitos 90720 (Bill Calkins: 310/430-1073).

Las Vegas, NV: LVTC 5K/2M, Pueblo Park (Lake Mead Blvd. & Pueblo), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

February 25 (Sun.)

San Francisco: Chinese New Year Run, 10K/5K, Grant St./Sacramento St., 8 a.m. Chinatown YMCA, 855 Sacramento St., San Francisco 94108 (415/982-4412).

San Francisco: DSE Ferry Building Run, 3.83M & Kids' Run, Dolphin Club, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Berkeley: Berkeley Rainbow Run, 5K/10K, University Av. & Berkeley Marina (by Skates Restaurant), 8 a.m. Nitsa Lallas/Mike Ward, Canned Food Outlets, 2000 Fifth St., Berkeley 94710 (510/704-6599).

Oakland: Couples Relay 10K Run (2x5K, female runs first), Lake Merritt (Old Boathouse, 14th St./Lakeside), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/601-7887).

Novato: Indian Valley Biathlon (3mR-10mB-2mR), Stafford Lake, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Willits: Willits Classic 10M/5K, Recreation Grove Park, 10 a.m. Bill Rhoads, North Coast Striders, P.O. Box 1556, Willits 95482 (707/459-4916).

Saratoga: The Great Race, 3.8M, Saratoga Village to dntn. Los Gatos, 9 a.m. Rotary Club of Los Gatos, Stewart Elnor, P.O. Box 1018, Los Gatos 95031 (408/748-9000).

Santa Cruz: The Great Chowder Chase, 4.5M, Santa Cruz Beach Boardwalk, 8:45 a.m./Men, 9:30 a.m./Women. Lisa McGinnis, 307 Church St., Santa Cruz 95060 (408/429-3187).

Montebello: C.E. Pop Marty Run, 5K/10K/2M Fun Run/Kiddie K, Grant Rea Park (600 N. Rea Dr.), 8 a.m./2M, 8:15 a.m./1K, 8:30 a.m. Michelle Garcia, 1600 W. Beverly Blvd., Montebello 90640 (213/887-4540).

Dana Point: Whale Chase 5K, Ritz Carlton Hotel, 8 a.m. Info: Race Pace Promotions (714/661-6547).

Brea: Break 8K Classic & Kids' 1M Fun Run (12 & Under), Brea Mall, 8 a.m. Susie Sokol, 363 Heartwood, Brea 92621 (714/671-1305).

Newport Beach: Spirit Run '96 5K/10K/1M & 0.5M Kids' Run, Fashion Island (Newport Center), 7:30 a.m./10K, 8:15 a.m./5K, 9:30 a.m./Kids. Info: Kinane Events (619/434-7706).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 18K, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Manguente Pkwy., #101, Mission Viejo 92692 (714/380-7255).

March 2 (Sat.)

Sausalito: Run for the Seals 4M, Rodeo Beach (Marin Headlands near Ft. Cronkhite Beach), 9 a.m. Calif. Marine Mammal Center, GGNRA-Marine Headlands, Sausalito 94965 (415/255-3833).

Gonzales: Gonzales YMCA Grape Stampede 10K/5K, The Monterey Vineyard, 10 a.m. Luke Seward, So. County YMCA, P.O. Box 1106, Gonzales 93960 (408/678-1239).

Santa Barbara: Adventours Winter Series, 5K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

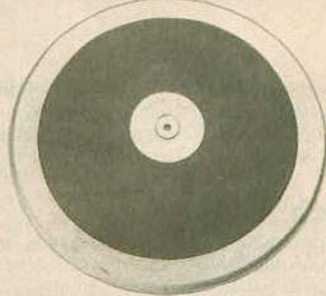
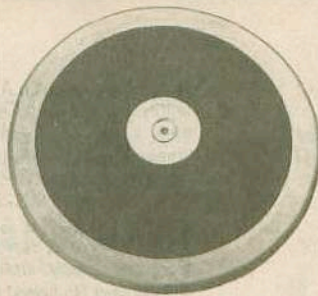
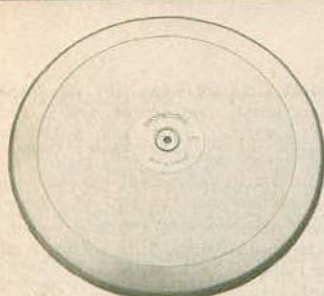
South Gate: The Azalea Festival 5K/10K, Hollywood Park (Century Blvd.), 8 a.m./5K, 8:30 a.m./10K. Finish Line Intl., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Manhattan Beach: A.M. Good Morning 5K, American Martyrs School, 8 a.m. American Martyrs School, 1701 Laurel Av., Manhattan Beach 90266 (Dick: 310/376-8294).

San Diego: Sue Krenn 15K, East Mission Bay Dr. (near Hilton), 7:30 a.m. Info: Hal Goforth (619/697-4467).

Seaside, OR: ORRC Trail's End Marathon, 9 a.m. ORRC, P.O. Box 549, Beaverton, OR 97075 (503/646-7867).

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SCHEDULE

Las Vegas, NV: LVTC 5K/2M, Sunset Park (Sunset & Eastern), 8 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/898-RUNN).

March 3 (Sun.)

San Francisco: DSE Diamond Heights Run, 2.99M, McAteer H.S. (Portal Dr./O'Shaughnessy Blvd.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Calistoga: Sutter Home Napa Valley Marathon & 5K (RRCA State Mara. Champs; info on 5K below), 7 a.m. SHNVM, P.O. Box 4307, Napa 94558 (707/255-2609).

Napa: Three R's 5K (in conjunction with Napa Valley Marathon), Vintage H.S., 8:15 a.m. Mary Duenow/Reg Harris, Vintage H.S. English Dept., 1375 Trower, Napa 94558 (707/253-3686).

Avalon: Catalina Island Marathon/5K/10K, Time TBA. Info: Calif. Athletic Prods (714/737-1495).

Los Angeles: City of Los Angeles Marathon/5K, 8:40 a.m. Los Angeles Marathon, 11110 W. Ohio Av., #100, Los Angeles 90025 (310/444-5544).

March 9 (Sat.)

Santa Barbara: Adventours Winter Series, 5K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

San Diego: Cystic Fibrosis Stairclimb, The Koll Center (501 W. Broadway), 9 a.m. to noon. Info: CF Fdn., (619/234-5880).

San Diego: Nutrition Fuels Fitness-San Diego Dietetic Assoc. 10K/5K Runs, Mission Bay, 8 a.m. Mary Ryzner, 28631 Mountain Meadow Rd., Escondido 92026 (619/749-5336).

Las Vegas, NV: Child Seekers 5K, Location & Time TBA. Info: Jill (702/458-7009).

March 10 (Sun.)

San Francisco: San Francisco Coastal Trail Race II 5K/10K, Merrie Way parking lot (1/8M east of Cliff House), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Francisco: DSE Rainbow Falls 5K & Kids' Run, Golden Gate Park (JFK Dr./Transverse Dr.), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Merced: The County Bank Run at RASCAL Creek, 10K/3K/1M Youth Race (RRCA 10K Championships), Rahilly Park, 8:30 a.m./1M, 9:15 a.m./3K, 9:30 a.m./10K. Merced T.C., P.O. Box 3275, Merced 95344 (209/725-4016; 722-4428).

Running Springs: Winter Shootout, 5M X-C Ski & Shoot Biathlon & 5K Novice Ski Race, Rim Nordic X-C Ski Area, 10 a.m./Biathlon, 11 a.m./5K Ski. Stephen Whitmore, 42620 Dogwood Rd., Lake Elizabeth 93532 (805/724-2139).

Cleveland National Forest: WTRS IV Winter Trail Run Series, 4x8K Relay, Lower Blue Jay Campground, 8 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

San Diego: Rainforest 5K Run/Walk, Mission Bay Park (south of Hilton), 7:30 a.m. Rainforest Run, 4060 Morena Blvd., G355, San Diego 92117 (Bill Sweetman: 619/551-0874; Breaking 40: 619/272-8316).

March 16 (Sat.)

Boulder Creek: Big Basin Marathon/Half-Marathon/4M, Park HQ, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Fort Bragg: Whale Run, 10K/5K, Mackerricher State Park (Haul Rd., 1 Mi. north of Ft. Bragg off Hwy. 1), 8:30 a.m. Soroptimist Int'l., Barbara D'Arezzo, P.O. Box 131, Ft. Bragg 95437 (707/964-0944).

Bradley: Bradley Bulldog 5K/10K Runs, 9 a.m. Linda Richards, Bradley Union School District, PO Box 69, Bradley 93426 or call George Erdelyi at (805) 472-2310.

Santa Barbara: Santa Barbara Trail Half-Marathon, 7 a.m. Info: 800/967-8758.

Santa Barbara: Adventours Winter Series, 8K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Avalon: Catalina Island Marathon, 5K/10K, Two Harbors (finish in Avalon), 8 a.m./10K, 8:10 a.m./5K. Michael Braunstein, Calif. Athletic Productions, 304 Stonecliffe Aisle, Irvine 92715 (714/737-1495).

San Diego: St. Patrick's Day 10K, Balboa Park (President's Way), 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

Las Vegas, NV: Race for the Cure 5K/1M, Location & Time TBA. Info: Susan Strang (702/898-7866).

March 17 (Sun.)

San Francisco: DSE Little Marina Green Run, 3.8M, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Walnut Creek: Ginder Grinder, 10K/5K, Borges Ranch Ranger Station, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Torrance: Mobil St. Patrick's Day Run for the Blind 10K/5K & Kids' Dash, Del Amo Fashion Center, 8 a.m. Vistas, P.O. box 700-251, Redondo Beach 90277 (714/374-3200, 619/450-6510).

Temecula: Blind Pig Blamey Classic, 10K/5K & 1M Fun Run, Rancho California Sports Park, 8 a.m. Temecula Jaycees, c/o Kathy Loper Events, 7801 Mission Center Ct., Suite 200, San Diego 92108 (619/298-7400; 909/699-5006).

March 23 (Sat.)

Oakland: Greek Independence Day Run, 5K/10K, Lake Merritt (New Boathouse), 8:30 a.m. George Zuras, 601 Fortress Isle, Alameda 94501 (510/521-3310, after 4 p.m.).

Crescent City: Redwood Wild River Run, 15K/5K, 10 Mi. NE of Crescent City off Hwy. 199, 11 a.m. Ralph Hirt, 645 Meridian St., Crescent City 95531 (707/464-3779).

Applegate: Applegate 5K Spring Run, Applegate Christian School, 9 a.m. Nick Vogt, Chris-

tian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Atascadero: 15th Annual Park to Park 10K & Half Marathon Paloma Creek Park, 9 a.m. Info: Call Sue Rovai (805) 461-5008. City of Atascadero, Dept. of Community Services, 6500 Paloma Ave., Atascadero 93422, Attn: Park to Park

Santa Barbara: Adventours Winter Series, 10K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Las Vegas, NV: LVTC Marathon Relay, Tule Springs (Floyd Lamb State Park), 8 a.m. Info: Carlos Ross (702/459-6957).

March 24 (Sun.)

San Francisco: DSE Roller Coaster Run, 2.92M & Kids' Run, west end of Mountain Lake Park, 9 a.m./Kids, 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse; Lakeside Dr./14th St.), 9 a.m. LMJS Hotline (510/601-7887).

Sausalito: Houlihan's to Houlihan's 12K, shuttle from S.F. Aquatic Park to start in East Ft. Baker; return over Golden Gate Bridge to Aquatic Park, 8 a.m. Info: RhodyCo Prods (415/564-0532).

San Jose: Mercury News 10K Race/5K Walk Park Av. & Almaden Av., 9 a.m. Sarah Clish San Jose Mercury News, 750 Ridder Park Ddr., San Jose 95190 (408/920-5755).

Pope Valley: Pope Valley Biathlon (2.5mF-22mB-2.5mR), Pope Valley Farmer's Center (east of Angwin), 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Mendocino: Mendocino Trail Marathon/Half-Marathon/10K, Russian Gulch State Park, 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Cleveland National Forest: WTRS IV Winter Trail Run Series, SJT 50K Ultra, Lower Blue Jay Campground, 7 a.m. Baz Hawley, 25769 Marguerite Pkwy., #101, Mission Viejo 92692 (714/380-7255).

March 30 (Sat.)

Pescadero: Artchoke Half Marathon/10K, Duarte's Tavern (Stage Rd.), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Sausalito: Golden Gate Headlands Marathon/Half-Marathon/10K, Rodeo Beach (Ft. Cronkhite, Marin Headlands), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

Santa Barbara: Adventours Winter Series, 12K, Palm Park (Cabrillo Blvd.), 8:30 a.m. Info: 805/963-2248.

Los Angeles: The LMU Run for the Bay, 5K/10K, Loyola Marymount Univ. (7900 Loyola Blvd.), 8 a.m. Info: 310/338-7596.

Los Angeles: The L.A. Philharmonic Run, 5K/10K & Kiddie Run, Griffith Park, 8 a.m. Info: W/Promotions (310/828-4123).

Carlsbad: Junior Carlsbad (for kids 12 & Un-



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der), distances from Toddler Trot (25 Yds.) to 1 Mi., 9 age groups, 7:30 a.m. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92121 (619/450-6510).

Las Vegas, NV: LVTC 5M 2-Person Relay, Cheyenne H.S. (3200 W. Alexander), 8 a.m. Info: Dr. Rob Gardner (702/656-1040).

March 31 (Sun.)

San Francisco: DSE No. Embarcadero Run, 6.25M, Embarcadero/Berry (Java Cafe), 9:30 a.m. DSE Runners, P.O. Box 210482, San Francisco 94121 (415/978-0837).

Stanford: Fifty-Plus Generation Celebration 8K Run/5K Walk (must be 50 years old to compete in 8K; all ages for 5K), Stanford Stadium, 8 a.m./5K, 9 a.m./8K. Fifty-Plus Fitness Assoc., P.O. Box D, Stanford 94309 (415/323-6119).

Carlsbad: Carlsbad 5000, 6 events, various start times. Elite Racing, 10509 Vista Sorrento Pkwy., #102, San Diego 92129 (619/450-6510).

LOOKING AHEAD

(Marathons, Ultra, Relays, Important Dates, Major Events, etc.)

April 6 (Sat.)

Sacramento: American River 50M, Cal-State Univ. Sacramento to Auburn, 6 a.m. (Mar. 18 entry deadline). Delmar Fraclick/Will Rox-

burgh, 1730 Santa Clara, #3, Roseville 95661 (916/650-8602).

April 13 (Sat.)

San Rafael: China Camp Shoreline Marathon/Half-Marathon/10K, Miwok Meadows (China Camp State Park, N. San Pedro Rd. off 101), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

April 14 (Sun.)

San Francisco: San Francisco Senior Games (50 years & over), track & field, race walking, and other sports. S.F. Senior Games, 450 Stanyan St., San Francisco 94117 (415/750-4952).

April 15 (Mon.)

Hopkinton, MA: 100th Annual Boston Marathon (qualifying times req'd.), noon(?). BAA, Box 1996, Hopkinton, MA 01748 (508/435-6905).

April 20 (Sat.)

San Francisco: Ruth Anderson 100K (Ultra Grand Prix event), Lake Merced (Sunset Blvd. parking lot), 6:30 a.m. Dick Collins, Bay Area Ultra Runners, 1015 Hollywood Av., Oakland 94602 (510/530-6634).

Calistoga: Napa Valley Trail Marathon/Half-

Marathon/10K, Napa Valley State Park (Hwy. 29 btwn. St. Helena & Calistoga), 9 a.m. Enviro-Sports, P.O. Box 1040, Stinson Beach 94970 (415/868-1829).

April 21 (Sun.)

Fallhook: Guacamole Grande 10M/20M/50M, Fallhook H.S., 7:30 a.m./50M, 9 a.m./20M, 10 a.m./10M. Randy, 12300 E. Washington Blvd., #W, Whittier 90606 (310/943-9440).

Los Angeles: Jimmy Stewart Relay Marathon, Griffith Park (near Merry-Go-Round), 8 a.m. Laurie Andrews, 1328 - 22nd St., Santa Monica 90404 (310/829-8968).

April 27 (Sat.)

Georgetown: Gold Rush 50K/100K(2 days) (two different 50K courses...run either or both), El Dorado Forest, 8:30 a.m. (No Raceday Entries; Entries Limited). Paul Reese, 308 Forest Ct., Auburn 95603 (916/823-0276).

April 28 (Sun.)

Big Sur: Big Sur International Marathon/5K & 5-person Marathon Relay (finishes in Carmel), 7 a.m./Mara. & Relay, 7:30 a.m./5K. Joe Sweeney, P.O. Box 222620, Carmel 93922 (408/625-6226).

SCHEDULE

Georgetown: Gold Rush 50K/100K (see Apr. 27 information).

May 4 (Sat.)

Sausalito: What-Mi-Wok Trail 100K, Rodeo Lagoon (Marin Headlands), 5 a.m. (16 Hr. cut-off). Bay Area Ultra Runners, Kellie Sheehan, Gerke Alley, San Francisco 94133 (415/291-0772: Note that this number is not correct).

May 5 (Sun.)

Weott: Avenue of the Giants Marathon & 10K, Humboldt Redwoods State Park, 9 a.m. Ken Yonasko, 281 Hidden Valley Rd., Bayside 95524 (707/443-1226).

Lone Pine: Wild Wild West Marathon, 10M/3M Fun Run, Tuttle Creek Campground, 7 a.m. Lone Pine Chamber of Commerce, P.O. Box 749, Lone Pine 93545 (619/876-4444).

Vancouver, BC (Canada): Vancouver International Marathon & Half-Marathon, BC Place Stadium, 7 a.m. Gordon Rogers, P.O. Box 3213, Vancouver, BC, V6B 3X8 Canada (604/872-2928).

Track & Field

High School

Track & Field

February 15-17 (Thurs-Sat)

Pocatello, ID: Simplot Games. Holt Arena, Idaho State University. Info: Greg Burch or Carol Lish (208) 238-2777.

February 24 (Sat.)

Los Angeles: 37th Annual Los Angeles Invitational Indoor Track Meet. LA Sports Arena (3939 South Figueroa St., Los Angeles), 11 a.m. to 9 p.m. (High School 11 a.m., Invitational 6 p.m.). Info: (310) 535-9230. Tickets: (213) 748-6131.

San Francisco: McAteer Time Trial, 9 a.m. Complete meet schedule including Soph-Frosh Boy's division. Contact Marc Christensen, McAteer HS, 555 Portola Drive, San Francisco 94131-1699.

March 2 (Sat.)

Los Banos: Los Banos Breakfast Lions Track & Field Invitational, 9 a.m. Contact Mike Miller, Los Banos High School, 1966 S. 11th Street, Los Banos 93635 (209) 826-6033.

Long Beach: The Long Beach Poly High School Track & Field Invitational. Long Beach City College Veteran's Stadium. Info: (310) 591-0581 or (310) 671-8006 h.

March 9 (Sat.)

Stockton: Dom George Relays. Hosted by Bear Creek High School at the San Joaquin Delta College facility. Contact: Greg Wright, Bear Creek HS, 10555 Thornton Rd., Stockton 95209 (209) 953-8235 or (209) 943-2735 home.

March 9-10

Boston, MA: National Scholastic Indoor Championships. Reggie Lewis Sports Center. Info: (212) 227-0071.

March 23 (Sat.)

Long Beach: 8th Annual Long Beach Relays. All relay events plus individual and steeplechase. Veteran's Stadium, Long Beach City College, 10 a.m. Info: Jim Arquilla, Meet Director, Long Beach Wilson (310) 433-0481.

Azusa: High School Meet of Champions, 1 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

March 29 (Sat.)

Saratoga: West Valley Relays Frosh/Soph Boys. At West Valley College. Contact Bill Campbell (408) 741-2004.

March 30 (Sat.)

Saratoga: West Valley Relays. At West Valley College. Contact Bill Campbell (408) 741-2004. Wolfpack International -- Open divisions.

April 6 (Sat.)

Stockton: Bear Creek Invitational. At San Joaquin Delta College facility. Contact Greg Wright, Bear Creek HS, 10555 Thornton Rd., Stockton 95209 (209) 953-8235 or (209) 943-2735 home.

Azusa: San Gabriel Valley Invitational, 10 a.m. Contact Irv Ray (818) 815-6000, ext. 3294.

April 11-13 (Thurs-Sat.)

Fresno: Fresno Relays. Ratcliffe Stadium, 9 a.m.

April 13 (Sat.)

Arcadia: Foot Locker/Arcadia Invitational.

April 20 (Sat.)

San Jose: 6th Annual Hampton Phillips Track & Field Classic. At San Jose City College, 8 a.m. to 5 p.m. Divisions: Frosh Soph, Women and men, plus selected events for elementary, middle schools and track clubs. Contact Robert Poynter (408) 238-0825 or Frank Slaton (408) 238-9197.

Cross Country

February 3

Azusa: McDonald's Cougar Classic, 7 a.m. 2K Youth ages 5-13, 5K 14 & up. Contact Kevin Reid (818) 815-6000, ext 3294.

August 28 (Wed.)

Los Banos: Warm-up Meet. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

Sept. 7 (Sat.)

Monterey: Condor Earlybird Invitational.

Sept. 14 (Sat.)

Kingsburg: Kingsburg Invitational.

Fresno: McLane Invitational. Woodward Park

Irvine: Woodbridge Invitational.

Oakmont: Oakmont Invitational.

Sept. 19 (Thurs.)

Porterville: Monache Invitational.

Sept. 20 (Fri.)

Sanger: Sanger Invitational. Avocado Lake.

Sept. 21 (Sat.)

Grass Valley: Nevada Union Invitational.

San Francisco: Lowell Invitational.

Hawaii: Hawaii Invitational.

Bret Harte: Frog Town Invitational.

Wasco: Wasco Invitational.

September 27 (Fri.)

Hanford: Hanford Invitational. Hickey Park.

Visalia: Mt. Whitney Invitational. Mooney Grove Park.

Sept. 28 (Sat.)

Carson City: Carson Invitational.

Daly City: Westmoor "Ram" Invitational.

Merced: Merced Invitational. Lake Yosemite

October 3 (Thurs.)

Los Banos: Los Banos Invitational. At San Luis State Park Forebay. Contact Mike Miller, XC Coach, Los Banos HS, 1966 S. 11th St., Los Banos 93635.

October 4 (Fri.)

Visalia: Golden West Invitational. Cutler Park.

Visalia: Mt. Whitney Visalia Invitational. Mooney Grove Park.

October 5 (Sat.)

Half Moon Bay: Half Moon Bay Invitational.

Palo Alto: Stanford Invitational.

Oahu: Hawaii Invitational.

October 9 (Wed.)

Madera: Madera Elks Invitational.

October 12 (Sat.)

Fresno: Clovis Invitational. Woodward Park

Atascadero: Atascadero Invitational.

San Mateo: Crystal Springs Invitational.

Huntington Beach: Fountain Valley Invitational.

Castro Valley: Castro Valley Invitational.

Hawaii: Hawaii Invitational.

October 18 (Fri.)

Fresno: Roosevelt Rough Rider Invitational. Woodward Park.

Tulare: Tulare Western Invitational.

SCHEDULE

October 19 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Hayward: Manner Invitational.

October 22 (Tues.)

Fresno: Madera K of C Invitational, Woodward Park.

October 23 (Wed.)

Mendota: Mendota Invitational.

October 24 (Thurs.)

Reedley: Reedley Invitational.

October 25 (Fri.)

Rocklin: Placer/Sierra Invitational, Sierra College.

October 25 & 26 (Fri-Sat)

Walnut: Mt. SAC Invitational.

October 26 (Sat.)

Soquel: Soquel Invitational.

Alameda: Oakland Invitational.

October 31 (Thurs.)

Kingsburg: John Seaman Invitational.

November 1

Bakersfield: Kern Invitational.

November 8 (Fri.)

Fresno: League Championships, Woodward Park.

November 14 (Thurs.)

Sanger: CIF Central Section Championships, Avocado Lake.

November 21 (Thurs.)

Fresno: Grand Mastes Valley Championships, Woodward Park.

November 30 (Sat.)

Fresno: CIF State Meet Championships, Woodward Park.

December 7 (Sat.)

Fresno: 18th Annual Foot Locker West Regional XC, Woodward Park. 5K. Qualifier for Foot Locker National Meet (Dec. 16 in San Diego). Contact: Bill Cockham, 4957 E. Heaton Ave., Fresno 93727 (209) 456-0535.

December 16 (Sat.)

San Diego: Foot Locker Cross Country Championships, Morley Field, Balboa Park. 10 a.m./girls; 10:45 a.m./boys. Foot Locker Cross Country Championships, 233 Broadway, 4th Floor New York, NY 10279 (212) 720-3752.

College & Open

Track & Field

January 18

Azusa: Pentathlon. 2 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

January 20 (Sat.)

Fresno: FS Weight Pentathlon, Warnerman Field. Info: Red Estes (209) 278-4097.

Reno: Silver State Invitational, University of Nevada. Curt Kraft, Track Coach, U of Nevada Old Gym 264. Reno, NV 89557-0041 (702) 784-6081.

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SCHEDULE

January 27 (Sat.)

Reno, NV: Reno Indoor Invitational.

February 2

New York City: Chemical Bank Millrose Games. Madison Square Garden. Howard Schmertz, 2428 Kayron Lane, North Bellmore, NY 11710 (516) 221-1576. (Grand Prix event).

February 3 (Sat.)

Bakersfield: Cal State Bakersfield Outdoor Invitational.

Reno, NV: Bill Cosby Invitational. U of Nevada. Curt Kraft, U of Nevada, Old Gym 264, Reno, NV 89557-0041 (702) 784-6081.

February 8

Azusa: Pentathlon. 2 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

February 9

Reno: Reno Games (Indoors). University of Nevada. Contact John Mansoor, Pacific USATF, 120 Ponderosa Ct., Folsom, CA 95630 (916) 983-4622. (Grand Prix event).

February 10

Pasadena: Caltech Invitational.

Las Vegas, NV: Las Vegas Invitational Indoor Track Meet. Contact Franken Enterprises (310) 278-2030.

Reno, NV: Holiday Inn Classic. Univ. of Nevada. Curt Kraft, U of Nevada, Old Gym 264, Reno, NV 89557-0041 (702) 784-6081.

Columbia, SC: Women's Olympic Marathon Trials.

Manhattan, KS: US Indoor Pentathlon Championships & US Indoor Heptathlon Championships. Kansas State University. Cliff Rovelto (913) 532-6567.

February 17

Reno, NV: Nevada Classic. U of Nevada. Curt Kraft (702) 784-6081.

Charlotte, NC: Men's Olympic Marathon Trials.

February 22-24 (Thurs.-Sat.)

Colorado Springs, CO: WAC Indoor Championship. Air Force Academy.

February 23-24

Reno, NV: Mountain Pacific Sports Federation (Big West/PAC-10). U of Nevada. Curt Kraft, U of Nevada, Old Gym 264, Reno, NV 89557-0041 (702) 784-6081.

February 24 (Sat.)

Los Angeles: 37th Annual Los Angeles Invitational Indoor Track Meet. LA Sports Arena (3939 South Figueroa St., Los Angeles). 11 a.m. to 9 p.m. (High School 11 a.m., Invitational 6 p.m.). Info: (310) 535-9230. Tickets: (213) 748-6131.

Flagstaff, AZ: NAU Invitational. Northern Arizona Univ. Ron Mann, NAU, Box 15400, Flagstaff, AZ 86011 (602) 523-5646.

February 29, March 1-2

Lincoln, NE: NAIA Indoor Championships. University of Nebraska. John Mark Adkisson (918) 494-8828.

March 1-2

Carbondale, IL: National Junior College Indoor Championships. Southern Illinois University. Don DeNoon (618) 536-5566.

Atlanta, GA: USA Mobil Indoor Championships. Georgia Dome. Duffy Mahoney (317) 261-0500. (Grand Prix event).

March 8-9 (Fri.-Sat.)

Indianapolis, IN: NCAA I & II Indoor Championships. RCA Dome. Duffy Mahoney (317) 261-0500.

Northampton, MA: NCAA III Indoor Championships. Smith College. Carla Coffey (413) 585-2718.

March 16 (Sat.)

San Luis Obispo: Cal Poly Invitational.

Santa Barbara: Easter Relays.

March 22-23

Palo Alto: Stanford Invitational.

March 23

Northridge: CS Northridge Invitational.

March 30

Azusa: Night of Champions / Evening of Inspiration. 5 p.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

Saratoga: Wolfpack International. At West Valley College. Contact Bill Campbell (408) 741-2004.

Turlock: CS Stanislaus Invitational.

April 1-2 (Mon.-Tues)

Fresno: FS Decathlon/Heptathlon. Warmerdam Field. Info: Red Estes (209) 278-4097.

April 11-13 (Thurs.-Sat.)

Fresno: Fresno Relays. Ratcliffe Stadium, 9 a.m.

April 13 (Sat.)

Berkeley: Pierce Golden Bear Challenge.

April 18-19

Azusa: Mt. SAC Relays/California Invitational Multi-Events. 10 a.m. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 19

Pomona: Pomona-Pitzer Invitational.

April 19-20

Walnut: Mt. SAC Relays.

April 22

Azusa: BFI International Meet of Champions.

10 a.m. Contact Kevin Reid (818) 815-6000 ext. 3294.

April 26-27 (Fri.-Sat)

Azusa: GSAC Championships. Contact Kevin Reid (818) 815-6000, ext. 3294.

April 26-28 (Fri.-Sun.)

Berkeley: Cal/Nevada Championships.

May 10

Stanford: Cardinal Invitational.

May 10-11

Los Angeles: PAC-10 Decathlon/Heptathlon Championships.

May 11 (Sat.)

Eagle Rock: Occidental Invitational.

May 15-17 (Wed.-Sat.)

Albuquerque, NM: WAC Championships.

May 17-18

Los Angeles: Asics Classic. 7 p.m.

May 18-19

Los Angeles: PAC-10 Championships.

May 23-25 (Thurs.-Sat.)

Marietta, GA: NAIA Outdoor Championships.

May 30-June 1 (Thurs.-Sat.)

Eugene, OR: NCAA Championships.

June 1

Azusa: Pre-Olympic Invitational. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

June 7 (Fri.)

Fresno: Central Cal USATF Championships. Ratcliffe Stadium. 6 p.m.

June 14-23

Atlanta, GA: US Olympic Trials.

June 29-30

Columbus, OH: USATF Junior National Championships.

July 20-August 4

Atlanta, GA: Olympic Games.

Masters

January 13

Santa Cruz: KELfield Throws Meet. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

January 27

Palm Desert: College of the Desert Meet. 2 p.m. Grass track. Mike Castaneda (619) 321-9299.

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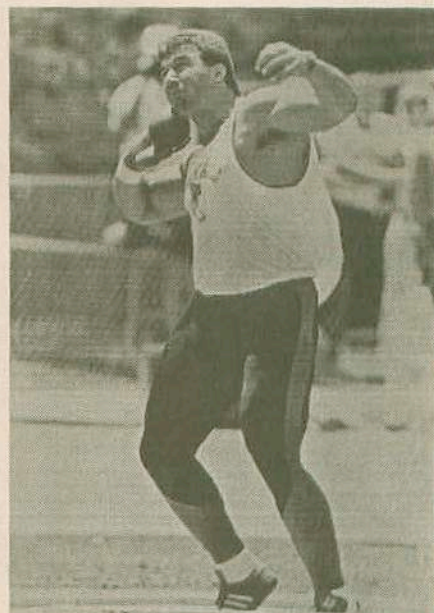
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SCHEDULE

February 3

Union City: Olympic Developmental Clinic. Logan HS. 9 a.m. to 5 p.m. Lee Webb, (510) 505-9557 (h), (510) 471-2520, 5113 (w).

February 10-11

Palm Springs: California Senior Olympics. 55+. Ben Green, 480 South Sunrise Way, Palm Springs 92262 (619) 323-5689.

February 18

Reno, NV: Silver State Indoor Masters Classic. Silver State Striders, PO Box 21171, Reno, NV 89515 (702) 329-2814.

February 24-27:

Running Springs: Running Springs Winter Games. 55+. Harry Lund, PO Box 2656, Running Springs 92382 (909) 867-2411.

March 29-31

Greensboro, NC: USATF National Masters Indoor Championships. Ron Foster, Greensboro Sports Commission, PO Box 3222, Greensboro, NC 27402 (800) 289-9009. (Indoor Pentathlon on March 29. Contact Scott Thornton, 18 Colgate Dr., Camp Hill, PA 17011-7624 SASE.)

April 14

Santa Ana: Orange Spring Games (25+) & John Ward Masters Meet. Rancho Santiago College. Al Siddons (714) 564-6936.

April 28

Los Angeles: Crown Valley Senior Games (50+). Occidental College. Christel Miller or Cynthia Vaughan (818) 397-4064.

May 11

Long Beach: Southern California Striders Meet of Champions. CSU Long Beach. Hugh Cobb, 3180 Camino Arroyo, Carlsbad 92009 (619) 436-7696.

May 18

Visalia: Visalia Classic Masters Meet. Bob Higginbotham, 1026 W. Princeton, Visalia 93277 (209) 732-8030.

May 26

Irvine: Dan Aldridge Memorial Meet. UC Irvine. Mac McCormick, 52 Via Athena, Aliso Viejo 92656 (714) 586-9942 (eve).

June 8

Los Gatos: USATF Pacific Association Masters Championships. Los Gatos HS. HT/JT/WT at KELfield (408-458-0202). SC at West Valley College. Los Gatos AA, Monica Townsend, 138 Johnson, Los Gatos 95032 (408) 395-9486.

June 30

Los Angeles: Trojan Masters Meet. USC. Russ Reabold, 1125 N. Stimson, La Puente 91744 (818) 917-6289.

July 20

Norwalk: USATF West Regional Masters Championships. Cerritos College. Marvin Thompson or Doug Wells (213) 380-5409.

August 15-18

Spokane, WA: 29th Annual USATF National Masters Championships. Spokane Sports Unlimited, West 3410 Fort George Wright Dr., MS 3070, Spokane, WA 99204 (509) 533-3644, FAX (509) 533-4128.

August 31

Seattle, WA: USATF National Masters Weight & Superweight Championships. SASE to Ken Weinbel, Seattle Masters AC, 4103 Hillcrest Ave., Seattle, WA 98116 (206) 932-3923.

September 14

Bozeman, MT: USATF National Masters Weight Pentathlon.

All-Comers

January 13 (Saturday)

Santa Cruz: KELfield Throws Series #45. WT, HT, SP, DT, JT. All divisions. Gary Kelmenson, 5601 Empire Grade, Santa Cruz 95060 (408) 458-0202.

July 6, 13, 20, 27

Azusa: Summer Twilight Cross Country Series. 7 p.m. Contact Irv Ray (818) 815-6000, ext. 3294.

Camps & Clinics

January 19-20

Las Vegas, NV: Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799.

Reno, NV: USATF National Pole Vault Summit. Reno Livestock Event Center Bill Cosby / UNR Track. Emphasis on vault technique. Info:

Bob Fraley (209) 278-4097, Steve Chappell or Lane Maestretti (800) 537-7117.

San Mateo: USA Track & Field Level 1 Coaching Certification School. College San Mateo. 9 a.m. (1/20) through 5:00 p.m. (1/21). San Mateo Level 1 School, c/o Al Hernandez & Dave Schrock, 2132 Valone St., Fremont Ca 94539

February 2-3

(San Diego & Los Angeles)

Nutrition & Exercise Workshop. Lead by Nancy Clark, MS, RD and William Evans, PhD. Info: Sports Nutrition Workshop, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167. Contact: Nancy Clark (814) 865-4799

February 2-4

Point Reyes: 9th Annual Seashore Winter Running Camp & Clinic. Contact USA Christian Runner's Association, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697, Nick Vogt. Executive Director.

February 3

Union City: Olympic Developmental Track & Field Clinic. James Logan High School. Athletes of all ages--6-100, masters & racewalkers. Contact Lee Webb (510) 505-9557 home or (510) 471-2520 ext 5113.

February 16-17 (Fri.-Sat.)

Fresno: FS Track Clinic. Fresno State Campus.

April 13

Azusa: BFI Azusa Youth Day Track Clinic. 9 a.m. Contact Irv Ray (818) 815-6000, ext. 3294

June 2-30

Azusa: Sprint Training for Distance Runners. With Coach Scott Wilson. Contact (818) 815-6000, ext. 3294

June 10

Azusa: Part 2 -- Australian Training Model for Middle & Long Distance Runners. Pre-Comp Comp Series. Contact Irv Ray (818) 815-6000, ext. 3294.

July 10-15

Azusa: San Gabriel Valley Summer Day Track Camp. Boys & girls, ages 10-18. Contact Irv Ray (818) 815-6000, ext. 3294.

July 31-August 5

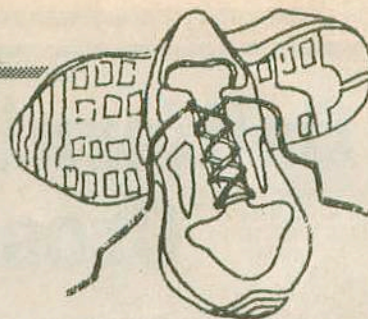
August 6-13

Mammoth Lakes: Steve Scott Camp & Workshop. 2 sessions. Contact Irv Ray (818) 815-6000, ext. 3294

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MOSTLY SHOES

By Gregg A. Weinmann



Shoe Type & You

At the 1990 Bakersfield City School District Cross Country Championship, Jesse Arzate showed a glimmer of his future running potential when he doggedly hung on for fifth place to lead John L. Compton Junior High School to a sixth consecutive league crown. However, this was not the beginning of a promising or successful career. Jesse was convinced that the best sport for him was football. He was sure that his level of commitment, ability, and drive would convince the coaches that a five foot tall, 90-pound player would be their best choice on the field. This was not the case. Jesse never had the opportunity, during his high school years, to play in a football game. He did become familiar with "pine time", as no freshman or sophomore players were cut from the team. This policy further heightened his expectations, only to be dashed when he spent his sophomore season on the bench as well. Jesse never was dissuaded from his belief that football was "his" sport.

Do you know what the right shoe for you is? I know, Mr. Smart Aleck, it's the opposite of your left. I'm talking about **shoe types**. There are several different types of shoes which make up the 180+ models being sold from this spring's catalogues. The shoe companies will group these into two main categories--shoes designed for cushioning or shoes which control pronation to varying degrees. Seems pretty simple. So simple that 12 companies feel that their line of shoes can meet the needs of every runner. Technology has enhanced the ability of the shoe makers to meet most needs. Designers are always looking for a suspension system of some sort which

will provide enough cushioning for people who need it, while supporting and stopping excessive motion (pronation) in runners who need that. Why are they searching for this combination? Because it is easier and less expensive to make one shoe instead of two. Why is this not entirely possible? Because all feet and their motion do not conform to the same standard.

When you determine what type of foot you have, you have plugged into only part of the equation. If your foot were not three dimensional, it would work perfectly for you to determine your foot type and buy the shoe with the right shape (high arched foot- curved last, medium arched foot - slightly curved, flat foot - straight last). But your foot moves in three planes, and this can cause all kinds of problems, if you ignore the motion of your foot. Because of the joints which make up your foot (and the motion of these joints) a person with a high arch might pronate as much as a person with a very flat foot. Several of the European manufacturers, and a number of European retailers have become very sophisticated in trying to determine the exact biomechanical needs of any particular runner. Treadmills, pressure plates, and other measurement tools are used to determine motion, and the proper shoe which allows it or deters it. Podiatrists are trained to discern the numerous biomechanical factors and prescribe treatment for the variety of overuse syndromes and injuries caused by abuse to our feet. A visit to a podiatrist's office will reveal much information about the structure of your foot, and the characteristics of your gait.

What happens if you are in the wrong shoe? Several things will occur, most ending in injury. The height of your arch will determine the shape of the last you need, and this cannot be ignored or your toes, arches, and the sides of your feet will suffer. Your gait determines how much control your motion needs, from none to major motion control. Many people can tell you which shoe is right for you, but only you can determine which shoes you *believe* you need. If you get into the correct shoe, it will not guarantee that you will never suffer an injury, but like many other things in life, it will reduce the risk factors.

...Someday, Jesse may realize that he is a natural born runner and begin to tap his potential, after all, life can run a very long time.



Gregg A. Weinmann, an ardent fan and long-time participant in the sport of track and road racing, is a teacher living and working in Bakersfield, CA. Cregg's E-mail address is: shuz2run@lightspeed.net

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California State High School Cross Country Meet

From KEITH CONNING & DOUG SPECK

Keith Conning wrote the stories for Divisions I and III, while Doug Speck wrote the stories for Divisions II and IV.

Division I -- Boys

Del Campo (Fair Oaks), second in the Sacramento Section with 35 points (82:53), won with 84 points (7, 8, 14, 25, 30). They became the first non-Southern Section team to win Division I. The previous winners were **Arroyo** (El Monte) 1987, **Dana Hills** (Dana Point) 1988, **Camarillo** 1989, **Hart** (Newhall) 1990, 1991, and 1992, and **Thousand Oaks** 1993 and 1994. Their team was composed of senior **Dave Crass** (14th in 16:11), sophomore **Chris Farley** (16th in 16:14), senior **Matt Moore** (25th in 16:29), sophomore **Nate Bristow** (39th in 16:43), and senior **Jason Almon** (49th in 16:47). Only 36 seconds separated the first five runners. Del Campo peaked at the right time.

"To say that we feel great about it is an understatement," said Del Campo coach **Bob King** to the *Sacramento Bee*. "Especially after getting beat in the section meet. Every one of those guys ran a lifetime best. That's what championships are made of. That's the difference between finishing in first and somewhere else.

CALIFORNIA STATE MEET LEADERS' SPLITS

BOYS

DIV	1 MILE	2 MILES	2ND MI.	5K	LAST 1.1 MI
I	4:46.4	10:05.8	5:19.4	15:45.9	5:40.1
II	4:50.3	10:02.1	5:11.8	15:22.7	5:20.6
III	4:58.6	9:58.6	5:10.0	15:36.1	5:37.5
IV	4:49.6	10:06.8	5:17.2	16:03.6	5:56.8

GIRLS

DIV	1 MILE	2 MILES	2ND MI.	5K	LAST 1.1 MI
I	5:08.7	10:42.0	5:33.3	16:44.6	6:02.6
II	5:31.2	11:26.0	5:54.8	17:50.6	6:24.
III	5:26.5	11:17.2	5:50.7	17:35.5	6:18.3
IV	5:37.7	11:46.8	6:11.1	18:38.2	6:49.4

We came a long way back. It says a lot about the character of the young men I'm coaching."

It also says a lot about coach **Bob King**. His team carried him around on their shoulders after the result was announced.

Peninsula (Rolling Hills), the Southern Section champion with 87 points (81:49), placed second with 119 points (1, 16, 26, 35, 41). They were ranked second. Their team was composed of junior **Ryan Deane** (2nd 15:46), sophomore **Jason Taylor** (27th 16:32), junior **Kevin Whitlow** (40th 16:44), senior **Tom Gaul** (54th 16:51), and senior **Jim Armor** (61st 16:55). One minute and nine seconds separated first from fifth. Peninsula placed second in 1991, fifth in 1992 and 1993, and fourth in 1994. They have one of the most consistently successful cross country programs in the state.

Nevada Union (Grass Valley), the Sacramento Section champion with 30 points (82:40), was third with 127 points (3, 18, 31, 82, 43). Their team was composed of senior **Steve Hackworth** (10th 16:04), junior **Corey Creasy** (30th 16:35), senior **Chris Benson** (50th 16:48), junior **Phil Hassan** (51st 16:48), and junior **Brad Garland** (65th 16:58). Fifty-four seconds separated the first five.

Hoover (Glendale), third in the Southern Section with 121 points (82:19), was fourth with 133 points (2, 6, 19, 47, 59). Their team was composed of senior **Felipe Montoro** (8th 15:55), junior **David Lopez** (13th 16:08), senior **Wilson Aquino** (31st 16:36), senior **Stephen Sotomayor** (72nd 17:01), and sophomore **Isabel Casillas** (86th 17:10). One minute and 15 seconds separated the top five.

Ayala (Chino Hills), fourth in the Southern Section with 126 points (82:58), was fifth with 169 points (20, 28, 29, 39, 53). Their team was composed of sophomore **Steve Smith** (33rd 16:38), senior **Aaron Delao** (44th 16:46), junior **Eric Loudon** (48th 16:47), junior **Nick McMurray** (59th 16:54), and senior **Sonny Salas** (80th 17:07). Only 29 seconds separated their top five runners. Ayala placed third in Division III in 1992 with 121 points.

Senior **Larry Henderson** (Mira Mesa), the San Diego Section champion in 15:54, won in 15:41 (5:03 pace). Henderson placed eighth last year in 15:44. Junior **Ryan Deane** (Peninsula, Rolling Hills), fourth in the Southern Section in 15:40, placed second in 15:56 (5:04). Senior **Todd Disney** (Thousand Oaks), second in the Southern Section in 15:35, was third in 15:47 (5:05). Senior **Matt Wickersham** (Mater Dei, Santa Ana), the Southern Section champion in 15:32, was fourth in 15:48 (5:05). Junior **Michael**

Kasahun (Fresno), third in the Central Section on this course in 16:18, improved by 29 seconds to place fifth in 15:49 (5:05).

Division I Boys

1	Larry Henderson (Sr) Mira Mesa	15:41
2	Ryan Deane (Jr) Peninsula	15:46
3	Todd Disney (Sr) Thous Oaks	15:47
4	Matt Wickersham (Sr) Mater Dei	15:48
5	Michael Kasahun (Jr) Fresno	15:49
6	Manuel Andrade (Sr) CoachVly	15:52
7	Matt Brown (Sr) Corona	15:53
8	Felipe Montoro (Sr) Hoov, Glen	15:55
9	Juan Chavira (So) Hanford	15:57
10	Steve Hackworth (Sr) Nev Un	16:04

11. Daniel Gohlke (Sr) Skyline 16:06, 12. Adam Perez (So) Serra 16:07, 13. David Lopez (Jr) Hoov, Glen 16:08, 14. Dave Crass (Sr) Del Campo 16:11, 15. Jeremy Lyon (Sr) Hesperia 16:11, 16. Chris Farley (So) Del Campo 16:14, 17. Uzziel Gray (Sr) JHF Poly 16:16, 18. Enrique Torres (Sr) Silv Crk 16:16, 19. Adam Boothe (Jr) Pioneer 16:19, 20. Wenceslao Morales (Sr) Santa Ana 16:20,

21. Adrian Webb (Sr) Bellarmine 16:20, 22. Andrew Wulf (Jr) Bellarmine 16:21, 23. Travis Kirtley (Sr) Poway 16:24, 24. Arthur Negrete (Sr) Clovis 16:27, 25. Matt Moore (Sr) Del Campo 16:29, 26. Adrian Ramirez (Jr) Ch Vista 16:32, 27. Jason Taylor (So) Peninsula 16:32, 28. Chad Foster (Jr) Logan 16:34, 29. Elpidio Leyva (Sr) Madera 16:34, 30. Corey Creasy (Jr) Nev Union 16:35,

31. Wilson Aquino (Sr) Hoov, Glen 16:36, 32. Mike Schwartz (Sr) Santa Rosa 16:38, 33. Steve Smith (So) Ayala 16:38, 34. Steve Alves (Sr) Clovis 16:42, 35. Jean-Paul Tchmouria (Sr) Serra 16:42, 36. Matt Dos Santos (Sr) Mt. Carmel 16:42, 37. Andres Bazante (Jr) Madera 16:43, 38. Feliciano Leyva (Fr) Madera 16:43, 39. Nate Bristow (So) Del Campo 16:43, 40. Kevin Whitlow (Jr) Peninsula 16:44,

41. Paul Mute (Jr) No Hollywd 16:44, 42. Jacob Ekins (Sr) Bullard 16:45, 43. Eduardo Sanchez (Sr) Garfield 16:45, 44. Aaron Delao (Sr) Ayala 16:46, 45. Amadu Kamara (Sr) Santa Rosa 16:46, 46. Fernando Blanco (Jr) Ran Buena Vista 16:46, 47. Mekonnen Pekadu (Sr) Santa Rosa 16:46, 48. Eric Loudon (Jr) Ayala 16:47, 49. Jason Almon (Sr) Del Campo 16:47, 50. Chris Benson (Sr) Nev Union 16:48.

TEAM SCORES

1. Del Campo 84 (7 Crass, 8 Farley, 14 Moore, 25 Bristow, 30 Almon, Clemons, Bagley), 2. Peninsula 119, 3. Nevada Union 127, 4. Hoover, Glendale 133, 5. Ayala 169, 6. Bellarmine 170, 7. Madera 184, 8. Poway 207, 9. Clovis 226, 10. Santa Ana 227, 11. Chula Vista 269, 12. Serra 289, 13. Garfield 311, 14. Belmont 349, 15. Castro Valley 352, 16. Bishop O'Dowd 355, 17. Skyline 365, 18. Lowell 529.

continued next page.

Division II -- Boys

Jesuit (Carmichael) had been ranked inside the top ten nationally all season long, with a low 79 minute team time in defeating the best from all divisions statewide at the Mt. SAC Invite.

Mike Stember, the 4:04.00 1600m runner, had raced at the Pan Am Meet in early September as a member of the U.S. Junior National Track team, had come back sick, but by mid-October was back in high gear. Coach Walt Lange had a soph group run in the mid 83's at Mt. SAC, so here was depth to the group also. De La Salle (Concord) had a fine fall, with a good group of teams from the Southern Section (Yucaipa, Katella/Anaheim, Orange, and Hemet) and Leland (San Jose), who went 1-2-3 in the CCS appearing, strong. The race would have some interesting twists, though.

The Red and Gold clad Jesuit team led by Stember, who was prominent in the lead pack, was in good shape throughout the contest. Ayub Abdusalam and David McQuitty from the San Diego Section, Michael Murray, and Daniel Sikiric were in contention as the pack came through two miles at 10:02. During an interesting final mile the strongest finisher was the somewhat surprising Sikiric, with the 4:13 1600m star eventually emerging with the day's quickest time of 15:23 in taking Stember, who was 15:29 in second in leading his squad to a 53 point total and 79:38 team time that was the fastest of the day.

Leland surprised with its second place as a team, with Coach Tom Service indicating at the victory ceremony that Dan Sikiric came in with every intention of taking the individual title.

Division II Boys

- | | |
|---|-------|
| 1. Daniel Sikiric (Sr) Leland | 15:23 |
| 2. Michael Stember (Sr) Jesuit | 15:29 |
| 3. David McQuitty (Sr) Grossmont | 15:31 |
| 4. Ayub Abdusalam (Sr) Hoover | 15:39 |
| 5. Michael Murray (Jr) St Marg | 15:41 |
| 6. Sean Clendaniel (Sr) Yucaipa | 15:45 |
| 7. Ronnie Buchanan (So) Righetti | 15:45 |
| 8. Scott Abbott (Sr) Jesuit | 15:47 |
| 9. Tom Prindiville (Jr) DeLaSalle | 15:50 |
| 10. Alfonso Ibarra (Jr) Arington | 15:51 |
| 11. Louis Herrera (Sr) Arvin 15:52, 12. Jim Nelson (Sr) Napa 15:52, 13. Jonathan Welsh (Jr) Jesuit 15:54, 14. Jorge Castro (Sr) Arvin 15:56, 15. Noel Nelson (Jr) Redwood 15:57, 16. Jose Godinez (Jr) Reedley 15:59, 17. Robert Frost (Sr) Hemet 15:59, 18. Robert Frichtel (Sr) Hemet 16:01, 19. Geoff Fleming (Jr) Roseville 16:03, 20. John Stevens (So) Miss SJ 16:07, | |
| 21. John Hamagel (Sr) Leland 16:07, 22. Nick Pielusch (Jr) Leland 16:07, 23. Brent Bolton (Sr) Scripps R 16:07, 24. Nick Russell (Jr) Orange 16:09, 25. Nicholas Jacques (Jr) Moreno 16:10, 26. Charlie Brenneman (Sr) Jesuit 16:10, 27. Brian Pruyn (Sr) Vintage 16:12, 28. Erick Miramontes (Sr) Katella 16:12, 29. Edgar Benitez (Sr) Katella 16:16, 30. Bernard Maitai (Sr) Whittier 16:17, | |
| 31. Andy Evans (Jr) Vintage 16:18, 32. David Rodriguez (Jr) Miss SJ 16:18, 33. Kaapema Yelapaala (So) Jesuit 16:18, 34. Josh Schultz (Sr) Yucaipa 16:19, 35. Zack Pielusch (Jr) Leland 16:19, 36. Juan Gama (Sr) Palisades 16:19, 37. Irving Moreno (So) Riv Poly 16:20, 38. Bret Edson (Jr) Yucaipa 16:20, 39. Robert Lopez (So) Sanger 16:20, 40. Cuco Chavez (So) San Benito 16:21, | |
| 41. Steve Sorensen (Sr) Yucaipa 16:21, 42. Juan | |



Julia Stamps
Division I
Photo by
Philip L. Enbody



Annie Ebner
Division II
Photo by
Kirby Lee



Elaine Canchola
Division III
Photo by
Philip L. Enbody



Shaluinn Fullove
Division IV
Photo by
Elaine Rosenfield



Larry Henderson
Division I
Photo by
Elaine Rosenfield



Daniel Sikiric
Division II
Photo by
Kirby Lee



Joe Smith
Division II
Photo by
Elaine Rosenfield



Aaron Gillen
Division IV
Photo by
Elaine Rosenfield

- Pablo Miramonte (Jr) Gold Vly 16:22, 43. Tyler Mack (Sr) Torrey Pines 16:23, 44. Randy Maestretti (Sr) De La Salle 16:26, 45. Michael Lujan (So) Reedley 16:27, 46. Brian Henstorf (Jr) Amador 16:29, 47. Enrique Henriquez (Jr) San Leandro 16:29, 48. Mike Avellan (Sr) Orange 16:33, 49. Brian Cooke (Jr) Burlingame 16:34, 50. Danny Sanchez (Sr) El Capitan 16:34.

TEAM SCORES

1. Jesuit 53 (2 Stember, 4 Abbott, 7 Welsh, 17 Brenneman, 23 Yalpaala, Larsson, Altieri), 2. Leland 109, 3. Hemet 126, 4. Yucaipa 135, 5. Reedley 171, 6. De La Salle 176, 7. Katella 180, 8. Orange 212, 9. Vintage 236, 10. Torrey Pines 243, 11. Mission San Jose 244, 12. Burlingame 267, 13. Arvin 280, 14. El Capitan 281, 15. Pleasant Valley 392.

continued next page.

Division III - Boys

Nordhoff, the Southern Section champion with 38 points (80:34), won with 35 points (3, 5, 6, 9, 12), the lowest score of the day. It is the lowest score ever recorded in Division III state competition. The old record of 58 was set by **Sherman Indian** in 1988. This was Nordhoff's third straight state Division III championship; each year they get better. In 1993 they scored 92 points and in 1994 they scored 69 points. Their team was composed of senior **Will Bernaldo**, senior **Omar Vega**, sophomore **Dusty Herman**, sophomore **Victor Ochoa**, and senior **Mason Moore**. The Nordhoff girls also won the Division III team title. This is the second time in state meet history that the same school has won both the boy's and girl's titles in the same meet. **San Pasqual** won both Division II team titles in 1990, and Nordhoff won both Division IV titles in 1991.

Livermore, the North Coast Section champion with 36 points, placed second with 110 points (1, 10, 17, 22, 60). They placed third last year with 117 points. Their team was composed of senior **Joe Smith**, senior **Adrian Eimerl**, sophomore **Nathan Martin**, junior **Tim Ricard**, and junior **Kevin Boercker**.

Senior **Michelle Jones** (Livermore), the defending champion in 15:25, was suffering from the flu. He managed to stay in front at two miles, but he started weaving and fell down before the finish line and had to be helped in. Jones was disqualified for being aided. **Red Estes**, the Fresno State coach who officiates at the finish line, disagreed with this decision. Even if Jones had won, they still would have finished second to Nordhoff.

Bob Rush, the Computer Specialist, said that Jones' uncle wrote the computer program used in the results. Livermore is the home of the Livermore National Laboratory, where they do nuclear research. Bob is the one that kept yelling: "jog, jog, you must jog through."

St. Ignatius (San Francisco), the Central Coast Section champion with 57 points (82:04), was third with 138 points (8, 26, 27, 37, 40). Their team was composed of senior **Paul Wellman**, junior **Brad Hansen**, junior **Brendan Fitzgibbon**, senior **Ben Brandin**, and senior **Gus Cano**.

St. Francis (Mountain View), second in the Central Coast Section with 68 points (82:54), was fourth with 141 points (14, 20, 28, 32, 47). Their team was composed of junior **Mike Cheung**, senior **John Collin**, senior **Brian Foster**, sophomore **Adam Tucker**, and junior **Victor Sloan**.

El Modena (Orange), second in the Southern Section with 107 points (83:35), was fifth with 145 points (13, 21, 24, 42, 45). Their team was composed of senior **Tyan Emenaker**, junior **Zach Amos**, junior **Tim Allen**, freshman **Gabe Mejia**, and senior **Tyan Murrietta**. Mejia was the highest placing freshman in the race. El Modena placed second in 1994 with 101 points.

Senior **Joe Smith** (Livermore), third in the North Coast Section in 15:28, won in 15:37 (5:02 per mile pace). Smith came through two miles in 9:58.6. He ran the last 1.1 miles in 5:37.5. Smith passed senior **Mike Wojciechowski** (Clayton Valley, Concord) just before the finish line, while Wojciechowski raised his arms in victory.

"I never even dreamed of this happening," said Smith to the *Contra Costa Times*. "When (Wojciechowski) had his hands up, I looked down and saw five feet to go. Five feet was all it took."

Wojciechowski, second in the North Coast Section in 15:24, placed second in 15:37 (5:02). He came through two miles even with Smith and Jones. Wojciechowski placed eighth last year in 15:58.

"I just can't believe I did that (raising his arms). What a stupid thing to do," Wojciechowski said to the *Contra Costa Times*. "I definitely won't do it again. That's my lesson for today."

"I felt like the pace was too slow," Wojciechowski said. "Most of the time I wait and let someone else set it. Today, I didn't wait."

Senior **Will Bernaldo** (Nordhoff), the Southern Section champion in 15:31, was third in 15:45 (5:04). Bernaldo was sixth last year in 15:50. Senior **Kevin Koepfer** (St. Francis, La Canada), second in the Southern Section at 15:35, was fourth in 15:50 (5:06). Koepfer was ninth last year in 16:00. Senior **Omar Vega** (Nordhoff, Ojai) was fifth in 15:50 (5:06). Junior **Nicholas Hamlin** (Madison) led at the one mile mark in 4:58.6, but finished 29th in 16:34.

Division III Boys

- | | |
|---------------------------------------|-------|
| 1 Joe Smith (Sr) Livermore | 15:37 |
| 2 Mike Wojciechowski (Sr) Clayton Vly | 15:37 |
| 3 Will Bernaldo (Sr) Nordhoff | 15:45 |
| 4 Kevin Koepfer (Sr) St. Fran, LaC | 15:50 |
| 5 Omar Vega (Sr) Nordhoff | 15:50 |
| 6 Bolota Asmerom (Sr) McAteer | 15:59 |
| 7 Bryan Green (Jr) Littlerock | 16:01 |
| 8 Dusty Herman (So) Nordhoff | 16:02 |
| 9 Jason Hart (Jr) Sonora | 16:05 |
| 10 Paul Wellman (Sr) St. Igna | 16:12 |

11. Victor Ochoa (So) Nordhoff 16:13, 12. Adrian Eimerl (Sr) Livermore 16:16, 13. Danny Brecht (Sr) Petaluma 16:17, 14. Jorge Rebollo (Jr) Mendota 16:18, 15. Brian Shapiro (Sr) La Canada 16:19, 16. Mason Moore (Sr) Nordhoff 16:20, 17. Ryan Emenaker (Sr) El Modena 16:20, 18. Mike Cheung (Jr) St. Francis 16:23, 19. Luke Leininger (Sr) Clayton Vly 16:25, 20. Dan D'Ottavio (Sr) Placer 16:26,

21. Craig Farley (Jr) Lompoc 16:27, 22. Nathan Martin (So) Livermore 16:29, 23. Justin Carter (Jr) Clayton Vly 16:29, 24. Sean Patterson (Sr) Yucca Vly 16:30, 25. Joma DeWald (So) Soquel 16:30, 26. Andrew Gwin (Sr) Cor Del Mar 16:31, 27. John Collin (Sr) St. Francis 16:34, 28. Zach Amos (Jr) El Modena 16:34, 29. Nicholas Hamlin (Jr) Madison 16:34, 30. Tim Ricard (Jr) Livermore 16:35,

31. Dan McDonough (So) Cupertino 16:35, 32. Andrew Van Orden (Sr) St. Fran, LaC 16:36, 33. Tim Allen (Jr) El Modena 16:38, 34. Ryan Smith (Sr) Mills 16:42, 35. Dustin Diaz (So) West Hills 16:45, 36. Brad Hansen (Jr) St. Ignatius 16:45, 37. Brendan Fitzgibbon (Jr) St. Ignatius 16:49, 38. Luke Szymanski (Sr) San Lorenzo 16:49, 39. Peter Carter (Jr) Los Gatos 16:52, 40. Rolf Kvalvik (Sr) Northgate 16:53,

41. Adam Greene (so) St. August 16:53, 42. Brian Foster (Sr) St. Francis 16:58, 43. Tyler Beardslee (Jr) Cor Del Mar 16:58, 44. Mike McGuire (Sr) Cor Del Mar 16:59, 45. Chano Luviano (So) Dinuba 16:59, 46. Erik Hansen (Sr) American 17:00, 47. Tedd Padgett (Sr) La Jolla 17:00, 48. Adam Tucker (So) St. Fran 17:02, 49. Hugo Ochoa (Jr) Mendota 17:02, 50. John Cassidy (Sr) San Juan 17:02.

TEAM SCORES

1. Nordhoff 35 (3 Bernaldo, 5 Vega, 6 Herman, 9 Ochoa, 12 Moore, Proudman, Dutter), 2. Livermore 110,

3. St. Ignatius 138, 4. St. Francis 141, 5. El Modena 145, 6. Clayton Valley 151, 7. Corona Del Mar 157, 8. St. Francis, La Canada 167, 9. La Jolla 241, 10. West Hills 255, 11. Sonora 260, 12. Mendota 274, 13. Placer 300, 14. Central Valley 339, 15. Shafter 369.

Division IV - Boys

It may sound like a broken record, but each year two super squads show up to this meet, with the twosome battling in a spirited manner with the winner thought of as among the best in State history Division IV.

Coach Jim White of McFarland and Cary Nerelli at Morro Bay do a great job at scouring their smaller campuses for athletes and developing them into fine stars before they leave the prep ranks. 1995 was "par for the course," with McFarland often moving up to the Large Schools level in Invitational competitions, marking victories against some of the state's best at that level. With, as Coach White put it, "keeping us on our toes and building confidence by facing the best at any level. We like to think of ourselves as a Large School power in the sport." He will not get any arguments from anyone on any of those counts. Coach Nerelli's Morro Bay fine group was led by undefeated soph **Isaiah Festa**, with the 9:29 3200m runner (as a frosh) also real success against the best at any level.

McFarland really tore out at the start, with seven inside the top twenty at the mile mark. **Aaron Gillen**, the fastest of the entire weekend at the huge Mt. SAC meet, led through the mile mark here at 4:49, with soph Festa in close tow. By the two mile, the blue and white clad Morro Bay crew had crept up a bit, with Festa, **Rico Gomez** and a third teammate challenging for spots in the top fifteen, breaking up the McFarland scorers. Gillen eventually pulled away to a 15:51 win over Festa's 16:04. During the third mile the McFarland team surged back, eventually totalling 44 (83:21) to Morro Bay's 108 (84:59).

Coach Jim White of McFarland indicated that last week the team had raced a 15 second time gap between 16:22 and 16:37 (around 82:30 team time), with the goal today to win. Hesitating to call this his best team ever, White indicated, "It is hard to compare teams that are different in a lot of ways to decide which one is the best." He pointed out that it is a challenge to keep the squad motivated with all of the success the program has had recently, with the moves up to Larger School Invitational races aimed at keeping the group on its toes.

Piedmont continued its fabled recent history by rising to the occasion once again to finish in third place.

Division IV Boys

- | | |
|-----------------------------------|-------|
| 1 Aaron Gillen (Sr) Yreka | 15:51 |
| 2 Isaiah Festa (So) Morro Bay | 16:04 |
| 3 Miguel Ramirez (So) Holtville | 16:09 |
| 4 Micah Fuson (Sr) Union, Taft | 16:16 |
| 5 Louie White (So) HMB | 16:17 |
| 6 Joshua Schweitzer (Sr) Mysvl | 16:20 |
| 7 Rudy Ballardo (So) McFarland | 16:22 |
| 8 Kenny Rhoan (Sr) Sierra | 16:23 |
| 9 Robin Pendoley (Sr) Terra Linda | 16:27 |
| 10 Darrick Davis (Sr) Claremont | 16:34 |

11. Steve Mullen (Sr) La Salle 16:35, 12. Rudy Cavazos (Jr) McFarland 16:40, 13. Ryan Downey (So) St.

continued next page.

Margarats 16:41, 14. Jose Perezchica (So) McFarland 16:41, 15. Joel Lopez (Jr) McFarland 16:43, 16. Efrain Garcia (Jr) Fillmore 16:45, 17. Ryan Roberts (Sr) Oak Park 16:47, 18. Rico Gomez (Sr) Morro Bay 16:48, 19. Carl Moren (So) Piedmont 16:50, 20. Morgan Harrelson (Jr) Oak Park 16:52.

21. Ramon Barragan (Sr) Fillmore 16:53, 22. Gerardo Soto (Sr) McFarland 16:55, 23. Matt Eppelheimer (Fr) Morro Bay 16:56, 24. Trevor Clarke (Sr) Coronado 16:57, 25. Victor Cortes (Jr) SJ Acad 16:59, 26. Frank Palacios (Sr) Palma 17:00, 27. Aaron Harris (Sr) Lassen 17:02, 28. Jared James (Sr) Boron 17:03, 29. Keith Trimble (Sr) Piedmont 17:04, 30. Francisco Guevara (Jr) Terra Linda 17:05.

31. Jose Arambula (So) McFarland 17:05, 32. Jose Galvan (Sr) McFarland 17:07, 33. David Robison (Sr) Flintridge 17:08, 34. Ryan Mattonen (So) Campolindo 17:09, 35. Josh Keyes (So) Modoc 17:09, 36. Dustin Wadlow (Sr) Riverbank 17:15, 37. Jason Talbot (Sr) Coronado 17:17, 38. Aaron Thornton (Sr) Palma 17:18, 39. Andy Cortez (So) Salesian 17:19, 40. Elijah Bilotta (Jr) York Sch 17:21.

41. Jose Meza (So) Fillmore 17:21, 42. TW Burchmore (Sr) Morro Bay 17:22, 43. Nick Gai (Jr) Arcata 17:23, 44. Andy Malick (Sr) Piedmont 17:23, 45. Cheyenne Jones (Jr) Coronado 17:27, 46. Doug Hall (So) Flintridge 17:29, 47. Joe White (Sr) Bret Harte 17:29, 48. Ryan Drobnick (Jr) Palma 17:29, 49. Ryan Soares (Sr) Sierra 17:30, 50. James Harrison (Sr) Half Moon Bay 17:32.

TEAM SCORES

1. McFarland 40 (4 Ballardo, 6 Cavazos, 7 Perezchica, 8 Lopez, 15 Soto, Arambula, Galvan), 2. Morro Bay 103, 3. Piedmont 147, 4. Oak Park 153, 5. Fillmore 154, 6. Palma 175, 7. Flintridge 197, 8. Campolindo 240, 9. Coronado 242, 10. Sierra 267, 11. Clairemont 284, 12. Bret Harte 293, 13. The York School 295, 14. Union, Taft 306, 15. Yreka 309, West Valley 314.

Division I - Girls

Canyon (Canyon Country), the Southern Section champion with 83 points (96:24), won with 82 points (4, 7, 17, 24, 30). Their team was composed of junior **Julie Harris**, freshman **Lauren Fleschman**, senior **Kellie Stigile**, senior **Danielle Hadfield**, and sophomore **Brandi Plasschaert**.

Los Alamitos, second in the Southern Section with 108 points (98:02), placed second with 125 points (8, 18, 20, 26, 53). Their team was composed of senior **Amber Pierce**, sophomore **Kim Bates**, senior **Maleia Lines**, senior **Monica MacManus**, and senior **Lezlee Tamo**.

Vista, second in the San Diego Section with 66 points (80:04), was third with 139 points (10, 29, 32, 33, 35). Their team was composed of senior **Sonia Rodriguez**, sophomore **Brook Schroeder**, senior **Fatima El-Farrah**, sophomore **Mary Blasius**, and senior **Noelle Magana**. Vista placed fourth last year with 140 points.

Irvine, fourth in the Southern Section with 133 (97:58), was fourth with 143 (2, 12, 22, 47, 60). Their team was composed of senior **Jessica Corbin**, freshman **Erin Zehntner**, freshman **Melissa Livermore**, sophomore **Paola Corral**, and senior **Erin Livermore**. Irvine was fourth in 1990 with 123 points, fourth in 1991 with 126, second in 1992 with 109, first in 1993 with 85, and third in 1994 with 127. They have placed in the top four for the sixth straight year!

Ayala (Chino Hills), third in the Southern Section at 97:35, was fifth with 146 points (3, 6, 39, 42, 56). Their team was composed of sophomore **Jennifer Burris**, junior **Kareen Nilsson**, senior **Colleen Gunderson**, freshman **Nicole Gurnicz**, and junior **Annette Ramirez**.

Junior **Julia Stamps** (Santa Rosa), the North Coast Section champion in 16:49, set a new State Meet record of 16:45 (5:23 per mile pace). The old record of 17:06 was set by Stamps last year. She also tied her course record set last year in the Foot Locker Western Regional. Stamps' splits were: 5:08.7 at one mile, 10:42.0 at two miles (5:33.3 for the second mile), 16:44.6 (6:02.6 for the last 1.1 miles). She led by eight seconds at one mile and 22 seconds at two miles.

"I didn't see my time (on the clock above the finish line); I just went for it," said Stamps to the *Santa Rosa Press Democrat*. "I couldn't run faster if I'd run smarter, but this is a very important race."

"I had too much adrenaline. I was too excited, so when I saw the clock at the mile at 4:59 (she actually passed the mile in 5:08), I really slowed down. To get a better time, I need to relax that first mile."

"I remember coming here as a freshman when I had appendicitis and couldn't run," she said. "I remember being sad, wishing I could run even though I knew the break would do me good. Today I ran the last mile by myself and it's hard to stay focused, especially when people call out to you during the race."

Senior **Kim Mortensen** (Thousand Oaks), the Southern Section champion in 17:17, placed second in 17:25 (5:36). Mortensen's time is the fifth fastest all-time in Division I. Mortensen's splits were: 5:16.7 at one mile, 11:04.3 at two miles. Mortensen moved ahead of **Deena Drossin** (Agoura), **Becky Spies** (Livermore), **Kira Jorgensen** (Rancho Buena Vista), and **Amy Skieresz** (Agoura) on the all-time list. **Milena Glusac** (Fallbrook), who is now running for Oregon, ran 17:13 in 1991 and 17:14 in 1992. Mortensen placed fourth last year in 18:29 and ninth in 1993 in 18:44.

"You try to keep the gap (behind Stamps) small, to stay as close as you can for as long as you can," said Mortensen to the *Santa Rosa Press Democrat*. "It's not that discouraging, really, it's more of a challenge. You focus on your time and you can gauge how your doing by watching her."

Senior **Andrea Neipp** (Highland, Palmdale), second in the Southern Section in 17:53, was third in 18:12 (5:51). Neipp's splits were: 5:27.9 at one mile, 11:34.9 at two miles. Junior **Jen Schindler** (Ponderosa, Shingle Springs), the Sac-Joaquin Section champion in 18:19, was fourth in 18:22 (5:55). Senior **Jessica Corbin** (Irvine), sixth in the Southern Section at 18:19, was fifth in 18:31 (5:58). Corbin was third last year in 18:19.

Girls All-Time Top Times

Individual -- Division I

16:45	Julia Stamps (Santa Rosa)	1995
17:06	Julia Stamps (Santa Rosa)	1994
17:13	Milena Glusac (Fallbrook)	1991
17:14	Milena Glusac (Fallbrook)	1992
17:25	Kim Mortensen (ThouOks)	1995

17:27	Deena Drossin (Agoura)	1989
17:29	Deena Drossin (Agoura)	1990
17:33	Becky Spies (Livermore)	1989
17:35	Deena Drossin (Agoura)	1987
17:42	Kira Jorgensen (RBVista)	1988
17:42	Amy Skieresz (Agoura)	1992
17:43	Reyna Cervantes (Montblo)	1987

Division I Girls

1	Julia Stamps (Jr) Santa Rosa	16:45
2	Kim Mortensen (Sr) ThOaks	17:25
3	Andrea Neipp (Sr) Highland	18:12
4	Jen Schindler (Jr) Ponderosa	18:22
5	Jessica Corbin (Sr) Irvine	18:31
6	Nancy Zhang (Jr) Rowland	18:32
7	Jennifer Burns (So) Ayala	18:41
8	Rachae McCauley (Jr) Cyn Spr	18:50
9	Angie Winkler (Sr) Foun Vly	18:52
10	Julie Harris (Jr) Canyon	18:54

11. Jenny Akana (So) Lowell 18:58, 12. Kareen Nilsson (Jr) Ayala 18:59, 13. Lauren Fleschman (Fr) Canyon 19:06, 14. Amber Pierce (Sr) Los Alam 19:11, 15. Christie Gregory (Fr) Clovis 19:11, 16. Sarah Wilkins (Fr) Ran Bern 19:14, 17. Sonia Rodriguez (Sr) Vista 19:19, 18. Emili Lawson (Jr) Clovis W 19:23, 19. Erin Zehntner (Fr) Irvine 19:25, 20. Aida Garcia (Fr) Ch Vista 19:26,

21. Susan Chou (Jr) Lowell 19:26, 22. Oasii Lucero (Sr) Lowell 19:28, 23. Katie Cottrell (So) Or Glen 19:28, 24. Susana Ochoa (Sr) Fairfield 19:29, 25. Deborah Bleisch (Sr) Sil Crk 19:30, 26. Kellie Stigile (Sr) Canyon 19:33, 27. Stefanie McCarty (Jr) Madera 19:34, 28. Tricia Mattson (Jr) Fallbrook 19:36, 29. Kim Bates (So) Los Alamitos 19:38, 30. Kym Pilger (Jr) Clovis 19:41.

31. Trina Cox (Fr) Santa Rosa 19:43, 32. Christy Castelanelli (Jr) Tokay 19:45, 33. Rachael Wiseman (Jr) Mt. Pleasant 19:47, 34. Jessica Pound (Jr) Poway 19:47, 35. Maleia Lines (Sr) Los Alamitos 19:51, 36. Senhit Dirar (Jr) Logan 19:52, 37. Melissa Livermore (Fr) Irvine 19:53, 38. Frances Santin (So) Taft LA 19:55, 39. Danielle Hadfield (Sr) Canyon 19:56, 40. Erin Jensey (Fr) Nev Union 20:00.

41. Rosa Terrazas (Sr) O Dowd 20:00, 42. Jinna Rohde (Sr) Fallbrook 20:01, 43. Sanjuana Gomez (So) Roosevelt 20:02, 44. Lisa Hernandez (Sr) Healdsburg 20:03, 45. Jamie Newman (Fr) El Cam Real 20:06, 46. Lorena Jimenez (Fr) Or Glen 20:09, 47. Monica MacManus (Sr) Los Alam 20:09, 48. Laura Lawrence (Jr) Or Glen 20:11, 49. Tiffany Burgess (Fr) Birmingham 20:12, 50. Brook Schroeder (So) Vista 20:14.

TEAM SCORES

1. Canyon 82 (4 Harris, 7 Fleschman, 17 Stigile, 24 Hadfield, 30 Plasschaert, Estes, Furnya), 2. Los Alamitos 125, 3. Vista 139, 4. Irvine 143, 5. Ayala 146, 6. Orange Glen 155, 7. Lowell 176, 8. James Logan 231, 9. Clovis 244, 10. Ponderosa 291, 11. Santa Teresa 292, 12. Clovis West 294, 13. Skyline 299, 14. Birmingham 364, 15. Silver Creek 364, 16. Oakmont 374, 17. Taft LA 379, 18. Acaianes 388.

Division II - Girls

This division turned out to be a very, very solid one led by one of the nation's top teams. **Yucaipa** had exploded out of the gate this Fall and raced to a ton of impressive team efforts that included the #5 team time ever at Mt. SAC at 93:37 in a big Sweepstakes win there that had them move to a #3 ranking nationally. After losing the state title here last year to **Buchanan** on the sixth runner rule, **Coach Jim Clendaniel's** Thunderbird group seemed like a squad "on a

mission." They were an impressive group for others in the sport to gauge themselves against. **St. Ignatius** (San Francisco-CCS) had moved up from Division III and was racing strongly, with Buchanan returning much, with **Dana Hills**, **Santa Margarita** (Rancho SM), and **Scripps Ranch** (San Diego) other impressive groups lately. **Annie Ebner**, state champ two years ago, looked great during a 17:25 Southern Section Mt. SAC race, with impressive frosh **Allyson Marquand**, a fine all-around athlete amazing with improvement to 17:38 (#3 frosh ever at Mt. SAC) against Ebner. **Katie Nuanes** and **Emily Allison** had strong records, with the daughter of former St. John Bosco (Bellflower) and University of Kansas star **Phil Koppes**, **Kristen**, tearing them up in the Northern Section.

Yucaipa really takes it out, with **Kimi Welsh** leading the T-Bird pack right up near the front of the race early on. Emily Allison attempted to edge away from the pack as the going got tough in the event after two miles, but Annie Ebner later described that she had run Allison down early in the year after the same tactic, something she duplicated here for the individual win at 17:51. Welsh (17:56) led Yucaipa's team charge in the runner-up position, with Nuanes (18:05) also eventually in ahead of Allison (18:11), with Marquand, injured a bit, fifth at 18:17. Yucaipa, and surprising Scripps Ranch had four people in early. Yucaipa was 1-5-7-11 through four with SR 8-9-14-19, with both having a bit of a wait before #5 arrived. **Sabrina Maizano** was fifth for Yucaipa at 60th in team scoring, with **Kip Rogoff** 64th for Scripps. Yucaipa totalled 84 (95:36), with Scripps Ranch the #4 team time of the day with their 114 (97:42). Depth was impressive here, with the first seven teams at 100:00 or better.

Division II Girls

- | | |
|--|-------|
| 1. Annie Ebner (Sr) St. Lucy's | 17:51 |
| 2. Kimi Welsh (So) Yucaipa | 17:56 |
| 3. Katie Nuanes (Jr) St. Margar | 18:05 |
| 4. Emily Allison (Sr) Leland | 18:11 |
| 5. Allyson Marquand (Fr) Univ/Irv | 18:17 |
| 6. Kristen Koppes (Sr) Foothill | 18:31 |
| 7. Mindy Brown (Sr) Yucaipa | 18:40 |
| 8. Devon Straitliff (Sr) Tor Pines | 18:43 |
| 9. Elizabeth Larmore (Sr) MVista | 18:57 |
| 10. Jennifer Ewing (Jr) Castro Vly | 18:57 |
| 11. Misha Wilson (Jr) Univ Irvine | 18:59 |
| 12. Vickie Whiteside (So) Yucaipa | 19:01 |
| 13. Kristina Stasko (So) Scripps Ranch | 19:02 |
| 14. Emily McFarland (Fr) Scripps Ranch | 19:02 |
| 15. Jennifer Spahr (Jr) Hunt Bch | 19:04 |
| 16. Laura Sandoval (Sr) St. Ignatius | 19:05 |
| 17. Christen Ray (Jr) Yucaipa | 19:07 |
| 18. Lanelle Cox (Fr) Escondido | 19:09 |
| 19. Shana Driscoll (Sr) St. Ignatius | 19:10 |
| 20. Anne Gunnison (Jr) McClatchy | 19:11 |
| 21. Lisa Gillis (So) Moreau | 19:11 |
| 22. Katie Hotchkiss (Fr) Miss SJ | 19:12 |
| 23. Melissa Aronson (Jr) Hemet | 19:12 |
| 24. Lanessa Gregerson (Sr) El Capitan | 19:13 |
| 25. Kelly Grimes (So) Scripps | 19:15 |
| 26. Tina Bowen (Sr) San Ramon | 19:20 |
| 27. Julie David (So) Lincoln, SF | 19:22 |
| 28. Monica Van Wegen (Jr) Amador Vly | 19:22 |
| 29. Sydney Leonard (Jr) Dana Hills | 19:23 |
| 30. Laura Kroninger (Jr) Dana Hills | 19:23 |
| 31. Angela Ruiz (Jr) Reedley | 19:23 |
| 32. Mandy Schwecherl (Sr) Laguna Hills | 19:25 |
| 33. Sarah Schmidt (Sr) Scripps | 19:26 |
| 34. Katie Fontana (Sr) Napa | 19:26 |
| 35. Dani Rope (So) St. Margarita | 19:27 |
| 36. Candace Miles-Threat (Sr) Amador Vly | 19:34 |
| 37. | |

- | | |
|--|-------|
| Annabel Ortiz (Sr) Reedley | 19:36 |
| 38. Elaine Lassen (Fr) Valhalla | 19:40 |
| 39. Ashley Holt (Sr) Menlo-Ath | 19:41 |
| 40. Rachel Bauer (So) Buchanan | 19:41 |
| 41. Yvonne Liebig (So) Kenedy | 19:43 |
| 42. Danielle Valentino (So) Torrey Pines | 19:44 |
| 43. Monique Melara (Fr) Coll Park | 19:44 |
| 44. Nechelle Fabiana (Sr) Mt. Miguel | 19:45 |
| 45. Rachelle Stewart (So) Vacaville | 19:46 |
| 46. Peggy Hall (Sr) Trabuco Hills | 19:46 |
| 47. Eileen Grove (Jr) St. Ignatius | 19:49 |
| 48. Kathy Sheldon (Jr) Leland | 19:51 |
| 49. Kimi Grather (So) St. Margarita | 19:51 |
| 50. Keley Halligan (Jr) Valhalla | 19:52 |

TEAM SCORES

- | | | | |
|----------------------|-----|---|-----|
| 1. Yucaipa | 84 | (1 Welsh, 5 Brown, 7 Whiteside, 11 Ray, 60 Maizano, Meyer, Carlson), 2. Scripps Ranch | 114 |
| 3. Dana Hills | 129 | 4. St. Ignatius | 136 |
| 5. Santa Margarita | 152 | 6. Buchanan | 170 |
| 7. University-Irvine | 174 | 8. Valhalla | 203 |
| 9. Leland | 203 | 10. Reedley | 232 |
| 11. Amador Valley | 235 | 12. Mission San Jose | 252 |
| 13. Will C. Wood | 308 | 14. Tracy | 318 |
| 15. Pleasant Valley | 340 | | |

Division III - Girls

Nordhoff (Ojai), the Southern Section champion with 30 points (95:04), won with 42 points (1, 5, 6, 13, 17). Their team was composed of sophomore **Elaine Canchola**, junior **Terrah Chapin**, junior **Bridie Hatch**, sophomore **Laurel Westbrook**, and senior **Beth Zacher**. Nordhoff was fourth last year with 105 points. The Nordhoff boys also won the Division III team title.

Clayton Valley (Concord), the North Coast Section champion with 23 points, placed second with 53 points (3, 8, 10, 14, 18). Their team was composed of senior **Heather Wallace**, junior **Deborah Osteen**, junior **Kelly Howisey**, freshman **Julie Leininger**, and sophomore **Louise Indrise**. Wallace was fifth last year in 18:23, and fourth this year in 18:30. They are coached by **Ron Silveira**. Clayton Valley won last year with 65 points, and placed second in 1993 with 85 points.

"We had it in front of us. We had it in our hands," said Clayton Valley's Kelly Howisey to the *Contra Costa Times*. "But today wasn't the day."

La Jolla, the San Diego Section champion with 31 points (79:50), was third with 122 points (11, 16, 24, 29, 42). Their team was composed of sophomore **Shelby Stanger**, senior **Leah Walkey**, senior **Clodagh Refferty**, junior **Shannon O'Connor**, and senior **Michelle O'Connor**.

Carondelet (Concord), second in the North Coast Section with 74 points, was fourth with 126. Their team was composed of junior **Kristen Gordon**, junior **Kerri Bock-Wilmes**, freshman **Cristyn Enea**, junior **Ginaea Carrillo**, and sophomore **Katie Nash**.

El Modena, second in the Southern Section with 78 points (99:30), was fifth with 128 points (9, 12, 22, 38, 47). Their team was composed of sophomore **Jessica Dahlberg**, sophomore **Leslie Burton**, junior **Katie Kennedy**, sophomore **Karyn Booth**, and junior **Heidi Bogue**.

Sophomore **Elaine Canchola** (Nordhoff, Ojai), the Southern Section champion in 17:35, set a new Division III record of 17:36 (5:40 per mile pace). The old record of 17:51 was set by **Katy McCandless** (Castilleja, Palo Alto), who is now tearing up the roads in England, in 1987.

Canchola's splits were: 5:26.5 at one mile, and 11:17.2 at two miles (5:50.7 for the second mile). Canchola placed second last year in 18:07.

Junior **Kristen Gordon** (Carondelet, Concord), the North Coast Section champion in 18:17, placed second in 18:12 (5:51). That ties for 8th on the all-time list. Gordon's splits were: 5:26 at one mile (running with Canchola), 11:32 at two miles (second place, 15 seconds behind Canchola). Gordon placed eighth in Division I last year in 18:46.

"She (Canchola) ran phenomenally well," said Gordon to the *Contra Costa Times*. "When she surged, I tried to react. My head said react, but my body didn't."

Sophomore **Heather Garritson** (Buena Park), third in the Southern Section in 18:42, was third in 18:21 (5:54). Garritson came through two miles in 11:41 in third place (nine seconds behind Gordon). Garritson won last year in 18:01.

Senior **Heather Wallace** (Clayton Valley Concord), second in the North Coast Section at 18:30, was fourth in 18:30 (5:57). Junior **Shelby Horgan** (Temescal Canyon, Elsinore), second in the Southern Section at 18:26, was fifth at 18:34 (5:59).

Girls All-Time Top Times Individual--Division III

- | | | |
|-------|---|------|
| 17:36 | Elaine Canchola (Nordhoff, Ojai) | 1995 |
| 17:51 | Katy McCandless (Castilleja, Palo Alto) | 1987 |
| 18:01 | Carrie Garritson (Rim of the World) | 1990 |
| 18:01 | Heather Garritson (Buena Park) | 1994 |
| 18:02 | Jessha Marzell (O'Dowd, Oakland) | 1992 |
| 18:07 | Elaine Canchola (Nordhoff, Ojai) | 1994 |
| 18:12 | Torrens (St. Francis, Mountain View) | 1992 |
| 18:12 | Kristen Gordon (Caron, Con) | 1995 |
| 18:17 | Thayer (Serrano) | 1987 |
| 18:18 | Clarke (Corona del Mar) | 1994 |
| 18:21 | Becky Spies (Livermore) | 1990 |
| 18:22 | Lamberi (Northgate) | 1994 |

Division III Girls

- | | |
|---|-------|
| 1. Elaine Canchola (So) Nordhoff | 17:36 |
| 2. Kristen Gordon (Jr) Carondelet | 18:12 |
| 3. Heather Garritson (So) Buena Park | 18:21 |
| 4. Heather Wallace (Sr) Clayton Vly | 18:30 |
| 5. Shelby Horgan (Jr) Temes Cyn | 18:34 |
| 6. Terrah Chapin (Jr) Nordhoff | 18:48 |
| 7. Veronica Sanchez (So) Wasco | 18:50 |
| 8. Courtney Baird (Fr) Univ. SD | 18:53 |
| 9. Bridie Hatch (Jr) Nordhoff | 18:55 |
| 10. Jamie Harper (Jr) Santana | 18:57 |
| 11. Deborah Osteen (Jr) Clayton Vly | 18:59 |
| 12. Jessica Dahlberg (So) El Modena | 19:04 |
| 13. Kelly Howisey (Jr) Clayton Vly | 19:06 |
| 14. Julie Ott (Jr) Univ. SD | 19:12 |
| 15. Shelby Stanger (So) La Jolla | 19:12 |
| 16. Leslie Burton (So) El Modena | 19:12 |
| 17. Laurel Westbrook (So) Nordhoff | 19:13 |
| 18. Stacey Young (Jr) Pacifica | 19:13 |
| 19. Julie Leininger (Fr) Clayton Vly | 19:16 |
| 20. Allison Millhollen (So) Del Oro | 19:23 |
| 21. Leah Walkey (Sr) La Jolla | 19:23 |
| 22. Beth Zacher (Sr) Nordhoff | 19:25 |
| 23. Sally Cheda (Jr) Petaluma | 19:28 |
| 24. Louise Indrise (So) Clayton Vly | 19:29 |
| 25. Kerri Bock-Wilmes (Jr) Carondelet | 19:31 |
| 26. Sarah Ellis (Sr) La Canada | 19:31 |
| 27. Jennifer Codington (Fr) Clayton Vly | 19:32 |
| 28. Cristyn Enea (Fr) Carondelet | 19:32 |
| 29. Katie Kennedy (Jr) El Modena | 19:34 |
| 30. Nicole Portley (So) Aragon | 19:34 |
| 31. Louann Vitellaro (Jr) Anderson | 19:38 |
| 32. Clo- | |

continued next page

dagh Rafferty (Sr) La Jolla 19:40, 33. Irma Guillen (So) Shafter 19:41, 34. Araceli Martinez (Sr) Estancia 19:44, 35. Sunny Shaffer (Jr) Temes Cyn 19:45, 36. Lisa Renteria (Sr) Westmont 19:49, 37. Jamie Swarberg (So) Newport Harbor 19:55, 38. Jennifer Osteen (Sr) Clayton Vly 19:55, 39. Kara Hunn (Jr) Central Vly 19:57, 40. Tahnee Thiel (Sr) Newport Harbor 19:57.

41. Alexis Rendina (So) West Hills 19:59, 42. Shannon O'Connor (Jr) La Jolla 20:03, 43. Shavona Chamberlain (Jr) Del Oro 20:05, 44. Lisa Starkey (Jr) Del Oro 20:05, 45. Rebecca Heard (Jr) Yucca vly 20:06, 46. Sarah Hanford (Sr) Chico 20:08, 47. Melinda Fuller (Fr) Placer 20:11, 48. Lindsey Bergren (so) Miramonte 20:12, 49. Marcella Molinare (Sr) Mills 20:14, 50. Serena Delaplace (Jr) Mitty 20:19.

TEAM SCORES

1. Nordhoff 42 (1 Canchola, 5 Chapin, 6 Hatch, 13 Westbrook, 17 Zacher, Ramirez, Tallakson), 2. Clayton Valley 53, 3. La Jolla 122, 4. Carondelet 126, 5. El Modena 128, 6. Del Oro 192, 7. Santana 201, 8. Temescal Canyon 219, 9. Newport Harbor 233, 10. Exeter 310, 11. Presentation 311, 12. St. Francis 313, 13. Anderson 315, 14. Placer 347, 15. Centennial, Bakersfield 386.

Division IV -- Girls

The two best teams in State Division IV history would battle here, with **Louisville** (Woodland Hills) totalling an amazing 97:12 in a Mt. SAC Invitational win (98:05 Section Finals), and **University** (San Francisco), with a young team (four frosh) that came so very far during the season that toaled 99:16 on a course that seemed to run similar to Woodward Park or Mt. San Antonio College. **Coach Marie Murphy** of Louisville, marathon competitor for her native country of Ireland in the 1988 Olympics, had moved her team up to a Larger School division for motivation and individual competition for team leader **Shaluinn Fullove** often this Fall in Invitionals. Louisville was in easy visible blue and gold uniforms, with University in Red unis that made both squads fairly easy to pick out as the race went along. The southern squad had a comfortable lead through the mile, with Fullove the individual front runner at 5:37. University had a trio of runners in the top twenty-five, with Louisville all of its scorers through that area. Fullove continued to breeze through two miles at 11:48, with Uni frosh **Linden Bader** working up past all but Louisville's leader at that point, but Louisville's scorers all still holding up strongly for a comfortable team lead. At the finish Fullove won, Bader was eighth in team scoring, with the two schools battling after places 11 (L)-12 (L)-13 (U)-14 (U), and 15 (L), with Louisville's #5 scorer in 19th in team scoring. Coach Murphy's flashes scored 58 points (98:44), with Uni 91 (100:52).

Winning Coach Murphy indicated that her team set the goal of going undefeated at a summer Mammoth training camp, with the former Olympian very pleased with the improvement of each girl on the team during the season. **Coach Mike McManus** of Uni realized, right from the

start of the season during workouts, that he had a special group this Fall, with the Coach keeping most of his stars at the frosh/soph level for many Invitionals to build confidence and gain experience.

The two leading schools should battle again next Fall, with Louisville returning runners 3-7, and Uni six of its top seven. Third place team **Morro Bay** (152 points 104:15) would be good enough to win in most years, with four of that team's top five returning, and fourth place **Taft's** squad (152 104:13) returning everyone! 1996 will be a great year for Division IV.

Division IV Girls

- | | |
|-------------------------------------|-------|
| 1. Shaluinn Fullove (Sr) Louisville | 18:39 |
| 2. Lisa Eccles (So) Bret Harte | 19:09 |
| 3. Sarabeth Schweitzer (Jr) Marysvl | 19:12 |
| 4. Melissa MacPherson (Jr) Flint/SH | 19:21 |
| 5. Kristin Groncy (Jr) Or Luth | 19:24 |
| 6. Marissa Hurwitz (Sr) Bishops | 19:27 |
| 7. Jessica Lunt (Sr) Coronado | 19:28 |
| 8. Kat Saxton (So) Coll Prep | 19:29 |
| 9. Sarah Martin (Sr) Westridge | 19:31 |
| 10. Hannah Miller (Jr) La Salle | 19:32 |

11. Tracy Bowling (Jr) Union-Taft, 12. Linden Bader (Fr) Univ-SF 19:34, 13. Anne-Elyse Smith (So) Mont-Vista Christ 19:40, 14. Samantha Michel (Fr) Morro Bay 19:41, 15. Laura Davis (Fr) McFarland 19:41, 16. Ashley Caro (Sr) Louisville 19:45, 17. Kelly Harrington (So) Louisville 19:45, 18. Amanda Tomei (Sr) Univ-SF 19:46, 19. Sarah Hallas (So) Ursuline 19:57, 20. Jen Ponig (Sr) Terra Linda 20:00,

21. Tatiana Sohrakoff (Sr) Wheatland 20:00, 22. Kira Morser (Fr) Univ-SF 20:01, 23. Amy Struve (Sr) Lassen 20:10, 24. Jennifer Villar (Fr) Louisville 20:11, 25. Heather Gibson (So) Piedmont 20:12, 26. Stacy Haffner (Sr) West Vly 20:16, 27. Katy Berkes (So) Campolindo 20:19, 28. Courtney Davidson (Fr) Redwood Christ 20:20, 29. Siobhan Elsner (Sr) Morro Bay 20:24, 30. Erin Spaulding (So) Louisville 20:24,

31. Hope Lewis (Jr) Univ-SF 20:25, 32. Barbra Chakos (Fr) Coronado 20:36, 33. Arielle Damron (Fr) Warner 20:37, 34. Cristina Sanchez (Jr) McFarland 20:41, 35. Nicole Curran (Jr) Yreka 20:42, 36. Abbey Cortright (Fr) Yreka 20:41, 37. Courtney Fairbanks (Fr) Morro Bay 20:42, 38. Lissa DeFries (Sr) Campolindo 20:45, 39. Katie Peters (Jr) Orange Luth 20:46, 40. Alyson Wallace (Sr) Notre Dame, Sal 20:49,

41. Jessica Hackler (So) Union, Taft 20:50, 42. Melissa Madeson (So) Kelseyville 20:50, 43. Lindsay Buwala (Sr) Laguna Beh 20:55, 44. Cindy Ham (Jr) Yreka 20:56, 45. Karen Baldwin (Sr) West Vly 20:59, 46. Molly Alles (Sr) Trinity 21:00, 47. Denise Cardamone (Sr) Carmel 21:00, 48. Lisa Eggleston (Fr) Union-Taft 21:01, 49. Mary-Beth Muchmore (Sr) Bishops 21:01, 50. Lisa Wade (So) Rocklin 21:01.

TEAM SCORES

1. Louisville 58 (1 Fullove, 11 Caro, 12 Harrington, 15 Villar, 19 Spaulding, Johnson, Ianiro), 2. University, SF 91, 3. Morro Bay 152, 4. Union, Taft 152, 5. Campolindo 178, 6. West Valley 182, 7. Orange Lutheran 188, 8. Flintridge/SH 205, 9. McFarland 229, 10. Yreka 254, 11. Bishop's 282, 12. Half Moon Bay 298, 13. Coronado 306, 14. Bret Harte 313, 15. AL Stevenson 316, 16. Dixib 374.

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BOYS DIVISION I

1. Del Campo (Fair Oaks) SJ
2. Peninsula (Roll Hills) SS
3. Nevada Union (Gr Vall) SJ
4. Hoover (Glendale) SS
5. Ayala (Chino Hills) SS
6. Bellarmine Prep (SJ) CCS
7. Madera CE
8. Poway SD
9. Clovis CE
10. Santa Ana SS
11. Chula Vista SD, 12. Saddleback (Santa Ana) SS, 13. Huntington Beach SS, 14. Thousand Oaks SS, 15. Serra (San Mateo) CCS, 16. Silver Creek (San Jose) CCS, 17. Vista SD, 18. Mt. Carmel (San Diego) SD, 19. Garfield (L.A.) LA, 20. Santa Ana Valley SS, 21. Belmont (L.A.) LA, 22. Castro Valley NCS, 23. Bishop O'Dowd (Oakland) NCS, 24. Fresno CE, 25. Buena (Ventura) SS, 26. Wilson (Long Beach) SS, 27. Monta Vista (Cupertino) CCS, 28. Skyline (Oakland) OK, 29. Hart (Newhall) SS, 30. Diamond Bar SS.

BOYS DIVISION II

1. Jesuit (Carmichael) SJ
2. Leland (San Jose) CCS
3. Hemet SS
4. Yucaipa SS
5. Reedley CE
6. De la Salle (Concord) NCS
7. Katella (Anaheim) SS
8. Orange SS
9. Vintage (Napa) SJ
10. Torrey Pines (Encin) SD
11. Mission San Jose (Fr) NCS, 12. Burbank SS, 13. Arlington (Riverside) SS, 14. Burlingame CCS, 15. Edison (HB) SS, 16. Arvin CE, 17. El Capitan (Lakeside) SD, 18. Tustin SS, 19. Rubidoux (Riverside) SS, 20. Ramona SD, 21. Anaheim SS, 22. Righetti (Santa Maria) SS, 23. La Sierra (Rivers) SS, 24. Santa Margarita (Rancho SM) SS, 25. Arroyo (El Monte) SS, 26. Centennial (Corona) SS, 27. San Pasqual (Escondido) SD, 28. Eureka NCS, 29. Amador Valley (Pleasanton) NCS, 30. Valhalla (El Cajon) SD.

BOYS DIVISION III

1. Nordhoff (Ojai) SS
2. Livermore NCS

3. St. Ignatius (San Franc) CCS
4. St. Francis (Mtn View) CCS
5. El Modena (Orange) SS
6. Clayton Vly (Concord) NCS
7. Los Gatos CCS
8. Cor.del Mar (New Bch) SS
9. St. Francis (La Canada) SS
10. Newbury Park SS
11. Barstow SS, 12. La Jolla SD, 13. West Hills (Santee) SD, 14. Sonora SJ, 15. South El Monte SS, 16. Mendota CE, 17. Novato NCS, 18. Dos Pueblos (Goleta) SS, 19. Placer (Auburn) SJ, 20. Costa Mesa SS, 21. Oak Ridge (El Dorado Hills) SJ, 22. Mission Bay (San Diego) SD, 23. Littlerock SS, 24. Moorpark SS, 25. San Juan (Citrus Hts) SJ, 26. Central Valley NO, 27. St. Augustine (San Diego) SD, 28. South Hills (West Covina) SS, 29. Oceanside SD, 30. Paso Robles SS.

BOYS DIVISION IV

Adjusted to reflect revision in State Meet scoring:

1. McFarland CE
2. Morro Bay SS
3. Piedmont NCS
4. Oak Park SS
5. Fillmore SS
6. Palma (Salinas) CCS
7. Flintridge Prep (La Can) SS
8. Salesian (L.A.) SS
9. Campolindo (Moraga) NCS
10. Coronado, SD SD
11. Sierra SJ, 12. Desert Christian (Lancaster) SS, 13. Crossroads (Santa Monica) SS, 14. Beaumont SS, 15. Sherman Indian (Riverside) SS, 16. Clairemont SD, 17. St. Bonaventure (Ventura) SS, 18. Bret Harte (Altaville) SS, 19. The York School (Monterey) CCS, 20. Taft CE, 21. Sierra (Tollhouse) CE, 22. Yreka NO, 23. Arcata NCS, 24. Pasadena Poly SS, 25. West Valley (Cottonwood) NO, 26. Holtville SD, 27. Dixon SJ, 28. Monte Vista Christian (Watsonville) CCS, 29. Half Moon Bay CCS, 30. Firebaugh CE.

GIRLS DIVISION I

1. Canyon (Cyn Cntry) SS
2. Los Alamitos SS
3. Vista SD
4. Irvine SS
5. Ayala (Chino Hills) SS

6. Orange Glen (Escondido) SD
7. Thousand Oaks SS
8. Lowell (San Francisco) SF
9. Fountain Valley SS
10. Esperanza (Anaheim) SS
11. Buena (Ventura) SS, 12. Peninsula (Rolling Hills) SS, 13. Logan (Union City) NCS, 14. Quartz Hill SS, 15. Rancho Bernardo (San Diego) SD, 16. Saugus SS, 17. Clovis CE, 18. Ponderosa (Shingle Springs) SJ, 19. Arroyo Grande SS, 20. Chula Vista SD, 21. Poway SD, 22. Fallbrook SD, 23. Santa Teresa (San Jose) CCS, 24. Clovis West (Fresno) CE, 25. Skyline (Oakland) OK, 26. Mt. Carmel (San Diego) SD, 27. El Toro SS, 28. Birmingham (Van Nuys) LA, 29. Silver Creek (San Jose) CCS, 30. Oakmont (Roseville) SJ.

GIRLS DIVISION II

1. Yucaipa SS
2. Scripps Ranch (SDiego) SD
3. Dana Hills (Dana Point) SS
4. St. Ignatius (San Fran) CCS
5. Santa Margarita (RanSM)SS
6. Buchanan (Clovis) CE
7. University (Irvine) SS
8. oothill (Santa Ana) SS
9. Valhalla (El Cajon) SD
10. Leland (San Jose) CCS
11. Torrey Pines (Encinitas) SD, 12. Trabuco Hills (Mission Viejo) SS, 13. St. Lucy's (Glendora) SS, 14. Reedley CE, 15. Amador Valley (Pleasanton) NCS, 16. Mission San Jose (Frem) NCS, 17. Escondido SD, 18. College Park (Pleasant Hill) NCS, 19. Burlingame CCS, 20. Wood (Vacaville) SJ, 21. El Capitan (Lakeside) SD, 22. Del Campo (Fair Oaks) SJ, 23. Villa Park SS, 24. Los Gatos CCS, 25. Tracy SJ, 26. Castro Valley NCS, 27. West Tarrance SS, 28. San Marcos SD, 29. Agoura SS, 30. Arlington (Riverside) SS.

GIRLS DIVISION III

1. Nordhoff (Ojai) SS
2. Clayton Vly (Concord) NCS
3. La Jolla SD
4. Carondelet (Concord) NCS
5. El Modena (Orange) SS
6. Del Oro (Loomis) SJ
7. Santana (Santee) SD
8. Temescal Cyn (Elsinore) SS
9. Northgate (Walnut Crk) NCS

10. Miramonte (Orinda) NCS
11. Newport Harbor (Newport Beach) SS, 12. University of San Diego SD, 13. Corona del Mar (Newport Beach) SS, 14. Dos Pueblos (Goleta) SS, 15. Exeter CE, 16. Presentation (San Jose) CCS, 17. St. Francis (Mountain View) CCS, 18. Alemany (Mission Hills) SS, 19. Moorpark SS, 20. West Hills (Santee) SD, 21. Mitty (San Jose) CCS, 22. Atascadero SS, 23. South El Monte SS, 24. Anderson NO, 25. Palo Alto CCS, 26. Gonzalez CCS, 27. Soquel CCS, 28. South Hills (W Covina) SS, 29. Placer (Auburn) SJ, 30. Oak Ridge (El Dorado Hills) SJ.

GIRLS DIVISION IV

1. Louisville (Woodl Hills) SS
2. University (San Fran) NCS
3. Morro Bay SS
4. Taft CE
5. Campolindo (Moraga) NCS
6. West Valley (Cottonwd) NO
7. Orange Lutheran SS
8. Flint/Sacred Hrt (La Can) SS
9. McFarland CE
10. Ursuline (Santa Rosa) NCS
11. Piedmont NCS, 12. Yreka NO, 13. Bishops (La Jolla) SD, 14. Terra Linda (San Rafael) NCS, 15. La Reina (1000 Oaks) SS, 16. 29 Palms SS, 17. Half Moon Bay CCS, 18. Coronado SD, 19. Bret Harte (Altaville) SJ, 20. Middletown NCS, 21. Arcata NCS, 22. Desert Christian (Lancaster) SS, 23. College Prep (Oakland) NCS, 24. Poly Pasadena SS, 25. R.L. Stevenson (Monterey) CCS, 26. Notre Dame (Salinas) CCS, 27. Dixon SJ, 28. Carmel CCS, 29. La Salle (Pasadena) SS, 30. St. Joseph (Santa Maria) SS.

Section abbreviations:
 SS=Southern, SD=San Diego,
 LA=Los Angeles, CE=Central,
 CCS=Central Coast, NCS=North
 Coast, SJ=Sac Joaquin,
 NO=Northern, OK=Oakland,
 SF=San Francisco
QUESTIONS COMMENTS --
 DOUG SPECK (818) 963-7709
 (FAX) (818) 963-2955.

THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

New Year's Newtrition: The ABC's of Healthy Eating

"I know what I should do to eat well. I just don't do it." If this mantra sounds familiar, the following primer can perhaps help you fuel yourself with premium nutrition and invest in your good health for many years to come.

AGING is the accumulation of a lifetime of poor nutrition and inactivity. To maintain your youthfulness, eat wisely, eat well, and enjoy regular physical activity. People who burn 1,500 calories per week via exercise tend to be healthier and live longer.

BREAKFAST is the most important meal of the day. People who eat breakfast tend to make wiser food choices the rest of the day and have an overall healthier diet than do breakfast skippers. Cereal at 8:00 a.m. is nutritionally preferable to donuts at 10.

CEREAL is a breakfast of champions. Fiber-rich cereal (bran flakes, oat bran, all-bran, etc.) are among the best choices. Enjoy with a banana, lowfat milk and glass of OJ for an A+ meal that's high in carbohydrates, low in fat, calcium-rich and cook-free.

DIETS to lose weight should start at dinner. Be sure to eat a substantial breakfast and lunch so you'll have the energy you need to 1) exercise--and enjoy doing so, and 2) remind yourself at dinner "I'd rather be thinner than overeat."

EAT before you get too hungry! Otherwise, you'll start to crave sweets and will likely succumb to poor food choices.

FATS are fattening in excess, but so are fat-free foods. Small amounts of fat can help balance your diet, satisfy your hunger and reduce the desire to eat yet-another-serving of fat-free food (frozen yogurt, cookies, etc.) that adds calories to your diet.

GOOD nutrition starts in the supermarket. Post a shopping list in a convenient place where you and your family can easily add to it, and then remember to use it! Shop when you are well fed. Otherwise, too many treats may jump into the shopping cart.

HUNGER is simply your body's request for fuel. Honor your body's hunger by fueling yourself appropriately. Try to eat like a child--that is, eat when you are hungry and stop when content. You'll achieve an appropriate weight and have lots of energy.

ICE CREAM that is expensive tends to be highest in calories and fat. Stick to the inexpensive brands--or frozen yogurts.

JUNK FOOD can fit into your diet after you have eaten wholesome meals. That is, you can appropriately enjoy a small brownie for dessert after a healthful lunch. Ten percent of your daily calories (about 180-250) can appropriately come from sugar.

KEEP to an eating schedule. People tend to get hungry every four hours (breakfast at 8:00, lunch at 12:00, snack at 4:00, dinner at 7:00-8:00). Don't skip meals or you'll lack energy and likely over-compensate later in the day.

LENTILS, kidney beans, split pea soup and other foods made with beans and legumes are excellent for both protein and carbohydrates. They digest slowly, providing a steady release of energy that can enhance your stamina.

MEATS have a cholesterol content similar to chicken and fish. Meat's saturated fat is the health culprit. Two to four lean meat-meals per week can be a healthful addition to a sports diet, to provide protein as well as iron and zinc.

NO ONE should eliminate favorite foods, even foods loaded with fat. Denial will eventually lead to binge eating. For example, enjoying a "diet portion" of 5 chips every day is healthier than succumbing to 500 chips on the weekend.

ORANGES, grapefruits and other citrus fruits are among the best fruit choices. They are rich in vitamin C and potassium. Eat a citrus fruit daily--an excellent health booster. A 6-ounce glass of OJ provides the Daily Value for Vitamin C (60 mg.).

POTATOES offer more nutritional value than do rice or pasta (plain, without the tomato sauce). Bake several and enjoy the planned-overs for breakfast, lunch and even snacks. Be sure to eat the skin--most of the vitamin C is right underneath!

QUICK MEALS that include at least three types of wholesome foods tend to be "well-balanced" meals. Examples: cereal, milk & banana; bagel, peanut butter & yogurt; apple, lowfat cheese & crackers; spaghetti, tomato sauce & ground turkey.

RATHER than suffer through fat-free cheese and other fat-free products that do not dazzle your taste buds, enjoy small portions of the "real thing". Given that 20-30% of your calories can appropriately come from fat, you might as well budget them in!

SUPPLEMENTS are to supplement healthy eating, not to compensate for poor eating habits. For example, don't think that a calcium pill can

replace milk, yogurt or other calcium-rich foods in your diet.

TOFU (soybean curd) is a health protective food that reduces cholesterol and the risk of both heart disease and cancer. Add some to soups, casseroles and mixed meals. Tofu is sold in the produce section of the grocery store.

UNLESS you want to become frail and lose your ability to live independently, you should do exercise that maintains your muscles. Muscles boost your metabolism, making it easier to eat more or lose weight. Strength training is the wave of the future!

VEGETABLES are the best source of "all natural" vitamins. Colorful veggies such as broccoli, spinach, kale, carrots, sweet potatoes, peppers and tomatoes are powerhouses. The deeper and darker the color, the richer the nutritional value.

WATER is found not only in water, but also in oranges, soups, yogurt, salads and other watery foods. You are getting enough water if your urine is clear and voluminous, and if you urinate every 2 to 4 hours. Dark, smelly urine signifies dehydration.

XTRA vitamin E may be protective against heart disease and cancer. Because people cannot easily eat enough E via common food choices, a supplement of 200 to 400 IUs per day may be a wise health investment.

YES, you can take time to eat well. Avoid the trap "I'm too busy and food is fattening, anyway." Food is one of life's pleasures.

ZIP AND ZING are the benefits of healthy eating. Eat well and enjoy your high energy, good health and top performances.



Nancy Clark, MS, RD, nutrition counselor at Boston-area's SportsMedicine Brookline, teaches people how to be successful with food. For a copy of her popular Sports Nutrition Guidebook (\$18) and her nutrition guide for runners The NYC Marathon Cookbook (\$23), send check to

Sports Nutrition Materials, 830 Boylston St., #205, Brookline, MA 02167.

Buyer's Guide

The significance of the 1996 track season has been reflected by the release of many new, technically advanced shoes for track and field which have been designed to maximize performance. We recognize that the shoes are not the catalyst for success, but their failure to perform as expected can certainly precipitate a lack of success. This guide has been assembled in the hopes of assisting coaches in their job of offering the best equipment advice to their athletes, thus helping them realize their potential.

Adidas, ASICS, Nike, Puma and Reebok offer complete lines of technical track and field shoes, and there are many good shoes to choose from. Mizuno and New Balance offer several production models as well, which allows an adequate number of choices for the competitor to find the best shoes for their needs.

Many of the new shoes were unavailable for review, due to the timing of their release. We have looked at as many of them as possible, and report our findings about their performance where possible.

Compiled
by
**CREGG
WEINMANN**



ASICS Raptor

◆ Adidas

Adidas has completely revised their Track & Field lineup. The new Adidas Competition line includes 12 new shoes with a bold new look and the promise of technical excellence. We were unable to obtain wear test samples, but are including descriptions and suggested prices.

Adistar Accelerator

Sprint Spike -- lightweight nylon/synthetic leather upper with polyurethane wedge and nylon spike plate.

7 spike arrangement

Color: Black/Yellow

Sizes: 4-15

Price: \$84.99

Adistar Sprint

Sprint Spike -- lightweight non-stretch nylon upper with full-length contoured nylon plate, 8 spike arrangement

Color: Purple/Yellow-Black

Sizes: 4-15

Price: \$74.99

Adistar MD

Middle Distance Spike -- lightweight nylon/synthetic leather upper with EVA midsole and nylon spike plate, 8 spike arrangement

Color: Silver/Orange-Purple

Sizes: 4-15

Price: \$74.99

Adistar LD

Distance Spike -- lightweight nylon/synthetic leather upper with EVA midsole and nylon spike plate, 8 spike arrangement

Color: Blue/Green-Black

Sizes: 4-15

Price: \$74.99

Adistar Steeple

Steeplechase/Distance Spike -- lightweight nylon/synthetic leather perforated upper for water release with EVA midsole and nylon spike plate, 8 spike arrangement

Color: Blue/Orange-Black

Sizes: 4-15

Price: \$74.99

Long Jump

Nylon mesh/synthetic leather upper with full-length compression molded EVA and nylon spike plate, 7 spike arrangement

Color: Black/White-Orange

Sizes: 4-15

Price: \$109.99

Triple Jump

Nylon mesh/synthetic leather upper with full-length EVA midsole and traction rubber outsole, nylon spike plate, 7 spike arrangement

Color: Violet/Yellow-White

Sizes: 4-15

Price: \$109.99

continued next page.

for Coaches

High Jump

Nylon mesh/synthetic leather upper with full-length compression molded EVA and nylon spike plate, 6 spike forefoot arrangement, 4 spikes in heel.
Color: Black/White-Orange Sizes: 4-15 Price: \$109.99

Shot Put (Glide motion)

Nylon mesh/synthetic leather upper with EVA heel wedge, flat bottom, textured, carbon rubber
Color: Marine (Dark Blue)/Green-White Sizes: 4-15 Price: \$109.99

Hammer/Discus

Nylon mesh/synthetic leather upper with EVA heel wedge, rounded bottom, textured, carbon rubber
Color: Black/Green-White Sizes: 4-15 Price: \$109.99

Javelin Boot

Nylon mesh/synthetic leather, high cut upper with full length firm EVA, rubber outsole, and nylon spike plate, 6 spike forefoot arrangement, 4 spikes in heel.
Color: White/Orange-Black Sizes: 4-15 Price: \$119.99

Race Walk

Nylon mesh/synthetic leather upper Adiprene midsole (injected EVA) Vibrastop (durable carbon) rubber outsole.
Color: Black/Violet-Gold Sizes: 4-15 Price: \$69.99

Adidas also have a quality line of 4 "lower end" shoes which all retail for \$44.99 and are available in sizes 4-13.

Tech Star Sprint ST - Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/Red-White

Tech Star MD ST - Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/White or Black/Toro-Yellow

Tech Star Interval ST - Nylon/synthetic suede upper with nylon spike plate, EVA wedge and 6 spike arrangement. Color: White/Blue-Red

Advance MD - Nylon/synthetic suede upper with nylon spike plate and 6 spike arrangement
Color: Black/White

ASICS

The ASICS Track and Field line includes 3 new shoes and 8 tested technical shoes. We wear tested the samples and include wear test information for those shoes, with descriptions, and suggested prices for all shoes.

Raptor

Nylon mesh/synthetic leather upper with compression molded EVA wedge and traction spike plate, 6 spike configuration.
Color: White/Concord/Hydro Sizes: 4-12, 13, 14 Price: \$75.00
"Good fitting shoe, very flexible. Light but strong, a fantastic shoe."

HyperSprint

Sprint Spike - nylon/synthetic leather upper with EVA wedge (internal) and nylon spike plate, 6 spike configuration.
Color: Black/Starfire/White Sizes: 4-12, 13, 14 Price: \$65.00

LYTETRAC

Nylon/synthetic leather upper with EVA wedge and nylon spike plate, 6 spike configuration.
Color: White/Flash Orange/Black Sizes: 4-12, 13, 14 Price: \$60.00

Lightning Plus

Nylon/synthetic leather upper with compression molded EVA wedge and nylon spike plate with EVA underlay, 6 spike configuration.
Color: Black/White or White/Black/Red Hot Sizes: 4-12, 13, 14 Price: \$43.00



ASICS Omniflex



ASICS Shot/Discus



ASICS Javelin



ASICS Harrier

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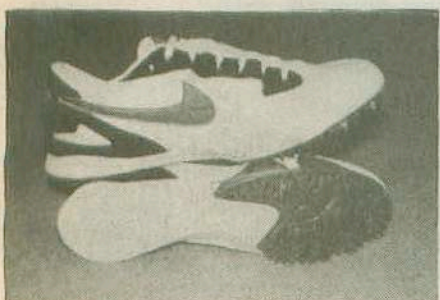
Buyer's Guide



Nike Zoom Super Fly



Nike Zoom Eldoret



Nike Zoom Shift



Nike Zoom Jav

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OmniFlex

Distance Spike -- nylon mesh/synthetic leather upper with full-length EVA and solid rubber covered spike plate and outsole, 6 spike configuration.

Color: White/Navy/Gold

Sizes: 4-13, 14

Price: \$65.00

"Snug fitting, well cushioned distance spike. Durable enough for workouts, good spike pattern, good flexibility. Overall good value."

OMNISPIKE

Distance Spike -- nylon/synthetic suede upper with full-length single density EVA and polyurethane spike plate, 6 spike configuration.

Color: Bright Purple/Black/Flash Orange

Sizes: 4-13, 14

Price: \$60.00

LJ/TJ

Nylon/synthetic leather upper with full-length EVA, traction spike plate, solid rubber honeycombed outsole, 7 spike configuration.

Color: White/Navy/Red or Bryte Purple/Black/Flash Orange

Sizes: 6-13

Price: \$75.00

Hi-Jump

Nylon/synthetic leather upper with full-length EVA, with additional EVA in heel, solid rubber honeycombed outsole, 6 spike forefoot, 4 spike heel configuration.

Color: White/Navy/Red or Bryte Purple/Black/Flash Orange

Sizes: 6-13

Price: \$85.00

Shot/Discus

Nylon/synthetic leather upper with stabilizing strap. EVA heel wedge, flat bottom, textured, solid rubber outsole with concentric ringed "pivot point" for traction and rotation.

Color: White/Navy/Red or Bryte Purple/Black/Flash Orange

Sizes: 7-12, 13, 14

Price: \$70.00

Javelin

Nylon/synthetic leather, high cut upper with stabilizing strap, full-length EVA, with additional EVA in heel, solid rubber honeycombed outsole, 7 spike forefoot, 4 spike heel configuration.

Color: White/Navy/Red or Bryte Purple/Black/Flash Orange

Sizes: 6-13, 14

Price: \$85.00

"Very impressed by the fit and support afforded by this shoe. Rigid feel causes longer break in. Strap provides very secure feeling."

Harrier '96

Spikeless distance shoe -- nylon/synthetic leather upper with single density EVA and rubber spikeless nubs and ridges similar to a 7 spike configuration.

Color: White/Navy/Red

Sizes: 4-13, 14

Price: \$65.00

"Snug 'spike-like' fit, and very light. Nibs and ridges provide good traction on a variety of surfaces, good flexibility."

◆ Nike

Nike has retooled their line to incorporate new enhanced features into their best shoes yet. They are as bold in styling and color as they are technically sound.

Zoom Super Fly

Sprint Spike -- "speed sandwich mesh"/synthetic suede upper with full length molded nylon spikeplate with multiple traction teeth and angled forward section, 10 spike arrangement

Color: Neon-Yellow /Infrared/Black

Sizes: 4-13, 14, 15

Price: \$110.00

"Close fit, angle of forefoot gives feeling of speed, superb shoe."

Zoom Eldoret

Distance Spike -- "speed mesh"/synthetic suede upper with Phylon (lightweight EVA) midsole and "anatomically correct" nylon spikeplate, 6 spike arrangement

Color: White/Black/Infrared

Sizes: 4-13, 14, 15

Price: \$95.00

"Excellent fit, good flexibility, no break-in. Lacks enough cushion for long distances. Good middle distance shoe."

Zoom Shift

Middle distance shoe --Nylon mesh/synthetic suede upper with Phylon midsole "Zoom Shift" nylon plate, 8 spike arrangement.

Color: White/Black-Grape Ice

Sizes: 3-14, 15, 16

Price: \$85.00

"Slipper-like fit, snug, comfortable. Cushioning more than adequate, traction is outstanding. Great shoe!"

Zoom V

Nylon mesh/synthetic suede upper with EVA midsole and "Zoom Shift" spikeplate, 8 spike arrangement

Color: White/Infrared/Black or Infrared/Crystal Blue-Black

Sizes: 3-13, 14, 15, 16

Price: \$65.00

"Good fitting well cushioned shoe. Good traction, versatile, useful shoe."

Zoom Country

Distance Spike -- Nylon mesh/synthetic suede upper with EVA midsole and rubber covered outsole, 6 spike arrangement
 Color: Grape Ice/Infrared/White or White/Light Lapis/Black Sizes: 4-13, 14, 15 Price: \$60

Zoom Rival D

Nylon/synthetic suede upper with EVA wedge and solid rubber outsole. "Rival" spike plate, 7 spike arrangement.
 Color: Black/White-Black or White/Black-Regal Blue or White/Grape Ice/Neon Yellow
 Sizes: 3-13, 14, 15 Price: \$45.00

Zoom Rival S

Nylon mesh/synthetic suede upper solid rubber outsole. "Rival" spike plate, 7 spike arrangement.
 Color: Infrared/Dark Crystal Blue/White Sizes: 3-13, 14, 15 Price: \$45.00

Zoom Waffle

Spikeless distance shoe -- nylon/synthetic suede upper with full length EVA and rubber "waffle" outsole with rubber nibs similar to a 6 spike arrangement.
 Color: Black/White or White/True Red/Grey Mist Sizes: 4-13, 14, 15 Price: \$45.00

Zoom Jav

"Ballistic" mesh/DuPont Kevlar/E and leather, high cut upper with stabilizing strap, "agressive" nylon spikeplate, 7 spike forefoot arrangement, 4 spikes in heel.
 Color: White/Neon Yellow/Mystic Teal Sizes: 3-13, 14, 15, 16 Price: \$110.00
 "Very secure, supportive, fit. Great traction, well designed shoe."

Zoom LJ

Nylon mesh/synthetic leather upper with full-length EVA, "negative heel" and nylon spikeplate, 8 spike arrangement
 Color: White/Neon Yellow/Black Sizes: 4-13, 14, 15 Price: \$100.00
 "Very technical feeling shoe, puts foot in good position to jump. Very solid jumping platform."

Zoom HJ

Nylon mesh/synthetic suede and leather upper with full-length Phylon and full-length nylon spikeplate, 6 spike forefoot arrangement, 3 spikes in heel.
 Color: White/Gold Amber/Metallic Silver Sizes: 4-13, 14, 15 Price: \$100.00
 "Feels loose fitting in ankle. Plants well, gives good traction. Good feel in jump phase."

Zoom Rotation

"Ballistic" mesh/synthetic leather upper with stabilizing strap, "nylon performance base", rounded bottom, smooth, hard, carbon rubber outsole
 Color: White/Pro-Orange/Dark Spruce Sizes: 3-13, 14, 15, 16 Price: \$100.00
 "Very secure fit. Very fast in ring, with adequate grip. Well put together."

Zoom SD

"Ballistic" mesh/pigskin leather upper with stabilizing strap, rounded bottom, textured, carbon rubber outsole.
 Color: White/Chile red/Caribbean Blue Sizes: 3-13, 14, 15 Price: \$75.00
 "Fits well. Good controlled feeling in ring, good grip. Seems durable."

◆ Puma

Puma is looking to reassert itself in North America, and has brought in a good representation of their line of technical shoes for field and track. No shoes were available for review, and suggested prices are unknown.

System Sprint 3000

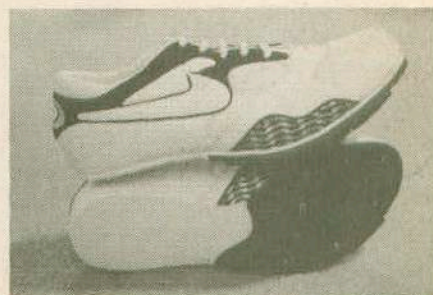
Nylon mesh/suede upper with Puma "Disc" closure, 9 spike plate.
 Sizes: 6-12 Color: White/Neon Green/Black

LA Star

Sprint spike -- Nylon/leather upper with carbon fiber reinforced 7 spike plate.
 Sizes: 5-13 Color: Black/White

Long Distance 100

Nylon/suede upper with molded EVA wedge, "Duplex System" (horseshoe shaped dual density EVA) in heel, 9 spike plate.
 Sizes: 6-12 Color: White/Neon Green/Black



Nike Zoom LJ



Nike Zoom HJ



Nike Zoom Rotation



Nike Zoom SD

continued next page

Long/Triple Jump & Pole Vault

Nylon/suede upper with "poro cushion" midsole, "specialist rubber" outsole and 6 spike plate.
 Sizes: 5-13 Color: White/Neon Green/Black

Hammer-Discus

Distance Spike -- Leather upper with "poro cushion" midsole, "specialist rubber" outsole.
 Sizes: 5-13 Color: White/Neon Green/Black

Lightning

Nylon/suede upper with EVA midsole, high carbon rubber/nylon 7 spike plate.
 Sizes: 6.5-12, 13 Color: White/Silver/Blue

◆ Reebok

Reebok is maintaining their complete sprint, distance, throwing and jumping line of shoes. We wear-tested some of their line, and list these with descriptions and prices of each.

Insta-pump Sprint

Nylon/mesh/synthetic leather upper with "Instapump" chambers for custom fit and nylon spikeplate, 6 spike arrangement
 Color: Citron/White/Black Sizes: 4.5-13.5, 14 Price: \$93.00
 "Snug fit, without Instapump, nicely customized with it. Adequate traction and performance"

Athletics Sprint

Nylon/mesh/synthetic suede upper with nylon spike plate, 6 spike arrangement
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$79.95

Athletics Distance

Nylon/mesh/synthetic suede upper with EVA wedge and nylon spike plate, 6 spike arrangement
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$79.95

Athletics PB/Jr.

Nylon/synthetic suede upper with EVA wedge and nylon spikeplate, 7 spike arrangement
 Color: White/Black or Black/White or White/Black/Gold
 Sizes: 1-6 (youth) 6.5-12, 13, 14, 15 Price: \$39.95

Harrier Ultra Spike

Distance spike -- nylon/synthetic leather upper with full length EVA and full length rubber outsole, 6 spike arrangement.
 Color: Royal Purple/White/Insignia Blue/Racing Orange Sizes: 3-12, 13, 14, 15 Price: \$54.95

Harrier Ultra Racer

Spikeless distance shoe -- nylon/synthetic leather upper with EVA midsole and rubber spikeless nibs and ridges similar to a 6 spike arrangement.
 Color: Black/White/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$44.99

Athletics LJ/PV

Nylon/synthetic leather upper with full-length EVA and nylon spikeplate with 7 spike arrangement.
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$79.95

Athletics Triple Jump

Nylon/synthetic leather upper with full-length EVA tapering at toe with nylon spikeplate, 7 spike arrangement.
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$79.95

Athletics High Jump

Nylon/synthetic leather upper with EVA wedge and full length rubber outsole with 6 spike forefoot arrangement, 4 spikes in heel.
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$89.95
 "Snug fit, seems to run a bit small. Conforms to foot, good feel on plant, adequate traction (at least on dry apron)."

Athletics Shot (Glide motion)

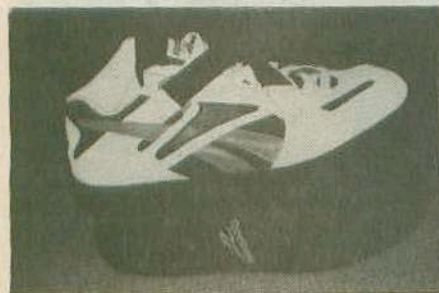
Nylon mesh/synthetic leather upper with molded EVA, flat bottom, smooth, carbon rubber.
 Color: White/Black/Electric Blue Sizes: 5-12, 13, 14, 15 Price: \$69.95



Reebok Insta-pump Sprint



Reebok Athletics High Jump



Reebok Athletics Throw

continued next page...

Athletics Throw

Nylon mesh/synthetic leather upper with molded EVA, flat bottom, smooth, carbon rubber.
 Color: White/Black/Electric Blue Sizes: 5-12, 13, 14, 15 Price: \$69.95
 "Supportive fit, straps add stability. Good adhesion -- fast enough without slipping."

Athletics Javelin Boot

Nylon/synthetic leather, high cut upper with support strap, midsole EVA wedge and full length rubber outsole with 6 spike forefoot arrangement, 4 spikes in heel.
 Color: White/Black/Electric Blue Sizes: 3-12, 13, 14, 15 Price: \$99.95

Athletics Race Walker

Nylon/synthetic leather upper molded EVA midsole, solid rubber outsole. Color: White/Black/Electric Blue
 Sizes: 3-12, 13, 14, 15

◆ Mizuno

Mizuno has introduced some new models for the Atlanta Olympics which are a welcome addition. They are all spiked shoes primarily for the track. None were available for review and suggested prices are unknown.

Tokyo

Sprint spike -- nylon mesh/synthetic suede upper with molded EVA sprint wedge "traction rubber wrap" outsole and traction spike plate, 8 spike configuration.
 Sizes: 6-12, 13 Color: Black/Multicolor

Atlanta

Distance spike -- nylon mesh/synthetic suede upper with full-length EVA wedge "traction rubber" outsole and flexible spike plate, 6 spike configuration.
 Sizes: 5-12, 13 Color: White/Multicolor

Surge II

Distance spike -- nylon mesh/synthetic suede upper with full-length molded EVA wedge, "distance spike last" and flexible spike plate, 8 spike configuration.
 Sizes: 4-12, 13 Color: White/Purple/Orange

Second Split

Distance trainer/Utility shoe -- nylon/synthetic suede upper with full-length EVA wedge "traction rubber" outsole and "multi-use" spike plate, 8 spike configuration.
 Sizes: 4-12, 13 Color: Black/White/Orange or White/Navy

Cross Spike

Distance Spike -- synthetic suede/nylon upper with EVA midsole, traction rubber covered outsole with 7 spike configuration.
 Sizes: 5-12, 13 Color: White/Black/Blue/Blood

Cross

Spikeless distance shoe -- synthetic suede/nylon upper with full length molded EVA and rubber spikeless nibs and ridges similar to a 7 spike configuration.
 Color: White/Yellow/Orange Sizes: 5-12, 13

◆ New Balance

New Balance has broadened (they are known for widths -- no pun intended) their offerings and plan to introduce another distance spike in April. None were available for review and prices are unknown.

RS700WT

Middle distance spike - nylon mesh/synthetic leather upper with EVA midsole, rubber traction outsole and flexible nylon spike plate, 7 spike arrangement.
 Sizes: (D width) 4-12, 13 Color: White/Black-Dark Blue

RX700WT

Distance Spike -- nylon mesh/synthetic leather upper with EVA midsole, rubber studded outsole and flexible nylon spike plate, 6 spike arrangement.
 Sizes: (D width) 5-12, 13 Color: White/Dark Blue-Black

Who can get them for you?

While some local dealers can special order for you, they are often not very interested. If they are currently doing a good job for you, by all means keep them in business by giving them your order. With the miracle of overnight delivery, there are a number of folks who specialize in meeting your needs, very quickly, and often with the best price. We list a number of them for your convenience, but don't claim to have a comprehensive list.

Eastbay
 (800) 991-1831

First To The Finish
 (800) 747-9013

Hoy's
 (800) 873-4329

Ryan's Sport Shop /
 Goettelmann's
 (800) 238-5771

Sportwide
 (800) 631-9684



Foot Locker

CROSS COUNTRY CHAMPIONSHIPS

WEST REGIONAL

December 2, 1995. Woodward Park, Fresno, CA. 5000 Meters.

● Coach/Parent Race

1	Phil Olsen (M31)	15:24
2	Chris Morlan (M28)	15:38
3	Ray Sanchez (M19)	15:45
4	Ole Hjelle (M25)	15:46
5	Bob Julian, Jr. (M27)	15:47
6	Mike McManus (M30)	15:50
7	Steve Blum (M40)	15:58
8	David Sanford (M26)	16:00
9	Pete Bowman (M31)	16:07
10	Bill Devine (M34)	16:10
11	Craig Deitz (M36)	16:13
12	Victor SantaMaria (M28)	16:18
13	Hector Leija, Jr. (M19)	16:24
14	Kevin Selfridge (M23)	16:27
15	Brendan Kelly (M20)	16:28
16	Brian Baughman (M19)	16:35
17	Dean Cortez (M24)	16:37
18	Dale Campbell (M42)	16:38
19	Matt Nolan (M33)	16:40
20	Salvador Perez (M25)	16:40
21	Jake Niebaum (M29)	16:44
22	Wesley Smith (M24)	16:45
23	Brad Holbrook (M28)	16:47
24	Darren Sand (M27)	16:49

F29&under

Con Knoeller, F22 17:35; Rebecca Kopchick, F23 19:11; Stephanie Kunda, F22 20:10

F30-39

Marie Murphy, F36 18:26; Andrea Johnson, F31 20:13; Dori Robertson, F34 20:27

F40-49

Sandy Robbins-Sydney, F44 18:42; JoAnn Behm, F41 19:44; Sandy Sanchez, F47 21:09

F50-59

Suzanne Franco, F54 24:41; Charlotte Reed, F50 27:42; Julie Atwater, F50 34:12

M29&under

Chris Morlan, M28 15:38; Ray Sanchez, M19 15:45; Ole Hjelle, M25 15:46

M30-39

Phil Olsen, M31 15:24; Mike McManus, M30 15:50; Pete Bowman, M31 16:07

M40-49

Steve Blum, M40 15:58; Dale Campbell, M42 16:38; Robert Hatch, M44 17:28

M50-59

George Wright, M53 17:50; Tom Heinonen, M50 18:49; Roger Ackerly, M51 18:50

M60+

Robert Skankey, M64 19:58; Don Allison, M60 22:57
216 Finishers

● Freshman Boys

1	Dustin Duke	Bothell, WA	16:21
2	Zachary Martinez	Eugene, OR	16:31
3	Theodore Marshall	Spokane, WA	16:42
4	James DeBruhl	Ontario, CA	16:47
5	Bruce Hancock	Costa Mesa, CA	16:51
6	Tom Becker	Mead, WA	16:56
7	Feliciano Leyva	Madera, CA	16:56
8	Justin Calbreath	Springfield, OR	16:57
9	Rob Ostlund	Henderson, NV	16:58
10	Alex Murcio	Riverside, CA	16:59
11	Sean McLachlan	Otis Orchards, WA	17:00
12	Jason Finch	El Cajon, CA	17:04
13	Matt Epperheimer	Los Osos, CA	17:05
14	Nick McCombs	Salt Lake City, UT	17:06
15	Adam Dutter	Henderson, NV	17:07
16	Matt Holcom	Tacoma, WA	17:09
17	James Rowe	Hesperia, CA	17:14
18	Chris Proudman	Ojai, CA	17:15
19	Joseph Gonzales	Alamogordo, NM	17:17
20	Martin Conrad	Long Beach, CA	17:18
21	Robert Pico	Fresno, CA	17:18
22	Lex Grimley	Lehi, UT	17:19
23	Fernando Gonzalez	Ramona, CA	17:23
24	Victor Flores	Riverbank, CA	17:23

196 Finishers

● Freshman Girls

1	Lisa Whiting	Orem, UT	18:24
2	Erin Zehntner	Irvine, CA	18:53
3	Lauren Fleshman	Canyon Country, CA	18:57
4	Abby McAllister	Bend, OR	18:58
5	Angelina Martinez	Sparks, NV	19:04
6	Katie Hotchkiss	Fremont, CA	19:24
7	Stefani Clark	Salt Lake City, UT	19:31
8	Carly Harrill	Lancaster, CA	19:36
9	Kayonna Gillies	American Fork, UT	19:37
10	Cristyn Enea	San Ramon, CA	19:43
11	Jennifer Codington	Concord, CA	19:44
12	Amanda Armstrong	Thousand Oaks, CA	19:47
13	Melissa Livermore	Irvine, CA	19:49
14	Trina Bateman	Orem, UT	19:50
15	Jill Johnson	Spokane, WA	19:52
16	Erin Jensen	Grass Valley, CA	19:58
17	Abbey Cortright	Yreka, CA	20:03
18	Jamie Rosenquist	Spokane, WA	20:07
19	Tiffany Burgess	Van Nuys, CA	20:13
20	Regina Martinez	Sparks, NV	20:13
21	Emily Dixon	Oakland, CA	20:13
22	Sarah Block	Bend, OR	20:14
23	Juli Lawson	Fresno, CA	20:17
24	Shayenne Dunn	South Jordan, UT	20:20

161 Finishers

● Sophomore Boys

Odd Race #s

1	Mark Gleason	Mission Viejo, CA	16:11
2	Nic Evans	Riverton, UT	16:16
3	Daniel Phiffer	Sunland, CA	16:18
4	Scott Schoer	Helena, MT	16:18
5	Mohammed Abdul	Daly City, CA	16:39
6	Isabel Casillas	Glendale, CA	16:40
7	Gabriel Hernandez	Riverside, CA	16:42
8	Adam Perez	San Carlos, CA	16:43
9	Bryan Millward	American Fork, UT	16:44
10	Brennan Taylor	Hillsboro, OR	16:45
11	Kevin Smith	Ridgefield, WA	16:46
12	Dusty Herman	Ojai, CA	16:46
13	Nathan Robinson	Provo, UT	16:47
14	Luke Mikulich	Snohomish, WA	16:50
15	Josh McLellan	Spokane, WA	16:50
16	Justus Talley	Riverton, UT	16:51
17	Kenneth Henry	Albuquerque, NM	16:52
18	Preston Gillespie	American Fork, UT	16:52
19	Bryan Lindsay	Orem, UT	16:54
20	Trevor Dorton	Lehi, UT	16:57
21	Ryan Ormond	Orem, UT	16:57
22	Mario Zambrano	Madera, CA	16:58
23	Lorenzo Lapahie	Sanostee, NM	17:02
24	Matthew Torres	Fillmore, CA	17:04

159 Finishers

● Sophomore Boys

Even Race #s

1	Juan Chavira	Armona, CA	15:55
2	David Jackson	Crestline, CA	16:16
3	Cuco Chavez	SanJuan Bautis, CA	16:17
4	Carlos Concha	Reno, NV	16:22
5	Brandon Grady	N Las Vegas, NV	16:25
6	Steve Smith	Chino Hills, CA	16:27
7	Roberto Lopez	Sanger, CA	16:31
8	Chad Durham	Long Beach, CA	16:32
9	Dennis Lorenz	West Jordan, UT	16:34
10	Jesus Reyes	Phoenix, AZ	16:36
11	Nathan Martin	Livermore, CA	16:37
12	Seth Morningsun	Eugene, OR	16:37
13	Justin Henley	Pleasant Grove, UT	16:37
14	Garrett Larsson	Roseville, CA	16:38
15	John Gould	Long Beach, CA	16:38
16	Jason DeSelle	Santa Rosa, CA	16:38
17	Chris Shane	Orem, UT	16:40
18	James Manderson	Bakersfield, CA	16:41
19	Michael Altieri	Sacramento, CA	16:44
20	Adam Greene	Poway, CA	16:48
21	David Santos	Mission Viejo, CA	16:49
22	Dan McDonough	Cupertino, CA	16:53
23	Anton Klemens	Walnut Creek, CA	16:53
24	Joey Hord	Ridgefield, WA	17:02

194 Finishers

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FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

● Sophomore Girls

1	Jandee Hood	Orem, UT	18:44
2	Amber Tubb	American Fork, UT	19:10
3	Leslie Vanoy	Lindon, UT	19:16
4	Yvonne Liebig	Sacramento, CA	19:19
5	Kelly Grimes	San Diego, CA	19:20
6	Julie Leininger	Concord, CA	19:25
7	Hailey Anderson	Vancouver, WA	19:26
8	Irma Guillen	Shafter, CA	19:29
9	Kristina Stasko	San Diego, CA	19:30
10	Marie Hodson	Orem, UT	19:33
11	Katherine Saxton	Oakland, CA	19:34
12	Kersti Miller	Orinda, CA	19:37
13	Jennifer Carter	Lehi, UT	19:37
14	Louise Indrisie	Clayton, CA	19:39
15	Cherie Stevens	Orem, UT	19:40
16	Katie Cottrell	Escondido, CA	19:40
17	Julie David	San Francisco, CA	19:45
18	Annamaria Adams	Spokane, WA	19:46
19	Jamie Herman	Boise, ID	19:47
20	Erin Sorensen	Thousand Oaks, CA	19:48
21	Frances Santin	Canoga Park, CA	19:48
22	Kimberly Bates	Los Alamitos, CA	19:49
23	Cara Rumble	Valley Center, CA	19:50
24	Jessamyn Parker	Sparks, NV	19:51
257	Finishers		

● Junior Boys

Odd Race #'s			
1	Schuyler Judd	Orem, UT	16:19
2	Jacob Geyer	Palmdale, CA	16:22
3	Rob Vermillion	Hillsboro, OR	16:24
4	Jose Gonzalez	San Bernardino, CA	16:30
5	Justin Carter	Concord, CA	16:32
6	Tom Roberts	Helena, MT	16:34
7	Adam Boothe	San Jose, CA	16:38
8	Andrew Wulf	Los Altos, CA	16:40
9	Zack Piellusch	San Jose, CA	16:41
10	Anthony Zepeda	Orange, CA	16:48
11	Mike Barkhuff	Boulder City, NV	16:49
12	Isidoro Lucas	Santa Ana, CA	16:49
13	Jose Lorenzo	Los Angeles, CA	16:52
14	Robert Morgan	Corona, CA	16:52
15	Steven Vega	El Monte, CA	16:53
16	Clark Schuyler	Castaic, CA	16:55
17	Kirk Larson	Veradale, WA	16:58
18	Raymond Coronado	Camarrillo, CA	17:00
19	Joshua Adams	Fairfield, CA	17:00
20	Nick McMurray	Chino Hills, CA	17:01
21	Curtis Garcia	San Fidel, NM	17:01
22	Rito Fuentes	Fresno, CA	17:02
23	Troy Smith	Lehi, UT	17:02
24	Danny Davidson	Alpine, UT	17:02
189	Finishers		

● Junior Boys

Even Race #'s			
1	Nick Piellusch	San Jose, CA	16:06
2	JuanPablo Miramontes	Merced, CA	16:14
3	Mike Cheung	Sunnyvale, CA	16:19
4	Luis Estrada	Santa Ana, CA	16:20
5	Devin Bybee	Orem, UT	16:20
6	Ryun Carver	Grangeville, ID	16:23
7	Corey Creasey	Nevada City, CA	16:25
8	Alex Sanchez	Antioch, CA	16:26
9	Chad Foster	Union City, CA	16:27
10	Brian Blackham	Orem, UT	16:28
11	Chris Evans	La Crescenta, CA	16:30
12	Brett Larsen	Las Vegas, NV	16:32
13	Calvin Egnew	Hyrum, UT	16:34
14	Tim Leahy	Burbank, CA	16:35

15	Victgor Cortes	San Jose, CA	16:37
16	Avery Blackwell	San Luis Obispo, CA	16:39
17	Kyle Wies	Big Arm, MT	16:40
18	Martin Wennblom	Bellevue, WA	16:42
19	Eric Loudon	Chino Hills, CA	16:43
20	Matt Roman	Albuquerque, NM	16:44
21	Matthew Duma	Visalia, CA	16:44
22	Ryan Wade	Redding, CA	16:46
23	Jess Brereton	Orem, UT	16:47
24	Joshua Nielsen	Vancouver, WA	16:50
181	Finishers		

● Junior Girls

1	Kelly Fugal	Orem, UT	18:54
2	Jennie Ewing	Castro Valley, CA	19:04
3	Kathryn Henrie	Orem, UT	19:10
4	Jennifer Smith	Chino, CA	19:10
5	Sunny Shaffer	CanyonLake, CA	19:12
6	Liz Benson	Orem, UT	19:14
7	Amanda Markland	Gilbert, AZ	19:27
8	Stefanie McCarty	Madera, CA	19:27
9	Anne Pearson	Everett, WA	19:29
10	Kelly Kearsley	Spokane, WA	19:35
11	Tarah Monson	Provo, UT	19:37
12	Maria Alba	Hawthorne, CA	19:38
13	Kerri Bock-Willmes	Danville, CA	19:42
14	Wendy Allen	Orem, UT	19:43
15	Rachael Wiseman	San Jose, CA	19:44
16	Shelby Steele	Orem, UT	19:48
17	Amy Reiter	Rock Springs, WY	19:49
18	Kym Pilger	Clovis, CA	19:50
19	Taraka Campbell	Spokane, WA	19:51
20	Leah Etling	Santa Ynez, CA	19:51
21	Emily Wynck	Los Alamos, NM	19:55
22	Laura Lawrence	Escondido, CA	19:57
23	Hilary Probst	Livermore, CA	20:04
24	Kelley Halligan	El Cajon, CA	20:04
206	Finishers		

● Senior Boys

1	Randy Maestretti	Oakley, CA	16:01
2	Steve Hackworth	Grass Valley, CA	16:13
3	Matt Wheeler	Newman Lake, WA	16:17
4	Brian Shapiro	LaCanFlintridge, CA	16:18
5	Brandon Larson	Veradale, WA	16:23
6	Edgar Benitez	Anaheim, CA	16:27
7	Matthew Holton	Kula, HI	16:27
8	Michael Case	Brea, CA	16:28
9	Daniel Embaye	Union City, CA	16:29
10	Wilson Aquino	Glendale, CA	16:30
11	Julio Serratos	Duarte, CA	16:30
12	Shawn Glynn	Cedar Ridge, CA	16:31
13	Jason Walker	Rock Springs, WY	16:31
14	John Collin	Portola Valley, CA	16:32
15	Joshua Schultz	Calimesa, CA	16:32
16	Ben Mangrum	Mukilteo, WA	16:34
17	Brian Smith	Seattle, WA	16:35
18	Elpidio Leyva	Madera, CA	16:36
19	Alfonso Serna	Alamogordo, NM	16:37
20	Chris Cole	Hayden, ID	16:38
21	Adrian Dominguez	Bakersfield, CA	16:39
22	David Roell	Columbia Falls, MT	16:41
23	Chris Benson	Nevada City, CA	16:42
24	Nathan Meronk	Rock Springs, WY	16:43
291	Finishers		

● Senior Girls

1	Kelly Felsted	Farmington, UT	19:16
2	Jennifer Rea	Clarkston, WA	19:16
3	Amber Pierce	Los Alamitos, CA	19:51
4	Maribel Delgado	Costa Mesa, CA	19:51

5	AnneMarie Franco	Oakland, CA	19:52
6	Ashleigh Crunican	Beaverton, OR	19:53
7	Monica MacManus	Cypress, CA	19:55
8	Jinna Rohde	Fallbrook, CA	19:57
9	Jennifer Osteen	Clayton, CA	19:58
10	Danica Hendrickson	Arlington, WA	20:01
11	Gretchen Grindle	Portland, OR	20:01
12	Rosemarie Downey	Centralia, WA	20:09
13	Michelle Estes	Canyon Country, CA	20:14
14	Kara Wilson	Orem, UT	20:17
15	Meghan Scott	San Jose, CA	20:20
16	Maleia Lines	Los Alamitos, CA	20:22
17	Tiffany Furuya	Canyon Country, CA	20:25
18	Kellie Stigile	Canyon Country, CA	20:27
19	Carnie Losacker	Gilbert, AZ	20:36
20	Gina Segura	Yorba Linda, CA	20:36
21	Jamie Thomas	Valencia, CA	20:39
22	Christine Riel	Huntington Bch, CA	20:47
23	Jennifer Grooms	San Diego, CA	20:53
24	Marisa Ghiglieri	Clayton, CA	21:03
148	Finishers		

● Seeded Boys

First Team All-Western (National Qualifiers)			
1	Isaac Hawkins	Jr Spokane, WA	15:05
2	Jeffrey Hopkinson	Sr South Jordan, UT	15:16
3	Billy Herman	Sr Boise, ID	15:16
4	Daniel Sikiric	Sr San Jose, CA	15:17
5	Tom Prindiville	Jr Antioch, CA	15:20
6	Rhy Reynolds	Jr Newport, OR	15:22
7	Will Bernaldo	Sr Ojai, CA	15:24
8	Matt Twiest	Sr Albuquerque, NM	15:24

Second Team All-Western			
9	Larry Henderson	Sr San Diego, CA	15:27
10	Brad Treat	Sr Kaispell, MT	15:30
11	Aaron Gillen	Sr Yreka, CA	15:31
12	Michael Kasahun	Jr Fresno, CA	15:34
13	Michael Murray	Jr Mission Viejo, CA	15:35
14	Grant Robison	Jr McMinnville, OR	15:36
15	Mike Wojciechowski	Sr Concord, CA	15:38
16	Ronnie Buchanan	So Santa Maria, CA	15:40

Third Team All-Western			
17	Rey Vasquez	Sr Yuma, AZ	15:41
18	Juwan Nuvayokva	Jr KykotsmoviVlg, AZ	15:42
19	Jeremy Lyon	Sr Hesperia, CA	15:43
20	Kyle Smits	Jr Bellevue, WA	15:44
21	Dan Gaston	Jr HuntingtonBch, CA	15:45
22	Todd Disney	Sr Thousand Oaks, CA	15:45
23	Elwood Blues	Sr Sacramento, CA	15:47
24	Sean Clendaniel	Sr Yucaipa, CA	15:48

25	Cary Stidham	Sr Seattle, WA	15:49
26	Scott Gray	Sr Bend, OR	15:50
27	Trent Hooper	Jr Centerville, UT	15:50
28	Mathew Kerr	Sr Kennewick, WA	15:51
29	Shane Ackerly	Jr Bigfork, MT	15:51
30	Aaron Lindner	Sr Hermiston, OR	15:51
31	Ryan Johnson	Jr Spokane, WA	15:52
32	Jason Fayant	Jr Spokane, WA	15:53
33	Matt Wickersham	Sr Cor Del Mar, CA	15:53
34	Geoff Perry	Sr Fox Island, WA	15:54
35	Ryan Bullock	Sr South Jordan, UT	15:54
36	Paul Harkins	Sr Spokane, WA	15:55
37	Jon Stevens	So Fremont, CA	15:57
38	Ol' Dirty BAS Welsh	Jr Meadow Vista, CA	15:57
39	Charles Brenneman	Sr Sacramento, CA	15:58
40	Eamon O'Reilly	Sr Anchorage, AK	15:58
41	Alexander Speed	Sr Riverton, UT	16:00
42	Manuel Andrade	Sr Coachella, CA	16:01
43	Will Smith	So Canby, OR	16:01
44	Geoff Fleming	Jr Roseville, CA	16:01
45	Victor Ochoa	So Ojai, CA	16:02

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FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

46 Kevin Koepfer	Sr Arcadia, CA	16:02
47 Travis Kirtley	Sr Poway, CA	16:03
48 Morgan Thompson	Jr Spokane, WA	16:04
49 David Rodriguez	Jr Fremont, CA	16:04
50 Josh Carolan	Sr Camarillo, CA	16:04
228 Finishers		

Seeded Girls

First Team All-Western (National Qualifiers)

1 Julia Stamps	Jr Santa Rosa, CA	16:45
2 Kim Mortensen	Sr Thousand Oaks, CA	17:12
3 Annie Ebner	Sr West Covina, CA	17:26
4 Elaine Canchola	So Ojai, CA	17:39
5 Kim Welsh	So Yucaipa, CA	17:55
6 Amy Swier	Jr Aztec, NM	17:58
7 Katie Nuanes	Jr Santa Ana, CA	18:00
8 Emily Allison	Sr San Jose, CA	18:01

Second Team All-Western


9 Tara Rohatinsky	Jr Provo, UT	18:07
10 Heather Garritson	So Fullerton, CA	18:17
11 Heather Wallace	Sr Clayton, CA	18:17
12 Ann Ramsey	Jr Seattle, WA	18:19
13 Sarah Gardiner	Jr Salt Lake City, UT	18:21
14 Kristen Koppes	Sr Redding, CA	18:22
15 Lauren Adams	Sr Park City, UT	18:26
16 Jennifer Smith	Jr Spokane, WA	18:32

Third Team All-Western

17 Mary Huang	Sr Provo, UT	18:33
18 Elizabeth Jackson	Sr Salt Lake City, UT	18:35
19 Allyson Marquand	Fr Irvine, CA	18:37
20 Andrea Neipp	Jr Palmdale, CA	18:37
21 Shae Messersmith	So American Fork, UT	18:38
22 Angie Winkler	Sr HuntingtonBch, CA	18:38
23 Jessica Corbin	Sr Irvine, CA	18:39
24 Anique Montfrooy	Sr Salt Lake City, UT	18:39

25 Adrielene Sorenson	Sr Orem, UT	18:40
26 Elizabeth Roodell	Jr Eureka, MT	18:40
27 Breanne Schweitzer	Jr Saugus, CA	18:42
28 Deborah Osteen	Jr Clayton, CA	18:43
29 Laura Snipes	Jr Everett, WA	18:44
30 Mindy Mizell	Sr Albuquerque, NM	18:45
31 Anne Gunnison	Jr Sacramento, CA	18:48
32 Shelby Horgan	Jr CanyonLake, CA	18:49
33 Veronica Sanchez	So Wasco, CA	18:52
34 Mindy Brown	Sr Yucaipa, CA	18:54
35 Sandy Acosta	Jr Reno, NV	18:55
36 Kilee Smith	Sr Ashland, OR	18:56
37 Jessica Riehle	Jr Spokane, WA	18:57
38 Tammi Green	Sr Longview, WA	18:57
39 Heidi Johnson	Sr Anchorage, AK	18:58
40 Tina Bowan	Sr Danville, CA	18:59
41 Kelly Rice	Jr Gillette, WY	18:59
42 Krista Carlson	So Grants Pass, OR	18:59
43 Emili Lawson	Jr Fresno, CA	19:00
44 Susan Werner	So Boise, ID	19:01
45 Jennifer Burris	So Chino Hills, CA	19:01
46 Christin Ray	Jr Yucaipa, CA	19:02
47 Julie Harris	Jr Cyn Country, CA	19:03
48 Vickie Whiteside	So Yucaipa, CA	19:04
49 Crystal Malgesini	Jr Snohomish, WA	19:05
50 Marci Madsen	Sr Bonanza, OR	19:07
174 Finishers		

FOR COMPLETE RESULTS OF THE 1995 FOOT LOCKER WESTERN REGIONAL SEND \$1.00, ALONG WITH YOUR REQUEST, TO:

 FLCC West Regional
4957 E. Heaton Ave.
Fresno, CA 93727

State Team Results BOYS

1. CALIFORNIA 1:17:10 (Sikric, Sr 15:20; Prindville, Jr 15:22; Bernaldo, Sr 15:24; Henderson, Sr 15:30; Gillen, Sr 15:34); 2. WASHINGTON 1:18:35 (Hawkins, Jr 15:16; Smits, Jr 15:45; Stidham, Sr 15:50; Kerr, Sr 15:51; Johnson, Jr 15:53); 3. OREGON 1:18:45 (Raynolds, Jr 15:24; Robison, Jr 15:38; Gray, Sr 15:50; Lindner, Sr 15:52; Smith, Sr 16:01); 4. UTAH 1:19:12 (Hopkinson, Sr 15:16; Hooper, Jr 15:51; Bullock, Sr 15:55; Speed, Sr 16:01; Hunt, Sr 16:09); 5. ARIZONA 1:19:51 (Vasquez, Sr 15:42; Nuwayokva, Jr 15:43; Urbanski, Sr 16:05; Quiroz, Sr 16:10; Francisco, Sr 16:11); 6. NEW MEXICO 1:20:11 (Twiest, Sr 15:27; Sorensen, Jr 16:06; Morales, Sr 16:10; Gonzales, Sr 16:14; Eppler, Jr 16:14); 7. MONTANA 1:20:28 (Treat, Sr 15:31; Ackery, Jr 15:51; Mason, Sr 16:14; Schoer, Sr 16:18; Roberts, Jr 16:34); 8. IDAHO 1:21:32 (Herman, Sr 15:17; Sandven, Jr 16:22; Carver, Jr 16:23; Cole, Sr 16:38; Erickson, Sr 16:52); 9. NEVADA 1:22:00 (Long, Sr 16:08; Concha, Sr 16:22; Grady, Sr 16:25; Larsen, Jr 16:32; Cabada, Jr 16:33); 10. WYOMING 1:22:47 (Boysen, Sr 16:20; Walker, Sr 16:31; Jensen, Sr 16:37; Cole, Sr 16:37; Bruner, Sr 16:42); 11. ALASKA 1:23:43 (O'Reilly, Sr 16:00; Blackhurst, Sr 16:26; Settle, Sr 16:46; Hill, Sr 17:06; Gall, Jr 17:25); 12. HAWAII 1:27:51 (Hollon, Sr 16:27; Stevens, Jr 17:11; Janes, Jr 17:47; Hodge, Jr 18:12; Gardes, Jr 18:14).

GIRLS

1. CALIFORNIA 1:26:57 (Stamps, Jr 16:45; Mortensen, Sr 17:12; Ebner, Sr 17:26; Canchola, Sr 17:39; Welsh, Sr 17:55); 2. UTAH 1:31:51 (Rohatinsky, Jr 18:07; Gardiner, Jr 18:21; Whiting, Fr 18:24; Adams, Sr 18:26; Huang, Sr 18:33); 3. WASHINGTON 1:33:29 (Ramsey, Jr 18:19; Smith, Jr 18:32; Snipes, Jr 18:44; Riehle, Jr 18:57; Green, Sr 18:57); 4. NEW MEXICO 1:34:32 (Swier, Jr 17:58; Mizell, Sr 18:45; Headstream, Fr 19:10; Stefanko, Sr 19:15; Valadez, Sr 19:24); 5. OREGON 1:35:19 (Smith, Sr 18:56; McAllister, Fr 18:58; Carlson, Sr 18:59; Madsen, Sr 19:07; Johnson, Jr 19:19); 6. IDAHO 1:37:22 (Werner, Sr 19:01; Vaughn, Sr 19:28; Kohler, Sr 19:32; Harmon, Jr 19:34; Herman, Sr 19:47); 7. WYOMING 1:38:07 (Rice, Jr 18:59; Ridgley, Jr 19:37; Reiter, Jr 19:49; Hudson, Jr 19:50; Willey, Fr 19:52); 8. NEVADA 1:38:12 (Acosta, Jr 18:55; Martinez, Fr 19:04; Parker, Sr 19:51; Zarndt, Sr 20:09; Martinez, Fr 20:13); 9. MONTANA 1:40:51 (Roodell, Jr 18:40; Norden, Sr 19:14; Rumsey, Jr 20:13; Bengtson, Jr 21:15; Bolstad, Sr 21:29); 10. ARIZONA 1:41:20 (Markland, Jr 19:27; Marotta, Sr 20:04; Losacker, Sr 20:36; Burbank, Sr 20:36; Bia, Sr 20:37); 11. ALASKA 1:43:14 (Johnson, Sr 18:58; Berdahl, Jr 19:08; Carter, Sr 21:28; Parker, Fr 21:41; Bibbs, Sr 21:59); 12. HAWAII 1:46:58 (McGuire-Turcotte, Jr 20:45; Rosa, Sr 20:50; Bolson, Sr 21:24; Hurley, Jr 21:54; Renfro, Sr 22:05).

17th Annual Foot Locker CROSS COUNTRY CHAMPIONSHIPS

December 9, 1995. Morley Field, Balboa Park, San Diego, CA

By Doug Speck

The 1995 Foot Locker National Finals race was very unique in that it contained some of the "thrills and spills" action some other currently popular sports are noted for. A unique series of circumstances had front-runners physically go down during the contest, with exciting races featuring a turning of the form charts.

Julia Stamps, defending champ here and the latest "wonder-kid" of prep distance running, turned out to be human in the girl's event. During a prep career that has not had her lose to another U.S. high schooler in a prep-only event, the Santa Rosa eleventh grader has developed a sense of invincibility, fueled by continued record-setting performances and wide margins of victory. Well, the seventeen-year-old Stamps had one of those days we all do occasionally—a virus that peaked with an over 100 degree temperature and a nasty fall in the bathroom the morning of the competition that left her with a nice knot on the back of her head.

With discussions leading up to the race zooming right past those of her ability to win the race to, how much she would break Melody Fairchild's course record of 16:39 here by, the reality of the young lady's human nature came home this morning. On a beautiful morning, but maybe a bit warm for Midwestern and Northeastern athletes already into winter, the early race unfolded as most figured, with Julia Stamps racing out to the lead, and Southern Cal-

ifornia's Kim Mortensen, closer than anybody this regular hamier season and last to Stamps at 19 seconds (Julia won here last year by 30!), leading those following.

Mortensen had a great local season, racing to a number of impressive course records, but losing to Stamps four times, by margins of 22, 19, 40, and 27 seconds, enough to establish an outward sense of domination by the Santa Rosa star. A strong Midwestern pack, led by Katy Radkewich and Amy Yoder, formed a ways back as the Californians edged away from the field. At the mile (5:19) Julia's margin over Mortensen was 10 meters-- all season long it had been a separation of about ten seconds at that point between the two, with Stamps well under 5:10 on similar layouts. Up and over the hill loop after the mile, the defending champ started to pull away, with a 20 meter lead over Kim as they came past the starting line marking a mile and a half on the two figure-eight loop course. During the next half mile, surprisingly, Mortensen edged up to the champion, with Stamps appearing in distress as the twosome came by two miles together at 10:58 (last year Stamps led there at 10:45). Mortensen, a quietly confident runner, indicated that, despite the losses to Stamps, she worked on coming in with an optimistic attitude to the day's event, telling herself that anything was possible. Pre-race plans for Kim were no more complex than "going with the pack."

The evening prior to the race, a number in a *continued next page.*

FOOT LOCKER CROSS COUNTRY CHAMPIONSHIPS

panel of Adidas and Foot Locker AC open stars had emphasized concentrating on your own race, a message that the Thousand Oaks star took to heart. Running alongside Stamps right after two miles, Mortensen felt she had to run her race instead of Julia's, pressing aggressively as the race made a small loop around a swimming pool, and moving ahead. An immediate gap appeared, with it steadily stretching as the event entered a "lower picnic loop" with three-quarters of a mile to go. At two and a quarter miles, in a relatively flat portion of that loop, Stamps suddenly staggered and collapsed to the ground, landing prone and with such force on her upper body that it was obvious she would not get up and finish.

Mortensen continued to romp away from the field, winning at 17:13 by one hundred yards over Amy Yoder, with a strong Midwestern



KIM MORTENSEN
1995 National Winner
Photo by Elaine Rosenfield

team taking four of the top six places and an easy 35-53 win over the West in the team scoring.

Julia physically recovered quickly after the event, with the always charming star crediting Mortensen with a fine run, and talking of getting healthy and looking ahead to a good 5000 on the track to qualify for the Olympic Trials.

Mortensen is but one of many recent stars to come out of Coach Jack Farrell's Thousand Oaks HS program. Northeast Regional winner Dana Ostrander also went down during the event, just after two miles with heat problems.

The Boy's contest also told an interesting tale. Pre-race favorite, Somalian native (in U.S. for a little over two years) Sharif Karie, a junior at West Springfield, Virginia, was undefeated with some very impressive races this fall and a wicked 4:08.85 1600m last year as a soph. There was an interesting sense of history to the winner, and it would not be Karie, even though

he led for over three miles of the 5000 meter event. Clad in the red of the Southern team, the slight (5-9 118) Karie, who glides along like so many of the African distance stars, took the early lead and was in front of a huge pack by ten meters through the 880 at 2:15. Through the mile (4:43) and over the first of two hill loops, Karie continued to control the event, leading by twenty meters at the half-way point over surprising Abdul Alzindani (Michigan), who was only fourth in his region two weeks previous, but twenty-second here last year while Karie was tenth. The smooth striding Alzindani, here six years himself from his native Yemen, edged close through two miles (9:43), with the duo side by side through the picnic loop at two and a quarter miles.

From that point on it was a classic struggle, much reminiscent of the New Hampshire duo of Matt Downin and John Mortimer from last year. Karie attempted a number of surges during the last half mile that included a tough up and down hill loop, and quarter mile slight uphill and relatively flat "run-in." Karie's efforts were succeeding, and he had a twelve meter lead with two hundred meters left in the event. The Michigan star there glanced to the rear, in the classic "I'm setting for second move," that Abdul later indicated was merely a look to make sure that he would not be surprised by anyone from behind near the end. With the final 160 meters a straight line with a slight rise and downhill into the finish, Alzindani launched into his powerful final sprint, showing a level of power and

strength seemingly far beyond his 5-6/116 frame. With 50 meters to go Abdul had shockingly zoomed up even with Karie, with Sharif obviously sensing he needed to deal with the momentum that Alzindani had gathered. While attempting to adjust to quicker gait, Karie stumbled and fell as the Fordson HS of Dearborn star raced away to the win at 15:13. To Karie's credit, he arose and jogged in, still finishing in second despite losing twelve seconds in that final 50. The winner led his Midwest team to a 40 point total and win over the West (47), led by Jeff Hopkinson in third at 15:27.

Alzindani indicated that he learned a great deal from his race here last year, where he did take the lead part way through the event, eventually finishing twenty-second. Focusing much of his preparation during the regular season on this race, he had viewed the videotape of last year's event many times and watched the moves that different athletes made. Biding his time more patiently this year, Abdul indicated he combined running his own race with gauging off the leader, Karie. Interestingly, he gained confidence in his kick from the fact that his teammate last year, Steve Schell, outkicked Karie in this meet for ninth and tenth place. He figured if his teammate could do it he could also, with a vision he formed while watching last year's victory ceremony, where he visualized that he would be the one picking up the Championship award this year, motivating him as he pictured it in his mind during the final desperate sprint. It was a tremendously entertaining morning!

GIRLS

1	Kim Mortensen, Sr	Thous Oaks, CA	17:12
2	Amy Yoder, Sr	Kendallville, IN	17:28
3	Katy Radkewich, Jr	Hudson, OH	17:33
4	Trish Nervo, Sr	Salem, VA	17:35
5	Amy Wiseman, Jr	Lee's Sum, MO	17:41
6	Nicole LaSelle, Sr	Dayton, OH	17:42
7	Kyla Barbour, Sr	Roswell, GA	17:47
8	Annie Ebner, Sr	West Covina, CA	17:51
9	Laura Hrbik, Sr	Orchard Park, NY	17:54
10	Jennifer Fazioli, So	Averill Park, NY	18:00
11	Amy Swier, Jr	Aztec, NM	18:01
12	Autumn Fogg, Sr	Stockton, NJ	18:04
13	Jackie Kerr, Sr	Reston, VA	18:10
14	Erin Dromgoole, Jr	Milbury, MA	18:11
15	Laura Heiner, So	Clifton, VA	18:12
16	Kimi Welsh, So	Yucaipa, CA	18:18
17	Katie Nuanes, Jr	Santa Ana, CA	18:19
18	Kylene Kownurko, So	Newton, PA	18:26
19	Elizabeth Kampfe, Sr	Decatur, IL	18:30
20	Janelle Thomas, Sr	Bethlehem, PA	18:33
21	Kerry Dugan, Sr	Boulder, CO	18:34
22	Emily Allison, Sr	San Jose, CA	18:35
23	Jessica Koch, Sr	Round Rock, TX	18:44
24	Stacy Stoner, Jr	Jonestown, PA	18:48
25	Neil Shields, Sr	Glen Elyn, IL	19:10
26	Elaine Canchola, So	Ojai, CA	19:17
27	Katherine Newberry, Sr	Burke, VA	19:18
28	Adrienne Parker, Jr	Virginia Bch, VA	19:19
29	Courtney Adams, Sr	Indianapolis, IN	19:28
30	Ramona Saridakis, Sr	W Palm Bch, FL	19:31
	Julia Stamps, Jr	Santa Rosa, CA	DNF
	Dana Ostrander, Sr	Ballston Lake, NY	DNF

Regional Results: 1. Midwest 35 (88.55), 2. West 53 (89.41), 3. South 62 (90.31), 4. Northeast 63 (90.36).

BOYS

1	Abdul Alzindani, Sr	Dearborn, MI	15:12
2	Sharif Karie, Jr	Burke, VA	15:24
3	Jeffery Hopkinson, Sr	South Jordan, UT	15:26
4	Matt Lane, Sr	Yarmouth, ME	15:26
5	Joseph Leo, Sr	Northville, MI	15:26
6	Billy Herman, Sr	Boise, ID	15:27
7	Gabriel Jennings, Jr	Madison, WI	15:29
8	Jamey Gifford, Jr	Lookout Mtn., GA	15:29
9	Eric Kweeder, Jr	Alexandria, VA	15:31
10	Jonathan Riley, Jr	Brookline, MA	15:32
11	Matt Twiest, Sr	Albuquerque, NM	15:32
12	Isaac Hawkins, Jr	Spokane, WA	15:33
13	Jorge Torres, Fr	Wheeling, IL	15:38
14	Nicholas Matak, Jr	Duluth, MN	15:38
15	Tom Prindiville, Jr	Antioch, CA	15:42
16	Eric Post, Jr	Fairfax, VA	15:43
17	Greg Speicher, Sr	Chesterfield, MO	15:43
18	Michael Fitzula, Sr	Highland Mills, NY	15:44
19	Steve Leuer, Sr	Maple Grove, MN	15:44
20	Christopher Banks, Sr	Springfield, VA	15:45
21	Derek Smith, Sr	Duxbury, MA	15:46
22	Will Bernaldo, Sr	Ojai, CA	15:49
23	Jason Vanderhoof, Sr	Sandown, NH	15:53
24	Thomas Murley, Sr	Elizabethtown, KY	16:00
25	Cory Smith, Sr	Phoenix, MD	16:03
26	Brian McCulley, Sr	Fargo, ND	16:07
27	Lewis Jones, Sr	Kingwood, TX	16:08
28	Rhy Reynolds, Jr	Newport, OR	16:16
29	Joe Matias, Sr	Newark, NY	16:18
30	Nick Gramsky, Sr	Chapeake Bch, MD	16:25
31	Mark Rumpole, Sr	Stafford, VA	16:46
	Daniel Sikinc, Sr	San Jose, CA	DNF

Regional Results: 1. Midwest 40 (77.25), 2. West 47 (77.42), 3. South 55 (77.54), 4. Northeast 76 (78.23).

PREP NOTES

By KEITH CONNING

Track Results Wanted

We need your assistance. Since high school results are usually only covered in local newspapers, we need you to send in results. Please send results to the following locations:

Northern California--Keith Conning, 2235 Browning Street, Berkeley, CA 94702-1823; fax (510) 849-3342; e-mail Conning@aol.com.

Southern California--Doug Speck, 563 N. Willowgrove, Glendora CA 91740.

Central Section--CTRN, 4957 E. Heaton Ave., Fresno, CA 93727; e-mail CTRN@aol.com; fax (209) 255-4904.

Thanks To My Correspondents

I would like to thank **Peter Brewer**, the coach of Castro Valley, for faxing the Castro Valley Invitational results. Peter also writes a regular column on cross country for the Alameda Newspaper Group (Oakland Tribune, Hayward Daily Review, Fremont Argus, Tri-Valley Herald, Alameda Times Star).

Rich McCann (Sacramento) faxed the story and results of the Sac-Joaquin Section from the Sacramento Bee. Rich was an outstanding distance runner in high school.

Andy Leong, the Lowell coach, faxed the San Francisco results.

Mike Elnesser (Sunnyvale) faxed the Central Coast Section results and phoned in some notes on the championship meets.

Bob Womack, the state meet announcer, sent the results from other states and some section results.

Castro Valley Invitational

Canyon Middle School, Castro Valley, October 14--De La Salle (Concord) won the boys' team title with 46 points. **Clayton Valley** (Concord) placed second with 70. Castro Valley was third with 75.

Tom Prindiville (De La Salle) won the three boys' race in 16:10. **Mike Wojciechowski** (Clayton Valley) placed second in 16:25. **Mekonen Fekadu** (Santa Rosa) was third in 16:43.

College Park (Pleasant Hill) won the girls' team title with 53 points. **Castro Valley** placed second with 56. **James Logan** (Union City) was third with 61.

Senhit Dirar (James Logan) won the girls' race in 20:34. **Susanna Ochoa** (Fairfield) placed second in 20:40. **Kristen Odgaard** (Benicia) was third in 21:03.

Schools, Colleges, Cities Get Price-Fixing Case Funds

SACRAMENTO, Calif., October 26 (AP)--A \$900,000 settlement obtained in a price-fixing

lawsuit against **Reebok** will be spent on sports fields and programs, **Attorney General Dan Lungren** said Thursday. The California Interscholastic Federation, the Governor's Council on Physical Fitness, three cities, three high schools and the University of California at Berkeley will share California's portion of the April 1995 settlement.

California, eight other states and the Federal Trade Commission accused Reebok of setting minimum retail prices for some Reebok and Rockport athletic shoes sold by its dealers between 1990 and 1993. The investigation showed Reebok, based in Stoughton, MA, kept shoe prices artificially high and forced consumers to pay more than market forces would dictate, Lungren said.

Reebok agreed to pay a total of \$9.5 million to the states to settle the case, but admitted no wrongdoing. The other states are New York, Florida, Michigan, Missouri, North Carolina, Pennsylvania, Tennessee and Texas. The settlement requires the money to go to public, non-profit or charitable organizations for athletic programs. The attorney general's office received 16 applications and chose nine recipients. They are:

--California Interscholastic Federation, which administers high school sports programs, \$400,000.

--Governor's Council on Physical Fitness, \$100,000 for walking programs for the elderly and Inner City Games for San Diego.

--UC Berkeley, \$74,613 to repave 12 tennis courts.

--Mendocino High School, \$47,092 to redo its athletic field.

--Willits High School, \$70,658 to redo its basketball gym floor.

--Eureka High School, \$75,000 to replace its running tracks.

--The city of Kensington, \$5,140 to resurface tennis courts.

--The city of Port Hueneme, \$20,000 to resurface tennis courts, \$5,000 to resurface basketball courts, \$45,000 to replace a softball field lighting system.

--Daly City, \$17,079 to pave a basketball court.

Nevada State Cross Country Championships

Prison Hill XC Facility, Carson City, Nevada, November 5--There are some California high schools that compete in the state of Nevada, because of their location near the border. **North Tahoe High School** (Tahoe City, California) won the Nevada A-AA boys' team title with 71 points. They also placed third in the girls' competition with 92 points.

Launa Giordano (South Tahoe High School,



South Lake Tahoe, California) placed seventh in the girls' AAA 3.1 mile race in 22:20. Her teammate **Ashley Lacroix** was eighth in 22:32.

Northern Section

WEST VALLEY HIGH SCHOOL, COTTONWOOD, November 9--Central Valley won the boys' title with 59 points. **West Valley** (Cottonwood) placed second with 67. **Pleasant Valley** (Chico) was third with 71.

Aaron Gillen (Yreka) won the boys' race in 15:33 (5:11 pace). **Aaron Harris** (Lassen, Susanville) placed second in 15:55 (5:18). **Ryan Wade** (Central Valley) was third in 16:38.

West Valley (Cottonwood) won the girls' team title with 75 points. **Pleasant Valley** (Chico) placed second with 80. **Anderson** was third with 104.

Kristen Koppes (Foothill, Redding) won the girls' race in 17:59. **Louann Vitellaro** (Anderson) placed second in 19:29. **Tatiana Sohrakoff** (Wheatland) was third in 19:40.

Sac-Joaquin Section

SIERRA COLLEGE, ROCKLIN, November 10 (Sacramento Bee)--Being the best isn't easy. Just ask **Jesuit** cross country runner **Michael Stember**.

Despite posting the best time of the day (15:49.9) at the CIF Sac-Joaquin Section Finals



Michael Stember
Photo by Kathy Kelley

on Friday at Sierra College, Stember, the nation's top prep runner, was disappointed.

"I wasn't real happy with my performance," he said. "But I went out fast and I won, so I guess I can't be too disappointed."

Stember wanted to get out to a fast start in preparation for the CIF State Finals on Nov. 25 and the Foot Locker West Regionals on Dec. 2. Stember sprinted to the lead on a redesigned Sierra course. With no mile

markers, Stember had difficulty evaluating his race and said he felt lost toward the middle of the race. Despite that, Stember found himself in a familiar spot--alone in first place.

"About halfway, I was all alone," he said. "I slowed down and let everyone catch up."

But a slowed-down Stember still was better than anyone else. Jesuit teammate Scott Abbott

continued next page.

PREP NOTES

was the only runner besides Stember to break the 16-minute mark (15:57).

Jesuit easily won the Division II team competition, finishing with 22 points. Vintage was second with 73. The top two teams in each division advance to the State Meet.

Stember is the most sought-after distance-running recruit in the country. With the early signing period ending Wednesday, he has narrowed his list of colleges to four: Notre Dame, Oregon, Stanford, and Georgetown. But he said, "I'll probably just wait until the next signing period in the spring."

In the biggest grudge match of the day, Nevada Union won its first sectional crown with a 30-35 win over Del Campo, which had nipped the Miners in last weekend's sub-sectional meet. Under first-year coach Clyde Lehman, the Miners, ranked No. 1 in the state in Division I, broke Del Campo's stranglehold on the top spot. The Cougars had won seven consecutive sectional titles.

"All the credit goes to coach Lehman," said Philip Hassan, who finished eighth overall for the Miners. "He really motivated us."

Jen Schindler turned in the best girls' time of the day (18:18) and led Ponderosa to the Division I title. Oakmont finished second, just ahead of Nevada Union. Anne Gunnison of McClatchy won the Division II race and Tracy and Will C. Wood advanced in the team competition.

In Division III, Dan D'Ottavio's first place finish helped Placer hold off Oak Ridge 66-69 for second place behind Sonora. In Division III, Placer's girls edged Del Oro 36-40. Del Oro's Allison Milholler won the race.

he Marysville brother-sister tandem of Joshua and Sarabeth Schweitzer took home the individual titles in Division IV.

Central Coast Section

BELMONT, November 11 (Mercury News)—The name Cardiac Hill and the presence of a medical tent placed strategically near the finish line were signs that this was neither an ordinary course nor an ordinary day. Instead, it was a day of victory, controversy and mostly heat Saturday at the Central Coast Section cross-country finals at Crystal Springs in Belmont.



Emily Allison
Photo by Elaine Rosenfield

Leland was the big winner, boasting runners with the top times in the boys and girls races over the 2.95-mile course.

Emily Allison turned in a personal-best time of 17 minutes, 47 seconds, and Daniel Sikiric ran a 15:36, as both runners won their respective Division II titles.

The top two teams and the top five finishers in each of the four divisions who are not

on qualifying teams will be headed to Fresno in two weeks to compete at the state meet.

Allison cruised to her third consecutive CCS title and was the only female runner to break 18

minutes, something she hadn't done since her sophomore year.

"Initially, psychologically, it was a letdown with how hot it was. But once I got started, I was ready," Allison said. "Since it was my last race on this course, I wanted to get my best time. I feel good about it."

It was unusually hot for this time of year, with temperatures in the 70s. And, particularly during the Division II races around noon, the medical tent filled up quickly, mostly with runners who were given oxygen.

"I haven't seen this many people getting taken to the medical tent in quite a while. Only in California would you worry about the heat in November," Leland Coach Tom Service said. But the heat didn't stop Sikiric from clocking the best time of the day and leading a Leland sweep of the top three positions, with Nick Piellusch in second at 15:57 and John Harnagel third at 16:06. Division I winner Enrique Torres from Silver Creek came the closest to Sikiric's time, winning his race in 15:37.

"We were favored in the boys' race. But you don't see teams take the first, second and third places very often," Service said.

In Division I, Bellarmine successfully defended its boys team title and Santa Teresa took the girl's crown.

It looked as if St. Francis, which won the Division III girls championship for its first girls cross-country title since 1983, was also going to win the boys title by finishing in a tie with St. Ignatius for first place. A St. Francis runner was subsequently disqualified from the race for pushing another runner near the finish line, and the Lancers took second place.

"We are going to file a formal protest on Monday and we filed a written protest today," said St. Francis Coach Brian Curley, whose team was the defending champion.

In Division IV, Palma took first place in the boys race ahead of York, and Half Moon Bay finished ahead of R.L. Stevenson for the girl's title.

Oregon State Meet -- Harper's Fourth Title a Special One

November 4, Eugene, Oregon (The Register-Guard)—The fingers said it all.

Closing in on the finish of his unprecedented fourth-straight state title, Junction City's Billy Harper raised his right arm and shot all four fingers to the sky, in a salute to the cheering crowd, and to an unequalled prep cross country performance. Harper, still lugging a sore right knee, outdueled friend and rival Rhy Reynolds of Newport to win the Class 3A boys state title in 15:49.6 and make history on a cold Saturday afternoon at Lane Community College.

"I never thought much about winning four in a row until people told me I could be the first to do it," Harper said. "When I started thinking about it, if I did it, it's a record no one could break. They could only (tie) it. I liked that."

No Oregon prep runner at any level has ever won all four cross country crowns. Not even legendary Bill McCheaney of South Eugene, who won three at Class 4A from 1974-76.

In other boys races, South Eugene stumbled

in its bid for its first team title since 1981. The Axemen finished second to Mountain View of Bend. Lincoln's Dave Davis blazed onto the track, flew by favorite Grant Robison of McMinnville and won the boys 4A race in 15:59.0.

None of those (the other boys races) were as memorable as the battle between Reynolds and Harper. The two have been friends for five years, since they ran together on a summer track team. That friendship didn't make a loss much easier to swallow, though. The Newport junior was second in 15:58.5.

"I've run better, obviously," Reynolds said. "I thought I got him, though. But he's a great runner. It was a pretty good race."

Harper's winning time was slower than all but his freshman effort at state, but the competition was the best he's faced. Reynolds led for most of the first mile, then the pair ran together as the 5,000-meter course paralleled 30th Avenue. Near the ponds at the course's western edge, Harper surged and gradually put a seven-second gap between the two. Reynolds refused to lose contact, though, and as Harper slowed on a hill after the pond loop, Reynolds pushed to gain back three seconds.

About 400 meters later, Reynolds had his chance. Coming up a short hill out of a soccer field, Harper staggered and limped badly. Reynolds immediately closed the gap, but failed to blow by the still-tender Harper at the top of the rise. With no more hills to bother his knee, Harper kept clicking and again built a lead that would be enough.

"I slowed at the top of the hill and gave him a chance," Harper said. "When he stayed just behind me but didn't pass, I thought, 'I guess this is going to be my race.'"

(Prep Editor: Rhy Reynolds (Newport, Oregon) placed sixth in the Foot Locker West Regional in 15:24.)

Runner's Handshake Costs Top 2 Finishes

Nov. 14 (The Orlando Sentinel)—Edgewater coach Ted Benz will never again have to implore his sixth and seventh runners to do their very best at all times. His Eagles provided a perfect example of how important those runners can be last Saturday in the regional when his first two runners James Hunt and Derek Romich -- who finished tied for first -- were disqualified for joining hands as they crossed the finish line.

High school rules prevent "aiding and abetting" another runner or anything that could be considered taunting or unsportsmanlike. In the case of holding hands, either could apply as the effort to finish in a tie could be considered unsportsmanlike.

Even with those two disqualifications, the Eagles easily qualified for this week's state meet with a second-place finish, thanks to the efforts of sixth and seventh runners Steve Lavall and Jordan Merick. Benz said joining of hands was common years ago and a rule was put in to stop it.

"It was my neglect," Benz said. "I was aware of it but didn't inform the kids."

continued next page

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■ 'Flo-Jo' Sends Out a Message On Her Video

November 15—At least once every day, five-time Olympic medalist **Florence Griffith Joyner** (Jordan High School, Los Angeles) checks herself at a mirror. But even though her dazzling good looks are as central to her image as her record-breaking performances, the woman known as "Flo-Jo" is assessing much more than her appearance.

"I look myself in the eye and take a kind of personal inventory," says the 35-year-old track star, who holds world records in the 100 and 200 meters and is hoping to break the world's record in the 400 meters at next year's Olympic Games in Atlanta. Exercising a winning attitude is also a part of her daily workout, which she makes a priority amid a crowded schedule as a motivational speaker, clothing designer and entrepreneur.

That's why Joyner calls her just-released workout video, "The Flo-Jo Workout for Mind, Body and Spirit," and includes a section where viewers are asked to look at themselves in a mirror and say "believe, achieve, succeed."

"The more you assure yourself that you love and accept yourself," she says, "the sooner you'll become the successful person you dream about becoming."

Joyner also tries to teach the importance of a winning attitude to the 50 young athletes, ages 7 to 21, in the Florence Griffith Joyner Youth Foundation, a program she runs out of her home in Mission Viejo that helps disadvantaged children pursue positive dreams.

"There's a strong relationship between physical activity and self-esteem," says Joyner, who grew up in a family of 11 children that was poor materially, but rich in love. "Athletics teaches you a lot more than just how to throw far or run fast. It teaches you how to take one step at a time and to progress from crawling to walking to running. Plus, you learn about geography, math, philosophy and values."

But most American kids aren't gaining the mental and physical benefits of athletics, says Joyner, who was appointed by **President Clinton** to co-chair (along with ex-Congressman and former NBA star **Tom McMillen**) the President's Council on Physical Fitness.

Parents need to become good role models "by being active themselves," says Joyner. "You have to do something physical — biking, roller-blading, anything that you think is fun."

■ North Coast Section

NEWHALL COMMUNITY PARK, CONCORD, November 19—The North Coast Section of the California Interscholastic Federation contains 136 high schools from Fremont to the Oregon border. The top two teams and the top five individuals not on those two teams qualify for the C.I.F. State Meet on November 25 at Woodward Park in Fresno.

Bishop O'Dowd (Oakland), second in the Alameda-Contra Costa Athletic League with 31 points, won the Division I boys' team title with 63 points. Their team included senior **Dave Alderman**, fourth in the league in 18:49, (6th in 16:40), senior **Rob Nachtway**, seventh in

league in 19:15, (7th in 16:41), junior **Jake Bouey**, the league champion in 18:25, (9th in 16:48), junior **Kevin Gardiner** (14th in 17:01), and freshman **Andrew Elliott** (27th in 17:38).

Castro Valley, the Hayward Area Athletic League champion with 25 points, placed second with 87. They used **Coach Peter Brewer's** tight pack running technique, as only six seconds separated their first four runners. Their team included junior **Peter Baria**, fourth in league in 16:29, (15th in 17:02), junior **Henry Patterson**, seventh in league in 16:43, (16th in 17:04), sophomore **Damien Dulaney**, sixth in league in 16:43, (17th in 17:04), sophomore **Shane Dulaney**, fifth in league in 16:31, (18th in 17:08), and sophomore **Brad Dickson** (21st in 17:14). **James Logan** (Union City), second in the Mission Valley Athletic League with 44 points, was third with 95. Both Bishop O'Dowd and Castro Valley elected to move up to Division I this year, thus keeping Logan at home next week.

Senior **Daniel Embaye** (James Logan, Union City), second in the Mission Valley Athletic League in 16:24, outkicked senior **Amadu Kamara** (Santa Rosa), the North Bay League champion in 17:06, to win the 3-mile Division I boys' race by one second in 16:01. Senior **Mike Schwartz** (Santa Rosa), fifth in the NBL in 17:50, was third in 16:18.

De La Salle (Concord), ranked #2 in the state and the Bay Valley Athletic League champion with 17 points, defended their boys' Division II team title with 49 points. The team was composed of junior **Tom Prindiville**, who didn't run in the league meet, (1st in 15:35), senior **Randy Maestretti**, the league champion in 15:29, (3rd in 15:57), junior **Alex Sanchez** (12th in 16:41), junior **Chris Kenady** (17th in 16:55), and senior **Chris Coffee**, third in league in 16:20, (19th in 17:11). **Mission San Jose** (Fremont), ranked #9 in the state and the Mission Valley Athletic League champion with 31 points, placed second with 52. Their team included sophomore **Jon Stevens**, the Mission Valley Athletic League champion in 16:11, (2nd in 15:55), who ran the 1,600 meters in 4:17 as a freshman, junior **David Rodriguez**, fourth in league in 16:38, (4th in 15:58), senior **Pat O'Leary**, sixth in league in 17:05, (8th in 16:17), **Robert Donovan** (18th in 16:55), and **Jerry Stepan** (22nd in 17:28). **Eureka**, the Humboldt-Del Norte League champion with 17 points, was third with 71.

Livermore, ranked #5 in the state and the East Bay Athletic League champion with 24 points, won the Division III boys' team title for the sixth straight year with 36 points. Their team included senior **Michel Jones**, the league champion in 15:51, (1st in 15:17), senior **Joe Smith**, second in league in 16:15, (3rd in 15:28), sophomore **Nathan Martin**, seventh in league in 16:53, (8th in 16:15), junior **Tim Ricard**, sixth in league in 16:49, (10th in 16:23), and senior **Adrian Eimerl** (15th in 16:39). **Clayton Valley** (Concord), ranked #3 in the state and the Mountain Bay Athletic League champion with 24 points, placed second with 66. Their team included junior **Mike Wojciechowski**, the league champion on this course in 15:26, (2nd in 15:24); senior **Luke Leininger**, second in league in 16:00, (6th in 16:09); senior **Justin Carter**, third in league in 16:27, (12th in 16:28), junior **Adam Bowman** (23rd in 17:06); and senior **Duncan**

Henry (27th in 17:19). **Novato**, the Marin County Athletic League champion with 37 points was third with 119.

Piedmont, ranked #3 in the state and the Alameda-Contra Costa Athletic League champion with 26 points, won the Division IV boys' team title for the second time in three years with 42 points. Their team included sophomore **Carl Moren**, second in league in 18:30, (2nd in 16:35), senior **Keith Trimble**, sixth in league in 18:57, (4th in 16:50), senior **Andy Malick**, third in league in 18:44, (7th in 16:57), sophomore **Bryan Sampson**, fifth in league in 18:56, (9th in 17:02), and senior **Greg Kunkel** (24th in 17:41). **Campolindo** (Moraga), second in the Foothill Athletic League with 61 points, placed second with 87. Their team included sophomore **Ryan Mattonen**, seventh in league in 16:53, (10th in 17:02), junior **Dave Carlson** (15th in 17:22), senior **Todd Stup** (18th in 17:28), sophomore **Matt Wise**, sixth in league in 17:11, (19th in 17:29), and sophomore **Hari Vasu-Devan** (30th in 17:49). **Arcata**, second in the Humboldt-Del Norte League with 52 points, was third with 132.

Senior **Robin Pendoley** (Terra Linda, San Rafael), the Marin County Athletic League champion in 15:35, won the Division IV boys' race in 16:24. Junior **James Nielsen** (San Marin), only seventh in the Marin County Athletic League in 16:52, was third in 16:46.

James Logan (Union City), second in the Mission Valley Athletic League with 42 points, won the Division I girls' team title with 48 points.

Their team was composed of senior **Michelle Kiyono**, second in the MVAL in 20:09, (4th in 19:36), junior **Senhit Dirar**, 3rd in league in 20:22, (5th in 19:44), junior **Jennifer Bridgeman** (7th in 20:41), senior **Tyra Hughes** (8th in 20:42), and sophomore **Sky Baumbach** (26th in 21:56). **Acalanes** (Lafayette), fourth in the Foothill Athletic League with 107 points, who moved up from a smaller division, placed second with 81 points. Their team was composed of junior **Sarah Stretch** (11th in 20:51), freshman **Petra Kohler** (13th in 20:53), sophomore **Lisa Bostjanick** (19th in 21:34), freshman **Sabrina Lee** (22nd in 21:41), and sophomore **Melissa Rowland** (24th in 21:46). **Santa Rosa**, despite placing girls in first and second place, did not advance to the state meet as they placed third with 84 points.

Julia Stamps (Santa Rosa), the North Bay League champion in 17:47, won the girls' Division I race in 16:49. She won by 2 minutes and 28 seconds! Her time would have placed her tenth in the boys' Division I race. **Trina Cox** (Santa Rosa), second in league in 19:45, placed second again in 19:17. Senior **Lisa Hernandez** (Healdsburg), the Sonoma County League champion in 18:32, was third in 19:30.

Amador Valley (Pleasanton), the East Bay Athletic League champion with 33 points, won the Division II girls' team title with 67 points. Their team was composed of senior **Candace Miles-Threatt**, second in league in 20:03, who transferred from Bishop O'Dowd (Oakland), (6th in 19:54), junior **Monica Van Wegen**, the EBAL champion in 20:01, (12th in 20:20), senior **Cystal Miles-Threatt** (15th in 20:23), sophomore **Tina Peterson**, sixth in league in 20:57, (16th in 20:24), and freshman **Elizabeth Maier** (29th in

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21:35). **Mission San Jose** (Fremont) placed second with 73 points. Their team was composed of freshman **Katie Hotchkiss**, the Mission Valley Athletic League champion in 19:36, (1st in 18:52), junior **Jennifer Knowlden**, fourth in league in 20:35, (8th in 20:01), **Lizzy Bailey**, seventh in league in 21:01, (21st in 20:58), **Betsy Stevens** (22nd in 21:00), and **Alicia Rutledge** (33rd in 21:53). **College Park** (Pleasant Hill), second in the Mountain Bay Athletic League with 63 points, finished third by just one point.

Senior **Elizabeth Larmore** (Monte Vista, Danville), second in the Bay Valley Athletic League in 18:47, placed second in the girls' Division II race in 19:05. Junior **Jennifer Ewing** (Castro Valley), second in the Hayward Area Athletic League in 18:43, was third in 19:11.

The **Clayton Valley** (Concord) girls' team, the Mountain Bay Athletic League champion with 24 points, which is one of the top teams in the nation, easily won Division III with 23 points. Their team was composed of senior **Heather Wallace**, the league champion in 18:17, (2nd in 18:30), junior **Deborah Osteen**, second in league in 18:31, (3rd in 19:00), junior **Kelly Howisey**, third in league in 18:44, (4th in 19:20), freshman **Julie Leininger**, fifth in league in 19:09, (6th in 19:32), and freshman **Jennifer Codington**, seventh in league in 19:20, (8th in 19:40). **Carondelet** (Concord) placed second with 74 points. Their team was composed of junior **Kristen Gordon**, the Bay Valley Athletic League champion in 17:24, (1st in 18:17), freshman **Cristyn Enea**, third in league in 19:06, (10th in 19:43), junior **Kerri Bock-Willmes**, fourth in league in 19:30, (13th in 19:55), junior **Ginæa Carillo**, sixth in league in 20:12, (21st in 20:42), and sophomore **Katie Nash** (36th in 21:23). **Northgate** (Walnut Creek) was third with 101 points.

University (San Francisco), the Bay Counties League champion with 23 points, won the Division IV girls' team title with 40 points. Their team was composed of freshman **Linden Badger**, the Bay Counties League champion in 19:15, (1st in 19:10), senior **Amanda Tomei**, sixth in league in 20:17, (7th in 19:45), freshman **Kira Morser**, third in league in 19:42, (8th in 19:49), junior **Zoe Kretschmar** (12th in 20:12), and junior **Hope Lewis**, fifth in league in 20:07, (14th in 20:20). **Campolindo** (Moraga), third in the Foothill Athletic League with 71 points, placed second with 76. Their team was composed of sophomore **Katy Berkes**, fifth in league in 20:09, (6th in 19:43), senior **Lissa DeFries** (18th in 20:12), sophomore **Megan Wherritt** (16th in 20:30), junior **Michelle Martin** (20th in 20:39),

senior **Alayna Smith** (27th in 21:14). **Ursuline** (Santa Rosa) was third with 136 points, their sixth runner **Mikaela Blasser** was 47th in 22:15. **Piedmont** also had 136 points, but finished in fourth place because their sixth runner **Katharine Jolda** was 48th in 22:18.

Sophomore **Sarah Hallis** (Ursuline, Santa Rosa), third in the North Bay League in 20:22, placed second in the girls' Division IV race in 19:20.

■ Coach Steve Nesheim (College Park, Pleasant Hill)

Coach Steve Nesheim is planning to take some time off from coaching to raise his young family. His wife is a CHP officer, who inspects trucks on the I-580 freeway. Steve has put on the **Ed Sias Invitational** in Martinez for several years. This year his girls' team missed by one point of qualifying for state. Good luck Steve, and thanks for your service to high school cross country.

■ NCAA

AMES, Iowa, Nov. 21 (N.Y. Times) - **John McDonnell**, the Arkansas men's track and cross-country coach, wasn't sure about his team's chances in the National Collegiate Ath-

letic Association cross-country championships here.

"They're young," he said. "Four freshmen, two sophomores and a junior. We have the talent, but we may not have the experience. But if the other teams want to beat us, they'd better do it this year."

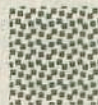
Monday, O'Donnell's youngsters grew up. Led by **Godfrey Siamusiye**, a junior from Zambia, the Hogs won their eighth cross-country championship in the last 12 years. They scored 100 points to 142 for **Northern Arizona** and 150 for **Oklahoma State**.

Meanwhile, **Villanova's** six-year streak of women's titles, both team and individual, was broken as **Providence College** won the team championship and **Kathy Butler** of **Wisconsin** was the individual winner.

In the men's race, Siamusiye broke away halfway through the hilly, windswept 10,000-meter course from a lead group that included the eventual second-, third- and fourth-place finishers, **Mark Carroll** of **Providence**, **Eric Mack** of **Air Force** and **Patrick Kiptum** of **Oklahoma State**. He widened his lead to 200 meters at the finish.

"I saw that most of the guys in the race were middle-distance runners, and I was one of the few real distance runners," said Siamusiye.

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Convention Report High School Coaches

From **Al Hernandez**, **USATF Men's Development Committee State High School Representative**

1. A total of 70 high school coaches attended the National Convention held in Atlanta in December.
2. Fourteen new high school coaches attended the convention for the first time. They came from across the United States, brought in by the outreach program through Men's Development.
3. **Ken Stolley's** High School Track & Field Clinic, which includes "learn by doing", was accepted by the U.S.A. Track and Field Education Committee, so that high school coaches can receive Level I certification.
4. There will be a super coaches clinic at the Olympic Trials on the "dead" day (Thursday), with six to eight speakers going at one time. You can attend different topics or you can attend all one topic. The site will be Morehouse College.
5. A high school Coach of the Year Award will be started in 1997.
6. The High School Coaches Association will start a high school All American Team in track and cross country in 1996.
7. The high school coaches are looking very closely at what the college coaches are going to do about the 25, 50, 75 rule.
8. Several high school coaches were named to National Team Staffs: **John Hemmer**, **Rod Skaggs** and **Bruce Frankie** to the World Junior Staff; **Randy Waggoner** to U.S./G.B. and **Ken Brauman** to the World Indoor Staff (97). ♦

CALIFORNIA Track & Running News

...your source of
information in the
Golden State.

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"My strategy was to increase my speed every two and a half minutes, so if anybody stayed with me, he would have to run my race."

It worked. And the other young Razorbacks came through, too. **Ryan Wilson**, a sophomore from Westlake Village, CA., charged up from 13th with 600 meters to go to edge another sophomore, **Adam Goucher** of Colorado, for fifth place. Goucher, one of the favorites, was hampered by a sore left patellar tendon.

In the women's race, **Butler**, a Wisconsin junior, was running third behind **Jen Rhines** of Villanova, the defending champion, and **Amy Skieresz**, an Arizona freshman.

"With 1,000 meters to go," said Butler, "they began to pull away, and I thought, 'Oh, no - they're dropping me.' But when they came to the next hill, they slowed a little, and that's when I caught and passed them." Butler won by a comfortable 25 yards from Skieresz as Rhines faded to third. **Marie McMahon**, in fourth, led Providence to a comfortable 88-123 margin over Colorado, with Villanova third with 151.

■ Pedroso's Contested World Long Jump Record

ROME, Nov 21 (Reuters) - Cuban **Ivan Pedroso's** contested world record long jump was scratched by the Italian athletics federation (FIDAL) on Tuesday when it ruled that actions by three officials had prevented an accurate wind speed reading. A federation statement said a commission of inquiry into the 8.96 metre jump in Sestriere, northern Italy, on July 29 had banned one of the officials for life and suspended the two others for three years.

"It has been found that a number of people did not behave properly on the field and that influenced the regularity of the wind speed measurement," the statement said. Pedroso, who went on from Sestriere to be crowned world champion in Gothenburg in August, was one of only two competitors to manage a jump within the legal wind speed of up to two metres per second at the high-altitude meeting.

Controversy over the jump, one centimetre more than the world record set by American **Mike Powell** at the 1991 Tokyo world championship, led to a bitter row between FIDAL and the Cuban federation. The Cubans were outraged when the Italians refused to forward Pedroso's mark to the **International Amateur Athletic Federation (IAAF)** for ratification after video footage showed an official standing in front of the wind gauge during the jump. Tuesday's brief statement said the official, Turin coach and former pole vaulter **Luciano Gemello**, had been banned for life for "obscuring" the measuring machine. The two other officials, each banned for three years, were competition judges **Paolo Gugliemi** and **Denis Morino**.

FIDAL said the inquiry had been ordered by federation president **Gianni Gola** and had questioned judges, officials and other witnesses, reviewed video and documentary evidence and conducted wind-tunnel tests to reach its decision.

It was the second time in a decade that Italian athletics officials had been involved in controversy over a long jump measurement. One of the biggest non-doping scandals in athletics

erupted in 1987 when officials tried to rig the long jump at the world championships in Rome by mis-measuring a jump by Italian **Giovanni Evangelisti** so he would win the bronze medal. Gola's predecessor, **IAAF president Primo Nebiolo**, chaired an inquiry which found nothing untoward but a later investigation by the national Olympic committee revealed misconduct.

The Sestriere meeting took place on a cold, chilly day when only four of the 60 attempts in the long jump and triple jump competitions were inside the legal wind limit. Three of them were Pedroso's, including the 8.96 metre leap for which the wind speed was recorded at 1.2 metres a second. Doubts about the mark came to light when amateur video showed a man, later identified as Gemello, with his stomach just 20 centimetres from the wind machine. An Italian official said in August that Gemello had been "keen to see Pedroso jump." Despite the controversy, Pedroso was allowed to keep a \$130,000 Ferrari sports car awarded by the organizers. He said when he was given the car that he did not know how to drive.

■ Mike Powell's (Edgewood, West Covina 1981) Record Stands--

Pedroso Disappointed by Italian Ruling on Record Jump

HAVANA, Nov 22 (Reuters) - Cuban long jumper **Ivan Pedroso** said on Wednesday he was disappointed by a ruling of the Italian athletics federation that scrubbed a world record he set in July after evidence of irregularities. But the world champion said he was determined to set a new record by breaking the nine-metre mark next year.

The head of Cuba's Olympic Committee meanwhile expressed irritation at the way Pedroso case had been handled. The Italian federation FIDAL disciplined three officials, one of them with a life ban, after ruling in Rome on Tuesday that unorthodox actions had prevented accurate measurement of the wind speed which assisted Pedroso's 8.96 metre leap on July 29 at Sestriere.

"The person who is worst damaged (by this) is the athlete, apart from the irregularities committed by the officials," Pedroso told Reuters, interviewed at a sports stadium in the Cuban capital.

"This is a lot of hours of daily dedication, effort, training and sacrifices only to be told that one's mark was not valid," said the 23-year-old athlete. But Pedroso said he was concentrating hard now on his goals for next year, including hoping to win a gold medal in next year's summer Olympic Games in Atlanta and to leap over the nine-metre mark during the year.

"1996 is going to be another year where I have very ambitious goals, but possible ones, which are to win a gold medal in Atlanta and to break the nine-metre barrier," he said. Cuban Olympic Committee head **Manuel Gonzalez Guerra** meanwhile described the affair as incredible.

"The world record itself is not important," Gonzalez told Reuters, adding he was more an-

nayed at the way the case had been handled. Gonzalez said Cuban sporting authorities would meet to decide how to react to the development. The Cuban official added that he could not understand why the case was not settled in a matter of days after the jump. He also questioned how Italian sports officials had allowed a man to obscure the wind measuring machine used at the event, and then had used an amateur video to prove this obstruction. The irritation expressed by Gonzalez contradicted the view of FIDAL, expressed on Wednesday, that Cuba would be satisfied with the outcome of the inquiry. The Cuban federation was outraged when FIDAL refused to submit Pedroso's mark for ratification after film showed an official standing in front of the wind gauge during the jump. But a senior FIDAL official said in Rome he had spoken to Cuban athletics federation chief **Alberto Juantorena** about the case at the Gothenburg world championships in August, and understood Juantorena was aware the record would not be ratified.

In Havana, Juantorena was not immediately available for comment. The Italian official, **Enrico Jacomini**, said the case would be referred as a formality to the International Amateur Athletic Federation (IAAF) council. The record of 8.95 metres set by American **Mike Powell** (Edgewood High School, West Covina 1981) in Tokyo in 1991 would stand, he said.

■ Courtney Fairbank's (Morro Bay) Father, Mother and Sister Die in Fiery Crash on Return From the State Meet

SAN LUIS OBISPO, November 27 (Scripps Howard News Service)—The editor of the *County Telegram-Tribune*, his wife and their 12-year-old daughter were among five people killed Saturday in a fiery highway crash. **Jeff Fairbanks**, his wife, **Ann**, a reporter at the *Telegram-Tribune*, and two of their three daughters were returning from a cross-country meet in Fresno.

A motorhome crossed the center line, striking the Fairbanks' Volvo head on, the California Highway Patrol reported. A pickup truck struck the Volvo from behind. All three vehicles caught fire. The driver of the motorhome, **Richard Jennings**, 55, of Visalia, died along with the driver of the pickup truck, whose name was not immediately available.

Galen Fairbanks, 8, was pulled from the wreckage and is in stable condition at Twin Cities Community Hospital. Two passengers in the motorhome were injured.

Jeff Fairbanks, 46, was named editor of the *Telegram-Tribune* in August 1990. He joined the staff as news editor in 1978. He was promoted to city editor in 1982 and became managing editor in 1986. He grew up in Fillmore and majored in history at San Jose State University. He had worked for the *Fillmore Herald* and the *Ventura Star Free Press*.

He and Ann Fairbanks, 45, lived in Los Osos

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with their three daughters. They were married in 1974.

At the time of the accident, they were returning home after watching daughter **Courtney**, 15, run in a cross-country meet with her team from Morro Bay High School. Courtney was riding home on the team bus and was not involved in the collision, which occurred just before 5 p.m. on Highway 46 near rural Shandon.

Ann Fairbanks, 45, grew up in Mexico and graduated from Stanford University. She went to work at the *Telegram-Tribune* in 1978. Previously she had worked at the *Humboldt Times Standard* and the *Ventura Star-Free Press*, where she and Jeff met. She taught journalism part time at Cal Poly in San Luis Obispo and won numerous awards for her reporting. She spoke fluent Spanish.

"Jeff had become a very fine editor," said **Alan M. Horton**, senior vice-president-newspapers for Scripps Howard Newspapers, owner of the *Telegram-Tribune*. "He had significantly improved his newspaper. On top of all that, he was as decent and honest a human being as there is on earth."

"Ann," Horton said, "was clearly the finest reporter in San Luis Obispo County."

(Prep Editor: Freshman **Courtney Fairbanks** (Morro Bay High School) helped her team place third in Division IV of the California State Cross Country Meet by finishing 37th in 20:42. She was the third girl on the Morro Bay team.)

Movie About Steve Prefontaine

HOLLYWOOD, Nov. 29 (Variety) - A second Hollywood studio has joined the race to make a movie about ill-fated Olympic long-distance runner **Steve Prefontaine**. Disney's Hollywood Pictures has enlisted the producers of 1994's acclaimed basketball documentary "Hoop Dreams". Warner Bros., meanwhile, has been developing its own version with several of the runner's friends including *Sports Illustrated* writer **Kenny Moore**.

Prefontaine was the youngest athlete to compete in track and field events during the 1972 Olympics in Munich. The University of Oregon alumnus dazzled sports fans with his speed and charisma. In his private life, he was brash and defiant. He died in an auto wreck in 1975, aged 24.

Hollywood Pictures acquired the rights to Prefontaine's story early this year, and would like to get the picture rolling in time to promote and market it during the 1996 Summer Games. Producers **Steve James** and **Peter Gilbert** will rewrite a draft of the project, titled "Pre," and both will serve as executive producers. James will direct, and Gilbert will be the director of photography. The two men had the same jobs on "Hoop Dreams", which they also produced with **Fred Marx**. It will be the first non-documentary project the two have led, and the two collectively could make more than \$1 million once the picture is made, according to a source.

"In the best of all worlds, we would love to have it so we could promote it during the Summer Games and release it after the Olympics," said **Charles Hirschhorn**, executive vice presi-

dent of Hollywood Pictures.

James and Gilbert recently produced PBS' "Higher Goals," a half-hour companion piece to "Hoop Dreams" that was nominated for an Emmy, and have made commercial spots for Nike.

Flo-Jo Preparing For Track Comeback

ATLANTA, Nov. 30 -- **Florence Griffith Joyner** (Jordan High School, Los Angeles) says she's ready to make a comeback. The 35-year-old world record holder at 100 and 200 meters retired after winning gold medals in both events in the 1988 Olympics.

"I am presently training for the 1996 Olympic Games in Atlanta," Joyner said Wednesday. "And yes, I am training for gold."

"I'm busy every day trying to make yet another one of my lifelong dreams come true."

Joyner will be one of six inducted into the **National Track and Field Hall of Fame** on Thursday during the USATF's annual convention. She set her world records in 1988, posting a time of 10.49 seconds in the 100 meters and 21.34 in the 200.

"As 1996 rolls in, I pray that my dreams will continue to come true as I train and work hard to make them," she said.

Foot Locker West Regional Experiences

I brought five boys from my **Berkeley High School** cross country team to the Pasta Dinner at the Holiday Centre Plaza. We sat with three girls and their coach from **The Kamehameha School** in Honolulu. Their school is a private school for students of Hawaiian ancestry. I had a Finn and an African-American included in my group. The Hawaiian girls were so enamored with our group that they persuaded their coach to have dinner with us again after the race at the Fruit Basket restaurant in Madera.

Angela Rosa (Kamehameha), third in the Hawaii State meet in 12:10, was 151st in the seeded girls race in 20:50. The Kamehameha girls team placed third in the state meet with 99 points. **Punahou** won with 82, and **Hawaii Prep** was second with 99.

We also ran over the course the day before the meet with a group of girls from **Whidbey Island** in Washington. There had been severe floods in Western Washington the week before the Foot Locker, but they were not affected, because they live on an island north of Seattle.

Junior **Megan Maynard** (South Whidbey High School, Langley, Washington), fifth in the Washington State AA in 18:07, was 61st in the seeded girls race in 19:19.

I wonder how many Washington runners cancelled out, because of the rain.

I met my old friend **Tony Casillas**, who used to coach at **Castro Valley High School**. He now coaches at **East High School** in Salt Lake City, Utah. Tony was the coach of **Calvin Gaziano**, the Western Regional winner in 1984. **Sarah Gardiner** (East) placed 13th and **Elizabeth Jackson** (East) placed 18th in the girls seeded race.

I think these opportunities to meet athletes and coaches from other states is almost as important as the race itself.

Everyone in my group enjoyed the trip to Fresno.

Linda Somers (Indio High School 1979) Second in Orlando

Dec. 10 (The Orlando Sentinel) - In a race filled with some of the fastest female distance runners in the country, **Anne Marie Lauck** seemed to have no competition as she set a women's course record in winning the 19th annual **Burger King Classic Half-Marathon** on Saturday in downtown Orlando. Lauck, 26, breezed through the 13.1-mile course in 1 hour, 10 minutes and 53 seconds. The old record, 1:11:07, was set in 1993 by **Trina Painter** of Austin, Texas. **Douglas Wakihuri**, of Kenya, won the men's race in 1 hour, 3 minutes and 15 seconds.

"There was no race today," said second-place finisher **Linda Somers** of Oakland, Calif. "From the beginning, Anne Marie (Lauck) just took off. It was all hers."

Somers, 34, finished 1 minute and 50 seconds behind Lauck, and **Kristy Johnston**, 30, of Eugene, Ore., finished third with a time of 1:13:45.

It was the first time Lauck ran the Orlando half-marathon and used the race as a sort of fitness test.

"To be honest, I just didn't know how I was going to do today," Lauck said.

"I was hoping to set a PR (personal best time), but it was very humid and I tended to slow down at the end."

Lauck, of New Jersey, ran her best time in the half-marathon, 1:10:03, in the Philadelphia Distance Classic last year.

"When it's hot you need to get a lot of water at the stations and that tends to break your stride," Lauck said. "I think that's what slowed me down."

Somers, who is training for the U.S. Olympic Trials Women's Marathon on Feb. 10 in Columbia, S.C., planned to use the race as a workout, but became caught up in the competition of the race.

"It was hard to hold back," Somers said. "I didn't want to get too far behind Anne Marie (Lauck)."

After the first mile, Lauck broke away from a pack of women and surged ahead. She zipped through the course at a 5:20-per-mile pace for the first 10 miles but slowed down in the remaining miles. For the first seven miles of the race, Somers ran about 20 seconds behind Lauck. But Lauck never gave up her lead.

Lauck, who trains in Marietta, Ga., and is considered one of the best female runners in the world, hasn't decided whether she will compete in the Marathon Trials in February or try to make the U.S. Olympic team in the 10,000 meters. This year, she won the Bermuda Half-Marathon and 10K and the Lady Track Shack 5K. She also competed in the 10,000 meters at the World Track and Field Championships last

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August but finished a disappointing 14th.

"I've been training more for the longer races, so today's race was a good indication of where I'm at in my training," Lauck said.

This year, the Orlando race featured the best women's field ever, according to elite athlete coordinator **Lorraine Evans**. Most of the runners used the race as training runs for the spring marathon season. Besides Lauck, Somers and Johnston, other elite female runners included fourth-place finisher **Debbi Kilpatrick** of Berea, Ohio, and fifth-place finisher **Lynn Nelson** of Fort Collins, Colo., finished sixth with a time of 1:15:29. Last year's half-marathon winner, **Kim Jones** of Spokane, Wash., who was considered a favorite to win again this year, dropped out of the race shortly after the 3-mile mark because of asthma.

Track Officials Say Running Briefs Indecent

MIAMI, December 10 (AP) -- A girls' cross country team was disqualified from a third-place finish because a referee and a group that regulates high school sports ruled the girls' running shorts were too risqué.

"We were so happy after we crossed the finish line, then when they told us we were disqualified we started crying," said **Lissette Perez**, a sophomore at **Miami Gulliver Prep School**.

The team placed third in a two-mile race at a state meet Nov. 18 in Jacksonville.

The Florida High School Activities Association permits girls to wear briefs for competition, but requires that they not be "abbreviated," meaning high cut, or French cut. A deputy commissioner with the association, **Ron Allen**, and a referee for the meet, **Jim Donovan**, ruled that the briefs were high-cut.

Lissette's father, **Luis Perez**, called *The Miami Herald* on Thursday to protest. The Herald published the story Sunday.

Many female runners prefer the tight briefs to regular running shorts, which flap and bunch up. The Gulliver team wears briefs similar to those worn by American Olympic stars **Jackie Joyner-Kersey** and **Gail Devers**.

The Gulliver coach, **Karen Calloway**, said that she ordered the briefs from an athletic apparel manufacturer and that the girls have worn them all season with no complaints. The Herald reported that on the day of the meet, Allen asked a spectator if he would allow his daughter to wear such things. "As a matter of fact she's wearing them right now," replied Luis Perez.

Perez said that Allen then asked him, "What if they were white? Their private parts might show." Perez said: "I asked him if he was there to watch the race or to watch private parts." When asked later about the ruling, Allen told *The Herald*, "We're talking about high school kids. Those briefs don't look appropriate. And they may lend an advantage to a runner." He did not explain what kind of advantage.

Allen, Perez and Donovan could not be reached for comment Sunday.

The activities association regulates all extra-curricular high school activities, including sports and bands and is run by principals and teachers.

Truly Great Olympic Moments--Not all the heroes are winners

December 14, 1995 (S.F. Chronicle)--Film Maker **Bud Greenspan** was packing up his cameras after the men's marathon at the Mexico City Olympics in 1968. An Ethiopian named **Mamo Wolde** had won the race in an emotional tribute to his teammate, two-time defending Olympic champion **Abebe Bikila**. Bikila had fractured his leg and couldn't finish the race. Greenspan knew he had compelling footage, the kind that has defined his award-winning Olympic films.

Suddenly a reporter ran up to him. "You ought to film this," the man said. Greenspan looked up. Into the darkened stadium hobbled a solitary figure, his right leg bandaged in two places. He winced with every step. The race had been over for more than an hour, but **John Stephen Akhwari** of Tanzania still ran. The several thousand spectators who had lingered in the stadium began to clap, slowly and steadily, as Akhwari made his way around the track. When finally he stumbled across the finish line, holding his damaged leg with both hands, the crowd roared. Greenspan recorded every painful, triumphant moment.

"I asked him, 'Why'd you do this? You were in such pain, and you couldn't win,'" Greenspan recalled. "He looked at me like I was crazy. 'Mr. Greenspan, I don't think you understand. My country did not send me 5,000 miles to start the race. They sent me 5,000 miles to finish it.'"

In a sports era shaped by the anti-hero, the mouthy star who defines success by incentive clauses and pouts about not getting enough "respect," Greenspan's new book, "**100 Greatest Moments in Olympic History**" (General Publishing Group, Inc.), is a powerful reminder of what sports at its best can -- and should -- be.

"Sometimes the essence of the Olympic Games can be found in people who don't stand on the victory podium," Greenspan said by phone recently.

Greenspan has covered every Olympics since, as an unemployed radio sports director with no film experience, he borrowed \$5,000 to produce a 15-minute film at the 1952 Helsinki Olympics on weightlifter **John Davis**. Greenspan had met Davis while working for extra cash as a "spear carrier" at New York's Metropolitan Opera, where Davis also worked. One day, Greenspan went to Davis' home to borrow some records and saw an Olympic gold medal hanging on the wall. Davis had won it at the 1948 Olympics in London; Greenspan was stunned that this Herculean man, the strongest man in the world, was invisible in his own country.

Greenspan wrote an article about Davis for *Reader's Digest* then traveled to Helsinki to chronicle Davis' second gold medal. Nobody would buy the film, however. Television was still in its infancy, and there wasn't much of a market then for stories about triumphant black men. He finally sold it to the State Department, which was looking for a vehicle to offset negative Soviet propaganda about blacks in the armed forces. The government paid Greenspan \$35,000.

"I said, 'This is a good business,'" Greenspan recalled. "And that's where it all began."

Since then he has brought to light many more John Davises, the Olympians who didn't end up on the Wheaties boxes. Such as **Dave Moorcraft** from Great Britain, who entered the 1984 Olympics as the world-record holder in the 5,000 meters. He also entered the Games without fully recovering from a stress fracture in his leg, an attack of hepatitis and a pelvic disorder that sometimes kept him from running. After two laps (of 12 1/2), Moorcraft was in last place, running with painful, choppy strides. In the stands, his wife was hoping he would quit, but knew he wouldn't. When the winner crossed the finish line and the crowd roared, Moorcraft still had one lap to go, which he finished almost unnoticed.

"Once you quit," he explained to Greenspan later, "it's easy to do it again. I did not want to set a precedent for the future."

One of my favorite stories is about American **Bill Havens**, who was a favorite for a rowing medal in 1924. A few months before the Games, he learned the due date for his first child fell during the two-week Olympic competition in Paris. His wife urged him to go, but Havens gave up his place on the team to be with her during the birth. His son, Frank, was born four days after the Olympics were over.

In the summer of 1952, Havens received a telegram from Helsinki, the site of the Olympics that year. It read, "Dear Dad, Thanks for waiting around for me to get born in 1924. I'm coming home with the gold medal you should have won. Your loving son, Frank." Havens' son had won the gold in the 10,000-meter canoeing event.

Greenspan has this idea about transposability: He wants his films to show the best of the human spirit -- pride, courage, dedication, perseverance -- through the athletes. He hopes when we see Akhwari stumble across the finish line or Moorcraft hobble the final lap alone, we will be inspired to transpose those qualities into our own lives. Maybe we won't call in sick with a backache or blow off our homework because of frustration, or break a promise to take our child to the park because we're tired.

"We all have these same qualities and talents but don't do anything about them," Greenspan said. This is why you didn't see much of steroid-using sprinter **Ben Johnson** in Greenspan's film of the 1988 Olympics in Seoul or of **Tonya Harding** in his Lillehammer film.

"I was offended that those people became big stars of the Olympics," he said. "These (stories) are asterisks in my films. For our business to make such a big deal out of people who are illegal and immoral is not what I intend my life to be."

As he prepared for the 1996 Games in Atlanta next summer, Greenspan reflected on how the Olympics have changed over the years. One: tickets are so expensive the average person can no longer afford to go. (In 1948, you could buy two weeks' worth of tickets for \$50, Greenspan said.) Two: the athletes' pursuit of money, with the agents and entourages the money attracts, has distanced them from Greenspan in some respects.

"Forty years ago," he said, "I knew all the

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athletes personally, and the only lawyer I knew was my father. Today I don't know a single athlete and I know a hundred lawyers."

■ Sheila Hudson (Rio Linda Senior High School, Rio Linda 1985)

American triple jump star **Sheila Hudson-Strudwick** will adopt a *nom de theatre* next year, says **Stephanie Johnson** of Pacific Sports, which represents the U.S. indoor and outdoor TJ champion. "Hud-Strud" says Johnson, will compete for media purposes next year as Sheila Hudson.

Johnson also reports that Hudson will move to Fayetteville, Ark., next year to train for the Olympics under Razorback assistant coach **Milan Donley**. She'll visit her home in Sacramento, CA, once a month.

Hudson tells USATF biographies editor **Jeff Hollobaugh** that she wants everyone to know that neither the name change nor the move were prompted by a lack of domestic felicity. She and husband **Warren Strudwick**, says Hudson, are "very happily married." Dr. Strudwick, a former

swimmer, served as the U.S. team physician at the IAAF World Indoor Championships last March in Barcelona.

(Source: USATF Weekly Notes, December 18, 1995.)

(Prep Editor: *Milan Donley used to be an assistant women's coach at the University of California in Berkeley. Sheila Hudson also competed and coached at Cal.*)

■ UPCOMING MEETS IN THE SAN FRANCISCO BAY AREA

MCATEER TIME TRIAL

The sixth annual McAteer Time Trial is scheduled for **Saturday, February 24** at 9:00 a.m. They plan to run a complete meet (State Meet order of events, basically), but with a Soph-Fresh Boys Division added.

Contact Marc Christensen, McAteer High School, 555 Portola Drive, San Francisco, CA 94131-1699.

HAMPTON-PHILLIPS TRACK & FIELD CLASSIC

The sixth annual meet is at San Jose City College on **Saturday, April 20, 1996** at 8:30 a.m. to 5:00 p.m.

Millard Hampton, a graduate of Silver Creek High School, won a gold medal in the 1976 Olympics in the 4x100 relay and a silver medal in the 200 meter dash. **Andre Phillips**, also a graduate of Silver Creek, won a gold medal in the 400 intermediate hurdles in 1988 Olympic Games. **Silver Creek** is one of only seven high schools to produce two Olympic champions.

Top high schools, middle and elementary schools and track clubs from California, Oregon and international teams from Australia have competed in the classic affair.

The meet was featured on TV Channel 36 Sports Focus and is scheduled for a repeat in 1996.

Contact: Robert Poynter/Frank Slaton (408) 238-0825, (408) 238-9197.

The Mild, Mild Midwest

By John Flynn

Just a few miles away, across the Mississippi River in Minnesota, 15-foot icicles made the freeway embankment look like the backdrop for a Christmas card. But in West Salem, Wisconsin, cross country finalists from Occidental College found the weather just to their liking. Not that Southern California Intercollegiate Athletic Conference makes a practice of holding league championships when temperatures are in the 30's. But a blizzard blasted through the Midwest the week before University of Wisconsin-La Crosse hosted the NCAA Division III championships last November 18. And the Oxy Tiger coach (Bill Harvey) had filled his team's skulls with stories of wind chill factors 20 degrees below zero.

Race day turned out so mild in comparison that senior Terence Flynn, Occidental's number two runner, from Bellarmine-Jefferson in

Burbank, did not even use the gloves he wore four years earlier in Fresno for the California High School Championships. Oxy's number one runner, Will Allan, from Carmel, had a similar reaction. Allan, who beat his teammate-to-be at Woodward Park by less than a second, thought so highly of the Wisconsin weather that he decided to make it one of the places he's applying for graduate school.

Flynn did make one concession to the difference in weather. Ten minutes before race time, NCAA officials came around to check the size of manufacturers' logos on running gear. That required the removal of those warm and comfy sweats. And that, Terence admitted, resulted in an "initial shock". Flynn, Allan and the other Occidental runners agreed on two other observations: the Midwest natives are friendly and the competition on the national level is tough.

"We all PRed," said Allan (25:14), "but finished 20th as a team. There are a lot of good runners back there." Flynn (25:46) noted that only seven seconds separated him and the man who finished 17 places ahead of him.

There's one competition, however, where Oxy need not be downcast: As a team, they're making Academic All-American for the third time in the last four years-- Flynn *individually* for the fourth year in a row, with a cumulative GPA above 3.5 as a pre-med biology major. Coach Harvey is pleased with his men's team qualifying for nationals in 1992, 1994 and 1995, but he'll take that classroom success anytime.

"That's what it's all about anyhow," he says, noting that his women's team has been Academic All American four years in a row.

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PREP CIF SECTION RESULTS

Southern Section

Saturday, November 18th

Girls - Division I

A very solid division would have great competition for the four team spots and the young lady who was the nation's #2 runner this fall behind **Julia Stampa**, in **Kim Mortensen**. Blasting the fastest qualifier ever the previous week at 17:25, Kim Mortensen let no one down in the Finals, cranking a 17:17, one of the fastest in course history and close to her 17:14 #2 All-Time here. **Andrea Neipp**, the talented junior from **Highland**, who looked so strong in a comfortable heat win the weekend before, raced a fine 17:53 in second.

The team contest had steady **Canyon** (Canyon Country), **Los Alamitos**, **Ayala** (Chino Hills), and **Irvine** take the first four spots. **Thousand Oaks** had illness to **Tara Marsden** near the end of the season, and they finished fifth at 98:00. TO deserved one of those "at-large" berths we always talk about, with a #2 state ranking most of the year and a good race here. As it turned out the Southern Section would take four of the top five team placings Div I statewide, with TO very competitive with everyone healthy for one of the three team plaques.

RESULTS: 1. Kim Mortensen (Thousand Oaks) 17:17. 2. Andrea Neipp (Highland, Palmdale) 17:53. 3. Jennifer Burris (Ayala, Chino Hills) 18:09. 4. Angie Winkler (Fountain Valley) 18:13. 5. Rachae McCauley (Canyon Springs, Moreno Valley) 18:16. 6. Jessica Corbin (Irvine) 18:19. 7. Nancy Zhang (Rowland, Rowl Hts) 18:27. 8. Lauren Flesherman (Canyon, Canyon Country) 18:30. 9. Julie Harris (Canyon, CC) 18:40. 10. Danielle Day (Quartz Hill) 18:49. 11. Breanne Schweitzer (Saugus) 18:56. 12. Amber Pierce (Los Alamitos) 18:58. 13. Cary Hamill (Quartz Hill) 19:04. 14. April Lyon (Sultana, Hesperia) 19:06. 15. Karen Nilsson (Ayala, Chino Hills) 19:07.

Teams: Div 1AA - 1. Los Alamitos 57. 2. Ayala (Chino Hills) 66. 3. Fountain Valley 81. 4. Esperanza (Anaheim) 91. 5. Peninsula (Rolling Hills) 93. 6. Saugus 108. 1A - 1. Canyon (Canyon Country) 33. 2. Irvine 68. 3. Thousand Oaks 78. 4. Buena (Ventura) 87. 5. Quartz Hill 107. 6. Arroyo Grande 113. Overall - 1. Canyon (CC) 83 (96:24). 2. Los Alamitos 108 (98:02). 3. Ayala (Chino Hills) 182 (97:35). 4. Irvine 133 (97:56). 5. Thousand Oaks 158 (98:00). 6.

Fountain Valley 159 (99:44). 7. Esperanza (Anaheim) 176 (6th runner) (100:21). 8. Buena 176 (100:18). 9. Peninsula (Rolling Hills) 182 (100:14). 10. Quartz Hill 209 (101:02). 11. Saugus 214 (101:21). 12. Arroyo Grande 226 (102:08).

Girls - Division II

Yucaipa, the nation's #3 ranked team perfect scored its heat, with the state's best team looking as strong as they had all Fall. Veteran **Annie Ebner** would battle startling newcomer **Allyson Marquand** here, with Marquand shocking with a 17:40 Prelim Heat win.

Marquand moved to #3 (?) All-Time frosh with the effort, with the youngster who splits her time between a couple of sports amazingly high on the all-time lists when she could count her serious running career in "weeks."

The Finals individual race was a great one, with Ebner gaining a mid-race lead before Marquand battled back going up the course's last Reservoir Hill. On the downhill and run-in, the veteran Ebner raced away to a fine 17:25 win, with the frosh star continuing her improvement with a 17:38 for second. **Kimi Welsh** led the Yucaipa charge to the title with her fine 17:56 in third, with a 94:03 team clocking. This was another very competitive division, with Dana Hills completing a strong local season with a second, a re-grouped **Santa Margarita** team next, and the much-improved Marquand and **Misha Wilson** led **University** (Irvine) crew nipping out a fine **Foothill** (Santa Ana) team that had a key member injured in the Prelims for the last spot.

RESULTS: 1. Annie Ebner (St. Lucy's, Glendora) 17:25. 2. Allyson Marquand (University, Irvine) 17:38. 3. Kimi Welsh (Yucaipa) 17:56. 4. Katie Nuanes (Santa Margarita, Rancho SM) 18:20. 5. Mindy Brown (Yucaipa) 18:40. 6. Jennifer Spahr (Huntington Beach) 18:52. 7. Vickie Whiteside (Yucaipa) 18:57. 8. Christen Ray (Yucaipa) 18:59. 9. Misha Wilson (University, Irvine) 19:13. 10. Mandy Schwecherl (Laguna Hills) 19:16.

Teams: Div 2AA - Yucaipa 22. 2. Dana Hills 60. 3. University (Irvine) 68. 4. Trabuco Hills (Mission Viejo) 93. 5. Agoura 130. 6. Arlington (Riverside) 133. Div 2A - 1. Santa Margarita (Rancho SM) 42. 2. Foothill (Santa Ana) 45. 3. St. Lucy's (Glendora) 73. 4. Villa Park 96. 5. West Torrance 102. 6. Westlake (Westlake Village) 138. Overall - 1. Yucaipa 31 (94:03). 2. Dana Hills (Dana Point) 81 (99:21). 3. Santa Margarita (Rancho SM) 111 (99:28). 4. University (Irvine) 117 (98:41). 5. Foothill (Santa Ana) 122 (101:01). 6. Trabuco Hills (Mission Viejo) 144 (101:44). 7. St. Lucy's (Glendora) 167 (100:32). 8. Villa Park 216 (104:12). 9. West Torrance 229 (104:54). 10. Agoura 237 (105:12). 11. Arlington (Riverside) 251 (105:28). 12. Westlake (Westlake Village) 291 (107:08).



Annie Ebner

Photo by Elaine Rosenfield



Kimi Welsh

Photo by Elaine Rosenfield



Sean Clendaniel

Photo by Phillip L. Enoch

Girls - Division III

Another level with some very strong teams—**El Modena** was second in state last year with **Nordhoff** third behind the seemingly untouchable **Clayton Valley** (Concord) team, with both of those teams returning the bulk of their top runners.

Elaine Canchola, the nation's top rated frosh harrier last fall off her 19th place in the Foot Locker National Championships, was leading Nordhoff in style. The short powerful runner sailed over the course in the finals at 17:35 to equal her best here from last season and record a top soph time ever on the course by a Southern Section athlete. It was the way that the Nordhoff crew backed Canchola up in the Finals that was another example of the work that "Magician-Coach" **Ken Reeves** can do with peaking a squad, except we have always felt that there is no luck or trickery involved in this sport.

Conditioned athletes have to believe that they can significantly improve. Starting with **Terrah Chapin** in 4th at 18:51, Nordhoff athletes improved impressively, with the team recording an impressive 95:04 team time, the fastest ever by a Div III school on this much-used course. **El Modena** was second, **Temescal Canyon** (Elsinore) third, with **Newport Harbor** nipping school district rival **Corona del Mar** for the final State Qualifying spot.

RESULTS: 1. Elaine Canchola (Nordhoff, Ojai) 17:35. 2. Shelby Horgan (Temescal Canyon, Elsinore) 18:26. 3. Heather Garrison (Buena Park) 18:42. 4. Terrah Chapin (Nordhoff, Ojai) 18:51. 5. Sunny Shaffer (Temescal Canyon, Elsinore) 19:02. 6. Jessica Dahlberg (El Modena, Orange) 19:14. 7. Leslie Burton (El Modena, Or) 19:21. 8. Beth Zacher (Nordhoff, Ojai) 19:25. 9. Alicia McFall (Newport Harbor, Newport Beach) 19:32. 10. Bridie Hatch (Nordhoff, Ojai) 19:35.

Teams: 3AA - 1. El Modena (Orange) 29. 2. Newport Harbor (Newport Beach) 62. 3. Moorpark 96. 4. Atascadero 98. 5. South El Monte 102. 6. Bonita (La Verne) 124. 3A - 1. Nordhoff 22. 2. Temescal Canyon (Elsinore) 49. 3. Corona del Mar (Newport Beach) 84. 4. Dos Pueblos (Goleta) 103. 5. Alemany (Mission Hills) 114. 6. South Hills (West Covina) 131. Overall - 1. Nordhoff 30 (95:04). 2. El Modena 78 (99:30). 3. Temescal Canyon (Elsinore) 93 (99:15). 4. Newport Harbor (Newport Beach) 138 (102:44). 5. Corona del Mar (Newport Beach) 140 (102:57). 6. Dos Pueblos 175 (104:55). 7. Alemany (Mission Hills) 209 (106:12). 8. Moorpark 215 (105:55). 9. Atascadero 218 (105:26). 10. South El Monte 219 (106:33). 11. South Hills (West Covina) 241 (107:39). 12. Bonita (La Verne) 263 (108:26).

Girls - Division IV

After a shocking 97:12 Div III Friday Sweeps win at Mt. SAC, it was clear that **Coach Marie Murphy's Louisville HS** team was the state's best ever at this level. Their 19:26 average either here or at Woodward Park (many athletes run very close on the two courses) was far beyond what anyone else at this level had accomplished. Led by **Shalunn Fullove**, a 5:10 1600m runner, Louisville came out this weekend to prove to everyone their dominance. Dominance is the way to describe the Louisville running, with Fullove racing away to an 18:31 win, with **Ashley Caro** (19:21) helping lead the team to 28 points against the other 4AA schools, and 29 points against the entire twelve-school Division IV. Their time this day was 98:05, some five minutes better than anyone else in the division! A good **Morro Bay** team was second, with **Orange Lutheran** and **Flintridge Sacred-Heart** (La Canada) giving the Section four very strong teams at this level.

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RESULTS: 1. -Shalynn Fulove (Louisville, Woodland Hills) 18:31, 2. **Melissa MacPherson (Flintridge Sacred-Heart, La Canada) 19:03, 3. *Kristin Groncy (Orange Lutheran) 19:15, 4. *Lindsay Buwald (Laguna Beach) 19:16, 5. -Ashley Caro (Louisville, WH) 19:21, 6. **Kelly Harrington (Louis, WH) 19:33, 7. -Sarah Martin (Westridge, Pasadena) 19:46, 8. ***Samantha Michel (Morro Bay) 19:54, 10. ***Jennifer Villar (Louis, WH) 20:09.

Teams: 4AA - 1. Louisville (Woodland Hills) 28, 2. Morro Bay 57, 3. Orange Lutheran 76, 4. Flintridge Sacred-Heart (La Canada) 94, 5. La Reina (Thousand Oaks) 117, 6. Twenty-Nine Palms 125, 4A - 1. Desert Christian (Lancaster) 37, 2. Pasadena Poly 55, 3. Ontario Christian 84, 4. Calvary Chapel (Downey) 100, 5. Thacher (Ojai) 102, 6. Woodcrest Christian (Riverside) 146. Overall - 1. Louisville (Woodland Hills) 29 (98:05), 2. Morro Bay 61 (103:18), 3. Orange Lutheran 82 (104:39), 4. Flintridge Sacred-Heart (La Canada) 113 (105:46), 5. La Reina 146 (109:31), 6. 29 Palms 151 (109:26), 7. Desert Christian (Lancaster) 171 (111:28), 8. Poly (Pasadena) 208 (112:32), 9. Ontario Christian 259 (117:24), 10. Thacher (Ojai) 278 (120:51), 11. Calvary Chapel (Downey) 295 (119:51), 12. Woodcrest Christian (Riverside) 330 (125:47).

Boys - Division I

This was a very, very competitive division, with both the team and individual contests thrown a bit up in the air when 15:21 runner **David Lopez** (Hoover, Glendale) did not run in the Prelims. David came and did a good job in the Finals (15:43), but it was not enough to help his team overcome **Peninsula** (Rolling Hills) in Div IAA, with **Coach Joe Kelly's** crew taking home another championship plaque at that level. **Matt Wickersham** really surprised individually, finishing very, very strong in 15:32.

Santa Ana, gapping an impressive 26 seconds 1-5 was the Div I A Champ and runner-up to go to the State meet. **Hoover** (Glendale) and **Ayala** (Chino Hills) took the other two spots, with at least a couple of teams who could have been competitive for a plaque at the state meet staying home.

RESULTS: 1. -Matt Wickersham (Mater Dei, Santa Ana) 15:32, 2. -Todd Disney (Thousand Oaks) 15:35, 3. -Matt Brown (Corona) 15:38, 4. *Ryan Deane (Peninsula, Rolling Hills) 15:40, 5. -Manuel Andrade (Coachella Valley, Thermal) 15:42, 6. *David Lopez (Hoover, Glendale) 15:43, 7. -Jeremy Lyon (Hesperia) 15:47, 8. *Tony Trueba (Huntington Beach) 15:48, 9. -Omar Orendain (San Gabriel) 15:51, 10. -Jesse Barragan (Wilson, Long Beach) 15:54, 11. -Felipe Montoro (Hoover, Glendale) 15:57, 12. -Josh Carolan (Thousand Oaks) 15:58, 13. *Dan Gaston (Huntington Beach) 16:00, 14. -Omar Cordero (Saddleback, Santa Ana) 16:00, 15. -Ramon Cha-

vez (Rialto) 16:00.

Teams: 1AA - 1. Peninsula (Rolling Hills) 53, 2. Hoover (Glendale) 69, 3. Ayala (Chino Hills) 76, 4. Saddleback (Santa Ana) 88, 5. Huntington Beach 89, 6. Santa Ana Valley 112, 1A - 1. Santa Ana 46, 2. Thousand Oaks 72, 3. Buena (Ventura) 90, 4. Hart (Newhall) 92, 5. Loyola (L.A.) 94, 6. Rialto 95. Overall - 1. Peninsula (Rolling Hills) 87 (81:49), 2. Santa Ana 112 (82:47), 3. Hoover (Glendale) 121 (82:19), 4. Ayala (Chino Hills) 126 (82:58), 5. Saddleback (Santa Ana) 150 (83:32), 6. Huntington Beach 157 (83:19), 7. Thousand Oaks 159 (83:10), 8. Santa Ana Valley 192 (84:33), 9. Buena (Ventura) 205 (84:57), 10. Hart (Newhall) 209 (85:25), 11. Loyola (L.A.) 214 (85:29), 12. Rialto 215 (85:16).

Boys - Division II

Yucaipa marked this as a big day in the school's harrier history, with two team titles and an individual win. The boys emerged out of a tight pack after the Prelims behind individual winner **Sean Clendaniel** (15:42), to win over a number of solid squads. The Coaches' son, **Sean** ran a solidly paced race that had him moving ahead of a close pack near the finish. Relatively unknown soph, **Irving Moreno**, emerged strongly over the last two weeks, placing 2nd here at a fine 15:45. Fellow soph **Ronnie Buchanan** had raced 15:33 in the Prelims, and was fourth here at 15:47.

Traditional powers **Katella** (Anaheim), **Orange**, and **Hemet** filled out the other spots to the State Meet.

RESULTS: 1. -Sean Clendaniel (Yucaipa) 15:42, 2. **Irving Moreno (Riverside Poly) 15:45, 3. *Michael Murray (Santa Margarita, Rancho SM) 15:46, 4. **Ronnie Buchanan (Righetti, Santa Maria) 15:47, 5. -Bernard Maltai (Whittier) 15:53, 6. -Alfonso Ibarra (Arlington, Riverside) 15:54, 7. -Kent Roberts (Edison, Huntington Beach) 15:58, 8. **Mark Gleason (Mission Viejo) 16:04, 9. -Robert Frichtel (Hemet) 16:04, 10. *Nick Russell (Orange) 16:04.

Teams: 2AA - 1. Yucaipa 53, 2. Orange 65, 3. Hemet 67, 4. Burbank 86, 5. Arlington (Riverside) 89, 6. Rubidoux (Riverside) 108, 2A - 1. Katella (Anaheim) 33, 2. Edison (Huntington Beach) 70, 3. Tustin 73, 4. Santa Margarita (Rancho SM) 80, 5. Laguna Hills 115, 6. Mira Costa (Manhattan Beach) 118. Overall - 1. Yucaipa 84 (82:01), 2. Katella (Anaheim) 93 (82:37), 3. Orange 103 (82:51), 4. Hemet 107 (82:52), 5. Burbank 138 (83:50), 6. Arlington (Riverside) 139 (83:45), 7. Edison (Huntington Beach) 167 (84:30), 8. Tustin 176 (84:51), 9. Rubidoux (Riverside) 179 (85:02), 10. Santa Margarita (Rancho SM) 183 (84:58), 11. Laguna Hills 261 (87:42), 12. Mira Costa (Manhattan Beach) 266 (87:33).

Boys - Division III

The **Nordhoff** boys were getting it together at the end of the season also.

Led by **Will Bernaldo**, the race winner at 15:34, the **Ranger** crew recorded the day's quickest team time of 80:37 with an easy win here, setting up another possible state title run. The ability of the Nordhoff teams to drop monstrous amounts at the end of the year is a real tribute to their quality and the preparation set up by **Coach Ken Reeves**, with some obvious sacrifices in competition along the way leading to a much higher peak than one would think possible from the group. There is a successful blend of the mental and physical preparation that **Coach Reeves** has arrived at that would make him a millionaire could he bottle it and sell it. However, that is part of the game that the "people" and coaching skills are probably not so easily transferable. It is really an inspirational occurrence to observe.

El Modena (Orange), **Corona del Mar** (Newport Beach), and **St. Francis** (La Canada) took the three team spots behind the Nordhoff group.

RESULTS: 1. -Will Bernaldo (Nordhoff, Ojai) 15:34, 2. -Kevin Koeper (St. Francis La Canada) 15:35, 3. *Bryan Green (Little Rock) 15:52, 4. Andrew Van Orden (St. Fr. LC) 15:54, 5. **Victor Ochoa (Nord. Oj) 15:56, 6. *Ryan Amos (El Modena, Orange) 16:08, 7. *Craig Farley (Lompoc) 16:09, 8. -Brian Shapiro (La Canada) 16:12, 9. -Sean Patterson (Yucca Valley) 16:12, 10. -Omar Vega (Nord, Oj) 16:14.

Teams: 3AA - 1. El Modena (Orange) 50, 2. Newbury Park 62, 3. Barstow 64, 4. South El Monte 94, 5. Little Rock 118, 6. Moorpark 121, 3A - 1. Nordhoff (Ojai) 23, 2. St. Francis (La Canada) 62, 3. Corona del Mar (Newport Beach) 64, 4. Dos Pueblos (Goleta) 99, 5. South Hills (West Covina) 123, 6. San Luis Obispo 142. Overall - 1. Nordhoff 38 (80:37), 2. El Modena (Orange) 107 (83:35), 3. Corona del Mar (Newport Beach) 120 (84:01), 4. St. Francis (La Canada) 121 (83:36), 5. Newbury Park 126 (84:16), 6. Barstow 127 (84:18), 7. South El Monte 187 (86:20), 8. Dos Pueblos (Goleta) 199 (86:56), 9. Little Rock 227 (87:40), 10. Moorpark 234 (87:42), 11. South Hills (West Covina) 247 (88:29), 12. San Luis Obispo 286 (90:02).

Boys - Division IV

Morro Bay had once again risen to the top of this division, led by undefeated soph **Isaiah Festa**, who this day would turn out to run the fastest time of any division with his 15:31 win. **Coach Cary Nerelli** had his Pirate crew dominate the competition, scoring 37 points against the twelve-school division, with the best team time by over three full minutes. **Fillmore, Oak Park**, and a surprising **Flintridge Prep** (La Canada) team took the other qualifying spots to state.

Isaiah Festa is an athlete worth keeping an eye on over the next two years. However, we do not believe a soph has

ever walked away from this meet with the fastest time of the day, with Div IV usually not providing the leading individual, certainly not as a soph.

RESULTS: 1. **Isaiah Festa (Morro Bay) 15:31, 2. -Steve Mullen (La Salle, Pasadena) 16:21, 3. -Jared James (Boron) 16:31, 4. **Ryan Downey (St. Margaret's, San Juan Capistrano) 16:39, 5. -Ryan Roberts (Oak Park) 16:43, 6. -Carlos Herrera (Bell-Jeff, Burbank) 16:44, 7. **Andy Cortez (Salesian, L.A.) 16:45, 8. -Rico Gomez (Morro Bay) 16:45, 9. *Jason Hoetzel (Mammoth, Mammoth Lakes) 16:50, 10. *Morgan Harrelson (Oak Park) 16:51.

Teams: 4AA - 1. Morro Bay 30, 2. Oak Park 68, 3. Fillmore 68 (6th runner), 4. Salesian (L.A.) 87, 5. Beaumont 103, 6. St. Bonaventure (Ventura) 115, 4A - 1. Flintridge Prep (La Canada) 42, 2. Desert Christian (Lancaster) 54, 3. Sherman Indian (Riverside) 65, 4. Pasadena Poly 74, 5. Woodcrest Christian (Riverside) 134, 6. Oakwood 135. Overall - 1. Morro Bay 37, 2. Fillmore 95 (87:08), 3. Oak Park 100 (87:01), 4. Flintridge Prep (La Canada) 122 (87:59), 5. Salesian (L.A.) 134 (88:17), 6. Desert Christian (Lancaster) 147 (88:57), 7. Beaumont 158 (89:09), 8. Sherman Indian (Riverside) 175 (89:38), 10. Pasadena Poly 195 (90:12), 11. Oakwood (North Hollywood) 307 (97:18), 12. Woodcrest Christian (Riverside) 314 (96:22).

Los Angeles City Section

Pierce CC (Woodland Hills)

Boys

1. Eduardo Sanchez (Garfield, L.A.) 15:42, 2. Manuel Lopez (Belmont, L.A.) 15:51, 7. 3. Gray Uzziel (Poly, Sun Valley) 15:55, 3. 4. Rafael Escobedo (Garfield, L.A.) 15:59, 1. 5. Juan Gama (Palisades, Pacific Palisades) 16:11, 2. 6. Kenzo Bergeron (Hamilton, L.A.) 16:14, 2. 7. William Anderson (Kennedy, Granada Hills) 16:22, 1. 8. Paul Muite (North Hollywood) 16:22, 5. 9. Jose Lorenzo (Birmingham, Van Nuys) 16:23, 4. 10. Jorge Lopez (Belmont) 16:24, 6.

11. Danny Oliva (Monroe, Sepulveda) 16:26, 1. 12. David Clinger (Taft, Woodland Hills) 16:32, 1. 13. George Lopez (Belmont) 16:44, 4. 14. Jose Lopez (Belmont) 16:46, 3. 15. Ildefonso Avila (south Gate) 16:51, 2.

Teams: 1. Belmont (L.A.) 50 (82:35), 2. Garfield (L.A.) 72 (83:16), 3. Palisades (Pacific Palisades) 102 (84:54), 4. Monroe (Sepulveda) 110, 5. Bell 126, 6. Birmingham (Van Nuys) 129.

Girls:

1. Jamie Newman (El Camino Real, Woodland Hills) 19:32, 7. 2. Tiffany Burgess (Birmingham, Van Nuys) 19:51, 7. 3. Patricia Loera (Bell) 19:56, 1. 4. Frances Santin (Taft, Woodland Hills) 19:58, 3. 5. Griselda Salcedo (Roosevelt, L.A.) 20:00, 9. 6. Diana Epstein (Palisades, Pacific Palisades) 20:01, 9. 7. Princess Acacio (Reseda) 20:03, 8. 8. Tamar Gamell (El Camino Real

PREP NOTES

WH) 20:04.6. 9. Melissa Peralta (South Gate) 20:12.5. 10. Sonia Mejia (Garfield, L.A.) 20:18.0.
 11. Jackie Tillman (Birmingham, VN) 20:32.2. 12. Juana Padilla (Banning, Wilmington) 20:35.9. 13. Genevieve Cruise (Paisades, Pacific Palisades) 20:37.6. 14. Brooke Page (Granada Hills) 20:39.0. 15. Elizabeth Bernier (Hamilton, L.A.) 20:43.0.
Teams: 1. Birmingham (Van Nuys) 47 (103:17). 2. Taft (Woodland Hills) 92 (106:59). 3. Huntington Park 97 (107:22). 4. Bell 103. 5. Garfield (L.A.) 124. 6. Palisades (Pacific Palisades) 126.

Central Section

Boys-Division I

1. Juan Chavira (Hanford) 15:58
 2. Elpidio Leyva (Madera) 16:17
 3. Michael Kasahun (Fresno) 16:18
 4. Arthur Negrete (Clovis) 16:28
 5. Jacob Elkins (Bullard) 16:30
 6. Mario Zambrano (Madera) 16:38
 7. Steve Barrus (Clovis) 16:41
 8. Armando Negrete (Clovis) 16:46
 9. Matt Larsen (West) 16:48
 10. Andres Bazante (Madera) 16:49
 11. Feliciano Leyva (Madera) 16:53. 12. Rito Fuentes (Fresno) 16:55. 13. Humberto Flores (Roosevelt) 16:56. 14. Jeremy Tullis (Clovis W) 16:57. 15. Mike Burkely (Clovis) 16:59. 16. Steve Alves (Clovis) 17:04. 17. Jesus Navarro (Madera) 17:09. 18. Jorge Lopez (Roosevelt) 17:17. 19. Gabriel Gil (Madera) 17:18. 20. Eidio Guillen (Madera) 17:22.
 21. Tigran Fesliyan (Fresno) 17:27. 22. Estevan Romero (Clovis W) 17:29. 23. Ruben Salinas (Roosevelt) 17:30. 24. CJ Nakayama (Clovis) 17:31. 25. Miguel Perez (Clovis) 17:32.

Boys-Division II

1. Noel Nelson (Redwood) 15:55
 2. Jorge Castro (Arvin) 16:13
 3. Jose Godinez (Reedley) 16:19
 4. Luis Herrera (Arvin) 16:27
 5. Robert Lopez (Sanger) 16:37
 6. Matt Duma (Mt. Whitney) 16:41
 7. James Mandelson (Stockdale) 16:44
 8. Chad Schmidt (North) 16:51
 9. Silverio Osonio (Reedley) 16:54
 10. David Flores (Arvin) 16:55
 11. Mike Tanaka (Gold West) 16:57. 12. Richard Granillo (Gold West) 16:58. 13. Adrian Dominguez (Highland) 16:59. 14. Jose Tamayo (South) 17:02. 15. Carlos Gallegos (South) 17:12. 16. Esteban Espino (Reed) 17:16. 17. Carlos Silva (Reed) 17:19. 18. Andrew Lovejoy (Buchanan) 17:23. 19. Billy Hurd (Buch) 17:25. 20. James Sabin (North) 17:28.
 21. Jerry Padilla (Reed) 17:30. 22. Nick Howard (North) 17:33. 23. Rick Turner (Tulare Un) 17:34. 24. Robert Hill (Gold W) 17:34. 25. Brad Day (Redwood) 17:38.

Boys-Division III

1. Miguel Raya (Wasco) 16:38
 2. Jorge Rebollo (Mendota) 16:47
 3. Matt Gonzales (Centenn) 17:00
 4. Omar Jeronimo (Dinuba) 17:01
 5. Chano Luviano (Din) 17:01
 6. Ramiro Arias (Mend) 17:10

7. Hugo Ochoa (Mendota) 17:16
 8. Ryan Suburu (Ridgeview) 17:17
 9. Alex Gomez (Shafter) 17:26
 10. Alejandro Palacios (Corcoran) 17:32
 11. Matt Neufeld (Shafter) 17:38. 12. Conner Bright (Lemoore) 17:39. 13. Omar Garcia (Wasco) 17:40. 14. Laureano Alvarez (Corcoran) 17:44. 15. Nathan Lewis (Shafter) 17:46. 16. Alman Kerste (Tehachapi) 17:50. 17. Jason Dudley (Lemoore) 17:52. 18. Manuel Quintero (Centenn) 17:57. 19. Pablo Sanchez (East) 18:03. 20. Luis Olivares (Centenn) 18:08.
 21. Jordan Lewis (Shafter) 18:10. 22. Michael Aviles (Mend) 18:11. 23. Jorge Aboyte (Wasco) 18:12. 24. Rogelio Oliva (Mend) 18:14. 25. Josh Elkins (Tehach) 18:17.

Girls-Division I

1. Stefanie McCarty (Madera) 19:02
 2. Emili Lawson (Clovis W) 19:41
 3. Kym Pilger (Clovis) 19:48
 4. Chrissie Gregory (Clovis) 19:56
 5. Sanjuana Gomez (Roosevelt) 19:59
 6. Erica Florez (Bakersfield) 20:05
 7. Amber Houchin (Clovis) 20:27
 8. Jennifer Toler (Clovis W) 20:32
 9. Christine Krumm (Bkfid) 20:37
 10. Sarah Smith (Clovis W) 20:43
 11. Jennifer Fiedler (Clovis W) 20:43. 12. Emily Barrus (Clovis) 20:46. 13. Claudia Mayo (Roos) 20:53. 14. Tsanna Martinez (Clovis) 20:57. 15. Rebekah Larsen (West) 20:59. 16. Mayra Lopez (Roos) 21:09. 17. Anna Rios (Bkfid) 21:11. 18. Dana Burkholder (Bkfid) 21:16. 19. Kathleen Martinez (Clovis W) 21:23. 20. Angela Donovan (Madera) 21:28.
 21. Juli Lawson (Clovis W) 21:33. 22.

Sandra Russler (Clovis W) 21:39. 23. Kristin Fairley (Clovis) 21:49. 24. Patty Sanchez (Madera) 21:57. 25. Skye Lino (Fresno) 21:59.

Girls-Division II

1. Tracie Dumler (North) 19:19
 2. Angela Ruiz (Reedley) 19:33
 3. Annabel Ortiz (Reed) 19:43
 4. Rachel Bauer (Buchanan) 19:55
 5. Tracy Cohn (Stockdale) 20:01
 6. Melina Brambila (Monache) 20:13
 7. Latanya Sumlin (North) 20:22
 8. Theresa Nesmith (Mt. Whit) 20:23
 9. Yebel Rodriguez (Reed) 20:23
 10. Jocelyn Keller (Buch) 20:31
 11. Cherene Douglas (Buch) 20:32. 12. Heather Ryan (Buch) 20:33. 13. Irene Wright (Reed) 20:38. 14. Jhona Mathews (Gold W) 20:45. 15. Corrine Atkins (Buch) 20:46. 16. Sabrina Huber (Buch) 20:47. 17. Andria Cheatwood (Gold W) 21:02. 18. Tiffany Heilbut (Buch) 21:08. 19. Kelly Cohn (Stock) 21:09. 20. Erin Stewart (Stock) 21:10.
 21. Valerie Gomez (Gold W) 21:29. 22. Katie Wiens (Stock) 21:39. 23. Beth Weston (Highland) 21:40. 24. Rachael Bowser (Monache) 21:43. 25. Cheni Wall (North) 21:51.

Teams: 1. Buchanan 52. 2. Reedley 57. 3. Stockdale 97. 4. Golden West 119. 5. North 127. 6. Monache 152. 7. Mt. Whitney 166. 8. Sanger 222. 9. Foothill 238. 10. Redwood 264. 11. Highland 270.

Girls-Division III

1. Veronica Sanchez (Wasco) 19:09
 2. Irma Guillen (Shafter) 20:09
 3. Nichole Urnston (Centennial) 20:23
 4. Kristie Gonzales (Exeter) 20:31
 5. Fidelina Perez (Wasco) 20:43

6. Maria Banuelos (Exeter) 20:53
 7. Jeanine Abalos (Lemoore) 20:56
 8. Kaylee Brittan (Centenn) 21:06
 9. Kasia Regehr (Exeter) 21:17
 10. Veronica Morgado (Wasco) 21:26
 11. Jherysa Peterson (Yosemite) 21:27
 12. Gloria Gonzalez (East) 21:33. 13. Katie Ward (Cent) 21:35. 14. Keren Padilla (Yosemite) 21:44. 15. Alicia Gilbreath (Cent) 21:48. 16. Honni Schliumbohm (Yosem) 21:50. 17. Doral Henry (Lemoore) 21:53. 18. Emily Lopez (Shafter) 21:55. 19. Dina Paricc (Ex) 21:56. 20. Jessica Monk (Ex) 22:03.
 21. Valerie Lawrence (Yosem) 22:09. 22. Lisa Phelan (Edison) 22:10. 23. Priscilla Viveros (Selma) 24. Anita Hillingworth (Cent) 22:21. 25. Emily Gilbert (Yosem) 22:24.

Girls-Division IV

1. Tracy Bowling (Taft Un) 19:43
 2. Cristina Sanchez (McFarland) 19:51
 3. Laura Davis (McF) 19:53
 4. Niki Salcido (Taft) 20:36
 5. Tanya Gonzalez (McF) 20:44
 6. Ashlee Pinasco (San Joa Mem) 21:03
 7. Jessica Hackler (Taft) 21:06
 8. Lisa Eggleston (Taft) 21:14
 9. Meredith Christian (Garces) 21:25
 10. Vanessa Cooney (SJ Mem) 21:41
 11. Gina Goodfriend (Lindsay) 21:51. 12. Laura Bryan (Taft) 21:57. 13. Nancy Lopez (McF) 21:59. 14. Laura Leal (McF) 22:13. 15. Anna Pena (Parlier) 22:20. 16. Iris Silva (McF) 22:21. 17. Margret Sheriffs (Fowler) 22:43. 18. Crithia Aecapois (Sierra) 22:49. 19. Molly Hogan (SJ Mem) 23:12. 20. Ebena Birch Carl (Sierra) 23:21. 21. Debby Renteria (McF) 23:22. 22. Rosario Gutierrez (Chowchilla) 23:27. 23. Reanin Beggs (SJMem) 23:36. 24. Bernadette Ansolabehere (Garces) 23:53. 25. Lani Martinez (Garces) 23:56.

Northern Section

November 9, 1995. West Valley High School, Cottonwood. From West Valley High School via Bob Womack.

Boys

Teams -- 1. Central Valley 59. 2. West Valley 67. 3. Pleasant Valley 71. 4. Yreka 115. 5. Paradise 149. 6. Chico SR 185. 7. Enterprise 215. 8. Corning 241. 9. Foothill 250. 10. Modoc 266. 11. Las Plumas 306. 12. Shasta 328. 13. Anderson 334. 14. Red Bluff 356. 15. Durham 367.

Boys Individuals

1. Aaron Gillen (Yreka) 15:33
 2. Aaron Harris (Lassen) 15:55
 3. Ryan Wade (Central Valley) 16:36
 4. Josh Keyes (Modoc) 16:40
 5. David Braund (West Valley) 16:53
 6. Chris Miles (Central Valley) 16:56
 7. Ryan Hayes (Pleasant Valley) 17:00
 8. Brian Marchione (Central Valley) 17:06
 9. Joey Creighton (Pleasant Valley) 17:16
 10. Michael Doll (West Valley) 17:18
 11. Clint Wattenberg (Pleasant Valley) 17:23. 12. Travis Draper (Paradise) 17:27. 13. Ronnie Farrar (Corning) 17:30. 14. Paul Carr (West Valley) 17:30. 15. Daniel Cline (Durham) 17:33. 16. Josh Fisher (Central Valley) 17:36. 17. Coby Phillips (West Val-



Will Bernaldo
 Photo by Elaine Rosenfield



Tracy Bowling
 Photo by Elaine Rosenfield



Isaiah Festa leading Aaron Gillen at the State Meet
 Photo by Elaine Rosenfield

COACHES' CORNER

GEORGE PAYAN, COLUMN EDITOR

Strength and Power Training for Track & Field Outside the Weightroom

By DON
BABBITT
TRACK &
FIELD COACH
Cal State Los
Angeles



With the beginning of the track and field season drawing near, high school track coaches may find themselves in a situation where they are unable to condition their whole squad in the weightroom. In many cases, the weightroom may be too small, while the track and field squads very large. In other cases, sports such as football may also be using the weightroom at the desired time making it hard to squeeze in a whole workout for the track and field team.

This article is designed to offer some alternative strength training workouts for track and field programs who are unable to utilize the weightroom. A comprehensive strength and conditioning program can be performed out on the field using just a set of medicine balls, traffic cones, a weighted sled, elastic tubing, and a set of short boxes for plyometrics.

Most high school coaches will probably find that many of their athletes will still be unable to train effectively with weights because they are still in a growth phase. Coaches may also find that doing exercises that use only body weight or a small amount of resistance, such as 1 to 5 kg, will allow for training gains to be made while not overloading the developing athlete. There are exercises that can be performed outside the weightroom for almost every muscle and movement associated with track and field by utilizing medicine ball drills, plyometrics, or

body weight resistance exercises.

The best way to organize a strength and conditioning session for a large group of athletes out in the field is to perform a circuit routine. The circuit system will allow more athletes to be active at any given time which will make the conditioning session quicker and more efficient. From an organizational standpoint, the circuit system, in which the athletes are going from one station to the next, will be the easiest for the coach to control a large number of athletes. Several stations can be set up, which can vary in number, depending on the number of athletes and the emphasis of the training session.

Categories of Training Exercises

Training exercises for the field can be broken down into different groups based on what type of movement is involved in the exercise. For the purposes of this article, these exercises will be broken down into the following categories: 1) Medicine Ball, 2) Agility & Conditioning Drills, 3) Upper Body Plyometrics, 4) Abdominal Routine.

Medicine Ball Exercises

1. **Hip Flexor Drill:** While the athlete is hanging from a bar, have a partner lob the medicine ball toward them so they can kick it back to their partner with the bottoms of both feet.
2. **Leg Curls:** While the athlete is lying on their stomach, have a partner roll the medicine ball down the back of their legs so they can kick it back to the partner with their heels.
3. **Overhead Throw from Kneeling Position**
4. **Chest Pass**
5. **Trunk Twists**
6. **Overhead Throw from Standing Position**
7. **Tricep Tosses**
8. **Roll-back Throw:** The athlete will throw the ball to a partner from a seated position with

their back to their partner. The athlete will perform the throw by rolling on to their back as they throw the medicine ball with both hands back over their head.

9. **Foot Throw:** The athlete will hold the medicine ball between their ankles while in a standing position and then flip the medicine ball up to their partner by kicking both feet up simultaneously.

10. Medicine Ball Sit-ups

11. **Fish Out of Water Throws:** A partner will roll the ball to the thrower who is lying on their stomach, facing their partner, with their arms outstretched to receive the medicine ball. The thrower will pull the ball behind their head and throw it back to their partner.

Agility and Conditioning Drills

1. **Alternate Push off** (with 8-12" box)
2. **Lateral Box Step-up**
3. **Side to Side Box Jumps** (with 8-12" box)
4. **Front Box Jump** (double legged with 8-12" box)
5. **Lateral Box Jump** (double legged with 8-12" box)
6. **Lateral Cone Hops**
7. **Bounding:** Double leg, Single leg-alternate, Single leg-same leg, Double leg-diagonal hop
8. **Two-footed Ankle Hops**
9. **Squat Jump**
10. **Split Squat Jump**
11. **Double-legged Tuck Jump With Knees Up**
12. **Double-legged Tuck Jump With a Heel Kick**
13. **Walking Lunges**
14. **Weighted Sled Runs**
15. **Slow Squats with Body Weight**
16. **Jumping Toe Touches**
17. **Calf Raises on Stair or Curb**

continued next page...

California Track and Cross Country COACHES ALLIANCE

Upper Body Plyometrics

(For athletes with advanced upper body strength only)

1. Push-ups with wide to narrow arm stance
2. Side-to-side Push-ups
3. Push-ups with a clap
4. Side-to-side Push-ups with one arm up on box (with 8-12" box)
5. Wheelbarrow Walks

Abdominal Exercises

1. Crunches
2. Seated Rows
3. Leg Cross-overs
4. Leg Raises
5. Hip Raises
6. Trunk Twists
7. Hanging Leg Raises

Training Considerations

Before getting started with a training circuit for your track and field program, a number of pre-training considerations need to be looked at before prescribing exercises for all of your athletes. First of all, the coach should look at the age, body weight, and the physical state of development of each of their athletes. Secondly, the coach should look at the training levels of each athlete with regard to strength and speed training and their prior training experience. Finally, the coach should evaluate the strength training needs of each group of athletes as classified by their event specialties. Once these variables are all taken into account, the coach can set up a training circuit for their athletes.

How to Set Up the Training Circuit

The training circuit should be performed on the grass infield of the track for the majority of the exercises. This should be especially true for the lower body plyometrics to reduce the shock of the ground impact, and it will allow the track to be clear for running workouts to be held concurrently with the strength and conditioning session. The training circuit can be performed up to three times a week on a schedule that allows for at least 48 hours of rest between sessions. Once the competitive season begins, the training circuit may be cut back to only twice

a week to allow for ample rest before competitions. If the coach chooses to go on a schedule that uses the training circuit only twice a week, they may want to allow for 72 hours of recovery between sessions by going on a Monday-Thursday, or Tuesday-Friday schedule. The coach should also start their training circuit with more low intensity exercises and gradually increase the intensity as the year advances. It is actually a good idea to start the season with general conditioning period for a few weeks before beginning a training circuit such as this, although athletes who had just finished another sport season should be in good enough condition to begin right away.

When setting up the training circuit, the coach should pay special attention to the order and frequency of the exercises that are to be performed. It is recommended that each training session consist of 2 to 4 exercises from each of the four exercise categories, and that there is adequate rest time between stations. The order of exercises should follow a pattern upper body to lower body to abdominal exercises, and then repeat the same order. This type of arrangement will allow for more recovery time for a specific muscle group because it is not being used in successive exercises. A sample workout with this type of ordering is as follows:

MONDAY

Go through each exercise twice (2 minutes rest between stations)

1. Chest Pass with medicine ball (20 reps)
2. Front Box Jumps (25 seconds)
3. Crunches (30 reps)
4. Push-ups with a Clap (10 reps)
5. Split Squats (20 reps)
6. Hip Raises (20 reps)
7. Tricep Tosses (20 reps)
8. Walking Lunges (10 reps, each leg)

WEDNESDAY

Go through each exercise twice (2 minutes rest between stations)

1. Overhead Tosses with 3 kg. medicine ball
2. Side-to-Side Box Jumps (25 seconds)
3. Hanging Leg Raises (20 reps)
4. Fish Out of Water Throws (15 reps)
5. Slow Squats with Body Weight (down in 4 seconds, up at moderate speed, 10 reps)
6. Crunches (30 reps)
7. Side-to-Side Push-ups (15 reps), Chest Passes with Medicine Ball (4 kg.) (20 reps)
8. Leg Curls with Medicine Ball (4 kg.) (20 reps)
9. Seated Rows (25 reps)

Assigning Exercises

When assigning the number of stations and the number of repetitions for each exercise, the coach may want to set up a series of circuits based on the level of physical development of their athletes. If this is not possible, the coach may want to designate that certain athletes bypass some stations that have an exercise that is beyond the physical capabilities of the athlete at that particular time. In terms of prescribing exercises for each event area, the coach should pay careful attention which exercises will help the specific needs for an athlete in their particular event. The agility and conditioning drills and abdominal exercises are good exercises for all track and field athletes, but the more ballistic exercises, such as the box jumps, should be used more by the power oriented athletes (sprinters, jumpers, throwers). Upper body plyometrics are more advanced exercises that should only be used by athletes with well-developed upper bodies, such as throwers and pole vaulters. Medicine ball drills can benefit athletes in all event areas, although athletes in the throws and pole vault may want to emphasize more upper body medicine ball drills.

I have tried to mention a number of different exercises that can be incorporated into a training circuit so that a coach can have a variety of exercises for all of their athletes to perform. This is one of the beauties of the field training circuit in which there are a number of different exercises that can accommodate all skill and strength levels for every type of athlete. It will also provide sufficient variety so as to avoid the monotony of doing the same exercises over and over. The following table lists a basic guideline for how many contacts and repetitions can be performed for each type of exercise.

Exercise	Reps or Contacts per Set
Medicine Ball Exercises	10-25 reps per set
Box Jumps	10-30 contacts per set
Bounding	10-15 contacts per set
Leg Exercises	10 reps per set
Jumping Exercises	10-15 reps per set
Upper Body Plyos	10-20 contacts per set
Abdominal Exercises	10-30 reps per set

For more information on these types of training exercises, please see the articles and books in the reference section.

continued next page

Southern California Notes

FROM DOUG SPECK

As always, we would like to pass on a special thanks to those who assisted us this past Fall in attempting to cover our sport. ERIC TWEIT and GARY BROOKS were special assistants with passing on everything they could dig up about the sport. STEVE FAGUNDES, JIM ECKMAN, DENNIS DEWITT, PETER BREWER, HAL DANER, MANUAL GOMEZ, ALEX CARMONA, DENNIS McCLANAHAN, BUZZ THOM, and BOB RUSH made possible the State Rankings that are summarized 30-deep at the end of the season in this issue. A special thanks to RAY SCOFIELD who helps to make possible all that we do by spending endless hours assisting with statistical compilations.

✓ ANDREA NEIPP

A series of snafus, headlined by yours truly, robbed the Highland (Palmdale) eleventh grader of publicity for her best effort of the year, a 17:38 race winning effort in the Mt. SAC Invitational. Missed at the finish in the midst of the nearly seventy-five races that make up that Invi-

tational schedule, there was some initial doubt about the time reported that had her win her contest by over a minute. It turns out that there have been a number of verifications of this outstanding effort, with the smooth-striding, part Highland star moving to the #4 position among eleventh graders on the All-Time Southern Section Mt. San Antonio College list with the time.



ANDREA NEIPP
Photo by Elaine Rosenfield

Apologies to Andrea, her Coach John Johnston, and family, with Neipp (pronounced to rhyme with "night") poised to be one of the nation's best next year. To its credit, the Mt. SAC Invitational Committee has set up a mechanism for "same-day" dealings with problems such as Andrea's in the future.

✓ JULIA STAMPS

Julia (Santa Rosa HS) continues to roll through her prep career, stringing amazingly successful seasons of running together.

1994-95 was filled with many highlights. A thirty second Foot Locker National Championship win was followed by a winter that included participation in the World Cross-Country Championships in Europe, with a Spring State Championship over 3200 meters and National age-15 and Soph class 3000m record win at the USA Track & Field Junior Championships. The Junior win qualified her for the Pan American Junior Championships, which stretched the track season through early September, where she won a very competitive Pan American 3000m event. While one would expect a "down-time" Fall Julia continues to improve, setting Course Records along the way at Stanford, Mt. SAC, and equalling her Woodward Park course record of 16:45 in the State meet despite what she described as a start a bit quicker than she had planned. The young lady has maintained her pleasant demeanor which endears her closely to all that she comes in contact with. Her amazing efforts in races, the way she carries herself, and her graciousness bring many coaches and athletes to comment, "We won't leave until we watch Julia run!"

Amazingly, a part of each "meet-day" for Stamps now includes time for autographs and picture-posings, all of which the eleventh grade star handles with all the grace that one would hope for.

Besides the massive numbers that take part in the sports of Cross-Country and Track and Field in our state, we have been blessed with some truly special record setting young ladies in recent years. Marion Jones, seemingly our last record setting "magic" personality and performer, has kind of handed her crown to Julia as California's most recent "darling of the sports" with the physical, mental, and social abilities that have made her most everyone's most recent "favorite" in so many ways.

(The above was written before Julia was forced to drop out of the Foot Locker Nationals, a situation which she handled in her usual graceful manner.)

✓ NORDHOFF, CLAYTON VALLEY, AND YUCAIPA

All are Girls Cross-Country squads that should end up ranked among the top half dozen in the nation at the close of the season. Coaches Ken Reeves (Nordhoff), Ron Silveira (Clayton

continued next page.

Outside the Weightroom, continued

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The information in the Coaches' Corner column is offered as a service by the California Track and Cross Country Coaches Alliance to assist in the continuing education of California coaches. George Payan (Head

Cross Country and Track coach at Valley High School in Santa Ana) serves the Coaches Alliance and CTRN as column editor.

California is fortunate to have many capable and successful coaches in track, field and cross country. If you are interested in sharing your coaching expertise within this forum, or would like to comment on a past article, please contact George



Payan, 23931 Catbird Ct., Laguna Niguel, CA 92677, FAX (714) 831-7443.

In addition, please send any information you have on California coaching clinics. Thank you!

California Track and Cross Country COACHES ALLIANCE

Valley), and Jim Clendaniel (Yucaipa) have certainly had fine talent to work with, but the myriad of minute details that go into building champions have been handled exquisitely by those mentors.

Nordhoff's end of season peaks are legendary, with the patience and competitive sacrifices necessary along the way to set up such impressive racing at the end of the season orchestrated so well by Reeves.

Clayton Valley, under Coach Ron Silveira, deserves credit for setting up the possible high rankings through their travels during the season.

An early October trip to Alabama had them so close to #1 ranked nationally Shenendehowa (Clifton Park, NY), with a one point win for Yucaipa at Mt. SAC moving the T-Birds ahead of CV in the National rankings.

Yucaipa was on a mission this season, with Coach Jim Clendaniel's team joining Clayton Valley in probably putting together as many high quality races as any team in State history. Yucaipa perfect scored the Section prelims and both teams had a series of unreal Invitational efforts along the way. Yucaipa showed all season long that this was a team "on a mission" after losing the 1995 State Meet on the sixth runner rule.

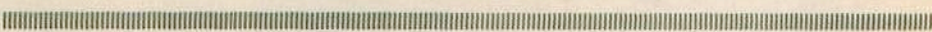
Nordhoff was 93:57 in the State Meet, (Clayton Valley was 95:20 and Yucaipa 95:36). With California's fortunes overall as teams in the national rankings fading some in recent years, it is nice to see area squads get their due recognition, with Clayton Valley deserving special credit for their willingness to travel far and wide to show how good they were. (Yucaipa ended the season ranked #4 nationally, with Nordhoff #5, and Clayton Valley #7 in the entire nation!)

✓ BOYS POWER SHIFTING NORTH?

With the successes this Fall of teams such as Jesuit, Del Campo (Fair Oaks), and Nevada Union (Grass Valley), the northern part of the state, with the Sac Joaquin Section in particular, showing special strength in the Boys Larger Schools divisions. As a matter of fact, the Del Campo Div I Boys win was the first time ever that a Southern Section school did not win that title, with the string certainly eventually having to end, but the scenario has typically been the state's showcase team from down south rolling in and dominating the competitions in Fresno. It makes the races fun to watch, with more parity coming to many of the divisions statewide.

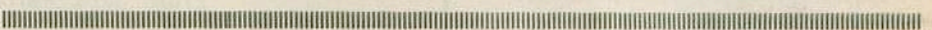
Jesuit continued its domination of Div II Boys with its third consecutive title, with Nevada Union a good pack that surprised with their runner-up Team Sweepstakes finish to Jesuit at the Mt. SAC Invitational prior to a third place Div I at Fresno. Leland (San Jose-CCS) peaked superbly behind individual winner Dan Sildric to place second Div II behind Jesuit. Jesuit did end the season ranked sixth in the nation with Division III power Nordhoff (Ojai) 21st on the Boys side in the entire nation!)

In *Harrier Magazine* Western U.S. Rankings: Boys: Jesuit was 3rd behind the nation's #1 and #3 ranked teams, Bingham (South Jordan, UT) and Mountain View (Orem, UT), with Nord-



COACHES ALLIANCE MEETING

Reported by Doug Speck



FRIDAY EVENING NOV 24TH.
PICADILLY INN, FRESNO.

(Before State CC meet) New State Commissioner Jack Hayes was introduced to coaches in attendance.

1. CROSS-COUNTRY

a. **Fifth Division** -- The State Track & Cross-Country advisory committee has suggested the State changes to five divisions for Cross-Country. There is a State Executive Council meeting coming up, where the possibility of a five-division state cross-country format will be discussed. There was the suggestion from the state Track and Cross Country advisory committee that the top five individuals from each section must be in the top twelve of all section finals except the Southern Section, where individual qualifiers will total up to five who finish in the top twenty places of a Division's State qualifying competition. Doug Speck discussed a study that he had done for the State Office on a breakdown of enrollment of schools in the differ-

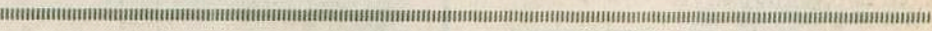
ent divisions. The breakdown of the different divisions where schools currently fall under the four division set-up, where they would fall under a four equal size division, and if there were five divisions in the championships.

b. **State Meet Director Report** . Marty Simpson was introduced, and indicated that there are no major changes in the competition this weekend. Marty welcomed any communication on the State Cross-Country Meet.

2. TRACK & FIELD

a. **Solidification of Pole Vault Rules** -- California had some definite rules to cover new National Federation rulings on the Pole Vault, with a number of those suggestions from our area adopted by the National Federation body for the entire nation for the coming year. This year there will be a Coaches Packet on the Pole Vault that will arrive before the start of the outdoor track season.

continued next page



hoff (Ojai) #6 among the twelve Western states considered.

On the Girls' side, behind #3 ranked nationally Mountain View (Orem, UT) (Coach Dave Houle at Mountain View does quite an adequate job!!!), Yucaipa (#2), Nordhoff (#3), and Clayton Valley (#4) held down those rankings in the entire Western U.S.

✓ POST STATE MEET TRAGEDY

Freshman runner Courtney Fairbanks of Morro Bay HS, 37th in the State Meet Division IV for the third place Pirate squad in the State Meet had the rest of her family involved in a tragic auto accident on the trip home from the late November State competition. Courtney's father, mother, and twelve year old sister were killed in the accident, with eight year old sister Galen, surviving, but listed in serious condition in the hospital. A "Fairbanks Family Scholarship Fund" has been set up at the Mid-State Bank, 2276 Broad St., San Luis Obispo, CA 93401. The account number is #1530549521.

Contributions can be designated to the Galen and Courtney Fairbanks Fund. (Thanks to Ken Reeves and Buzz Thom).

✓ ARCADIA INVITATIONAL

Always one of the highlights of the spring season in the sport, the Twenty-Ninth Annual Arcadia Invitational will be held on **Saturday, April 13th** at the High School facility, located 30 miles east of downtown Los Angeles.

Annually the nation's top "in-season" High School Invitational, the competition had the following winning marks in 1995--Boys: 100m (10.44) 200m (21.31) 400m (47.34) 800m (1:47.96) 1600m (4:10.61) 3200m (8:58.75) 110mHH (13.61) 300mIH (37.04) 400m Re (41.18) 1600m Re (3:14.52) Dist Med Re (10:17.95) HJ (6-8) LJ (24-06.75) TJ (47-11.5) SP (60-04) DT (189-03) Girls 100m (11.59) 200m (23.85) 400m (54.57) 800m (2:09.63) 1600m (4:47.78) 3200m (10:31.60) 100mHH (13.98) 300mLH (42.69) 400m Re (45.90) 1600m Re (3:43.54) Dist Med Re (12:06.45) HJ (5-08) LJ (20-09.75) TJ (42-01.25) SP (46-09.5) DT (158-11).

In the 1995 Meet, eighteen winning marks were the top mark in the nation up to that point in the season, with ten other events having the #2 mark in the nation. Fifty 1984-1988-1992 U.S. Olympians competed in the Arcadia Meet as preps, with eight National Records having been set in the last twenty years of the competition. The 1995 Meet was given eighteen minutes on ESPN's "Scholastic Sports America" show, with seventeen eventual California State Champs not winning their events at the Arcadia competition, such was the quality of competition.

A 1996 sanction has been sought for all 50 states and neighboring foreign countries, with the affair typically drawing 350 schools from over fifteen states. Great fields are anticipated once again this April in a meet that top athletes and fans of the sport will not want to miss!

For more information contact: Doug Speck - Arcadia High School - Arcadia, CA 91007 - (818) 444-7507 (Ph) or (818) 445-8564 (fax) or dougspeck@aol.com.

continued next page

ALLIANCE MEETING, continued

b. Honest Effort Rule -- Problems with scratches in the State Track Meet has brought some pressure for an "honest effort" rule for the State Prelims, that would require any scratches for the State Prelims take place before a Section enters are sent to the state. Scratches at the last minute force re-seeding of entire events, "non-appearances" causes imbalance in heats, and non-participation of deserving athletes. Each section had at least one athlete in last year's meet that fit into this category. A ruling has not been made, but serious consideration is given to enforcement of such a rule in the future. The "honest effort" rule, used at the Collegiate and Open level states that an athlete will make an honest effort to follow through in competition in all entered events, with disqualification from further competition in a meet if one does not show up for or put out a good effort in all events officially entered in.

c. State Track Meet site -- The State basketball tournament has been voted on to remain in the North. Looking over state meet sites for all sports has taken place recently, with the State Track Meet appearing capable of being held at Cerritos, Mt. SAC, Bakersfield, and Sacramento. Stanford and UC Berkeley appear to have construction guidelines that would not allow the State competitions there. Hal Harkness is constructing a notebook on how to run the State Meet.

State Organization

a. We have lost about 70 Coaches Alliance members in the last year, and need to work on getting membership back up.

b. State Honor coaches -- every section in California will receive two honor coaches, with the Southern Section four, and the San Francisco/Oakland section one. Four Coaches did not get their biographical information back for inclusion in this year's State Cross-Country Meet program.

c. Section organizations -- there appears to be a good drive for coaching organizations within the different sections. In both Cross-Country and Track & Field around the state there is some good planning and meeting taking place before, during, and after the seasons by all the coaches within a section.

Coaching Education

a. Clinics -- There will be five AAF/CIF Track & Field Clinics offered free this winter. (clinics free - \$35 for USA T&F Level I Testing) Fri/Sat/Sun 1/12-13-14 -- Santa Barbara CC, Fri/Sat/Sun 1/12-13-14 -- UC Riverside, Fri/Sat/Sun 1/19-20-21 -- Cal State Long Beach, Sat - 1/27 -- Cal State Los Angeles (Hot Topics), Fri/Sat/Sun 2/2-3-4 -- Birmingham HS (Van Nuys), Fri/Sat/Sun 2/2-3-4 -- San Diego HS The one-day "hot topics" clinic at Cal State LA includes a special rate by Southwest Airlines from anywhere the airline flies within the state. Al Hernandez 1/20-21 -- College of San Mateo, USA T&F Clinic -- will give Level I USA T&F Certification (\$100 includes testing).

Audience Comments:

Would State CC Meet move if Track Meet was moved? After some study it appears that Mt. SAC would be the other site if this subject would ever come up. It did not appear that there was a move in this direction at the moment.

Kim Mortensen's Training

From Jack Farrell



The following is a brief description of the training Kim Mortensen, the Footlocker National High School Cross Country Champion, did this past season. I've found from both attending and presenting at clinics that coaches are always curious about the training methods of successful athletes.

For the past 5 years Thousand Oaks H.S. has implemented a balanced approach to training, in contrast to a traditional hard-easy approach. There are no really hard work-outs and no easy recovery days. Every day is about the same. The attempt is to gradually lower the training pace in the comfort zone by increasing oxygen uptake and running economy. The rule of thumb used is that your race pace for 5k is about 1 minute per mile under your average training pace. We try to get our guys to run at about 6 minute pace in training (every day) which translates to about 15:35 flat 5k. Kim's pace was in the 6:20-6:35 range all season, and she raced very predictably at 5:20-5:25 pace.

A typical training week for Kim looked like this: Monday, 8 miles at 6:20-6:30 pace and usually somewhat off-road and hilly; Tuesday and Thursday, 7 miles at the same pace, on the roads or around a park; Friday, 6 miles at the same pace; Saturday, race; Sunday, off. Many of our runners do a regular run on Sunday, but some who request, (for religious or other reasons) to take Sunday's off, do so. We never meet and have practice on Sundays; athletes are on their own.

Wednesdays alternated between course repetitions and pick-up runs. The repetition distance, with one exception, was 1320 yds. (1200 meters). The total distance for the day was still 7 miles with warm-up and warm-down. Kim would run 4 x 1320 at 4:00-4:05 with 90 seconds rest between each. She ran with the boy's team. These reps were around parks which simulated upcoming courses. We never run on the track during cross country season.

The pick-up run is similar to surges except there is no backing off of the pace. The total distance is still 7 miles. At the pick-up point, usually 1 1/2 to 2 miles from the finish, the athletes drop the pace about 15-20 seconds per mile and hold it until the next drop. They are cautioned never to drop to race pace immediately and race the remainder of the run. The general instruction is to drop the pace until you're uncomfortable and then hold it until you're comfortable and then drop it again. A runner like Kim might make a half dozen drops in pace during the pick-up portion, reaching race pace

in the last 1/4 to 1/2 mile and perhaps exceeding race pace for the last few hundred yards.

One might note the absence of traditional speed-work in this training program. The only time we ran reps at less than 1320 was the Wednesday before the State Meet. Kim ran 2 x 880 at 2:40, 1 x mile at 5:26, and 2 x 880 at 2:40. This equals the same as 4 x 1320. I thought Kim, and Todd Disney, needed a break from the 1320's, so we did this at a park we only use to prepare for races at Woodward Park. Kim did a pick-up run before the Foot Locker Western Regional and then only 2 x 1320 at 3:55 at the end of her Wednesday practice before she left for the Nationals, and with about 3 minutes rest between each.

Kim had an amazingly consistent season. She never really had an off performance. She opened with a 16:35 on a flat 3 mile course. She raced Mt. SAC in 17:14, 17:25 and 17:17. She raced Woodward Park in 17:24 and 17:12 and the Morley Field Course in 17:12. Most local observers of the sport who saw Kim run several times noted that she always looked well-within herself. She never looked beaten up at the end of a race. She ran every single work-out as it was designed and never begged off of any work. On one occasion she said that she was falling apart. She mentioned several sites of soreness on her legs. We discussed the work-out and how we could cut it down or even skip it. She decided to do it. That was the Wednesday before the Foot Locker Regional and she ran a pick-up run. I timed her last mile in 5:31. Todd Disney and Josh Carolan ran their last mile in 5:08. Disney ran 15:46 in the western regional for 22nd place.

I told Kim before she left for Nationals what I always tell runners before big races: "It's just another race. No race is *the* race. There's always another race."

I do not want to leave the impression that the way Kim prepared is either the best or the only way to do it. I had 35 girls on my team. We were ranked #8 in the nation and #1 in California as a team when the season began. I thought coaches might be interested in how Kim arrived at where she did. I would certainly welcome observations and inquiries.

Photo by Phillip L. Enbody

continued next page

L.A. Invitational is Back on Track

by John Flynn

At an age when most men enjoy bouncing grandkids on their knees for a couple hours a week, **Al Franken** spends every day working to save a stricken love child.

As a result, the **Los Angeles Invitational Track Meet** observes its 37th birthday on February 24. Not so gala a celebration, perhaps, as past anniversaries. But in the embattled world of track and field, promoter Franken has emerged with a noteworthy victory.

The abrupt withdrawal of 26-year title sponsor **Sunkist** last June threatened the only major indoor meet on the West Coast. But Franken, at age 70, aided by son **Don**, hit the freeways and the telephone ... and put on a stirring stretch drive.

The **Sports Arena** helped out with reduced rental. **Home Depot** committed to continuing as a key sponsor. The **Los Angeles Sports and Entertainment Commission** saw the long-term benefit to the city's image, after the Raider/Rams defections. Funded by a hotel tax, the Commission chipped in with a few of the \$300,000 needed for the event's budget.

Perhaps most heartening, big name athletes rallied to the cause. Shot put world champion

John Godina showed up at the news conference to help announce the event's rescue. So did **Valerie Brisco**, still strikingly attractive 11 years after her three gold medals in the Los Angeles Olympics.

Not one for emotional displays, the elder Franken says there were no high-fives when the deal finally came together in late December. With two months before the starter's gun, lots of work lay ahead. The day after the announcement, both Franken's headed for their new office in El Segundo. They're barely out of the packing box stage, but hanging pictures on the walls can wait until after February 24.

Al sat at a receptionist's desk and answered the constantly ringing phone. In between, he scribbled a few notes for a meet brochure that should have been at the printer weeks earlier.

"Boy, are we behind," Al groaned to no one in particular. Then he went over to the typewriter desk. The chair had swiveled so low during the move, Al looked like he was sitting on the floor. Don offered a word of optimism: Just 24 hours after the official go-ahead, the FAX machine was spitting out high school entries from around the state. Even with a minimal entry fee charged for the first time, coaches know it's a once-in-a-lifetime thrill for kids to pound around the same

high-bank wood track where the greats also run **UCLA** and **USC** also are indicating they'll compete.

Almost knocked off the rails, the Los Angeles Invitational is back on track and headed for major exposure on **ESPN**. It's the stuff of another legend for the hard core track and field fan. Franken's invitational was one of the first tenants in 1960, after the Sports Arena opened. Now **Patrick Lynch**, general manager of the arena, says, "It's like our own 'It's a Wonderful Life' story, where Al's in trouble. Everybody's got to help Al. Out come all the athletes, the Sports Commission and ourselves. We all get together and keep a wonderful thing going."

Says **Diane Hovenkamp-McGraw**, president of the Sports & Entertainment Commission and wife of former baseball pitcher Tug McGraw, "The Franken's have poured their heart and soul into this event for 36 years. Stepping up in support of a Los Angeles sporting tradition is something we felt simply had to be done."

(From the editor: Our heartfelt condolences go out to Al, Don and family. Just after the new year, Al's wife, Shirley, lost her battle with cancer. Our thoughts and prayers are with you, Al and Don.)



KAARON CONWRIGHT

Photo by Kirby Lee

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RESULTS

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▲ Track & Field

Timber Wolf Track & Field All-Comers

Sacramento State University.
October 15

Discus--Open: Mike Bennett 162-11. M40: John Townsend 100-9. M45: Ted Walton 57-11. M55: Wayne Roberts 101-1/2. M60: John Reed 76-3 1/2. M65: Rick DeGregorio 110-5 1/2. F15: Tori Stafford 68-9 1/2. Shot--M40: Townsend 38-4. M55: John Steinman 31-2. M65: DeGregorio 28-7 1/2. F15: Stafford 28-7.

Javelin--M40: Townsend 109-3 1/2. M45: John Gallen 87-3. M60: Reed 87-5. Long Jump--M40: Joe Sahagun 14-5. M45: Walton 13-1. Triple Jump--M60: Reed 24-6 1/2. High Jump--M40: Townsend 5-2. M45: Walton 4-4. M60: Reed 4-3.

October 22

Discus--Open: Bennett 162-5 1/2. M45: Gallen 162-5 1/2. M55: Steinman 95-10. M60: Reed 100-5. M65: DeGregorio 101-1. Shot--Open: Bennett 41-1. M45: Gallen 25-3 1/2. M55: Steinman 31-4. M60: Reed 25-8 1/2. F15: Stafford 29-2 1/2.

High Jump--M60: Reed 4-4. Javelin--M45: Gallen 90-1 1/2. M55: Roberts 77-9 1/2. M60: Reed 97-1 1/2. F15: Stafford 54-4 1/2. Triple Jump--M60: Reed 21-7.

November 11

Discus--Open: Bennett 164-4 1/2. M55: Roberts 79-4. M65: Charles Bispala 95-5. Shot--Open: Bennett 44-8 1/2. M55: Roberts 28-8. M65: Bispala 31-2. Javelin--M45: Gallen 100-5. M55: Roberts 80-8. M65: Bispala 68-8.

November 18

Discus--M17: Lance Jauron 152-4. Open: Bennett 166-7. M55: Roberts 83-4. M60: Dennis Rietz 133-4. M65: DeGregorio 116-6. W50: Donna Rietz 44-9 1/2. Shot--M17: Lance Jauron 41-2. Open: Bennett 45-3 1/2. M55: Roberts 27-11 1/2. M60: Rietz 39-4. M65: DeGregorio 33-4. W50: Rietz 19-7 1/2.

Javelin--M45: Gallen 100-2. M55: Roberts 86-9. M60: Rietz 105-6. M65: Bispala 77-9. W50: Rietz 37-5 1/2. High Jump--M60: Reed 4-5 1/2. M65: Bispala 3-8. Long Jump--Open: Somnot Chandavong 19-2.

December 2

Triple Jump--M50: Bill Wood 33-2. W45: Avril Naylor 24-3 3/4. Long Jump--M50: Wood 14-8 1/2. W45: Naylor 11-10 3/4. Discus--M16: John Badovinac 151-4 1/2. M17: Jauron 162-1/4. M40: Townsend 100-2 1/2. M60: Rietz 131-2. M65: DeGregorio 111-2 1/2. W40: Joan Stratton 104-8 1/2. W50: Rietz 44-0.

Shot Put--M16: Badovinac 55-8. M17:

Jauron 41-0. M40: Townsend 37-8 1/4. M60: Rietz 38-11. M65: DeGregorio 32-6 1/2. Hammer--M40: Townsend 68-0. Javelin--M40: Townsend 131-5 1/2. M45: Gallen 94-5. M60: Reed 80-9. W40: Stratton 83-4 1/2. High Jump--M40: Townsend 5-0. M50: Wood 4-9. M60: Reed 4-6. W45: Naylor 3-7 1/2.

▲ Cross Country

Caltech Dual Meet

September 23. Lower Arroyo Park

Overall Results--Men

1. Estrada, PCC, 28:16. 2. Gonzalez, PCC, 28:22. 3. Colvin, CL, 28:25. Team: 1. Pasadena CC, 7 wins, 0 losses. 2. Caltech, 6-1. 3. La Verne, 5-2. 4. Team Blarney, 4-3. 5. Cal Lutheran, 3-4. 6. Griffith Park, 2-6. 7. Chapman, 1-6. 8. Master's, 0-7.

Overall Results--Women

1. Gibson, PCC, 20:20. 2. Henderson, CT, 20:26. 3. Lawyer, PCC, 21:05. Team: 1. Pasadena CC, 6-0. 2. Chapman, 5-1. 3. La Verne, 4-2. 4. Caltech, 3-3. 5. Team Blarney, 2-4. 6. Cal Luth, 1-5. 7. Master's, 0-6.

Mt. SAC Invitational

October 14. Walnut.

Men

Combined: 1. Beckem (Mt. Sac) 20:38, 2. Goodrich (EC) 20:46, 3. Sanchez (EC) 21:08, 4. Rios (EC) 21:13, 5. Wolf (Mt. SAC) 21:17. Invitational Teams: 1. El Camino 24 (1:45:54), 2. Mt. SAC 42 (1:47:21), 3. West Valley 78 (1:52:44), 4. Riverside 95. Open Team: 1. Sequoias 56 (1:53:17), 2. Sierra 57 (1:53:38), 3. Scottsdale, AZ 65 (1:54:52), 4. Glendale, AZ 74 (1:55:35).

Women

Combined: 1. Lopez (EC) 18:23, 2. McCleary (WV) 18:43, 3. Robles (Mt. SAC) 19:32, 4. Jeannie Formosa (ML SAC) 19:43, 5. Jennifer Formosa (Mt. SAC) 19:51. Invit. Team: 1. Mt. SAC 25 (1:38:45), 2. West Valley 71 (1:43:54), 3. American River 104 (1:49:57), 4. Riverside 133 (1:52:12), 5. El Camino 135 (1:51:53). Open Team: 1. Scottsdale, AZ 64 (1:49:47), 2. Mira Costa 83 (1:53:51), 3. LACC 94 (1:54:59), 4. Sequoias 115 (1:58:33), 5. De Anza 121 (2:10:26).

Santa Barbara Invitational

October 14. Santa Barbara.

Men

1. Hernandez (MP) 21:10, 2. Rodrigues (ELA) 21:19, 3. Rangel (RS) 21:23, 4. Serra-

tos (G) 21:25, 5. Sanchez (Sadd) 21:36. Teams: 1. Glendale 43, 2. Rancho Santiago 47, 3. East LA 111, 4. Pasadena City 140, 5. Orange coast 183, 6. Citrus 202, 7. Santa Barbara 212, 8. Moorpark 216, 9. Fullerton 265, LA Trade Tech 288.

Women

1. Estrada (RS) 19:26, 2. Sanchez (V) 19:45, 3. Gibson (PCC) 19:55, 4. Covarrubias (ELA) 20:00, 5. Lawyer (PCC) 20:10. Teams: 1. Pasadena City 52, 2. Moorpark 101, 3. Bakersfield 156, 4. Rancho Santiago 168, 5. Irvine Valley 213, 6. East LA 217, 7. Mission 222, 8. Ventura 226, 9. Glendale 273, 10. Antelope vly 277.

Bronco Invitational

October 21. Pomona.

Overall Results--Men

1. Matt Nealon, Westmont, 25:43. 2. JJ Castner, UC San Diego, 25:48. 3. Eben Robinson, Westmont, 26:49. 4. Lindsey Goss, UC San Diego, 25:55. 5. Gary Borbon, unatt., 26:07. 6. Larry Holland, S. Cal., 26:26. 7. Tom Castro, unatt., 26:29. 8. Tim Hardin, S. Cal., 26:35. 9. Bryan Contreas, UC Irvine, 26:41. 10. Matt Thomson, Westmont, 26:44.

11. Juan Sotelo, UCLA, 26:47. 12. Shawn Frack, UC Irvine, 26:48. 13. Jed Saueressig, Fresno Pacific, 26:50. 14. Mike Cherman, UC Irvine, 26:50. 15. Jorge Gutierrez, unatt., 26:55. 16. Trevor Sybert, Biola, 26:57. 17. Philip Livingood, Westmont, 27:04. 18. Wes Hinson, S. Cal., 27:06. 19. Jason Kilb, UC Santa Barbara, 27:07. 20. Paul Ashby, Westmont, 27:07. Team Scores: 1. Westmont College (50), 2. UC San Diego (79), 3. S. California College (104), 4. Biola University (188), 5. Fresno Pacific (198), 6. Cal State Fullerton (274), 7. UC Santa Barbara (288), 8. Pepperdine University (395), 9. Concordia University (478), 10. Cal State Northridge (516), 11. Chapman University (577).

Overall Results--Women

1. Jen Young, Air Force, 17:22. 2. Mikee Pool, S. Cal., 17:55. 3. Miriam Niednagel, Westmont, 17:57. 4. J. Carney, unatt., 18:09. 5. Dolly Patel, Air Force, 18:22. 6. Sharon Rhode, Air Force, 18:29. 7. Sierra Gould, Air Force, 18:30. 8. Sara Whittingham, Air Force, 18:31. 9. Rhonda Heise, Fresno Pacific, 18:35. 10. Erica Sami, UCLA, 18:39.

11. Julie Hassan, Westmont, 18:55. 12. Annake Gustafson, Westmont, 19:01. 13. Tanya Janet, unatt., 19:02. 14. Kerry Sue Houchlin, Fresno Pacific, 19:02. 15. Amy Bergenske, Westmont, 19:04. 16. Irene Hobbs, Air Force, 19:08. 17. Sabrina Caplis, UC Santa Barbara, 19:09. 18. Susan Armenta, Cal Poly Pomona, 19:10. 19. Rita Perez, Air Force, 19:19. 20. Kathy Lee, UCLA, 19:21. Team Scores: 1. Air Force Academy (27), 2. Westmont College (82), 3. Fresno Pacific (119), 4. S. California Col-

lege (137), 5. Cal Poly Pomona (218), 6. UC Irvine (231), 7. Chapman University (309), 8. Redlands (330), 9. California Baptist (351), 10. UC San Diego (370), 11. Pepperdine University (401), 12. Concordia University (427).

CCAA Championships

October 28. Riverside.

Men

1. Reed (UCR) 24:45. 2. Curtis (CPP) 25:01. 3. Castner (UCSD) 25:22. 4. Sailerberg (CSLA) 25:25. 5. Nudge (UCR) 25:30. Teams: 1. UC Riverside 35, 2. UC San Diego 49, 3. Cal Poly Pomona 67, 4. CS Los Angeles 85, 5. Grand Canyon 118.

Women

1. Manon (UCR) 19:09. 2. Enderle (GC) 19:14. 3. McManis (GC) 19:16. 4. Daniels (GC) 19:22. 5. Pekar (UCR) 19:29. Teams: 1. Grand Canyon 29, 2. UC Riverside 67, 3. UC San Diego 67, 4. Cal Poly Pomona 74.

JC Johnny O Invitational

October 28. Fairview Park, Costa Mesa.

Men

1. Hernandez (Moor) 19:31. 2. Hussain (Riv) 19:42. 3. Serratos (Glen) 19:45. 4. Etheridge (SanBern) 19:48. 5. Rangel (RS) 19:55. 6. Rodriguez (East LA) 20:02. 7. Sanchez (Sadd) 20:05. 8. Padilla (Glen) 20:09. 9. Beckum (Mt. SAC) 20:13. 10. Macias (Glen) 20:16. Teams: 1. Rancho Santiago 73, 2. Glendale 80, 3. El Camino 149, 4. Mt. SAC 164, 5. East LA 173, 6. Pasadena 200, 7. Bakersfield 218, 8. Riverside 254, 9. Trade Tech 271, 10. Moorpark, 301, 11. Orange Coast 330, 12. SD Mesa 342, 13. Santa Barbara 360, 14. Citrus 394.

Women

1. Lopez (El Cam) 18:39. 2. Madiueno (SoWest) 18:45. 3. Mayock (Riv) 19:11. 4. Robinson (LgBch) 19:36. 5. Nunez (Mt. SAC) 19:42. 6. Barnett (SD Mesa) 19:42. 7. Pedroza (SD Mesa) 19:45. 8. Gonzales (SD Mesa) 19:47. 9. Estrada (Ran Sant) 19:50. 10. Gibson (Pasa) 19:56. Teams: 1. Mt. SAC 65, 2. SD Mesa 72, 3. Pasadena 130, 4. Moorpark 197, 5. Long Beach 236, 6. Bakersfield 268, 7. Rancho Santiago 276, 8. Ventura 287, 9. Riverside 289, 10. Mission 314, 11. East LA 345, 12. El Camino 362, 13. Antelope Vly 383, 14. Glendale 395, 15. Santa Monica 405.

Big West Results

October 28. Central Park, Huntington Beach.

Overall Results--Men

1. Brad Glosser, UCSB, 25:21. 2. Dave Cullum, UCSB, 25:43. 3. Toby Conley, USU, 25:52. 4. J'Dee Wilson, USU, 26:02. 5. Don Leslie, USU, 26:07. 6. Forest Quinlan, UCSB, 26:08. 7. Nate Jobe, UCSB, 26:11. 8. Ben Flamm, UCSB, 26:12. 9.

RESULTS

Glenn Busch, USU, 26:18. 10. Ryan Gaus, UCI, 26:23.

11. Pat Bendzick, LBSU, 26:23. 12. Jim Roldan, UCI, 26:28. 13. Bryan Contreras, UCI, 26:31. 14. Micheal Klass, USU, 26:36. 15. Blake Schumacher, CSF, 26:41. **Team Scores:** 1. UC Santa Barbara (24). 2. Utah State (35). 3. UC Irvine (75). 4. Cal State Fullerton (100). 5. Long Beach State (121). 6. New Mexico State (185).

Overall Results-Women

1. JoJo Yaba, UCI, 17:58. 2. Eliza Alexander, UCSB, 18:16. 3. Dianna Cervantes, UH, 18:27. 4. Laura Monson, UCI, 18:27. 5. Colleen Walsh, USU, 18:28. 6. Heather Bray, UCSB, 18:34. 7. Kay Nekota, UCI, 18:36. 8. Michelle Henry, UNLV, 18:49. 9. Erin Remy, CSF, 18:50. 10. Mary Crane, UCSB, 18:52.

11. Tanja Brax, UCI, 18:55. 12. Christa Ayuso, LBS, 19:02. 13. Gabby Rodriguez, UCSB, 19:04. 14. Jami Nelson, UN, 19:09. 15. Katy Clark, UCI, 19:10. **Team Scores:** 1. UC Irvine (38). 2. UCSB (48). 3. Hawaii (116). 4. Utah State (120). 5. Nevada (147). 6. Cal State Fullerton (152). 7. UNLV (166). 8. Long Beach State (182). 9. New Mexico State (221). 10. San Jose State (256). 11. Pacific (346).

Northern California Athletic Conf.

October 28. Golden Gate Park

Overall Results-Men

1. Eric Ricketts, Chico, 25:51. 2. Ossie Servin, Stanislaus, 26:00. 3. Evan Sjöstrom, Humboldt, 26:02. 4. Mark McManus, Davis, 26:06. **Team Scores:** 1. UC Davis (49). 2. Humboldt State (58). 3. (tie) Chico St., Stanislaus St. (nc).

Overall Results-Women

1. Sara Flores, Humboldt, 17:49 (course record). 2. Sarah Dickerman, Davis, NT. 3. ?? Davis, NT. 4. Jodi Dailey, SF St., NT. **Team Scores:** 1. UC Davis. 2. Humboldt State.

SCIAC Championships

October 28. Prado Park, Chino

Overall Results-Men

1. Will Allan, Occidental, 25:34. 2. Matt Newman, Claremont, 25:42. 3. Terence Flynn, Occidental, 25:51. 4. Daniel Kleiman, Cal Tech, 25:56. 5. Jed Colvin, Cal Lutheran, 26:07. 6. Ken Reed, Redlands, 26:18. 7. Joe Vella, Pomona-Pitzer, 26:22. 8. Derek Leonard, Occidental, 26:26. 9. Greg Copeland, Pomona-Pitzer, 26:22. 10. James Uwins, Claremont, 26:38. 11. Gilbert Salazar, Whittier, 26:41. 12. Jose Tamayo, Occidental, 26:43. 13. Richard Schatz, Redlands, 26:46. 14. Matt Tompkins, Occidental, 26:47. 15. Aaron Archer, Claremont, 26:51. **Team Scores:** 1. Occidental (38). 2. Claremont (64). 3. Pomona-Pitzer (82). 4. Cal Tech (113). 5. Redlands (141). 6. Cal Lutheran (159). 7. Whittier (163). 8. La Verne (192).

Overall Results-Women

1. Natalie Austin, Occidental, 19:03. 2.

Louise Tench, Claremont, 19:08. 3. Jennifer Stuart, Claremont, 19:12. 4. Jennifer Davis, 19:13. 5. K. Schind-Pister, Redlands, 19:27. 6. Caitlin Henderson, Cal Tech, 19:33. 7. Sarah Gerard, Claremont, 19:34. 8. Shoshana Ziblat, Claremont, 19:37. 9. Claudia Murillo, Whittier, 19:41. 10. Talia Starkey, Occidental, 19:44.

11. Erin O'Keefe, Occidental, 20:03. 12. Amy Ward, Claremont, 20:04. 13. Lara Dierenfield, Occidental, 20:10. 14. Karen Moller, Occidental, 20:11. 15. Alexis Kays, Occidental, 20:14. **Team Scores:** 1. Claremont (24). 2. Occidental (49). 3. Whittier (82). 4. Cal Tech (140). 5. Pomona-Pitzer (143). 6. Redlands (143). 7. La Verne (185). 8. Cal Lutheran (221).

Pacific 10 Cross Country Championships

October 29. Stanford University.

Overall Results-8K Men

1. Karl Keska, Oregon, 24:14. 2. Bob Kelso, Arizona, 24:17. 3. Richie Boulet, Cal, 24:27. 4. Matt Davis, Oregon, 24:32. 5. Mebrahtom, Keflezighi, UCLA, 24:35. 6. Margarito, Casillas, Arizona, 24:39. 7. Greg Jimmeron, Stan, 24:41. 8. Nathan Nutter, Stan, 24:48. 9. Loucadies, Wash. St., 24:56. 10. Johnston, Wash. St., 24:59.

11. Wyman, West. St., 24:59. 12. Daniel DasNeves, Ore., 25:02. 13. Brent Hauser, Stan, 25:05. 14. White, Stan, 25:13. 15. Klplanget, Wash. St., 25:14. 16. Jason Balkman, Stan, 25:15. 17. Nicholas, Ore, 25:17. 18. Devin Elizando, UCLA, 25:21. 19. Gury, Ore, 25:23. 20. Jon Pillow, Ariz, 25:24. **Team Scores:** 1. Oregon (53). 2. Stanford (58). 3. Arizona (87). 4. Washington (94). 5. UCLA (108).

Overall Results-5K Women

1. Amy Skieresz, Arizona, 16:45. 2. Jenna Carlson, Oregon, 17:08. 3. Mary Cobb, Stan, 17:12. 4. Tara Carlson, Wash. St., 17:16. 5. Melody Fairchild, Oregon, 17:21. 6. Schafer, Ariz, 17:23. 7. Chokshi, Stan, 17:35. 8. Evnebet Shiferaw, USC, 17:39. 9. Colonna, un, 17:39. 10. Sama Rentro, Stan, 17:40. 11. Marie Davis, Oregon, 17:45. 12. Youngquist, Wash., St., 17:46. 13. Milena Glusac, Oregon, 17:47. 14. Liebich, WSU, 17:47. 15. Leila Burr, Stan, 17:50. 16. Clark, UCLA, 17:51. 17. Lewy, Cal, 17:53. 18. Harlick, UCLA, 17:57. 19. Quaintance, Ariz, 17:57. 20. Molly Hehlberg, UCLA, 18:01. **Team Scores:** 1. Oregon (55). 2. Arizona (60). 3. Stanford (61). 4. Washington (92). 5. UCLA (115).



Amy Skieresz
Photo by Phillip Erbody

NCAA Division II West Regional

November 4. At UC Riverside.

Men

1. Maris (PS) 31:14. 2. Curtis (CPP) 31:30. 3. Mahoney (PS) 31:36. 4. Reed (UCR) 31:39. 5. Ricketts (Chico) 32:13. 6. Sallberg (CSLA) 32:18. 7. Nudge (UCR) 32:23. 8. Foote (CPP) 32:32. 9. Bards (Gr Cyn) 32:38. 10. Sturtevant (UCR) 32:43. **Teams:** 1. UC Riverside 72. 2. CS Chico 111. 3. UC Davis 114. 4. Cal Poly Pomona 124. 5. CS Los Angeles 135. 6. Humboldt St. 139. 7. Hawaii Hilo 150. 8. Grand Canyon 183. 9. CS Stanislaus 187. 10. Portland St. 206. 11. San Francisco St. 255. 12. Alaska Anchorage 288. 13. College of Notre Dame 390. 14. CS Hayward 405.

Women

1. Flores (Humb) 17:42. 2. Horan (HH) 18:01. 3. Dickerman (UCD) 18:36. 4. Dailey (SFS) 18:50. 5. McManis (GC) 18:53. 6. Cannizzaro (HS) 18:59. 7. Leone (UCD) 18:59. 8. Marsh (SP) 19:00. 9. Perez (HH) 19:00. 10. Vega (HH) 19:01. **Teams:** 1. UC Davis 75. 2. Humboldt St. 80. 3. Seattle Pacific 85. 4. Hawaii Hilo 85. 5. Grand Canyon 108. 6. UC Riverside 185. 7. San Francisco St. 186. 8. Cal Poly Pomona 194. 9. Portland St. 198. 10. CS Stanislaus 199. 11. College of Notre Dame 305. 12. CS Hayward 320.

Orange Empire Conference

November 4. Central Park, Huntington Beach.

Men

1. Hussain (R) 19:57. 2. Rangel (RS) 20:16. 3. Hernandez (RS) 20:32. 4. Musyoka (R) 20:42. 5. Sanchez (S) 20:53. **Team:** 1. Rancho Santiago 25. 2. Riverside 46. 3. Orange 84. 4. Saddleback 115. 5. Fullerton 116. 6. Irvine Valley 192. 7. Golden West 183.

Women

1. Mayock (R) 18:31. 2. Estrada (RS) 19:11. 3. Briseno-Sculvca (R) 20:11. 4. Flores (RS) 20:22. 5. Martinez (F) 20:32. **Teams:** 1. Riverside 40. 2. Rancho Santiago 51. 3. Irvine Valley 91. 4. Saddleback 112. 5. Fullerton 116. 6. Orange Coast 134. 7. Golden West 147.

JC South Coast Conference

November 4. La Mirada Park.

Men

1. Rodrigues (ELA) 20:08. 2. Goodrich (EC) 20:33. 3. Beckum (Mt. SAC) 20:35. 4. Arriaga (ELA) 20:42. 5. Rios (EC) 20:52. **Teams:** 1. El Camino 39. 2. East LA 55. 3. Pasadena 66. 4. Mt. SAC 75. 5. LACC 156. 6. Trade Tech 198. 7. Long Beach 199. 8. Cerritos 285.

Women

1. Lopez (EC) 18:17. 2. Robinson (LB) 19:10. 3. Nunez (Mt. SAC) 19:19. 4. Duran (Mt. SAC) 19:27. 5. Liz Robles (Mt. SAC)

19:34. **Teams:** 1. Mt. SAC 30. 2. Pasadena 49. 3. Long Beach 85. 4. El Camino 122. 5. East LA 132. 6. Cerritos 194. 7. LACC 195. 8. Trade Tech 230.

Western State Conference Championships

November 4.

Men

1. Hernandez (M) 20:46 (CR). 2. Serratos (G) 21:24. 3. Macias (G) 21:26. 4. Padilla (G) 21:31. 5. Schaeffer (V) 21:57. **Teams:** 1. Glendale 26. 2. Bakersfield 71. 3. Moorpark 97. 4. Ventura 110. 5. Santa Barbara 119. 6. Mission 143. 7. Cuesta 211. 8. Canyons 237. 9. Santa Monica 309. 10. Hancock 320. 11. West LA 346.

Women

1. Roy (M) 21:07. 2. Overlock (C) 21:12. 3. Sanchez (V) 21:20. 4. Vallejo (M) 21:24. 5. North (SB) 21:28. **Teams:** 1. Moorpark 56. 2. Bakersfield 69. 3. Mission 91. 4. Ventura 106. 5. Santa Monica 128. 6. Glendale 133. 7. Canyons 163. 8. Santa Barbara 163 (Canyons 7th on basis of fastest 6th runner). 9. Cuesta 218. 10. Hancock 305.

Golden State Athletic Conference

1995 Cross Country Championships
November 4. Bonelli Regional Park, San Dimas.

Overall Results-Men

1. John Gachao, Azusa, 24:19. 2. Jaim Martinez, Azusa, 24:28. 3. Matt Nealon Westmont, 24:41. 4. angel martinez, Azusa, 24:43. 5. Eben Robinson, Westmont 24:52. 6. Tim Hardin, So. Cal College, 25:06. 7. Anthony Fisher, Azusa, 25:18. 8. Dan Trejo, Azusa, 25:22. 9. Denes Balazs, Azusa, 25:32. 10. Scott Rehnstrom, Azusa, 25:33.

11. Jason Schaefer, Co. Cal College, 25:36. 12. Larry Holland, So. Cal College, 25:36. 13. Matt Thomson, Westmont, 25:44. 14. Phillip Livingood, Westmont, 25:44. 15. Jeremy Park, Point Loma Nazarene, 25:55. 16. Will Haskins, Fresno Pacific, 26:00. 17. Trevor Sybert, Biola, 26:09. 18. Wes Hinson, So. Cal College, 26:15. 19. Paul Ashby, Westmont, 26:24. 20. Jed Sauerssig, Fresno Pacific, 26:33.

Team Scores: 1. Azusa Pacific (22). 2. Westmont (54). 3. So. Cal College (69). 4. Biola (120). 5. Fresno Pacific (124). 6. Point Loma Nazarene (154). 7. Concordia (213).

Overall Results-Women

1. Miriam Niednagel, Westmont, 17:41. 2. Mathea Kok, azusa, 17:50. 3. Nikee Pool, So. Cal College, 17:55. 4. Rhonda Heise, Fresno Pacific, 18:12. 5. Sarah Lauder, Azusa, 18:18. 6. Julie Hassan, Westmont, 18:23. 7. Annaka Gustafson, Westmont, 18:24. 8. Andrea Warner, Azusa, 18:26. 9. Amy Bergenske, Westmont, 18:28. 10. Trencia Hlicks, Point Loma Nazarene, 18:31.

RESULTS

11. Brynn Abby, Westmont, 18:36. 12. Kerry Sue Houchin, Fresno Pacific, 18:42. 13. Beth Hake, Azusa, 18:52. 14. Michelle Teodoro, Azusa Pacific, 18:53. 15. Heather Salisbury, So. Cal College, 18:57. 16. Jaynee Daniel, Fresno Pacific, 19:00. 17. Heather McGlone, Azusa, 19:02. 18. Caren Anderson, So. Cal College, 19:03. 19. Vanessa Allen, Fresno Pacific, 19:08. 20. Erin Culver, So. Cal College, 19:11.

Team Scores: 1. Westmont (34). 2. Azusa Pacific (42). 3. Fresno Pacific (72). 4. Southern California College (79). 5. Point Loma Nazarene (120). 6. Cal Baptist (157). 7. Biola (190). 8. Concordia (223).

Nor Cal Championships

November 4, San Mateo

Overall Results-4.2 Miles Men

1. Chris Coleman, COS, 21:38. 2. Alejandro Ramirez, Delta, 21:44. 3. Jason Nunes, COS, 21:55. 4. Luis Granado Hartnell, 22:01. 5. Steve Moreno, Hartnell, 22:07. **Team Scores:** 1. Hartnell (52). 2. COS (89). 3. West Valley (116). 4. Sierra (119). 5. Modesto (184). 6. American River (186). 7. Fresno City (193). 8. Delta (210). 9. Santa Rosa (241). 10. San Jose (257).

Overall Results-3.0 Miles Women

1. Jackie McCleary, West Valley, 18:30. 2. Mona Leon, West Valley, 19:04. 3. Kim Wilkes, Chabot, 19:10. 4. Erin Brightwell, San Francisco, 19:41. 5. Christina Peacock, Shasta, 19:16. Also: 26. Marie Dhalen, FCC, 20:58. **Team Scores:** 1. Shasta (60). 2. West Valley (72). 3. Delta (89). 4. American River (116). 5. San Francisco (162). 6. Fresno City (193). 7. San Mateo (202). 8. Modesto (205). 9. Chabot (232). 10. Sierra (239).

NCAA Division I District 8

November 11, Woodland, WA

Women

1. Amy Skleresz, Fr (UAZ) 16:42. 2. Jenna Carlson, Sr (Or) 16:48. 3. Tara Carlson, Sr (UW) 16:58. 4. Mary Cobb, Sr (Stan) 17:09. 5. Melody Fairchild, Sr (Or) 17:17. 6. Monal Chokshi, Jr (Stan) 17:20. 7. Emebet Shiferaw, Jr (USC) 17:26. 8. Milena Glusac, Jr (Or) 17:27. 9. Marie Davis, Fr (Or) 17:28. 10. Angela Orefice, Sr (CPSLO) 17:30.

11. Viola Schaffer, Jr (UAZ) 17:32. 12. Sarna Renfro, So (Stan) 17:34. 13. JoJo Yaba, Sr (UCI) 17:36. 14. Magdalena Lewy, Sr (Cal) 17:39. 15. Emily Johnson, Sr (UW) 17:44. 16. Niamh Zwagerman, Sr (Or) 17:45. 17. Angela Froese, So (UW) 17:50. 18. Ann Colonna, Sr (UAZ) 17:51. 19. Kristen Lieblich, So (WSU) 17:52. 20. Rosy Gardner, So (Or) 17:53.

21. Virginia Camacho, So (UAZ) 17:54. 22. Tracy Clark, Fr (CLA) 17:56. 23. Leila Burr, Jr (Stan) 17:57. 24. Danielle Nelson, Jr (FSU) 17:58. 25. Deeja Youngquist, Fr (UW) 17:59.

Team Scores: 1. Oregon 37. 2. Stanford 71. 3. Arizona 75. 4. Washington 80. 5. UCLA 183. 6. Cal Poly SLO 194. 7. UC Irvine 196. 8. California 202. 9. Washington

St. 227. 10. UC Santa Barbara 242. 11. Cal Fullerton 352. 12. Gonzaga 357. 13. Nevada-Reno 387. 14. Cal Northridge 400. 15. UNLV 406. 16. St. Mary's 447. 17. Portland 471. 18. San Francisco 547. 18. San Jose State 549. 19. Santa Clara 611.

Men

1. Karl Keska, JR (Or) 30:11. 2. Uli Steidl, Jr (Por) 30:28. 3. Mabrhamt Keflezighi, So (UCLA) 30:34. 4. Greg Jimmerson, Jr (Stan) 30:35. 5. Matt Davis, So (Or) 30:38. 6. Bob Kelno, So (UAZ) 30:40. 7. Nathan Nutter, So (Stan) 30:48. 8. Richie Boulet, Sr (Cal) 30:59. 9. Andy Wyman, Sr (UW) 31:02. 10. Jeremy White, Jr (Stan) 31:07.

11. Margarito Casillas, Jr (UAZ) 31:09. 12. Tim Briggs, So (Por) 31:10. 13. Dave Cullum, Sr (CSB) 31:14. 14. Daniel Das Neves, So (Or) 31:16. 15. Kelly Lambert, Jr (Por) 31:16. 16. Colin Johnston, Sr (UW) 31:21. 17. Mark Fadil, Sr (Stan) 31:23. 18. Brent Hauser, Fr (Stan) 31:24. 19. Brad Hauser, Fr (Stan) 31:26. 20. Brad Glosser, Sr (CSB) 31:26.

21. Devin Elizondo, So (UCLA) 31:29. 22. David Gurry, Sr (Or) 31:32. 23. Daniel Niednager, Sr (UCLA) 31:34. 24. Ryan Grote, Jr (Por) 31:38. 25. Jeff McLarty, Fr (UAZ) 31:39.

Team Scores: 1. Stanford 53. 2. Oregon 69. 3. Arizona 91. 4. Portland 97. 5. Washington 117. 6. UCLA 128. 7. UC Santa Barbara 147. 8. Fresno St. 233. 9. UC Irvine 246. 10. Cal Fullerton 287. 11. Gonzaga 336. 12. Cal Northridge 348. 13. Santa Clara 384. 14. St. Mary's 445.

NCAA Division III West Regional

November 11, San Diego.

Men

1. Castner (UCSD) 25:21. 2. Gindsey (UCSD) 25:50. 3. Walsh (UCSD) 26:02. 4. Allan (O) 26:09. 5. Johnson (UCSD) 26:14. 6. Leek (UCSD) 26:29. 7. Newman (CM) 26:34. 8. Vella (PP) 26:35. **Teams:** 1. UC San Diego 17. 2. Occidental 82. 3. Colorado College 86. 4. Claremont-Mudd 86. 5. Pomona-Pitzer 127. 6. Caltech 178. 7. Whittier 179. 8. Redlands 186. 9. La Verne 244.

Women

1. Amott (CC) 19:54. 2. Fry (CC) 19:12. 3. Tench (CMS) 19:17. 4. Davis (CMS) 5. Pister (R) 19:27. **Teams:** 1. Claremont-Mudd-Scripps 40. 2. Colorado College 43. 3. Occidental 77. 4. Whittier 110. 5. UC San Diego 124. 6. Pomona-Pitzer 161. 7. Redlands 208. 8. Caltech 216. 9. Chapman 225. 10. Mills 272. 11. La Verne 291. 12. Menlo 392.

Junior College State Championships

November 18, Woodward Park, Fresno.

Men

1. Hussain (R) 20:14. 2. Hernandez (M) 20:19. 3. Sanchez (Sadd) 20:23. 4. Rodrigues (ELA) 20:30. 5. Goodrich (EC) 20:34. 6. Ramirez (SJDelta) 20:35. 7. Mus-



Maria Lopez (left) & Maria Madueno

Photo by Richard Lee Slotkin

yoka (R) 20:38. 8. Sanchez (B) 20:39. 9. Gonzalez (PCC) 20:42. 10. Macias (G) 20:43.

11. Serratos (G) 20:44. 12. Padilla (G) 20:49. 13. Arriaga (East LA) 20:50. 14. Sanchez (EC) 20:55. 15. Etheridge (San-BernVly) 20:58.

Teams: 1. Glendale 89. 2. El Camino 116. 3. Riverside 141. 4. Pasadena City 143. 5. Bakersfield 161. 6. East LA 185. 7. Rancho Sanlago 196. 8. Hartnell 219. 9. Mt. San Antonio 224. 10. Moorpark 316. 11. Orange Coast 320. 12. San Diego Mesa 370. 13. Citrus 378. 14. West Valley 385. 15. Santa Barbara City 403.

Women

1. Lopez (EC) 18:24. 2. Mayock (R) 18:37. 3. McCleary (WV) 18:39. 4. Madueno (SouWest) 18:45. 5. Barnett (SD Mesa) 18:50. 6. Nunez (Mt SAC) 18:53. 7. Robles (Mt. SAC) 19:01. 8. Gibson (PCC) 19:02. 9. Robinson (LBCC) 19:02. 10. Sanchez (V) 19:03.

11. Rivera (SJD) 19:05. 12. Gonzalez (SDM) 19:17. 13. Estrada (RS) 19:18. 14. Covarrubias (ELA) 19:21. 15. Pedroza (SDM) 19:27.

Teams: 1. Mt. SAC 69. 2. San Diego Mesa 95. 3. Pasadena City 117. 4. San Joaquin Delta 211. 5. Moorpark 236. 6. Riverside 248. 7. Shasta 257. 8. Long Beach City 266. 9. West Valley 268. 10. Rancho Santiago 298. 11. Mission 307. 12. Ventura 311. 13. Bakersfield 313. 14. El Camino 339. 15. East LA 369.

NAIA Cross Country Championships

November 18, University of Wisconsin-Parkside, Kenosha, WI.

Men-8K

1. Simeon Sawe (Lubb) 24:22. 2. Julius Randich (Lubb) 24:23. 3. Mike Mamo (Lubb) 25:06. 4. Wilhelm Gidabuday (Life) 25:07. 5. Levis Anyega (Lubb) 25:15. ... 14. John Gachau (APU) 25:44. 20. Angel Martinez (APU) 25:59. 21. Matt Nealon (West) 26:00. 64. Philip Livingood (West) 26:53. 70. Scott Rehnstrom (APU) 26:58. 76. Tony Fisher (APU) 27:01.

Team Scores: 1. Lubbock Christian 17. 2. Life Coll, GA 66. 3. Malone, OH 139. 4. U.

of Puget Sound, WA 157. 5. Western Washington 213. 6. Azusa Pacific Univ. 214. ... 11. Westmont 375. 25. Southern California College 636.

Women-5K

1. Cari Rampersad (SimFr) 18:02. 2. Heather DeGeest (SimFr) 18:14. 3. Jodie Young (WayBap) 18:30. 4. Rosa Ibarra (WayBap) 18:35. 5. Kathleen Gibson (Whitman).

... 12. Michelle Teodoro (APU) 18:56. 14. Mathea Kok (APU) 19:01. 28. Miriam Niednager (West) 19:19. 30. Annaka Gustafson (West) 19:20. 41. Amy Bergenske (West) 19:37. 42. Nikee Pool (SoCal) 19:40. 50. Julie Hassan (West) 19:44. 56. Sarah Laufer (APU) 19:47. 67. Rhonda Heise (FPC) 19:54. 75. Andrea Warner (APU) 19:59.

Team Scores: 1. U of Puget Sound, WA 82. 2. Simon Fraser, BC 91. 3. Hillsdale College, MI 182. 4. Westmont 186. 5. Azusa Pacific 191. ... 21. Fresno Pacific 548.

NCAA Division II

November 18, Spartanburg, SC.

Men

1. Charles Mulinga (Lewis) 30:20. 2. Thomas Korir (Abilene) 30:41. 3. Andy Maris (Portland) 30:48. 4. Ivan Ivanov (Neb-Kearney) 30:50. 5. Alexander Alexin (Cen Miss) 30:56. 6. Dan Reed (Cal-Riv) 30:57.

... 22. Cliff Curtis (CP Pomona) 31:54. 25. Mark McManus (Davis) 32:06. 26. Eric Ricketts (Chico) 32:06.

Team Scores: 1. Western State, CO 2. Central Missouri St. 98. 3. Northeast Missouri St. 104. 4. South Dakota St. 142. 5. Mankato St., MN 166. ... 9. California Riverside 214. 10. CS Chico 264. 14. UC Davis 322.

Women

1. Tumaini Uno (West St) 16:54. 2. Casi Florida (AbilCh) 17:02. 3. Karen Van (AbilCh) 17:18. 4. Sara Flores (Humboldt) 17:24. 5. Nikole Sterling (Adams St) 17:27. ... 28. Sarah Dickerman (Davis) 18:12.

Team Scores: 1. Adams State, CO 62. 2. Abilene Christian 143. 3. Western State, CO 147. 4. Mankato St., MN 161. 5. Wisconsin-Parkside 163. ... 10. UC Davis 274. 16. Humboldt St. 320.

RESULTS

▲ Road Racing

Asics Sparklets Cup

Men

1. Derek Kite (Future Track) 14:36. 2. Marco Ochola (Gardena Reebok) 14:51. 3. Wes Ashford (GardReeb) 15:02. 4. Mak LaPlant (Asics Track West) 15:07. 5. Mario Gutierrez (Future) 15:12. 6. Bryan Dameworth (Future) 15:15. 7. Steve Frisone (Cal Coast) 15:26. 8. Frank Quinonez (CaCst) 15:33. 9. Gus Quinonez (CaCst) 15:34. 10. Tom Castro 15:35.
11. Troy Rowtham (AsicsTW) 15:38. 12. Carl Kemmerer (Asics TW) 15:40. 13. Sean O'Hara (Asics TW) 15:43. 14. Mike Leahy (GardReeb) 15:44. 15. Brian Johnson 15:44.

Big Fresno Fair Cross City Race

September 24 Fresno.

Division Results-10K Men

- Overall: 1. Ray Sanchez, 31:37. 0-9: 1. sai Cha, 45:46. 10-13: Alez Molina, 42:50. 20-24: Juan Sanchez, 35:15. 25-29: Joseph Carnegie, 32:23. 30-34: Sean McCormick, 33:41. 35-39: Barry A. Proctor, 32:33. 40-44: Carey J. Somons, 32:43. 45-49: Steven Levy, 35:23. 50-54: Rubert Lindsey, 36:44. 55-59: Raymund Maranda, 39:07. 60-64: Tommy Upton, 42:36. 65-69: David K. Fung, 49:48. 70 & O: John Peredes, 54:07.

Wheelchair: Austin Snyder, 23:35.

Division Results-10K Women

- Overall: Daniela Chuhlianisoff, 37:08. 0-9: Brooke Barnhart, 49:44 (course record). 10-13: Lindsey Hahn, 46:51. 14-19: Sanjuana Gomez, 43:24. 20-24: Hope Rodriguez, 42:18. 25-29: Shannon Batties, 40:05. 30-34: Teresa Lovero, 42:04. 35-39: Brenda Villanueva, 42:00. 40-44: Donna Aldrich, 46:19. 45-49: Carol Alsdorf, 45:11. 50-54: Marjorie Lunsday, 46:34. 55-59: Anita Thomas, 52:54. 60-64: Isabel Verdusco, 48:58. 70 & O: Dorothy Thomas, 58:56.

Division Results-2 Mile Men

- Overall: Kenny Rhoan, 9:52. 0-9: Nolan C. Kane, 14:29. 10-13: Daniel Avila, 10:31. 14-19: Roberto Deloera, 10:21. 20-24: Favlan Gonines, 11:36. 25-29: Josee Neff Jr., 10:17. 30-34: Isaac Gonzales Sr., 11:03. 35-39: Baldemar Betancourt, 10:22. 40-44: Robert Garcia, 11:10. 45-49: Wayne Morris, 11:00. 50-54: Alfred Leal, 11:42. 55-59: Fernie Montanez, 13:31. 60-64: Mickey Kaitangian, 13:15. 65-70: Bob Musso, 15:45. Wheelchair: Gary Howery, 14:32.

Division Results-2 Mile Women

- Overall: Shola Lynch, ntr. 0-9: Alexis Cortez, 14:43. 10-13: Kristen Kinder, 12:18. 14-19: Angela Ruiz, 11:45. 20-24: Veronica Sanchez, ntr. 25-29: Deb Wolf, 12:04. 30-34: Barbar Astel, 13:07. 35-39: Karen Givens, 13:00. 40-44: Gracie Enquirel Aguilar, 15:18. 45-49: Marianne Hackney, 15:36.



Front of pack (left to right): Marco Ochola, Derek Kite, Bryan Dameworth and Mario Gutierrez.

Photo by Phillip L. Enbody

- 50-54: Hally Schaffer, 15:43. 55-59: Glenda Morgan, 17:44. 60-64: Jan Thorton, 17:38. 65-70: Elizabeth Strunk, 20:11. 70 & O: Marilu Lindley, ntr. Wheelchair: Loretta French, 13:49.

Run/Walk for Open Space

September 24, San Anselmo

Overall Results-4 Mile Run Men

1. Glenn Redpath, 25:36. 2. Matt Muldoon, 26:25. 3. David Leipsic, 26:56. 4. Bob Cooper, 27:28. 5. Wayne Linse, 27:45.

Overall Results-4 Mile Run Women

1. Becky D'Acoust, 32:42. 2. Carol Fagan, 34:03. 3. Courtney Benvenuti, 34:05. 4. Maeve Garvey, 35:37. 5. Jane Margulis, 35:52.

Rolling Hills Estates Cross Country Run

September 30, Rolling Hills Estate

Division Results-5K Men

- 14 & U: 1. Yoshi Yamada (13) 25:44. 2. Robert Jones (12) 28:07. 3. Thomas Noble (9) 30:04. 15-18: 1. Kenny Goodrich (18) 17:28. 2. Diego Ash (18) 19:22. 3. Ben Handler (16) 19:27. 19-29: 1. Joe Saucedo (21) 17:66. 2. Edgar Valdelamar (19) 18:13. 3. Richard Zap (24) 18:18. 30-39: 1. Scott

- Shean (32) 17:44. 2. Dale Frank (39) 19:29. 3. Mike Delgada (38) 19:44. 40-49: 1. Joe Alvarado (45) 20:02. 2. Gary Mayeda (44) 20:15. 3. John Hunter (48) 20:19. 50-59: 1. John Gonzalez (51) 21:24. 2. Joseph Camarata (58) 24:17. 3. Don Culton (55) 25:37. 60 & O: 1. Bob Vitale (66) 25:59. 2. Dwight Moberg (63) 25:59. 3. Jim Scarborough (61) 28:50.

Division Results-5K Women

- 14 & U: 1. Jeannine Liang (10) 28:12. 2. Ellen Hutcherson (11) 34:47. 3. Becky Cherry (9) 39:43. 19-29: 1. Theresa Uhrig (28) 21:52. 2. Dawn Tatay (26) 22:21. 3. Amy Bodek (27) 29:42. 30-39: 1. Annette Barnett (34) 23:14. 2. Lisa Uhrig (34) 23:51. 3. Heather McVickar (31) 24:57. 40-49: 1. Isadora Johnson (49) 25:20. 2. Nancy Simms (43) 25:55. 3. Sue Reinhardt (49) 26:11. 50-59: 1. Wendy Watson (51) 25:40. 2. Corrine Schratz (51) 27:10. 3. Marian McMullen (58) 28:44. 60 & O: 1. Chieko Allwein (62) 27:39. 2. June Moberg (62) 38:24. 3. Brita Grover (61) 39:39.

Division Results-10K Men

- 14 & U: 1. Andrew Peterson (12) 1:00:06. 19-29: 1. Kevin Berko (25) 35:00. 2. Daniel Zelinski (29) 37:50. 3. Brian Timmerman (24) 42:21. 30-39: 1. James Treidler (31) 35:05. 2. Dan Takahashi (38) 37:49. 3. Tom Vojacek (35) 39:03. 40-49: 1. Bruce Horiguchi (47) 42:02. 2. Wayne King (40) 43:16. 3. Rich Mendoza (43) 43:59. 50-59:

1. Wayne Kitchell (51) 39:13. 2. Don McCarthy (51) 42:01. 3. Bob Ramsay (52) 44:08. 60 & O: 1. K. E. Elmajian (65) 49:36. 2. Lew Hankins (66) 52:44. 3. Whitney Wilson (63) 53:04.

Division Results-10K Women

- 15-18: 1. Melissa Mendoza (16) 50:00. 19-29: 1. Elizabeth Van Dalen (24) 45:51. 2. Jill Polgar (19) 52:19. 3. Lisa Dial (27) 55:00. 30-39: 1. Jeannie Robinson (30) 42:30. 2. Lisa Larson (32) 44:55. 3. Sherry Simmons (37) 47:40. 40-49: 1. Ruth Braswell (40) 48:23. 2. Joanie Matheson (49) 54:56. 3. Shirley Lee (43) 55:31. 50-59: 1. Shirley Bluch (59) 51:33. 2. Mary Ethwell (54) 53:10. 3. Karin Handsaker (52) 54:45. 60 & O: 1. Kathleen Vento (65) 1:04:13.

Sacramento Marathon & 1/2 Marathon

October 1, William Land Park, Sacramento

Overall Results-Marathon

1. Robert Digliulo (48) Wheel Chr. Redding, 2:04:06. 2. James Sharameta (31) San Diego, 2:32:02. 3. Johan Eliasson (26) San Pedro, 2:33:12. 4. Keith Witthauer (39) Apple Valley, 2:48:09. 5. Antonio Estever (29) Fresno, 2:48:22. 6. Joe Turnbow Jr. (31) Ukiah, 2:53:42. 7. Rae Clark (43) Camino, 2:54:37. 8. James Ross (31) Fair Oaks, 2:55:06. 9. Vishal Doctor (20) San Jose, 2:55:43. 10. Juan Cabeza (51) Torrance, 2:58:00.

11. Carl Kadlic (25) San Francisco, 2:58:02. 12. Craig Newport (49) Orangevale, 2:58:59. 13. Greg Desautel (29) Elk Grove, 2:59:44. 14. George Staub (39) El Dorado Hills, 3:00:14. 15. Evan Chang (36) Woodland, 3:01:15. 16. Karl Coffman (32) Calisbad, 3:02:49. 17. Brian Perkins (49) Montara, 3:03:45. 18. Albert Hwang (16) Sacramento, 3:04:28. 19. Paul Davis (21) Stanford, 3:05:14. 20. Frank Lopez (33) Escondido, 3:06:08.

21. Julie Oehlschlaeger (24f) Madera, 3:06:14. 22. James Eales (35f) Bakersfield, 3:06:47. 23. Bill Hambrick (41) Carmichael, 3:07:38. 24. William Madden Jr. (24) 29 Palms, 3:08:01. 25. Greg Magnuson (35) Long Beach, 3:08:15. 26. Michael Musil (32) San Francisco, 3:08:43. 27. Daniela Chuhlianisoff (26f) Fresno, 3:08:47. 28. James Larson (29) Sacramento, 3:09:01. 29. Jim Magill (49) Saratoga, 3:09:05. 30. Mark Jardino (28) Palm Desert, 3:09:12.

31. Glenn Morril (52) Reno, NV, 3:09:30. 32. Stephen Marques (42) Los Angeles, 3:09:39. 33. Chandra Dene Bouydstun (25f) San Diego, 3:10:33. 34. Ernesto Figueroa (31) Riverside, 3:10:58. 35. Bruce Hoffman (33) Fremont, 3:11:07. 36. Jason Schweitzer (19) Marysville, 3:11:57. 37. Angel Montoya (35) Mission Viejo, 3:11:58. 38. Ernest Takahashi (50) Sacramento, 3:12:39. 39. Chuck Kratochvil (42) Woodland, 3:13:41. 40. Constanzo Lajeunesse (36) Dublin, 3:15:20.

41. Bruce Yoshiwara (41) Northridge, 3:15:28. 42. Gary Henlee (44) Cedar Ridge, 3:15:47. 43. Stanley Reyer Jr. (41) Npomo, 3:16:13. 44. Brian Macgowan (36)

SoCAL DIARY

By Bill Minarik

October 16

Stanford made its trip to Iowa a successful one as the Cardinal men took first at the Iowa State Invitational 60-83 in front of the host team, while the women ran a very respectable third behind national powers Colorado and Wisconsin 61-76-82. Closer to home, at the CPSLO Invitational, Fresno State was the men's champ 55-73 in front of UCSB, and UC Berkeley was the women's titlist 36-46 ahead of the host team. In the open division, the Asics Track Club swept both men and women's sections 31-66 over the UCSB B team and 32-60 in front of runner-up Fresno Pacific College. Further south, at the Balboa Invitational, Division III power UC San Diego outran UC Davis in the men's division 44-58 while the San Diego TC women were comfortably ahead of CS Fullerton 60-90. Finally, in the SCIAC duals, the Oxy men and Claremont-Mudd women were perfect at 7-0.

There were two big invitationals at the community college level. At Mt. SAC, El Camino and Sequoias were men's champions, while Mt. SAC and Scottsdale (Arizona) were comfortable women's divisional winners. Further north at the Santa Barbara Invitational, the Glendale men became the first team to beat Rancho Santiago with a 43-47 victory. The Pasadena CC women destroyed their field and runner-up Moorpark 52-101.

At the San Luis Obispo High School Invitational, boy's teams from Peninsula, Rio Mesa, Los Gatos, and St. Paul were crowned divisional champs, as were girl's teams from Peninsula, Torrey Pines, Atascadero and Morro Bay.

October 23

The Mt. SAC High School Invitational played host to high schools from all over the State with the exception of Orange County. The divisional sweepstakes winners included boys' teams from Sacramento Jesuit (79:05), Saddleback (82:32), Santiago (85:02), McFarland (82:03) and Lancaster Desert Christian (87:45). Girls' sweepstakes winners included: Yucaipa (93:37), Arroyo Grande (1:01:22), LA Sierra (1:06:41), Louisville (97:12) and Orange Lutheran (1:04:26). Individual sweepstakes team honors went to the boys of Rialto (83:11) and girls of San Jose Leland (1:00:38).

Down in Orange County, they were holding their county championships at Irvine Park. The girl's sweepstakes saw Dana Hills destroy the field and runner-up Los Alamitos 40-95; while Huntington Beach was a close 78-87 winner in boy's sweepstakes competition ahead of runner-up Santa Ana.

In the second of three Western States Conference community college meets, the Glendale College men again breezed ahead of runner-up Bakersfield 25-49, while the Moorpark women were comfortably ahead of second place Bakersfield 50-75.

October 30

At the PAC-10 Championships held at Stanford, the Oregon Ducks were really up for this one as they swept past Arizona and the host Cardinals in both the men and women's divisions by scores of 53-58 and 55-60.

In the Big West Conference, the UCSB men upset pre-season favorite Utah State 24-35 in what was essentially a dual meet. In the women's competition, UC Irvine finally overtook UCSB 38-48 to become champion.

At the American West Conference meet in Cedar City, Utah, the Southern Utah men surprised CPSLO and CS Northridge 32-54-54, while the CPSLO wom-

en enjoyed business as usual with a runaway 19-64 win in front of host Southern Utah.

The CCAA Championship at UC Riverside had the host men's team ahead of Division III power UCSD 35-49, while Grand Canyon was an easy 29-67 winner in front of UCR.

In the SCIAC Championship, things turned out just as they did in the dual meets with the Oxy men outdistancing Claremont-Mudd 38-64, while the C-M women were easy 24-49 winners ahead of Oxy.

At the SoCal Community College State qualifying meet, the Rancho Santiago men established themselves as the team to beat for the State Championship as they avenged a previous loss to Glendale by defeating the Vaqueros 73-80. Mt. SAC continues to look like the women's favorite as the Mounties eased past top contender San Diego Mesa 65-72.

November 6

The community colleges were holding their conference finals last weekend with things running pretty much according to form. In the Western States Conference, it was the Glendale men ahead of Bakersfield 26-71, while the Moorpark women finished in front of the Lady Renegades 56-69. At the Orange Empire Conference, the Rancho Santiago men breezed in front of Riverside 25-46, while the Riverside women eased past RS 40-51. At the South Coast Conference meet, the El Camino men finished comfortably ahead of ELA 39-55, while the Mt. SAC women continued their winning ways 30-49 in front of Pasadena.

At the Golden State Athletic Conference meet, the Azusa Pacific men, as expected, breezed home ahead of Westmont 22-54, while the Westmont women defeated runner-up APU 34-42.

The Division II Regionals saw the UC Riverside men first, ahead of CS Chico 77-111. The best finish by a SoCal team in the women's meet was UCR at sixth.

November 13

At the Southern Section CIF Preliminaries, all teams expected to be contenders qualified easily. The top times in boy's and girl's sections, surprisingly enough, came from lower division schools. The Division III Nordhoff boys destroyed their qualifying field with 16 points and a time of 81:40. The Division II Yucaipa girls did even better with a perfect 15 points and a 94:28 qualifying time. To give you an idea of how strong the Yucaipa time was, it was substantially faster than two of the boy's teams that qualified in Division IV!!!

In college regional action, the Stanford men reversed their PAC-10 loss to Oregon 53-69; at the District 8 Meet, however, the female Webfleet socked it to the Cardinals again 37-71. Former Agoura High standout, Amy Skieresz, running for Arizona was the individual champion.

Down at San Diego in the Division III West Regionals, the UCSD men showed the benefits of competing in a Division II Conference as they destroyed the Division III field and runner-up Oxy 17-82. For the Claremont-Mudd women, it was business as usual as they eased by Colorado College 40-43.

November 20

The Southern Section CIF Divisional Championships held at the traditional Mt. SAC course ran pretty much according to form as all favorites came home winners. These included boys teams from Peninsula, Yucaipa, Nordhoff and Morro Bay. They were joined by girl's

teams representing CC Canyons, Yucaipa, Nordhoff and Louisville.

At the LA City Section Championships, the boys from Belmont did it again, defeating runner-up Garfield 50-72, while the girls from Birmingham destroyed the field and second place Tait 47-92.

At the State Community College Championships, Glendale men's coach, Eddie Lopez, celebrated his elevation to head track coach by winning the school's first combined state title 89-116 in front of perennial contender El Camino. The Vaqueros, who had won three previous small school championships, become one of the few small schools to have won a state title in the combined large school-small school format.

Rancho Santiago had come into this meet as a slight favorite after its close win in the SoCal qualifying meet. However, after running a suicide pace for the first 1 1/2 miles, RS died as a team, finishing a distance 7th. In the women's competition, it was business-as-usual for Mt. SAC as the Mounties outran a sophomore-loaded San Diego Mesa team 69-95.

At the NCAA Division III Meet, the men from UCSD (10th) and Oxy (20th) were the top local finishers, while the Claremont-Mudd women had an excellent 4th place finish.

The NAAI Championships saw the Azusa Pacific men with a solid 6th place finish behind an all foreign Lubbock Christian team which totalled 17 points. Westmont was a respectable 11th. In the women's division, Westmont at 4th, Azusa Pacific 5th and Fresno Pacific 21st made an overall impressive performance for SoCal teams.

At the NCAA Division I Meet won by Arkansas and Providence respectively, Stanford had the best California team finishes at 5th and 9th for men and women. Individually, former SoCal prepster, Ryan Wilson finished 5th for Arkansas, while UCLA's Mebrahtom Ketlezighi was 9th. On the distaff side, Agoura's Amy Skieresz was 2nd for Arizona, only four seconds out of first.

As a final note to the collegiate season, you may have noticed that the Cal State LA women's team was conspicuously absent from this year's CCAA meet. The Lady Golden Eagles were 6th in last year's NCAA Division II Meet, and this year were considered to be a contender for one of the top three spots. However, things never got off the ground. During the summer, some members of the current CSLA team led by their personal trainer Gretchen Lohr, made accusations of malfeasance against current cross country coach, Greg Ryan. Lohr, a CSLA alum and recent head coaching applicant at the school, has been a long-time crusader against perceived wrong-doings at various 2 and 4-year college programs. She alleged that Ryan had misused team meal money and portions of athlete's financial aid. The initial result of this situation was that the school dropped the sport for at least one year, and all of the team members were red-shirted. Head Coach Greg Ryan subsequently resigned.

As a strong supporter of the sport of cross country, stories like this tend to depress me. The reality here is 1) the athletes lose, 2) the coach definitely loses, 3) the school loses, and 4) the sport is hurt. Ultimately, there will be no winners. Unfortunately, I have been unable to get more detailed information on this story. The NCAA was brought in to investigate and, once that happens, it takes a dentist to extract any information out of anyone. Accordingly, if you have any information which could clarify this whole story, we would appreciate hearing from you in the form of a letter to the editor. Thank you.

Big Sur International Marathon

Relay or Walk

APRIL 23, 1996

The spectacular mountains, white sand on the course, rolling hills, views and plenty of time to enjoy the view.

— Jeff Brown, Miami, Georgia

Photo: Ron Pierce

Limited to first 3,000 to register. Must be 16 or older. For preferred rates in airfare, including our official airline United, plus hotel/motel and cars, call Monterey Travel 800-334-4433 and identify yourself as a Big Sur Marathon Runner. Your use of United benefits the Marathon! Enclose business-size SASE. You will be sent further information in March.

Mail To: Big Sur International Marathon
PO Box 222620
Carmel, CA 93922-2620

Postmarked before February 15, 1996 \$60.00 _____
 Between February 15 and April 25, 1996 \$70.00 _____
 April 26 & 27, 1996 (No Race Day Registration) \$75.00 _____
 Training T-shirt @ \$15.00 ea. Circle one: **M L XL** \$18.00 _____
 (Plus \$3.00 postage & handling per order)
 Less \$2.00 if Hurricane Point Survivor (Prior BSIM Finisher) (-\$2.00) _____
 Carbo Party at the Marriott, Monterey (Tickets \$14.00 each) _____
 Number of Tickets _____ x \$14.00 _____
 Mailing Address outside the U.S. \$5.00 _____

Credit Card Payment: Visa Mastercard American Express

Make Checks Payable To: BSIM

TOTAL _____

Account Number

Your cancelled check or credit card bill is your guarantee of entry.

Exp. Date _____

Signature _____

SEX CIRCLE ONE F M AGE ON RACE DAY BIRTH DATE - - T-SHIRT CIRCLE SIZE S M L XL

LAST NAME FIRST

STREET

CITY

COUNTRY

PHONE

NUMBER OF BSIM'S COMPLETED EVER RUN A MARATHON BEFORE? CIRCLE ONE YES NO PREDICTED TIME : :

SPECIAL DIVISIONS CIRCLE ONE C CLYDESDALE—MEN (195+ LBS., WOMEN 150+ LBS.) MARATHON PERSONAL RECORD : :

A ACTIVE MILITARY WEIGHT

M MOZARTIC (COLD WEATHER TRAINING—ANNUAL SNOWFALL OF 24 INCHES OR MORE)

S SPECIAL OLYMPIANS (ENTRY FEE WAIVED)

L MONTEREY COUNTY RESIDENT

V PROFESSIONAL (ADVANCED EDUCATION AND LICENSE REQUIRED) STAYING IN BIG SUR

USATF#

PREFERRED SPORTS DRINK _____
 PREFERRED RUNNING SHOE _____
 MARRIED? YES NO
 ANNUAL INCOME (CONFIDENTIAL) \$15,000 AND UNDER \$30 - \$40,000
 \$15 - \$30,000 \$50 - \$60,000
 \$40 - \$50,000 OVER \$70,000
 \$60 - \$70,000 OVER \$70,000
 EDUCATION COMPLETED? H S 4-YEAR COLLEGE POST-GRAD.
 EMPLOYMENT: MANAGER PROFESSIONAL CLERICAL
 SERVICE PUBLIC SERVICE
 HOOMEMAKER LABOR
 UNEMPLOYED OTHER
 AUTO MAKE _____

THIS IS AN IMPORTANT LEGAL DOCUMENT. READ IT CAREFULLY BEFORE SIGNING.

I realize that the event is physically strenuous, that there may be adverse weather, and there may be vehicles on the course. I nevertheless wish to compete and assume the risk of any injury at the crowded start, or on the course. I give up any claims for injuries that I sustain, including death, and agree to hold harmless the Big Sur Marathon, its directors and officers, employees and volunteers, suppliers, contractors, sponsors, the State of California, and anyone connected with the race. If necessary, the race may provide medical care for me at my expense. I agree that the race may use any photographs taken of me without compensation. I have read and understand all of this. I am making this agreement and paying my entry fee in exchange for the privilege of running this race and using the facilities provided by the race.

PARTICIPANT'S SIGNATURE _____

PARENT'S SIGNATURE (IF AGE 16 OR 17) _____

THE BIG SUR MARATHON SOLD OUT LAST YEAR! Send for Relay or Walk entry forms.

