



CALIFORNIA TRACK & RUNNING NEWS

January 1982

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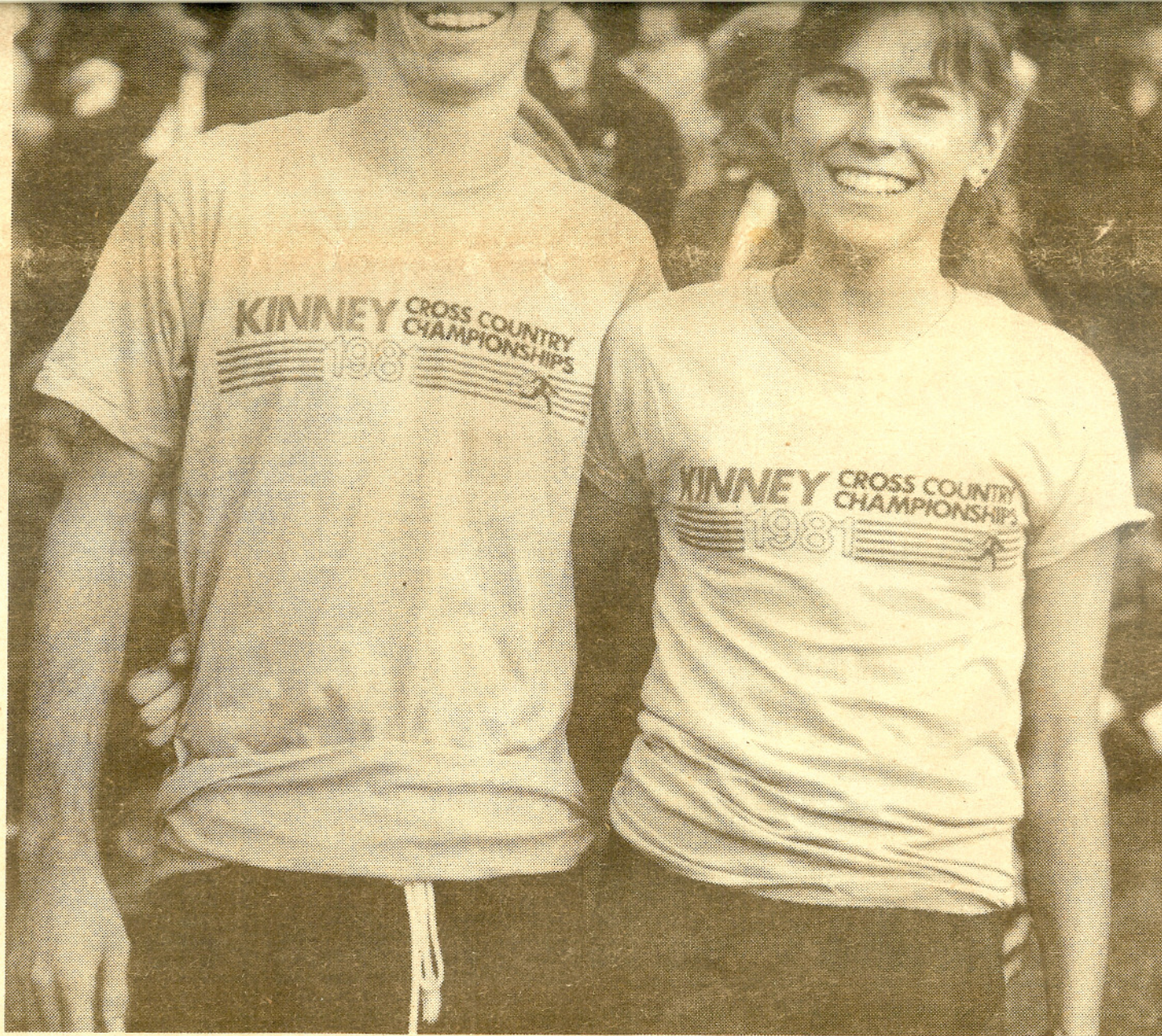
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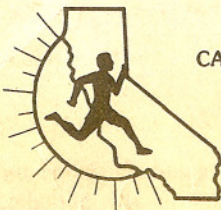
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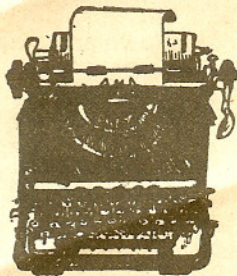
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CALIFORNIA TRACK & RUNNING NEWS

P.O. Box 6103
Fresno, CA 93703
(209) 264-5847



From the Editor

We've got some exciting news as we begin the new year. We're joining forces with California's other major track and running publication. Readers from the top half of the state are long familiar with the *NorCal Running Review*, founded and edited by Jack Leydig (see Jack's note to NCRR subscribers). The NCRR and CT&RN will be merging into one publication covering all of the state. Since there was quite a bit of overlap between the two periodicals and since we've each had our struggles, it only made sense to combine efforts and work together, not only benefiting each of us but also you, the readers.

As the new year gets going this joint effort will take shape. Jack and I have different and varying skills in the publishing business and track & running sports, the combining of which can't help but make for a better magazine. The publication will retain the more inclusive California Track & Running News name and the present economical newsprint format. I'll continue as Editor and Publisher, Jack will be Nor Cal Editor, be in charge of the schedule and some advertisement help.

As a long time subscriber (back to 1971) I will miss the NCRR and the eager anticipation of reading each issue cover to cover upon arrival at the mailbox. It was a unique, specific and important source of information on the Northern California scene. I especial-

Notice to NOR-CAL RUNNING REVIEW Subscribers

December 28, 1981

After 12 years of publication, it is with a great deal of sadness that I must announce the discontinuation of the *NCRR*. The reasons are many, but primarily it is a result of the lack of time available to your editor to get issues out with any regularity. Although *NCRR* does have a "staff" that attends to many of the tasks involved in publishing the magazine, it still boils down to 90% + of the work being done by your editor (typing and layout primarily, but also numerous other day-to-day tasks that add up to 30-40 hour weeks). It has simply become "too much" to handle on any kind of regular basis, and probably most of you have seen this coming for several years as issues have come out less and less frequently. Volunteers come and go, and without any kind of a "regular" staff, training new people all the time to do the most time-consuming jobs took more time than just "banging it out" myself. Since the most profit *NCRR* turned in a *good* year was in the neighborhood of \$5,000, all of which went into the West Valley TC "travel fund", it was obvious that "paying" a staff (or myself) would not have been the answer. Now that my regular business (Jack's Athletic Supply) takes up 60-70 hours per week, available time for *NCRR* has become non-existent, especially with the arrival of our first child, Erika Suzanne, in late July. With subscriptions dropping (along with any profits *NCRR* might have made), due primarily, I suspect, to irregularity of publication, and with no practical solution to the "no time" situation, it has become necessary for me to make what is probably one of the hardest decisions I have ever made...termination of *NCRR*!

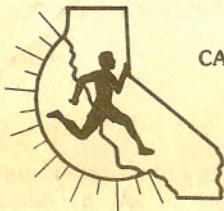
So, beginning with this issue, all subscribers with issues left (of *NCRR*) will get an equal number of issues of *CT&RN* to satisfy their investment. For those that already subscribe to *CT&RN* (as well as *NCRR*), you will simply have your *CT&RN* subscriptions extended. I am sure that you will find *CT&RN* a more-than-adequate substitute for *NCRR*, as it focuses on many of the same areas. You, as a subscriber, should always make your likes and dislikes known if you wish to institute changes in content, etc. For those of you whose subscription "ran out" with issue #82 (mailed in April), you are receiving a "free" issue of *CT&RN* in the hopes you will subscribe. This fine publication comes out 12 times per year on a "regular" basis.

Subscribe to



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As the new year gets going this joint effort will take shape. Jack and I have different and varying skills in the publishing business and track & running sports, the combining of which can't help but make for a better magazine. The publication will retain the more inclusive California Track & Running News name and the present economical newsprint format. I'll continue as Editor and Publisher, Jack will be Nor Cal Editor, be in charge of the schedule and some advertisement help.

As a long time subscriber (back to 1971) I will miss the NCRR and the eager anticipation of reading each issue cover to cover upon arrival at the mailbox. It was a unique, specific and important source of information on the Northern California scene. I especially appreciated Jack's attention to detail, thoroughness, and frankness in reporting. NCRR grew with the sport in California and yet played a roll in and made a positive contribution to that growth. However, I'm excited about the possibility of working together with Jack Leydig to attempt to accomplish some of those same things NCRR did.

We're not exactly sure how this new animal will evolve over the next year but you can be for sure of one thing and that is, as always, Jack and I will have the best interests of the sport, the participants and our readers at heart with each issue. It will remain a publication by runners and track & field athletes for runners and track & field athletes.

California Track & Running News will be beginning it's ninth year in 1982 and with these new developments we look forward to an improved and better year than ever. We wish the same for you.

On The Cover:

California's top high school cross country runners just after winning the Kinney Western Championships. Jeff Holyfield (left) and Marilyn Davis.

photo by Don Gosney

myself) would not have been the answer. Now that my regular business (Jack's Athletic Supply) takes up 60-70 hours per week, available time for NCRR has become non-existent, especially with the arrival of our first child, Erika Suzanne, in late July. With subscriptions dropping (along with any profits NCRR might have made), due primarily, I suspect, to irregularity of publication, and with no practical solution to the "no time" situation, it has become necessary for me to make what is probably one of the hardest decisions I have ever made...termination of NCRR!

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I will now act as "NorCal Editor", covering primarily "newsy" items having to do with long distance running in the northern half of the state. So please be sure to send items of this nature directly to Jack Leydig, P.O. Box 612, San Mateo, CA 94401. I will also be handling LDR Scheduling, so please forward all scheduling information as soon as it's available to the same address...this includes the entire state, not just NorCal.

In parting with NCRR, I would like to give my special thanks to all those individuals who have donated their time and efforts over the past 12 years in making the magazine a quality publication, including those volunteer writers and photographers that submitted articles and photos. I hope that you will all show the same support for CT&RN in continuing where we have left off. Bill and Judy Cockerham are also involved in a "labor of love", turning only a small profit on the publication, and offering the athletic community a real service. Please give them your support by sending results and continuing your subscription when it expires.

Here's wishing you all a Happy New Year and hoping you attain your personal athletic goals for 1982. I feel confident that you will be happy with the change-over in publications. We've given it our best shot over the years and we're happy to have contributed to the running community for as long as we did. It's time for a change...

Jack Leydig, Editor
NorCal Running Review



By Len Wallach

My memories of Oakland have always been tainted by the miseries associated in a prolonged stay in a now closed Army Hospital located there just after World War II. I was just another infantry G.I. passing through surgery on that endless supply line of infantrymen who desperately needed the skills of Army doctors and the loving care of the unsung Army nurses.

When I chugged my way through the last part of the Oakland Marathon, I passed close by that place of my painful military youth now made much happier as a result of the Oakland Marathon and the magic of concerned folks of the city which has overcome its supposed inferiority complex from its sister located across the bay of Saint Francis.

This is not a race story but rather a series of little dabs of color on a canvas of memory of my time well spent in the classic Phidippeidean run through a great California city.

Where else but Oakland could I have hooked up with the King, Fred Lebow of the New York Marathon. The bearded and slight wisp of a man, who looks more like a Talmudic scholar than a marathoner, jogged along the pavement between miles 14 and 19 with me alongside like two old war horses in low gear. No matter how you view the controversial Lebow, he was amazingly gracious and hospitable to a friend I was taking through his first marathon.

"Fred, I'd like you to meet Pete," I wheezed in between pace. "Howjado, Pete," says Lebow and then adds thoughtfully after viewing his pace, "First marathon?" "Yep, this damned guy Wallach pushed me into it," Pete replied villifying my athletic encouragement.

I thought to myself that it was time to let Lebow know that his conversationalist was Congressman McCloskey and vice versa. Once I got that out, the two chattered on about Pete's campaign for the United States Senate and Lebow's similar campaigns on a whole bunch of equally difficult tasks. Lebow left us, only after offering Pete an invitation to run the New York Marathon next October and Pete inviting Lebow to the Capitol. It was an easy verbal exchange, two giants comfortable with each other.

Eric Olson, the hard-hitting writer from *Runner* magazine, was jogging along looking like a big California grizzly in his new running shoes and Salomon's

other again but the death squad was kept alive a little longer by the dark brown and black kids' effort.

The Oakland cops aren't people to mess with if you decide to cross an inch over the wrong side of the statutes. They've been known to be in the big time in face to face confrontation and have a battle record that makes the 49ers winning streak look like a meeting of the garden society. The blues and badges hung up their tough look and were all smiles and "go-for-its" all along the route. So help me, there was even one old tough-as-a-buzzard motorcycle cop beating his hands raw as he actually applauded the runners at the 22nd mile. From my conversations with others after me, he had kept his enthusiastic vigil until the final runner passed.

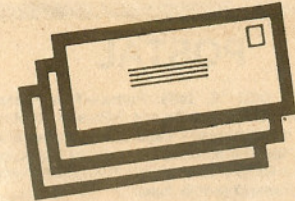
After four hours before the endurance contest had begun I had hugged Race Director Cherie Swenson with the usual exchange given between folks who are going to the guillotine. Putting on big races is a no-win deal as there's bound to be something go wrong someplace and the runners cuts can be deadly. Cherie wears mod eyeglasses from behind which she views a world with unfolding challenges.

Her dream child, the Oakland Marathon, is a reflection of her true grit. Her cross between tactics of mother henning and arm twisting has fielded an army of volunteers and enough sponsors to make the classified ads for used cars seem small. Every time I see this non-runner do it better than runners at the tiller of a great race, I have to tip my hat to the Queen of the Road.

One final thing that I want to put on my canvas memory painting. There's this idea in my head which keeps popping up that may seem a little strange to some. That is, running has a social responsibility. I'm not sure I can even articulate the concept for anybody to understand but I genuinely believe that running, and naturally runners, because we are blessed with the benefits of the sport, surely have to give something back to the world equally good. At least a few others share the idea with me as the World Runners came to the mat to wrestle with the conscious of the immediate world of Oakland to demonstrate that it is time to end this most basic problem of existence-hunger. There were flocks of World Runners testifying by their help in the race and participation in the contest, that their message must not go unheeded. They made that point with me and it's a point I want to emphasize near the end of this story.

Crossing the finish line with Congressman Pete McCloskey was a special thrill for me. He fulfilled his self promise--no Senate campaign unless he finished the marathon. Quietly he said to himself and the handful around him in the finish chute, "I now announce my official candidacy for the United States Senate." Not many of my marathons ended that way and I don't expect that many more will.

I'm writing this story not even knowing who won the race and how many finishers there were. It matters but it doesn't matter. Something more important than names, times, and statistics happened out there and I'll leave those details to



Note From the V.P.

Thank you for your recent note and the copy of *California Track and Running News*.

I enjoyed seeing the article on Pete McCloskey. He's quite a guy and a friend.

George Bush
The Vice President
Washington

Question for Subotnick

I have enjoyed and benefited from reading your column in the CT&R News. I liked especially the one "Are We Running Too Much." You didn't mention the psychological aspect: why is it that so many of us runners are so compulsive, serious, solitary runners? I've been running 20 years and have only recently learned the pleasures of group running and races.

Question for a column: Does running in cold weather aggravate old injuries? I suspect so from my current sore knee. Even though I warmed up well before running, I neglected to wear long pants and got quite chilled on a recent 5 mile run. What is your experience with this?

Robert Jolly
Oakland

Errors and Omissions

Errors and omissions are bound to occur in any periodical that puts out so much vital up-to-date information, month after month, as does *California Track & Running News*. You finally did it.

Percy Knox's compilation "Masters 1981 Ranking" (November issue) must have neglected the Senior Olympics at USC in late June. My time of 20:17

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Eric Olson, the hard-hitting writer from *Runner* magazine, was jogging along looking like a big California grizzly in his new running shoes and Salvation Army throwaway sweat shirt. Somehow, no matter how many times I see Eric on the roads, he still seems to belong on a grass field wearing a football helmet.

His stubby fingers must feel good on the typewriter when he bangs away those eloquent and sometimes biting words on the foolscap, as his journalistic stuff is good. I had to wonder if he was picking up the same feeling about the race as I was and was he going to jab me in the ass with a journalistic spear because I once again conned him into running something he really didn't want to.

The nice thing about being a writer is that you can trick other writers into doing what you want by lying alot about colorful stories awaiting them. Eric likes looking at girls anyway and there were plenty of them on the marathon course to keep him entertained while he gathered material on the run for his next edition.

Eric dreams of becoming a master track and field athlete where he plans to wax anyone who tries to throw the iron ball farther than him. He's every inch an Oaklander, born and raised in the acorn city, which he no longer apologizes for its existence. He doesn't need to, the city spoke well of itself on race day.

My little covey of friendlies was expanding the closer we got to the finish line. Maybe it's the soldier deep in me but I don't like to leave the walking wounded on the battlefield so we pick up several purple heart candidates through a combination of verbal abuse and encouraging phrases indicating that one had a chance to survive this awful experience if they stuck with my pack.

We all, looking like something out of the revolutionary war, passed through a gang of teenage black youngsters who were jiving us onward with avante garde California youth languaged cheering, hand slapping and some kind of Oakland dialect which I hoped meant something positive. Their spirit and energy passed from their youthful bodies to ours in the split second of the handslap. We'll never see each

that running, and naturally runners, because we are blessed with the benefits of the sport, surely have to give something back to the world equally good. At least a few others share the idea with me as the World Runners came to the mat to wrestle with the conscious of the immediate world of Oakland to demonstrate that it is time to end this most basic problem of existence-hunger. There were flocks of World Runners testifying by their help in the race and participation in the contest, that their message must not go unheeded. They made that point with me and it's a point I want to emphasize near the end of this story.

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I'm writing this story not even knowing who won the race and how many finishers there were. It matters but it doesn't matter. Something more important than names, times, and statistics happened out there and I'll leave those details to others.

It was America at its best. A bunch of ordinary and extraordinary people in momentary sainthood. Bound together by their own goodness and their mutual suffering on the way to varying degrees of success and failure.

It was fitting that it happened on the eve of the 40th anniversary of the bombing of Pearl Harbor.

Never, never sell an American short. They always cross the finish line.

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Percy Knox's compilation "Masters 1981 Ranking" (November issue) must have neglected the Senior Olympics at USC in late June. My time of 20:17 for 5K, age 60-64, was good for only a silver medal. Knox' compilation lists 20:42 as tops for the year. What gives?

Also, it is difficult (but not impossible) to believe Ed Stotsenberg's phenomenal 11:43 for the 3000m steeplechase. It is a full minute better than WR for 66 year olds.

Joe Carey
Lompoc

ARE YOU HOSTING A RUN OR MEET?

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

Date of Event _____ Location of Event _____

Name of Event _____

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

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: California Track & Running News, P.O. Box 6103, Fresno, CA 93703

POSTAL

SEP 1 - DEC 15, 1981: Puma-TFA Postal Championships. 3 mile and 2-Person 10 Mile Relay. On your own local track. Puma-TFA Postal, 10920 Ambassador Dr., Suite 322, Kansas City, MO 64153. (816) 891-1077. Please see advertisement in this issue.

JANUARY

JAN 9: Racy Lady 6-Mile and 5K Fun Run. 7th and E Streets, Olivenhain. Christine Kopp (714) 942-0202.

JAN 9: Las Vegas TC 5 Miler. Floyd Lamb State Park. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

JAN 9: High Sierra TC 5 Mile. Rd. 204/Hwy 41 in Madera County, 11 am. Joe Herzog, 822 S. Claremont, Fresno 93722. (209) 252-3897.

JAN 9: Wreck Run. 3 miles. Beresford Park, San Mateo, 9 am. George Musante, San Mateo Parks and Recreation, 330 W. 20th Ave., San Mateo 94403. (415) 574-6730.

JAN 10: Patrick's Point Run. 2 mile at 1:00, 6.2 mile at 1:45. Palmer Point in Patrick's Point State Park. Rich Gilchrist, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 443-1226.

JAN 10: Burlingame Fun Runs. 2.85 miles. Coyote Point Park, Burlingame, 8:30 am. Brock Riddle, Burlingame Recreation Dept., 850 Burlingame Ave., Burlingame 94010.

JAN 10: California 10. 10 miles. Lincoln Senior Elementary School, Stockton, 10 am. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 437-4124. Limited to 800, pre-entries only, close January 5.

JAN 10: Crystal Springs Ribbon Runs. 2-mile, 4.6 mile & 15K. St. Helena, 10 am. Therman Gibson, P.O. Box 519, Angwin 94508.

JAN 10: Restoration Runs. 5K & 10K. State Capitol Building, Sacramento, 9 am. Bobbie Stavits, Fleet Feet, 8128 Fair Oaks Ave., Fair Oaks (916) 323-8905.

JAN 16: Run for Pro Life. 10K. Simi Valley High School. Save a Life, P.O. Box 546, Simi Valley 93062. Ron McGlaughlan (805) 522-7350.

JAN 16: Teleprompter 5K & 10K Runs. Sepulveda Basin, Van Nuys, 9 am. Don Turner, Valley State Bank, 6454 Van Nuys Blvd., Van Nuys 91401. (213) 989-2265.

JAN 16: Willy's Road Races. 1-mile and 5-mile. St. William Parish Hall, Los Altos, 9:30 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

JAN 18: Telacu Health Center 5 Mile Run. Griffith Park, 9 am. Jesse Ortiz, TELACU Health Center, 5224 N. Figueroa St., Los Angeles 90042. (213) 254-5225 or 256-5406.

JAN 18: High Sierra 5 & 10K Run. Woodward Park, Fresno, 9 am. Len Thornton, 5768 N. Millbrook, Fresno 93710.

JAN 18: Las Vegas TC 5 Mile & 20 Mile Runs. Floyd Lamb State Park, 9 am. The Running

Please send scheduling information directly to **Scheduling Director, Jack Leydig, P.O. Box 612, San Mateo, CA 94401.**

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

JAN 17: Capuchino HS Run. 1 mile fun run and 3 mile race. Capuchino High School, San Bruno, 9 am. Allan Stanbridge, Capuchino High School, 1501 Magnolia Dr., San Bruno 94066.

JAN 17: Mission Bay Marathon. San Diego, 7 am. Marathon, 3711 Jackdaw St., San Diego 92103. (714) 295-6459. Entry deadline January 10.

JAN 23: Snowball Run 10K. Meyers (in front of the Cattleman's Restaurant), 10 am. Austin Angell, Box 1521, So. Lake Tahoe, CA 95705. (916) 541-5224.

JAN 24: Peachbowl Pacers 10K. Marysville, 11 am. David Bushling, 1039 Teesdale Rd., Yuba City 95991. (916) 674-8736.

JAN 24: March of Dimes Super Run. 10K and 2 mile. La Jolla Village Square. Paul Lacy (714) 284-1166.

JAN 24: Pico Rivera 5K Anniversary Run. Art Center, Pico Rivera, 9 am. Ralph Aranda (213) 942-2000, ext. 263.

JAN 24: Tucson Marathon. 8 am. Larry Scholts, Southern Arizona RRC, P.O. Box 40728, Tucson, AZ 85717. (602) 296-7421.

JAN 24: Lake Merritt Joggers and Striders Fourth Sunday Fun Runs. 5, 10 & 15K. Old Boat House, Lake Merritt, Oakland, 9 am. Janice Mulcahy, 1492 Sonoma Ave., Albany 94706. (415) 525-5519.

JAN 24: Scott Molina Benefit 15K. Pinole Valley High School, 9 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

JAN 24: Super Bowl Sunday 10K Run. Redondo Beach Marina area of King Harbor, 8 am.

JAN 30: Las Vegas TC 5 Mile. Sunset Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

JAN 30: Cop'r Bowl 10K. Jack Murphy Stadium, San Diego, 7:30 am. Dick Sufficoll (714) 236-5453.

JAN 31: San Diego Ski Team 10K. Also 2 mile fun run. Mission Bay, 7:30 am. Doug Ross (714) 265-3209.

JAN 31: World Masters Marathon and 10K. Chapman College, Orange, 7:30 am. Recreation Dept., Marathon and 10K, 326 E. Almond Ave., Orange 92666.

JAN 31: El Camino Stakes Races. 6.4 mile and 1 mile. Bay Meadows Race Course, San Mateo, 9 am. Joan Rosa, American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (415) 692-0981.

JAN 31: Super Race V. 10K and 1-mile. Monterey (Lake El Estero Park), 9 am. Earl Collins, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 31: Crown City Optimist Club Runs. 5K, 10K, and Half Marathon. Rose Bowl, Pasadena, 8:30 am. Crown City Optimist, P.O. Box 105, Pasadena 91102. Jack Heather (213) 795-2016.

FEBRUARY

FEB 6: Calaveras Quarter Marathon. 6.55 miles. Rancho Calaveras, 9 am. Steve Mitrovich, Calaveras High School, Box 607, San Andreas 95246. (209) 754-2500.

FEB 14: Santa Monica Mountains 50 Mile Relay and One Man 50 Mile Ultra. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

FEB 14: Sweethearts Valentine's Run. 10 mile twosome. Couples Only. William Mason Park, Irvine, 8 am. Loeschhorn's Running Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

FEB 14: Valentine's 5K. Crane Park, St. Helena, 10 am. Brad Wagenknecht, 1618 Spencer St., Napa 94558.

FEB 14: I Love Santa Clara Valley 1 & 5 Mile. Valley Medical Center, 9 am. Mimi Baca, PRX, 10350 S. De Anza Blvd., No. 27, Cupertino 95014.

FEB 14: Jedediah Smith 10-Mile Classic. Sacramento Area, 8 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 14: Valentine's Day Sweetheart Race 10K. Campbell, 9 am. Campbell Community Services (408) 378-8141.

FEB 14: Max Choboian Memorial Road Race. 6 mile race and 2 mile prediction. Live Oak Park, Tulare, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 14: Children's Dental Health Month 5 & 10K Runs. Pierce College, Woodland Hills. San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 225, Canoga Park 91306. (213) 884-7395.

FEB 14: Palm Springs Marathon. 7 am. Palm Springs Marathon, c/o Leisure Services Divi-

FEB 28: Visalia Runners 4 Mile. Mooney Grove Park, Visalia, 9:30 am. Visalia Runners, P.O. Box 3638, Visalia 93278.

FEB 28: Natural Light/Muscular Dystrophy 5 & 10 Milers. City Hall, Folsom, 10 am. Bob Brown, 1481 Riverpark Dr., Sacramento 95815. (916) 920-0100.

FEB 28: Bonne Bell 10K. Golden Gate Park, San Francisco, 9 am. Women only. Scott Thomason, 110 Lenox Way, San Francisco 94127. (415) 681-6166.

FEB 28: Run Your Plaque Off 10K. Also 1 mile fun run. West Valley College, Saratoga, 8:30 am. Bill Comport, 15242 El Camino Grande, Saratoga 95070. (408) 354-4316.

LOOKING AHEAD

MAR 6: Bidwell Classic Marathon. Also half marathon and 3 mile. Bidwell Park, Chico, 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

MAR 14: Napa Valley Marathon. Silverado Trail, Napa, 7 am. Chuck Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683. Deadline Feb. 1 or first 1200 runners.

MAR 21: San Luis Obispo Marathon. Jennifer Simmons, 633B Palm, San Luis Obispo 93401. (805) 541-5848.

MAR 28: Pinole Marathon. Pinole Valley High School, 8 am. Steve Justice, 2192 Owens Ct. Pinole 94564. (415) 758-1023.

MAR 28: Los Angeles Marathon. L.A. City Hall. Municipal Sports Office, 200 N. Main St., City Hall East, 13th Floor, Los Angeles 90012.

TRACK & FIELD

JAN 2: New Year's All Comers Track & Field Meet. Mt. SAC College, 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 8: Challenge of the Ages Invitational Indoor Classic. Long Beach Arena. Challenge of the Ages, H. Lewis Smith, 8306 Wilshire Blvd., Suite 316, Beverly Hills 90211. (213) 650-0060 or 674-5020.

JAN 9: Los Gatos All Comers Track & Field Meet. Los Gatos High School, 12 noon. Willie Harmatz (408) 356-2225 or 395-4311.

JAN 9: Las Vegas All Comers Track & Field Meet. UNLV track, 10 am. Al McDaniels, UNLV Track Office, 4505 Maryland Prkwy., Las Vegas, NV 89109.

JAN 9: Santa Barbara All Comers Track & Field Meet. Santa Barbara City College, La Playa Stadium. John Goldhammer (805) 965-0581.

JAN 15: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 15-17: CSU Long Beach Field Event Camps. Flop, Pole Vault, Triple Jump, Shot, Discus, Distance. John Tansley, Track Coach, Cal-State Univ. Long Beach, 1250 Bellflower Blvd., Long Beach 90840.

ly, close January 5.

JAN 10: Crystal Springs Ribbon Runs. 2-mile, 4.6 mile & 15K. St. Helena, 10 am. Therman Gibson, P.O. Box 519, Angwin 94508.

JAN 10: Restoration Runs. 5K & 10K. State Capitol Building, Sacramento, 9 am. Bobbie Stavits, Fleet Feet, 8128 Fair Oaks Ave., Fair Oaks (916) 323-8905.

JAN 16: Run for Pro Life. 10K. Simi Valley High School. Save a Life, P.O. Box 546, Simi Valley 93062. Ron McGlaughlan (805) 522-7350.

JAN 16: Teleprompter 5K & 10K Runs. Sepulveda Basin, Van Nuys, 9 am. Don Turner, Valley State Bank, 6454 Van Nuys Blvd., Van Nuys 91401. (213) 989-2265.

JAN 16: Willy's Road Races. 1-mile and 5-mile. St. William Parish Hall, Los Altos, 9:30 am. Ellen Clark, 156 Marvin Ave., Los Altos 94022. (415) 948-8029.

JAN 18: Telacu Health Center 5 Mile Run. Grif-fith Park, 9 am. Jesse Ortiz, TELACU Health Center, 5224 N. Figueroa St., Los Angeles 90042. (213) 254-5225 or 256-5406.

JAN 18: High Sierra 5 & 10K Run. Woodward Park, Fresno, 9 am. Len Thornton, 5768 N. Millbrook, Fresno 93710.

JAN 18: Las Vegas TC 5 Mile & 20 Mile Runs. Floyd Lamb State Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

JAN 17: Zoo Run 3.9 Mile. San Francisco (Skyline Blvd. and Zoo Road entrance, 9 am. Becky Ross, San Francisco Zoological Society, Sloat Blvd. at Pacific Ocean, San Francisco 94132. (415) 661-2023.

San Diego Marathon, 5:11 Jackdaw St., San Diego 92103. (714) 295-6459. Entry deadline January 10.

JAN 23: Snowball Run 10K. Meyers (in front of the Cattleman's Restaurant), 10 am. Austin Angell, Box 1521, So. Lake Tahoe, CA 95705. (916) 541-5224.

JAN 24: Peachbowl Pacers 10K. Marysville, 11 am. David Bushling, 1039 Teesdale Rd., Yuba City 95991. (916) 674-8736.

JAN 24: March of Dimes Super Run. 10K and 2 mile. La Jolla Village Square. Paul Lacy (714) 284-1166.

JAN 24: Pico Rivera 5K Anniversary Run. Art Center, Pico Rivera, 9 am. Ralph Aranda (213) 942-2000, ext. 263.

JAN 24: Tucson Marathon. 8 am. Larry Scholss, Southern Arizona RRC, P.O. Box 40728, Tucson, AZ 85717. (602) 296-7421.

JAN 24: Lake Merritt Joggers and Striders Fourth Sunday Fun Runs. 5, 10 & 15K. Old Boat House, Lake Merritt, Oakland, 9 am. Janice Mulcahy, 1492 Sonoma Ave., Albany 94706. (415) 525-5519.

JAN 24: Scott Molina Benefit 15K. Pinole Valley High School, 9 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.

JAN 24: Super Bowl Sunday 10K Run. Redondo Beach Marina area of King Harbor, 8 am. Redondo Beach Super Bowl Sunday 10K Run, P.O. Box 3185, Redondo Beach 90277-3185. (213) 376-6911.

JAN 30: Polar Bear 5K & 10K Run. Quartz Hill High School, Lancaster, 9 am. Running Promotions, P.O. Box 128, Lancaster 93534. Charlie Horn (805) 942-3820.

JAN 31: San Diego Ski Team 10K. Also 2 mile fun run. Mission Bay, 7:30 am. Doug Ross (714) 265-3209.

JAN 31: World Masters Marathon and 10K. Chapman College, Orange, 7:30 am. Recreation Dept., Marathon and 10K, 326 E. Almond Ave., Orange 92666.

JAN 31: El Camino Stakes Races. 6.4 mile and 1 mile. Bay Meadows Race Course, San Mateo, 9 am. Joan Rosa, American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (415) 692-0981.

JAN 31: Super Race V. 10K and 1-mile. Monterey (Lake El Estero Park), 9 am. Earl Collins, 404 Camino El Estero, Monterey 93940. (408) 373-4166.

JAN 31: Crown City Optimist Club Runs. 5K, 10K, and Half Marathon. Rose Bowl, Pasadena, 8:30 am. Crown City Optimist, P.O. Box 105, Pasadena 91102. Jack Heather (213) 795-2016.

FEBRUARY

FEB 6: Calaveras Quarter Marathon. 6.55 miles. Rancho Calaveras, 9 am. Steve Mitrovich, Calaveras High School, Box 607, San Andreas 95249. (209) 754-3592.

FEB 6: PA-TAC 20K Championships. Cal State Sacramento, 9 am. Open, Women, and Masters. John Mansoor, 10513 F.O. Blvd., Apt. J, Fair Oaks 95628. (916) 968-6185.

FEB 6: Trinidad-Clam Beach Run. 8.5 mile. Colonial Inn, north of Trinidad, 2:30 pm. Hal Jackson, Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-4186.

FEB 6: Sonoma Hill Climbs. 1.25 mile and 7.6 mile. Depot Park, Sonoma, 10 am. Butch Alexander, P.O. Box 632, Sonoma 95476. (707) 938-8263.

FEB 6: Bakersfield Full & Half Marathon. Grissom Park, Bakersfield, 9 am. Mike O'Haver, Bakersfield Track Club, P.O. Box 10371, Bakersfield 93389. (805) 832-0749. *Please see advertisement and entry blank in this issue.*

FEB 7: SRI Chinmoy 10 Mile. Foster City, 8 am. Sundari Michaelian, 2438 16th Ave., San Francisco 94116. (415) 861-4148.

FEB 7: Run for Health 10K. El Camino High School, South San Francisco, 9 am. Run for Health Race, 75 Wellington Ave., Daly City 94014. Teresa Koster (415) 755-7740.

FEB 7: Water Temple Runs. 13K and 1 mile. Canada College, Redwood City, 9 am. Mer-nice Ross, American Red Cross, 3540 Middlefield Rd., Menlo Park 94025. (415) 366-3851.

FEB 7: Golden State Warriors 4 Mile Classic. Continental Racquetball Club, Oakland, 11 am. Continental Racquetball Club, 7717 Edgewater Dr., Oakland 94621. (415) 568-0132.

FEB 7: Las Vegas Marathon. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3496.

FEB 13: Valentine's Race. 10K race and 2 mile prediction. Marshall (Marin County), 10 am. Steve Diamant (415) 663-8111.

FEB 13: Las Vegas TC 5 Mile. Floyd Lamb Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 13: Valentine's Day Run. Lake Merritt, Oakland, 10 am. Clifford Lura, 11200 Golf Links, Rd., Oakland 94605. (415) 632-9606.

Mason Park, Irvine, 8 am. Loeschhorn's Run-ning Club, 10810 Warner Ave., Fountain Valley 92708. (714) 964-4567.

FEB 14: Valentine's 5K. Crane Park, St. Helena, 10 am. Brad Wagenknecht, 1618 Spencer St., Napa 94558.

FEB 14: I Love Santa Clara Valley 1 & 5 Mile. Valley Medical Center, 9 am. Mimi Baca, PRX, 10350 S. De Anza Blvd., No. 27, Cupertino 95014.

FEB 14: Jeddiah Smith 10-Mile Classic. Sacramento Area, 8 am. Abe Underwood, 6555 Park Riviera Way, Sacramento 95831. (916) 392-7672.

FEB 14: Valentine's Day Sweetheart Race 10K. Campbell, 9 am. Campbell Community Services (408) 378-8141.

FEB 14: Max Chobolan Memorial Road Race. 6 mile race and 2 mile prediction. Live Oak Park, Tulare, 1:30 pm. Tulare Youth Service Bureau, P.O. Box 202, Tulare 93275. (209) 688-2043.

FEB 14: Childrens' Dental Health Month 5 & 10K Runs. Pierce College, Woodland Hills. San Fernando Valley Dental Society, 21201 Victory Blvd., Suite 225, Canoga Park 91306. (213) 884-7395.

FEB 14: Palm Springs Marathon. 7 am. Palm Springs Marathon, c/o Leisure Services Division, P.O. Box 1786, Palm Springs 92263. (714) 323-8272.

FEB 20: Dental Health Month Fun Run 5K. Mooney Grove Park, Visalia, 9 am. Keith Livingston, 5501 West Hillsdale Dr., Visalia 93277. (209) 733-2363.

FEB 20: Las Vegas 15K Championship and 5 Mile. Sunset Park, 9 am. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 20: CSUDH Toro 5 Miler. Cal State Dominguez Hills, women 8 am, men 9 am. Mitch Hartzat, Dept. of PE, Cal State Dominguez Hills, Carson 90747. (213) 516-3761.

FEB 20: Lynette Breslaue Memorial 5K Race Walk. Golden Gate Park, San Francisco, 10 am. Harry Siitonen, 106 Sanchez St., No. 17, San Francisco 94114. (415) 863-0479.

FEB 21: Arden Bar Relays. 2-person, 10-mile total. Goethe Park, Sacramento, 9 am. Capital City Flyers, c/o John Mansoor, 10513 Fair Oaks Blvd., Apt. J, Fair Oaks 95628. (916) 966-6185.

FEB 21: Los Gatos-Vasona 10K. Los Gatos High School, 9 am. D. Cruz, Pacific West TC, 3856 Moorpark, No. 2, San Jose 95117.

FEB 21: Excelsior East End 8.2 Mile Run. Golden Gate Park, San Francisco, 9 am. Excelsior TC, 2661 Rollingwood Dr., San Bruno 94066.

FEB 21: Phoenix Marathon. Joanne Falston & Associates, 3003 North Central Ave., Suite 2000, Phoenix, AZ 85012. (602) 264-2930.

FEB 21: Long Beach World Runners Marathon. Queen Mary, Long Beach, 7:30 am. Long Beach World Runners' Marathon, P.O. Box 14838, Long Beach 90803. (213) 426-8585.

FEB 27: Las Vegas 50 Mile & 1 Hour Runs. University of Nevada, Las Vegas, 5 am for 50 mile. The Running Store, 602 S. Maryland Parkway, Las Vegas, NV 89101. (702) 382-3946.

FEB 27: Martinez to Port Costa Brick Yard (and back) Run. 8.4 miles. Martinez Municipal Park, 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

JAN 2: New Year's All Comers Track & Field Meet. Mt. SAC College, 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 8: Challenge of the Ages Invitational In-door Classic. Long Beach Arena. Challenge of the Ages, H. Lewis Smith, 8306 Wilshire Blvd., Suite 316, Beverly Hills 90211. (213) 650-0060 or 674-5020.

JAN 9: Los Gatos All Comers Track & Field Meet. Los Gatos High School, 12 noon. Willie Hartzat (408) 356-2225 or 395-4311.

JAN 9: Las Vegas All Comers Track & Field Meet. UNLV track, 10 am. Al McDaniels, UNLV Track Office, 4505 Maryland Prkwy., Las Vegas, NV 89109.

JAN 9: Santa Barbara All Comers Track & Field Meet. Santa Barbara City College, La Playa Stadium. John Goldhammer (805) 965-0581.

JAN 15: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

JAN 15-17: CSU Long Beach Field Event Camps. Flop, Pole Vault, Triple Jump, Shot, Discus, Distance. John Tansley, Track Coach, Cal-State Univ. Long Beach, 1250 Bellflower Blvd., Long Beach 90840.

JAN 16: Los Gatos All Comers Track & Field Meet. Los Gatos High School, 12 noon. Willie Hartzat (408) 356-2225 or 395-4311.

JAN 16: Fresno All Comers. Fresno State University, 11:30 am. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

JAN 16: Mt. SAC Pre-Season All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand, Walnut 91789. (714) 594-5611.

JAN 22-23: TFA Indoor Invitational. Kansas City, MO. Boys, Girls, Open and Masters. TFA/USA, 10920 Ambassador Dr., Suite 302, Kansas City, MO 64153.

JAN 22: Sunkist Invitational Indoor. Los Angeles Sports Aren. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

JAN 23: Fresno All Comers Track & Field Meet and Weight Pentathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 487-1297.

JAN 22: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JAN 23: Los Gatos All Comers Track & Field Meet. Los Gatos High School, 12 noon. Willie Hartzat (408) 356-2225 or 395-4311.

JAN 23: Las Vegas All Comers Track & Field Meet. UNLV track, 10 am. Al McDaniels, UNLV Track Office, 4505 Maryland Prkwy., Las Vegas, NV 89109.

JAN 30: Los Gatos All Comers Track & Field Meet. Los Gatos High School, 12 noon. Willie Hartzat (408) 356-2225 or 395-4311.

JAN 30: Oregon Invitational Indoor. Portland. Bob Newland, 1177 Melvina Way, Eugene, OR 97404.

JAN 30: Mt. SAC All Comers Track & Field Meet. 10 am. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

BOSTON MARATHON

Jack Leydig and NorCal Running Review have sponsored a Boston Marathon Tour for more than 10 years and will continue to do so in 1982. The tour will be conducted by Jack Leydig in 1982 and will feature low rates and several flexible plans. For full information, send a SASE to

**Jack Leydig
Box 612
San Mateo, CA 94401
or call (415) 341-3119**

JAN 30: Fresno Coach of the Year Track & Field Clinic. Fresno State University. Bob Fraley, Assistant Track Coach, Fresno State University, Fresno 93740. (209) 294-4098.

JAN 30: Westmont Metric Meet. Santa Barbara. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

JAN 30-31: On Track Decathlon. Ron Morris, On Track, P.O. Box 1674, Burbank 91507. (213) 845-7147.

FEB 5: Los Angeles Times Indoor Games. The Forum, Los Angeles. Will Kern - Glenn Davis, Special Events Dept., Los Angeles Times, Los Angeles 90053. (800) 421-8603.

FEB 5: Long Beach All Comers Track & Field Meet. Cal State Long Beach. John Tansley, see above.

FEB 6: Northridge All Comers Track & Field Meet. Cal State Northridge, 11:30 am. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

FEB 12: Presidents' Birthday Open Track & Field Meet. Mt. San Antonio College, 10 am. Track Office, Mt. San Antonio College, 1100 N. Grand Ave., Walnut 91789 (714) 594-5611.

FEB 13: San Diego State All Comers. Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

FEB 13: President's All Comers Track & Field Meet. Las Vegas (UNLV), 10 am. Al McDaniels, UNLV Track Office, 4505 Maryland Prkwy., Las Vegas, NV 89109.

FEB 13: Bakersfield Invitational. Cal State Bakersfield. Charlie Craig, Track Coach, California State College, 9001 Stockdale Hwy., Bakersfield 93309. (805) 833-2189.

FEB 13-14: TFA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 14: Northridge Weightman's Pentathlon & Throwers Meet. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

FEB 14: TFA/USA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.

FEB 19: Jack in the Box Indoor Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

FEB 19: San Francisco Indoor Games Olympic Development Meet. Age Group, High School, Junior College, College, Masters. Most events are preliminaries for finals on Saturday. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: San Francisco Indoor Games. Cow Palace. Jim Terrill, P.O. Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: San Francisco Track & Field Clinic. In conjunction with the SF Indoor Games. Credit available. Athletes special rates. Ventures Track Clinic, Box 764, Los Altos 94022. (415) 964-9238.

FEB 20: USC Multi Team Invitational. Ken Matsuda, Meet Director, University of Southern California, University Park, Los Angeles 90007. (213) 743-2754.

FEB 25-27: NAIIA Indoor Championships. Kansas City, MO. Wally Schwartz, NAIIA, 1221 Baltimore, Kansas City, MO 64105.

FEB 28: USA/Mobil Indoor Track and Field Championships. New York, NY. Heliodoro R. Rico, The Athletics Congress, 234 E. 47th Street, New York, NY 10017.

FEB 27: Dillard's All Comers Track & Field Meet. Las Vegas (UNLV), 10 am. Al McDaniels, UNLV Track Office, 4505 S. Maryland Parkway, Las Vegas, NV 89109.

MAR 5-7: Aztec Invitational. San Diego State. Dixon Farmer, Track Coach, San Diego State University, 5402 College Ave., San Diego 92812. (714) 265-6569.

MAR 8: Long Beach Relays. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAR 12-13: NCAA Indoor Championships. Pontiac, MI. Don Triveline, University of Michigan, 1000 South State St., Ann Arbor, MI 48109.

MAR 13: Northridge Relays. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

MAR 13: Kingsmen Relays. Cal Lutheran College. Don Green, Track Coach, Cal Lutheran, 60 Olsen Rd., Thousand Oaks 91360. (805) 492-2411.

MAR 19: Santa Barbara Invitational. UCSB. Tom Lionvale, Track Coach, University of California, Santa Barbara 92706. (805) 961-4316.

MAR 20: Warrior Relays. Westmont College. Russell Smelley, Track Coach, Westmont College, 955 La Paz Rd., Santa Barbara 93108. (805) 969-5051.

MAR 27: Golden Bear Meet of Champions. College/Open Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAR 27: Redlands Invitational. Track Coach, University of Redlands, 1200 E. Colton Ave., Redlands 92373. (714) 793-2121.

MAR 30-31: Martin Luther King Games Decathlon & Heptathlon. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 2: NYL High School Invitational. Fresno State University. Carlo Prandini, Track Coach, Clovis High School, 1551 Fowler Ave., Clovis 93612.

APR 2-3: Martin Luther King Games Track Meet. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford University, Stanford 94305.

APR 3: Taco Bell Invitational. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 6-7: TFA/USA Decathlon. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740.

APR 9-10: Cal Nike Invitational Track & Field Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

APR 10: Bruce Jenner Classic. High School & JC, San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: Bruce Jenner Classic. College, Open. San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 17: TFA/NIKE Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.

APR 17: Woody Wilson Relays. UC Davis.

APR 22-25: Mt. SAC Relays. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 1: The Track Meet. University of California at Santa Barbara. Track Coach, UCSB, Santa Barbara 93106. (805) 961-3400.

MAY 8: West Coast Relays. Lemoore. Red Estes, Track Coach, Fresno State University, Fresno 93740.

MAY 8: San Francisco State Tune-Up Meet. Coach Harry Marra, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561.

MAY 14-15: PCAA Conference Championships. Logan, Utah.

MAY 14-15: Pacific Coast Invitational Twilight Meet & Heptathlon. Women. UC Berkeley. Vern Gambetta, Women's Track Coach, University of California, 103 Hearst Gymnasium, Berkeley 94720. (415) 642-2098.

MAY 16: UCLA-Pepsi Invitational. UCLA. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326 or (213) 652-4304.

MAY 17-18: So. California J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

MAY 22: Silconex Invitational. Long Beach State. John Tansley, Track Coach, California State University, 1250 Bellflower Blvd., Long Beach 90840.

MAY 22: Warmerdam Classic. Fresno State University. Red Estes, Track Coach, Fresno State University, Fresno 93740. (209) 294-4097.

MAY 28-29: TFA/USA Outdoor Championships. Wichita, KS. Hiern Wilson, Head Track Coach, Wichita State University, Campus Box 18, Wichita, KS 67208.

MAY 31-JUN 1: State J.C. Decathlon & Heptathlon Championships. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789.

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.

JUN 12: Berkeley Invitational. Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

Address Change?

Be sure to notify California Track & Running News as soon as possible of a change in your address. CT&RN is mailed third class bulk rate and the post office will not forward the magazine. Send your new address, as well as your old, to California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

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8th ANNUAL Bakersfield FULL & HALF MARATHON

DATE: FEBRUARY 6, 1982. TIME: 9:00 A.M.

PLACE: Grissom Park, White Lane & Grissom Street, Bakersfield, CA



10201 West 98th Terrace, Overland Park, KS 66212.
FEB 14: Northridge Weightman's Pentathlon & Throwers Meet. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.
FEB 14: TFA/USA National Masters Indoor Championships. Liberty, MO. Jim Shoemaker, 10201 West 98th Terrace, Overland Park, KS 66212.
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APR 17: Bruce Jenner Classic. College, Open. San Jose City College. Bert Bonanno, San Jose City College, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.
APR 17: TFA/NIKE Invitational. Cal State Northridge. Bill Webb, Track Coach, California State University, Northridge 91330. (213) 885-3608.
APR 17: Woody Wilson Relays. UC Davis.
APR 22-25: Mt. SAC Relays. Mt. San Antonio College. Track Office, Mt. San Antonio College, 110 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.
JUN 12: Berkeley Invitational. Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

these updated at the mailhouse. In an economy move we don't use expiration codes any longer. It also costs to remove them so we've just left the old ones on. If you have such a code on your label please ignore it.



8th ANNUAL Bakersfield FULL & HALF MARATHON

DATE: FEBRUARY 6, 1982. **TIME:** 9:00 A.M.
PLACE: Grissom Park, White Lane & Grissom Street, Bakersfield, CA
ENTRY FEE: \$6.00, entries accepted to midnight, Wednesday, Feb. 3rd.
SPONSOR: Natural Light Beer, Conducted by Bakersfield Track Club.
CONTACT: BTC, Box 10371, Bakersfield, CA 93389. (805) 832-0749.
AWARDS: 5 Deep, Post Race drawing for merchandise, Top quality Shirts, Certificates, Photos, & Refreshments to finishers of both races. Air Fare round trip for 2 to Boston picked in drawing from all Boston Qualifiers at this race. Course is Flat & Fast, modified this year.
COURSE: 2-Loop Keyhole, Half-1-Loop, Full-2-Loops, start together.

WAIVER STATEMENT: In consideration of your accepting my entry, I intend to be legally bound, do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims which I may accrue to me against Advance Beverage Company, The City of Bakersfield, The Bakersfield Track Club, the officials, agents, representatives, successors, for any and all injuries, suffered by me while traveling to and from and participating in this event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event of 13.1 or 26.2 miles.

Signature: _____ Date _____

I wish to enter the Full or Half Marathon. Sex: _____ Age _____ Birthdate _____

Name _____ Phone _____

Address/City/State/Zip _____

Circle Division: 13-18 19-29 30-39 40-49 50 & Up Wheelchair

Circle T-Shirt Size: S M L XL My best Marathon or Half Marathon time is: _____

Make checks out to the Bakersfield Track Club, **Send to P.O. Box 10371, Bakersfield, CA 93389.** Entry must be in our hands by midnight, February 3, 1982. You will receive your numbers by mail, except those received after January 23, 1982. those can be picked up on race day from 8:00-9:00.

So. California X-C Diary

By Bill Minarik

■ November 16

The UCLA Bruins made it two straight PAC 10 titles as they edged Arizona by a single point in the combined PAC-10, District 8 Meet. That victory must be extremely rewarding to Bruin Coach Bob Larsen who lost most of his team from last year, and was required to rebuild from a

relatively lean crop of high school seniors and community college sophomores. Bob was able to corral the top individual from each of those categories in the persons of Jon Butler and Steve McCormick and combined with his Grossmont connection, he was able to come up with another winning combination. While UCLA doesn't figure to be a contender for national honors this year, the season has already been a huge success.

In the PCAA Meet, Fresno State used its tremendous depth to take the title away from UC Irvine, although the Anteater's John Gerhardt was the individual champion.

In the Community College SoCal Championships, Orange Coast College must have had the greatest sports day in the school's history. The Pirate men totally shocked everyone by handing perennial champion Grossmont its first loss in eleven years,

while the OCC women continued its big meet domination of the Griffin gals with a 41-47 win. In small school action, the Citrus men demonstrated some awesome front line strength with a 1-2-4 finish en route to a comfortable 49-85 win over Moorpark and Glendale. In fact, the Owls came within one second of matching Moorpark's legendary 1-2-3 finish in the 1975 meet. The small school women's competition demonstrated exactly how close the teams are as Santa Barbara and Glendale battled to a 58 tie, 4 points ahead of Desert. As I recall, SBCC Coach Steve Bushey and GCC Coach Scott Schweitzer were teammates on those great UCSB teams of the early 70's, so it appears they have been able to retain that success formula.

Individually, every winner was a member of a winning team. Orange Coast's Mike Serna finally lived up to his high school reputation with a win over teammate Brian Herald, while the Pirates Barbie Ludovise was a runaway victor in the women's large school. Mark Ruelas was a winner in the men's small school over teammate Mike Carlton while Warner of SBCC was the women's champ.

In that men's large school team competition, most present felt that Grossmont's depth would make it an easy winner, even though O/C had made it close in their conference meet, because it was run on O/C's home turf. An indicator of how much Grossmont has slipped since the opening meet at Fresno can be shown by the fact that 6 Griffen runners placed ahead of Santa Ana's Mike Fisher at Fresno, while all GCC runners finished behind Mike at this meet. With all that in mind, I'm going out on a limb and predicting Grossmont to win State. First, Grossmont has run the Woodward Park course, while O/C has not. Second, the Griffins will be motivated by the revenge factor while the Pirates may have run their big race for the year. Third, the Bonelli Park course was a very tough course and if not run correctly can lead to trouble. The Fresno course does not have the tough hills some courses do, thus teams usually run closer to form.

In the Southern Section CIF prelims, there were no major setbacks as all teams

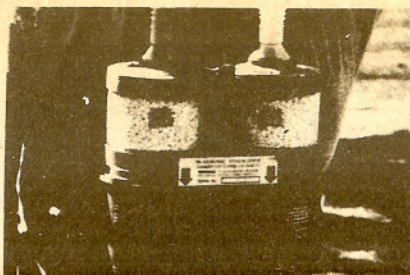
Why are so many serious runners shelling out \$219 for the PO₂™ Aerobic Exerciser?

Runner Magazine called it "A new invention that could have a profound effect on training." And *Runner's World* described it as "...a device so revolutionary, it may well expand every runner's horizons. Eventually, it may prove to be as meaningful to the runner as his first good pair of running shoes."

No wonder there's been so much excitement over InspirAir's PO₂ Aerobic Exerciser, a portable altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

How it works.

The patented unit is a product of eight years of development and testing by a practicing anesthesiologist and engineer. The PO₂ Aerobic Exerciser duplicates conditions that would be found at moderate altitudes, with the basic unit pre-set to simulate 7,500 feet. As elevation increases, the partial pressure of oxygen decreases. As an example, the ambient or outside air at sea level contains 20.95% oxygen. At 7,500 feet, it's 15.87%.



With the PO₂ Aerobic Exerciser, this is now possible for the first time. Studies show altitude training will greatly enhance sea level performance.

According to physiologists, altitude training stresses the cardiovascular system so that the body can squeeze more and more energy from the available oxygen. Tests have shown that there is a very real physiological change, as the oxygen transport system is improved. *More energy means more endurance, and more endurance means better performance.* This is particularly important for any endurance activity where the difference between winning and losing is that extra burst of power when everyone else is hitting the wall.

It is no coincidence that so many running physicians have been among the first to order PO₂ Aerobic Exercisers, because they understand the *benefits* of altitude training. And in a ten week test at the University of Oregon, head track coach Bill Dellinger monitored eight top runners using the PO₂ Aerobic Exerciser. After only the third week of use, there were measurable increases in both red blood cell count and hemoglobin. Extrapolating this data, Coach Dellinger projected that use of the device could turn a 2:12 marathoner into a 2:10:30 winner.

Given the extreme conditioning of these world-classers to start with, this is a dramatic improvement. *As far as the "average" runner is concerned, the potential for increased performance is outstanding.*

Not just for runners.

The PO₂ Aerobic Exerciser has a direct application for any athlete involved in endurance sports—bicycling, skiing, weightlifting, swim-

ing, simply because there is nothing else quite like it. The PO₂ Aerobic Exerciser is as lightweight as possible, and mounted on an orthopedically-designed backpack, it weighs only four pounds. It feels strange at first, but you quickly adapt to it.

Wearing the face mask is also a strange feeling, particularly as you feel your system working harder and harder with less oxygen. But then again, that's all part of endurance training. You're supposed to feel the stress.

And some runners have reported initially feeling self-conscious running with the PO₂ Aerobic Exerciser. It *does* draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one.

But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO₂ Aerobic Exerciser make true believers.

Safety and testing.

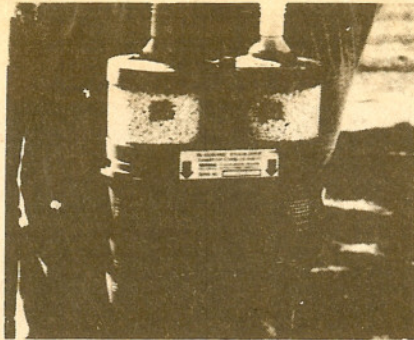
The PO₂ Aerobic Exerciser has been tested by more than a dozen universities, research facilities and government agencies over the past year, and these tests are continuing. Interestingly, the U.S. Army's Altitude Research Division is now testing specially-modified units pre-set to simulate 13,000 feet. It's also been the subject of considerable interest in a host of publications including *Sports Illustrated*, *Runner's World*, *The Runner*, the *Los Angeles Times* and others.

The PO₂ Aerobic Exerciser is a significant training device designed for the conditioned athlete. It is not for the out-of-shape armchair

altitude simulator which allows the serious athlete to combine both sea level training for strength and speed with altitude training for endurance without ever leaving home.

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The PO₂ Aerobic Exerciser accomplishes this without the need to travel to the mountains or to invest in your own altitude chamber. When you inhale ambient air, a portion of the oxygen is absorbed by your lungs, and the rest is expired or exhaled. This expired breath contains approximately 15% oxygen, and is circulated through a breathing hose to the device. A special PO₂ absorbent removes the carbon dioxide from the expired air, and the recycled oxygen is stored in the reservoir tanks until your next breath.

With subsequent breaths, the user is breathing a combination of ambient air and recycled air. This new combination simulates conditions which would be found at 7,500 feet. The size of the orifice or hole in the face mask determines the altitude to be simulated.

Of course you don't use the device all the time. *The objective is to develop a training schedule which combines altitude training and sea level training.* Simply by putting on the face mask, the user experiences an altitude of 3,500 feet. With mild to moderate exercise, the simulation increases to the pre-set 7,500 foot elevation. To return to sea level, slip off the face mask!

Advantages of altitude.

Lots of folks seem to be confused about altitude training. But it's no secret that some of the best distance runners in history have been those who have trained at moderate altitudes. When the 1968 Olympics were held in Mexico City (7,300 feet elevation), many of the world's top runners were handicapped at altitude for simple lack of endurance. A special medical symposium following the 1968 Games concluded that future world class runners would be those who could combine sea level training for strength and speed along with altitude training for endurance.

harder and harder with less oxygen. But then again, that's all part of endurance training. You're supposed to feel the stress. And some runners have reported initially feeling self-conscious running with the PO₂ Aerobic Exerciser. It does draw a lot of attention, for sure. Everyone wants to know what it is, what it does and where to get one. But when race day comes—when you're out there running head to head for either trophies or your own PR—you're running without the unit, but with a maximal level of endurance for a peak performance. The benefits of altitude training with the PO₂ Aerobic Exerciser make true believers.

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A key point is that the athlete can obtain maximum benefit with less effort. This differs from sport to sport, but translates to more intense training over a shorter period of time. For runners, for instance, the same or greater benefits can be realized with less total mileage, since the runner's system is stressed so much more when running at altitude. And by training less, but with greater intensity, there is an added advantage in that the risk of injury to the muscular-skeletal system is reduced. Injury is often a direct result from over-training—trying to do too much and over-reaching physical limits. The PO₂ Aerobic Exerciser is the answer.

This is also important for the injured athlete, who may not be able to maintain a full training schedule while recovering. During this recovery period, the athlete can nonetheless maintain endurance conditioning using the PO₂ Aerobic Exerciser. There are also increasing numbers of athletes using the device with a stationary bicycle, as the principles of endurance conditioning using the PO₂ Aerobic Exerciser are the same.

Is it worth it?

The PO₂ Aerobic Exerciser is not an inexpensive training device, but no matter what the sport, the true enthusiast will gladly pay the price if he or she is convinced of its value. In other words, if you get what you pay for—and if it delivers the *promised benefits*—it's worthwhile. For the runner, the cost of the PO₂ Aerobic Exerciser is roughly equivalent to a year's worth of top-grade running shoes. The shoes continue to wear out, of course, but the PO₂ Aerobic Exerciser will become a vital part of your training regimen for years to come. The only operating expense of the system is the special PO₂ absorbent, which removes the carbon dioxide. Each cannister is good for about three and a half hours.

And like anything else in the "better mousetrap" category, it *does* take a while getting used

Safety and testing.

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Carroll with winner of SBCC was the women's champ.

In that men's large school team competition, most present felt that Grossmont's depth would make it an easy winner, even though O/C had made it close in their conference meet, because it was run on O/C's home turf. An indicator of how much Grossmont has slipped since the opening meet at Fresno can be shown by the fact that 6 Griffen runners placed ahead of Santa Ana's Mike Fisher at Fresno, while all GCC runners finished behind Mike at this meet. With all that in mind, I'm going out on a limb and predicting Grossmont to win State. First, Grossmont has run the Woodward Park course, while O/C has not. Second, the Griffins will be motivated by the revenge factor while the Pirates may have run their big race for the year. Third, the Bonelli Park course was a very tough course and if not run correctly can lead to trouble. The Fresno course does not have the tough hills some courses do, thus teams usually run closer to form.

In the Southern Section CIF prelims, there were no major setbacks as all teams expected to qualify did so as did all other noted individual runners. Eric Reynolds of Camarillo had the top time of the day for the boys, while Tania Fischer of Chaminade was the top girls performer. Mater Dei had the top team time for the boys while University put on another awesome performance to finish more than 4 minutes ahead of the next best girls team. In fact, according to my unofficial calculations, the Uni girls team would have qualified ahead of the LaVerne Lutheran boys team. University is probably the greatest girls high school cross country team of all time. It would sure be nice if they would bring their entire team to Fresno for the Kinney Meet.

■ November 23

In Southern Section CIF finals, it was Crescenta Valley, Mater Dei, Barstow and La Salle winning boys divisions, while University, Mira Costa, Victor Valley and Sacred Heart captured girls titles. Jeff Holyfield of CV had the fastest time of the day for the boys with a nifty 15:00, while MD had the fastest team time. For the girls, Polly Plumer had the fastest time with a course record 17:27, while her University High teammates destroyed the field with a winning margin of better than four minutes over runner-up Foothill.

In the State Community College Championships at Fresno, Orange Coast repeated their shocker of a week earlier and handed the Grossmont men their first state championship loss in ten years. In addition, the Orange Coast gals dropped the Griffins again to make it two in a row. In the small

school mens race, Citrus completed an undefeated season, giving the Owls their first x-country title ever, while Butte College did likewise in the women's small school competition. Citrus's Mike Carlton and Butte's Diane David lead their teams to victory with individual wins, while Renee Wyckoff of College of the Sequoias and Rodney Rivera of Grossmont were the individual winners from large schools. Rodney might have been a hero had the Griffins pulled it out, as he was GCC's 12th man at the Fresno CC Invitational, but improved to number 1 by state time. On the other hand, a number of Grossmont people who were apparently looking for a scapegoat attempted to lay the blame on Mike Pope, saying that just like during last track season, he starts the season like a world beater and then chokes in the big meets. Comparative times show that Mike did run faster in the first meet of the year than he did in the last on the same course, however a number of GCC runners did not make the progress you might expect over the course of the season, thus it may have been a case of too much too soon. However, you shouldn't take anything away from Orange Coast, which probably ran the greatest race in the school's history.

I've always felt that much of the success a cross country team enjoys is due to the efforts of the coach and I can't think of any coach who put in more of an effort this year than Citrus's Vince O'Boyle. From the recruiting right through the training phases of the sport, Vince demonstrated that you get out of a program what you put into it.

I think what may have been the highlight of the entire meet was the way meet officials kept a running score at various points along the course and then appeared to have the final results even before the runners hit the finish line. Bob Fries and company should receive special recognition for a great administrative job.

A suggestion that keeps popping up at these meets is one that the small school division be eliminated as a cost-cutting measure. I'm all for cutting costs, but eliminating a small school division is not in the best interest of competitive balance. If the idea is to reduce the number of teams competing, then reduce both large and small schools from 5 to 3 teams so both big and small schools suffer equally. Speaking of the large school/small school concept, with so many CC conferences being realigned for the purpose of cutting travel costs, there will be more and more conferences with a mixture of large and small

For all of those people who feel that the impact of foreign athletes on the college track and x-c scene should be lessened, there is one simple solution. Have all foreign athletes who qualify for the NCAA Championship meet in track or x-c compete as non-scoring individuals in the big meet. Teams that qualified for the cross country meet could run only American athletes in the finals with foreign athletes who qualified as individuals in the regionals being allowed to compete as such in the finals. Track would be the same as only the first six U.S. athletes would score points in any event. However, all medals and other honors normally accorded top finishers would go to foreign athletes also. Thus, the placing in any event would remain unchanged. Only the scoring would be affected. If, as UTEP's Ted Banks says, that foreign athletes contribute so much more to the school than just their athletic ability, then a mere change in the scoring at one meet shouldn't bother him.

At the AIAW Championships Division I at Pocatello, the UC Berkeley Bears were fifth place finishers. Based on some comparisons, had Stanford competed here instead of at the NCAA Meet, the Cardinals would have been national champs.

■ **December 14**

I think the people at the TAC Cross Country Meet were as surprised with the speed of Adrian Royal's mouth as they were with his feet. He no sooner hit the finish line than he began telling the fans his life story. In handing out credits, he specifically omitted his coach, who he said "had nothing to do with his win and should get no credit." Adrian attends Nevada Reno, but I'm not sure which coach he was referring to.

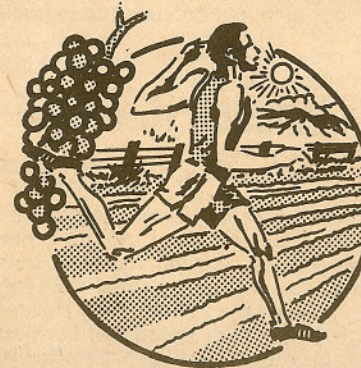
The Kinney Cross Country Championships again proved that California is the number 1 prep cross country state. When regional champ Jeff Holyfield faded in the Nationals, both Harold Kuphaldt and Eric Reynolds moved into the 2-3 spots to give the West boys a comfortable 24-65 win.

In the late finishing LA City CIF Section X-C Meet, San Pedro High captured boys honors while Palisades did likewise in the girls competition. San Pedro has never been known as a cross country power but gave an awesome display of team strength as all five scorers finished under 16:00 on the rugged Pierce College 3 mile course. Someone down at SP must be doing a heck of a coaching job.

While at the TAC Meet, I heard a couple of pretty heavy rumors. The first one had to

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At the NCAA Division I Meet (alias the UTEP Invitational) the UTEP Miners put on the most awesome performance in the history of the meet as they went 1-2-3-7-8 and ended up with a microscopic 17 points to runner-up Providence's 109. In fact the score could have read UTEP 21, the rest of the country 34, on a dual meet basis. UCLA was 5th in the meet only 12 points out of third. I feel Bob Larsen did even a better job this year with what he had than he did last year when he was NCAA Coach of the Year.

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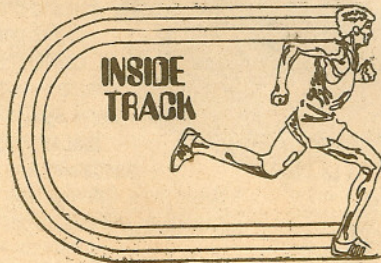
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While at the TAC Meet, I heard a couple of pretty heavy rumors. The first one had to do with a couple of SoCal track stars who were to be back-ups at the World Cup Meet last September. The duo reportedly flew over to the meet, but when they they heard that all athletes, including back-ups, were to be given drug tests, they immediately returned home. I guess they learned a lesson from the Ben Plucknett incident.

Another biggie has it that a major California track power will drop the sport for the 82-83 school year with money being the reason.

This winds up the Cross Country Diary, so I would like to start the Track Diary by reminding everyone of all of the all-comer meets and other various winter track classics that will take place right up until the start of regular track season.



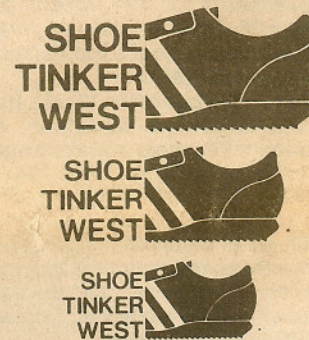
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Two DSE runners finished the California Road Runners Endurance Run—a 100 miler! The two finishers were Paul DeLoria in 28:39 and Sherman Welpton in 30 plus hours.

Marty Miraile was not only the first masters woman, but also the first woman finisher, at the Cow Mountain 50 Miler. She clocked 8:16:14. This was her third running of this race.

Several DSE members competed in the Humboldt Redwoods Marathon. Top finishers included Bob O'Donnell 3:25, Laura Finn 3:41, Mary Norkin 3:47:30 and Jim Skophammer and Vivian Rodriguez both timing 3:50. Others included Sasha Ennik 4:14, Keith Weaver 4:20 and Annabel Marsh 4:33.

Once again Walt Stack will act as president of the DSE runners for 1982. Marsha Maguire will again serve as vice president. Louise Butchart will act as secretary and Ernie Furtado as treasurer. It was also reported at a recent DSE meeting that the approximate club membership is 2000 members—amazing!

Sherman Welpton also has suggested a race in Walt Stack's name. He and Len Wallach as race directors. This would surely be a classic run.

High Sierra Track Club

112 Green Oaks, Visalia, CA 93277

Juan Molina led HSTC members at the Fresno Six Mile Road Run. Molina clocked 30:33 for third place. Teammate Scott Thornton was fifth (4th 19-29) in 30:59. Dave Bronzan captured third in the 30-39 division timing 31:50; he was followed by teammate Virg Moreno 31:52 (6th 19-29). Frank Ortega was fifth in the 30-39 division with a 33:25 while Len Thornton sped to a 33:30 for the 50-59 crown. Harry Harder timed 40:38 as he won the 60 plus age group. For the HSTC women, Ruby Hernandez clocked 40:14 for third in the 19-29 division.

Dave Bronzan ran a 16:14 for second place in the submaster division of the Holi-

CLUB NEWS

By MARTY HIGGINBOTHAM

Clubs wishing to be in the "Club News" section of *California Track & Running News* should send monthly updates or a copy of their newsletter to: Club News Editor, Marty Higginbotham, 1026 W. Princeton, Visalia, CA 93277. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.

Visalia Runners

P.O. Box 3638, Visalia, CA 93278

Several Visalia Runners competed in the Central Cal Marathon on November 14. Frank Padilla finished fourth in the 40-49 age group with a personal best of 2:57. Roger Sebert ran 2:59:32, Terry Heller clocked 3:09 and Tom Upton ran his first 26.2 miler in 3:16. Other first time efforts came from Dennis Unholz and Bill Osak with their 3:28. Others included Robert Blakeley 3:19, Laurie Martin 3:35. Rick and Jacque Randolph ran together in 4:06. Two other Visalia Runner women ran their first marathon also—Pam Austin-Jones 3:48 and Cherlie Stephenson 4:10. Dan Rondon came in at about 4:30. Jim Hill, who was coming off an illness, was the club's top finisher in a personal best of 2:55.

Eight members of the Visalia Runners ran in the Stockton Marathon and Half Marathon. Finishers and their times included: Jess Rodriguez 2:45 in his first marathon (second 40-49), Rob Stephenson 2:45 (6th 30-39), Craig Newport 2:48 (8th 30-39), Dave Calderon 2:57. Ron and Debbie Aschwanden ran their first 26.2 miler in 3:24 and 3:35 respectively. Jeff Butzlaff was off his goal of 3:30, while Cec Conway missed her PR in the 13.1 miler.

Gary Campbell and Rob Stephenson led Visalia Runners at the Holiday 5K Run. Campbell captured the 30-39 age group in 16:02 while Stephenson was fifth in the same division clocking 16:52. Others included

TRW Track Club

Members of the TRW Track Club receiving Outstanding Athlete Awards included: Men's Track Awards—Vince Moretti, 29 and under; Bill Wright, 30-39; and Chris Bourke, 40 plus. Women's Track Awards—Karen Ruse, 29 and under; Wendy Watson, 30-39; Mary Elwell, 40 plus. Men's Road Awards—Tom Burns, 29 and under; Sherman Schapiro, 30-39; and Barrie Hardwick, 40 plus. Women's Road Awards—Corrine Schratz, 30-39; and Alberta Codd, 40 plus.

The TRW Track Club has welcomed Dennis Hodgdon, Jeffrey Hornbuckle, Dan Jennings, Len Marabella, Russell Nichols, Kirk Powers, John Spencer, Holly Stewart and Mahiro Tsuchiya to its ranks.

Dave Lawful turned in a personal best marathon performance at the Santa Barbara 26.2 miler. Lawful clocked 3:28:23 for 68th overall and 30th in the 19-29 division.

Several members ran the Heart of San Diego Marathon with the top club finisher being Julie McKinney in 3:20, Alan Zabel was next in 3:36. Running their first marathons were Corrine Schratz 3:38 and Don Harvey 3:52.

A large group of TRW Track Club members took part in the Harbor Half Marathon. Bob Schratz led the group in 1:28:34. Dave Lawful was next in a personal best 1:31:00. Others included Dwight Moberg 1:32:08, Corbin Strickler 1:32:52, Bob Sikonia 1:33:04, Debbie Flynn 1:34:45, Wendy Watson 1:36:22 (PR), Rich Bentz 1:40:26, Mary Elwell 1:41:16 (PR), Diana

New West Running Club

9237 Parise Drive, Whittier, CA 90241

The New West Running Club, which began seven months ago with about five members, now has a roster of about twenty to twenty-five members. The group puts out a very informative newsletter called "The Ground Pounder."

Phil Torres and Jay Jurado competed in the Central Cal Marathon. Torres clocked 2:45:12 for thirteenth overall and Jurado placed sixteenth overall in 2:45:42.

At the Puente Hills YMCA 5K Run George Luna clocked 15:12 for fifth overall. Jay Jurado ran 16:00 and Phil Torres 16:44. Jurado and Torres had run the Central Cal 26.2 miler only eight days before and were still feeling the efforts in the 5k.

Fresno Track Club

P.O. Box 6103, Fresno, CA 93703

The first annual radio station KQIQ sponsored "Jailbreak 10K Run" was won by Jim Hartig with a clocking of 31:00. Despite a cold day and hanging fog, the times were all very good. Hartig led other club members Darrel Cox (4th overall and 3rd in 25-29) with a 32:04; Al Lomeli (2nd 30-34) 33:16; Mark Hull (5th 25-29) 33:49; Greg Steinhauer (2nd 16-18) 34:52; Frank Delgado (2nd 45-49) 35:57; Bill Woody (3rd 35-39) 36:24; Jim Raymond (3rd 40-44) 40:47; and Ron Thomasson (4th 16-18) 41:18.

On December 12th, Hartig was again the top FTC finisher taking third overall during the first running of the Cal Bowl 10K Race. The Cole Elementary schoolteacher timed in at a very good 31:04 over a tough course. Dick Cain won the 40-49 division with a 36:25 giving every indication that he has overcome a nagging injury. Elizabeth Jones getting back into top form by taking the 30-39 women's class with a strong 42:46. Patricia Hurst continues her domination in the 50 plus women's division with a 43:18. Jim Brooks won the wheelchair division with no time available.

Congratulations to 14-year old FTCer David Naranjo on his fourth place finish at the AAU National Junior Olympics Cross Country Championships in Amarillo, Texas on December 19. Competing in the 13-14

Wallach as race director. It would surely be a classic run.

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112 Green Oaks, Visalia, CA 93277

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Dave Bronzan ran a 16:14 for second place in the submaster division of the Holiday 5K Run in Visalia while Wayne Van Dellen timed 16:33 for the 40-49 title.

Joe Herzog will host the HSTC Five Mile Run on January 9 in Fresno while Len Thornton will host the HSTC 5K and 10K Runs at Woodward Park in Fresno on January 16.

Seniors Track Club

909 E. Yorba Linda Blvd, Suite K
Stonewood Center, Placentia, CA 92670

Eddie Lewin and Helen Dick have recently been on a winning streak. At the Griffith Park 10K Lewin timed 39:18 to capture the 60 plus age group while Dick clocked 43:04 for the women's 50-59 age group. The following weekend the two again captured their division at the Police Community 10K with Lewin timing 39:17 and Dick 42:12. Then again on the next weekend they did it again—take their divisional crowns at the Playa Del Rey 6.4 miler. Lewin clocked 40:12 and Dick timed 43:12.

At the Steve Garvey Pepsi 10K Helen Dick and Christa Romppanen each captured their division. Dick took the 50 plus in 41:00 and Romppanen took the 40-49 in 38:48. Eino Romppanen ran 16:10 in the 5k fun run.

The STC will have its annual awards banquet on Saturday, January 23 at the San Pedro Elks Club.

Laurie Martin 3:35. Rick and Jacque Randolph ran together in 4:06. Two other Visalia Runner women ran their first marathon also—Pam Austin-Jones 3:48 and Cherie Stephenson 4:10. Dan Rondon came in at about 4:30. Jim Hill, who was coming off an illness, was the club's top finisher in a personal best of 2:55.

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Gary Campbell and Rob Stephenson led Visalia Runners at the Holiday 5K Run. Campbell captured the 30-39 age group in 16:02 while Stephenson was fifth in the same division clocking 16:52. Others included Isais Luna 16:17 sixth open, Michael Gausley 18:45, Shelly Agrimeon 19:10 first women, Newell Bringham 19:15, Luis Velosa 22:05, George Beckett 23:35 and Holly Hewitt 25:13.

The Visalia Runners will be hosting the Foggy 5K on January 23, the Fast Four Mile on February 28, and the End of the Trail 15K (CCA/TAC Championship) on March 7. For entry forms write: Visalia Runners, P.O. Box 3638, Visalia, CA 93278.

Daisy Fresh Natural Juice Race Team

1026 W. Princeton, Visalia, CA 93277

Members of the Daisy Fresh Juice Natural Juice Race Team made a good showing at the November 28 Fresno Road Run. Leading the way was Ed Taylor capturing fifth place in the 19-29 division in 31:00. Younger brother Robert Taylor followed in seventh (19-29) clocking 32:48. Bryan Patterson finished eleventh overall and ninth in the 19-29 age group in 33:42. John Pitman took top honors in the 40-49 age group clocking 34:57.

Robert Taylor timed 16:04 for fourth place in the open division at the Holiday 5K Run in Visalia. Bryan Patterson timed 16:34 for seventh in the open group. Ed Taylor was host of this very successful Holiday 5K event.

Schratz, 30-39; and Alberta Codd, 40 plus. The TRW Track Club has welcomed Dennis Hodgdon, Jeffrey Hornbuckle, Dan Jennings, Len Marabella, Russell Nichols, Kirk Powers, John Spencer, Holly Stewart and Marahiro Tsuchiya to its ranks.

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Congratulations to 14-year old FTCEr David Naranjo on his fourth place finish at the AAU National Junior Olympics Cross Country Championships in Amarillo, Texas on December 19. Competing in the 13-14 age bracket, young David toured the four

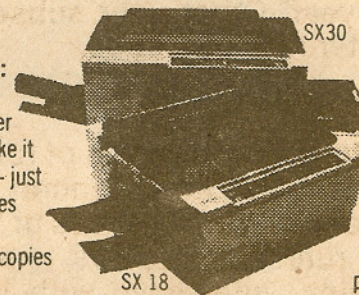
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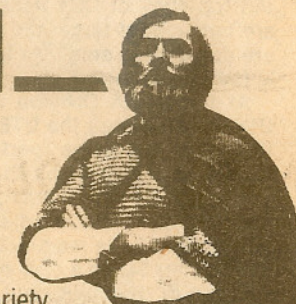
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kilometer course in a very fast 13:23:8. He competed against 85 of top age bracket runners from throughout the United States. At the qualifying meet at Woodward Park on December 6, the Washington Jr. High runner from Sanger turned in an outstanding 12:41.6 to take his division.

Dean Walker, the 17 year old runner from Hoover High in Fresno, was named to the prestigious All North Yosemite League Cross Country First Team. Joining Walker on the first team is Gabe Torres, also 17 from Clovis High School. Co-coach of the year honors went to Steve Ward who coaches at Clovis High School. On the second team, 17 year old Ron Brown of Clovis High School was honored.

Rapidly improving Rosemary Alcaraz of McLane High was named to the girl's first team. The 15 year old runner recently joined the club and is certainly a most welcome addition. Ward was named as the Coach of the Year for the girl's team.

"Rapid Robert" Lindsey continues his amazing streak of personal records by running a quick 1:13:09 half marathon in Santa Maria on December 13. Lindsey's old record was 1:14:12. Bob placed fifth overall out of a field of 113.

At the re-activated Madera Half Marathon on December 13, FTC members fared very well with Jim Raymond fifth (40-49 1:34:06), Ken Takeuchi third (50 plus 1:36:10, Patricia Hurst (1st woman 50 plus 1:36:34) and first woman overall, Margie Timberlake (1st woman 30-39 1:39:25), and Liz DeMonte (2nd 50 plus women 1:46:11).

Tulare Runners

P.O. Box 517, Tulare, CA 93275

Boston qualifier Dennis Wong led the Tulare Runners at the Central California Marathon with a 2:46. Club members Don Chorley in 3:27 and Mike Cates in 3:43 also competed in the event. Norm Takeuchi ventured north to the Oakland Marathon and ran a 3:40.

Club officers are: President—Mike Shaffer, Vice-President—Larry Shanley, Secretary/Treasurer—Galen Grant, Newsletter Editor—Nancy Shanley.

Race director Ross Gentry and many club members are busily working on the organizing committee of the 7th Annual Max Choboian Memorial Race, a six mile event, to be held on Sunday, February 14, 1982 at

San Luis Distance Club

P.O. Box 1134, San Luis Obispo, CA 93406

Clem Michel led SLDC members at the Santa Barbara Marathon with his 2:57:53. In the 13.1 mile event, Chuck Elkins was the club's top finisher in a 1:18:22 time.

Two SLDC members competed in the 1981 New York City Marathon. Diane Dixon timed 3:21:21; this was her first 26.2 miler. Teammate Mary Beth Smith clocked 3:26:16. Their times moved them into second and third position on the club's womens marathon list. Barbara Arreola owns the top marathon time for the SLDC women with her 3:17:56 run in 1976 at Culver City.

Paul Spangler earned a national title at the RRCA National 10 Kilometer Road Racing Championship held at Sunnyside. Spangler clocked 53:35 for the 80 and over division title.

Keith Kirkpatrick led SLDC members at the Central Cal Marathon in Fresno with his 2:54:23. Clem Michel followed in 2:54:27. Others included Gary Peterson 2:58:51, Stan Rosenfield 2:59:39, Bruce Cikowski 3:00:06, Ron Henn 3:21:04, Dave Kroll 3:34:30, Tom Hampson 3:54:56 and Bob Levison 4:47:58.

Frank Hutchinson and Paul Lee went one and two at the Cerebral Palsy Benefit Run timing 31:32 and 33:31. Clem Michel was fifth in 35:52, Stan Rosenfield was tenth in 37:34, Phil Moffat was fourteenth in 40:09, Herb Alloway sixteenth in 41:57, Les Beck seventeenth 42:26 and Tom Hampson finished twentieth in 48:48. For the SLDC women, Mary Stallard timed 50:01 and Elaine Rosenfield clocked 52:50.

Bakersfield Track Club

P.O. Box 10371, Bakersfield, CA 93389

February 6, 1982, will mark the day of the 8th Annual Bakersfield Half and Full Marathon. This is a top notch event hosted by the Bakersfield Track Club. There is no race day registration, so interested persons should contact: Mike O'Haver, P.O. Box 10371, Bakersfield, CA 93389 (805) 832-0749.

Leaders in the Bakersfield TC Championship Race series are: Male 12 & under—Mark Ahrens, Male 13-18—Larry Bayless, Male 19-29—Rusty Gilbert, 30-39—Ted Oliver, Male 40-49—Jim Lysford, 50 plus—Bert Beene. Female

TUTTLE'S TRACK TOPICS

By Gary Tuttle

Several times during the last few weeks, people traveling the streets of Ventura and Santa Paula have been startled to see an unusual sight striding towards them. Just when they have become accustomed to seeing the daily jogger on the streets, now they must adjust to seeing a runner with a mask over his mouth and nose, with two hoses attached to two canisters strapped to his back.

The vision harkens back the World War I newsreels that had gas-masked soldier staring out of the trenches, and running across the battlefield.

The two weirdos running around today's streets with "gas masks" on are Chuck Smead of Santa Paula and myself. We are training in PO² Aerobic Exercisers, made by Inspir-Air Corporation of Westlake, and engineered by Jordan Laby of Ventura.

record holder (2:08:13) Alberto Salazar. Alberto has been running 90 of his 115 miles per week with the PO² strapped to his back, and although you can't give the credit for his recent record to the PO², it obviously didn't hurt him.

The injury-prone Salazar found he could train less miles, but with more intensity. With the unit on, Alberto ran a workout with a pulse rate of 160 beats per minute. Without the unit, running the same workout, his heart rate was down around 120 bpm. In addition, after four weeks of training in the unit, he showed an increase in red blood cell count as well as hemoglobin.

Even though athletes like Edwin Moses, Tom Flemming, and the boxer Jerry Cooney use the PO², it's not for everyone. The unit can be dangerous if used without medical supervision by heart patients, or by the out-of-shape adult.

The unit is not for the poor either. Although it's cheaper than a summer in the mountains, it's expensive. The unit costs \$219, and the chemicals need changing every 3 hours of running time at \$2.50 a shot.

The unit is also not for the "naturalist, pure, free-flowing" runner. Although at only 4 pounds, it's light and runs comfortably on the back, it's confining and cumbersome at times. There are several things the naturalist runner can't do while wearing the unit, that normally is a habit. Unfortunately, you can't spit or blow your nose; burp (especially after eating an onion and pepper pizza); whistle or verbally compliment a



Woman 30-39 1:39:25), and Liz Demonte (2nd 50 plus women 1:46:11).

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starting out of the trenches, and running across the battlefield.

The two weirdos running around today's streets with "gas masks" on are Chuck Smead of Santa Paula and myself. We are training in PO² Aerobic Exercisers, made by Inspir-Air Corporation of Westlake, and engineered by Jordan Laby of Ventura.



The Aerobic Exerciser is actually a "high altitude simulator." When I put on the unit in Ventura, I'm breathing the same lowered percentage of oxygen as I would at 7,500 feet elevation. The apparatus allows me only 16 percent oxygen as compared to 21 percent at sea level.

In order to cut down on the percentage of oxygen, the mask has a small (pea-sized) opening in the front that allows me to get only a small amount of fresh, outside air with each inhale. The rest of my air comes out of the canister on my back, and up the hose to my mouth. This air is recycled air from my exhales, which has been filtered through chemicals in the canisters. The chemicals act as a sponge and soak up the CO² that is a product of each exhale. This procedure provides me with a lowered partial pressure of oxygen, simulating 7,500 feet.

Breathing and running at 16 percent O² is difficult, and makes the heart and lungs work harder. With repeated exposure to "thinner air," the body adapts, and makes some changes. The plasma volume of the blood decreases, thus increasing the number of red blood cells and the oxygen-carrying capacity per unit of blood. Over prolonged use, studies have shown an average of 3.1 percent increase in the ratio of red blood cells to hematocrit and a 1.5 percent increase in hemoglobin. This increase can be significant, a three to five percent increase in cardiovascular efficiency could take minutes from a marathon.

One runner who has been using the PO² unit for several months, and did take two minutes off his marathon time, is world-

training in the unit, he showed an increase in red blood cell count as well as hemoglobin.

Even though athletes like Edwin Moses, Tom Flemming, and the boxer Jerry Cooney use the PO², it's not for everyone. The unit can be dangerous if used without medical supervision by heart patients, or by the out-of-shape adult.

The unit is not for the poor either. Although it's cheaper than a summer in the mountains, it's expensive. The unit costs \$219, and the chemicals need changing every 3 hours of running time at \$2.50 a shot.

The unit is also not for the "naturalist, pure, free-flowing" runner. Although at only 4 pounds, it's light and runs comfortably on the back, it's confining and cumbersome at times. There are several things the naturalist runner can't do while wearing the unit, that normally is a habit. Unfortunately, you can't spit or blow your nose; burp (especially after eating an onion and pepper pizza); whistle or verbally compliment a lovely lady; yell at cars; and most importantly—breathe.

Three other problems are built into the unit. First of all it draws attention. In New Jersey, marathoner Tom Flemming claims he has caused three car accidents in the last few months. I've noticed that neighborhood dogs who used to ignore me as I ran by, are now chasing me again.

The second problem concerns the moisture exhaled with each breath. What begins as a little water on the inside of the mask, becomes a face full of moisture by 20 minutes, and then it finally begins to dribble down the chin for the rest of the run.

The last problem is that you can't wear glasses while the unit is in place. This is no problem unless you can't see without them.

I've found that, despite the limiting problems, it is definitely effective. It makes a run at normal ¼ speed into a lung-bellowing, survival shuffle. Every upgrade becomes a mini-mountain. More than once I was near panic, like a suffocating man, and within seconds of ripping the mask off my face in order to get one hit of "pure air." When running hard, one missed breath because of swallowing, or talking is critical and immediately felt.

The PO² unit is definitely the tool of the future for serious athletes interested in improving their endurance. The future will see Olympic hopefuls running the roads, solitary, with their lungs bellowing, chins dripping and hoses flapping in the breeze.

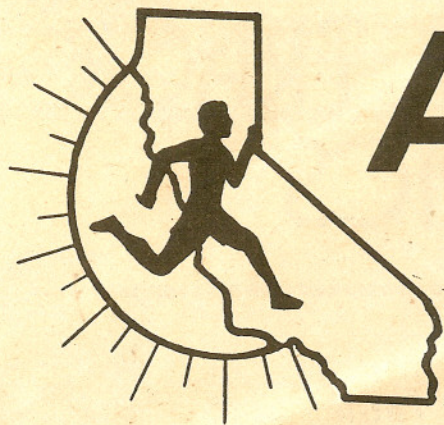
Fortunately for myself and the runners of the 60's and 70's, the PO² wasn't available, and we were able to get in 20 years of hard, but talkative, social running. The runners of the 80's may run faster than we did, but they won't have as much fun.

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Around the State



CITRUS COLLEGE CROSS COUNTRY CHAMPIONS

Top Row (left to right) are the top seven: Juan Torrez, Fernando Valazquez, Frank Selvaggio, Ron Johnson, Mark Ruelas, Brian Kleinsasser, Mike Carlton.

photo by *Erv Ray*

New San Francisco Marathon Course

San Francisco Marathon organizers are optimistic about a city-wide marathon in 1982, after meeting with Mayor Dianne Feinstein December 9. The mayor expressed support for the new course, which Race Director Scott Thomason says will attract badly needed tourist dollars, good will, and encouragement.

To help win Feinstein's approval, race officials brought in Fred Lebow, Director of the New York City Marathon, to show that the benefits of a city-wide race would outweigh the problems of handling 5,000 or more runners.

The new course would begin in Golden Gate Park and end at City Hall after a trek up famous Market Street. Along the way, the route passes many of San Francisco's scenic landmarks, including Mission Dolores, Chinatown, Fisherman's Wharf, the waterfront, Golden Gate Bridge and the Palace of Fine Arts. Of course, no city-wide marathon would be complete without cable cars and runners will pass them too.

The course cuts through many of San Francisco's neighborhoods such as Haight-Ashbury, the predominantly black Western Addition and Hunter's Point, Chinatown, the Italian North Beach area, the Marina, as well as the Latin-filled Mission district.

Rest of all from the runner's standpoint.

New Track Books

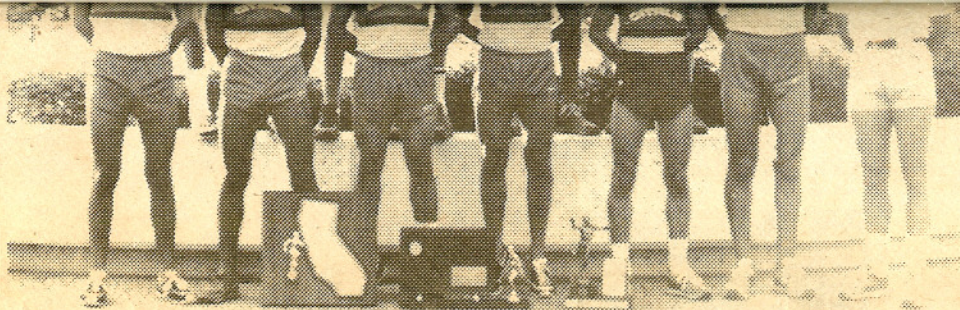
The first is *Track and Field - Coaching Manual*, edited by Vern Gambetta. Features coaching techniques and guidelines formulated by The Athletics Congress Olympic Development Committee. Presents the combined views of both the men's and women's Olympic Development Committees • Offers the most up-to-date information on training and technique for each of the track and field events • Over fifty of America's top collegiate, club, and high school coaches have contributed • A valuable tool for track and field coaches at all competitive levels • 208 pages, 8½ x 11, softcover, only \$9.95.

The second book is *Track Technique Annual 1981*, also edited by Vern Gambetta. This edition contains the best of recent articles dealing with technique and training for the track and field events. In over 30 articles, many never before published, the *Annual* delivers information of immediate value to the coach or athlete. The contents of the 128-page *Annual* include: Special Starting Exercises, An Analysis of Hurdling, Mental Preparation for Track and Field, Discus Training Program, 19-Foot Pole Vaulting, Holistic Preparation of Middle Distance Runners, and many more. Also included is Jess Jarver's "World Roundup" column, which presents abstracts of the latest contributions by international experts in technique and physiology.

Both books may be ordered from: Track & Field News, Box 296, Los Altos, CA 94022. Add \$1.00 postage per book. Calif. residents add 6% sales tax.

Keeping Track

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CITRUS COLLEGE CROSS COUNTRY CHAMPIONS

Top Row (left to right) are the top seven: Juan Torrez, Fernando Valazquez, Frank Selvaggio, Ron Johnson, Mark Ruelas, Brian Kleinsasser, Mike Carlton.

Citrus College State Champions and Undefeated

By *Erv Ray*

Citrus College finished the 1981 cross country season undefeated and state champions. The team has been coached for the last ten years by Vince O'Boyle. They have finished second in the State six times but had never won the big one.

This year, the fighting "Owls" were led by three outstanding harriers: freshman Mike Carlton, State Meet overall winner; sophomore Mark Ruelas, Southern California and Conference overall winner; and freshman Fernando Valazquez, who finished fourth in Southern Cal and eighth in State.

Both Carlton and Ruelas were 8:52 two milers in high school and gave Citrus a powerful one-two punch. Valazquez was a new find for O'Boyle during the summer months. He came on very strong late in the season and enabled Citrus to have a one-two-three punch that was tough for anyone to beat.

Vince O'Boyle will be back next season to go after another State Crown. The team will be losing only three Sophomores out of their thirteen man team.

Mike Tomasello

Mike Tomasello is the well known assistant coach at Stanford. Tomasello, a former track aide at the University of Tennessee under Stan Huntsman, will be in his third season of coaching the men's track team. Tomasello was hired in February 1980 and also serves as head men's cross country coach.

A 1967 graduate of Tennessee, he coached the 1972 Volunteer cross country team to an NCAA title. Two-time NCAA 800 meter champion Willie Thomas was one of his proteges and a member of Tomasello's strong middle distance program that won three Penn Relay titles. But, more recently, Tomasello served as head track and field coach and special education coordinator at T.C. Williams High School in Alexandria, Va.

At Williams, Tomasello's teams won 15 indoor and outdoor district championships, eight regional titles and one state championship, with seven of his athletes making All-America status and four participating on the Junior National Team.

But Tomasello is used to success. The squad he was on at Fort Lauderdale High School in Florida won the state championship in 1962. And, during his three letterman years at Tennessee, he was an all-conference 880 specialist. A top recruiter for Stanford, Tomasello has directed numerous track and field camps and clinics and holds a master's degree from Tennessee in special education.

Director Scott Thomason says will attract badly needed tourist dollars, good will, and encouragement.

To help win Feinstein's approval, race officials brought in Fred Lebow, Director of the New York City Marathon, to show that the benefits of a city-wide race would outweigh the problems of handling 5,000 or more runners.

The new course would begin in Golden Gate Park and end at City Hall after a trek up famous Market Street. Along the way, the route passes many of San Francisco's scenic landmarks, including Mission Dolores, Chinatown, Fisherman's Wharf, the waterfront, Golden Gate Bridge and the Palace of Fine Arts. Of course, no city-wide marathon would be complete without cable cars and runners will pass them too.

The course cuts through many of San Francisco's neighborhoods such as Haight-Ashbury, the predominantly black Western Addition and Hunter's Point, Chinatown, the Italian North Beach area, the Marina, as well as the Latin-filled Mission district.

Best of all, from the runner's standpoint, says Thomason, the route is fast - extremely fast. "We've proved that you can lay out a scenic and fast marathon course in San Francisco, despite its legendary hills. In fact, the course actually loses elevation --approximately 200 feet -- from start to finish," Thomason boasts.



Mike Tomasello

International experts in technique and physiology.

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Several track and field clinics are coming up in California: January 16-17 Versaturf 360 National Track and Field Clinics in Sacramento and in Pomona. Contact either Al Baeta, American River College, 4700 College Oak Drive, Sacramento, CA 95841 (916) 484-8143, or Jim Sackett, Cal Poly Pomona, 3801 West Temple Ave., Pomona, CA 91768 (714) 598-4600. Then on January 30 Fresno State will host the annual Coach of the Year Clinic, with this year's emphasis on the weight events and powerlifting, featuring Neil Steinhauer. Three prong program for: Elementary coaches, high school and junior college coaches, and high school athletes. Contact: Red Estes, Track Coach, Fresno State University, Fresno, CA 93740. . . . Speaking of Coach Red Estes. He's just been appointed an assistant track coach for the West team in the 1982 National Sports Festival to be held in Indianapolis July 24-25. Estes will assist Tom Pagani, assistant track coach at Stanford, who has been named head track and field coach for the West squad. Al Baeta of American River College has been named an assistant as well. The coaches will be responsible for selecting athletes for the 48-man squad. The West team is the defending champion of the National Sports Festival. . . . The Chicago Area Runners' Association is sponsoring a giant Road Race Organization Seminar/Workshop on January 9-10 in Chicago. Contact: Noel Nequin, Swedish Covenant Hospital, 5145 N. California Ave., Chicago, IL 60625. (312) 878-8200 Ext. 5327. . . . Marathon record list for San Luis Obispo boasts a top mark of 2:21:54 by Eddie Cadena in 1977. Thirty-two members have broken three hours. . . . San Marino High School just graduated one of the greatest athletic teams in San Marino history in their girls cross country team. They were CIF 2-A Champions as freshmen and juniors, were fifth as sophomores and second as seniors. . . . Speaking of high school girls teams. We've all heard about University High in Southern California, but look at Terra Linda of San Rafael - they were undefeated in high school competition all year in Northern California. . . . A female runner who had a good season to cap off a good-collegiate career. UC Berkeley's Lynne Hjelte finished out her career at Cal with the race of her life with a 14th place at the AIAW Nationals. The highest Cal finisher ever and their first All American in cross country. Not bad for one who didn't run in high school. . . . Four Californians showed up on the Boise State team roster for track: Jim Fisk of San Marino, Garrett Mlyauch of Garden Grove, Paul Murphy of Burbank, and Tony Timmerman of Oceanside.



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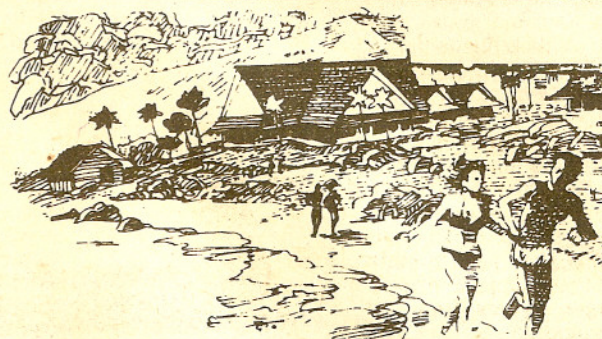
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MASTERS SCENE

TAC Masters 5K X-C Nationals

From Bill Stock

November 28, Balboa Park, San Diego. Athletics Congress National Masters 5,000 Meters Cross Country Championships. 55 degrees, rain.

What is cross country without a bit of rain, puddles, and mud? Just another hilly road race. Old Jupiter Pluvius dumped enough water during the night before the race to provide a wet course, sprinkled on the submasters men's race, then just as the ladies were set to toe the line he pulled the plug. Down came the rain, off went the gun and

and a final 500 yards of grass and dirt to the finish.

This race is many individual battles against self, opponents, hills and footing. Attack the shortest route or go a half-step further on secure ground? Push this hill or save something for that stretch of sidewalk? Is the pre-race plan still good or has an opponent done something unanticipated and must strategy be adapted to counter his tactics? Time and distance zip by as these "encounters" unfold and we progress to the nitty gritty: the run to the finish. If the course failed to sap everything it's "go city" to the line and the chance to breathe and recover.

A couple of early hills and some slippery running notwithstanding, the leaders passed one mile at about 5 minutes flat with Bob Mohler of Houston leading Frank Duarte, Dan McCaskill, Skip Shaffer and Bill Meinhardt. They zipped down Powder Hill and some

The 50-54 men had an interesting race. At one mile Tom Sturak, Bill Stock and Del Teter were hanging closely together in 5:30-ish. Stock passed Sturak going down Powder and on the trail everyone strung out a bit. At 2 miles Stock led by about 30 yards which increased to 32 seconds at the finish. With Sturak in 24th place overall, there were 8 50-54's in the next 10 places over a span of 30 seconds. That's pretty close competition!

The women's race was well spread out in all divisions excepting 45-49. The winner of the race was Jenny Wright who attended College of the Desert this fall and the 46 year old swiftie was the top runner for their women's cross country team! The first 3 finishers were in the 45-49 division with Vicki Bigelow barely hanging on to edge Dorothy Stock for the silver medal. The 30 yard lead Vicki had with 400 to go dwindled to 2 at the line. And both looked absolutely terrible as they were holding back nothing for tomorrow. Neophytes seeing them 10 minutes later running side by side warming down and chattering like magpies would not have believed it. If appearances counted they'd both have been headed for the hospital! The recovery rate of well conditioned athletes is amazing.

Sub Masters Men:	
1 Graeme Shirley (35)	16:45
2 Dennis Kasischke (35)	17:04
3 Dave Garcia (31)	17:32
4 Mac Larson (33)	17:40
5 Steve Waggener (37)	17:46

Submasters Women:	
1 Mindy Ireland (30)	19:23
2 Cathy Fogarty (39)	21:00

Masters Women:	
1 Jenny Wright (46) SDTC	19:54
2 Vicki Bigelow (46) ARC	20:14
3 Dorothy Stock (49) SDTC	20:15
4 Shirley Matson (41) SDTC	20:21
5 Anne Johnson (53) SDTC	21:12
6 Patty Pastore (41) SDTC	21:37
9 Nicki Hobson (50) SDTC	22:29
11 Mary Storey (57) SDTC	22:52
15 Gerry Davidson (60) SDTC	26:25
19 Bess James (72) SDTC	33:34

Masters Men:	
1 Frank Duarte (40) CCAC	16:47
2 Skip Shaffer (43) CCAC	16:50

INTRACTABLE LEG PAIN IN LONG DISTANCE RUNNERS

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

Leg pain accounts for up to 10% of all running injuries. By leg, I mean that portion of the lower extremity beneath the knee joint and above the ankle joint. The bones in the leg consist of the large tibia and the smaller fibula. The tibia is the inner shin bone and the fibula is a smaller outside leg bone. These leg bones are subjected to over three times body weight during running. The impact shock of running is augmented by twisting and torque which takes place. The bones in the leg have a unique trabecular pattern which allows for cross stabilization of the bone through a network of support grids. These bony bridges are at right angles to the major forces and it provides strength within the bone. The bone has a central, somewhat hollow, area called the medullary canal. This is where blood cells are produced. There is then the shaft of the bone which is covered on the outside by the periosteum. This thin layer of tissue is connected to the soft tissue about the leg. Abnormal motion of the foot or leg during running may cause, likewise, abnormal nonphasic pulling and may cause irritation of the periosteum. This is called *periostitis*. When the muscles of the leg, the muscles, are over-



...runners on the sub-
masters men's race, then just as the ladies
were set to toe the line he pulled the plug.
Down came the rain, off went the gun and

Mohler of Houston leading Frank Duarte, Dan
McCaskill, Skip Shaffer and Bill Meinhardt.
They zipped down Powder Hill and some



Frank Duarte



Vicky Bigelow

away went the gals into the downpour. 45
minutes later the masters men lined up to the
tune of 60 degrees and sunshine! But they
still had puddles and mud galore, and a good
slippin' n' slidin' race.

Shortly after one mile the course goes
down "powder" hill and onto the "dirt" trail,
neither of which were. The hills in that second
mile make it a slow one, then it's up the
switchback hill and across the grass to the
short mile of slightly down-sloping sidewalk

changes occurred. Duarte and Shaffer passed
Mohler and began to pull away with
Meinhardt going by McCaskill and moving on
Mohler. 46 year old Andre Tocco had started
well back and worked his way methodically
up the line of runners until he passed Mc-
Caskill on Switchback hill to go into 5th
place. Clearing the hill and moving down the
sidewalk, McCaskill regained 5th and with
about a mile to go the first 6 places were
established though those gentlemen certainly
had to work to protect them to the finish.

silver medal. The 30 yard lead Vicki had
400 to go dwindled to 2 at the line. And both
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6 Andre Tocco (46) CCAC	17:18
7 Bill Crum (46) SDTC	17:32
8 Kent Guthrie (45) WVJS	17:40
9 Marv Rowley (42) CCAC	17:42
10 Bart Coventry (40) CCAC	17:56
11 Juergen Richter (44) SDTC	17:57
12 Will Rasmussen (41) SDTC	18:00
13 Bill Gookin (49) SDTC	18:01
14 Dale Larrabee (40) SDTC	18:02
15 Tom Richards (40) Unat	18:07
16 George Cohen (41) SCS	18:13
17 Bill Stock (52) SDTC	18:15
18 Walt VanZant (42) WVJS	18:27
19 Otto Reed (42) Unat	18:27
20 Richard Belliveau (40) CCAC	18:31
24 Tom Sturak (50) SCS	18:47
26 Rod Johnson (52) SDTC	18:59
42 Don Dilworth (62) SDTC	21:44
44 Wayne Zook (64) SDTC	22:09
45 Phil Castle (64) Unat	22:17
48 Ken Bernard (55) SDTC	22:57
54 Richard Whittemore (70) Unat	28:33
55 Paul Spangler (81) SLDC	28:43
56 Willard Benton (77) SDTC	28:57

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periostitis. When the muscles of
the legs, themselves, are sore a
myositis is the end result. When
the tendons, muscles, and
periosteum are sore and there is
excessive pulling at the attachment of muscles to bone, then an *en-*
thesitis is present. An example of an enthesitis in the foot is a heel
spur syndrome. The pulling of the soft tissue on the bottom of the heel
causes the spur to form. It, therefore, becomes apparent that leg pain
may be secondary to muscle, tendon, and periosteal inflammation or
damage or bone damage itself. Accumulated microtrauma can cause
just this sort of damage. One might liken the bone to a coat hanger.
Repeated bending of the coat hanger causes it to heat up and even-
tually form a crack. This crack is the stress fracture feared by all
athletes and, especially, runners. Stress fractures of the tibia account
for almost 2% of all running injuries. Stress fracture of the fibula ac-
counts for about 1.5% of all running injuries. Compare this to 4% of all
running injuries being stress fractures of the metatarsals of the foot.
By and large, those runners who tend to pronate excessively obtain a
stress fracture in the leg about the distal fibular malleolus. This is over
the outside ankle bone. The excess of flattening of the foot and turn-
ing in of the heel bone causes excessive pressure on the outside ankle
bone and an eventual stress fracture. There is acute pain over the out-
side aspect of the ankle and running is usually impossible. Athletes
who tend to have a more normal foot might have a stress fracture in
the leg in the central portion. This would be in the tibia. Those athletes
who have a higher arch rigid cavus foot lack motion in the foot. The ex-
cessive stress of running which is not dissipated by the foot is
therefore transferred up the leg and the stress fracture may occur just
beneath the knee joint. This is called tibial plateau stress fracture. The
runner may think that a knee injury is present when, in fact, the injury
is in the leg just below the knee joint.

It is oftentimes difficult to differentiate a mild stress fracture from a
condition called stress reaction of bone. Stress reaction of bone is
when the bone has been overloaded by accumulated microtrauma and
small cracks occur in the bone microstructure which are not large
enough to be termed as true stress fracture. This causes considerable
pain; yet X-rays are negative for stress fracture. X-rays may be
negative for a stress fracture in the foot or the leg for up to three
weeks following the injury. X-rays tend to lag a good three weeks



Steve Subotnick

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behind most injuries. If an X-ray is taken three weeks after a stress fracture, one may see a small defect in the bone where resorption of bone has taken place about the site of the fracture. I've had instances, however, when the stress fracture is not visible for six to seven weeks and what is seen is a small void with surrounding excessive bone consistent with a healing stress fracture. To cinch the diagnosis of a stress fracture when there is no radiographic evidence or when an early injury has taken place, a bone scan may be obtained. Radioactive Technetium is injected into the body and concentrates in areas of increased blood flow in the bone. Increased blood flow occurs in the bone when there is a fracture because there is increased inflammation. These *hot spots* are readily visible upon X-ray. A concentrated hot spot suggests a stress fracture whereas diffuse hot spots suggest stress reaction of bone or periostitis. A skilled radiologist and sports medicine specialist can usually differentiate stress fractures from soft tissue injuries or stress reaction of bone.

Just how practical are bone scans? If you're really concerned and have to make a decision as to running a marathon in one month or two months or participating in an athletic event, then a bone scan may be indicated. Bone scans cost up to \$200.00 and this is a factor. If you have an injury which is preventing you from running, it really doesn't matter if it's a stress fracture, enthesitis, or periostitis or myositis. The fact remains that you should not run if the running causes your injury to become worse or causes pain. Rest is the treatment of choice and, in time, a proper diagnosis must be made; the injury must be treated; you must be rehabilitated; and the etiological factors causing the injury must be corrected. These factors may be improper training, too much too soon, and biomechanical abnormalities or structural imbalances predisposing to injury.

Why might a stress fracture take place? Along with the example of the bending coat hanger, I find another explanation helpful. It appears as though one obtains a message from the body when you increase your mileage. Almost all surveys indicate that stress fractures occur when the runner increases mileage or speed in preparation for a marathon or other long competitive event. Thus, your body and bone gets the warning that you're increasing mileage and it's time for it to become even stronger than it is in preparation for this accumulated increase of microtrauma. That being the case, the bone first must go through a period of mild resorption in preparation for, later on, laying down more bone and thicker bone. Thus, a process of osteoclastic activity is the first result of increased load upon bone. This weakening of the bone is followed by osteoblastic activity whereby more bone is laid down. Thus, you can see, precisely, when you need the bone to be stronger, the bone is, in reality, becoming weaker in preparation for its strengthening activity. When you are increasing your mileage and your pace too soon, the end result will be a stress fracture of this weakened bone.

This lesson was driven home hard in my earlier days of podiatric sports medicine. At times, it's necessary for me to operate on athletes to rid them of their chronic pain or bony abnormalities. When the athlete returns to running, they are so elated with the decrease in pain the surgery and rest have allowed that they are overzealous. They rapidly increase their mileage and get a stress fracture. The inactivity which occurs during the rest period following the surgery causes the bone to gradually readapt to the previous stresses of running. Thus, the bone has not had ample time to prepare for a rapid increase in mileage. It's very important when coming back from any rest period following an injury to gradually increase mileage. Any variation from this may result in a stress fracture.

Well, not all injuries of the leg are that of a stress fracture of the tibia or fibula. Not all injuries are stress reaction of bone. Some in-

procedures are performed in conjunction with an orthopedist and our results to date have been rather encouraging. We have had instances where athletes who have had two to three years of chronic pain whenever they run have had relief within three to six weeks following this relatively benign surgery. This same holds true for the chronic compartment syndrome.

Another major cause of pain in the legs is that of the shin splint syndrome. The most common shin splint syndrome is in the anterior medial compartment of the leg. This is the flexor compartment where the muscles which control overpronation and rapid internal rotation of the leg at foot contact are situated. These muscles are the posterior tibial and the flexor digitorum longus and the flexor hallucis longus. These muscles are most affected by overpronation and the chronic stress of running. Shin splint syndrome and/or other forms of chronic compartment syndrome may likewise be present in the anterior compartment of the leg. This is the anterior lateral compartment and is where the muscles to the outside of the shin bone lie. The anterior tibial muscles and extensor muscles are present here. These are the muscles that hold your foot up and prevent foot slap during heel contact. The classic shin splint syndrome occurs in out-of-shape athletes running on hard surfaces. As the heel hits the ground, the foot slaps down and these muscles are overpulled. Likewise, as the foot pronates, the muscles are elongated and chronic strain may occur. Treatment for the shin splint syndrome and the anterior lateral or anterior medial compartment of the leg consists of appropriate physical therapy which usually includes ultrasound as well as deep fascial massage. Strengthening and stretching exercises are obviously necessary. Biomechanical imbalances of the foot must be corrected to prevent abnormal pronation causing excessive loads on these soft tissue structures. A treadmill analysis of running form as well as a video playback and analysis is essential for these resistant cases. At times, a neoprene sleeve on the leg is most useful by holding the muscles closer to the bone and preventing abnormal oblique motion of the muscles. The neoprene brace or sleeve likewise keeps the muscles warmer in cold weather.

What else can be done? I've had some success with stress reaction of bone, chronic periostitis, and enthesitis utilizing a new electrical modality. This is called osteopuncture or osteosynthesis. Needles are placed at the upper and lower aspect of the involved bone, usually the tibia, an electrical current is placed through the bone. This is a pulsed galvanic current. This causes a change in the local profusion of the cells in the bone and helps to reverse the inflammatory process. Along with the utilization of the electrical current, specific injections into trigger points with long and slow acting Cortisone may be utilized. Ultrasound, which is a physical therapy modality utilizing sound waves which convert to heat deep in the body, is most helpful. Anti-inflammatory medications can be placed on the skin and driven into the area of inflammation by the ultrasonic waves. Rolling and fascial massage are most useful. All of the lumpiness in the legs must be removed by physical therapy modalities.

In summary, then, there are three main reasons for pain in the legs. The first is that of a bone problem which may include stress fracture or stress reaction of bone. The second is that of some form of chronic compartment syndrome whereby the muscles are swelling within tight fascial sheaths. The third is that of shin splint syndrome or enthesitis. Included in the soft tissue classification is chronic periostitis.

Treatments consist of obtaining proper foot function by a biomechanical analysis and then utilizing, at first, a soft temporary foot device. If they're successful with the temporary device, a more permanent device may be indicated. Thus, correcting the etiology, be it biomechanical abnormalities or overuse, is of utmost importance. It is also important to have a program for flexibility, strength, and decrease



Classifieds

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TIME STANDARDS FOR COMPET-

become even stronger than it is in preparation for this accumulated increase of microtrauma. That being the case, the bone first must go through a period of mild resorption in preparation for, later on, laying down more bone and thicker bone. Thus, a process of osteoclastic activity is the first result of increased load upon bone. This weakening of the bone is followed by osteoblastic activity whereby more bone is laid down. Thus, you can see, precisely, when you need the bone to be stronger, the bone is, in reality, becoming weaker in preparation for its strengthening activity. When you are increasing your mileage and your pace too soon, the end result will be a stress fracture of this weakened bone.

This lesson was driven home hard in my earlier days of podiatric sports medicine. At times, it's necessary for me to operate on athletes to rid them of their chronic pain or bony abnormalities. When the athlete returns to running, they are so elated with the decrease in pain the surgery and rest have allowed that they are overzealous. They rapidly increase their mileage and get a stress fracture. The inactivity which occurs during the rest period following the surgery causes the bone to gradually readapt to the previous stresses of running. Thus, the bone has not had ample time to prepare for a rapid increase in mileage. It's very important when coming back from any rest period following an injury to gradually increase mileage. Any variation from this may result in a stress fracture.

Well, not all injuries of the leg are that of a stress fracture of the tibia or fibula. Not all injuries are stress reaction of bone. Some injuries are that of chronic periostitis. Many of you are aware of the various surgeries which have taken place in the legs of famous athletes such as Mary Decker and John Walker. These athletes were suffering from either chronic periostitis or chronic compartment syndrome in the leg. The chronic periostitis is inflammation of the attachment of the muscles to the bone. The chronic compartment syndrome is a condition whereby the muscles outgrow their fibrous muscle sheaths. Whenever running takes place, the muscles become engorged with blood and the blood has no place to go because the muscles cannot expand within their sheaths. These overdeveloped muscles, therefore, cause backup pressure which compresses blood vessels and then causes nerves to become compressed and afunctional. This causes pain and numbness. The chronic compartment syndrome occurs only during running and, after a brief period of rest, the runner becomes asymptomatic. The diagnostic test for chronic compartment syndrome is a treadmill analysis of the athlete. Once the pain begins, the athlete is examined and the legs are usually quite firm and hard where the swelling within the muscle compartment is taking place. A catheter can be placed within the muscle compartment and the actual pressure measured and compared to normal compartments. An elevated pressure is usually an indication that a surgical fascial release is necessary. Athletes may also have symptoms quite similar to a chronic compartment syndrome which, however, are really that of chronic shin splint syndrome. This is a form of enthesitis or chronic shin splints which just doesn't go away with classical treatment. Classical treatment for shin splints is that of orthotic foot control and physical therapy. It appears as though irreversible changes may occur within the leg, especially at the attachment of the posterior tibial muscle, that muscle on the inside of the leg, to the tibia bone. The chronic periostitis or inflammation of the attachments of the muscles to bone just doesn't go away with classical treatment. In my experience, when this is apparent, a surgical procedure may help. In these instances, prior to doing surgery, a bone scan is taken and an evaluation of the patient for chronic compartment syndrome is also carried out. Exhaustive conservative treatment, consisting of physical therapy, anti-inflammatory medications, substitute aerobic activity, and orthotic foot control indicated, is always carried out. When the surgery is performed, the muscles are separated from their attachments to the bone and the periosteum is stripped from the bone. Tight compartments or firm compartments may be released. These

of bone, chronic periostitis, and enthesitis utilizing a new electrical modality. This is called osteopuncture or osteosynthesis. Needles are placed at the upper and lower aspect of the involved bone, usually the tibia, an electrical current is placed through the bone. This is a pulsed galvanic current. This causes a change in the local profusion of the cells in the bone and helps to reverse the inflammatory process. Along with the utilization of the electrical current, specific injections into trigger points with long and slow acting Cortisone may be utilized. Ultrasound, which is a physical therapy modality utilizing sound waves which convert to heat deep in the body, is most helpful. Anti-inflammatory medications can be placed on the skin and driven into the area of inflammation by the ultrasonic waves. Roling and fascial massage are most useful. All of the lumpiness in the legs must be removed by physical therapy modalities.

In summary, then, there are three main reasons for pain in the legs. The first is that of a bone problem which may include stress fracture or stress reaction of bone. The second is that of some form of chronic compartment syndrome whereby the muscles are swelling within tight fascial sheaths. The third is that of shin splint syndrome or enthesitis. Included in the soft tissue classification is chronic periostitis.

Treatments consist of obtaining proper foot function by a biomechanical analysis and then utilizing, at first, a soft temporary foot device. If they're successful with the temporary device, a more permanent device may be indicated. Thus, correcting the etiology, be it biomechanical abnormalities or overuse, is of utmost importance. Next, a physical therapy program for flexibility, strength, and decrease of inflammation is necessary. Anti-inflammatory medications, locally or systemically, may be indicated. Stress fractures or stress reaction of bone require periods of rest ranging from six to twelve weeks. The athlete should not run with a stress fracture of the leg. Substitute aerobic activities, such as swimming or bike riding, are permissible. Soft tissue problems require appropriate physical therapy and rehabilitation. When all conservative measures have failed, it may be necessary to consider surgical intervention for chronic resistant cases.

Leg problems are just another example of where an ounce of prevention is worth a pound of treatment later on. The warning signs of injury of the leg are stiffness, discomfort, or pain. This is the time to analyze your training habits, look at your shoes, and then visit your sports podiatrist or orthopedist. Waiting may cause irreversible damage. For a list of sports podiatrists in your area, you may write to John Bennett, Executive Secretary of the American Academy of Podiatric Sports Medicine. Your sports medicine podiatrist will then help you locate a sports orthopedist should a team approach to your injury be necessary.

Keep on running and avoid those injuries.

Notes:

- The photo of the Bay League Finals on page 11 in the December issue was taken by Maurice Wilson.
- Dick Slotkin's P.R. column will catch up in the next issue. Send in your new P.R.'s for inclusion.
- Advertising deadline for the February issue is January 16.

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PREP NOTES

by Keith Conning

Northern and Central California and San Diego County send all results and stories to Keith Conning, CT&RN High School Editor, 2235 Browning Street, Berkeley, CA 94702.

Southern and Los Angeles Sections send results and stories to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

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□ MARILYN DAVIS—FROM SUSPENSION TO VICTORY

Marilyn Davis (Miramonte, Orinda) was suspended from classes for five days and disqualified from athletic competition on November 9. Miramonte has a rule that a student athlete cannot drink alcohol or smoke during the season.

"I was at a school dance and I was asked by Mrs. Campbell, the Vice-Principal, if I had anything to drink," said Davis. "I said 'I had two glasses of champagne at dinner.' It was my own honesty that caused the suspension. I don't think we should have this rule. It is not stressed at all. I'm not a 'drinker'. That rule cannot fit in with our community." (Orinda is a well-to-do suburb located east of the Oakland hills.)

Before the suspension Marilyn had been undefeated in the high school competition, including a big victory at the Stanford Invitational. The school ruling prevented her from competing for Miramonte in cross country, but it did not keep her from running. On Sunday, November 15 she won the Great Berkeley Race 5K, on the 28th she won the TAC Junior

(Irvine-junior) was tied for thirteenth with 1 vote.

The following California men were selected as All-Americans by Jack Shepard: **100-3.** Ken Robinson (Berkeley/Arizona State); **200-1.** Kevin Willhite (Cordova, Rancho Cordova-junior); **800-1.** Richardson, 3. Eddie Davis (Compton/Arizona State); **Steeplechase-3.** Jay Marden (Mission San Jose, Fremont/CPSLO); **3000-1.** Butler, 3. Marden; **5000-1.** Mike McCollum (Palo Alto/California), 3. Jesse Torres (Independence, San Jose/SJCC); **Marathon-1.** Mike Pisani (Henry, San Diego), 3. Dean Rinde (Casa Roble, Orangevale); **110 hurdles-2.** Dave Ashford (West Covina); **300/400 Hurdles-3.** Ron Seanez (Gilroy); **4x100-2.** Berkeley; **4x400-1.** Berkeley, 3. Poly, Long Beach; **High Jump-3.** Anthony Caire (Pius X, Downey/USC); **Long Jump-1.** Ed Tave (Muir, Pasadena/USC), 3. Frazier; **Triple Jump-1.** Frzier; **Discus-2.** Antonio Dobbins (Ridgecrest, Burroughs-junior).

The following California women were selected as All-Americans by Jeannine James: **100-3.** Sharon Ware (Berkeley/Arizona State);

(Mission San Jose, Fremont). Rogers has been involved in recreational swimming for six years. She showed signs of her natural running ability in the 8th grade, by running the mile in 5:26. Her father works for Dow Chemical and the family has lived in Concord for six years. She has been experiencing some hip problems. Suzi Ames (California), the East Bay Athletic League Champion, who I had picked for second, fell down during the first mile and finished tenth.

□ CENTRAL SECTION NORTH AREA

Clovis swept the boys and girls titles at the North Area meet, marking the first time a school has done so in the history of the area meet.

Freshman Terry Guajardo was undefeated through this meet.

□ ALL-AMERICAN POLE VAULTER TO COMPETE IN CALIFORNIA

Tom Heywood, a senior at Reed High School (Reno, Nevada) and the defending AAA state champion in the pole vault, has been named to the National High

In his final two seasons at Cordova, Willhite ran for 2,651 yards and 33 touchdowns. Every time he was handed the ball he averaged an 8.2 yard gain.

"My top choice is Washington right now," he says. "My second choice is UCLA then Arizona, Arizona State and USC in that order."

□ CENTRAL SECTION

Clovis took both the boys' and girls' team titles, the first time one school has swept both crowns in the valley meet.

Cynthia Rogers (Mt. Whitney, Visalia) remained undefeated this year.

□ SAN DIEGO SECTION

Dave Ivy ran his finest race to win 3A championship and his Santana teammates came on strong to give the Sultans their first-ever team title. Santana defeated Valhalla 57-59.

The girls 3A meet went to Shelli Lachel of Monte Vista for the second straight year. Monte Vista won the team title with Valhalla second.

halfway mark and was not really challenged with her time of 17:54 to 18:16 for runner-up Linda Van Housen of Sacred Heart in Menlo Park.

□ SAC-JOQUIN SECTION

Harold Kuphaldt (Bella Vista, Fair Oaks) and his teammate Mike Lee completed a one-four finish to boost the Broncos to their second straight section championship.

Joni Mooney of Vacaville outdistanced Del Oro's Liz McDowell for the section's individual crown, but McDowell joined efforts with fifth-place Stacey McAfee and the rest of the Eagle squad to lead Del Oro to the team title with a 61-point finish.

□ NORTHERN CALIFORNIA CHAMPIONSHIPS

Lori Shanoff (Petaluma), bothered by a breathing problem which has affected her performances throughout the season, ran away from the field in the final mile. She placed third in the North Coast Section 3A meet and faded to fifth in the NCS Meet of Champions. She visited a doctor during the week of the meet and made a

or smoke during the season.
"I was at a school dance and I was asked by Mrs. Campbell, the Vice-Principal, if I had anything to drink," said Davis. "I said 'I had two glasses of champagne at dinner.' It was my own honesty that caused the suspension. I don't think we should have this rule. It is not stressed at all. I'm not a 'drinker'. That rule cannot fit in with our community." (Orinda is a well-to-do suburb located east of the Oakland hills.)

Before the suspension Marilyn had been undefeated in the high school competition, including a big victory at the Stanford Invitational. The school ruling prevented her from competing for Miramonte in cross country, but it did not keep her from running. On Sunday, November 15 she won the Great Berkeley Race 5K, on the 28th she won the TAC Junior Women 5K in Burbank in 17:05, on December 5th she won the Kinney Western Regionals in 16:54, and she ended her season with a 14th place in the National Championships in Orlando in 17:34.

Davis will be eligible for the track season, so watch out Polly Plumer! Davis won the State Meet 800 meters as a sophomore, and placed third in the 1600 as a junior. However, she has never had a cross country season like this before. With her natural speed and her new confidence in distance running, she will pose a threat to all the leading middle distance runners in the land.

□ TRACK & FIELD NEWS 1981 TRACK ALL-AMERICANS

In the voting for high school man of the year, Pete Richardson (Berkeley/Arizona State) finished third with 126 votes (84% of a perfect score of 150). Ken Frazier (Mission, San Francisco-junior) was eighth with 36 votes, and Jon Butler (Edison, Huntington Beach/UCLA) was sixteenth with 4 votes.

Denean Howard (Kennedy, Granada Hills-junior) was selected as the high school woman of the year. Denean received 123 votes out of 130 possible or 94.6%. Natalie Kaaiawahia (Fullerton-soph) finished fourth with 84 votes, Vickie Cook (Alemany, Mission Hills-junior) was tenth with 16 votes, and Polly Plumer (Universi-

ty) finished 11th with 10 votes. Richardson, 3. Eddie Davis (Compton/Arizona State); **Steeplechase-3.** Jay Marden (Mission San Jose, Fremont/CPSSO); **3000-1.** Butler, 3. Marden; **5000-1.** Mike McCollum (Palo Alto/California), 3. Jesse Torres (Independence, San Jose/SJCC); **Marathon-1.** Mike Pisani (Henry, San Diego), 3. Dean Rinde (Casa Roble, Orangevale); **110 hurdles-2.** Dave Ashford (West Covina); **300/400 Hurdles-3.** Ron Seanez (Gilroy); **4x100-2.** Berkeley; **4x400-1.** Berkeley, 3. Poly, Long Beach; **High Jump-3.** Anthony Caire (Pius X, Downey/USC); **Long Jump-1.** Eir Tave (Muir, Pasadena/USC), 3. Frazier; **Triple Jump-1.** Frzier; **Discus-2.** Antonio Dobbins (Ridgecrest, Burroughs-junior).

The following California women were selected as All-Americans by Jeannine James: **100-3.** Sharon Ware (Berkeley/Arizona State); **200-1.** Howard; **400-1.** Howard; **800-3.** Jessica Spies (Livermore-junior); **1500-2.** Plumer, 3. Cook; **3000-3.** Cook; **Long Distance-1.** Heike Skaden (Encina, Sacramento); **400 Hurdles-2.** Margaret Demorest (Buchser, Santa Clara/Stanford); **4x100-1.** Berkeley, 2. Dorsey, Los Angeles, 3. Kennedy, Granada Hills; **4x400-1.** Kennedy, Granada Hills, 2. Manual Arts, Los Angeles, 3. Berkeley; **Shot-1.** Kaaiawahia, 2. Deborah Corley (Garces, Bakersfield/Cal State Bakersfield); **Discus-2.** Laura DeSnoo (Washington, Fremont/San Diego State), **Heptathlon-1.** Laura Mills (University, Irvine).

□ NORTH COAST SECTION 2A-4A

Junior Wendy Sihner (Miramonte, Orinda) ran her first 2A race without having to chase former teammate Marilyn Davis. Sihner defeated Jill Ellingson of Hayward by 23.5 seconds. Sihner ran the first mile in 5:40 followed by Paige Tully (Alhambra, Martinez) 5:46 and Noreen DeBettencourt (Carondelet, Concord) 5:53.

The course was changed from challenging rolling hills to a flatter loop, because of several days of hard rain. It was also shortened to 2.65 miles.

Freshman Danise Rogers (Concord), who started running in January, won the 2A race by 2.8 seconds over junior Dana Whitney

and the family has lived in Concord for six years. She has been experiencing some hip problems. Suzi Ames (California), the East Bay Athletic League Champion, who I had picked for second, fell down during the first mile and finished tenth.

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Freshman Terry Guajardo was undefeated through this meet.

□ ALL-AMERICAN POLE VAULT-ER TO COMPETE IN CALIFORNIA

Tom Heywood, a senior at Reed High School (Reno, Nevada) and the defending AAA state champion in the pole vault, has been named to the National High School Athletic Coaches Association's All-American track and field team.

Heywood, who won the state meet with a vault of 15-4, has since vaulted 15-7, tying for second in the Junior Olympics in Lincoln, Nebraska. His coach, Rusty Crook, said Heywood has gone as high as 16 feet in practice. (Ray Crook of Wooster High, Reno, Nevada, vaulted 16-0 in 1977.)

"He was the only one on the All-America list that was a junior," Crook said.

Heywood has been invited to the Sunkist Invitational January 22 in Los Angeles, the Jack-in-the-Box Invitational February 19 in San Diego, and the San Francisco Games February 19-20.

The leading California vaulters returning are junior Doug Fraley (Clovis West) 15-6, Jeff Brooks (Lemoore) 14-10, and Don Weckler (Westmont, Campbell) 14-9.

Last summer Heywood was one of eight junior vaulters invited to the week-long Olympic Developmental camp at Hughes Stadium in Sacramento.

□ KEVIN WILLHITE GOES OUT IN STYLE

Kevin Willhite (Cordova, Rancho Cordova) rushed for over 200 yards in a 29-0 win over McClatchy. Three of his 13 carries were for touchdowns. His last carry as a prep was an 85-yard score.

choice is UCLA at Arizona, Arizona State and USC in that order."

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□ NORTH COAST SECTION

Brian Abshire (DeAnza, Richmond) defeated Tim Berry (Ygnacio Valley) for the second week in a row, coming from behind to nip the Warrior at the finish. Livermore, which only placed third in its league meet, came through when it really counted to win the boys title. Nick Winter, the first year coach, brought his team along just right. They lost to some of these teams along the way, but they weren't worried, because they were peaking for the end of the season.

Wendy Sihner (Miramonte, Orinda) proved that her 4A victory was for real with a convincing wire-to-wire victory over veteran Robyn MacSwain (Terra Linda), who also finished second last year. Lori Shanoff (Petaluma) was a disappointed fifth place finisher after winning last year. Terra Linda and Carondelet tied with 99 points, but Terra Linda won with a better sixth place finisher (41st v. 44th).

□ CENTRAL COAST SECTION

Leigh won its fourth section title in the last eight seasons and St. Francis took its second straight girls title.

Grant Foster of Monta Vista and Esther Berndt of Gunn won the individual titles. Foster, a junior, beat Gary Lewis of Gundersen with a time of 15:15.1. Berndt took a commanding lead at the

Harold Kuphaldt (Bella Vista, Fair Oaks) and his teammate Mike Lee completed a one-four finish to boost the Broncos to their second straight section championship.

Joni Mooney of Vacaville out-distanced Del Oro's Liz McDowell for the section's individual crown, but McDowell joined efforts with fifth-place Stacey McAfee and the rest of the Eagle squad to lead Del Oro to the team title with a 61-point finish.

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Lori Shanoff (Petaluma), bothered by a breathing problem which has affected her performances throughout the season, ran away from the field in the final mile. She placed third in the North Coast Section 3A meet and faded to fifth in the NCS Meet of Champions. She visited a doctor during the week of the meet and made a remarkable recovery to defeat Wendy Sihner by 13 seconds.

Harold Kuphaldt (pronounced *Koof-halt*) (Bella Vista, Fair Oaks) remained undefeated with an eleven second margin over Gary Lewis (Gundersen, San Jose), the Central Coast Section runner-up. Don Merwin, the Northern Section champ from Hayfork, was five seconds behind Lewis. Hayfork is a town with 2,000 residents located 60 miles west of Redding. Merwin's high school had 230 students and no coach. He is accompanied to the meets by his family and friends.

Three Central Coast Section boys programs asserted their dominance with a first-ever 1-2-3 finish. Leigh of San Jose coached by Bill Hotchkiss, a graduate of Berkeley High, won with 98 points, followed by Saratoga and Los Gatos.

Terra Linda of San Rafael coached by Duncan MacSwain, the father of Robyn, upset pre-meet favorite St. Francis of the Central Coast. Carondelet of Concord, which finished second at the North Coast Section to Terra Linda, went without two of its top runners and finished seventh overall.

□ JEFF HOLYFIELD—MOST IMPROVED HARRIER

Jeff Holyfield of La Crescenta ran the two mile in 9:41.2 last track

season. He won his league meet in the mile and finished second in the two mile. He was eliminated at the CIF 4A prelims, when he finished 10th in the 3200 in 9:56. According to his coach Keith Gilliland, he has a positive attitude, never misses a workout, and is very confident.

Southern Section Notes

By DOUG SPECK

□ The top coaching job of the year had to be done by Don Braden of Barstow, who lost five of his top six from a 1980 Sectional 2A Championship squad to graduation. This year he simply turned around and took a squad with four sophs to the 1981 title. His 1981 squad had the fourth fastest team time in Sectional competition. His soph best times add up to right around 84:00 at Mt. SAC—this group would average right around 16:00 for five on a three mile on the flat. A rather precocious soph group!

□ The San Andreas League (of which Barstow is a member) may find itself the next to be rewarded-punished by being kicked upstairs a division to 3A. Winning a couple straight championships in the Guys coupled with Victor Valley's Girls' title has a habit of making that happen.

□ The Crescenta Valley 4A Men's victory shows what steady improvement through hard work can accomplish. Hardly an awesome group as sophs, they have steadily come on since then. Holyfield was the only one of the group who raced under 17:00 on a flat three mile course as a soph.

□ Look for the Southern Section to make a big comeback in the men's distances in the next year or two. A number of super sophs did very nicely in Sectional competition, and the junior class contains a couple besides Camarillo's Eric Reynolds who could develop

183:38, 11 Dos Pueblos (Goleta) 184:03, 12 Rolling Hills 184:24, 13 Santa Barbara 184:25, 14 Millikan (Long Beach) 185:22, 15 Arcadia 185:42.

State High School X-C Rankings

Compiled by Doug Speck and Howard Willman

Final 1981 season cross country rankings with location of school (if different from name of school) and section given in parentheses. Section abbreviations: CC - Central Coast; Cen - Central; LA - Los Angeles; NC - North Coast; Nor - Northern; Oak - Oakland; SD - San Diego; SF - San Francisco; SJ - Sac-Joaquin; So - Southern. Southern Section schools are listed with class (e.g. So4A) because nearly half the state's schools are located within that section.

BOYS:

- 1 Mater Dei (Santa Ana, So3A)
- 2 Leigh (San Jose, CC)
- 3 Crescenta Vly (La Crec., So4A)
- 4 El Toro (So4A)
- 5 Santana (Santee, SD)
- 6 Los Gatos (CC)
- 7 Valhalla (El Cajon, SD)
- 8 Saratoga (CC)
- 9 Barstow (So2A)
- 10 Fountain Valley (So4A)

Honorable Mention (alphabetically) -- Bella Vista (Fair Oaks, SJ), Bellarmine (San Jose, CC), Camarillo (So4A), Canyon (Canyon Country, So3A), Castro

Valley (NC), Clovis (Cen), El Dorado (Placentia, So4A), Lick (San Jose, CC), Madera (Cen), Newbury Park (So4A), Palos Verdes (Palos Verdes Estates, So4A), San Pedro (LA), San Ramon (Danville, NC), Santa Barbara (So4A), Thousand Oaks (So4A), University (Irvine, So4A), Villa Park (So4A).

GIRLS:

- 1 University (Irvine, So4A)
- 2 Foothill (Tustin, So4A)
- 3 Tustin (So4A)
- 4 Costa Mesa (So4A)
- 5 Terra Linda (San Rafael, NC)
- 6 St. Francis (Mt. View, CC)
- 7 Mira Costa (Mhntn Bch, So3A)
- 8 Newbury Park (So4A)
- 9 Carondelet (Concord, NC)
- 10 San Marino (So3A)

Honorable Mention (alphabetically) -- Bishop Montgomery (Torrance, So3A), Clovis (Cen), Del Oro (Loomis, SJ), Edison (Huntington Beach, So4A), El Dorado (Placerville, SJ), Fountain Valley (So4A), Laguna Beach (So3A), Monte Vista (Spring Valley, SD), Redwood (Larkspur, NC), Thousand Oaks (So4A), Valhalla (El Cajon, SD), Walnut (So3A).

BOYS NOTES: Mater Dei won the Southern Section 3A with a time 4 seconds faster than Crescenta Valley won the 4A title with, and Crescenta Valley has approximately 40 seconds of "wasted time" after No. 1 runner Jeff Holyfield. Leigh, the Central Coast Section and NorCal champ, looked very good at the Kinney meet, which received a lot of weight but

was not the ultimate decider. Crescenta Valley had runners Nos. 1, 2, and 4 at Kinney and by plugging in approximate times for the missing runners didn't quite have enough to surpass Leigh. El Toro, 3rd at SS 4A meet, won it all at the prestigious Mt. SAC Invitational, beating 5 of the ranked teams. Santana, San Diego Section champ, was second in a lower-quality race at Mt. SAC but beat league-rival Valhalla (which was second at Mt. SAC) by just 2 points at section.

GIRLS NOTES:

No one team was anywhere near University, possibly the best team in the nation, as they won their own section meet by over 4 minutes. Terra Linda's performance at the Kinney meet helped forge what was believed much before: that the Southern Section is by far the state's toughest section. The rankings reflect that by giving the first four positions to the SS. Third-place Tustin beat NorCal champ Terra Linda by 1:40 at the Kinney.

GUIDELINES:

Though teams will sometimes point towards peaking for different meets, the most emphasis was put on section and NorCal meets. Big Invitationals got notice but mostly as a reference to season-long performance for each school. The Kinney Western Regional was considered a big invitational but received extra emphasis (but not as much as a section meet) because it is nearest in

time to most schools' section meets. It is hoped that the Kinney meet will attract the state's best teams each year to help determine these rankings until an official state meet is instituted.

SOUTHERN SECTION TOP FIFTEEN TEAM TIMES (Sectional Prelims and Finals)

At Mt. SAC

BOYS:

1 Mater Dei (Santa Ana)	79:21
2 Crescenta Valley (La Crescenta)	79:25
3 El Toro	80:45
4 Barstow	80:53
5 University (Irvine)	80:54
6 Fountain Valley	80:57
7 Santa Barbara	81:01
8 Canyon (Canyon Country)	81:02
9 Camarillo	81:03
10 Newbury Park	81:08
11 Thousand Oaks	81:13
12 El Dorado (Placentia)	81:23
13 Villa Park	81:25
14 Palos Verdes	81:29
15 Montebello	82:13

GIRLS:

1 University (Irvine)	92:25
2 Foothill (Santa Ana)	96:28
3 Costa Mesa	96:52
4 Tustin	97:24
5 Mira Costa (Manhattan Beach)	97:48
6 Newbury Park	98:03
7 Walnut	98:50
8 Fountain Valley	99:01
9 Thousand Oaks	99:08
10 San Marino	99:16
11 Bishop Montgomery (Torrance)	99:47
12 Edison (Huntington Beach)	99:56
13 Laguna Beach	99:58
14 Bishop Amat (La Puente)	101:09
15 Dos Pueblos (Goleta)	101:11

Results . . .

Results from Keith Conning unless specified

North Coast Section, 1A

(DeLaSalle) 13:27.5, 10 Marco Margiotta (Las Lomas) 13:28.1. **Girls Teams** (Top 4 advance to NCS): 1 Carondelet 53, 2 Piedmont 65, 3 Miramonte 97, 4 Encinal 149, 5 Campolindo 150, 6 Notre Dame 152, 7 Alameda 165, 8 Castro Valley 175, 9 Acalanes 264, 10 Hayward 271, 11 Arroyo 276, 13 O'Quinn 291

photo by Keith Conning



photo by Keith Conning



and then the next to be rewarded—punished by being kicked upstairs a division to 3A. Winning a couple straight championships in the Guys coupled with Victor Valley's Girls' title has a habit of making that happen.

□ The Crescenta Valley 4A Men's victory shows what steady improvement through hard work can accomplish. Hardly an awesome group as sophs, they have steadily come on since then. Holyfield was the only one of the group who raced under 17:00 on a flat three mile course as a soph.

□ Look for the Southern Section to make a big comeback in the men's distances in the next year or two. A number of super sophs did very nicely in Sectional competition, and the junior class contains a couple besides Camarillo's Eric Reynolds who could develop.

Top Sophs at Mt. SAC—1 Jim Ortiz(Barstow) 15:24, 2 Ken Fetters(Upland) & Jesus Gutierrez(Pasadena) 15:38, 4 Chris Rice(Newbury Park) 15:42, 5 Robin DeSota(Canyon, Canyon Country) 15:50, 6 Kevin Green(Villa Park) 15:53, 7 Eddie Toro(Barstow) 16:00, 8 Dan Palma(Glendale) 16:01, 9 David Anderson(Corona Del Mar) 16:07.

Top Juniors on Mt. SAC—1 Eric Reynolds(Camarillo) 15:07, 2 Ron Harris(Eisenhower, Rialto) 15:27, 3 Gus Quinonez(HuntingtonBeach) 15:29, 4 Tim Cammack(SouthHills, Covina) 15:30, 5 Mark Junkerman(Los Alamitos) 15:37.

□ As usual, so many good girls return it is not worth listing them. Plumer, Cook, Ball, and Lopez make up the top batch yet to arrive as graduating seniors.

□ The top combined Boys-Girls programs in the Southern Section? What follows is a listing of the combined team times (top five Boys plus top five Girls) for the top fifteen squads in Sectional competition. 1 University (Irvine) 173:19, 2 Foothill (Santa Ana) 178:58, 3 Newbury Park 179:11, 4 Fountain Valley 179:58, 5 Thousand Oaks 180:21, 6 Tustin 180:24 (estimate, boys did not qualify for CIF), 7 Mira Costa (Manhattan Beach) 180:59, 8 Walnut 182:12, 9 Palos Verdes 183:23, 10 Saugus

7 Valhalla (El Cajon, SD)
8 Saratoga (CC)
9 Barstow (So2A)
10 Fountain Valley (So4A)
Honorable Mention
(alphabetically) -- Bella Vista (Fair Oaks, SJ), Bellarmine (San Jose, CC), Camarillo (So4A), Canyon (Canyon Country, So3A), Castro

was put on section and NorCal meets. Big Invitationals got notice but mostly as a reference to season-long performance for each school. The Kinney Western Regional was considered a big invitational but received extra emphasis (but not as much as a section meet) because it is nearest in

11 Bishop Montgomery (Irvine) 99:47
12 Edison (Huntington Beach) 99:56
13 Laguna Beach 99:58
14 Bishop Amat (La Puente) 101:09
15 Dos Pueblos (Goleta) 101:11

Results . . .

Results from Keith Conning unless specified

North Coast Section, 1A

SOURCE: SANTA ROSA PRESS DEMOCRAT

November 14. Middle Creek Course, Mendocino National Forest, near Upper Lake:
Boys Teams (Winner advances to NCS): 1 Fort Bragg 21, 2 South Fork 78, 3 Marin Academy 91, 4 University 97, 5 St. Vincent's 133, 6 Willits 152, 7 Lower Lake 181, 8 Mt. Tamalpais 193, 9 Kelseyville 207, Incomplete—Head-Royce, St. Bernards, Calistoga. **Boys Individuals** (Top 5 advance to NCS): 1 Steve Bates(FB) 18:46 (3.18 miles), 2 Sal D'Acquisto (FB) 19:22, 3 Steve Ruegg(HR) 19:36, 4 Chris Chille(SF) 19:51, 5 Greg Webber (FB) 20:05, 6 Brian Beckereite(SF) 20:13, 7 John Bernhisel(FB) 20:15, 8 Tony Knopler (MA) 20:15, 9 Saul Agapoff(Cal) 20:24, 10 Mike Hess (FB) 20:46. **Girls Teams** (Winner advances to NCS): 1 Fort Bragg 37, 2 University 40, 3 California School for the Deaf 70, 4 Clear Lake 82, 5 Upper Lake 121, Incomplete—College Prep, Marin Academy, Katherine Branson, St. Bernards, Lower Lake, St. Vincents, Fort Bragg JH, Crystal Springs (disq.). **Girls Individuals** (Top 5 advance to NCS): 1 Dana Pyorre(FB) 20:59 (2.78 miles), 2 Louise Schneider (CP) 21:18, 3 Michelle Hawks(SF) 21:25, 4 Tamera Gaudet(CSD) 21:30, 5 Erinne Mickle(MA) 21:35, 6 Katy Rohlen(KB) 21:48, 7 Ashley Mace(U) 21:55, 8 Karen Folkman(CS) 22:13, 9 Sandy Pickering(FB) 22:14, 10 Lisa Bransten(U) 22:17.

North Coast Section 2A

November 14. Garin Regional Park, Hayward.
Boys Teams (Top 4 advance to NCS): 1 DeLaSalle 54, 2 Castro Valley 66, 3 Miramonte 103, 4 Acalanes 105, 5 Las Lomas 111, 6 San Lorenzo 117, 7 Moreau 183, 8 Alameda 210, 9 Arroyo 253, 10 St. Elizabeth 265, 11 Piedmont 294, 12 Encinal 320, 13 O'Dowd 320, 14 Sunset 368. **Boys Individuals** (Top 7 advance to NCS): 1 Kyle Kessler(CastroVly) 12:47.6, 2 Dave Hansell(Acalanes) 12:54.1, 3 Steve Mayberry (Castro Valley) 13:01.4, 4 Dan McComb(De La Salle) 13:10.0, 5 John Morse(LasLomas) 13:15.6, 6 Robert Gomez(St.Elizabeth) 13:21.6, 7 Bill Anelli(DeLaSalle) 13:23.7, 8 Todd Martinez(SanLorenzo) 13:27.4, 9 Tony Garcia

(DeLaSalle) 13:27.5, 10 Marco Margiotta (Las Lomas) 13:28.1. **Girls Teams** (Top 4 advance to NCS): 1 Carondelet 53, 2 Piedmont 65, 3 Miramonte 97, 4 Encinal 149, 5 Campolindo 150, 6 Notre Dame 152, 7 Alameda 165, 8 Castro Valley 175, 9 Acalanes 264, 10 Hayward 271, 11 Arroyo 278, 12 O'Dowd 291, 13 Presentation 326. **Girls Individuals** (Top 7 advance to NCS): 1 Wendy Sihner(Miramonte) 15:04.9, 2 Jill Ellingson(Hayward) 15:28.4, 3 Paige Tully(Alhambra) 15:29.4, 4 Noreen DeBettencourt(Carondelet) 15:42.7, 5 Valerie Knafelc (Carondelet) 15:48.0, 6 Missy Moore (Piedmont) 15:53.3, 7 Mary Ann Morse(Las Lomas) 16:01.1, 8 Colleen Strout(Carondelet) 16:04.7, 9 Trisha Herzog(Campolindo) 16:07.1, 10 Ann Ratto(Alameda) 16:11.2.

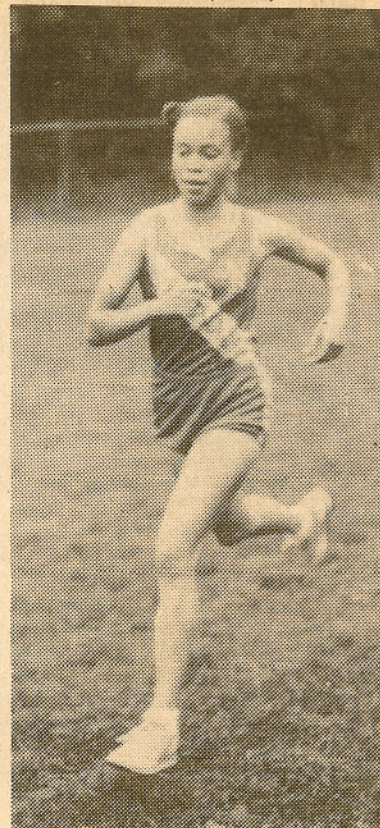
North Coast Section, 3A

November 14. Spring Lake, Santa Rosa.
SOURCE: SANTA ROSA PRESS DEMOCRAT
Boys Teams (Top 4 advance to NCS): 1 El Molino 102, 2 Terra Linda 109, 3 Piner 111, 4 Redwood 123, 5 Tamalpais 144, 6 Arcata 168, 7 Montgomery 169, 8 Petaluma 173, 9 Ukiah 178, 10 Novato 190, 11 Sonoma 203, 12 Fortuna 227. **Boys Individuals** (Top 7 advance to NCS): 1 Marc Zibblatt(El Molino) 16:41, 2 John Mann(Redwood) 16:50, 3 Mike Pigg(Arcata) 16:58, 4 Craig Wilson(Novato) 16:59, 5 Stacy Van Horn(Novato) 17:01, 6 Sam Skinner(Redwood) 17:03, 7 Eric Macris(Tamalpais) 17:04, 8 Steve Sparks(TerraLinda) 17:06, 9 Rich Dunn (Sonoma) 17:15, 10 Rich Zellers(Sonoma) 17:16.

SOURCE: DUNCAN MACSWAIN
TERRA LINDA

Girls Teams (Top 4 advance to NCS): 1 Terra Linda 62, 2 Redwood 65, 3 Piner 79, 4 Marin Catholic 82, 5 Petaluma 91, 6 Ukiah 159, 7 Eureka 175, 8 Ursuline 181, Casa Granda, Sonoma and Tamalpais incomplete. **Girls Individuals** (Top 7 advance to NCS): 1 Robyn MacSwain(Terra Linda) 18:36.7, 2 Laurie Hollingworth(Piner) 18:56.2, 3 Lori Shanoff (Petaluma) 19:01.5, 4 Laura Starrett(Redwood) 19:06.2, 5 Terrie Martin(Redwood) 19:30.0, 6 Katy Dykstra(Drake) 19:35.0, 7 Cathy DuBay (Piner) 19:42.8, 8 Ann Bertucci(Petaluma) 20:01.2, 9 Marcy Holzgang(TerraLinda) 20:06.4, 10 Becky Nieto(Ursuline) 20:18.9.

photo by Keith Conning



Heather Watkins

photo by Keith Conning



Brian Abshire

North Coast Section 4A

November 14. Garin Regional Park, Hayward.
Boys Teams (Top 4 advance to NCS): 1 Northgate 51, 2 San Ramon 83, 3 Livermore 108, 4 Amador Valley 129, 5 El Cerrito 130, 6 Berkeley 136, 7 Granada 143, 8 Mission San Jose 161, 9 College Park 205, 10 Newark-Memorial 216, 11 Antioch 280, 12 Irvington 315. **Boys Individuals** (Top 7 advance to NCS): 1 Brian Abshire(DeAnza) 12:31.6, 2 Tim Berry (Ygnacio Vly) 12:36.7, 3 Rick Horne(Northgate)

12:54.9, 4 Leo Scott(SanRamon) 12:56.6, 5 Jim West (Livermore) 13:00.3, 6 Tom Cole(SanRamon) 13:01.1, 7 Chris Swaim (California) 13:01.7, 8 Tracy Walker(AmadorVly) 13:02.5, 9 Jim Gaffield(El Cerrito) 13:05.2, 10 John Victor(PinoleVly) 13:06.2. **Girls Teams** (Top 4 advance to NCS): 1 Berkeley 63, 2 California 68, 3 Granada 109, 4 Amador Valley 136, 5 Mission San Jose 141, 6 Newark-Memorial 171, 7 Concord 183, 8 Antioch 212, 9

continued....



They're off! The start of the girls' race in the LA City Cross Country Championships at Pierce College.
photo by Carlos R. Calderon

Ygnacio Valley 219, 10 San Ramon 223, 11 El Cerrito 264, 12 Irvington 268, 13 Pittsburg 348.
Girls Individuals (Top 7 advance to NCS): 1 Danise Rogers(Concord) 15:33.9, 2 Dana Whitney(Mission San Jose) 15:36.8, 3 Heather Watkins(Berkeley) 15:40.6, 4 Janice Bishop(Livermore) 15:46.1, 5 Becky Pierce(California) 15:46.8, 6 Cheryl Carswell(Newark-Memorial) 15:51.6, 7 Annette Battley(California) 16:06.2, 8 Kathy Daley(Granada) 16:07.8, 9 Margaret Green(Antioch) 16:13.8, 10 Suzie Ames(California) 16:17.4.

North Coast Section Meet of Champions

November 21. Heather Farms, Walnut Creek. 3 Miles, raining.

Boys Teams(First three teams advance to Northern California Championships):

- | | |
|-------------------------|-----|
| 1 Livermore | 92 |
| 2 San Ramon (Danville) | 102 |
| 3 Castro Valley | 117 |
| 4 De La Salle (Concord) | 122 |

- | | |
|-------------------------------|-----|
| 8 California (San Ramon) | 176 |
| 9 Marin Catholic (Kentfield) | 182 |
| 10 Granada (Livermore) | 234 |
| 11 Encinal (Alameda) | 241 |
| 12 Amador Valley (Pleasanton) | 273 |
| 13 Ft. Bragg | 310 |

Girls Individuals (102 finishers)(First six advance):

- | | |
|-----------------------------------|---------|
| 1 Wendy Sihner(Miramonte) | 17:38.6 |
| 2 Robyn MacSwain(Terra Linda) | 17:53.3 |
| 3 Laurie Hollingworth(Piner) | 18:02.8 |
| 4 Laura Starrett(Redwood) | 18:05.1 |
| 5 Lori Shanoff(Petaluma) | 18:08.9 |
| 6 Jill Ellingson(Hayward) | 18:27.3 |
| 7 Noreen DeBettencourt(Carond) | 18:28.8 |
| 8 Paige Tully(Alhambra) | 18:34.5 |
| 9 Heather Watkins(Berkeley) | 18:35.4 |
| 10 Missy Moore(Piedmont) | 18:36.4 |
| 11 Terrie Martin(Redwood) | 18:37.3 |
| 12 Suzie Ames(California) | 18:43.3 |
| 13 Dana Pyorre(Ft Bragg) | 18:48.6 |
| 14 Sue Banfield(Miramonte) | 18:53.6 |
| 15 Jennifer Thatcher(Encinal) | 18:56.0 |
| 16 Cathy DuBay(Piner) | 19:00.5 |
| 17 Kathy Daley(Granada) | 19:03.9 |
| 18 Dana Whitney(Mission San Jose) | 19:08.7 |
| 19 Val Knafelc(Carondelet) | 19:11.7 |
| 20 Colleen Strout(Carondelet) | 19:12.7 |
| 21 Doniece Johnson(Berkeley) | 19:13.5 |
| 22 Janice Bishop(Livermore) | 19:14.1 |

San Francisco Section

November 17. Golden Gate Park, San Francisco.

Boys Teams (One team and two individuals advance to the Northern California Championships):

- | | |
|----------------------------|-----|
| 1 Washington | 38 |
| 2 Lowell | 41 |
| 3 Lincoln | 85 |
| 4 Galileo | 127 |
| 5 McAteer | 127 |
| 6 O'Connell | 190 |
| 7 Mission | 229 |
| 8 Frank Sadler(Washington) | 279 |

Wilson, incomplete.

Boys Individuals:

- | | |
|------------------------------|-------|
| 1 Fady Malik(Lowell) | 17:52 |
| 2 Bob Richardson(Lowell) | 18:15 |
| 3 Tyrone Sanford(Washington) | 18:19 |
| 4 David Kirk(Lincoln) | 18:27 |
| 5 Frank Sadler(Washington) | 18:35 |

Girls Teams:

- | | |
|-----------|----|
| 1 Lowell | 25 |
| 2 Lincoln | 99 |

Central Coast Section, Region I

SOURCE: HOWARD WILLMAN, SAN JOSE MERCURY

November 19. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 3 advance to CCS finals): 1 Bellarmine 36, 2 Aragon 95, 3 South San Francisco 112, 4 Serra 140, 5 St. Ignatius 144, 6 San Mateo 164, 7 Half Moon Bay, 8 Westmoor 181, 9 Hillisdale 212, 10 Terra Nova 300, 11 Riordan 328, 12 Capuchino 339. **Boys Individuals** (top 8 advance to CCS): 1 Shawn Ayers(Bellarmine) 15:42, 2 Mitch Kristofferson(Aragon) 15:49, 3 Matt Giusto(San Mateo) 15:53, 4 Rod Sellard(Bellarmine) 15:54, 5 Marc Spadaro(Aragon) 15:55, 6 Rory O'Flaherty(Bellarmine) 15:57, 7 Al Rivas(Westmoor) 15:59, 8 Jose Gurreola(SoSanFran) 16:00, 9 Kelly Thompson(TerraNova) 16:03, 10 Eddie Paone (Bellarmine) 16:08. **Girls Teams** (Top 3 advance to CCS): 1 Mills 77, 2 San Mateo 80, 3 Sacred Heart 86, 4 Aragon 105, 5 Burlingame 112, 6 Half Moon Bay 128, 7 Westmoor 191, 8 Terra Nova 205, 9 Notre Dame-San Jose 231, 10 Castilleja 284, 11 South San Francisco 285,

(Saratoga) 19:13, 8 Kirsten Calegari(Sequoia) 19:16, 9 Cecilia Salime(Cupertino) 19:20, 10 Kelly Bungo(Milpitas) 19:23, 16 Maria King (Milpitas).

Central Coast Section, Region III

SOURCE: HOWARD WILLMAN, SAN JOSE MERCURY

November 18. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 5 advance to CCS): 1 Leigh 47, 2 Los Gatos 72, 3 Lick 88, 4 Gunderson 107, 5 Mt. Pleasant 152, 6 Willow Glen 168, 7 Silver Creek 177, 8 Leland 193, 9 Branham 224, 10 Overfelt 235, 11 Prospect 265, 12 Independence 274. **Boys Individuals** (Top 8 advance to CCS): 1 Gary Lewis(Gunderson) 15:10, 2 Steve Johnson(Leigh) 15:21, 3 Jimmy LaFuente(Mt. Pleasant) 15:30, 4 Robert Andersen (Santa Teresa) 15:31, 5 Frank Munoz (Lick) 15:37, 6 Roy Garcia(Leigh) 15:42, 7 Chris Craig(Leigh) 15:43, 8 Dave Bell(Leigh) 15:48, 9 Brian Bergstrom(LosGatos) 15:49, 10 Randy Pangalina(Lick) 15:49. **Girls Teams** (Top 5 advance to CCS): 1 Del Mar 61, 2 Willow Glen 75,

Ygnacio Valley 219, 10 San Ramon 223, 11 El Cerrito 264, 12 Irvington 268, 13 Pittsburg 348. **Girls Individuals** (Top 7 advance to NCS): 1 Danise Rogers(Concord) 15:33.9, 2 Dana Whitney(Mission San Jose) 15:36.8, 3 Heather Watkins(Berkeley) 15:40.6, 4 Janice Bishop(Livermore) 15:46.1, 5 Becky Pierce (California) 15:46.8, 6 Cheryl Carswell (Newark-Memorial) 15:51.6, 7 Annette Batley (California) 16:06.2, 8 Kathy Daley(Granada) 16:07.8, 9 Margaret Green(Antioch) 16:13.8, 10 Suzie Ames(California) 16:17.4.

North Coast Section Meet of Champions

November 21. Heather Farms, Walnut Creek. 3 Miles, raining.

Boys Teams(First three teams advance to Northern California Championships):

1	Livermore	92
2	San Ramon (Danville)	102
3	Castro Valley	117
4	De La Salle (Concord)	132
5	Northgate (Walnut Creek)	159
6	Fort Bragg	165
7	Terra Linda (San Rafael)	173
8	Redwood (Larkspur)	176
9	El Molino (Forestville)	186
10	Amador Valley (Pleasanton)	196
11	Miramonte (Orinda)	197
12	Acalanes (Lafayette)	219
13	Piner (Santa Rosa)	228

Boys Individuals(99 finishers)(First six individuals not on one of three top teams advance):

1	Brian Abshire(DeAnza)	15:19.1
2	Tim Berry(YgnacioVly)	15:19.3
3	Kyle Kessler(CastroVly)	15:20.5
4	Tom Cole(SanRamon)	15:39.4
5	Steve Bates(Fort Bragg)	15:43.7
6	Steve Mayberry(CastroVly)	15:45.6
7	John Morse(LasLomas)	15:46.5
8	Jim West(Livermore)	15:50.9
9	Leo Scott(SanRamon)	15:57.0
10	Marc Ziblat(ElMolino)	16:00.1
11	Ed Gallagher(TerraLinda)	16:03.8
12	Craig Wilson(Novato)	16:05.4
13	Sam Skinner(Redwood)	16:06.4
14	Dan McComb(DeLaSalle)	16:07.5
15	John Wilhelmy(Northgate)	16:08.5
16	Robert Gomez(St.Eliz)	16:09.5
17	Steve Ruegg(HeadRoyce)	16:10.8
18	John Mann(Redwood)	16:12.7
19	Tracy Walker(AmadorVly)	16:13.1
20	Sai D'Aquista(FtBragg)	16:14.1
21	Rick Horne(Northgate)	16:16.3
22	John Foley(Miramonte)	16:18.0
23	Mike Spencer(CastroVly)	16:20.1
24	Mike Lego(Livermore)	16:21.5
25	Mark Goralka(Livermore)	16:21.8
26	Steve Sparks(TerraLinda)	16:22.1
27	Mike Pigg(Arcata)	16:22.9
28	Doug McBeth(Piner)	16:23.4
29	Chris Swain(California)	16:23.8
30	Jay Garcia(DeLaSalle)	16:24.2

Girls Teams (First three teams advance):

1	Terra Linda(San Rafael)	99 (6th-41)
2	Carondelet(Concord)	99 (6th 44)
3	Redwood(Larkspur)	125
4	Piedmont	127
5	Berkeley	144
6	Miramonte (Orinda)	148
7	Piner (Santa Rosa)	174

8 California (San Ramon) 176
9 Marin Catholic (Kentfield) 182
10 Granada (Livermore) 234
11 Encinal (Alameda) 241
12 Amador Valley (Pleasanton) 273
13 Ft. Bragg 310
Girls Individuals (102 finishers)(First six advance):

1	Wendy Sihner(Miramonte)	17:38.6
2	Robyn MacSwain(TerraLinda)	17:53.3
3	Laurie Hollingworth(Piner)	18:02.8
4	Laura Starrett(Redwood)	18:05.1
5	Lori Shanoff(Petaluma)	18:08.9
6	Jill Ellingson(Hayward)	18:27.3
7	Noreen DeBettencourt(Carond)	18:28.8
8	Paige Tully(Alhambra)	18:34.5
9	Heather Watkins(Berkeley)	18:35.4
10	Missy Moore(Piedmont)	18:36.4
11	Terrie Martin(Redwood)	18:37.3
12	Suzie Ames(California)	18:43.3
13	Dana Pyorre(FtBragg)	18:48.6
14	Sue Banfield(Miramonte)	18:53.6
15	Jennifer Thatcher(Encinal)	18:56.0
16	Cathy DuBay(Piner)	19:00.5
17	Kathy Daley(Granada)	19:03.9
18	Dana Whitney(Mission SanJose)	19:08.7
19	Val Knafelc(Carondelet)	19:11.7
20	Colleen Strout(Carondelet)	19:12.7
21	Doniece Johnson(Berkeley)	19:13.5
22	Janice Bishop(Livermore)	19:14.1
23	Cheryl Carswell(Newark-Mem)	19:16.0
24	Marcy Holzgang(TerraLinda)	19:17.2
25	Nancy Reese(TerraLinda)	19:18.3
26	Becky Pierce(California)	19:22.4
27	Ann Bertucci(Petaluma)	19:23.0
28	Heather Ryan(Piedmont)	19:23.8
29	Annette Batley(California)	19:32.2
30	Mary Roach(Marin Catholic)	19:34.7

Qualifiers for Nor-Cal: Boys— Abshire, Berry, Bates, Morse, Ziblat, Gallagher. Girls—Sihner, Hollingworth, Shanoff, Ellingson, Tully, Watkins.

Oakland Section

November 18. Joaquin Miller Park, Oakland. Boys Teams (One team and two individuals advance to the Northern California Championships):

1	Skyline	22
2	Castlemont	44

Oakland, Tech, Fremont incomplete.

Boys Individuals (2.7 miles):

1	Charlie Cypher(Skyline)	14:08
2	Don Pluth(Skyline)	14:54
3	Armond LaNesse(Castlemont)	NT
4	Matt Anderson(Skyline)	15:01
5	Noah Hinkton(Tech)	15:03
6	Andy Rateavler(Skyline)	15:24
7	Charlie Williams(Castlemont)	15:34
8	Lovell Lacy(Castlemont)	15:57
9	Daren Richardson(Skyline)	16:01
10	Mike Leister(Skyline)	16:02

Girls Teams:

1	Skyline	20
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Other teams incomplete.

Girls Individuals (1.9 miles):

1	Jenny Ray(Oakland)	13:11
2	Christy Camp(Skyline)	13:32
3	Una Stoddard(Skyline)	13:47
4	Rachel Anderson(Skyline)	13:54
5	Ellen Visser(Skyline)	14:28
6	Julie Johnson(Skyline)	14:34
7	Julie Calandra(Skyline)	14:43
8	Heather Pieraldi(Skyline)	15:31
9	Sharon Wensel(Skyline)	15:39
10	Marcella Rensl(Skyline)	16:32

San Francisco Section

November 17. Golden Gate Park, San Francisco.

Boys Teams (One team and two individuals advance to the Northern California Championships):

1	Washington	38
2	Lowell	41
3	Lincoln	85
4	Galileo	127
5	McAteer	127
6	O'Connell	190
7	Mission	229
8	Balboa	279

Wilson, incomplete.

Boys Individuals:

1	Fady Malik(Lowell)	17:52
2	Bob Richardson(Lowell)	18:15
3	Tyrone Sanford(Washington)	18:19
4	David Kirk(Lincoln)	18:27
5	Frank Sadler(Washington)	18:35

Girls Teams:

1	Lowell	25
2	Lincoln	99
3	McAteer	142
4	Galileo	194

Balboa, Mission, Washington, Wilson and O'Connell incomplete.

Girls Individuals:

1	Elizabeth Brown(Lowell)	20:40
2	Patricia Brown(Lowell)	21:20
3	Stephanie Hornbeak(Galileo)	23:02
4	Mona Berbey(Lincoln)	23:35
5	Cindy Woo(Lowell)	23:30

LA City Section

SOURCE: CARLOS CALDERON NEWS PILOT, SAN PEDRO

December 12. Pierce College, Woodland Hills.

Boys Team Scores: 1 San Pedro 46, 2 Chatsworth 114, 3 El Camino Real 119, 4 University 122, 6 (tie) Banning and Roosevelt 126, 7 Granada Hills 146, 8 Narbonne 148, 9 LA Poly 155. **Boys Individuals:** 1 Cruz (No Hollywood) 15:03, 2 Dib(Poly) 15:05, 3 Garcia (Lincoln) 15:16, 4 Dietch(ElCaminoReal) 15:19, 5 Kearns(Taft) 15:24, 6 Jackson(Uni) 15:29, 7 Jauregui(Roosevelt) 15:30, 8 J. Barrow(San Pedro) 15:32, 9 Beltratin(SanFernando) 15:38, 10 Stroh(Granada Hills) 15:35, 11 Davis(Banning) 15:40, 12 Vasquez(SP) 15:42, 13 S. Barrow(SP) 15:44, 14 Willow(Chatsworth) 15:46, 15 Encinas(SP) 15:49, 16 Artesa(B) 15:53, 17 Hall(LA High) 15:58, 18 Morgah(SP) 15:59, 19 Falk(Chats) 16:01, 20 Carrillo(Jefferson) 16:07.

Girls Team Scores: 1 Palisades 56, 2 Chatsworth 73, 3 Kennedy 75, 4 Lincoln 89, 5 Granada Hills 93, 6 Manual Arts 157, 7 University 184, 8 South Gate 187, 9 San Pedro 263. **Girls Individuals:** 1 Walther(Chats) 12:27, 2 Dunsmuir(Pali) 12:43, 3 Lincoln(Monroe) 12:54, 4 Ojeda(Eagle Rock) 12:58, 5 Bresnan(Kennedy) 12:59, 6 Chavez(Lincoln) 13:05, 7 Castaneda (Pali) 13:12, 8 Escarciga(Banning) NT, 9 Alvear(B) 13:22, 10 Perez(L) 13:27.

Central Coast Section, Region I

SOURCE: HOWARD WILLMAN, SAN JOSE MERCURY

November 19. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 3 advance to CCS finals): 1 Bellarmine 36, 2 Aragon 95, 3 South San Francisco 112, 4 Serra 140, 5 St. Ignatius 144, 6 San Mateo 164, 7 Half Moon Bay, 8 Westmoor 181, 9 Hillsdale 212, 10 Terra Nova 300, 11 Riordan 328, 12 Capuchino 339. **Boys Individuals** (top 8 advance to CCS): 1 Shawn Ayers(Bellarmine) 15:42, 2 Mitch Kristofferson(Aragon) 15:49, 3 Matt Giusto(San Mateo) 15:53, 4 Rod Sellard(Bellarmine) 15:54, 5 Marc Spadaro(Aragon) 15:55, 6 Rory O'Flaherty (Bellarmine) 15:57, 7 Al Rivas(Westmoor) 15:59, 8 Jose Gurrola(SoSanFran) 16:00, 9 Kelly Thompson(TerraNova) 16:03, 10 Eddie Paone (Bellarmine) 16:08. **Girls Teams** (Top 3 advance to CCS): 1 Mills 77, 2 San Mateo 80, 3 Sacred Heart 86, 4 Aragon 105, 5 Burlingame 112, 6 Half Moon Bay 128, 7 Westmoor 191, 8 Terra Nova 205, 9 Notre Dame-San Jose 231, 10 Castilleja 284, 11 South San Francisco 285.

Girls Individuals (Top 7 advance to CCS): 1 Linda Van Housen(SacredHeart) 18:15, 2 Grethchen Nelson(San Mateo) 18:32, 3 Barbara Gaenslen(Mills) 18:46, 4 Karen McGough(Mills) 18:59, 5 Sharon Yaninek (Presentation) 19:32, 6 Cindy Pierce(Jefferson) 19:34, 7 Silvia Aguirre(Burlingame) 19:36, 8 Susie Nelson(San Mateo) 19:40, 9 Kris Best (Burlingame) 19:46, 10 Amy DeWitt(Aragon) 19:52.

Central Coast Section, Region II

SOURCE: HOWARD WILLMAN SAN JOSE MERCURY

November 19. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 4 advance to CCS): 1 Saratoga 45, 2 Monta Vista 105 (won tiebreaker of better third runner by 5 places), 3 Carmont 105, 4 Lynbrook 110, 5 Palo Alto 142, 6 Gunn 168, 7 Homestead 189, 8 Mountain View 196, 9 Menlo School 207, 10 Milpitas 212, 11 Sequoia 235, 12 Woodside 345. **Boys Individuals** (Top 9 advance to CCS): 1 Grant Foster(MontaVista) 15:09, 2 Scott Marconda (Menlo School) 15:34, 3 Mike Anderson (Carmont) 15:40, 4 Todd Fitcher(Lynbrook) 15:43, 5 Kent Iglehart(Gunn) 15:46, 6 Ron Gomez (Carmont) 15:52, 7 Eugene Tung(Saratoga) 15:56, 8 Aaron Gabriel(Saratoga) 15:58, 9 Mike Norcia (Saratoga) 16:03, 10 Doug Gollieher (Saratoga) 16:04. **Girls Teams** (Top 4 advance to CCS): 1 St. Francis 35 (team time of 96:21 breaks CCS record of 96:36 by St. Francis in DeAnza League finals, Oct. 10), 2 Gunn 101, 3 Cupertino 121, 4 Homestead 124, 5 Carmont 130, 6 Milpitas 139, 7 Saratoga 166, 8 Lynbrook 210, 9 Wilcox 224, 10 Palo Alto 238, 11 Los Altos 245, 12 Woodside 282, 13 San Carlos 336. **Girls Individuals** (Top 9 advance to CCS): 1 Esther Berndt(Gunn) 17:53, 2 Susan Brodie(St. Francis) 18:29, 3 Connie Buckler(Saratoga) 18:50, 4 Kim Himenes(St. Francis) 18:51, 5 Kathy Donofrio(St. Francis) 19:05, 6 Michelle Seck(Lynbrook) 19:10, 7 Kathleen Bonnet

(Saratoga) 19:13, 8 Kirsten Calegari(Sequoia) 19:16, 9 Cecilia Salime(Cupertino) 19:20, 10 Kelly Bungo(Milpitas) 19:23, 16 Maria King (Milpitas).

Central Coast Section, Region III

SOURCE: HOWARD WILLMAN SAN JOSE MERCURY

November 18. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 5 advance to CCS): 1 Leigh 47, 2 Los Gatos 72, 3 Lick 88, 4 Gundersen 107, 5 Mt. Pleasant 152, 6 Willow Glen 168, 7 Silver Creek 177, 8 Leland 193, 9 Branham 224, 10 Overfelt 235, 11 Prospect 265, 12 Independence 274. **Boys Individuals** (Top 8 advance to CCS): 1 Gary Lewis(Gundersen) 15:10, 2 Steve Johnson(Leigh) 15:21, 3 Jimmy LaFuente(Mt. Pleasant) 15:30, 4 Robert Andersen (Santa Teresa) 15:31, 5 Frank Munoz (Lick) 15:37, 6 Roy Garcia(Leigh) 15:42, 7 Chris Craig(Leigh) 15:43, 8 Dave Bell(Leigh) 15:48, 9 Brian Bergstrom(LosGatos) 15:49, 10 Randy Pangalina(Lick) 15:49. **Girls Teams** (Top 5 advance to CCS): 1 Del Mar 61, 2 Willow Glen 75, 3 Leland 90, 4 Mitty 94, 5 Leigh 135, 6 Lick 151, 7 Santa Teresa 181, 8 Live Oak 198, 9 Piedmont Hills 279, 10 Independence 290, 11 Yuba Buena 328, Los Gatos incomplete. **Girls Individuals** (Top 8 advance to CCS): 1 Judy Peters (Westmont) 18:55, 2 Marcy Estrada (Prospect) 19:02, 3 Jo Barry(Leigh) 19:07, 4 Krista Wendt(Leigh) 19:08, 5 Carla Halford (Leland) 19:15, 6 Barbara Keehner(Hill) 19:16, 7 Cory Schubert(Del Mar) 19:22, 8 Ruth Day(Willow Glen) 19:47, 9 Carol Conley(Los Gatos) 19:49, 10 Sunita Rao(Gundersen) 19:51.

Central Coast Section, Region IV

SOURCE: HOWARD WILLMAN SAN JOSE MERCURY

November 18. Crystal Springs, Belmont. 2.93 miles:

Boys Teams (Top 3 advance to CCS): 1 North Monterey County 87, 2 Harbor 106, 3 San Lorenzo Valley 177, 4 Hollister 182, 5 Santa Cruz 188, 6 Monterey 208, 7 Palma 215, 8 Watsonville 239, 9 Gilroy 252, 10 Soquel 271, 11 Pacific Grove 276, 12 Aptos 283, 13 Seaside 284, 14 Gonzales 300, 15 King City 321. **Boys Individuals** (Top 13 advance to CCS): 1 Chris Santos(Harbor) 15:51, 2 Efrain Martinez(Gonzales) 16:13, 3 Juan Serrano(NomontereyCo) 16:13, 4 Lance Dustin(Soquel) 16:17, 5 Mike Searson(NomontereyCo) 16:21, 6 Jim Deaver (Palma) 16:26, 7 Mike Rome(SanLorenzoVly) 16:33, 8 Gannon Myall(Harbor) 16:35, 9 Carlos Zarate(Carmel) 16:38, 10 Bob Persell (Monterey) 16:42. **Others qualifying to CCS:** 11 John Weaver(Aptos) 16:42, 12 Paul Espinola (Watsonville) 16:43, 13 Jim Scott(Harbor) 16:50. **Girls Teams** (Top 3 advance to CCS): 1 Soquel 80, 2 Santa Cruz, 3 Aptos 95, 4 Gilroy 96, 5 North Salinas 100, 6 Pacific Grove 101, 7 Seaside 125, 8 Santa Catalina 177, 9 Notre Dame 214, 10 San Lorenzo Valley 225. **Girls Individuals** (Top 7 advance to CCS): 1 Helen Muth(Soquel) 18:32, 2 Susan Radford(Seaside) 19:03, 3 Sandy McMahon(PacificGrove) 19:32, 4 Cindy Whitmer(Gilroy) 19:58, 5 Crista Prince(Pacific Grove) 20:00, 6 Danielle Howe

(Santa Cruz) 20:10, 7 Sue Eicher(Harbor) 20:23, 8 Yvonne DeGraw(Fremont Christian) 20:26, 9 Jenny Smith(Soquel) 20:30, 10 Diane Kilayama(Aptos) 20:47.

Central Coast Section

November 24. Crystal Springs, Belmont. 2.93 miles.

Boys Teams (First three teams advance to Nor-Cal):

1 Leigh (San Jose)	62
2 Los Gatos	80
3 Saratoga	89
4 Lick (San Jose)	103
5 Gunderson (San Jose)	150
6 Bellarmine (San Jose)	154
7 Aragon (San Mateo)	202
8 Monta Vista (Cupertino)	220
9 South San Francisco	257
10 Mt. Pleasant (San Jose)	263
11 Lynbrook (San Jose)	278
12 Carlmont (Belmont)	302
13 Monterey	310
14 Harbor (Santa Cruz)	321
15 San Lorenzo Valley	365

Boys Individuals (First six individuals not on one of the three top teams will advance):

1 Grant Foster(Monta Vista)	15:15.02
2 Gary Lewis(Gunderson)	15:16.63
3 Steve Johnson(Leigh)	15:31.83
4 Scott Marconda(Menlo)	15:33.65
5 Darryl Grimm(LosGatos)	15:34.62
6 Frank Munoz(Lick)	15:36.69
7 Roy Garcia(Leigh)	15:39.27
8 Robert Andersen(SantaTeresa)	15:46.49
9 Brian Bergstrom(LosGatos)	15:48.53
10 Randy Pangalina(Lick)	15:53.33
11 Dave Bell(Leigh)	15:53.97
12 Shawn Ayers(Bellarmine)	15:54.84
13 Todd Fitcher(Lynbrook)	15:55.69
14 Chris Craig(Leigh)	16:00.81
15 Eugene Tung(Saratoga)	16:02.26
16 Scott Martin(LosGatos)	16:05.54
17 Aaron Gabriel(Saratoga)	16:06.10
18 Doug Gollmer(Saratoga)	16:07.67
19 Chris Santos(Harbor)	16:08.33
20 Matt Giusto(SanMateo)	16:09.20
21 Marc Spadaro(Aragon)	16:09.57
22 Jose Gurrola(SouthSanFran)	16:10.07
23 Jim LaFuente(Mt. Pleasant)	16:12.40
24 Mike Norcia(Saratoga)	16:14.77
25 Bill Daley(Gunderson)	16:15.34
26 Orlando Biggs(Gunderson)	16:16.30
27 Jeff Hongo(Saratoga)	16:17.65
28 Ron Gomez(Carlmont)	16:18.07
29 Steve Krotoski(LosGatos)	16:19.55
30 Richard Diaz(Lick)	16:20.81

Girls Teams (First 3 teams advance):

1 St. Francis(MountainView)	62
2 Willow Glen(San Jose)	131
3 Gunn(Palo Alto)	151
4 Del Mar(San Jose)	153
5 Cupertino (tie)	159
6 Leland (San Jose) (tie)	159
7 Sacred Heart(Menlo Park)	169
8 Homestead(Cupertino)	170
9 Soquel	174
10 San Mateo	181
11 Mitty	254
12 Leigh (San Jose)	307
13 Santa Cruz	310
14 Aptos	324

Mills disqualified for different uniforms.
Girls Individuals (First 6 individuals not on

5 Central Valley	123
6 Yreka	127
7 Shasta	153
8 Lassen	158

Boys Individuals (3.0 miles):

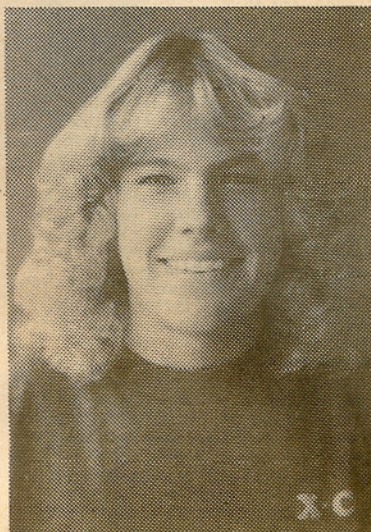
1 Don Merwin(Hayfork)	15:09.9
2 Jim Frey(Yreka)	15:18
3 Kevin Allison(Anderson)	15:20
4 Jeff Franklin(Yreka)	15:36
5 Herb Bladorn(Chico)	15:44
6 Brian Butterfield(Lassen)	15:49
7 Mike Weidlein(Anderson)	16:08
8 Scott Deadmond(Paradise)	16:19
9 Tom Davies(Paradise)	16:23
10 Dan Elven(Las Plumas)	16:29

Girls Teams:

1 Enterprise	54
2 Chico	67
3 Shasta	70
4 Lassen	75
5 Pleasant Valley	114
6 Red Bluff	126
7 Yreka	186

Girls Individuals (2.5 miles):

1 Danae Dunlap(Anderson)	15:30.3
2 Donna Martin(Enterprise)	15:31
3 Chris Mayle(Oroville)	15:41
4 Jennifer Korte(PleasantVly)	15:49
5 Kim Carter(Shasta)	15:49
6 Britt Fellner(Chico)	15:50
7 Kim Walker(Shasta)	15:55
8 Tammy Moore(Enterprise)	15:57
9 Becky Fretwell(Chico)	16:08
10 Dena Dixon(Lassen)	16:09



Lesley White

Southern Section Finals Mt. SAC

By DOUG SPECK

soph J. P. Hall (3rd-16:10) and Brian Green (4th-16:13) keyed the win. It was a classy close to what has not been a totally smooth season for Blair and his squad. Brentwood (116) nipped Fillmore (121) for second. Carpinteria's Tom Grewe got lost last week, but managed to stay on course this time to win easily in 15:39. Brentwood's fine junior, George Yuster, was second in 16:03.

1A Teams: La Salle(Pasadena) 65 (84:23), Brentwood 113 (85:52), Fillmore 121 (87:10), Morro Bay 126 (87:43), LA Baptist 144 (87:45), Maranatha 168 (88:51), Bishop 168 (87:40), Carpinteria 170 (87:13), Atascadero 178 (88:56), La Verne Lutheran 187 (89:34), 29 Palms 199 (89:45), Woodbridge (Irvine) 222 (90:26). **1A Individuals:** Grewe(Carpinteria) 15:39, Yuster(Brent) 16:03, Hall(LS) 16:10, Green(LS) 16:13, Mawhorter(LV Luth) 16:16, Baker(Bish) 16:22, Smith(Bish) 16:31, Paine(Carp) 16:42, Olson(Bapt) 16:45, Villalobos(Fillm) 16:45.

Women's 2A Division:

The big duel here was for the individual title, with Tania Fischer (Chaminade, Canoga Park) looking super in her Prelims heat in establishing a new course record of 17:29. Fischer would race her buddy, Vickie Cook (Alemany, Mission Hills), who cruised 17:39 in qualifying. Seemingly out for a road run together Vickie and Tania ran step for step for the first two miles, Fischer appearing to look just a touch better with her quick, pitter-patter rhythm alongside the gangly Cook. But everyone knew how it would end, Vickie would move ahead enough in the last mile to win narrowly. But not today, as Tania forged ahead on a stretch behind the hills after the two mile, hidden from the spectators. By the time the duo was back in sight coming over Reservoir Hill, Fischer had a wide twenty-five yard lead. She stretched that out quite a bit on down and into the finish to win 17:31-17:49. Cook was going for her fourth consecutive individual championship.

The San Andreas League strength spilled over into the Girl's division, as Victor Valley squeezed to a 93 (102:01) - 95 (101:59) win over Lompoc. The top six squads in this division all dropped times over a minute for a nice bit of peaking.

2A Teams: Victor Valley 93 (102:01), Lompoc 95 (101:59), Central (El Centro) 118 (103:41), Ontario 125 (104:09), Los Amigos (Garden Grove) 146 (104:36), Nordhoff 153 (105:35), Valencia 179 (107:27), Arroyo Grande 184 (107:09), Alemany (Mission Hills) 192 (105:52), Chaminade (Canoga Park) 208 (107:13), Rosemead 210 (109:22), Agoura 218 (109:44).

2A Individuals: Fischer(Cham) 17:31, Cook(Ale) 17:49, Kiernan(LA) 18:29, Brazel (Chino) 18:32, Buzza(Arroyo Grande) 18:59, Silva(Ale) 19:06, Torres(Basset) 19:11, Moreno (Montclair) 19:23, Rich(Lomp) 19:26, Unruhe(Nord) 19:30, Sowers(VV) 19:35, Garcia (Brawley) 19:37, Howard(Notre Dame, Riverside) 19:41, DeSantiago(Ontario) 19:43, Hahn (Lompoc) 19:47, Hyatt(Lompoc) 19:51, Manning(Louisville) 19:54.

Men's 2A Division:

The tightest division after the Prelims, with five teams within a minute and one-half, was turned into a rout with Barstow's most impressive performance of the entire day. Coach Don Braden's squad features four sophs in its top six, and the group dropped nearly two minutes (82:47-80:53) to easily win with 65 over Arroyo (El Monte) 103 (82:40) and Righetti (Santa Maria) 104 (83:27). The 1-2 team finish was the same as last year.

(83:27), Victor Valley 114 (83:48), Lompoc 135 (83:28), Alemany (Mission Hills) 146 (83:48), Montclair 177 (84:30), Nordhoff (Ojai) 178 (84:37), Ferris 202 (85:11), Coachella Valley 207 (85:34), Salesian (LA) 227 (86:30), Crespi (Encino) 270 (87:46). **2A Individuals:** Ortiz (Barstow) 15:24, Smith (Ferris) 15:38, Contreras (Indio) 15:41, Loud (Charter Oak) 15:43, Kelly (VV) 15:52, Swangler (Nordhoff) 15:55, Madrigal(Montclair) 15:57, Toro(Barstow) 16:00, Emmons(Righetti) 16:03, Carranza (Central) 16:08, Curry(Alem) 16:08, Aldana(Central) 16:09, Trissel(Righetti) 16:09, Casey(Righetti) 16:11, Rodriguez(Barstow) 16:12.

Women's 3A Division:

The addition of Laurie White to Mira Costa's squad for the Finals and illness for the San Marino group told the story here in the team race. Off and on since the middle of the season with injury, the 11:23.4m (3200) performer White, charged a 19:09 for ninth behind super frosh teammate Laura Cattavera (third 18:20) to assist the team to its 81 points and fine 97:48 time. San Marino held two of its top four out of the Prelims, and they were not able to come back far enough to make the difference. Walnut, led by super (and young) sister duo of April (soph-5th 18:48) and Rachel Acosta (frosh-8th 19:02), almost caught San Marino for second 97:99.

Leslie White(Sonora, La Habra) is able to come up with super performances in the Sectional Finals each year (5th-2nd-1st in the past), and she did it again here. She burned off Bishop Amat's Kathy Ebner during a torrid third mile to win easily 17:54-18:20.

3A Teams: Mira Costa(Manhattan Beach) 81 (97:48), San Marino 97 (99:16), Walnut 99 (98:50), Laguna Beach 118 (99:58), Bishop Montgomery(Torrance) 151 (101:06), Saugus 165 (102:09), Arlington(Riverside) 169 (102:03), Bishop Amat(La Puente) 172 (101:09), Nogales (La Puente) 194 (103:14), Moreno Valley 203 (103:19), Norco 233 (106:07), Rowland 258 (106:28). **3A Individuals:** White(Sonora) 17:54, Ebner(BA) 18:20, Cattavera(MC) 18:20, Felt(Mater Del) 18:29, A. Acosta(Walnut) 18:48, Booth(LB) 18:58, Ramirez(Rubidoux) 19:01, R. Acosta(Wain) 19:02, White(MC) 19:09, Cohenour(Ari) 19:11, Parkhurst(BM) 19:14, Maldonado(BA) 19:20, McClelland(SM) 19:36, Bradley(BM) 19:39, Williams(Nor) 19:39, Zamora(Nog) 19:41, Van Steenberg(SM) 19:43.

Men's 3A Division:

After last year's upset, Mater Del (Santa Ana) was ready—they could only really beat themselves by running poorly. Packing six into the first thirteen scoring places the Monarchs were easy winners with 37 (79:21) over come-through Montebello's 118 (82:13). Canyon of Canyon Country fell off a bit from the Prelims (81:02 to 82:12) for third at 130. This division will look similar next year as the top three squads return four, six, and six from their top seven.

Culver City's 9:25 3200 runner, Sean Nugent eased away from junior Tim Cammack (South Hills, Covina) and League rival Rick Dotson (Aviation, Manhattan Beach) 15:25-15:30-15:31 in the last mile. Having had to frequently race Friday duals before his Saturday Invitationals, Nugent was well rested for this race, as he recorded the fifth fastest time of the day.

3A Teams: Mater Del 37 (79:21), Montebello 118 (82:13), Canyon (Canyon Country) 130 (82:12), Norco 148 (82:17), Hawthorne 159 (83:21), Walnut 174 (83:32), La Canada 178 (83:44), Mission Viejo 182 (84:00), Mira Costa 188 (84:54), Saugus 189 (85:53), South Hills 220

Photo by Maurice Wilson



Polly Plumer

(Tust) 18:35, Escobosa(El Dorado, Placentia) 18:35, Murphy(ThousOaks) 18:41, DeVetis (Edison) 18:45, Armentout(Uni) 18:47, LaCrosse(CM) 18:51, Unger(FH) 18:53, Nourse (Uni) 18:59, Crabtree(FV) 19:03, Stachura(NP) 19:06, Meyers(FH) 19:09, Sauerwein(Uni) 19:12, Wolfe(CM) 19:13, Pringle(FV) 19:13, Melanich(Lin) 19:17

14 Chris Craig(Leigh)	16:00.01
15 Eugene Trug(Saratoga)	16:02.26
16 Scott Martin(LosGatos)	16:05.54
17 Aaron Gabriel(Saratoga)	16:06.10
18 Doug Gollher(Saratoga)	16:07.67
19 Chris Santos(Harbor)	16:08.33
20 Matt Giusto(SanMateo)	16:09.20
21 Marc Spadaro(Aragon)	16:09.57
22 Jose Gurrola(SouthSanFran)	16:10.07
23 Jim LaFuente(Mt. Pleasant)	16:12.40
24 Mike Norcia(Saratoga)	16:14.77
25 Bill Daley(Gunderson)	16:15.34
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27 Jeff Hongo(Saratoga)	16:17.65
28 Ron Gomez(Carlmont)	16:18.07
29 Steve Krotoski(LosGatos)	16:19.55
30 Richard Diaz(Lick)	16:20.81

Girls Teams (First 3 teams advance):

1 St. Francis(MountainView)	62
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3 Gunn(Palo Alto)	151
4 Del Mar(San Jose)	153
5 Cupertino (tie)	159
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8 Homestead(Cupertino)	170
9 Soquel	174
10 San Mateo	181
11 Mitty	254
12 Leigh (San Jose)	307
13 Santa Cruz	310
14 Aptos	324

Mills disqualified for different uniforms.

Girls Individuals (First 6 individuals not on one of the three top teams will advance):

1 Esther Berndt(Gunn)	17:54.04
2 Linda Van Housen(SacredHeart)	18:16.03
3 Susan Brodie(St. Francis)	18:22.59
4 Gretchen Nelson(SanMateo)	18:29.10
5 Helen Muth(Soquel)	18:33.92
6 Susan Radford(Seaside)	18:51.20
7 Connie Buckler(Saratoga)	18:53.46
8 Kim Himenes(St. Francis)	18:55.51
9 Barbara Keehner(Hill)	18:56.83
10 Judy Peters(Westmont)	18:58.39
11 Marcy Estrada(Prospect)	19:09.74
12 Mary Jo Barry(Leigh)	19:12.41
13 Sharon Yaninek(Presentation)	19:13.90
14 Kathy Donorfio(St. Francis)	19:15.82
15 Michelle Seck(Lynbrook)	19:21.43
16 Jeanette DeMoss(Leland)	19:25.54
17 Carol Conley(LosGatos)	19:26.47
18 Cecilia Saleme(Cupertino)	19:30.77
19 Cory Schubert(DelMar)	19:32.76
20 Kathleen Bonnet(Saratoga)	19:35.19
21 Sandy McMahan(PacificGrove)	19:38.22
22 Susie Nelson(SanMateo)	19:38.79
23 Sari Kelly(Cupertino)	19:46.43
24 Silvia Aguirre(Burlingame)	19:50.11
25 C. Whitmer(Gilroy)	19:53.32
26 Lanette Davis(DelMar)	19:53.88
27 Debbie Beste(WillowGlen)	19:54.54
28 Pierce(Jefferson)	19:56.42
29 Jenny Smith(Soquel)	19:58.50
30 Lynne Grass(St. Francis)	20:02.39

Note: Barbara Gaenslen, who finished 5th in 18:32.80, and Gabriel Zieschang, who was 24th in 19:45.47, were disqualified. All the members of the Mills team were disqualified for not wearing the identical proper team uniform.

Northern Section

Sources: Chuck Sheley (Chico) and Mal Van Meer (Chico)

November 7. Enterprise High School, Redding.

Boys Teams:

1 Paradise	66
2 Anderson	70
3 Red Bluff	89
4 Las Plumas	102



Lesley White

Southern Section Finals Mt. SAC

By DOUG SPECK

With its usual large number of top individuals and teams the Southern Section came to Mt. SAC for its Prelims (November 14) and Finals (November 21) competitions. The combination of challenging course, good weather, and a pretty good course for spectators teamed up to make a couple of good days of cross country action. There were no real shockers in the upset department, either individually or team-wise, with the 2A Men's team race, and Girl's 2A and 4A individual efforts perhaps the most interesting to look forward to watching in the Finals. Five 2A Men's squads were within about a minute after the Prelims, Vickie Cook and Tania Fischer would tangle in 2A action, and a rejuvenated Polly Plumer would face Theresa Barrios and Denise Ball in the 4A.

Women's 1A Division:

There were no surprises here, as Sacred Heart of Los Angeles, under Coach Greg Ryan, avoided last year's nightmare which had them finish third after being favored, by winning easily here. Their 55 points (103:15 team time for top five) was easily better than Paso Robles 79 (107:23). Lori Lopez led her teammates to their team title by defending her individual title. Her margin of victory was nearly a minute at 18:00 to 18:53 for Kathy McMillion (LA Baptist).

1A Teams: Sacred Heart(LA) 55 (103:15), Paso Robles 79 (107:23), Atascadero 98 (107:55), Sherman Indian (Riverside) 106 (108:46), Bishop 109 (109:10), LA-Baptist (Sepulveda) 118 (108:44), Maranatha 142 (111:26), Pasadena Poly 162 (122:27). **1A Individuals:** Lopez(SH) 18:00, McMillion(LAB) 18:53, Kutner(PP) 19:21, Vasquez(SH) 20:33, Setalla (SI) 20:35, Thompson(Ata) 20:38, Olsen(PP) 20:41, Barger(PR) 20:58, Bonatti(Ata) 21:00, Kolbe(Bish) 21:10.

Men's 1A Division:

Favored Sherman Indian (Riverside) was disqualified from participation in the Finals after having the top team time in the Prelims by over a minute due to the use of a fifth year runner. Coach Don Blair's La Salle Lancers took advantage of the situation by dropping their team time a nice two minutes from prelims to finals to take the title easily. Super

squeezed to a 93 (102:01) - 95 (101:59) win over Lompoc. The top six squads in this division all dropped times over a minute for a nice bit of peaking.

2A Teams: Victor Valley 93 (102:01), Lompoc 95 (101:59), Central (El Centro) 118 (103:41), Ontario 125 (104:09), Los Amigos (Garden Grove) 146 (104:36), Nordhoff 153 (105:35), Valencia 179 (107:27), Arroyo Grande 184 (107:09), Alemany (Mission Hills) 192 (105:52), Chamlnade (Canoga Park) 208 (107:13), Rosemead 210 (109:22), Agoura 218 (109:44).

2A Individuals: Fischer(Cham) 17:31, Cook(Ale) 17:49, Kiernan(LA) 18:29, Brazel (Chino) 18:32, Buzza(Arroyo Grande) 18:59, Silva(Ale) 19:06, Torres(Basset) 19:11, Moreno (Montclair) 19:23, Rich(Lomp) 19:26, Unruhe(Nord) 19:30, Sowers(VV) 19:35, Garcia (Brawley) 19:37, Howard(Notre Dame, Riverside) 19:41, DeSantiago(Ontario) 19:43, Hahn (Lompoc) 19:47, Hyatt(Lompoc) 19:51, Manning(Louisville) 19:54.

Men's 2A Division:

The tightest division after the Prelims, with five teams within a minute and one-half, was turned into a rout with Barstow's most impressive performance of the entire day. Coach Don Braden's squad features four sophs in its top six, and the group dropped nearly two minutes (82:47-80:53) to easily win with 65 over Arroyo (El Monte) 103 (82:40) and Righetti (Santa Maria) 104 (83:27). The 1-2 team finish was the same as last year.



photo by Maurice Wilson

Denise Ball

Barstow's super soph, Jim Ortiz, raced to a comfortable 15:24 win (fastest ever soph time at Mt. SAC?). Mark Smith of Perris (15:38) edged Jesus Contreras (Indio) and David Loud (Charter Oak, Covina Junior at 15:41 and 15:43 for second.

2A Teams: Barstow 65 (80:53), Arroyo (El Monte) 103 (82:40), Righetti (Santa Maria) 104

Felt(Mater Dei) 16:29, A. Acosta(Walnut) 16:48, Booth(LB) 18:58, Ramirez(Rubidoux) 19:01, R. Acosta(Wain) 19:02, White(MC) 19:09, Cohenour(Arl) 19:11, Parkhurst(BM) 19:14, Maldonado(BA) 19:20, McClelland(SM) 19:36, Bradley(BM) 19:39, Williams(Nor) 19:39, Zamora(Nog) 19:41, Van Steenberg(SM) 19:43.

Men's 3A Division:

After last year's upset, Mater Dei (Santa Ana) was ready—they could only really beat themselves by running poorly. Packing six into the first thirteen scoring places the Monarchs were easy winners with 37 (79:21) over come-through Montebello's 118 (82:13). Canyon of Canyon Country fell off a bit from the Prelims (81:02 to 82:12) for third at 130. This division will look similar next year as the top three squads return four, six, and six from their top seven.

Culver City's 9:25 3200 runner, Sean Nugent eased away from junior Tim Cammack (South Hills, Covina) and League rival Rick Dotson (Aviation, Manhattan Beach) 15:25-15:30-15:31 in the last mile. Having had to frequently race Friday duals before his Saturday Invitationals, Nugent was well rested for this race, as he recorded the fifth fastest time of the day.

3A Teams: Mater Dei 37 (79:21), Montebello 118 (82:13), Canyon (Canyon Country) 130 (82:12), Norco 148 (82:17), Hawthorne 159 (83:21), Walnut 174 (83:32), La Canada 178 (83:44), Mission Viejo 182 (84:00), Mira Costa 186 (83:54), Saugus 192 (83:57), South Hills 239 (84:58), Dana Hills 240 (85:01). **3A Individuals:** Nugent(Culver City) 15:25, Cammack(SH) 15:30, Dotson(Aviation, Manhattan Beach), Strehlow(Norco) 15:34, McCormack(Norco) 15:35, Nelson(MD) 15:43, Arriola(Gahr, Cerritos) 15:46, Cahill(Saugus) 15:48, Planta(MD) 15:50, Eddy(15:50), Arsenal(MD) 15:54, DeSota(Cany) 15:57, Sousa(Wilson, Hacienda Hts) 16:00, Brasley(Mont) 16:01, Watson(Cany) 16:03, Martinez(MD) 16:04, McMaster(MD) 16:11, Storie(Hawth) 16:13, Vidrio(Mont) 16:16, Curry(LC) 16:16.

Women's 4A Division:

With the team battle a foregone conclusion unless all of University of Irvine's girls got knocked down the individual race was the feature here. University's Theresa Barrios and Polly Plumer, and Newbury Park's Denise Ball seemed to be the main combatants. Polly (17:51) eased in behind Theresa (17:43) in their 1-2 Prelim finish, while Ball won her race the previous week in 17:57. The Finals race was not that complicated. The trio pulled away from the pack after a mile, and it seemed as if Ball and Barrios planned to move during the hilly three-quarter mile switchback loop. Plumer fell back a bit, but as the trio moved towards two miles at "poop-out" hill the defending champ moved past the fatigued Ball and Barrios and raced easily away to victory. Polly seemed to take out the frustrations of a season with few, if any, all-out efforts due to injury and a comfortable return in her 17:27 course record.

University's fifth scorer was 17th as the Trojans scored 41 (92:28). Their team time of 18:29 per runner is pretty good—they would average somewhere between 17:25 and 17:45 through five on a flat course. Back a ways, Century League rivals Foothill(Santa Ana) 97 (96:41) and Tustin 115 (97:20) battled for second. It is too bad they only give two team awards in a division, since the top four to six squads in this division are positively frightening.

4A Teams: University(Irvine) 41 (92:28), Foothill(Santa Ana) 97 (96:41), Tustin 115 (97:20), Costa Mesa 121 (97:43), Newbury Park



Polly Plumer

(Tust) 18:35, Escobosa(El Dorado, Placentia) 18:35, Murphy(ThousOaks) 18:41, DeVetis (Edison) 18:45, Armentout(Uni) 18:47, LaCrosse(CM) 18:51, Unger(FH) 18:53, Nourse (Uni) 18:59, Crabtree(FV) 19:03, Stachura(NP) 19:06, Meyers(FH) 19:09, Sauerwein(Uni) 19:12, Wolfe(CM) 19:13, Pringle(FV) 19:13, McLaughlin(Uni) 19:17.

Men's 4A Division:

Consistently rising to the challenge during the year when it had to, Coach Keith Gilliland and Jay Rubinos' Crescenta Valley Falcons were big winners here. A vastly improved squad, the Falcons 84 points (79:25) were paced by the individual winner Jeff Holyfield. A 4:28-9:41 distance runner last spring, Holyfield charged to a 15:00 clocking here—worth about 9:00 for two on the track. Jeff raced easily past slightly favored Eric Reynolds of Camarillo on the downhill portion of the Switchback loop and was a big winner. Reynolds was slowed by illness. Tustin's Mike Parker won the torrid battle for second with a 15:22. Thousand Oaks, a school only barely in the Finals when a scoring error was discovered after the Prelims, shocked about as much as its win of last year in racing to a balanced second place effort here at 125 (81:13). Close in third was El Toro 127 (81:03), fourth Fountain Valley 132 (80:57), and fifth an impressive performance by Santa Barbara with 134 (81:01).

4A Teams: Crescenta Valley (La Crescenta) 84 (79:25), Thousand Oaks 125 (81:13), El Toro 127 (81:03), Fountain Valley 132 (80:57), Santa Barbara 134 (81:01), University(Irvine) 140 (81:29), Villa Park 149 (81:25), Newbury Park 170 (81:56), El Dorado(Placentia) 187 (82:43), Camarillo 197 (82:52), Foothill(Santa Ana) 204 (82:41), Palos Verdes 237 (83:24). **4A Individuals:** Holyfield(CV) 15:00, Parker(Tustin) 15:22, Delgado(SantaBarbara) 15:23, Harris (Eisenhower, Rialto) 15:27, Howard(Costa Mesa) 15:28, Erickson(FV) 15:29, Reynolds (Cam) 15:32, Junkerman(LosAlamitos) 15:37, Feters(Upland) 15:38, Gutierrez(Pasadena) 15:38, Quinonez(HuntBeach) 15:39, Rice(NP) 15:42, Hesselvik(Uni) 15:44, Mosher(FV) 15:45, Farien(El Toro) 15:48, Jung(CV) 15:51, Hatch (TO) 15:53, Green(VP) 15:53, Williams(FH) 15:54, Warn(ET) 15:55.

continued....

Central Section North Area

November 13. Woodward Park, Fresno.

Top 3 schools and top 15 individuals advance to Central Section. **Boys Teams:** 1 Clovis 44, 2 Madera 68, 3 Hoover 77, 4 Fresno 83, 5 Clovis West 165, 6 McLane 184, 7 Firebaugh 188, 8 Roosevelt 189, 9 Tranquillity 207, 10 Sierra 238. **Boys Individuals:** 1 David Perez (Roosevelt) 14:49, 2 Dean Walker(Hoover) 14:59, 3 Leroy Rivera(Clovis) 15:08, 4 James Thompson(Clovis) 15:12, 5 Gabe Torres (Clovis) 15:17, 6 Scott Durham(Fresno) 15:18, 7 Jose Caballero(Madera) 15:23, 8 Ernie Garcia(Fresno) 15:26, 9 Doug Hales (Hoover) 15:27, 10 Amado Carranza(Madera) 15:29, 11 William Villanueva(Madera) 15:34, 12 Todd Harris(Hoover) 15:36, 13 Tony Lopez(Tranquillity) 15:38, 14 Richard Freeman(Clovis West) 15:40, 15 Ron Brown(Clovis) 15:47. **Girls Teams:** 1 Clovis 21, 2 Bullard 44, 3 Fresno 71, 4 Clovis West 111, 5 Sierra 135. **Girls Individuals:** 1 Terry Guajardo(Clovis frosh) 11:58, 2 Stacy Shaw(McLane) 12:07, 3 Brenda Wilcox(Clovis) 12:12, 4 Rosemary Alcaez (McLane) 12:16, 5 Linda Hook(Bullard) 12:30, 6 Kathy Steebles(Clovis) 12:40, 7 Christine Nielsen(Bullard) 12:42, 8 Lisa Lewis(Clovis) 12:43, 9 Silvia Santistevan(Roosevelt) 12:47, 10 Heidi Becker(Fresno) 12:50, 11 Jill Welton(Hoover) 12:56, 12 Margaret Adames (Madera) 12:57, 13 Latresse Johnson(Clovis) 12:58, 14 Salli Orme(San Joaquin Memorial) 12:59, 15 Lyda Norsworthy(Bullard) 13:00.

Central Section Central Area

SOURCE: FRESNO BEE

December 13. Hickey Park, Hanford.

Boys Teams (Top 3 advance to Central Section): 1 Sanger 63, 2 Redwood 80, 3 Parlier 98, 4 Corcoran 100, 5 Mt. Whitney 122, 6 Hanford 164, 7 Golden West 176, 8 Tulare Union 177, 9 Lemoore 215, 10 Reedley 281, 11 Exeter 287, 12 Tulare Western 322. **Boys Individuals** (Top 15 advance): 1 Roy Vinton(Sanger) 14:50, 2 Jesse Valdez(Corcoran) 15:18, 3 Martin Leal (Sanger) 15:23, 4 Ray Gomez(Redwood) 15:33, 5 Alex Gallegos(Tulare Western) 15:33, 6 Pete Nunez (Golden West) 15:37, 7 John Velasquez (Mt. Whitney) 15:47, 8 Brett Pugh(Tulare) 15:53, 9 Mike Groenvelde(Hanford) 15:57, 10 Rick Bonnell(Sanger) 16:01, 11 Ray Cardenas (Parlier) 16:03, 12 Sam Garcia(Redwood) 16:04, 13 Jesse Aguilar(Parlier) 16:05, 14 Tom White (Hanford) 16:05, 15 Mike Bragg(Redwood) 16:06. **Girls Teams:** 1 Redwood 46, 2 Lemoore

56, 3 Mt. Whitney 66, 4 Sanger 98, 5 Immanuel and Exeter 136. **Girls Individuals:** 1 Cynthia Rogers(Mt. Whitney) 11:20, 2 Theresa Mayfield(Lemoore) 11:58, 3 Lupe Rodriguez (Sanger) 12:02, 4 Cindy Jungwerth(Redwood) 12:06, 5 Yolanda Martinez(Reedley) 12:12, 6 Jill Canales(Tulare Western) 12:20, 7 Chris Martinez(Redwood) 12:22, 8 Shannon Battles (Tulare Union) 12:29, 9 Sarah Streeter(Redwood) 12:29, 10 Michelle Bailey(Exeter) 12:30, 11 Lori Cook(GoldenWest) 12:31, 12 Till Matos (Lemoore) 12:31, 13 Ann Rodriguez (Coalinga) 12:35, 14 Glen Kennelley(Mt. Whitney) 12:36, 15 Lucy Ayena(GoldenWest) 12:41.

Central Section

November 20. Avocado Lake.

Boys Teams (Top 2 advance to Nor-Cal):

1 Clovis	60
2 Madera	63
3 Sanger	96
4 Porterville	112
5 Hoover	117
6 West	126
7 Redwood	142
8 South	186
9 Parlier	196

Boys Individuals:

1 Roy Vinton(Sanger)	14:45.1
2 Jim Pettis(Porterville)	14:46.0
3 David Perez(Roosevelt)	14:50.2
4 Escobar(Shafter)	15:03.7
5 Valdez(Corcoran)	15:11.4
6 Lopez(East)	15:13.1
7 Rivers(Clovis)	15:13.4
8 Caballero(Madera)	15:16.7
9 Freeman(ClovisWest)	15:19.5
10 Bayless(Foothill)	15:21.4
11 Leal(Sanger)	15:23.5
12 Bernal(Sanger)	15:24.6
13 Garcia(Fresno)	15:24.9
14 Thompson(Clovis)	15:25.8
15 Durham(Fresno)	15:26.3
16 Pugh(Tulare)	15:26.7
17 Torres(Clovis)	15:28.3
18 Carranza(Madera)	15:29.0
19 Fleischer(West)	15:31.2
20 Gomez(Redwood)	15:32.1

Girls Teams:

1 Clovis	59
2 West	78
3 Bullard	107
4 Lemoore	111
5 North	124
6 Redwood	124
7 Mt. Whitney	131
8 Fresno	189
9 Bakersfield	190

Girls Individuals:

1 Cynthia Rogers(Mt. Whitney)	11:31
2 Stacy Chavez(West)	11:47.6
3 Hocke(Bullard)	11:52.0

4 Mayfield(Lemoore)	11:53.8
5 Terry Guajardo(Clovis frosh)	11:56.3
6 Alcaez(McLane)	11:57.3
7 L. Rodriguez(Sanger)	12:00.9
8 Kingsbury(West)	12:08.3
9 Ash(North)	12:10.8
10 Langer(Bakersfield)	12:14.6
11 Neilsen(Bullard)	12:15.7
12 Kathy Steebles(Clovis)	12:16.6
13 Brenda Wilcox(Clovis)	12:18.2
14 Soto(McFarland)	12:19.2
15 A. Rodriguez(Coalinga)	12:20.0
16 Shaw(McLane)	12:21.5
17 Lisa Lewis(Clovis)	12:21.9
18 Beites(Tulare)	12:23.8
19 Canales(TulareWestern)	12:25.0
20 McGuinness(North)	12:25.4

Sac-Joaquin Section

November 11. Sierra College, Rocklin.

Boys Teams:

1 Bella Vista	61
2 South Tahoe	82
3 Jesuit	121
4 Vacaville	128
5 El Dorado	133
6 Woodland	157
7 Cordova	162
8 Stagg	198
9 Modesto	228
10 Lincoln	230
11 Mira Loma	232
12 Davis	248

Boys Individuals (3 miles):

1 Harold Kuphaldt(Bella Vista)	15:12
2 John Hansen(EI Dorado)	15:17
3 Wayne Bratten(Vacaville)	15:20
4 Mike Lee(Bella Vista)	15:29
5 Bill Curry(Chris Bros)	15:35
6 Mike Larsen(Del Campo)	15:49
7 Flamm(La Sierra)	15:56
8 Llewelyn(Colfax)	15:58
9 Rinde(Casa Roble)	16:00
10 Mieras(South Tahoe)	16:01.

Girls Teams:

1 Del Oro	61
2 El Dorado	83
3 Del Campo	89
4 Merced	117
5 Vacaville	150
6 Woodland	193
7 South Tahoe	197
8 Lincoln	200
9 Davis	210
10 Elk Grove	216
11 El Camino	218
12 Stagg	230

Girls Individuals:

1 Joni Mooney(Vacaville)	18:00
2 Liz McDowell(Del Oro)	18:09

3 Pinkner(Davis)	18:22
4 Self (Del Campo)	18:39
5 Stacey McAfee(Del Oro)	18:42
6 Darlene Davis(Cordova)	18:43
7 Foster (El Dorado)	18:58
8 Jessica Van Leeuwen(Elk Grove)	19:07
9 Van Horn(Kennedy)	19:13
10 Tirapelli(Clovis)	19:18

Note: Three teams and six individuals advance to the Northern California Championships.

San Diego Section Prelims

November 20.

Girls (2.27 miles)—3A Heat One: 1 Diane Eckstein(Valhalla) 13:54.0, 2 Tanner(Vista) 14:04, 3 Blakeslee(Vista) 14:10, 4 Esquibel(Valhalla) 14:22, 5 Francis(Poway) 14:59. **Team:** 1 Valhalla 27, 2 Vista 36, 3 Mira Mesa 70, Madison 113. **3A Heat Two:** 1 Shell Lachel(Monte Vista) 13:22, 2 Mara Lazdans(Fallbrook) 13:39, 3 Beth Warren (Monte Vista) 14:16, 4 Denise Dibos(Helix) 14:37, 5 Monique(Mt. Carmel) 14:54. **Team:** 1 Monte Vista 43, 2 Mount Carmel 53, 3 Fallbrook 73, 4 Helix 74. **2A Heat One:** 1 Sally Moyer(Serra) 14:05.7, 2 Devers(Sweetwater) 14:12.6, 3 Atzet(Torrey Pines) 14:15, 4 Cuevas (Sweetwater) 14:17, 5 Mo Winner(Torrey Pines) 14:28.6. **Team:** 1 Torrey Pines 33, 2 Sweetwater 46, 3 Serra 64, 4 El Capitan 87. **2A Heat Two:** 1 Burrows(Bonita Vista) 14:32.8, 2 Smith (San Pasqual) 14:49.9, 3 Rady(San Pasqual) 15:06.6, 4 Green(Orange Glen) 15:14.4, 5 Hanks(Vista) 15:15.9. **Team:** 1 San Pasqual 30, 2 Bonita Vista 36, 3 Hilltop 70, 4 Orange Glen 83. **1A Heat One:** 1 Kim Sterton(Coronado) 14:17.9, 2 Levy(Coronado) 14:37.9, 3 Gueverra (Chula Vista) 14:46.9, 4 Brookes(Coronado) 14:56.3, 5 Markland(MB) 15:05.2. **Team:** 1 Coronado 37, 2 La Jolla 46, 3 Chula Vista 85, 4 University City 114. **1A Heat Two:** 1 Christ (Carlsbad) 14:27, 2 Carter(Southwest) 14:41, 3 Chamberlain(San Marcos) 15:01.2, 4 McElhanah(Clairemont) 15:03.4, 5 Carrillo (University) 15:05.3. **Team:** 1 Ramona 33, 2 El Camino 73, 3 La Jolla 78, 4 Southwest 119. **Boys (5,000 meters)—3A Heat One:** 1 Martin Sandoval(Monte Vista) 16:05, 2 Chris Jones(Vista) 16:18, 3 Shelline(Monte Vista) 16:41, 4 Jamieson(Henry) 16:46, 5 Teaze (Henry) 16:52. **Team:** 1 Monte Vista 48, 2 Valhalla 50, 3 Henry 98, 4 Vista 116. **3A Heat Two:** 1 Weston(Mt. Miguel) 16:36, 2 Farmer (Mt. Miguel) 16:37, 3 Landfear(Orange Glen) 16:40, 4 Ruiz (OG) 16:42, 5 Cantari (Grossmont) 16:50. **Team:** 1 Santana 43, 2 Mira Mesa 66, 3 Orange Glen 78, 4 Poway 112, 5 Helix-no score. **2A**

Heat One: 1 Manuel(Kearny) 16:21.3, 2 Guarino(Mar Vista) 16:23, 3 Clayton(MV) 16:23.3, 4 Strons(Torrey Pines) 16:40.9, 5 Courter (Bonita Vista) 16:46.7. **Team:** 1 Bonita Vista 62, 2 Torrey Pines 63, 3 Escondido 74, 4 El Capitan 87. **2A Heat Two:** 1 Richardson (ElCap) 16:24, 2 Goodate(Fallbrook) 16:36, 3 Mejia(Mont) 16:42, 4 Beck(Hilltop) 16:44, 5 Rad(Serra) 16:50. **Team:** 1 Hilltop 43, 2 Serra 59, 3 El Capitan 93, 4 San Pasqual 96. **1A Heat One:** 1 Marsh(La Jolla Country Day) 16:41.4, 2 Jose Vega(Chula Vista) 16:42.0, 3 Vasquez (St. Augustine) 16:55.3, 4 Greer(SA) 16:57.8, 5 Johnson (San Marcos) 17:03.2. **Team:** 1 St. Augustine 44, 2 San Marcos 66, 3 La Jolla Country Day 82, 4 Chula Vista 87. **1A Heat Two:** 1 Green(La Jolla) 16:21.4, 2 Bill Konieg (Ramona) 16:47.1, 3 Balkon(Ramona) 17:06.3, 4 Romett(Castle Park) 17:14.6, 5 Fritz (Ramona) 17:16.9. **Team:** 1 Ramona 33, 2 El Camino 73, 3 La Jolla 78, 4 Southwest 119.

SOURCE: SAN DIEGO UNION

San Diego Section

SOURCE: DENNIS MCCLANAHAN

November 25. Morley Field, San Diego.

5K/Boys. 3K/Girls.

Boys 3A Teams:

1 Santana	57
2 Valhalla	59
3 Mira Mesa	85
4 Monte Vista	92
5 Orange Glen	143

Boys 3A Individuals:

1 Dave Ivy(Santana)	15:43
2 Aaron Ruud(Valhalla)	15:45
3 Dave Oulette(Mira Mesa)	15:48
4 Martin Sandoval(Monte Vista)	15:58
5 Chris Jones(Vista)	16:05
6 John Galvan(Valhalla)	16:06
7 David Nawakowski(Mira Mesa)	16:08
8 Todd Hemingway(Santana)	16:08
9 Filipe(Orange Glen)	16:15
10 Tom Eason(Santana)	16:18

Boys 2A Teams:

1 Hilltop	54
2 Mar Vista	67
3 Bonita Vista	68
4 Serra	97
5 Torrey Pines	114

Boys 2A Individuals:

1 Matt Clayton(Mar Vista)	16:02
2 Wald(Mission Bay)	16:13
3 Manual(Kearny)	16:14
4 Guarion(Mar Vista)	16:19
5 Mejia(Montgomery)	16:22
6 Roe(Serra)	16:25
7 Courter(Bonita Vista)	16:26
8 A.J. Zampardo(Hilltop)	16:29

Jack's Athletic Supply

VISALIA RUNNERS

December 13: Hickey Park, Hanford.
Boys Teams (Top 3 advance to Central Section): 1 Sanger 63, 2 Redwood 80, 3 Parlier 98, 4 Corcoran 100, 5 Mt. Whitney 122, 6 Hanford 164, 7 Golden West 176, 8 Tulare Union 177, 9 Lemoore 215, 10 Reedley 281, 11 Exeter 287, 12 Tulare Western 322. **Boys Individuals** (Top 15 advance): 1 Roy Vinton(Sanger) 14:50, 2 Jesse Valdez(Corcoran) 15:18, 3 Martin Leal(Sanger) 15:23, 4 Ray Gomez(Redwood) 15:33, 5 Alex Gallegos(Tulare Western) 15:33, 6 Pete Nunez (Golden West) 15:37, 7 John Velasquez (Mt. Whitney) 15:47, 8 Brett Pugh(Tulare) 15:53, 9 Mike Groenveld(Hanford) 15:57, 10 Rick Bonnell(Sanger) 16:01, 11 Ray Cardenas (Parlier) 16:03, 12 Sam Garcia(Redwood) 16:04, 13 Jesse Aguilar(Parlier) 16:05, 14 Tom White (Hanford) 16:05, 15 Mike Bragg(Redwood) 16:06. **Girls Teams:** 1 Redwood 46, 2 Lemoore

16 Pugh(Tulare) 15:26.7
 17 Torres(Clovis) 15:28.3
 18 Carranza(Madera) 15:29.0
 19 Fleischer(West) 15:31.2
 20 Gomez(Redwood) 15:32.1
Girls Teams:
 1 Clovis 59
 2 West 78
 3 Bullard 107
 4 Lemoore 111
 5 North 124
 6 Redwood 124
 7 Mt. Whitney 131
 8 Fresno 189
 9 Bakersfield 190
Girls Individuals:
 1 Cynthia Rogers(MtWhitney) 11:31
 2 Stacy Chavez(West) 11:47.6
 3 Hocke(Bullard) 11:52.0

8 Llewelyn(Colfax) 15:58
 9 Rinde(Casa Roble) 16:00
 10 Mieras(SouthTahoe) 16:01
Girls Teams:
 1 Del Oro 61
 2 El Dorado 83
 3 Del Campo 89
 4 Merced 117
 5 Vacaville 150
 6 Woodland 193
 7 South Tahoe 197
 8 Lincoln 200
 9 Davis 210
 10 Elk Grove 216
 11 El Camino 218
 12 Stagg 230
Girls Individuals:
 1 Joni Mooney(Vacaville) 18:00
 2 Liz McDowell(DelOro) 18:09

14:56.3, 5 Markland(MB) 15:05.2. **Team:** 1 Coronado 37, 2 La Jolla 46, 3 Chula Vista 85, 4 University City 114. **1A Heat Two:** 1 Christ (Carlsbad) 14:27, 2 Carter(Southwest) 14:41, 3 Chamberlain(San Marcos) 15:01.2, 4 McElhanah(Clairemont) 15:03.4, 5 Carillo (University) 15:05.3. **Team:** 1 Ramona 33, 2 El Camino 73, 3 La Jolla 78, 4 Southwest 119.
Boys (5,000 meters)—3A Heat One: 1 Martin Sandoval(Monte Vista) 16:05, 2 Chris Jones(Vista) 16:18, 3 Shelline(MonteVista) 16:41, 4 Jamieson(Henry) 16:46, 5 Teaze (Henry) 16:52. **Team:** 1 Monte Vista 48, 2 Valhalla 50, 3 Henry 98, 4 Vista 116. **3A Heat Two:** 1 Weston(Mt.Miguel) 16:36, 2 Farmer (Mt. Miguel) 16:37, 3 Landfear(Orange Glen) 16:40, 4 Ruiz (OG) 16:42, 5 Cantari (Grossmont) 16:50. **Team:** 1 Santana 43, 2 Mira Mesa 66, 3 Orange Glen 78, 4 Poway 112, 5 Helix-no score. **2A**

8 Todd Hemingway(Santana) 16:08
 9 Filipe(OrangeGlen) 16:15
 10 Tom Eason(Santana) 16:18
Boys 2A Teams:
 1 Hilltop 54
 2 Mar Vista 67
 3 Bonita Vista 68
 4 Serra 97
 5 Torrey Pines 114
Boys 2A Individuals:
 1 Matt Clayton(MarVista) 16:02
 2 Wald(Mission Bay) 16:13
 3 Manual(Kearny) 16:14
 4 Guarion(MarVista) 16:19
 5 Mejia(Montgomery) 16:22
 6 Roe(Serra) 16:25
 7 Courter(BonitaVista) 16:26
 8 A.J. Zampardo(Hilltop) 16:29

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VISALIA RUNNERS

PRESENTS

Jan. 23 - Foggy 5K Run

Feb. 28 - Fast 4 Mile Race

Mar. 7 - End of Trail 15K Run



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Send for entry forms:

Visalia Runners

P.O. Box 3638

Visalia, CA 93278

9 Riechenberg(Hilltop)	16:31
10 Goodlake(Fallbrook)	16:31
Boys 1A Teams:	
1 Ramona	68
2 San Marcos	114
3 St. Augustine	117
4 La Jolla	121
5 El Camino	131
Boys 1A Individuals:	
1 Jose Vega(ChulaVista)	15:50
2 Marsh(LaJollaCountryDay)	16:08
3 Green(LaJolla)	16:12
4 Johnson(Southwest)	16:35
5 Greer(St.Augustine)	16:36
6 Vasquez(St. Augustine)	16:38
7 Currier(Carlsbad)	16:40
8 Coenica(Ramona)	16:43
9 Cussems(SanDiego)	16:51
Girls 3A Teams:	
1 Monte Vista	63
2 Valhalla	70
3 Vista	77
4 Mount Carmel	92
5 Mira Mesa	116
Girls 3A Individuals:	
1 Shelli Lachel(MonteVista)	13:24
2 Mara Lazdans(Fallbrook)	13:31
3 Tanner(Vista)	13:45
4 Blakleslee(Vista)	13:49
5 Diane Eckstein(Valhalla)	13:54
6 Denise Dibos(Helix)	14:09
7 Beth Warren(MonteVista)	14:11
8 Traci Baker(MonteVista)	14:22
9 Price(MtCarmel)	14:24
10 Russell(Valhalla)	14:29
Girls 2A Teams:	
1 Torrey Pines	52
2 San Pasqual	75
3 Sweetwater	86
4 Bonita Vista	89
5 Serra	129
Girls 2A Individuals:	
1 Sally Moyer(Serra)	13:42
2 Cuevas(Sweetwater)	13:59
3 Atzet(TorreyPines)	14:01
4 Devers(Sweetwater)	14:02
5 Mo Winner(TorreyPines)	14:04
6 Burrows(BonitaVista)	14:20
7 Tania Hammidi(TorreyPines)	14:26
8 Kathe Crawford(EICapitan)	14:27
9 Stehly(OrangeGlen)	14:28
10 Rady(SanPasqual)	14:34
Girls 1A Teams:	
1 Coronado	53
2 Southwest	60
3 La Jolla	77
4 Clairemont	126
5 San Marcos	145
Girls 1A Individuals:	
1 Kim Sterton(Coronado)	13:49
2 Christ(Carlsbad)	14:09
3 Cartere(Southwest)	14:32
4 Guevarra(ChulaVista)	14:34
5 Levy(Coronado)	14:36
6 Marklan(MissionBay)	14:37
7 Brooks(Coronado)	14:42
8 Santilla(Clairemont)	14:45
9 Chamberlain(SanMarcos)	14:48
10 Carrillo(University)	14:50

Northern California
CIF XC

29 Mike Weidlein(Anderson)	15:10
30 Darryl Grimm(LosGatos)	15:11
Women's Teams:	
1 Terra Linda (San Rafael)	76
2 St. Francis(MountainView)	92
3 Redwood(Larkspur)	119
4 Del Oro (Loomis)	120
5 El Dorado (Placerville)	121
6 Clovis	156
7 Carondelet(Concord)	166
8 Del Campo(Fair Oaks)	185
9 Gunn (Palo Alto)	204
10 Enterprise(Redding)	247
11 Lowell(San Francisco)	285
12 Willow Glen(San Jose)	286
13 Skyline(Oakland)	328
14 Chico	329
Women's Individuals:	
1 Lori Shanoff(Petaluma)	16:59
2 Wendy Sihner(Miramonte,Orinda)	17:12
3 Joni Mooney(Vacaville)	17:21
4 Liz McDowell(DelOro)	17:27
5 Stacey McAfee(DelOro)	17:32
6 Jill Ellingson(Hayward)	17:34
7 Gretchen Nelson(SanMateo)	17:34
8 Esther Berndt(Gunn)	17:34
9 Darlene Davis(Cordova,RanchoCord)	17:35
10 Stacy Chavez(West,Bakersfield)	17:37
11 Cynthia Rogers(Mt. Whitney,Visalia)	17:45
12 Paige Tully(Alhambra, Martinez)	17:45
13 Susan Brodie(St. Francis)	17:46
14 Laura Starrett(Redwood)	17:47
15 Terrie Martin(Redwood)	17:53
16 Linda Van Housen(SacredHeart,MP)	17:54
17 Tammy Foster(Eldorado)	17:54
18 Helen Muth(Soquel)	17:55
19 Susan Radford(Seaside)	17:56
20 Julie Van Horn(Kennedy,Sacto)	17:58
21 Robyn MacSwain(Terra Linda)	17:59
22 Sally Pinkner(Davis)	18:03
23 Barbara Gaenslen(Mills,Millbrae)	18:05
24 Heather Watkins(Berkeley)	18:06
25 Jessica Van Leeuwen(ElkGrove)	18:08
26 Kim Himenes(St. Francis)	18:09
27 Beth Tirapelli(Encina,Sacto)	18:14
28 Marcy Holzgang(TerraLinda)	18:22
29 Connie Buckler(Saratoga)	18:24
30 Nancy Reese(TerraLinda)	18:25

NOTE: All Northern California Cross Country Team—The Golden West Track Association will sponsor the All Northern California Cross Country Team. The selection of 22 male and 22 female runners will be based on the Northern California meet results. Each runner selected will receive a handsome certificate in recognition of their achievement. The certificates will be mailed to the runner's school.

Narbonne Invitational

November 14, Peck Park.
Boys Teams: 1 San Pedro 93:14, 2 Banning 96:58, 3 Narbonne 97:32, 4 Chatsworth 98:50, 5 Carson 102:03, 6 Manual Arts DNF. **Top 10 Overall Times:** 1 Mata(Narb) 14:57, 2 Garrett(Narb) 15:10, 3 Joe Barrow(SanPedro) 15:10, 4 Willows(Chatsworth) 15:16, 5 Shawn Barrow(SP) 15:25, 6 Fernando Vasquez (SP) 15:29, 7 Oscar Encinas(SP) 15:32, 8 Artiega (Banning) 15:41, 9 Ron Morgan(SP) 15:47, 10 Victor Estrada(SP) 15:51. **Girls Teams:** 1 Chatsworth 92:36, 2 Manual Arts 94:38, 3

TAC Championships

SOURCE: HOWARD WILLMAN
SAN JOSE MERCURY

November 28, DeBelle Golf Club, Burbank.
Women (5,000 meters): 29 Vickie Cook(Wilts AC/Alemany HS) 16:53, 38 Tania Fischer (Wilts AC/Chaminade HS) 17:03, 45 Lori Lopez (Wilts AC/Sacred Heart, LA HS) 17:12. **Junior Women (5,000 meters):** 1 Marilyn Davis (Golden Bear TC/Miramonte HS, Orinda) 17:05, 3 Inga Thompson(Reno HS, Nevada) 17:16, 10 Denise Ball(LA Naturite/Newbury Park HS) 18:07. **12-13 Girls (4,000 meters):** 1 Carol Cody(SoCal Road Runners 14:52, 2 Nanette Garcia(SanJoseCindergals, San Jose) 14:57, 3 Therese Fisher(SanJose Cindergals, Los Gatos) 14:57, 4 Shannon Clark(San Jose Cindergals/Mountain View) 15:01.

Junior Olympics Region 13

From Dave Dodson

December 6, Woodward Park, Fresno. Region 13 AAU Junior Olympics Cross Country Championships.

GIRLS:
10 & Under 3,000m: 1. Karlie Graham (SP) 12:24; 2. Carmen Perez (CC) 13:03; 3. Julianna Wiskow (SP) 13:15. **11-12 3,000m:** 1. Karrie King (SP) 11:08; 2. Sheri Loeb (CC) 11:35; 3. Lisa Medina (CC) 11:36. **13-14 4,000m:** 1. Voncille Latrice Brown (SP) 14:34; 2. Tiffany Gorman (PSW) 14:37; 3. Traci Baker (PSW) 14:48. **15-16 5,000m:** 1. Jackie Love (SN) 18:42; 2. Sandy Blakeslee (PSW) 18:52; 3. Heather Christ (PSW) 18:55. **17-18 5,000m:** 1. Terry Brown (PSW) 18:38; 2. Cynthia Rogers (CC) 19:21; 3. Martha Garcia (PSW) 20:33.

BOYS:
10 & Under 3,000m: 1. Eddie Lavelle (SP) 10:35; 2. Jay Lightburne (SP) 10:48; 3. Josh Ellingwood (SP) 11:11. **11-12 3,000m:** 1. John Soto (SP) 9:46; 2. Jason Liebau (CC) 9:50; 3. Robbie Barrios (SP) 9:56. **13-14 4,000m:** 1. David Naranjo (CC) 12:41; 2. Tony Perez (CC) 12:56; 3. Gary Nagel (CC) 13:00. **15-16 5,000m:** 1. Kevin Allison (PA) 15:40; 2. Matt Clayton (PSW) 15:48; 3. Joe Manuel (PSW) 16:02. **17-18 5,000m:** 1. Ian Cherry (SN) 15:01; 2. Don Merwin (PA) 15:24; 3. Andy Morabe (PSW) 15:31; 4. Isiah Henry (SN) 15:34; 5. Jerry Marsh (PSW) 15:37. Association Abbreviations: CC - Central California; SP - Southern Pacific; PA - Pacific; PSW - Pacific South West; SN - Southern Nevada.

TAC Junior Olympics Region 13

December 6, Reno, Nevada.

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4 Devers(Sweetwater)	14:02
5 Mo Winner(TorreyPines)	14:04
6 Burrows(BonitaVista)	14:20
7 Tania Hammidi(TorreyPines)	14:26
8 Kathe Crawford(ElCapitan)	14:27
9 Stehly(OrangeGlen)	14:28
10 Rady(SanPasqual)	14:34
Girls 1A Teams:	
1 Coronado	53
2 Southwest	60
3 La Jolla	77
4 Clairemont	126
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Girls 1A Individuals:	
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2 Christ(Carlsbad)	14:09
3 Cartere(Southwest)	14:32
4 Guevarra(ChulaVista)	14:34
5 Levy(Coronado)	14:36
6 Marklan(MissionBay)	14:37
7 Brooks(Coronado)	14:42
8 Santilla(Clairemont)	14:45
9 Chamberlain(SanMarcos)	14:48
10 Carrillo(University)	14:50

Northern California CIF X-C Championships

November 28. Sierra College, Rocklin.
Distance: 120 feet short of 3 miles, road
course.

Men's Teams:	
1 Leigh (San Jose)	68
2 Saratoga	93
3 Los Gatos	116
4 Bella Vista (Fair Oaks)	148
5 Castro Valley	154
6 Clovis	155
7 Madera	156
8 San Ramon (Danville)	163
9 Anderson	212
10 Livermore	231
11 South Tahoe	252
12 Jesuit (Carmichael)	264
13 Skyline (Oakland)	296
14 Washington (San Francisco)	401
Men's Individuals:	
1 Harold Kuphardt(Bella Vista, FO)	14:12
2 Gary Lewis(Gunderson, San Jose)	14:23
3 Don Merwin(Hayfork)	14:28
4 Jim Frey(Yreka)	14:31
5 Tim Berry(Ygnacio Valley, Concord)	14:33
6 Jason Flamm(La Sierra, Carmichael)	14:40
7 Wayne Bratten(Vacaville)	14:42
8 Jeff Franklin(Yreka)	14:47
9 Brian Abshire(DeAnza, Richmond)	14:49
10 Grant Foster(Monta Vista, Cuper)	14:49
11 Roy Vinton(Sanger)	14:49
12 Steve Johnson(Leigh, San Jose)	14:52
13 Kyle Kessler(CastroValley)	14:53
14 Tom Cole(San Ramon, Danville)	14:53
15 Robert Anderson(Santa Teresa, SJ)	14:53
16 Scott Marconda(Menlo, Menlo Park)	14:55
17 John Hansen(El Dorado, Placrvl)	14:56
18 Dave Bell (Leigh, San Jose)	14:57
19 Jim Pettis(Porterville)	14:58
20 Rod Curry(Christian Bro, Sac)	15:02
21 Mike Larsen(Del Campo, FairOaks)	15:02
22 Frank Munoz(Lick, SanJose)	15:03
23 Charlie Cypher(Skyline, Oakland)	15:03
24 Fady Malik(Lowell, San Fran)	15:05
25 Kevin Allison(Anderson)	15:06
26 Brian Bergstrom(LosGatos)	15:06
27 David Escobar(Shafter)	15:08
28 Steve Mayberry(CastroValley)	15:09

18.17	18:17
28 Marcy Holzgang(TerraLinda)	18:22
29 Connie Buckler(Saratoga)	18:24
30 Nancy Reese(TerraLinda)	18:25

NOTE: All Northern California Cross Country Team—The Golden West Track Association will sponsor the All Northern California Cross Country Team. The selection of 22 male and 22 female runners will be based on the Northern California meet results. Each runner selected will receive a handsome certificate in recognition of their achievement. The certificates will be mailed to the runner's school.

Narbonne Invitational

November 14. Peck Park.

Boys Teams: 1 San Pedro 93:14, 2 Banning 96:58, 3 Narbonne 97:32, 4 Chatsworth 98:50, 5 Carson 102:03, 6 Manual Arts DNF. **Top 10 Overall Times:** 1 Mata(Narb) 14:57, 2 Garrett (Narb) 15:10, 3 Joe Barrow(SanPedro) 15:10, 4 Willows(Chatsworth) 15:16, 5 Shawn Barrow(SP) 15:25, 6 Fernando Vasquez (SP) 15:29, 7 Oscar Encinas(SP) 15:32, 8 Artiega (Banning) 15:41, 9 Ron Morgan(SP) 15:47, 10 Victor Estrada(SP) 15:51. **Girls Teams:** 1 Chatsworth 92:36, 2 Manual Arts 94:38, 3 South Gate 97:08. **Top 10:** 1 Janine Walther (Chatsworth) 13:28, 2 Alvear(Ban) 14:43, 3 Carrillo(Chatsworth) 14:52, 4 Morrison(Carson) 14:59, 5 Carla Johnson(Manual Arts) 15:08, 6 Jimenez (Carson) 15:16, 7 Wright(Man Arts) 15:19, 8 Ritzke(San Pedro) 15:24, 9 Aguirre (South Gate) 15:25, 10 Zepeda(Narbonne) 15:26.

SOURCE: THOM LACIE (SAN PEDRO)

TAC Junior Olympics Pacific Association

November 22. Pleasant Hill High.

Boys 17-18: 1 Brian Butterfield (Susanville/Lassen HS) 14:45.6, 2 Jim Scattini(Woodside Striders) 15:03, 3 Dan Holcanson(un) 15:18, 4 J C Tinney(Valley of the Moon) 15:21, 5 Rich Zellers (Valley of the Moon) 15:27. **Girls 17-18:** 1 Inga Thompson(Reno, Nevada) 17:01.7, 2 Linda Van Housen(Woodside/Un/Sacred Heart HS, Menlo Park) 18:37, 3 Liana Wolfe (Valley of the Moon) 18:38, 4 Karen Wolfe (Woodside) 18:41, 5 Lisa Horve (Woodside/Carlmont HS, Belmont) 18:59. **Boys 15-16:** 1 Henry Tyson(Arete Akis, Drake HS, San Anselmo) 15:29.6, 2 Craig Wilson(Valley of the Moon, Novato HS) 15:32, 3 Keith Comphl (Silver State Striders) 15:40, 4 Tom Legan (un/Independence HS, San Jose) 15:44, 5 Rich Dunn(Valley of the Moon/Sonoma HS) 15:46. **Girls 15-16:** 1 Joni Mooney(Roseville Gazelles/Vacaville HS) 17:27.7, 2 Jocelyn Whitehead (Silver State Striders/Reno HS, Nevada) 17:38, 3 Lauretta Miller(Silver State Striders, Carson HS, Nevada) 17:39, 4 Stacy McAfee(Roseville Gazelles/Del Oro HS, Loomis) 17:59, 5 Lisa Swift (Silver State Striders/Reed HS, Nevada) 18:05. **Boys 13-14:** 1 Robert Latting (DVTFC, Martinez/Alhambra HS) 12:49.2, 2 David Dodge (DVTFC, Moraga/Campolindo HS) 12:53, 3 Calvin Gaziano(Castro Valley HS) 12:59, 4 Chris Pine(Silver State Striders) 13:06, 5 Mike Wall(Silver State Striders/Lassen HS, Susanville) 13:11. **Girls 13-14:** 1 Barbara Keehner (un/San Jose TC/Hill HS) 15:06.5

Sandy Blakeslee (PSW) 18:52; 3. Heather Christ (PSW) 18:55. **17-18 5,000m:** 1. Terry Brown (PSW) 18:38; 2. Cynthia Rogers (CC) 19:21; 3. Martha Garcia (PSW) 20:33.

BOYS:

10 & Under 3,000m: 1. Eddie Lavelle (SP) 10:35; 2. Jay Lightburne (SP) 10:48; 3. Josh Eilingwood (SP) 11:11. **11-12 3,000m:** 1. John Soto (SP) 9:46; 2. Jason Liebau (CC) 9:50; 3. Robbie Barrios (SP) 9:56. **13-14 4,000m:** 1. David Naranjo (CC) 12:41; 2. Tony Perez (CC) 12:56; 3. Gary Nagel (CC) 13:00. **15-16 5,000m:** 1. Kevin Allison (PA) 15:40; 2. Matt Clayton (PSW) 15:48; 3. Joe Manuel (PSW) 16:02. **17-18 5,000m:** 1. Ian Cherry (SN) 15:01; 2. Don Merwin (PA) 15:24; 3. Andy Morabe (PSW) 15:31; 4. Isiah Henry (SN) 15:34; 5. Jerry Marsh (PSW) 15:37.

Association Abbreviations: CC - Central California; SP - Southern Pacific; PA - Pacific; PSW - Pacific South West; SN - Southern Nevada.

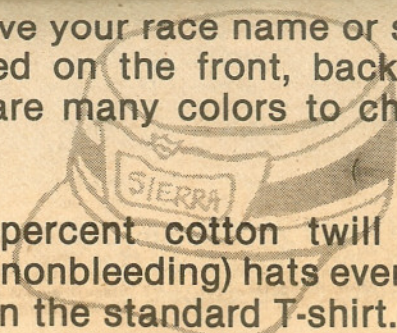
TAC Junior Olympics Region 13

December 6. Reno, Nevada.

Young Men 17-18: 1 Brian Butterfield (un/Lassen HS, Susanville) 17:13.4, 2 Phil Stedman(un/Lassen HS) 17:16.9, 3 Tim Wallen(Valley of the Moon) 17:31.7, 4 Roberto Cazares(un) 17:51.5, 5 Dan Hokanson(So Oregon Sizzlers) 17:58.2. **Team:** 1 Valley of the Moon 43, 2 Desert Dusters 76 (23 finishers). **Young Women 17-18:** 1 Inga Thompson(un/Reno HS, Nevada) 19:44.8, 2 Linda Van Housen(Woodside Striders/Sacred Heart HS) 21:03.9, 3 Liana Wilson(Valley of the Moon) 21:44.2, 4 Cristiona Mousset-Jones (Silver State Striders) 22:23.2, 5 Angela Bushling (Roseville Gazelles) 22:50.8 (10 finishers). **Intermediate Boys 15-16:** 1 Tom Legan(West Valley TC/Independence HS, San Jose) 17:21.0, 2 Craig Wilson(Valley of the Moon/Novato HS) 17:51.3, 3 Richard Dunn (Un/Sonoma HS) 17:59.5, 4 David Gonzales(Desert Dusters) 18:06.7, 5 Henry Tyson (Arete Akis/Drake HS, San Anselmo) 18:10.6 (34 finishers). **Team:** 1 Valley of the Moon 57, 2 Silver State Striders 59, 3 So Cal Road Runners 96. **Intermediate Girls 15-16:** 1 Lauretta Miller(Silver State Striders/Carson HS, Nevada) 19:40.3, 2 Joni Mooney(Roseville Gazelles/Vacaville HS) 19:54.9, 3 Stacey McAfee(Roseville Gazelles/Del Oro HS, Loomis) 20:13.3, 4 Tammie Foster(Roseville Gazelles/El Dorado HS, Placerville) 20:37.2, 5 Jo Ann Maldonado(So Cal Road Runners) 20:49.1 (17 finishers). **Team:** 1 Roseville Gazelles 29, 2 Silver State Striders 32. **Youth Boys 13-14:** 1 Chris Pine(Silver State Striders) 13:43.1, 2 Dennis Franco(SanJoseTC) 14:08.5, 3 Mike Wall(Silver State Striders/Lassen HS, Susanville) 14:09.8, 4 Mike Slaughter(Silver State Striders) 14:13.6, 5 Calvin Gaziano(San Jose TC/Castro Valley HS) 14:20.2 (26 finishers). **Team:** 1 Silver State Striders 29, 2 Roseville Gazelles 52. **Youth Girls 13-14:** 1 Carol Doody(So Cal RR) 15:58.2, 2 Nicole Biggers(So Cal RR) 16:19.1, 3 Kerri Zaleski(un) 16:28.1, 4 Barbara Chapell(Silver State Striders) 16:30.1, 5 Holly Hogan(SoCalRR) 16:33.7 (35 finishers). **Team:** 1 So Cal Road Runners 22, 2 Silver State Striders 78, 3 Roseville Gazelles 113, 4 Woodside Striders 117.

SOURCE: ANONYMOUS, RENO, NEVADA 895
POSTMARK. THANKS!

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These 100-percent cotton twill (pre-shrunk and nonbleeding) hats even sell for less than the standard T-shirt.

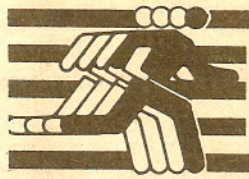
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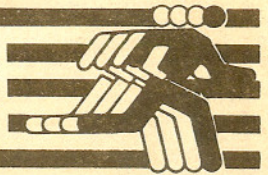
photo by Keith Conning



Brian Butterfield (Lassen) - left
and Kent Iglehart (Gunn)



KINNEY CROSS COUNTRY CHAMPIONSHIPS



WESTERN REGIONAL

photo by Don Gosney



Girls First Team All Western USA (L to R): Marilyn Davis (1st), Inga Thompson (2nd), Vickie Cook (3rd), Tania Fischer (4th), Denise Ball (6th), Kim Roth (5th), Kathy Ebner (7th), Lori Lopez (8th).

photo by Don Gosney



Boys First Team All Western USA (L to R): Jeff Holyfield (1st), Curt Corvin (2nd), Harold Kuphaldt (3rd), Bryan Carroll (4th), Matt McGuirk (5th), Eric Reynolds (6th), Keith Morrison (7th), Gary Lewis (8th).

Kinney Western X-C Championships

December 5, Woodward Park, Fresno. Kinney Western Cross Country Championships for High School Boys and Girls. 5,000 meters.

The weather was perfect, the course was fast, and the runners were the best in the West. In the

Vickie Cook (Mission Hills, CA) blazing out with splits of 2:23 (880), 5:06 (mile) and 10:46 (2 mile). Marilyn Davis (Orinda, CA) overcame the fast pace and the hilly second mile to surge ahead after the two mile marker and breeze in with a new course record of 16:54. Cook and Lori Lopez (Los Angeles, CA) ran well in 3rd and 8th to

GIRLS RACE:

First Team All Western United States

1 Marilyn Davis (Orinda, CA)	16:54
2 Inga Thompson (Reno, NV)	17:01
3 Vickie Cook (Northridge, CA)	17:04
4 Tania Fischer (Canoga Park, CA)	17:04
5 Kim Roth (Salem, OR)	17:06
6 Denise Ball (Newbury Park, CA)	17:07
7 Kathleen Ebner (West Covina, CA)	17:10
8 Lori Lopez (Los Angeles, CA)	17:19

Second Team All Western United States

9 Jessica Spies (Livermore, CA)	17:24
10 Wendy Sibner (Orinda, CA)	17:27

7 David Fleishman (Tucson, AZ)	16:10
8 Andy Petersen (Springfield, OR)	16:11
9 Steve Perez (Rowland Hts, CA)	16:13
10 Jose Caballero (Madera, CA)	16:16

BOYS RACE 2 (entrants under 16:30 for 5k):

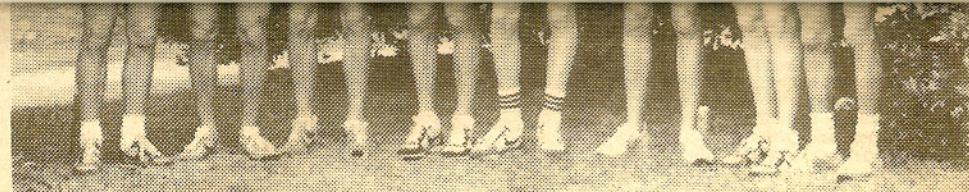
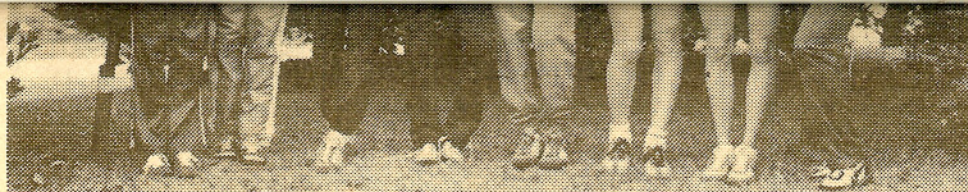
First Team All Western United States

1 Jeff Holyfield (La Crescenta, CA)	14:43
2 Curt Corvin (Tacoma, WA)	14:45
3 Harold Kuphaldt (Fair Oaks, CA)	14:45
4 Bryan Carroll (Carson City, NV)	14:48
5 Matt McGuirk (Eugene, OR)	14:48
6 Eric Reynolds (Somis, CA)	14:55

11 Jose Vega (Chula Vista, CA)	15:06
12 Dan Ouelette (San Diego, CA)	15:06
13 Tom Grewe (Carpenteria, CA)	15:10
14 David Ivy (Santee, CA)	15:10
15 Jim Frey (Yreka, CA)	15:11
16 Mark Hoitink (Kennewck, WA)	15:13

Third Team All Western United States

17 Todd Hemmingway (Santee, CA)	15:15
18 Sean Nugent (Culver City, CA)	15:17
19 Jeff Franklin (Yreka, CA)	15:19
20 Rodney Curry (Sacramento, CA)	15:19
21 Jason Flamm (Carmichael, CA)	15:20
22 Gustav Quiñonez (Hunt Bch, CA)	15:21



Girls First Team All Western USA (L to R): Marilyn Davis (1st), Inga Thompson (2nd), Vickie Cook (3rd), Tania Fischer (4th), Denise Ball (6th), Kim Roth (5th), Kathy Ebner (7th), Lori Lopez (8th).

Boys First Team All Western USA (L to R): Jeff Holyfield (1st), Curt Corvin (2nd), Harold Kuphaldt (3rd), Bryan Carroll (4th), Matt McGuirk (5th), Eric Reynolds (6th), Keith Morrison (7th), Gary Lewis (8th).

Kinney Western X-C Championships

December 5, Woodward Park, Fresno. Kinney Western Cross Country Championships for High School Boys and Girls. 5,000 meters.

The weather was perfect, the course was fast, and the runners were the best in the West. As the starter raised the gun an electrifying hush fell over the area. It was obvious that this was an important event and that everyone meant business. From the race organizers to the competitors a lot of work over the weeks and months had gone into the preparation for this 5,000 meter showdown. In about a quarter of an hour all the cards would be out on the table in this, the first race of the 1981 Kinney Western Cross Country Championships.

This annual event has come to have double meaning for Californians. First, of course, it is the qualifying race for the Kinney National Championships. The best eight boys and best eight girls advance to see who is the very best high school cross country runner in the USA. Secondly, it has provided a chance for Californians to simulate a state championship. Not having an official CIF high school state cross country meet - this meet has come to be accepted as the next best thing.

With the exception of Polly Plumer of Irvine, California; Patty Matava of Bellevue, Washington; and Ian Cherry of Las Vegas, Nevada, the top runners from not only California but all over the West were assembled for a run off.

The girls set the stage for the day with defending champion

Vickie Cook (Mission Hills, CA) blazing out with splits of 2:23 (880), 5:06 (mile) and 10:46 (2 mile). Marilyn Davis (Orinda, CA) overcame the fast pace and the hilly second mile to surge ahead after the two mile marker and breeze in with a new course record of 16:54. Cook and Lori Lopez (Los Angeles, CA) ran well in 3rd and 8th to repeat as national qualifiers, while Robyn MacSwain (San Rafael, CA), Kris Katterhagen (Gig Harbor, WA) and Erika LaCrosse (Costa Mesa, CA) failed to earn a second trip.

Because of the large field the boys race was divided into two sections: a slower section first (16:30 for 5k was the division point), followed by a faster section. In the faster section Jeff Holyfield (La Crescenta, CA) remained undefeated as he emerged from a large pack in the last half mile to just miss Jay Marden's course record of 14:42 by one second, after recording life time bests in splits of 2:11, 4:41 and 10:07. His victory brings him the title of California's best prep harrier - at least on this day, as all the top runners were there.

The Fresno Track Club did a first class job of staging this event for the second year in a row, including: a Friday evening program with four running movies, a 16 page program listing all 600-plus entrants, quick awards (92 medals & 32 plaques), t-shirts for all participants, expert announcing, and instant results for everyone.

Officials and participants, alike, left Woodward Park with the feeling of satisfaction in having given a good effort and having been part of an important event. All agreed that the West would be well represented at the Nationals.

GIRLS RACE:

First Team All Western United States

1 Marilyn Davis (Orinda, CA)	16:54
2 Inga Thompson (Reno, NV)	17:01
3 Vickie Cook (Northridge, CA)	17:04
4 Tania Fischer (Canoga Park, CA)	17:04
5 Kim Roth (Salem, OR)	17:06
6 Denise Ball (Newbury Park, CA)	17:07
7 Kathleen Ebner (West Covina, CA)	17:10
8 Lori Lopez (Los Angeles, CA)	17:19

Second Team All Western United States

9 Jessica Spies (Livermore, CA)	17:24
10 Wendy Sihner (Orinda, CA)	17:27
11 Leslie Heywood (Tucson, AZ)	17:40
12 Shannon Stryker (Santa Ana, CA)	17:42
13 Robyn MacSwain (San Rafael, CA)	17:42
14 Shelly Lachel (Monte Vista, CA)	17:42
15 Lori Shanoff (Petaluma, CA)	17:46
16 Berit Ashla (Eugene, OR)	17:50

Third Team All Western United States

17 Mra Lazdens (Fallbrook, CA)	17:52
18 Nanette Garcia (San Jose, CA)	17:54
19 Kris Katterhagen (Tacoma, WA)	17:58
20 Laura Cattivera (Mhntn Bch, CA)	17:59
21 Therese Fisher (Los Gatos, CA)	17:59
22 Tammy Brazel (Chino, CA)	18:02
23 Laura Starrett (Kentfield, CA)	18:04
24 Kathy Kiernan (Fountain Valley, CA)	18:05

25 Esther Berndt (Palo Alto, CA)	18:06
26 Terry Esser (Tacoma, WA)	18:11
27 Lesley White (La Habra, CA)	18:13
28 Ann Bensch (Palos Verdes, CA)	18:15
29 Kellie Miller (Tustin, CA)	18:16
30 Darlene Davis (Rancho Cordova, CA)	18:19
31 Helen Muth (Soquel, CA)	18:21
32 Gretchen Nelson (Foster City, CA)	18:23
33 Laurie White (Mhntn Bch, CA)	18:31
34 Lisa Larson (Price, UT)	18:32
35 Lucia Wanders (Caldwell, ID)	18:32
36 Beth Ann McGrann (Upland, CA)	18:33
37 Kim Devetis (Hunt Bch, CA)	18:33
38 Susan Radford (Marina, CA)	18:37
39 Frances Silva (Sylmar, CA)	18:40
40 Kim Stertom (Coronado, CA)	18:41
41 Jeanne Murphy (Thous Oaks, CA)	18:46
42 Laurie Hollingsworth (S Rosa, CA)	18:47
43 Sarah Allaback (Carpenteria, CA)	18:47
44 Ellen Flanigan (San Diego, CA)	18:49
45 Susan Brodie (Menlo Park, CA)	18:51
46 Sharon Yaninek (San Jose, CA)	18:53
47 Nancy Reese (San Rafael, CA)	18:57
48 Shelly McClelland (San Marino, CA)	18:59
49 Mary Curtin (Tucson, AZ)	19:01
50 Andrea Mena (Los Alamos, NM)	19:02

BOYS RACE 1 (entrants over 16:30 for 5k):

1 David Nelson (Simi Valley, CA)	15:52
2 Derek Hatch (Thous Oaks, CA)	15:53
3 John Achenbach (Thous Oaks, CA)	15:54
4 Peter Herrold (La Crescenta, CA)	16:02
5 Chris Rice (Newbury Park, CA)	16:07
6 Nick Sparks (Fair Oaks, CA)	16:09

7 David Fleishman (Tucson, AZ)	16:10
8 Andy Petersen (Springfield, OR)	16:11
9 Steve Perez (Rowland Hts, CA)	16:13
10 Jose Caballero (Madera, CA)	16:16

BOYS RACE 2 (entrants under 16:30 for 5k):

First Team All Western United States

1 Jeff Holyfield (La Crescenta, CA)	14:43
2 Curt Corvin (Tacoma, WA)	14:45
3 Harold Kuphaldt (Fair Oaks, CA)	14:45
4 Bryan Carroll (Carson City, NV)	14:48
5 Matt McGuirk (Eugene, OR)	14:48
6 Eric Reynolds (Somis, CA)	14:55
7 Keith Morrison (Peoria, AZ)	15:02
8 Gary Lewis (San Jose, CA)	15:03

Second Team All Western United States:

9 Robbie Hipwood (Los Alamos, NM)	15:05
10 Mike Parker (Tustin, CA)	15:05

11 Jose Vega (Chula Vista, CA)	15:06
12 Dan Ouellette (San Diego, CA)	15:06
13 Tom Grewe (Carpenteria, CA)	15:10
14 David Ivy (Santee, CA)	15:10
15 Jim Frey (Yreka, CA)	15:11
16 Mark Hoiitink (Kennewick, WA)	15:13

Third Team All Western United States

17 Todd Hemmingway (Santee, CA)	15:15
18 Sean Nugent (Culver City, CA)	15:17
19 Jeff Franklin (Yreka, CA)	15:19
20 Rodney Curry (Sacramento, CA)	15:19
21 Jason Flamm (Carmichael, CA)	15:20
22 Gustav Quinonez (Hunt Bch, CA)	15:21
23 Jimmy Ortiz (Barstow, CA)	15:23
24 George Yuster (Encino, CA)	15:24

25 Eric Martinezu (Tucson, AZ)	15:24
26 Christopher Caldwell (Tucson, AZ)	15:25

photo by Don Gosney



In the distance (L to R): Matt McGuirk (5th) & Bryan Carroll (4th). Foreground (L to R): Harold Kuphaldt (3rd) and Curt Corvin (2nd).
photo by Don Gosney

NATIONALS

Kinney Cross Country Championships

December 12, Orlando, Florida, 5,000 meters.

It was a long way to go for a cross country meet, but this was the High School National Championships. The best preps in the USA would be meeting here, so it was well worth the efforts of a long trip and long season. After some sterling performances in the Western Qualifying meet the week before, the hopes of the 16 Western representatives were high.

After a day of getting to know each other, the girls elected Lori Lopez of Los Angeles as Team Captain. The boys elected Co-Captains in Harold Kuphaldt of Fair Oaks and Bryan Carroll of Carson City, Nevada.

The girls ran first and it only took a half mile for the eventual winners to put 50 yards between themselves and the pack. Connie Robinson of Ohio and Lois Brommer of Pennsylvania ran neck and neck all alone with Robinson having the stronger finish sprint. After the first mile and a half loop the Western girls were way out of the running, and deserve a lot of credit for pressing hard the second time around and making up many, many places.

The boys race was just the opposite with a giant pack, including most of the Western runners, all the way. California's Harold Kuphaldt and Virginia's Charles Alexander surged ahead with a half mile to go, Alexander outprinting Kuphaldt in the final 100 yards.

A look at the adjacent results will reveal some obvious disappointments, like a 13th and 14th place finish for the Western champions. Even though the Western athletes ran very tough in the na-

mediately after the race there was a feeling of disappointment among the runners — until everyone had time to reflect on the performance and how well everyone really did. Of the 30 All Americans named (15 boys and 15 girls), 14 of them were from the West. In the combined scoring the West was again the National champ.

I couldn't help but wonder, too, if one week of rest between the regionals and the nationals was enough for this time of season. The other regions all had two weeks between their qualifying meet and the national meet. Most of the Western runners had to run their hearts out one week after another for six weeks: League, Section Qualifying, Section, Nor Cal or TAC, Kinney West, Kinney National. What a haul! Not to complain, but another week of rest would have made a world of difference for some.

In addition to a few disappointments, there were also the come-throughts, like Harold Kuphaldt, Eric Reynolds and Keith Morrison going 2-3-4. Reynolds is just a junior made great improvement after a disappointing seventh in his CIF Section Championship. Eric's coach, Herb Potter, went to Florida for the race and predicted before that Eric would do well - he proved a prophet, but did he know how well? It was no easy task for Herb to get to Florida. He, Eric, and Eric's parents sold hot dogs at a high school football game to raise the funds for the ol' coach.

The Kinney Nationals is a great experience for the athletes. They are treated first class all the way, just as if they were on a US team: travel, room and board, side trips to Disney World, running suits, sweats, travel bags, etc. The Kinney people are to be commended for a job well done in providing an exceptional experience for high school runners.

sand. A comparison of times from the Western Regional (a moderately hilly course) with those of Nationals (perfectly flat) will reveal the handicap of the footing. Maybe we're spoiled in California where we have courses like Mt. SAC, Crystal Springs, and Woodward Park.

Girls:

1	Connie Robinson(Cincinnati)	16:40.4
2	Lois Brommer(Mechanicsburg,PA)	16:43.2
3	Lynne Strauss(State College,PA)	16:59.9
4	Laura Craven(Columbus,OH)	17:01.0
5	Janet Smith(Edison,NJ)	17:11.7
6	Vickie Cook(Northridge,CA)	17:17.8
7	Tania Fischer(CanogaPark,CA)	17:21.8
8	Madlyn Morreale(Glen Ellen,IL)	17:23.2
9	Inga Thompson(Reno,NV)	17:24.8
10	Kim Roth(Salem,OR)	17:26.6
11	Kathleen Ebner(W.Covina,CA)	17:29.2
12	Theresa Gschwind(Summit,NJ)	17:31.5
13	Laura Whitney(StonyBrook,NY)	17:33.2
14	Marilyn Davis(Orinda,CA)	17:34.9
15	Lori Lopez(Los Angeles,CA)	17:35.5
16	Patti Fredrick(Neena,OH)	17:40.1
17	Denise Ball(NewburyPark,CA)	17:43.5
18	Andrea Volpe(Springfield,VA)	17:45.7
19	Cathy Schiro(Dover,NH)	17:51.1
20	Karen Harris(Madison,WI)	18:05.0
21	Cecile Gaines(Blacksburg,VA)	18:11.4
22	Meg Waldron(Bernardsville,NJ)	18:20.2
23	Diane Terry(Richmond,VA)	18:35.3
24	Maria Large(Bristol,VA)	18:38.3
25	Valerie Roback(Blacksburg,VA)	18:40.9
26	Greta Beilke(West Bend,WI)	18:42.3
27	Kristy Walker(FtWayne,IN)	18:46.9
28	Jill Kingsbury(Washington,MO)	18:48.7
29	Sandra Braasch(OrangePark,FL)	18:49.0
30	Alena Palmquist(Marietta,GA)	18:53.6
31	Deahn Hendrixson(Northglenn,CO)	18:58.7
32	Elizabeth Hester(Bristol,VA)	19:12.1

Team Scores: 1 Northeast 26, 2 Western 43, 3 Midwest 71, 4 Southern 111.

Boys:

1	Charles Alexander(Richmond,VA)	14:51.9
2	Harold Kuphaldt(FairOaks,CA)	14:55.9
3	Eric Reynolds(Somis,CA)	14:58.3
4	Keith Morrison(Peoria,AZ)	15:00.8
5	Mike Connelly(GreenLane,PA)	15:01.2
6	Bryan Carroll(CarsonCity,NV)	15:04.5
7	Steve Taylor(St.Marys,WV)	15:05.1
8	Brian Jaeger(WinterPark,FL)	15:05.4
9	Matthew McGuirk(Eugene,OR)	15:05.7
10	Gary Lewis(SanJose,CA)	15:06.1
11	Kevin Thatcher(Edmond,OK)	15:06.4
12	Keith Hanson(StevensPt,WI)	15:06.7
13	Jeff Holyfield(LaCrescenta,CA)	15:08.6
14	Jeff Grove(Bloomington,IN)	15:09.3
15	Victor Treat(CollegeStn,TX)	15:09.6
16	Carlos Hanze(Bayville,NJ)	15:11.3
17	Curt Corvin(Tacoma,WA)	15:12.3
18	Chris Gorman(S.Weymouth,MA)	15:15.3
19	Kevin Ambrose(Manassas,VA)	15:16.7
20	Stephen Spillar(GreatBend,KS)	15:24.3
21	Bob Mau(RockyRiver,OH)	15:26.7
22	Huron Jackson(Richmond,VA)	15:28.8
23	Jim Knudsen(Lockport,IL)	15:35.0
24	Tom Fischer(Englishtown,NJ)	15:36.6
25	Ken Costello(Columbia,SC)	15:39.9
26	Robert Hipwood(LosAlamos,NM)	15:40.9
27	Shawn Coghlan(Brockton,MA)	15:45.8
28	Jeff Hyman(Avon,CT)	15:50.4
29	Mark Principato(Worcester,MA)	15:51.4

27	Rick Dodson (Mhtn Bch, CA)	15:26
28	Steve Strehlow (Corona, CA)	15:26
29	Steven Shable (Tucson, AZ)	15:27
30	Gilbert Delgado (Santa Bar, CA)	15:28
31	Aaron Rudd (El Cajon, CA)	15:29
32	Steven Johnson (Los Gatos, CA)	15:29
33	Ken Feters (Upland, CA)	15:31
34	Brian Abshire (El Sobrante)	15:32
35	Mike Coombes (9 Mile Falls, WA)	15:32
36	Rick Bergesen (Boise, ID)	15:33
37	Brad Clary (Anaheim, CA)	15:33
38	Pat Green (La Jolla, CA)	15:34
39	David M. Bell (San Jose, CA)	15:36
40	Scott Richardson (El Cajon, CA)	15:37
41	Steve Jaeger (Camarillo, CA)	15:37
42	Randy Pangelina (San Jose, CA)	15:38
43	Roy Garcia (San Jose, CA)	15:38
44	Grant Foster (Cupertino, CA)	15:38
45	Donald Williams (Tacoma, WA)	15:39
46	Tim Berry (Walnut Ck, CA)	15:40
47	Frank Munoz (San Jose, CA)	15:40
48	Kevin Floyd (La Crescenta, CA)	15:40
49	Jed Stupak (Goldta, CA)	15:41
50	John Galvan (El Cajon, CA)	15:41

BOYS:

1	Leigh (San Jose)(CC)	79:04
	Meet Record, old record 79:33 by Camarillo, 1980	
2	Barstow (So)	81:06
3	Madera (Cen)	82:43
4	De La Salle (Concord)(NC)	82:44
5	Bella Vista (Fair Oaks, SJ)	82:48

GIRLS:

1	Tustin (So)	94:02
	Meet Record, old record 94:04 by Costa Mesa, 1980	
2	Terra Linda (San Rafael)(NC)	95:42
3	Costa Mesa (So)	97:43
4	San Marino (So)	97:53
5	Piedmont (NC)	101:39
6	Merced (SJ)	109:24
7	Mitty (San Jose)(CC)	110:03

Kinney Scoring

From Howard Willman

Kinney Western Regional Club Scoring
(General location of club listed in parentheses).

BOYS:

1	Grossmont Bullfrogs (San Diego)	77:12
2	San Diego TC (San Diego)	77:50
3	Capital City Flyers (Sacramento)	77:51
4	Camarillo CCC (Camarillo)	78:11
5	Mission TC (San Jose)	78:26
6	CCS All-Stars (San Jose)	78:33
	Team Outfooters (Santa Barbara)	78:33
8	Desert Heat (Tucson, AZ)	79:06
9	La Crescenta TC (La Crescenta)	79:08
10	Northside Striders (Spokane, WA)	79:41
11	SoCal Club (Manhattan Beach)	79:43
12	Axemen TC (Eugene, OR)	79:51
13	Pomona Valley CCC (Pomona)	80:18
14	Barstow RC (Barstow)	81:06
15	Tustin Runners Assn. (Tustin)	81:14
16	College Park RC (San Jose)	82:17
17	Madera TC (Madera)	82:43
18	Enjoy CCC (Concord)	82:44
19	Rogue Runners (Grants Pass, OR)	83:44
20	South Coast Sports (Hunt Beach)	84:04
21	Koit TC (Portland, OR)	84:44
22	Santa Cruz All Stars (Santa Cruz)	84:45

All other teams incomplete.

GIRLS:

1	Witt's AC (Southern California)	88:20
	Meet Record, old record 92:46 by Golden Bear Track Club, 1980	
2	San Jose Cindergals (San Jose)	90:16
3	San Diego TC (San Diego)	92:14
4	Tustin Runners Assn. (Tustin)	94:02
5	Golden West TC (San Marino)	94:12
6	AJFA Harriers (San Rafael)	95:42
7	Goat Hill RR (Costa Mesa)	97:43
8	Team Outfooters (Santa Barbara)	98:16
9	Piedmont Racing (Piedmont)	101:49
10	Granada Streakers (Livermore)	107:57
11	College Park RC (San Jose)	110:03

All other teams incomplete.



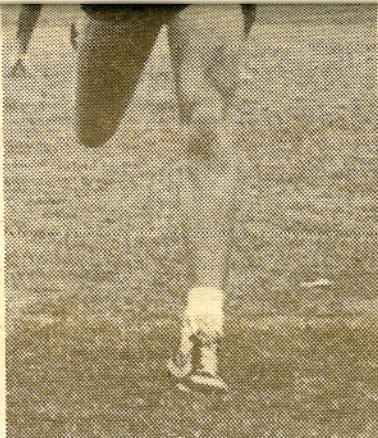
photo by Don Gasway

Jeff Holyfield

13 Pomona Valley CCC (Pomona, OR)	79:51
14 Barstow RC (Barstow)	80:18
15 Tustin Runners Assn. (Tustin)	81:06
16 College Park RC (San Jose)	82:17
17 Madera TC (Madera)	82:43
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Jeff Holyfield

themselves and the pack. Connie Robinson of Ohio and Lois Brommer of Pennsylvania ran neck and neck all alone with Robinson having the stronger finish sprint. After the first mile and a half loop the Western girls were way out of the running, and deserve a lot of credit for pressing hard the second time around and making up many, many places.

The boys race was just the opposite with a giant pack, including most of the Western runners, all the way. California's Harold Kuphaldt and Virginia's Charles Alexander surged ahead with a half mile to go, Alexander outsprinting Kuphaldt in the final 100 yards.

A look at the adjacent results will reveal some obvious disappointments, like a 13th and 14th place finish for the Western champions. Even though the Western athletes ran very tough in the nation's toughest high school competition, and even though the boys were a solid first place team and the girls a solid second, im-

going 2-3-4. Reynolds is just a junior made great improvement after a disappointing seventh in his CIF Section Championship. Eric's coach, Herb Potter, went to Florida for the race and predicted before that Eric would do well - he proved a prophet, but did he know how well? It was no easy task for Herb to get to Florida. He, Eric, and Eric's parents sold hot dogs at a high school football game to raise the funds for the ol' coach.

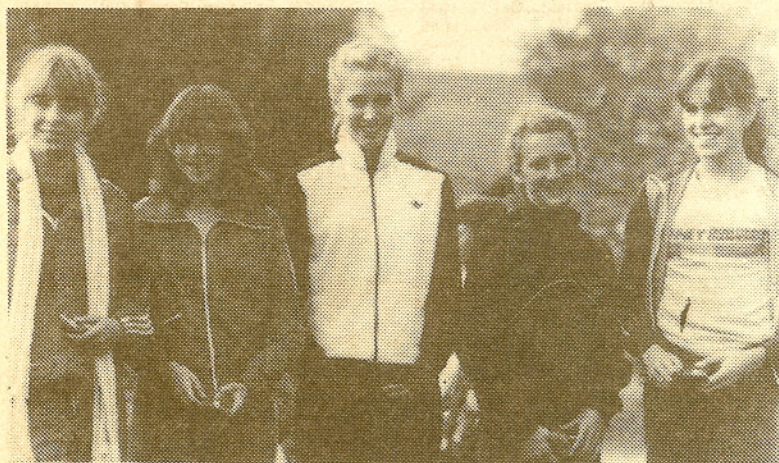
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The only real complaint from the athletes was the course - completely flat and bad footing over bunches of grass and patches of

Team Scores: 1 Northeast 26, 2 Western 43, 3 Northwest 71, 4 Southern 111.

Boys:

1 Charles Alexander (Richmond, VA)	14:51.9
2 Harold Kuphaldt (Fair Oaks, CA)	14:55.9
3 Eric Reynolds (Somis, CA)	14:58.3
4 Keith Morrison (Peoria, AZ)	15:00.8
5 Mike Connelly (Green Lane, PA)	15:01.2
6 Bryan Carroll (Carson City, NV)	15:04.5
7 Steve Taylor (St. Marys, WV)	15:05.1
8 Brian Jaeger (Winter Park, FL)	15:05.4
9 Matthew McGuirk (Eugene, OR)	15:05.7
10 Gary Lewis (San Jose, CA)	15:06.1
11 Kevin Thatcher (Edmond, OK)	15:06.4
12 Keith Hanson (Stevens Pt, WI)	15:06.7
13 Jeff Holyfield (La Crescenta, CA)	15:08.6
14 Victor Treat (College Stn, TX)	15:09.3
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16 Carlos Hanze (Bayville, NJ)	15:11.3
17 Curt Corvin (Tacoma, WA)	15:12.3
18 Chris Gorman (S. Weymouth, MA)	15:15.3
19 Kevin Ambrose (Manassas, VA)	15:16.7
20 Stephen Spillar (Great Bend, KS)	15:24.3
21 Bob Mau (Rocky River, OH)	15:26.7
22 Huron Jackson (Richmond, VA)	15:28.8
23 Jim Knudsen (Lockport, IL)	15:35.0
24 Tom Fischer (Englishtown, NJ)	15:36.6
25 Ken Costello (Columbia, SC)	15:39.9
26 Robert Hipwood (Los Alamos, NM)	15:40.9
27 Shawn Coghlan (Brockton, MA)	15:45.8
28 Jeff Hyman (Avon, CT)	15:50.4
29 Mark Rusciolo III (Manassas, VA)	15:51.4
30 Richard Trimmer (Austin, TX)	16:11.1
31 Marty Bassett (Bloomington, IN)	16:19.1
Team Scores: 1 Western 24, 2 Southern 65, 3 Northeast 67, 4 Midwest 80.	



California's winning girls team (L to R): Denise Ball, Kathy Ebner, Vickie Cook, Tania Fischer, Marilyn Davis.

photo by Dave Barkman

Scoring by States:

BOYS:

1 California	74:31
Meet Record, old record 74:49 by California, 1980	
2 Washington	76:53
3 Arizona	77:03
4 Oregon	78:59
all other states incomplete	

GIRLS:

1 California	85:18
Meet Record, old record 89:13 by California, 1980	
all other states incomplete	

Unofficial State High School Championships
All members from the same school. Listed with location of school (if different from school name) and section in parentheses.

NOTES:

Though the boys race lacked the competitive depth of last year, Leigh (which loses only 1 runner next year) put on a fine performance to win by over 2 minutes. Leigh was the Central Coast Section and NorCal champ. Barstow (with 4 sophs in the top 5) was the Southern Section 2-A champ. Madera was a 3-point loser to Clovis for the Central Section crown and also finished 7th at NorCal (1 point behind 6th-place Clovis). De La Salle was fifth in the North Coast Section and Bella Vista (running without No. 2 man Mike Lee, who has started his wrestling season) was the Sacramento Section champ and 4th at NorCal. Tustin, 3rd in the Southern Section 4-A meet, easily showed the Southern end of the state's potency in the girls division. University (Irvine) beat them by 1 second shy of 5 minutes in the Southern Section 4-A and Tustin beat NorCal champ Terra Linda by 1:40. Costa Mesa, right behind Tustin in 4-A meet, was over 2 minutes behind Terra Linda. San Marino was 2nd in Southern Section 3A meet.



THE WEST IS BEST

College/Open Cross Country

TFA/USA X-C

October 17, Madison, Wisconsin. Yahara Hills Park Course. 20th Annual TFA/USA National Cross Country Championships. 55 degrees, terrible running conditions and generally ugly. Windy, heavy rain prior to race and intermittent rain during the race. Very muddy course and water covered in certain areas.

Men's 10,000 Meters:

1 Steve Lacy (New Balance)	31:21
2 Dave Uhrich (MQ)	31:39
3 Joe Nzau (WYO)	31:45
4 Mike Younglove (WIS A)	31:48
5 Tim Hacker (WIS A)	31:51
6 Dan Dillion (Ath. West)	31:52
7 John Easker (WIS A)	31:54
8 Dan Henderson (Chi TC A)	31:58
9 Doug Nelson (UNI)	32:01
10 Joe Stinzi (WIS A)	32:03
15 Eric Hulst (Athletes in Action)	32:29
22 Bill Adams (Athletes in Action)	32:54
33 John Datson (Athletes in Action)	33:19
34 Chris Sadler (Athletes in Action)	33:21
46 George Mason (Athletes in Action)	34:04
53 Bill Foley (Athletes in Action)	34:53

Team Scores: Wisconsin 35, Minnesota 77, Marquette 110, Athletes in Action 124, Chicago Track Club 125, Northern Iowa 127, Farland Track Club 156, Wyoming 182, University of Chicago 248, Wisconsin B 264, Chicago Track Club B 322, Badgerland Striders 333, University of Chicago B 398.

Far Western Conf.

October 31, Crystal Springs, Belmont. Far Western Conference Men's Collegiate Cross Country Championships. 10,000 meters.

1 M. Conover (Humboldt)	31:12
2 J. Christensen (Sacramento)	32:31
3 T. Gruber (Humboldt)	32:51
4 S. Smallwood (Davis)	33:37
5 M. Baca (Humboldt)	33:42
6 F. Jenkins (Sacramento)	33:51
7 M. Williams (Humboldt)	33:56
8 M. Fary (Sacramento)	34:05
9 M. Fanelli (San Francisco)	34:12
10 P. Foster (Hayward)	34:16

Team Scores: Humboldt State 28, Sacramento State 55, UC Davis 64, Chico State 95, San Francisco State 124, Hayward State 135, Stanislaus State DNR.

WCAA Championships

4 Leann Warren (Oregon)	16:43
5 Regina Joyce (Washington)	16:44
6 Martin (Oregon)	16:46
7 Michelle Bush (UCLA)	16:51
8 Lynn Kanuka (San Diego State)	16:55
9 Kim Schnurpfel (Stanford)	17:02
10 Patty Sue Plumer (Stanford)	17:03

Team Scores: Oregon 52, Stanford and San Diego State 73, Arizona 91, Washington 112.

DIVISION II November 9, Cal Poly Pomona

1 Kraemer (Cal Poly SLO)	18:03
2 Milewski (Cal State Northridge)	18:25
3 Gray (UC Davis)	18:44
4 Dunn (Cal Poly SLO)	18:49
5 Ramirez (Cal State Bakersfield)	18:52

Team Scores: Cal Poly SLO 47, Cal State Northridge 70, UC Davis 77, Cal State Hayward 84, Humboldt State 121.

DIVISION III November 9, at Whittier College

1 Nagle (Claremont)	19:48
2 Lee (UC San Diego)	20:25
3 Walker (Occidental)	20:33
4 Baker (Occidental)	20:41
5 Isham (Occidental)	20:54

Teams: Occidental 27, Pomona-Pitzer 72, UC San Diego 78, Claremont-Mudd 96, Sonoma State 103.

NCAA Div. I, Dist. 8 PAC-10/PCAA X-C

November 14, Stanford. NCAA Division I, District 8 National Qualifying Meet, plus the PAC-10 and PCAA Conference Championships. 10,000 meters, rainy and wet.

1 Richard Twuei (Washington State)	30:56
2 Bill McChesney (Oregon)	30:58
3 Dave Daniels (UCLA)	31:04
4 Thomas Downs (UC Berkeley)	31:05
5 Donald Janicki (Arizona)	31:08
6 Peter Koech (Washington State)	31:17
7 John Gerhardt (UC Irvine)	31:26
8 Harrison Koroso (Arizona)	31:28
9 Michael O'Reilly (UC Berkeley)	31:29
10 Robert Rysdam (Oregon State)	31:36
11 Jon Butler (UCLA)	31:30
12 Scott Mayfield (Fresno State)	31:34
13 Barasa Thomas (Fresno State)	31:34

Southern California J.C. X-Country

From Vince O'Boyle

November 14, Bonelli Park, San Dimas. Southern California Community College Cross Country Championships. Men 4.05 miles, Women 3.1 miles.

Large School Men:

1 Mike Serna (Orange Coast)	21:21
2 Brian Harold (Orange Coast)	21:28
3 John Lee (Fullerton)	21:29
4 Mike Fisher (Santa Ana)	21:30
5 Carlos Caracoza (El Camino)	21:31
6 Rodney Rivera (Grossmont)	21:34
7 Sean Evans (Grossmont)	21:37
8 Danny Martinez (Pasadena)	21:41
9 Mike Pope (Grossmont)	21:46
10 Chris Brennehan (LA Valley)	21:49
11 Mike Herzaog (Orange Coast)	21:50
12 Henry Burkhardt (LA Harbor)	21:54
13 Bob Leetch (El Camino)	21:56
14 Tyrus Deminter (Long Beach)	21:57
15 Richard Brownsberger (Grossmont)	22:01

Team Scores: Orange Coast 44, Grossmont 54, El Camino 76, Long Beach 141, Fullerton 157, Pasadena 172, Valley 177, Harbor 181, Santa Monica 220, Mt. SAC 222, Cypress 343, Rio Hondo 352.

Small Schools Men:

1 Mark Ruelas (Citrus)	21:39
2 Mike Carlton (Citrus)	21:42
3 Brad Jensen (Glendale)	21:44
4 Fernando Vasquez (Citrus)	21:45
5 Marc Laver (Santa Barbara)	22:00
6 Ralph Garibaldi (San Bernardino)	22:00
7 Chris Monroe (Glendale)	22:01
8 Paul Smith (Moorpark)	22:04
9 German Aranda (Hancock)	22:06
10 Roger Soler (Hancock)	22:06

Team Scores: Citrus 49, Moorpark 85, Glendale 85, Hancock 113, San Bernardino 113, Saddleback 145, Mira Costa 173, Santa Barbara 189, Southwestern 191.

Large Schools Women:

1 Barbie Ludovise (Orange Coast)	18:40
2 Renne Williams (El Camino)	19:17
3 Penny Miller (Cerritos)	19:25
4 Sue Zika (Orange Coast)	19:38
5 Lori Meighan (El Camino)	19:44
6 Dianne Hernandez (Grossmont)	19:46
7 Tara Statton (Grossmont)	19:49
8 Sheri Rose (Grossmont)	19:58
9 Lisa Gonzales (Orange Coast)	20:04
10 Laura Lopez (LA Harbor)	20:07
11 Laurie Jenkins (Grossmont)	20:17
12 Mari Gibbs (Orange Coast)	20:28
13 Erin Sherman (El Camino)	20:35
14 Delight Matheny (Pasadena)	20:36
15 Diane Harrell (El Camino)	20:41

Team Scores: Orange Coast 40, Grossmont 47, El Camino 55, Santa Ana 122, Cerritos 131, Harbor 146, Bakersfield 197, East LA 208, Golden West 215.

Small Schools Women:

1 Carol Werner (Santa Barbara)	19:40
2 Jenni Wright (Desert)	19:50
3 Lorriane Mercado (Ventura)	19:52
4 Veronica James (Southwestern)	19:56
5 Lolita Anderson (Glendale)	20:06
6 Kelly Reynolds (Santa Barbara)	20:16
7 Sue Ramsdell (Antelope Valley)	20:18
8 Doreen Espinoza (Ventura)	20:19
9 Kelly Cunningham (Saddleback)	20:27
10 Cindy Schoil (Glendale)	20:27

Team Scores: Santa Barbara 58, Glendale 58, College of the Desert 62, Ventura 83, Palomar 112, Southwestern 119, San Diego 156.

NCAA II Women's Championships

November 21, Cape Girardeau, Missouri. NCAA Div. II Women's Cross Country Championships.

1 Kraemer (Cal Poly SLO)	17:41
2 Coyle (South Dakota St.)	17:55
3 Asp (South Dakota St.)	18:00
4 Dunn (Cal Poly SLO)	18:04
5 Staurum (South Dakota St.)	18:08
8 Milewski (Cal State Northridge)	18:19
13 Manriquez (Cal State Northridge)	18:32

Team Scores: South Dakota State 26, Cal Poly SLO 49, Cal State Northridge 85, UC Davis 93, SE Missouri St. 95.

Other Nationals

The NCAA Men's Division II at Methuen, Massachusetts on November 14th was won by Humboldt State's Mark Conover in 31:46, with second place to UC Riverside's Frank Assumma in 32:08. Andy DiConti of Cal Poly SLO was eighth in 32:44. Cal Poly was fourth and Riverside fifth in the team scoring.

The only bright spot for California in the NCAA Men's Division III was John Siquellos of UC Santa Cruz placing 8th in 25:58 on November 21 in Kenosha, Wisconsin. Must have been 5 miles.

Bringing home glory back home from the NCAA Women's Div. III was Nagle of Claremont Mudd who placed second in 19:06 also at Kenosha on November 21.

photo by Gene Cohn



Dave Daniels

Far Western Conf.

October 31, Crystal Springs, Belmont. Far Western Conference Men's Collegiate Cross Country Championships. 10,000 meters.

1 M. Conover (Humboldt)	31:12
2 J. Christensen (Sacramento)	32:31
3 T. Gruber (Humboldt)	32:51
4 S. Smallwood (Davis)	33:37
5 M. Baca (Humboldt)	33:42
6 F. Jenkins (Sacramento)	33:51
7 M. Williams (Humboldt)	33:56
8 M. Fary (Sacramento)	34:05
9 M. Fanelli (San Francisco)	34:12
10 P. Foster (Hayward)	34:16

Team Scores: Humboldt State 28, Sacramento State 55, UC Davis 64, Chico State 95, San Francisco State 124, Hayward State 135, Stanislaus State DNR.

WCAA Championships

From Alberto Bazan

October 31, Balboa Park, San Diego. Women's WCAA Cross Country Championships. 5,000 meters.

1 Joan Hansen (Arizona)	16:49
2 Monica Joyce (San Diego State)	16:55
3 Lynn Kanuka (San Diego State)	17:07
4 Michelle Bush (UCLA)	17:18
5 Marjorie Kaput (Arizona)	17:26
6 Anithea James (Arizona)	17:37
7 Liz Baker (San Diego State)	17:39
8 Debra Chaddock (San Diego State)	17:45
9 Linda Goen (UCLA)	17:52
10 Maria Trujillo (Arizona State)	17:58

Team Scores: Arizona 35, San Diego State 37, UCLA 73, Arizona State 114, Long Beach State 133, Cal State Fullerton 161, USC 173.

Women's PA-TAC

November 1, Sierra College, Rocklin. Pacific Association of The Athletics Congress Cross Country District Championships. 5,000 meters.

1 Connie Hester (GSFTC)	17:53
2 Vivian Soderhold (WVTC)	18:12
3 Ann Wotherspoon (SJCG)	18:12
4 Jessica Spies (SJCG)	18:23
5 Colleen Moran (CSUH)	18:58
6 Pam Burkes (WVTC)	19:15
7 Joan Uilyot (WVTC)	19:31

Team Scores: West Valley Track Club 46, Cal State Hayward 48, San Jose Cindergals 48, Greater San Francisco Track Club 79.

NCAA Women's Western Regionals

DIVISION I
November 9, Stanford

1 Monica Joyce (San Diego State)	16:29
2 Joan Hansen (Arizona)	16:31
3 CeCi Hopp (Stanford)	16:35

NCAA Div. I, Dist. 8 PAC-10/PCAA X-C

November 14, Stanford. NCAA Division I, District 8 National Qualifying Meet, plus the PAC-10 and PCAA Conference Championships. 10,000 meters, rainy and wet.

1 Richard Twuel (Washington State)	30:56
2 Bill McChesney (Oregon)	30:58
3 Dave Daniels (UCLA)	31:04
4 Thomas Downs (UC Berkeley)	31:05
5 Donald Janicki (Arizona)	31:08
6 Peter Koech (Washington State)	31:17
7 John Gerhardt (UC Irvine)	31:26
8 Harrison Koroso (Arizona)	31:28
9 Michael O'Reilly (UC Berkeley)	31:29
10 Robert Rysdam (Oregon State)	31:36
11 Jon Butler (UCLA)	31:30
12 Scott Mayfield (Fresno State)	31:34
13 Barasa Thomas (Fresno State)	31:34
14 Ron Roberts (UCLA)	31:45
15 Mark Fricker (Oregon State)	31:46
16 Steve McCormack (UCLA)	31:46
17 Jeffery Hess (Arizona)	32:02
18 Tom Ansberry (Arizona)	32:02
19 Simon Killili (San Jose State)	32:04
20 Tom O'Neil (Stanford)	32:04
21 Bill Graham (Stanford)	32:06
22 Greg Erwin (Oregon)	32:07
23 David Dobler (Arizona)	32:10
24 Derek Shirley (Oregon)	32:11
25 Christopher Villani (Washington)	32:12
26 Joe Avila (UCLA)	32:12
27 Steve Webb (UCLA)	32:13
28 Chris Hamilton (Portland)	32:15
29 Steve James (Washington State)	32:21
30 Ramon Garcia (Fresno State)	32:22
31 Mark LaBonte (UC Berkeley)	32:25
32 Rod Berry (Stanford)	32:26
33 Richard Cleek (Oregon)	32:30
34 Willie Ayyad (UCLA)	32:34
35 Greg Hitchcock (Oregon)	32:36
36 Charlie Christensen (UC Irvine)	32:38
37 Gary Gonzales (Fresno State)	32:39
38 Brian Pettingill (Stanford)	32:42
39 Mike Pyeatt (Oregon State)	32:45
40 Mike Sokolewicz (Stanford)	32:48
41 John Lermusik (Washington)	32:53
42 Joe Young (UC Irvine)	32:53
43 Jason Emmons (Oregon)	32:54
44 Dave Holmes (Portland)	32:55
45 Michael McCollum (UC Berkeley)	32:56
46 Rich Hunz (Portland)	32:59
47 Greg Long (Utah State)	32:59
48 Dan Quigley (Portland)	33:01
49 Patrick Ewing (Washington)	33:03
50 John Frank (Oregon State)	33:06

Overall Dist. 8 Team Scores: UCLA 70, Arizona 71, Oregon 116, UC Berkeley 142, Stanford 151, Fresno State 155, Oregon State 170, Washington State 201, Portland 234, UC Irvine 237, Washington 253, San Jose State 295, Utah State 337, Long Beach State 359, US International 368, UC Santa Barbara 372, Santa Clara 523, Cal State Fullerton 543, USF 605.

PAC 10 Team Scores: UCLA 59, Arizona 60, Oregon 96, UC Berkeley 110, Stanford 121, Washington State 127, Oregon State 129, Washington 177.

PCAA Team Results: Fresno State 33, UC Irvine 62, San Jose State 80, Utah State 92, Long Beach State 105, UC Santa Barbara 116, Cal State Fullerton 201.

3 Walker (Occidental)	20:33
4 Baker (Occidental)	20:41
5 Isham (Occidental)	20:54

Teams: Occidental 27, Pomona-Pitzer 72, UC San Diego 78, Claremont-Mudd 96, Sonoma State 103.

Small Schools Men:

1 Mark Ruelas (Citrus)	21:39
2 Mike Carlton (Citrus)	21:42
3 Brad Jensen (Glendale)	21:44
4 Fernando Vasquez (Citrus)	21:45
5 Marc Laver (Santa Barbara)	22:00
6 Ralph Garibaldi (San Bernardino)	22:00
7 Chris Monroe (Glendale)	22:01
8 Paul Smith (Moorpark)	22:04
9 German Aranda (Hancock)	22:06
10 Roger Soler (Hancock)	22:06

Team Scores: Citrus 49, Moorpark 85, Glendale 85, Hancock 113, San Bernardino 113, Saddleback 145, Mira Costa 173, Santa Barbara 189, Southwestern 191.

Large Schools Women:

1 Barbie Ludovise (Orange Coast)	18:40
2 Renne Williams (El Camino)	19:17
3 Penny Miller (Cerritos)	19:25
4 Sue Zika (Orange Coast)	19:38
5 Lori Meighan (El Camino)	19:44
6 Dianne Hernandez (Grossmont)	19:46
7 Tara Slatton (Grossmont)	19:49
8 Sheri Rose (Grossmont)	19:58
9 Lisa Gonzales (Orange Coast)	20:04
10 Laura Lopez (LA Harbor)	20:07
11 Laurie Jenkins (Grossmont)	20:17
12 Mari Gibbs (Orange Coast)	20:28
13 Erin Sherman (El Camino)	20:35
14 Delight Matheny (Pasadena)	20:36
15 Diane Harrell (El Camino)	20:41

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Bringing home glory back home from the NCAA Women's Div. III was Nagle of Claremont Mudd who placed second in 19:06 also at Kenosha on November 21.



Dave Daniels



PCAA Champions: Fresno State. Back Row (L to R): Gilbert Torres, Coach Bob Fraley, Greg Valdez, Scott Mayfield, Ray Knerr, Coach Red Estes. Front Row (L to R): Gary Gonzales, Barasa Thomas, Ramon Garcia, Eric Little.
photo by Gene Cohn

Nor Cal JC X-C

From Bob Fries

November 14, Woodward Park, Fresno. Northern California Community College Cross Country Championships.

Small Schools - Men (4 miles):

1 Tom McKeown (Cuesta)	19:40
2 Sammy Barraza (Monterey)	19:54
3 Jeff Magallanges (Monterey)	20:06
4 Matt Armbruster (Cuesta)	20:10
5 Ron Flores (Butte)	20:12
6 Mark Breish (Cuesta)	20:16
7 Terry Miller (Yuba)	20:22
8 Mark Hoefler (Sierra)	20:26
9 Jim Scattini (Hartnell)	20:29
10 Mike Higgins (Monterey)	20:30

Team Scores: Cuesta 56, Sierra 72, Monterey 80, Butte 83, Hartnell 101, Shasta 117, Redwood 165, Skyline 231.

Small Schools - Women (3 miles):

1 Rosa Tibaduiza (Lassen)	17:02
2 Diana David (Butte)	17:06
3 Kathy Dolan (Shasta)	17:36
4 Robin Crowley (Sierra)	17:38
5 Kimbi Hamer (Sierra)	17:54
6 Sheila Rodgers (Butte)	18:07
7 Terry Trumbull (Butte)	18:30
8 Debbie Butterfield (Lassen)	18:32
9 Kathy Bargetto (Cabrillo)	18:42
10 Joan Lewis (Sierra)	18:43

Team Scores: Sierra 35, Butte 38, Lassen 72, Cuesta 89, Monterey 134.

Large Schools - Men (4 miles):

1 Jesse Torres (San Jose)	19:15
2 Bob Ingram (West Valley)	19:33
3 Wally Kazmierski (San Francisco)	19:35
4 Nelson Bernal (West Valley)	19:37
5 Felix Soto (San Jose)	19:38
6 Jeff Scott (American River)	19:39
7 Rusty Knowles (American River)	19:40
8 Ed Fuel (West Valley)	19:40
9 Dan Ramirez (San Jose)	19:42
10 Joe Garza (Delta)	19:44
11 Joe Rubio (West Valley)	19:50
12 Dan Gonzales (Foothill)	19:53
13 Mike Warr (American River)	19:54
14 Mike Ibarra (San Francisco)	19:56
15 Mike Vail (American River)	20:00
16 Ted Franse (Delta)	20:05
17 Dan Betker (Sacramento)	20:09
18 Jeff Grubbs (Cosumnes)	20:11
19 Dave Lawler (Diablo Valley)	20:15
20 Shawn Spiegel (West Valley)	20:17

Teams: West Valley 43, American River 60, San Jose 98, Delta 145, DeAnza 168, San Francisco 182, Marin 188, Santa Rosa 203, Diablo Valley 218, Merced 232, Sacramento 240, Sequoias 249, Fresno 301.

Large School - Women (3 miles):

1 Rene Wykoff (COS)	16:28
2 Linda Jungsten (Canada)	16:44
3 Laurie Crisp (Modesto)	16:48
4 Peggy Smyth (Santa Rosa)	16:54
5 Rene Hicks (San Francisco)	17:01
6 Shelly Agrimson (COS)	17:07
7 Marcy Amonette (Marin)	17:16
8 Jeanette Allred (American River)	17:17
9 Sharon Powers (Santa Rosa)	17:22
10 Jean Slingerland (American River)	17:23
11 Gerilyn Tripp (Santa Rosa)	17:24
12 Bonnie Dwyer (San Francisco)	17:38
13 Jenny Simonsen (American River)	17:40
14 Kristen Martin (Merritt)	17:43
15 Monika Zieschang (San Mateo)	17:46
16 Lana Morris (Foothill)	17:48

J.C. State Meet

From Bob Fries

November 21, Woodward Park, Fresno. California Community College State Cross Country Championships. Men 4 miles, Women 3 miles, each 50 yards short.

Small School Men:

1 Mike Cariton (Citrus)	19:25
2 Roger Soler (Hancock)	19:33
3 Brad Jensen (Glendale)	19:37
4 Sammy Barraza (Monterey)	19:39
5 Paul Smith (Moorpark)	19:40
6 Mark Ruelas (Citrus)	19:47
7 Ralph Garibaldi (San Bernardino)	19:49
8 Fernando Valasquez (Citrus)	19:50
9 German Aranda (Hancock)	19:51
10 Chris Monroe (Glendale)	20:01
11 Francisco Robles (Moorpark)	20:05
12 Pat Cooper (Moorpark)	20:06
13 Jim Kelley (Moorpark)	20:07
14 Tom McKeown (Cuesta)	20:09
15 Mark Breish (Cuesta)	20:12

Team Scores: Citrus 49, Moorpark, 71, Glendale 101, Hancock 106, Cuesta 132, Sierra 163, San Bernardino 166, Hartnell 191, Butte 194, Monterey 214.

Large Schools Men:

1 Rodney Rivera (Grossmont)	19:13
2 Jesse Torres (San Jose)	19:16
3 Brian Harold (Orange Coast)	19:24
4 Sean Evans (Grossmont)	19:27
5 Dan Martinez (Pasadena)	19:28
6 Mike Serna (Orange Coast)	19:31
7 Nelson Bernal (West Valley)	19:32
8 Felix Soto (San Jose)	19:35
9 Carlos Caracoza (El Camino)	19:37
10 Chris Brenneman (LA Valley)	19:38
11 R. Brownsburger (Grossmont)	19:39
12 Bob Ingram (West Valley)	19:42
13 Ed Fuel (West Valley)	19:45
14 Lalo Terriquez (Orange Coast)	19:46
15 Rusty Knowles (American River)	19:48
16 Joe Rubio (West Valley)	19:51
17 Mike Herzog (Orange Coast)	19:52
18 Jeff Scott (American River)	19:53
19 Cesarito Marquez (Long Beach)	19:53
20 Scott Lacrosse (Orange Coast)	19:54
21 Tyrus Deminter (Long Beach)	19:54
22 Joe Garza (Delta)	19:55
23 Mike Pope (Grossmont)	19:58
24 Ted Franse (Delta)	19:59
25 Jeff Purrington (San Jose)	20:02

Team Scores: Orange Coast 53, Grossmont 68, West Valley 73, El Camino 114, San Jose 127, American River 147, Long Beach 162, Fullerton 185, Delta 202, De Anza 248.

Small Schools Women:

1 Diana David (Butte)	16:43
2 Rosa Tibaduiza (Lassen)	17:03
3 Veronica James (S. Western)	17:05
4 Carol Werner (Santa Barbara)	17:08
5 Kelly Reynolds (Santa Barbara)	17:16
6 Sheila Rodgers (Butte)	17:23
7 Kathy Dolan (Shasta)	17:25
8 Lorraine Mercado (Ventura)	17:26
9 Cindy Schoil (Glendale)	17:38
10 Lolila Anderson (Glendale)	17:48
11 Jenny Wright (Desert)	17:49
12 Doreen Espinoza (Ventura)	17:55
13 Robin Crowley (Sierra)	18:00
14 Susan Figueroa (Desert)	18:01
15 Luci Sanchez (Desert)	18:03

Team Scores: Butte 68, Santa Barbara 77, Sierra 86, Glendale 87, Desert 93, Ventura 101, Lassen 144, Cuesta 191.

Large Schools Women:



Linda Junjsten

14 Dave Daniels (UCLA)	29:42
39 Steve McCormack (UCLA)	30:11
43 Jon Butler (UCLA)	30:15
81 Ron Roberts (UCLA)	30:49
83 Joda Avila (UCLA)	30:53

Team Scores: UTEP 17, Providence 109, Arkansas 175, Wisconsin 179, UCLA 187, East Tennessee State 223, Arizona 253, Florida State 257, Clemson 300, Illinois 305.

Women: 5,000 meters.

1 Betty Jo Springs (NC State)	16:19
2 Leann Warren (Oregon)	16:25
3 Aileen O'Connor (Virginia)	16:27
4 Kelley Cathey (Oklahoma)	16:27
5 Lesley Welch (Virginia)	16:27
6 Joan Hansen (Arizona)	16:29
7 Bernadette Madigan (Kytky)	16:35
8 Lisa Welch (Virginia)	16:38

15 Monica Joyce (San Diego State)	16:49
18 Lynn Kanuka (San Diego State)	16:57
23 Patty Sue Plumer (Stanford)	17:06
24 Michelle Bush (UCLA)	17:06
27 Kim Schnurpfel (Stanford)	17:08
29 Sloan Burton (Stanford)	17:11
31 Eva Erstrom (San Diego State)	17:12
45 Ann Locke (Stanford)	17:27
47 Michelle Mason (Stanford)	17:29
59 Ellen Lyons (Stanford)	17:49
63 Liz Baker (San Diego St.)	17:52
95 Dibi Simmons (San Diego State)	18:43
98 Eliana Garcia (San Diego State)	18:50

Team Scores: Virginia 36, Oregon 83, Stanford 105, Michigan State 122, North Carolina State 123, Clemson 152, San Diego State 169, Arizona 182, Missouri 234, Penn State 249.

4 Rob Latting (Diablo Valley)	13:16
5 David Dodge (Diablo Valley)	13:27

Team Scores: Orange County Blue Angels 62, Diablo Valley 65, Roseville Gazelles 115, Duke City Dashers 153, Phoenix Puma 208.

14-15 Girls 5,000 Meters:

1 Johanna Sanchez (Albu Olympettes)	18:19
2 Shami Maraghe (Seattle, WA)	18:24
3 Melanie McGinnis (Univac)	18:24
4 Deborah Bigbee (Duke City Dashers)	18:26
5 Wendy Thomas (Seattle, WA)	18:27

Team Scores: Duke City Dashers 79, Southern California Road Runners 80, Provo Utah 108, Silver State Striders 112, Mesa Sun Angels 137.

14-15 Boys 5,000 Meters:

1 Tracy Garrison (Univac)	14:59
2 Mica Comstock (Duke City)	15:13
3 Jeff Cannada (Phoenix Puma)	15:28
4 Gustav Quinonez (Marathoners)	15:30
5 Simon Gutierrez (Duke City)	15:33

Team Scores: Duke City Dashers 38, Spartan Track Club 68, Etobicoke Harriers 103, Vancouver USA 175, Southern California Road Runners 181.

16-17 Girls 5,000 Meters:

1 Kelly Watkins (Provo, UT)	18:11
2 Lisa Larson (Price, UT)	18:13
3 Camille Davis (Huntsville, UT)	18:21
4 Carolyn Smith (Bountiful, UT)	18:23
5 Becky Bjornn (Bountiful, UT)	18:31

Team Scores: Provo, UT 15, Mesa Sun Angels 102.

16-17 Boys 5,000 Meters:

1 Jon Knight (Spokane Valley)	14:49
2 Michael Kubitschek (USAF)	14:55
3 David Anderson (Spartan TC)	15:01
4 Alan Parker (Spartan TC)	15:13
5 Keith Morrison (Phoenix Puma)	15:24

Team Scores: Spartan TC 41, Spokane Valley Runners 78, Duke City Dashers 105, Univac TC 119, Phoenix Puma TC 130.

Junior Women 5,000 Meters:

1 Marilyn Davis (Golden Bear TC)	17:05
2 Margaret Spotts (Golden Bear TC)	17:10
3 Inga Thompson (Reno, NV)	17:16
4 Elizabeth Natale (Liberty AC)	17:25
5 Eileen Shiel (U. Virginia)	17:37
6 Dana Flint (Golden Bear TC)	17:50
7 Rhonda Sterkenburg (Quest)	17:51
8 Laurie Glynn (Liberty AC)	17:57
9 Thayer Plante (Liberty AC)	18:01
10 Denise Ball (LA Naturite)	18:07

Team Scores: Liberty AC 50, Quest 74, Southern California Cheetahs 103, Lobo Running Club.

Junior Men 5,000 Meters:

1 Jessie Torres (Pacific West)	14:38
2 Felix Soto (Pacific West)	14:47
3 Bobby Ingram (Pacific West)	14:52
4 Nelson Bernal (Pacific West)	14:55
5 Brad Anstead (Phoenix Puma)	15:02
6 Bill Devine (Marathoners)	15:03
7 Chris Dugan (Phoenix Puma)	15:05
8 Michael Carlton (Covina)	15:06
9 Barasa Thomas (Fresno)	15:07
10 Jeff Atkinson (Thousand Oaks)	15:10

Team Scores: Pacific West TC 74:27, Phoenix Puma 78:44.

Senior Women 5,000 Meters:

1 Julie Brown (LA Naturite)	15:49
2 Joan Hansen (Athletics West)	15:49
3 Betty Springs (NC State)	15:50
4 Betty Springs (NC State)	15:53
5 Mary Decker (Athletics West)	15:55
6 Brenda Webb (Athletics West)	15:56
7 Aileen O'Connor (U. Virginia)	15:58
8 Marty Cooksey (Athletics West)	15:58
9 Lanie Woloh (U. Virginia)	15:59

U.S.A. TAC X-C Championships

From Pete Cava

November 28, DeBell Golf Course, Burbank, California. TAC 1981 U.S. Cross Country Championships.

9 & Under Girls 3,000 Meters:

1 Tracey Williams (SCTB)	11:09
2 Laura Doering (SCRR)	11:26
3 Mindy Heywood (Mesa Sun Angeles)	11:30
4 Suzanne Castruita (SFCRR)	11:33
5 Carlynn Davis (Timpview, UT)	11:38

Team Scores: Southern Cal Road Runners 47, Southern California T-Birds 61, Santa Clara Valley North Stars 115, Duke City Dashers 125, East Shore Hustlers 191, Southern Cal RR "B" 228.

9 & Under Boys 3,000 Meters:

1 Craig Lawson (Northridge Pacers)	10:31
2 Eddie Lavelle (Orange Co. BA)	10:34
3 Scott Sutch (Lafayette)	10:49
4 Duncan Wagner (Reno, NV)	10:51
5 Mike Cutcher (Duke City Dashers)	10:57

Team Scores: Duke City Dashers 96, Diablo Valley 107, Northridge Pacers 121, Orange County Blue Angels 142, Timpview 156, Cupertino Yearlings 172.

10-11 Girls 3000 Meters:

1 Jenell Gomez (SCRR)	11:05
2 Kim Girk (Jeffco Jets)	11:06
3 Sheri Lawson (SCRR)	11:08
4 Susie Ramirez (SCRR)	11:09
5 Wanda Bailey (Fairfield)	11:11

Team Scores: Not available.

10-11 Boys 3,000 Meters:

1 John Soto (Orange Co. BA)	9:57
2 Jeff Allison (Univac TC)	10:08
3 Wendell Tull (Albu Dust Devils)	10:12
4 Steve Mendoza (Cupertino Y)	10:18
5 Mike Gibson (Diablo Valley)	10:23

Team Scores: Silver State Striders 80, Orange County Blue Angels 91, Diablo Valley 98, Univac TC 98, Santa Clarita Valley AA 198.

12-13 Girls 4,000 Meters:

1 Carol Doody (SCRR)	14:52
2 Nanette Garcia (SJC)	14:57
3 Therese Fisher (SJC)	14:57
4 Shannon Clark (SJC)	15:01
5 Pam Eyman (Univac)	15:05

Team Scores: San Jose Cindergals 71, Duke City Dashers 91, Southern California Road Runners 92, Jeffco Jets 120.

12-13 Boys 4,000 Meters:

1 Travis Peery (Univac)	12:38
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10 Joe Garza (Delta)	19:44
11 Joe Rubio (West Valley)	19:50
12 Dan Gonzales (Foothill)	19:53
13 Mike Warr (American River)	19:54
14 Mike Ibarra (San Francisco)	19:56
15 Mike Vail (American River)	20:00
16 Ted Franse (Delta)	20:05
17 Dan Betker (Sacramento)	20:09
18 Jeff Grubbs (Cosumnes)	20:11
19 Dave Lawler (Diablo Valley)	20:15
20 Shawn Spiegel (West Valley)	20:17
Teams: West Valley 43, American River 60, San Jose 98, Delta 145, DeAnza 168, San Francisco 182, Marin 188, Santa Rosa 203, Diablo Valley 218, Merced 232, Sacramento 240, Sequoias 249, Fresno 301.	

Large School - Women (3 miles):

1 Rene Wykoff (COS)	16:28
2 Linda Jungsten (Canada)	16:44
3 Laurie Crisp (Modesto)	16:48
4 Peggy Smyth (Santa Rosa)	16:54
5 Rene Hicks (San Francisco)	17:01
6 Shelly Agrimson (COS)	17:07
7 Marcy Amonette (Marin)	17:16
8 Jeanete Allred (American River)	17:17
9 Sharon Powers (Santa Rosa)	17:22
10 Jean Slingerland (American River)	17:23
11 Gerilyn Tripp (Santa Rosa)	17:24
12 Bonnie Dwyer (San Francisco)	17:38
13 Jenny Simonsen (American River)	17:40
14 Kristen Martin (Merritt)	17:43
15 Monika Zieschang (San Mateo)	17:46
16 Lana Morris (Foothill)	17:48
17 Audrey Bettencourt (San Mateo)	17:53
18 Liana Wilson (Marin)	17:56
19 Douglas (Contra Costa)	18:04
20 Pearl Anit (San Mateo)	18:05

Teams: American River 82, San Mateo 89, Canada 109, COS 110, Marin 115, Santa Rosa 120, West Valley 160, Merritt 163, Diablo Valley 174, Modesto 210.



Penny Miller

17 Ma Herzog (Orange Coast)	19:52
18 Jeff Scott (American River)	19:53
19 Cesario Marquez (Long Beach)	19:53
20 Scott Lacrosse (Orange Coast)	19:54
21 Tyrus Deminter (Long Beach)	19:54
22 Joe Garza (Delta)	19:55
23 Mike Pope (Grossmont)	19:58
24 Ted Franse (Delta)	19:59
25 Jeff Purrington (San Jose)	20:02
Team Scores: Orange Coast 53, Grossmont 68, West Valley 73, El Camino 114, San Jose 127, American River 147, Long Beach 162, Fullerton 185, Delta 202, De Anza 248.	

Small Schools Women:

1 Diana David (Butte)	16:43
2 Rosa Tibadulza (Lassen)	17:03
3 Veronica James (S. Western)	17:05
4 Carol Werner (Santa Barbara)	17:08
5 Kelly Reynolds (Santa Barbara)	17:16
6 Sheila Rodgers (Butte)	17:23
7 Kathy Dolan (Shasta)	17:25
8 Lorraine Mercado (Ventura)	17:26
9 Cindy Schoil (Glendale)	17:38
10 Lolila Anderson (Glendale)	17:48
11 Jenny Wright (Desert)	17:49
12 Doreen Espinoza (Ventura)	17:55
13 Robin Crowley (Sierra)	18:00
14 Susan Figueroa (Desert)	18:01
15 Luci Sanchez (Desert)	18:03
Team Scores: Butte 68, Santa Barbara 77, Sierra 86, Glendale 87, Desert 93, Ventura 101, Lassen 144, Cuesta 191.	

Large Schools Women:

1 Rene Wykoff (COS)	16:20
2 Laurie Crisp (Modesto)	16:28
3 Barbie Ludovise (Orange Coast)	16:44
4 Linda Jungsten (Canada)	16:45
5 Rene Hicks (San Francisco)	16:49
6 Renee Williams (El Camino)	17:01
7 Penny Miller (Cerritos)	17:05
8 Jeanete Allred (American River)	17:06
9 Tara Slatton (Grossmont)	17:09
10 Sharon Powers (Santa Rosa)	17:10
11 Lori Meighan (El Camino)	17:12
12 Sue Zika (Orange Coast)	17:20
13 Kelly Ringer (Orange Coast)	17:23
14 J. Slingerland (American River)	17:24
15 Marcy Amonette (Marin)	17:25
16 Barb Clift (Grossmont)	17:27
17 Lisa Gonzales (Orange Coast)	17:32
18 Sheri Rose (Grossmont)	17:34
19 Gerilyn Tripp (San Mateo)	17:35
20 Erin Sherman (El Camino)	17:41
21 Teresa Foskett (Grossmont)	17:46
22 Monika Zieschang (San Mateo)	17:47
23 Jenny Simonsen (American River)	17:48
24 Tracee Mae (Santa Ana)	17:50
25 Susan Zahradnik (Orange Coast)	17:52
Team Scores: Orange Coast 57, Grossmont 85, El Camino 92, American River 112, San Mateo 135, Canada 161, Marin 165, COS 182, Cerritos 202, Santa Ana 212.	

NCAA National Championships

November 23, Wichita, Kansas. NCAA Division I National Championships. Men. 10,000 meters.

1 Matthews Motshwarateu (UTEP)	28:45
2 Mike Musyoki (UTEP)	28:46
3 Gabriel Kamau (UTEP)	29:19
4 Mark Scrutton (Colorado)	29:22
5 Graeme Fell (San Diego State)	29:30
6 Alan Scharsu (Penn St.)	29:30
7 Suleiman Myambui (UTEP)	29:32
8 Gidemas Shahanga (UTEP)	29:33
9 David Taylor (Arkansas)	29:35
10 Richard Twuel (Washington St.)	29:36
11 Tom Downs (California)	29:41



Linda Jungsten

14 Dave Daniels (UCLA)	29:42
39 Steve McCormack (UCLA)	30:11
43 Jon Butler (UCLA)	30:15
81 Ron Roberts (UCLA)	30:49
83 Joda Avila (UCLA)	30:53
Team Scores: UTEP 17, Providence 109, Arkansas 175, Wisconsin 179, UCLA 187, East Tennessee State 223, Arizona 253, Florida State 257, Clemson 300, Illinois 305.	

Women: 5,000 meters.

1 Betty Jo Springs (NC State)	16:19
2 Leann Warren (Oregon)	16:25
3 Aileen O'Connor (Virginia)	16:27
4 Kelley Cathey (Oklahoma)	16:27
5 Lesley Welch (Virginia)	16:27
6 Joan Hansen (Arizona)	16:29
7 Bernadette Madigan (Kytkcky)	16:35
8 Lisa Welch (Virginia)	16:38
9 Kathy Bryant (Tennessee)	16:41
10 Ceci Hopp (Stanford)	16:46

photo by Doug Speck



Jesse Torres

4 Duncan Wagner (Reno, NV)	10:51
5 Mike Cutcher (Duke City Dashers)	10:57
Team Scores: Duke City Dashers 96, Diablo Valley 107, Northridge Pacers 121, Orange County Blue Angels 142, Timpview 156, Cupertino Yearlings 172.	

10-11 Girls 3000 Meters:

1 Jenell Gomez (SCRR)	11:05
2 Kim Girk (Jeffco Jets)	11:06
3 Sheri Lawson (SCRR)	11:08
4 Susie Ramirez (SCRR)	11:09
5 Wanda Bailey (Fairfield)	11:11

Team Scores: Not available.

10-11 Boys 3,000 Meters:

1 John Soto (Orange Co. BA)	9:57
2 Jeff Allison (Univac TC)	10:08
3 Wendell Tull (Albu Dust Devils)	10:12
4 Steve Mendoza (Cupertino Y)	10:18
5 Mike Gibson (Diablo Valley)	10:23

Team Scores: Silver State Striders 80, Orange County Blue Angels 91, Diablo Valley 98, Univac TC 98, Santa Clarita Valley AA 198.

12-13 Girls 4,000 Meters:

1 Carol Doody (SCRR)	14:52
2 Nanette Garcia (SJC)	14:57
3 Therese Fisher (SJC)	14:57
4 Shannon Clark (SJC)	15:01
5 Pam Eymann (Univac)	15:05

Team Scores: San Jose Cindergals 71, Duke City Dashers 91, Southern California Road Runners 92, Jeffco Jets 120.

12-13 Boys 4,000 Meters:

1 Travis Peery (Univac)	12:38
2 Greg Whiteley (Orange Co. BA)	13:12
3 Dale Kroeger (Orange Co. BA)	13:15

3 Inga Thompson (Reno, NV)	17:16
4 Elizabeth Natale (Liberty AC)	17:25
5 Eileen Shiel (U. Virginia)	17:37
6 Dana Flint (Golden Bear TC)	17:50
7 Rhonda Sterkenburg (Quest)	17:51
8 Laurie Glynn (Liberty AC)	17:57
9 Thayer Plante (Liberty AC)	18:01
10 Denise Ball (LA Naturite)	18:07

Team Scores: Liberty AC 50, Quest 74, Southern California Cheetahs 103, Lobo Running Club.

Junior Men 5,000 Meters:

1 Jessie Torres (Pacific West)	14:38
2 Felix Soto (Pacific West)	14:47
3 Bobby Ingram (Pacific West)	14:52
4 Nelson Bernal (Pacific West)	14:55
5 Brad Anstead (Phoenix Puma)	15:02
6 Bill Devine (Marathoners)	15:03
7 Chris Dugan (Phoenix Puma)	15:05
8 Michael Carlton (Covina)	15:06
9 Barasa Thomas (Fresno)	15:07
10 Jeff Atkinson (Thousand Oaks)	15:10

Team Scores: Pacific West TC 74:27, Phoenix Puma 78:44.

Senior Women 5,000 Meters:

1 Julie Brown (LA Naturite)	15:49
2 Joan Hansen (Athletics West)	15:49
3 Betty Springs (NC State)	15:50
4 Betty Springs (NC State)	15:53
5 Mary Decker (Athletics West)	15:55
6 Brenda Webb (Athletics West)	15:56
7 Aileen O'Connor (U Virginia)	15:58
8 Marty Cooksey (Athletics West)	15:58
9 Leslie Welch (U. Virginia)	16:00

photo by Doug Speck



Adrian Royle & Alberto Salazar

photo by Bill Leung, Jr.



Rose, Hunt, Scott, Royle, Ortiz, etc.

photo by Bill Leung, Jr.



- | | |
|------------------------------------|-------|
| 10 Julie Shea (Athletics West) | 16:03 |
| 11 Debbie Eide (Oregon TC) | 16:10 |
| 12 Jill Haworth (U. Virginia) | 16:15 |
| 13 Cathie Twomey (Athletics West) | 16:17 |
| 14 Lynn Kanuka (Vitamins Plus) | 16:19 |
| 15 Midde Hamrin (Houston Harriers) | 16:21 |
| 16 Josephine White (U. Richmond) | 16:22 |
| 17 Bernadette Madigan (Todds Road) | 16:25 |
| 18 Monica Joyce (Vitamins Plus) | 16:26 |
| 19 Maggie Keyes (Athletics West) | 16:27 |
| 20 Lisa Welch (U. Virginia) | 16:27 |

- | | |
|--------------------------------------|-------|
| 8 Herb Lindsay (Athletics West) | 27:55 |
| 9 Don Janicki (Maccabi TC) | 27:56 |
| 10 Graham Fell (Maccabi TC) | 28:03 |
| 11 Steve Plasencia (Athletics West) | 28:06 |
| 12 Dan Dillon (Athletics West) | 28:06 |
| 13 John Gerhardt (Maccabi TC) | 28:12 |
| 14 Steve Ortiz (UCLA) | 28:12 |
| 15 Jim Stintzi (Athletics West) | 28:13 |
| 16 Domingo Tibaduiza (Fountain V) | 28:15 |
| 17 Don Clary (Athletics West) | 28:15 |
| 18 Pat Porter (Alamosa, CO) | 28:16 |
| 19 Mark Kimball (Wellesley, MA) | 28:17 |
| 20 Greg Duhaime (Victory AC) | 28:19 |
| 21 Tom Smith (Athletics West) | 28:19 |
| 22 Jim Spivey (Victory AC) | 28:20 |
| 23 Dave Gordon (Unat) | 28:21 |
| 24 Zachary Baire (Aggie RC) | 28:22 |
| 25 Gary Tuttle (Team Inside Track) | 28:22 |
| 26 John Gregorek (New York AC) | 28:23 |
| 27 Harrison Koroso (Maccabi TC) | 28:24 |
| 28 David Long (Victory AC) | 28:25 |
| 29 Mike McGuire (New York AC) | 28:26 |
| 30 Richard Twuej (Maccabi TC) | 28:26 |
| 31 Thomas Dalton (Syracuse Chargers) | 28:27 |
| 32 Guy Arbogast (Athletics West) | 28:32 |
| 33 Dick Quax (Athletics West) | 28:36 |
| 34 Gary Hofstetter (Pittsburgh) | 28:38 |
| 35 David Predmore (Rochester, NY) | 28:41 |
| 36 Doug Padilla (Athletics West) | 28:42 |
| 37 Henry Rono (Maccabi TC) | 28:43 |
| 38 Dan Aldridge (Sub-4) | 28:45 |
| 39 Ron Cornell (Sub-4) | 28:46 |
| 40 Steve Lacey (New Balance) | 28:47 |
| 41 Danny Henderson (U. Chicago TC) | 28:47 |
| 42 Dan Gruber (Aggie RC) | 28:48 |
| 43 James Cooper (North Carolina) | 28:48 |
| 44 Randy Jackson (Athletics West) | 28:49 |
| 45 Jerald Jones (Santa Monica) | 28:49 |
| 46 Mark Whalley (U. Chicago TC) | 28:49 |
| 47 Chris Hughes (Jacksonville TC) | 28:50 |
| 48 Larry Lawson (Stars & Stripes) | 28:51 |
| 49 Bill Donakowski (Long Beach) | 28:51 |
| 50 Eric Hulst (AIA) | 28:52 |
| 51 Dave Daniels (UCLA) | 28:52 |
| 52 Duncan Macdonald (Athletics West) | 28:53 |
| 53 John Zishka (Oregon TC) | 28:53 |
| 54 John Koenigh (Sub-4) | 28:54 |
| 55 Tom Wysocki (Sub-4) | 28:54 |
| 56 Matt Centrowitz (New York AC) | 28:55 |
| 57 Kevin Ryan (Athletics West) | 28:55 |
| 58 Frank Assumma (So Cal RR) | 28:56 |
| 59 Ron Addison (Athletics West) | 28:57 |
| 60 Marty Ludwikowski (New York AC) | 28:58 |
- Team Scores: Athletics West 2:19:13, Maccabi Track Club 2:20:29, Victory Athletic Club 2:21:57.

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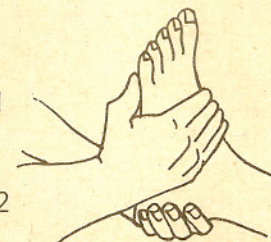
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West Coast Relays



Rose, Hunt, Scott, Royle, Ortiz, etc.

photo by Bill Leung, Jr.



Julie Brown

10 Julie Shea (Athletics West)	16:03
11 Debbie Eide (Oregon TC)	16:10
12 Jill Haworth (U. Virginia)	16:15
13 Cathie Twomey (Athletics West)	16:17
14 Lynn Kanuka (Vitamins Plus)	16:19
15 Midde Hamrin (Houston Harriers)	16:21
16 Josephine White (U. Richmond)	16:22
17 Bernadette Madigan (Todds Road)	16:25
18 Monica Joyce (Vitamins Plus)	16:26
19 Maggie Keyes (Athletics West)	16:27
20 Lisa Welch (U. Virginia)	16:27
21 Eva Ernstrom (Vitamins Plus)	16:29
22 Regina Joyce (Vitamins Plus)	16:33
23 Carol Urish (Houston Harriers)	16:34
24 Mary Shea (N. Carolina)	16:39
25 Sandra Cullinane (North Carolina)	16:41
26 Wendy Vanmierlow (Normal, IL)	16:43
27 Kirschen Hagenlocker (Houston Harriers)	16:44
28 Darien Andreu (Florida State TC)	16:48
29 Vickie Cook (Wilts AC)	16:53
30 Anthea James (Arizona TC)	16:53
31 Ann Henderson (Brecksville, OH)	16:54
32 Jill Puroila (London Western)	16:55
33 Francie Larrieu (New Balance TC)	16:55
34 Suzanne Girard (NC State)	16:56
35 Suzanne Richter (Golden Bear TC)	16:56
36 Sue Overby (NC State)	16:57
37 Mary Wright (U. Virginia)	17:02
38 Tania Fischer (Wilts AC)	17:03
39 Cindy Sturm (Greater Springfield)	17:04
40 Marisa Schmitt (U. Virginia)	17:06
41 Liz Baker (Vitamins Plus)	17:07
42 Eileen Claugus (BCHP)	17:09
43 Kathy Brandell (Durham, NH)	17:10
44 Lynn Hjelte (Golden Bear TC)	17:11
45 Lori Lopez (Wilts AC)	17:12
46 Renee Lopat (Coast Athletics)	17:12
47 Stacy Bant (Minnesota)	17:17
48 Sheila Ralston (Wilts AC)	17:22
49 Pam Morris (LA Naturite)	17:23
50 Debbie Vetter (Aztec TC)	17:24
51 Bonnie Tamis (Ft. Collins, CO)	17:26
52 Cindy Dicklson (Minnesota)	17:26
53 Ellen Lyons (Stanford)	17:27
54 Sue Addison (Oregon TC)	17:22
55 Connie Hester (Hayward)	17:30
56 Ann Gladue (Ventura)	17:31
57 Laura DeWald (Arlington, VA)	17:32
58 Carol Chilcoat (Seattle, WA)	17:33
59 Annalise Ransier (London West)	17:38
60 Maria Tilman (Arkansas)	17:42
Team Scores: Athletics West 31, University of Virginia 85, Vitamins Plus - San Diego 116.	
Senior Men 10,000 Meters:	
1 Adrian Royle (Reno, NV)	27:20
2 Alberto Salazar (Athletics West)	27:22
3 Jan Hagelbrand (International Univ.)	27:41
4 Nick Rose (Victory AC)	27:43
5 Thom Hunt (Athletics West)	27:44
6 Steve Scott (Sub-4)	27:49
7 Peter Koech (Maccabi TC)	27:54

54 John Koeningh (Sub-4) 28:54
 55 Tom Wysocki (Sub-4) 28:54
 56 Matt Centowitz (New York AC) 28:55
 57 Kevin Ryan (Athletics West) 28:55
 58 Frank Assumma (So Cal RR) 28:56
 59 Ron Addison (Athletics West) 28:57
 60 Marty Ludwikowski (New York AC) 28:58
Team Scores: Athletics West 2:19:13, Maccabi Track Club 2:20:29, Victory Athletic Club 2:21:57.

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West Coast Relays

MAY 9, 1982

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LONG DISTANCE LOG



by **RICHARD SLOTKIN** LONG DISTANCE EDITOR
 Please send road race highlights, pictures and stories directly to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230. Also send a copy of the results to the California Track & Running News office: P.O. Box 6103, Fresno, CA 93703.

Calif. Angels Run

From Len Thornton

September 12, California Angels and American Cancer Society Run.

1 John Brennehan (25)	30:28
2 Brian Harold (18)	32:14
3 Robert Planta (18)	32:23
4 Mark McMaster (17)	32:51
5 Tom Fitzgerald (19)	33:06
6 Dan McCann (26)	33:13
7 Ricky Martinez (13)	33:22
8 John Loeschhorn (37)	33:28
9 Ed Aquilar (21)	33:45
10 Mitch Eddy (16)	33:46
11 Bob Arsehault (15)	33:46
12 Jim McCarthy (17)	33:49
13 John Nelson (16)	33:51
14 Ernest Estrada (17)	33:51
15 Ken Kendall (31)	33:57
22 Ted Alarcon (44)	35:02
23 Meri Glauser (45)	35:07
25 Len Thornton (50)	35:34
32 John Bushman (40)	36:17
51 Tracy Brown (52)	37:25
129 Kathy Applebee (28) 1-F	41:16
151 Phil Castle (64)	41:57
154 Donald Pilworth (62)	42:04
166 Patti Hellerun (35)	42:29

The fastest overall field in the race's history turned out on a cool, partly cloudy morning, with a record 39 runners finishing in under an hour. Fifty-six of the 79 finishers qualified for the coveted Skyclimb t-shirt, awarded for a finish time varied according to age groups.

Known as the "Toughest Little Race in the West," the Skyclimb climbs 1,525 vertical feet through the scenic hills between Salinas and the Monterey Peninsula, and includes views of the Peninsula, the Salinas Valley and Monterey Bay. The loop course is run mostly on dirt trails.

New records were set in three of the six men's divisions and in two women's divisions. Hank Fragoza of Vallejo destroyed the men's over-50 record of 66:07 with his 57:27. Joanne Hall of Morgan Hill beat the women's 40-49 record by more than 13 minutes with her 73:04.

The Salinas Skyclimb is sponsored by Fleet Feet Running Club of Monterey County in cooperation with the Monterey County Parks Dept. Information about next year's race is available from FFRC, P.O. Box 475, Salinas, CA 93902.

1 Gordon Pitt	49:19
Michael Edelstein	49:19
3 Ron Bezenah	50:11
4 Rafael Tierrafria	51:08
5 Gilbert Munoz	52:04
8 Keith Pinkston	54:00

19 Ed Bouldin (34)	59:28
20 Gustavo Bautista (21)	59:42
25 Dick Durand (53)	61:11
34 Judy Kewley (37) 1-F	62:27
66 Ed Shibata (50)	74:45
83 Kathleen Connors (25) 2-F	1:22:54
86 Leanna Chase (30) 3-F	1:24:07
88 Jo Reimers (30) 4-F	1:25:55
100 La Verne Pierce (46) 1-F 40	1:33:17

Young at Heart 10K

From Zeanette Williams

October 18, Santa Rosa. Young at Heart 7.2 Mile Run.

Dan Aldridge, 25, Petaluma and Pat English, 28, Corte Madera, were the first place man and woman in the 7.2 mile Young at Heart Run at the Redwood Empire Ice Arena, Sunday, October 18.

Aldridge at 36:21 and English at 42:30 will receive round trips for two to the Hawaii Marathon in December. Second place finishers Dave Royal, 20, Petaluma and Lori Shanoff, 17, Petaluma will receive weekends for two at the Hyatt Regency in San Francisco for the Bay to Breakers Race next year.

Badger Hill Run

October 18, Pollock Pines. Badger Hill Run 10K.

Men 15-19: 1. Pat O'Leary 35:52; 2. Mark Brooks 39:29; 3. Dave Dinnell 39:29. Men 20-29: 1. Jayme Record 36:52; 2. Craig Morro 37:04; 3. Larry Machado 46:58. Men 30-39: 1. Pete Hanson 40:46; 2. Randy Hansen 44:29; 3. Ed Borba 46:08. Men 40-49: 1. Pete Schoener 41:33; 2. Walter Spiller 42:38; 3. Jim Baker 43:50. Men 50-59: 1. Ray Helm 45:45; 2. Mike O'Neil 49:42. Men 60-69: 1. Paul Reese 46:59.

Women 15-19: 1. Cathy Collings 45:56. Women 20-29: 1. Suzette Moore 49:57; 2. Carol Rodgers 57:08; 3. Patricia Cridge 67:52. Women 30-39: 1. Karen Mulligan 51:05; 2. Joy Jackson 55:48; 3. Margaret Bettcher 55:59. Women 40-49: 1. Diana Warren 63:30. Women 50-59: 1. Barbara Douglass 64:04; 2. Marge Britt 83:58. Women 60-69: 1. Ada Gernert.

Pumpkin Race

October 18, Woodland Hills. El Camino Track Club's 5K Pumpkin Race.

Boys 12 & Under: 1. Kevin Burns 21:25; 2. David Griebourg 21:52; 3. Bob McGough 23:46. Men 13-19: 1. Brad Kearns 16:30; 2. Jeff Sloan 17:45; 3. Mitch Smith 17:50. Men 20-29: 1. Gian Starinieri 15:40; 2. Steve LeBlanc 16:38; 3. Ron Maroko 16:46. Men 30-39: 1. Gary Tuttle 14:42; 2. Don Grimes 18:14; 3. Robert McGeough 18:23. Men 40-49: 1. Wally Ingrad 17:56; 2. George Fillerup 20:09; 3. Sid Lasaine 20:16. Men 50 Plus: 1. Bob Gerlach 19:54; 2. Bill Winstanley 20:11; 3. Clarence Weiss 20:14.

Girls 13-19: 1. Gloria Hayden 25:09; 2. Nancy Goldberg 25:27; 3. Teresa Bethé 25:40. Ladies 20-29: 1. Linda Allison 22:49; 2. Cheryl Jarvis 24:33; 3. Bonita Burns 27:13. Ladies 30-39: 1. Sheena Burns 24:16; 2. Maria Friebourg; 3. Susan Tiholz. Ladies 40-49: 1. Sue Klenner 25:59; 2. Pat Moore 26:14; 3. Yoko Tonida 28:56. Ladies 50-59: 1. Trudy Peitrolungo 24:40. Ladies 60 Plus: 1. Dorothy Statsenber 37:34.

4th Annual Los Angeles Harbor Marathon & Half Marathon

By RICHARD LEE SLOTKIN

October 25, San Pedro.

This is a very tough marathon. It takes you out early because you start up high at Point Fermin Park, overlooking the San Pedro-Long Beach Harbor area. After a five mile loop of more or less level ground with some up and down grades, you work your way down to sea

Second place was an almost "Who cares?" 2:32:13, turned in by Paul Peterson of Las Vegas. After Peterson, no one came by for another ten minutes. Actually, considering that the top runners have a tendency to avoid courses like this, especially when there's no sponsor money, as there wasn't this year, these times represent some very gutsy performances. For example, Richard Provost of the Point Fermin Flyers would be very familiar with the course because he trains regularly over parts of it. Even so, he not only took an age group second, but his 2:43:00 was a bunch of minutes under his old PR. Familiar or not, you really have to be pushing to PR here.

Christine Grundy came out from Pomona to uphold the honor of the women with a pretty fast 2:54:33. The nearest one to her was way back in 3:39, so she wasn't pressed much. She felt that the secret to her success was that she didn't have to make the pit stops that usually plague her.

Schlitz Beer had been sponsoring this race as part of their nationwide running circuit, but they pulled out this year, leaving the organizers, the San Pedro Peninsula YMCA, in a tough spot. In addition to lack of a sponsor, the race date was changed and applications weren't mailed out until about two weeks prior to the new date.

So, the small crowd of 500 was to be expected. And that was for both races.

Speaking of both races, we should mention what happened to those sprinters in the half marathon. Getting back into form, following injury, Sherry Simmons of nearby Lomita, and running for Mitch Harmatz's Cal State Dominguez Hills team, zipped along for a win in 80:10. Overall winner was Harry Staalberg of Hermosa Beach. Staalberg ran 73:14. Actually, David Castenholz got the winner's trophy. He was officially timed in 77:17. However, it seems that he ran off course and covered too much ground. Had he not strayed from the straight and narrow, it is estimated that his time would have been somewhere between 71:00 and 72:00. I wish I knew exactly what happened, but as near as I can tell, he was either misdirected, or a victim of negligent course control, because otherwise there would have been no justification for awarding him first place. Third place was Paul Maier from the nearby heights of Rancho Palos Verdes. His time was 73:40. And 4th was Bart Coventry in 73:54.

Getting back to Simmons, though she was an easy winner by over a minute, things got pretty tight after that. Second place went to Lori Lopez in 81:19, followed by Joan Lind in 81:57.

Marathon Men:

19 & under: Gabriel Rodriguez 2:56:49. 20-29: 1 Paul Peterson 2:32:13, 2 Michael Kelly 2:43:34, 3 Joe Olivas 2:51:27, 4 John Gee 2:54:07, 5 Terry Doherty 3:04:48. 30-34: 1 Cipriano Placencia 2:42:06, 2 William Lovelace 2:46:39, 3 Nahum Gat 2:57:23, 4 Andy Avalos 3:01:06. 35-39: 1 Allan Johnson 2:42:39, 2 Richard Provost 2:43:00, 3 Simon Rubin 2:45:14, 4 Carl

Calif. Angels Run

From Len Thornton

September 12, California Angels and American Cancer Society Run.

1 John Brenneman (25)	30:28
2 Brian Harold (18)	32:14
3 Robert Planta (18)	32:23
4 Mark McMaster (17)	32:51
5 Tom Fitzgerald (19)	33:06
6 Dan McCann (26)	33:13
7 Ricky Martinez (13)	33:22
8 John Loeschhorn (37)	33:28
9 Ed Aquilar (21)	33:45
10 Mitch Eddy (16)	33:46
11 Bob Arsehault (15)	33:46
12 Jim McCarthy (17)	33:49
13 John Nelson (16)	33:51
14 Ernest Estrada (17)	33:51
15 Ken Kendall (31)	33:57
22 Ted Alarcon (44)	35:02
23 Meri Glauser (45)	35:07
25 Len Thornton (50)	35:34
32 John Bushman (40)	36:17
51 Tracy Brown (52)	37:25
129 Kathy Applebee (28) 1-F	41:16
151 Phil Castle (64)	41:57
154 Donald Pilworth (62)	42:04
166 Patti Hellerun (35)	42:29
178 Tina Gostantino (26) 2-F	42:46
186 Nancy Buchanan (37)	43:07
190 Kim DiFilippo (25) F	43:21
215 Elaine Havens (46) 1 F 40	44:08

Santa Barbara Triathlon

From Laurie Jane Weiss

October 3, Santa Barbara. .9 mile swim, 56 mile ride, 13.1 mile run.

1 Scott Tinley (24) San Diego	4:33:13
	24:37, 2:48:50, 1:19:46
2 Mark Sisson (28) Menlo Park	4:39:58
3 Rick Delanty (30) San Clemente	4:45:51
4 Gary Hooker (40) Ontario	4:47:22
5 William Hoanzl (36) Los Alamitos	4:56:57
6 George Yates (26) Montrose	5:02:27
7 Mark Levy (24) Hermosa Beach	5:03:40
8 Jerry Hernandez (21) Hunt. Bch.	5:07:29
9 Kathleen McCartney (22F) Npt Bc	5:08:04
	31:26, 2:58:06, 1:38:32
10 Ken Askew (28) Santa Barbara	5:09:59
30 Nads Strock (38F) Santa Barb	5:36:39
80 Jan Gray (43F) Mammoth Lks 1 40	6:13:04
175 finishers.	

Salinas Skyclimb

From Don A. Dugdale

October 3, Toro Regional Park, Salinas. Salinas Skyclimb 7.5 Mile Run.

Jane Chynoweth of Monterey set a new women's course record in the fourth annual Salinas Skyclimb. Chenoweth ran the mountainous 7.5-mile course at Toro Regional Park in 61:47, dipping under Sally Edwards' old record of 62:38, set in 1979.

Men's winners were Gordon Pitt and Michael Edelstein, both of Stanford, finishing in an identical time of 49:19, an intentional tie. Dan Gruber's course record of 47:10 was not approached.

The fastest overall field in the race's history turned out on a cool, partly cloudy morning, with a record 39 runners finishing in under an hour. Fifty-six of the 79 finishers qualified for the coveted Skyclimb t-shirt, awarded for a finish time varied according to age groups.

Known as the "Toughest Little Race in the West," the Skyclimb climbs 1,525 vertical feet through the scenic hills between Salinas and the Monterey Peninsula, and includes views of the Peninsula, the Salinas Valley and Monterey Bay. The loop course is run mostly on dirt trails.

New records were set in three of the six men's divisions and in two women's divisions. Hank Fragoza of Vallejo destroyed the men's over-50 record of 66:07 with his 57:27. Joanne Hall of Morgan Hill beat the women's 40-49 record by more than 13 minutes with her 73:04.

The Salinas Skyclimb is sponsored by Fleet Feet Running Club of Monterey County in cooperation with the Monterey County Parks Dept. Information about next year's race is available from FFRC, P.O. Box 475, Salinas, CA 93902.

1 Gordon Pitt	49:19
Michael Edelstein	49:19
3 Ron Bezenah	50:11
4 Rafael Tierrafria	51:08
5 Gilbert Munoz	52:04
8 Keith Pinkston 1-30	54:00
9 Adolfo Orocco 1-40	54:04
26 Hank Fragoza 1-50	57:27
46 Jane Chynoweth 1-F	61:47
51 Patty Selbicky 2-F	63:46
61 Susan Tilley 1-F 30	71:53
65 Joanne Hall 1-F 40	73:04

Run in the Sun

From Doreen/Race Central

October 17, Cal Lutheran College, Thousand Oaks. T.O.A.C.T. 5 & 10K Run in the Sun.

5K Race:	
1 Charlie White (25)	17:37
2 Jack L. Pillado (30)	17:41
3 Joe Jacobsen (37)	17:50
4 Mike Smith (18)	18:06
5 Tom Fletcher (43)	18:13
6 Jack Berry (40)	18:28
7 Jeff Weber (18)	18:32
8 Larry Burch (30)	18:49
9 Jack Kewley (38)	18:54
10 Larry Hatch (45)	18:55
14 Christa Romppanen (42) 1-F 40	19:40
29 Margaret Miller (55) 1-F 50	21:07
34 Diane Scheib (22) 1-F 19-29	21:41
45 Chuck Johnson (50)	23:12
64 Bill Wick (60)	25:12
150 Mary Ames (78) 1-F 70	36:55

15K Race:	
1 Steve Alvarez (22)	49:46
2 Tom Lowry (28)	51:37
3 Efrain Robles-FAC (18)	52:50
4 Tom Burns-TRW (23)	52:56
5 Jim Knerr (47)	53:03
6 Dan Rodriguez-VFD (30)	53:43
7 Steve Glocke-CTC (31)	54:08
8 Roy Burleson (38)	55:20
9 Jesse Cook-CTC (41)	55:44
10 Chuck Huffer (31)	56:03
11 Chris Bourke-TRW (45)	56:32
12 Barrie Hardwick-TRW (51)	56:34
13 L. Peter (40)	56:41
14 Gilbert Guevara-FAC (15)	57:26
15 Freddie Perez (41)	57:28
16 Rudy Mora-FAC (15)	58:07
17 Ron Werner-TRW (39)	58:17
18 R. Villalobos-FAC (18)	58:55

Young at Heart 10K

From Zeanette Williams

October 18, Santa Rosa. Young at Heart 7.2 Mile Run.

Dan Aldridge, 25, Petaluma and Pat English, 28, Corte Madera, were the first place man and woman in the 7.2 mile Young at Heart Run at the Redwood Empire Ice Arena, Sunday, October 18.

Aldridge at 36:21 and English at 42:30 will receive round trips for two to the Hawaii Marathon in December. Second place finishers Dave Royal, 20, Petaluma and Lori Shanoff, 17, Petaluma will receive weekends for two at the Hyatt Regency in San Francisco for the Bay to Breakers Race next year.

12 & Under Boys:	
1 Peter Premenko (12) Pacifica	47:23
2 Jethro Greenbaum (11) Santa Rosa	47:27
3 Jack Steele	48:43
12 & Under Girls:	
1 Wendi Simmons (12) Santa Rosa	61:58
2 Margaret Timmons, Rohnert Park	67:56
3 Jodi Tompkins (12) Cotati	68:11

13-20 Boys:	
1 Dave Royal (20) Petaluma	39:04
2 Mike Anderson (16) San Carlos	39:13
3 Stacy VanHorn (18) Santa Rosa	39:13

13-20 Girls:	
1 Lori Shanoff (17) Petaluma	43:19
2 Laurie Hollingworth (17) Santa Rosa	43:55
3 Cathy Dubay (17) Santa Rosa	45:08

21-30 Men:	
1 Dan Aldridge (25) Petaluma	36:21
2 Terence Pintane (30) Santa Rosa	38:04
3 Charles Keller (28) San Francisco	38:13

21-30 Women:	
1 Pat English (28) Corte Madera	42:30
2 Peggy Smythe (29) Glen Ellen	44:22
3 Merry Humphreys (27) Santa Rosa	45:26

31-40 Men:	
1 Richard Greenwald (34) San Ansel	41:57
2 Ray Gin	
3 Pat Ryan (33) Santa Rosa	43:26

31-40 Women:	
1 Vicki French (31) Santa Rosa	49:50
2 Kathryn Singer (40) Novato	50:34
3 Julie Schreck, Santa Rosa	53:17

41-50 Men:	
1 Douglas Rustad (41) Santa Rosa	37:55
2 Darryl Beardall, Santa Rosa	38:48
3 Steve Lyons (41) Larkspur	41:40

41-50 Women:	
1 Margaret Oakes (45) Healdsburg	47:25
2 Janet Buckendahl (47) Petaluma	47:58
3 Sandra Menachof	56:43

51-60 Men:	
1 Dr. Don VanGiesen	51:22
2 Dan Hoffenberg	

51-60 Women:	
1 Cecilia Payan (52) Ignacio	
Over 60 Men:	
1 Arnold Scott (67) Petaluma	55:39

Over 60 Women:	
1 Helen Kuziara (61) Santa Rosa	

Men 50 Plus: 1. Bob Gerlach 25:04; 2. Bill Winstanley 20:11; 3. Clarence Weiss 20:14.
Girls 13-18: 1. Gloria Hayden 25:09; 2. Nancy Goldberg 25:27; 3. Teresa Bethe 25:40. Ladies 20-29: 1. Linda Allison 22:49; 2. Cheryl Jarvis 24:33; 3. Bonita Burns 27:13. Ladies 30-39: 1. Sheena Burns 24:16; 2. Maria Frieberg; 3. Susan Tiholz. Ladies 40-49: 1. Sue Klenner 25:59; 2. Pat Moore 26:14; 3. Yoko Tonida 28:56. Ladies 50-59: 1. Trudy Petrolungo 24:40. Ladies 60 Plus: 1. Dorothy Statsenborg 37:34.

4th Annual Los Angeles Harbor Marathon & Half Marathon

By RICHARD LEE SLOTKIN

October 25, San Pedro.

This is a very tough marathon. It takes you out early because you start up high at Point Fermin Park, overlooking the San Pedro-Long Beach Harbor area. After a five mile loop of more or less level ground with some up and down grades, you work your way down to sea level. It's easy to pick up ahead of steam at this point. Couple that effect with the flow of half marathons all around you and you find yourself really cruising. Finally though, you get to the bottom of the cliffs and it's all very flat for a while, but with a flock of tight turns. And the half marathons are still around putting pressure on you to keep up the pace.

Suddenly, the picture changes...drastically and dramatically. The halves abruptly do a tight 180 degree turn as they head for the last mile to their finish line. You are now alone, or nearly so. Up ahead you might see a runner or two, and behind you a very skimpy string is forming. Meanwhile, just ahead is a left turn.

Do you know what awaits you at that left turn? Well, it's only an on-ramp for the Vincent Thomas Bridge, a good size suspension bridge over the San Pedro Port. This ramp is all UP! and the bridge is nothing more than one humungous hill. A big floating hump, hanging by a network of cables. Sure, half of it is down, and just as steep a down as the up was. But, you've been running a very fast half marathon, suckered in by those fair-weather friend half marathons. And now you've got about a mile of the steepest hill this side of Mt. Everest. And not only that. After you've gone over that mechanical Matterhorn, there's another one waiting for you about a mile or two down the road. This one isn't as big or bad as the Vincent Thomas, but by then, who cares?

Once you get by the second bridge, it's all flat as a pancake, but by then, so are you. Unless you're Bill McDermott.

Bill McDermott likes this course. He should. He's won there three out of four times. He likes it so much that he even set a course record this time. 2:22:22. Nice combination of numbers, huh? He'd probably have a ball at Catalina or Sierra-Zinal.

McDermott is 30 years old. He's from La Habra Heights and he makes his living as an engineer. He engineered a two mile win and a PR along with his course record.

McDermott was aided by some of the best weather they've had for this event. It was cool and overcast. Still, with no one to push him, it is all the more to his credit that he pulled off a PR, because this is really not a course for PR-ing, what with those bridges.

ingue Hills team, zipped along for a win in 80:10. Overall winner was Harry Staalberg of Hermosa Beach. Staalberg got 73:14. Actually, David Castenholz got the winner's trophy. He was officially timed in 77:17. However, it seems that he ran off course and covered too much ground. Had he not strayed from the straight and narrow, it is estimated that his time would have been somewhere between 71:00 and 72:00. I wish I knew exactly what happened, but as near as I can tell, he was either misdirected, or a victim of negligent course control, because otherwise there would have been no justification for awarding him first place. Third place was Paul Maier from the nearby heights of Rancho Palos Verdes. His time was 73:40. And 4th was Bart Coventry in 73:54.

Getting back to Simmons, though she was an easy winner by over a minute, things got pretty tight after that. Second place went to Lori Lopez in 81:19, followed by Joan Lind in 81:57.

Marathon Men:

19 & under: Gabriel Rodriguez 2:56:49. 20-29: 1 Paul Peterson 2:32:13, 2 Michael Kelly 2:43:34, 3 Joe Olivas 2:51:27, 4 John Gee 2:54:07, 5 Terry Doherty 3:04:48. 30-34: 1 Cipriano Placencio 2:42:06, 2 William Lovelace 2:46:39, 3 Nahum Gat 2:57:23, 4 Andy Avalos 3:01:06. 35-39: 1 Allan Johnson 2:42:39, 2 Richard Provest 2:43:00, 3 Simon Rubin 2:45:14, 4 Carl Bruno 2:52:02, 5 Manuel Burroia 2:59:33. 40-44: 1 Anthony Spore 2:55:32, 2 Aba Ramirez 2:55:32, 3 Robert Montelongo 3:05:37, 4 Jay Willis 3:12:16, 5 Lee Muchon 3:12:57. 45-49: 1 Andre Tocco 2:38:06, 2 Joe Vogle 2:57:51, 3 Richard Leslie 3:01:27. 50-59: 1 David Parker 3:05:08, 2 Jim Heyes 3:20:56. 60 & over: 1 Paul Richel 3:29:17.

Marathon Women:

20-29: 1 Christine Grundy 2:54:33. 30-34: 1 Adele Lise Goldberg 3:39:04, 2 Jill Angel 3:52:15. 35-39: 1 Susan Hazelton 4:23:30. 40-44: 1 Diana Chrono 3:55:37. 45-49: 1 Gloria Basler 4:23:25.

Half Marathon Men:

19 & under: 1 Eddie Edwards 1:17:37, 2 Victor Estrada 1:17:38, 3 Shawn Barrow 1:17:45. 20-29: 1 Harry Staalberg 1:13:14, 2 Eric Faiz 1:15:34, 3 David Castenholz 1:16:17, 4 Mike Orr 1:18:08, 5 Jack Spurney 1:21:08, 6 John Shea 1:21:53, 7 David Olmos 1:22:33, 8 Robert Tyrell 1:23:24, 9 Jay Long 1:25:18, 10 Tony Duni 1:26:21. 30-34: 1 Paul Maier 1:13:40, 2 Thom Lacie 1:15:26, 3 Andrew Lowinson 1:16:39, 4 Jack Cochran 1:17:53, 5 Bill Fisher 1:19:18. 35-39: 1 Don McCarthy 1:15:40, 2 Kenneth Price 1:16:40, 3 Dan Petrick 1:16:52, 4 Bob Asada 1:18:57, 5 Paul Vredenburg 1:21:36, 6 David Leaton 1:21:59. 40-44: 1 Bart Coventry 1:13:54, 2 Joseph Bird 1:16:20, 3 Tom Hanson 1:19:47, 4 Girls Ozolins 1:20:03, 5 Luis Gordito 1:21:15, 6 Ronald Flowers 1:21:43. 45-49: 1 Frank Green 1:20:20, 2 George Davall 1:23:50, 3 Larry Hatch 1:23:59, 4 Paul Nitchman 1:28:14, 5 K N Clancy 1:29:13. 50-59: 1 Tracy Brown 1:20:15, 2 Patrick Devine 1:21:28, 3 Edward Phelan 1:31:17. 60 & over: 1 Bob Simpson 1:38:31.

Half Marathon Women:

19 & under: 1 Lori Lopez 1:21:19. 20-29: 1 Sherry Simmons 1:20:12, 2 Joan Lind 1:21:57, 3 Laura Lopez 1:29:30, 4 Mary Rowell 1:34:14, 5 Olivia Padilla 1:37:49. 30-34: 1 Debra Flynn 1:34:50, 2 Debbi Kruse 1:40:59, 3 Diana Peters 1:41:28, 4 Sherry Paster 1:52:11. 35-39: 1 Virginia Tredway 1:23:53, 2 Lucia Davidson 1:34:40, 3 Wendy Watson 1:36:29, 4 Patty Burnette 1:39:10. 40-44: 1 Mariana McMullen 1:30:54, 2 Mary Elwell 1:41:16. 45-49: 1 Shirley Blush 1:48:22, 2 Nancy Leslie 1:48:55. 50-59: 1 Peggy Taylor 1:48:54. 60 & over: 1 Priscilla Libby 2:02:46.

Embarcadero "Y" Marathon

October 25, San Francisco. Embarcadero YM-CA Marathon.

1	Virgino Dearujo	2:28:30
2	Joel Hope	2:29:11
3	Paul Jacobs	2:32:24
4	Douglas Godfrey	2:33:06
5	Dwight Hendrix	2:39:17
6	Jim Bailey	2:39:56
7	William King	2:40:29
8	Gunter Van Der Feldem	2:40:44
9	Mark Williams	2:43:41
10	Frank Stotler	2:44:52
11	Rich Henderson	2:45:31
12	Keith McDaniel	2:45:53
13	Hollis Daniel	2:46:04
14	Joseph McDevitt	2:46:17

photo by Keith Conning



Virginio Deranjo

pected him to die or slow down. This never happened. Macias was able to close the gap a little, but Rosas was still able to win with a 6 second lead in a time of 30:21. Jensen held on for third in 31:16.

The women's winner, Sheila Ralston, had things a little easier. At the three mile mark, she had a five minute lead. Someone might have thought that she was the only woman in the race at that point: Ralston's winning time of 34:59 was close to her goal of running a 5:35 pace. Her time was 3 1/2 minutes ahead of second place woman Diana Tracy. And if it wasn't a PR, it must have been close.

At least Ralston waited around to receive her award. Rosas probably wanted to get home early to watch the New York Marathon on TV. About a half hour after he finished the race, Rosas was nowhere to be seen and his award, a very large and heavy piece of marble with a plaque on it, mysteriously disappeared from the awards table.

Actually, Ralston spent most of the day identified as Lydia Salinas. Seems that Salinas never showed up, so Ralston entered under her number. Apparently, Ralston neglected to notify officials, but eventually all was squared away.

Mens Results:

12 & under:

1 Dave Rechling(12) 40:37

13-15:

1 Richard Bernal(15) 37:53

16-18:

1 Claudio Ayestas(18) 32:40

2 James McKenzie(18) 34:33

3 Joey Gostin(17) 35:47

4 James Wrate(17) 36:35

5 Kham Phommachanh(17) 36:54

19-24:

1 Alfredo Rosas(21) 30:21

2 Claus Jensen(23) 31:16

3 Brian Theriot(24) 31:22

4 Julian Saavedra(19) 33:41

5 Derek Furukawa(23) 34:31

6 David Allen(23) 34:31

25-29:

1 Tom Lowry(28) 32:22

2 Peter Mogg(27) 32:44

3 David O'Brien(26) 32:46

4 Morris Rehn(29) 32:49

5 Douglas Humphries(25) 33:11

30-34:

1 Bob Macias(30) 30:27

2 Ron Kurrie(33) 31:56

3 Ron Gee(30) 32:03

35-39:

1 Dennis Joe(35) 34:14

2 Pedro Ponge(35) 34:19

40-44:

1 Gabriel Bernal(42) 33:13

2 James Murphy(42) 33:54

3 Brian Fernee(43) 34:01

4 Bruce Kostin(40) 34:28

5 George Cohen(41) 34:34

6 Nelson Crader(41) 34:55

45-49:

1 Christopher Bourke(45) 35:21

2 Richard Belliveau(45) 35:42

3 Richard Flores(46) 35:44

50-54:

1 John Racely(53) 37:34

2 Charles Hanson(52) 37:38

55-59:

1 K. G. Taki(57) 40:58

60 & over:

1 Eddie Lewin(65) 39:17

Womens Results:

12 & under:

Ronald Crawford 16:42; 4. Vernon Shipley 16:45; 5. Warren Coleman 16:47. **Men 40-49:** 1. Robert Ross 16:42; 2. Mike Andrews 17:24; 3. Roy Butterfield 17:40. **Men 50-59:** 1. Robert Ross 17:58; 2. Dick Symons 19:48; 3. Roy Wedemeyer 20:43. **Men 60 Plus:** 1. Hank Kogel 22:56.

Women 13 & Under: 1. Dionne Defersia 20:57; 2. Mindi Bach 22:46; 3. Jean Schlais 22:59. **Women 14-17:** 1. Denae Dunlap 18:00; 2. Becky Valadez 18:30; 3. Renee Rife 19:37. **Women 18-29:** 1. Diana David 16:46; 2. Laura Sanchez 18:13; 3. Julia Orri 18:35; 4. Micki Vardell 18:48; 5. Wendy Bolach 18:51. **Women 30-39:** 1. Linda Doniak 18:20; 2. Regina Silva 19:02; 3. Vicki Matthews 19:54; 4. Susan Condon 20:02; 5. Judy Kelly 21:09. **Women 40-49:** 1. Theresa Henneman 20:50; 2. Rita Allen 22:10; 3. Betty Best 22:59. **Women 50-59:** 1. Hilda Morlang 24:01; 2. Leona Bennet 34:25; 3. Barbara Womack 38:51. **Women 60 Plus:** 1. Haze Eissinger 41:18.

Six Mile Race:

Men 13 & Under: 1. Ron Graves 37:41; 2. Matt Roberts 38:36; 3. Shawn Mulqueeny 42:25. **Men 14-17:** 1. Don Merwin 31:16; 2. Tim Wallace 32:50; 3. Tom Davies 33:12. **Men 18-29:** 1. Christopher Hamer 30:57; 2. Patrick Buzbee 31:32; 3. Mike Deathrage 31:48; 4. Steven Daniels 31:53; 5. Steve Callahan 32:02. **Men 30-39:** 1. Jim Price 31:15; 2. Richard Look 31:31; 3. David Wood 31:47; 4. Leroy Kerby 33:24; 5. George Wilson 33:35. **Men 40-49:** 1. Bob Goodrich 34:35; 2. Leslie Fredrickson 35:02; 3. Mike McGie 35:16. **Men 50-59:** 1. Don Huges 38:24; 2. Robert Hastings 41:50; 3. Mort Ward 42:18. **Men 60 Plus:** 1. George Grah 42:22.

Women 13 & Under: 1. Abra Kelly 44:49; 2. Marcee Shaffer 54:10; 3. Julie Marinoni 54:18. **Women 14-17:** 1. Kin Carter 39:21; 2. Heather Hollahan 39:36; 3. Sabrina Schreder 41:51. **Women 18-29:** 1. Gail Coensgen 37:09; 2. Laurie Bagley 38:01; 3. Betty Minton 38:05; 4. Linda Wiekig 38:27; 5. Linda Chase 39:48. **Women 30-39:** 1. Kathy Kaiser 37:27; 2. Sandy Coffey 41:50; 3. Andrea Matthews 43:47; 4. Marijke Valencia 43:50; 5. Sharon Long 44:09. **Women 40-49:** 1. Marge Dunlap 41:44; 2. Alice Rose 42:51; 3. Delight Brown 44:24. **Women 50-59:** 1. Velma Nile 50:18; 2. Georgina Strausbaug 52:50; 3. Elda Wilson 55:53. **Women 60 Plus:** 1. Saraa Peregoy 54:21.



Orange Grove Marathon & Races

From Jim Perry

November 1, Loma Linda. Loma Linda Lopers 5th Annual Orange Grove Marathon & Road Races.

Men's Marathon: 1. Steve Corona (20) 2:42:35; 2. David Nieman (31) 2:48:19; 3. Tad Kleindienst (31) 2:50:13; 4. Bill Flynn (27) 2:52:39; 5. Joseph Vogl (46) 2:55:12.



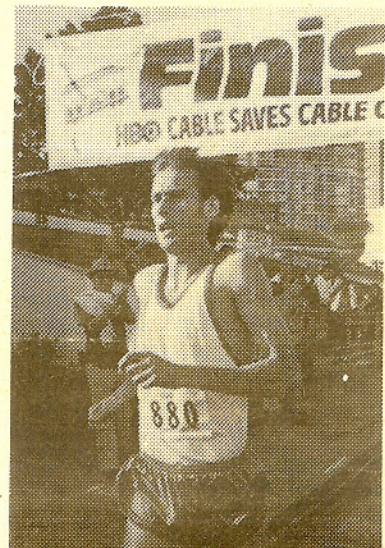
Big Start: A field of 1,500 took off in the 4.8 mile HBO Cable Saves the Cable Cars Race.

Taylor-Allen, who makes her home in San Francisco and is a systems analyst at Bank of America, finished more than five minutes ahead of the second woman, Consuelo Underwood, 32-year-old Point Richmond resident who works at the Falkirk Cultural Center in San Rafael.

Congressman Pete McCloskey was a creditable 329th in 36:18 and Dr. Joseph Goodman, 70-year-old co-chairman of the race, came in 367th in 37:09.

The Home Box Office-sponsored race started at the Ferry Building and took the runners along the Embarcadero past Fisherman's Wharf and Fort Mason, then along the Marina Green to the finish line at Aquatic Park, where Carl Payne, San Francisco's bell-ringing champion, sounded the arrival of each finisher.

1	Dan Buntman(SF)	23:03
2	Ron Nabers(SF)	23:34
3	Sai Vasquez(Alameda)	23:40
4	George Green(SF)	23:47
5	Michael Gullii(SF)	24:--
6	Michael Niemiec(RWC)	24:47
7	Mike Conroy(DalyCity)	24:58
8	Sammy Castillo(SanJose)	25:29
9	Brett Evert(SF)	26:00
14	Marilyn Taylor-Allen(SF) 1W	26:30
150	Consuelo Underwood(Richmond)2W	31:57





Virginio Deranjo

Wilshire Community Police Council 10K Run

By LOUIS HIRSCH

October 25. Los Angeles.

Early Sunday morning about one hundred cops and plainclothes policemen (shorts and t-shirts) were in downtown LA. There were another 50, or so, traffic control people and many civilians scampering around searching for the other people they had lost in the crowd. At a little after 8 a.m. a man raised a gun into the air and over 1100 people started to run away from the man. No this wasn't a shooting in LA, it was the second annual Police 10K Run.

The 1128 people, to be exact, were running a less crowded course because of some smart maneuvering of an intelligent race director. The course at the last minute had been moved one block west to avoid some crowded streets, even though it was early on a Sunday morning. The race director, Sgt. James Richart, should be commended for his last minute stroke of genius and for his ability to learn a very tough job in 10 months. Having absolutely no experience with running a race, Sgt. Richart was able to design a course, attract sponsors, arrange for many prizes to be given away, getting all permits, and setting up the traffic control and paramedic units.

At the start of the race a pack of 6 runners took the lead. The pack included Brian Theriot of UCLA, Claus Jensen and Bob Macias of the Santa Monica Track Club, Ron Kurrle and Ron Gee. Out of this pack came a relative unknown to take a fifty yard lead over Bob Macias, who also started to move at about the same time somewhere near the 2 mile mark. Alfredo Rosas seemed to hypnotize the rest of the field. Runners with better times ex-

1	Tom Lowry(28)	32:44
2	Peter Mogg(27)	32:46
3	David O'Brien(26)	32:49
4	Morris Rehn(29)	32:49
5	Douglas Humphries(25)	33:11
30-34:		
1	Bob Macias(30)	30:27
2	Ron Kurrle(33)	31:56
3	Ron Gee(30)	32:03
35-39:		
1	Dennis Joe(35)	34:14
2	Pedro Ponge(35)	34:19
40-44:		
1	Gabriel Bernal(42)	33:13
2	James Murphy(42)	33:54
3	Brian Fernee(43)	34:01
4	Bruce Kostin(40)	34:28
5	George Cohen(41)	34:34
6	Nelson Crader(41)	34:55
45-49:		
1	Christopher Bourke(45)	35:21
2	Richard Belliveau(45)	35:42
3	Richard Flores(46)	35:44
50-54:		
1	John Racely(53)	37:34
2	Charles Hanson(52)	37:38
55-59:		
1	K. G. Taki(57)	40:58
60 & over:		
1	Eddie Lewin(65)	39:17
Womens Results:		
12 & under:		
1	Lisa Padilla(10)	39:42
13-15:		
1	Valerie Lisiewicz(15)	41:39
2	Danica Lisiewicz(13)	43:59
16-18:		
1	Caryn Anderson(18)	44:34
19-24:		
1	Sheila Raiston	34:59
2	Lisa Buckley(23)	39:18
3	Mary Tracey(21)	40:18
4	Lisa Thurston(21)	42:31
5	Lisa Wilcox(21)	46:15
6	Karen Thompson(20)	46:24
25-29:		
1	Diana Tracy(28)	38:24
2	Gayle Cory(28)	41:56
3	Diana Johnson(29)	42:08
4	Toni Stermole(29)	44:32
5	Danita Reese(27)	44:40
30-34:		
1	Terri Goodreau(31)	42:06
2	Christy Bobo(34)	44:33
3	Nancy Bryant(33)	44:49
35-39:		
1	Peggy Delaney(35)	44:19
2	Bessie Burbess(38)	44:23
3	Valla Kolman(38)	44:58
40-44:		
1	Joyce Momita(44)	44:00
45-49:		
1	Yvette Tauzin(45)	46:46
50-54:		
1	Cathy Bosch(52)	1:06:43

Almond Bowl Run

From Everett Riggie

November 1, Chico. Almond Bowl 3 & 6 Mile Run.

Three Mile:
Men 13 & Under: 1. Mike Wall 15:46; 2. Mario Valadez 16:51; 3. Todd Simonson 19:52. **Men 14-17:** 1. Michael Weidlein 15:04; 2. Brian Butterfield 15:07; 3. Marc Goulet 16:26. **Men 18-29:** 1. Eddie Teague 14:44; 2. Al Masterson 14:59; 3. Nelson Cobb 15:28; 4. Kurt Vineyard 15:33; 5. Henry Tushar 15:53. **Men 30-39:** 1. Paul Resignato 15:52; 2. Doug Govan 16:38; 3.

Coffey 41:50; 3. Andrea Matthews 43:47; 4. Marijke Valencia 43:50; 5. Sharon Long 44:09. **Women 40-49:** 1. Marge Dunlap 41:44; 2. Alice Rose 42:51; 3. Delight Brown 44:24. **Women 50-59:** 1. Velma Nile 50:18; 2. Georgia Strausbaug 52:50; 3. Elda Wilson 55:53. **Women 60 Plus:** 1. Saraa Perego 54:21.



Orange Grove Marathon & Races

From Jim Perry

November 1, Loma Linda. Loma Linda Lopers 5th Annual Orange Grove Marathon & Road Races.

Men's Marathon: 1. Steve Corona (20) 2:42:35; 2. David Nieman (31) 2:48:19; 3. Tad Kleindienst (31) 2:50:13; 4. Bill Flynn (27) 2:52:39; 5. Joseph Vogl (46) 2:55:12.

Women's Marathon: 1. Carol Boyko (30) 3:09:05; 2. Marie Albert (22) 3:17:35; 3. Louise Lovela (28) 3:37:00; 4. Judy Esbitz (37) 3:47:12; 5. Donna Wagner (37) 4:12:05.

Men's Half Marathon: 1. Jim Masterson (27) 1:12:26; 2. John Tuttle (24) 1:12:57; 3. Dan Contreras (32) 1:16:15; 4. Tom Richards (40) 1:16:56; 5. Morris Scoggin (34) 1:17:17.

Women's Half Marathon: 1. Gloria Sandberg (30) 1:43:00; 2. Myra Lauder (30) 1:45:41; 3. Pat Bieberdorf (30) 1:46:04; 4. Joyce Brockman (29) 1:49:34; 5. Ina Lisiewicz (47) 1:50:50.

Men's 10K: 1. Bob Hoogendyk (34) 36:21; 2. Elber Comacho (34) 36:49; 3. Ed Cranford (26) 36:53; 4. Vance Roget (27) 37:00; 5. Gary Koepen (17) 37:07.

Women's 10K: 1. Doreen Assumma (23) 37:24; 2. Mary Storey (57) 44:00; 3. Sandy Koval (21) 44:21; 4. Shannon Duncan (13) 45:13; 5. Ellen Coleman (28) 45:23.

HBO Cable Saves Cable Cars Race

From BOB RICHÉLSON

November 1, San Francisco. 4.8 mile.

Dan Buntman, a 24-year-old former middle distance runner from the University of Wisconsin, won the 4.8 mile HBO Cable Saves Cable Cars Race here today in 23:03. Runner-up was Buntman's roommate Ron Nabers, winner of two San Francisco Mayor's Cup Marathons, who finished 31 seconds behind the winner.

Top woman finisher was Marilyn Taylor-Allen, 28, who gained her running experience at Humboldt State. Taylor-Allen finished 14th in the field of 1,500. Her time was 26:30.

The rangy Buntman, a biologist at SRI International and now a San Francisco resident, took an early lead and lengthened it to win handily. Nabers finished six seconds ahead of 41-year-old Sal Vasquez, a printing pressman from Alameda.

Taylor-Allen, who makes her home in San Francisco and is a systems analyst at Bank of America, finished more than five minutes ahead of the second woman, Consuelo Underwood, 32-year-old Point Richmond resident who works at the Falkirk Cultural Center in San Rafael.

Congressman Pete McCloskey was a creditable 329th in 36:18 and Dr. Joseph Goodman, 70-year-old co-chairman of the race, came in 367th in 37:09.

The Home Box Office-sponsored race started at the Ferry Building and took the runners along the Embarcadero past Fisherman's Wharf and Fort Mason, then along the Marina Green to the finish line at Aquatic Park, where Carl Payne, San Francisco's bell-ringing champion, sounded the arrival of each finisher.

1	Dan Buntman(SF)	23:03
2	Ron Nabers(SF)	23:34
3	Sal Vasquez(Alameda)	23:40
4	George Green(SF)	23:47
5	Michael Gullii(SF)	24:-
6	Michael Niemiec(RWC)	24:47
7	Mike Conroy(DalyCity)	24:58
8	Sammy Castillo(SanJose)	25:29
9	Brett Ewart(SF)	26:00
14	Marilyn Taylor-Allen(SF) 1W	26:30
150	Consuelo Underwood(Richmond)2W	31:57

Parent Child Run

November 7, Santa Barbara. Oaks Parent Child Workshop Benefit 10K Run.

Men: 18 & Under: 1. Gus Hermes 34:54. **19-29:** 1. Robert Hollister 31:55; 2. Tim Minor 32:18; 3. Joe Hilton 33:00. **30-39:** 1. Gene Blankenship 33:44; 2. David Mineau; 3. Tony Luna 36:33. **40-49:** 1. Kemp Aaberg 36:31; 2. John Peterson 38:55; 3. Ron Boorman 41:72. **50 Plus:** 1. Michael Libera 41:06; 2. George Rosenberg 42:14; 3. Charles Seekins 42:44.

Women: 19-29: 1. Marlene Haverty 40:41; 2. Tina Klay. **30-39:** 1. Gail Cornett 43:57; 2. Jane McClure 44:54. **40-49:** 1. Fay Hobbs 41:17; 2. Irene La Commore. **50 Plus:** 1. Patty Frankus; 2. Grace Schweitzer. **Wheelchair:** 1. Steve Miller 50:24.

Cup & Saucer Runs

November 8, Napa. Sixth Annual Cup and Saucer Runs.

Two Mile:

1	Dennis Richardsen (Napa)	10:25
2	Michael Weddington (Davis)	11:00
3	Reg Harris (Napa)	11:07
4	Stephen Schroeder (Alameda) 1 Jr	11:19
8	Frank Fragoza (Vallejo) 1 40	11:54
9	Kim Purcell (Alameda) 1 F	12:23
10	Mimi Moultrie (Berkeley) Jr F	12:25
11	Charles Hammond (Napa) 1 Yth	12:43
18	Jaina Moultrie (Berkeley) 1 Yth F	13:41
20	Erma Baker (Angwin) 1 40 F	14:06

8.6 Mile:

1	Keith Golding (Napa)	47:08
2	Darryl Beardall (Santa Rosa) 1-40	48:24
3	David Santiago (Deer Park) 1 Jr	51:40
33	Pamela Franck (Oakhurst) 1F	68:01
37	Erma Baker (Angwin) 1 F 40	71:34



Dan Buntman

UC Santa Cruz Redwood Run

From MARK MCCARROLL

November 8, Santa Cruz. 10K.

1	Gregory Brock(Capitola)30-39	34:15.6
2	Dan Minuttillo(SanJose)30-39	36:26.4
3	Jonathan Kanter(SantaCruz)18-29	36:28.6
4	Torin Rotstein(SantaCruz)18-29	36:46.0
5	Tom Carroll(SantaCruz)18-29	37:35.2
6	Joe Ancira(Watsonville)30-39	37:53.9
7	Mark Harlan(SantaCruz)18-29	38:26.4
8	Tom Knight(SantaCruz) 18-29	38:40.5
9	Karl Sigman(Berkeley)18-29	38:48.5
10	David Schwin(Salinas)30-39	38:59.0
11	Ken Riding(LosGatos)40-49	39:05.2
12	Tony Guaracha(Hollister)17u	39:23.0
13	Randy Smith(SantaCruz)18-29	39:42.4
14	Phillip Sienna(SanJose)30-39	39:51.5
15	Tom Dembski(SantaCruz)17u	39:54.1
16	Kevin Begley(LosGatos)18-29	40:10.0
17	Colby White(Watsonville)40-49	40:10.6
18	Greg Burke(Campbell)30-39	40:25.2
19	Mark Trotz(SantaCruz)18-29	40:27.1
20	Mike Williams(SantaCruz)18-29	40:29.7
29	Coria Einterz(SantaCruz)18-29 1F	41:51.3
51	Ilana Saraf(SantaCruz)18-29 2F	44:15.9
59	Helen Muth(Soquel)17u 3F	45:03.2
72	Kim Rosenthal(SantaCruz)18-29 4F	46:47.9
73	Don Stoner(Saratoga)50-59 1st	46:49.0
78	Christine Hansen(BenLom)18-29 5F 47:14.1	
86	Donna Nelson(Fresno)30-39 1F 30	47:54.0
91	Lucy Valencio(S.Cruz)30-39 2F 30	48:17.5
114	Cindy Hutchinson(Mtry)40-49 1F 40	50:31.6
134	Helen Holmgren(Menlo)50-59 1F	50:52:21.4
152	Jaclyn Caselli(SanJose)60u 1F 60	53:37.8
192	Gilbert Sweet(Crml/Vly)60u 1 60	1:02:03.5



Challenge Cup 50: (From left to right): 46 — Steve Cole Age 67 from San Francisco broke American record. 44 — Willy Morgan age 39 from Benicia. 38 — Annabel Marsh age 58 from San Francisco.

Central California Marathon

November 14, Fresno.

Overall Place	Name (age)	Club / City	Time	Division	Div. Place
1	Dennis Rinde (23)	UN/Orangevale	2:26:23	M16-29	1
2	Al Lomeli (29)	FT/Fresno	2:37:44	M16-29	2
3	Dan Alarid (39)	BC/Elk Grove	2:39:30	M30-39	1
4	Curtis Elia (31)	FT/Fresno	2:42:09	M30-39	2
5	Sargon Nona (30)	UN/Turlock	2:42:33	M30-39	3
6	Andrew R. Janzen (27)	UN/San Jose	2:42:49	M16-29	3
7	David Soleno (34)	FT/Dinuba	2:42:52	M30-39	4
8	Bob Lindsey (37)	FT/Fresno	2:43:34	M30-39	5
9	David Naranjo (14)	FT/Sanger	2:43:57	M15&u	1
10	Bob Asada (35)	PF/Harbor City	2:44:42	M30-39	6
11	Dennis Huffman (32)	UN/N. Hollywood	2:44:50	M30-39	7
12	Jim Hartig (27)	FT/Clovis	2:44:58	M16-29	4
13	Phillip Torres (25)	NW/Bell Gardens	2:45:12	M16-29	5
14	Frank Delgado (45)	FT/Fresno	2:45:35	M40-49	1
15	Dana Gard (36)	UN/Citrus Heights	2:45:38	M30-39	8
16	Anthony Jurado (28)	NW/Whittier	2:45:42	M16-29	6
17	Frank Ortega (38)	FJ/Fresno	2:45:56	M30-39	9
18	Jim Lambe (29)	FT/Fresno	2:46:28	M16-29	7
19	Dennis E. Wong (27)	TR/Tulare	2:46:32	M16-29	8
20	William Woody (39)	FT/Fresno	2:47:14	M30-39	10
21	Bobby Roberts (37)	LO/Lompoc	2:47:46	M30-39	11
22	Larry Martin (24)	FJ/Fresno	2:47:51	M16-29	9
23	Danny Mitchell (23)	UN/Fresno	2:48:58	M16-29	10
24	Leonard Gilliana (23)	UN/Pittsburg	2:50:09	M16-29	11
25	Len Thornton (51)	HS/Fresno	2:50:19	M50+	1
26	Michael Evangelho (26)	UN/San Francisco	2:51:34	M16-29	12
27	Steven Levy (32)	HS/Fresno	2:52:15	M30-39	12
28	Alfred Cordova (27)	UN/Fresno	2:53:48	M16-29	13
29	John Aldrich (30)	MR/Madera	2:53:54	M30-39	13
30	Keith Kirkpatrick (35)	SL/Los Osos	2:54:23	M30-39	14
31	Clement Michel (37)	SL/Los Osos	2:54:27	M30-39	15
32	Sammy Trujillo (35)	UN/Sacramento	2:54:51	M30-39	16
33	Craig Elia (31)	FT/Fresno	2:55:03	M30-39	17
34	Jim Hill (33)	VR/Visalia	2:55:13	M30-39	18
35	Mark Smith (39)	UN/Napa	2:55:17	M30-39	19
36	Randy Cagle (33)	MT/Atwater	2:56:20	M30-39	20
37	Evan Orme (43)	FT/Fresno	2:56:29	M40-49	2
38	Christopher Delgado (47)	FT/Citrus Heights	2:57:09	M40-49	3
39	Frank Padilla (45)	VR/Visalia	2:57:25	M40-49	4
40	James Ostergaard II (25)	FJ/Fresno	2:57:56	M16-29	14
41	William Mitchell (25)	UN/Fresno	2:58:29	M16-29	15
42	Joseph Benson (34)	UN/San Miguel	2:58:42	M30-39	21
43	Gary Peterson (26)	SL/Morro Bay	2:58:51	M16-29	16
44	Les Waddel (32)	UN/Seaside	2:59:05	M30-39	22
45	Fritz Collier (38)	SD/Stockton	2:59:07	M30-39	23
46	Don Huffman (38)	UN/Stockton	2:59:10	M30-39	24
47	Ray Varcoe (35)	AE/Riverside	2:59:12	M30-39	25
48	Roger Sebert (38)	VR/Visalia	2:59:32	M30-39	26
49	Robert Rainwater (32)	FT/Fresno	2:59:38	M30-39	27
50	Stan Rosenfield (33)	SL/San Luis Obispo	2:59:39	M30-39	28
51	Sid Toabe (57)	FT/Fresno	3:02:04	M50+	2
52	David Aguilera (29)	UN/Sacramento	3:05:27	M-Wlchr	1
53	Don Bemis (50)	UN/San Jose	3:08:21	M50+	3
54	Consuelo Underwood (31)	PK/Pt. Richmond	3:13:17	W30-39	1
55	Joanne K. Sidwell (34)	PK/Pt. Richmond	3:13:28	W30-39	2

Challenge Cup 50

From Elizabeth Jansen

November 7, Polo Fields, San Francisco. Challenge Cup 50 Mile.

It takes only 74 laps plus 1828 feet around the paved track at the Polo Fields, San Francisco to measure 50 miles in distance. Sixty two starters (8 women and 54 men) began the race at 8:00 am Saturday morning under perfect weather conditions. A staggering 94% of those starters finished, a figure higher than in most 26.2 mile marathons.

Success seemed to be the story for the women as five of them broke individual age records. Laurel Reynolds-Strand a 35-year-old business woman from Oakland led the field completing it in 7 hours and 41 minutes just short of the course record. The oldest woman finisher was San Francisco's ultramarathoner Annabel Marsh with a time of 11:17:03.

In the men's race it was a battle to the finishing tape with only 45 seconds difference between first place finisher Virginio Dearaujo (5:53:17) from San Francisco and second place finisher Ron Harris (5:53:54) from

Congratulations to Al Nelson and his crew as they did a great job in hosting this fine race.

5K Results:

1	Marty Higginbotham (25)	15:12
2	Ed Taylor (25)	15:15
3	Steve Gilbert (17)	15:40
4	Bryan Patterson (26)	15:57
5	Henry Osgood (35)	16:01
6	Isaac Salcido (24)	16:28
7	Wayne Van Dellen (44)	16:30
8	Greg Steinhauer (17)	16:41
9	Todd Robinson (25)	16:47
10	Louis Caldera (23)	16:56
11	Rich Simons (17)	16:59
12	Juan Meneses (15)	17:00
13	Rick Zamarripa (47)	17:01
14	Jeff Hargain (16)	17:17
15	Dallas Blanchard (17)	18:03
18	Tracy Schofield (19) 1-F	18:27
31	Ken Takeuchi (51) 1-50	19:46
41	Carri McNealley (14) 2-F	21:02
43	Jeanna Aboud (18) 3-F	21:15
45	Annette Perez (16) 4-F	21:39
46	Monica Burt (16) 5-F	21:43
74	Joseph Gonzales (61) 1-60	24:39
88	Carol Lapham (51) 1-50 F	27:37

10K Results:

harrier star. They traded positions in the first few miles trying to avoid running into the stiff breeze and at about the 4 mile mark Curran put in a burst which he held to the finish in 32:48. Dehlinger fought back and finished with a strong 33:01. Sharon McClung had the womens top spot pretty much to herself with a 48:42 and Siliva Aceves was second in 51:09.

5 Kilometer Run:

MEN: 12 & Under: 1. Jonathan Hunn 22:01; 2. Craig Cieslik 22:36. **13-15:** 1. Tim Knoob 18:49; 2. Jack Kicklighter 19:15. **16-18:** 1. Santos Puente 18:06; 2. Oscar Rodriguez 18:20. **19-29:** 1. Rick Crowder 16:38; 2. Tony Whitmore 17:02; 3. Tony Blankenship 17:22; 4. Phil Horn 18:17; 5. John Price 18:28. **30-39:** 1. Howard Sundberg 17:58; 2. Jim Schettig 18:25; 3. Dave Trembley 18:50. **40-49:** 1. Richard Belliveau 17:54; 2. Nobby Orens 19:41. **50 & Over:** 1. Bob Gerlach 19:08; 2. Marvin Powers 19:24.

WOMEN: Under 14: 1. Pamela Sanchez 24:30. **15-18:** 1. Pam Roth 28:25. **19-29:** 1. Elizabeth Duc 22:50; 2. Elizabeth Sundberg 24:32. **30-39:** 1. Dawn Everson 21:27; 2. Karen Weilbacher 23:59. **40 & Over:** 1. Karen Morris 26:31; 2. Eugenia Harvey 29:28.

10 Kilometer Run:

Challenge Cup 50

From Elizabeth Jansen

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Success seemed to be the story for the women as five of them broke individual age records. Laurel Reynolds-Strand a 35-year-old business woman from Oakland led the field completing it in 7 hours and 41 minutes just short of the course record. The oldest woman finisher was San Francisco's ultramarathoner Annabel Marsh with a time of 11:17.03.

In the men's race it was a battle to the finishing tape with only 45 seconds difference between first place finisher Virginio Dearaujo (5:53:17) from San Francisco and second place finisher Ron Harris (5:53:54) from Sacramento. It was the battle of holding the lead which Virginio did for the entire race as Harries slowly closed the gap but not close enough.

Division Winners:

Men's Open: Virginio Dearaujo (29) San Francisco 5:53:17. 16-29: Guillermo Barron (24) Oakland 6:42:56. 30-34: Ron Harries (31) Sacramento 5:53:54. 35-39: Gordon Johnson (36) Rio Del 7:09:50. 40-44: Mike Witwer (40) Santa Rosa 7:12:48. 45-49: Gordon Hall (49) Sacramento 7:23:11. 50-54: Jack Cover (50) San Francisco 7:55:00. 60 Plus: Steve Cole (67) San Francisco 8:42:13.

Women's Open: Laurel Reynolds-Strand (35) Oakland 7:41:35. 16-29: Ninon Argoud (24) Del Mar 8:17:09. 35-39: Mary Cantini-Norkin (37) San Francisco 9:00:02. 45-49: Vivian Rodriguez (47) Millbrae 8:25:58. 55-59: Annabel Marsh (58) San Francisco 10:40:00.

Porterville Veterans Day 5K & 10K Runs

By Marty Higginbotham

November 11, Porterville. Porterville Veterans Day 5K and 10K Runs.

Over two hundred runners turned out for the Porterville Veteran Day 5K and 10K events. Both races started together under ideal racing conditions. In the 5K event Marty Higginbotham barely held off a fast closing Ed Taylor for a noarrow victory. Higginbotham clocked 15:12 to Taylor's 15:15. Tracy Schofield ran an 18:27 to easily capture the women's crown.

The 10K event was won by Gary Campbell who clocked 32:18. Campbell, a submaster, has run several outstanding races lately, which include a first in the 30-39 age group at the TFA/USA Western Regional Cross Country Meet and a first in his division (second overall) at the Central Cal TAC 20K championships timing 1:07:30. Campbell outran Carlos Aranda 32:31 and Bob Loux 32:42 for the gold.

Congratulations to Al Nelson and his crew as they did a great job in hosting this fine race.

5K Results:

1	Marty Higginbotham (25)	15:12
2	Ed Taylor (25)	15:15
3	Steve Gilbert (17)	15:40
4	Bryan Patterson (26)	15:57
5	Henry Osgood (35)	16:01
6	Isaac Salcido (24)	16:28
7	Wayne Van Dellen (44)	16:30
8	Greg Steinhauer (17)	16:41
9	Todd Robinson (25)	16:47
10	Louis Caldera (23)	16:56
11	Rich Simons (17)	16:59
12	Juan Meneses (15)	17:00
13	Rick Zamarripa (47)	17:01
14	Jeff Hargain (16)	17:17
15	Dallas Blanchard (17)	18:03
18	Tracy Schofield (19) 1-F	18:27
31	Ken Takeuchi (51) 1-50	19:46
41	Carri McNealley (14) 2-F	21:02
43	Jeanna Aboud (19) 3-F	21:15
45	Annette Perez (16) 4-F	21:39
46	Monica Burt (16) 5-F	21:43
74	Joseph Gonzales (61) 1-60	24:39
88	Carol Lapham (51) 1-50 F	27:37

10K Results:

1	Gary Campbell (32)	32:18
2	Carlos Aranda (22)	32:31
3	Bob Loux (25)	32:42
4	Isaias Lung (24)	34:12
5	Joel Wobrock (18)	34:48
6	Adrian Huerta (22)	35:24
7	David Calderon (22)	35:37
8	Steve Whitwill (32)	36:09
9	Kelly Griffin (21)	36:13
10	Richard Bellview (45)	36:17
11	Raymond Rodriguez (20)	36:30
12	Bill Peck (41)	36:34
13	Kevin Carillo (13)	36:52
14	Frank Ramos (27)	37:12
15	Fred Mendoza (42)	37:54
20	Teresa Ramirez (22) 1-F	38:26
21	Laurie Hagopian (22) 2-F	38:45
25	Augustine Souza (51) 1-50	39:55
36	Marilyn Schlightino (37) 3-F	41:43
37	Harry Harder (64) 1-60	41:53
55	Deanna McDaniel (27) 4-F	43:55
93	Aline Moran (44) 1-40 F	58:05
97	Virginia Martin (60) 1-60 F	60:58

Turkey Trot

From Charlie Horn

November 14, Lancaster. Turkey Trot 5 & 10K Runs. Apollo Park.

On a day when the Space Shuttle landed in the Antelope Valley and made aerospace history, more than two hundred runners toured around the park which was named in honor of the men who manned the Apollo capsules. Unlike the Columbia, the runners were slowed by the wind as home-town runners Pat Curran and Rick Crowder took modest victories in the 10K and 5K respectively.

Crowder, who in October won the AVHMC 5K, looked impressive as his 16:38 time for 3.1 miles insured a twenty-six second margin over second place Tony Whitmore. Dawn Everson, in her first race, scored a big win with a 21:27 and was followed by Elizabeth Duc in 22:50.

In the 10K race, it was a battle between Pat Curran, the ex-Quartz Hill star and later All-American at Cal State Northridge and Alan Dehlinger, current Antelope Valley College

harrier star. They traded positions in the first few miles trying to avoid running into the stiff breeze and at about the 4 mile mark Curran put in a burst which he held to the finish in 32:48. Dehlinger fought back and finished with a strong 33:01. Sharon McClung had the women's top spot pretty much to herself with a 48:42 and Silvia Aceves was second in 51:09.

5 Kilometer Run:

MEN: 12 & Under: 1. Jonathan Hunn 22:01; 2. Craig Cieslik 22:36. 13-15: 1. Tim Knoob 18:49; 2. Jack Kicklighter 19:15. 16-18: 1. Santos Puente 18:06; 2. Oscar Rodriguez 18:20. 19-29: 1. Rick Crowder 16:38; 2. Tony Whitmore 17:02; 3. Tony Blankenship 17:22; 4. Phil Horn 18:17; 5. John Price 18:28. 30-39: 1. Howard Sundberg 17:58; 2. Jim Schettig 18:25; 3. Dave Trembley 18:50. 40-49: 1. Richard Belliveau 17:54; 2. Nobby Orens 19:41. 50 & Over: 1. Bob Gerlach 19:08; 2. Marvin Powers 19:24.

WOMEN: Under 14: 1. Pamela Sanchez 24:30. 15-18: 1. Pam Roth 28:25. 19-29: 1. Elizabeth Duc 22:50; 2. Elizabeth Sundberg 24:32. 30-39: 1. Dawn Everson 21:27; 2. Karen Weilbacher 23:59. 40 & Over: 1. Karen Morris 26:31; 2. Eugenia Harvey 29:28.

10 Kilometer Run:

MEN: 12 & Under: 1. Jess Perez 45:13; 2. Frank Sakelarios 46:04. 13-15: 1. Ed Hunn 42:15; 2. Kevin Zimmerman 42:15. 16-18: 1. Mark LaPlant 37:46; 2. John English 38:24. 19-29: 1. Pat Curran 32:48; 2. Alan Dehlinger 33:01; 3. Jack Powell 34:30; 4. Jim Powell 35:42; 5. Vern Biehler 37:00. 30-39: 1. Laddie Shaw 34:49; 2. Sammie Culver 36:22; 3. Pedro Ponce 36:33; 4. Gary Everson 36:47. 40-49: 1. Frank Ogawa 37:57; 2. Freddie Perez 38:45; 3. Don Mitchell 44:10. 50 & Over: 1. Gerry Armstrong 43:57; 2. Paul Fiske 47:06.

WOMEN: Under 14: 1. Kathy Coffee 49:00. 19-29: 1. Rilene Bilecki 51:45. 30-39: 1. Sharon McClung 48:42.

Valley Pico Sports Turkey Trot

From John Perkins & Bill Arnerich

November 14, Lompoc. First Annual Valley Pico Turkey Trot. 5 & 10 kilometers.

5 Kilometer:

1	Steve Waggener (37) Outfoters	16:13
2	Steve Hart (21) LVDC	16:54
3	Jim Elwell (21) LVDC	17:00
4	Vernon Heidlebaugh (20) Lompoc	17:28
5	Lance Mooney (12) Orcutt	18:32
6	Maureen Hammons (11) Lompoc 1-F	19:05
15	Katie Ryan (30) LVDC 1-F 30	21:15
20	Jack Lundy (51) LVDC	23:13
23	Lorraine Willis (43) LVDC 1-F 40	27:46

10 Kilometer:

1	Michel LeBold (24) Isla Vista	31:21
2	Mike Ryan (34) LVDC	33:41
3	Rick Snekvik (34) Santa Ynez	35:25
4	David Garcia (31) WVJ&S	35:33
5	John Kennedy (38) Fire Dept.	35:36
6	Eric Carman (16) SBAA 1-17 & U	36:53
11	William Graham (40) LVDC	39:21
12	Ray Gil (57) LVDC	39:23
15	Angela DeLeon (21) Goleta 1-F	40:30
32	John Holoubek (65) LVDC	44:06
33	Shirley Saunders (40) SBAA 1-F 40	44:14

30	Keith Kirkpatrick (35)	SL/Los Osos	2:54:23	M30-39	14
31	Clement Michel (37)	SL/Los Osos	2:54:27	M30-39	15
32	Sammy Trujillo (35)	UN/Sacramento	2:54:51	M30-39	16
33	Craig Ella (31)	FT/Fresno	2:55:03	M30-39	17
34	Jim Hill (33)	VR/Visalia	2:55:13	M30-39	18
35	Mark Smith (39)	UN/Napa	2:55:17	M30-39	19
36	Randy Cagle (33)	MT/Atwater	2:56:20	M30-39	20
37	Evan Orme (43)	FT/Fresno	2:56:29	M40-49	2
38	Christopher Delgado (47)	FT/Citrus Heights	2:57:09	M40-49	3
39	Frank Padilla (45)	VR/Visalia	2:57:25	M40-49	4
40	James Ostergaard II (25)	FJ/Fresno	2:57:56	M16-29	14
41	William Mitchell (25)	UN/Fresno	2:58:29	M16-29	15
42	Joseph Benson (34)	UN/San Miguel	2:58:42	M30-39	21
43	Gary Peterson (26)	SL/Morro Bay	2:58:51	M16-29	16
44	Les Waddel (32)	UN/Seaside	2:59:05	M30-39	22
45	Fritz Collier (38)	SD/Stockton	2:59:07	M30-39	23
46	Don Huffman (30)	UN/Stockton	2:59:10	M30-39	24
47	Ray Varcoe (35)	AE/Riverside	2:59:12	M30-39	25
48	Roger Sebert (38)	VR/Visalia	2:59:32	M30-39	26
49	Robert Rainwater (32)	FT/Fresno	2:59:38	M30-39	27
50	Stan Rosenfield (33)	SL/San Luis Obispo	2:59:39	M30-39	28
57	Sid Toabe (57)	FT/Fresno	3:02:04	M50+	2
64	David Aguilera (29)	UN/Sacramento	3:05:27	M-Wlchr	1
76	Don Bemis (50)	UN/San Jose	3:08:21	M50+	3
97	Consuelo Greenwood (31)	PK/Pt. Richmond	3:13:17	W30-39	1
99	Joanne K. Sidwell (34)	PK/Pt. Richmond	3:13:28	W30-39	2
104	Laura McHale (18)	UN/San Luis Obispo	3:17:08	W16-29	1
120	Pat Hurst (50)	FJ/Fresno	3:22:26	W50+	1
155	James Williams (15)	CH/Fresno	3:33:25	M15&U	2
161	Michele Gauthier (45)	SY/Badger	3:35:30	W40-49	1
188	Becky Dieter (29)	FJ/Fresno	3:47:08	W16-29	2
190	Steve Clark (15)	UN/Riverdale	3:47:37	M15&U	3
204	Elizabeth Layous (25)	FJ/Fresno	3:52:07	W16-29	3
206	Liz DeMonte (51)	FT/Fresno	3:53:12	W50+	2
208	Mae Rodgers (49)	FJ/Fresno	3:54:21	W40-49	2
221	Ramona Diaz (42)	FJ/Fresno	4:02:09	M40-49	3
277	Sue Takayama (51)	FJ/Fresno	4:40:56	W50+	3
MEN'S TEAM -- Fresno Track Club			8:02:45		
WOMEN'S TEAM -- Pamakids			9:50:14		

Mission Inn 10K

November 15.

WOMEN:

15 & Under: 1. Melanie Hawkins (14) 44:50; 2. Debbie McCormick (15) 48:37. 16-19: 1. Joann Howard (17) 39:36; 2. Toby Jacober (19) 39:43. 20-29: 1. Janice Standlea (26) 36:55; 2. Doreen Assumma (23) 37:04; 3. Carol Lowe (20) 38:17; 4. Sue Brodock (25) 41:47; 5. Sara Gilbertson (25) 44:48. 30-39: 1. Sue Harwell (30) 44:48; 2. Myra Lauder (39) 45:35; 3. Kathy Dullaghan (31) 45:40. 40-49: 1. Carol Taylor (40) 52:00; 2. Celia Swan (49) 52:26. 50 & Over: 1. Mary Story (57) 45:34.

MEN:

15 & Under: 1. George Sicre (15) 36:37; 2. Dwight Lomayeva (14) 39:07; 3. Stephen Niedzwiecke (14) 39:45. 16-19: 1. Matt Dugard (19) 32:24; 2. Bobby Adams (18) 32:46; 3. Robert Oimedo (18) 32:53; 4. Mark Castro (17) 33:05; 5. Michael Yartzoff (18) 34:03. 20-29: 1. Steve Alvarez (21) 30:54; 2. Mike Mueller (24) 32:03; 3. Ron Amundson (26) 32:31; 4. Larry Jansen (24) 33:01; 5. Jeffrey Moreno (20) 34:05; 6. Tom Hays (20) 34:12; 7. Felipe Campiran (26) 35:30; 8. Mark Semenov (23) 35:34; 9. Albert Camacho (24) 36:31; 10. Rudolf Scheffran (25) 36:32. 30-39: 1. Tad Kleindienst (31) 35:01; 2. Tom Baker (31) 35:18; 3. Gary Schnittgrund

(34) 35:39; 4. Jim White (32) 36:00; 5. George Thomson (39) 36:08. 40-49: 1. Bill Crum (46) 34:13; 2. Wally Ingram (49) 34:56; 3. Phil Weiny (46) 35:15; 4. Roland Krumm (42) 37:24; 5. Jess Maxcy (41) 38:05. 50-59: 1. Jose Quezada (50) 39:09; 2. David Henopp (50) 39:58; 3. Eddie Swan (50) 41:14. 60 & Over: 1. Robert Kroger (65) 39:27; 2. John Coles (63) 44:51.

Summit Marathon

November 15, Los Gatos. Second Annual Summit Marathon.

1	Ted Pawlak (25)	2:38:44
2	Steve Flynn (25)	2:44:29
3	Steve Selbrede (30)	2:46:54
4	Walter Radloff (36)	2:48:07
5	Kenneth Drew (31)	2:51:00
6	Jeff Pearman (27)	2:51:47
7	Andrew Hyle (23)	2:53:53
8	Mark Samuelson (28)	2:54:05
9	Ron Kovacs (43)	2:55:34
10	Walt VanZant (42)	2:57:39
28	Eugene Silver (50)	3:12:16
50	Skip Gibbs (40) 1-F 40	3:19:07
77	Kristine Morella (37) 1-F 30	3:29:13
102	Loretta Gutierrez (35)	3:37:43
117	Ruth Waters (48)	3:43:07

Santa Barbara Women's 10K Run

From Shirley Saunders

November 15, Santa Barbara. Women's 10K Run.

17 & Under: 1. Sarah Allabach 39:12; 2. Joanne Willis 44:05; 3. Wanda Skinner 46:22. **18-24:** 1. Mary Mason 37:21; 2. Kathleen Kinane 37:41; 3. Nancy Schwartz 39:00; 4. Mary Carman 40:00. **25-29:** 1. Diane Killeen 37:54; 2. Leslie Schiller 38:49; 3. Petra Kemper 39:22; 4. Anne Hayden 41:08. **30-34:** 1. Sandra Marshall 39:13; 2. Stephanie Welch 40:37; 3. Kathleen Roes 42:37; 4. Wendy Bronson 44:06. **35-39:** 1. Judy Kewley 39:07; 2. Anette Connell 40:45; 3. Cherry Stockton 43:28; 4. Jane McClure 43:29. **40-44:** 1. Susan Neushul 43:56; 2. Shirley Saunders 44:07; 3. Ruth Adams 48:33. **45-49:** 1. Fay Hobbs 40:11; 2. Neva Howe 48:25; 3. Cloene Marson 52:14. **50-59:** 1. Margaret Miller 41:18; 2. Evelyn Dabritz 52:07; 3. Patricia Frankus 53:20. **60 Plus:** 1. Grace Schweitzer 60:41; 2. Trudy Greenside 65:49; 3. Mary Mofat 67:46.

Turkey Trot 5 & 10K

November 21, Pico Rivera. 13th Annual Turkey Trot 5 & 10 Kilometer Runs.

5 Kilometer Run:
12 & Under: 1. Roberta Moranez 17:31; 2. Alicia Acosta 17:36; 3. Aaron Mascoro 18:56. **13-15:** 1. Sam Gutierrez 16:36; 2. David Cassilas 16:44; 3. Martin Dominguez 17:12. **High School:** 1. John Salas 15:46; 2. Jesus Martinez 15:56; 3. David Morales 16:05. **30-39:** 1. Enoly Avalos 16:08; 2. Jarrett Williams 16:25; 3. Mike Goff 17:05. **40-49:** 1. Baldo Pedroza 18:13. **50-59:** 1. Henry Cleveland 22:48. **Women's Open:** 1. Kathy Pugh 17:17; 2. Darla Acosta 17:22; 3. Lisa Paddilla 17:51. **10 Kilometer Run:**

Men's Open: 1. Dennis Forthoffer 32:19; 2. Mark Huschle 33:01; 3. Jeff Mulligan 33:15; 4. Jaubejal Neraljo 33:18; 5. Edward Rubio 33:51. **30-39:** 1. Ed Bouldin 36:13; 2. Larry Fabela 36:48; 3. Leon Ortiz 38:09. **40-49:** 1. Art Milanez 36:50; 2. Fred Mascorro 37:31; 3. Tom Chaves 37:54. **50-59:** 1. Aurelia Camacho 38:39; 2. Richard Elizarras 39:36. **60 & Over:** 1. Phil Castle 43:26.

Wishbone Classic

From Chuck Bolin

November 22, Space Park, Redondo Beach. Second Annual Wishbone Classic 5 & 10K. 5 Kilometer:

MEN: 10-Under: 1. Darin Fultz 29:07; 2. Mike McKinsey 31:28; 2. Dan Esparza 44:15. **11-19:** 1. Carlos Caracozza 15:23; 2. Leroy Collins 15:52; 3. Peter Kang 15:57; 4. Steve Diederich 16:16; 5. Tom Myers 19:14. **20-29:** 1. Alfredo Rosas 15:23; 2. Eric Rogers 15:38; 3. Chris Melvin 16:49; 4. John Furimski 16:55; 5. Dave Follen 16:58. **30-39:** 1. Charles Hodoe 16:15; 2.

Fresno Road Race

From FRANK DELGADO

November 28, Kearney Park/Boulevard,

Fresno, 6 miles.

1 Jim Hartig	29:58
2 Bob Loux	30:32
3 Juan Molina	30:33
4 Gary Campbell(1 30-39)	30:54
5 Scott Thornton	30:59
6 Ed Taylor	31:00
7 David Cords(2 30-39)	31:03
8 David Bronzan(3 30-39)	31:50
9 Virg Moreno	31:52
10 Bob Lindsey(4 30-39)	31:58
11 Robert Taylor	32:48
12 Frank Ortega(5 30-39)	33:25
13 Len Thornton(1 50-59)	33:30
14 Mark Hull	33:35
15 Bryan Patterson	33:42
16 Bob Fries(2 50-59)	33:57
17 David Naranjo(1 18u)	34:03
18 David Williams	34:05
19 Ramiro Martinez(2 18u)	34:10
20 Mark Hemphill(6 30-39)	34:29
21 Leon Valley	34:33
22 Gordon Keller(7 30-39)	34:37
23 Andres Patlan(8 30-39)	34:45
24 John Pitman(1 40-49)	34:57
25 Albert Lomeli	35:07
30 Rick Zamarripa(2 40-49)	35:36
31 Jolie Gelegan(1 19-29W)	35:40
32 Don Trout(3 40-49)	35:50
49 Carolyn Tiernan(1 30-39)	38:41
63 Caroline Fisher(2 19-29W)	40:03
66 Ruby Hernandez(3 19-29W)	40:14
67 Harry Harder(1 60 over)	40:38
68 Sylvia Santistevan(1 18uW)	40:51
74 Pat Hurst(1 50-59W)	41:40
94 Ramona Diaz(1 40-49W)	44:49
130 Virginia Martin(1 60 over W)	60:43

Ultra Challenge Fifty Kilometer

From Steve Justice

November 29, Skyline Trail. Ultra Challenge Fifty.

A sensible person would have bet that the Ultra Challenge "50" would be a non-event in its first year. It rained six of the seven days prior to the weekend of the race, leaving huge pools of standing water on the damp and slippery clay-based trails, or large veins of erosion on the more porous gravelly trails. Golden Spike Trail, descending out of Redwood Regional Park, was, in fact, a stream. But the organizers, a collaboration between Zephyr AC and the Berkeley Runners Club, were too stubborn to let such a good idea (a 50k over the delightfully scenic but demanding East Bay Skyline National Recreation Trail), go unattended. Besides, didn't their application specifically dictate that only the rugged of mind and body dare apply? So, possibly this breed of runner wouldn't mind 31 miles of mud and mire; that turned out to be actually the case!

A full field of 85 left swampy Wildcat Ca-

8 Tom Zavortink (42) San Francisco	4:33:19
9 Joe Williams (25) Santa Cruz	4:34:07
10 Rod Kinder (35) Loomis	4:34:57
18 Hilary Naylor 1-F Berkeley	4:56:44
23 Penny DeMoss (31) Oakland	5:06:30

Hammond-Pezzola 4.8K Health Run

From Norma J. Brenner

November 29, Santa Cruz. 4th Annual Hammond-Pezzola Health Run. 4.8 kilometers.

MEN:

18 & Under: 1. Chris Santos 25:00; 2. Tom Legan 25:35; 3. Andrew Lanear 27:38. **19-39:** 1. Tim Gruber 23:22; 2. Paul Gyorey 24:53; 3. Art Vedder 25:00; 4. Gary Grellmann 25:24; 5. Allen Neel 25:43. **40 & Over:** 1. Steven Drago 25:16; 2. Kenneth Riding 26:58; 3. J.L. Smith 28:15.

WOMEN:

18 & Under: 1. Helen Muth 30:49; 2. Dondi Hart 33:28; 3. Teresa Bargetto 35:21. **19-39:** 1. Sue Munday 27:40; 2. Adele Ho 31:23; 3. Katie Bargetto 32:28; 4. Christine Hansen 33:30; 5. Catherine Santos 33:54. **40 & Over:** 1. Judy Dorosin 33:00; 2. Peg Smith 34:40; 3. Doris Burgess 37:26.



photo by Keith Conning



Sue Munday

PA-TAC Race Walk

From Harry Siitonen

December 6, Oakland. Pacific Association TAC 40K and Oakland Marathon Race Walk.

40K Times:

1 Bill Ranney (San Rafael)	3:30:27
2 Dennis Gustafson (SFO)	3:55:38
3 Walt Jaquith (Tahoe City)	4:19:58
4 Bernie Kaufman (Flushing, NY)	4:57:36

Marathon Times:

Ranney 3:41:52; Gustafson 4:09:30; Jaquith 4:34:12; Kaufman 5:15:26.

Half Marathon Walk:

1 Beth Sibley (Oakland)	1:58:38
2 Rob Robinson (San Francisco)	2:08:56
3 Bryon Edwards (Cupertino)	2:23:01

Q Jail Break Run

From Sam Schwan

December 6, Hanford. First Annual Q Jail Break 10K Run.

MEN: 15 & Under: Mario Valdez 36:13. **16-18:** Jeff Boyd 33:45. **19-24:** Scott Thornton 31:57. **25-29:** Jim Hartig 31:00. **30-34:** Gary Campbell 32:06. **35-39:** Ozzie Osgood 33:34. **40-44:** Fred Mendoza 37:11. **45-49:** Frank Padilla 35:15. **50-59:** Len Thornton 34:48. **60 Plus:** Jim Martin 61:06. **Military:** Daniel Millage 37:23.

WOMEN: 15 & Under: Jennifer Baker 41:58. **16-18:** Michelle Matais 43:15. **19-29:** Deanna McDaniel 42:46. **30-39:** Cherrie Stephenson 45:09. **40-49:** Theanne Woodruff 62:22. **60 Plus:** Norelma Walker 55:20.

NRDC Books - 1981 Editions Records • Rankings

Certified Road Running Courses - lists 1326 road-running courses certified by the National Standards Committee to 1 Jan. 81. Shows location, elevation, type of course, and date of measurement. Necessary to choose races in which marks can qualify for rankings and records.

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16:25; 3. Mike Goff 17:00; 1. Baldo Pedroza 18:13. 50-59: 1. Henry Cleveland 22:48. **Women's Open:** 1. Kathy Pugh 17:17; 2. Darla Acosta 17:22; 3. Lisa Paddilla 17:51. 10 Kilometer Run:

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November 22, Space Park, Redondo Beach. Second Annual Wishbone Classic 5 & 10K. 5 Kilometer:

MEN: 10-Under: 1. Darin Fultz 29:07; 2. Mike McKinsey 31:28; 2. Dan Esparza 44:15. 11-19: 1. Carlos Caracozza 15:23; 2. Leroy Collins 15:52; 3. Peter Kang 15:57; 4. Steve Diederich 16:16; 5. Tom Myers 19:14. 20-29: 1. Alfredo Rosas 15:23; 2. Eric Rogers 15:38; 3. Chris Melvin 16:49; 4. John Furimski 16:55; 5. Dave Follen 16:58. 30-39: 1. Charles Hodge 16:15; 2. AR Morrison 17:46; 3. Jim Powers 18:34; 4. Scott Sargent 19:31; 5. Alan Zabel 19:34. 40-49: 1. Martin Austgen 18:31; 2. Mark Levine 19:23; 3. Allen Peters 19:31; 4. Dennis Broderick 20:30; 5. Lee Preble 21:34. 50-59: 1. Pat Devine 18:04; 2. Avery Bryant 19:03; 3. Layne Crisp 20:11; 4. Frank Kishi 20:47; 5. Jack Melcher 21:54.

WOMEN: 10 & Under: 1. Michelle Coventry 21:54; 2. Tina Schwennicke 21:56. 11-19: 1. Robin Miller 21:03; 2. Linda Herrera 22:09; 3. Mison Lim 23:29; 4. Sonya Garza 24:17; 5. Wendy Hodge 25:28. 20-29: 1. Sally Valdez 19:46; 2. Viv Nixon 22:08; 3. Jeanne Baldinger 22:12; 4. April Winship 22:19; 5. Karen Ruse 23:39. 30-39: 1. Judy Vivian 17:15; 2. Wendy Watson 20:14; 3. Betty Cohen 20:46; 4. Corrine Schratz 20:55; 5. Pam Henline 31:55. 40-49: 1. Kathie Owen 22:10; 2. Loretta Smith 24:11; 3. Mildred Harrison 24:30; 4. Faye Metz 24:44; 5. PJ Costrove 26:17. 50-59: 1. Micki Hobson 20:01; 2. Carol Kerster 28:14; 3. Nan White 29:07; 4. Dolores Pugliese 29:44; 5. Charmion Burns 30:26.

10 Kilometer:

MEN: 10 & Under: 1. Keith Dolnick 54:48. 11-19: 1. Peter Kang 34:02; 2. Randy Kusand 36:42; 3. Craig Shiner 41:43; 4. Glen Masuda 42:56; 5. Perfecto Cervana 43:33. 20-29: 1. Alfredo Rosas 30:54; 2. Robert Radnoti 31:14; 3. Greg Sawlik 31:14; 4. Brent Swanson 33:06; 5. Tom Burns 33:36. 30-39: 1. Graeme Shirley 32:05; 2. Tony Baker 32:47; 3. Harold Jesse 34:58; 4. Rob Whitley 36:09; 5. Ron Werner 36:20. 40-49: 1. Chris Bourke 35:14; 2. Roger Murray 36:13; 3. Tom Cosgrove 37:44; 4. Herb Shatoff 38:16; 5. Jim Scarborough 38:48. 50-59: 1. Bill Fitzgerald 38:17; 2. Frank Fiedler 40:11; 3. CB Ereon 41:09; 4. Jim Perez 44:43; 5. Chuck King 45:39.

WOMEN: 20-29: 1. Julie Brown 33:06; 2. Joyce Handschumacher 52:33; 3. Lucinda Swain 53:27; 4. Susan Shumabukuru 54:07; 5. Jane Ternullo 57:46. 30-39: 1. Corrine Schratz 45:13; 2. Barbara Akle 46:42; 3. Debbie Dorsey 47:29; 4. Vickie Weber 60:13; 5. Grace Care 61:22. 40-49: 1. Dobi McDougall 43:13; 2. Pauline Vaughn 47:36; 3. Ann Martin 53:30. 50-59: 1. Colleen Jones 48:53.

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A full field of 85 left swampy Wildcat Canyon Regional Park in gleeful anticipation to a day of sloshing through the horse and fire trails of Wildcat Canyon, Tilden, Sibley, Redwood, and Chabot Regional Parks. They all had one aim in mind - reach Proctor Gate in Chabot Regional Park, a washed-out staging area for horsemen, the southern terminus of the East Bay Skyline National Recreation Trail. In between they would climb a total of 5,400 feet and descend a total of 4,200 feet through the largest urban park system in the nation, the East Bay Regional Park District. Six fully-equipped checkpoints eliminated any need for handlers, provided a bounty of water, marathade, orange slices, raisins, honey for the runners, plus radio communications with the finish line staff.

Mike Duncan, 33, from San Mateo was in command from the start, reaching all six stations first, then galloping down the last two miles of downhill, finishing with a sensational 3:54:43. Another fast time was recorded by Jeff Collins of Vallejo (27), winner of the John Muir Marathon last August, at 3:58:59. Veteran mud-lover David Zumwalt of Antioch took the white ribbon with a 4:14:29. Testimony to the heroics of the participants was Joe Leblanc's Toyota Land Cruiser buried in the mud at 28 miles, a grim reminder to an ill-fated course-marking expedition the day before. Runners also had to side-step the wild artichoke thistle and poison oak, jump pools of standing water, and hurdle huge eucalyptus trees fallen by storms earlier in the week. Through all this came Hilary Naylor, a participant as well as organizer, to claim the women's title with a 4:56:44, 18th overall.

Next year the Ultra Challenge "50" will become the Skyline "50" and be contested on August 22, 1982, to avoid the bad weather. Unlimited registration will be offered as long as the prospective participant has had prior marathon or ultra experience, and can finish the race under 8 hours.

1	Mike Duncan (32) San Mateo	3:54:43
2	Jeff Collins (27) Vallejo	3:58:59
3	David Zumwalt (20) Antioch	4:14:29
4	Doug Schrock (29) Albany	4:21:47
5	Pete Schoener (41) Camino	4:24:26
6	Les Nightingill - Danville	4:25:36
7	Mark Driscoll (35) San Jose	4:31:30

Sue Munday

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U.S. Marathoners - is again the largest listing of US runners marks ever published. Every reported mark on a certified course is included. All runners are ranked both nationally and within their age group. Contains numerous summary tables, analyzing marathoning by state, age, sex, and time. Includes complete data on each race. In four volumes.

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