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CALIFORNIA TRACK & RUNNING NEWS

JANUARY 1985

ISSUE NO. 99



Kinney Cross Country Champions

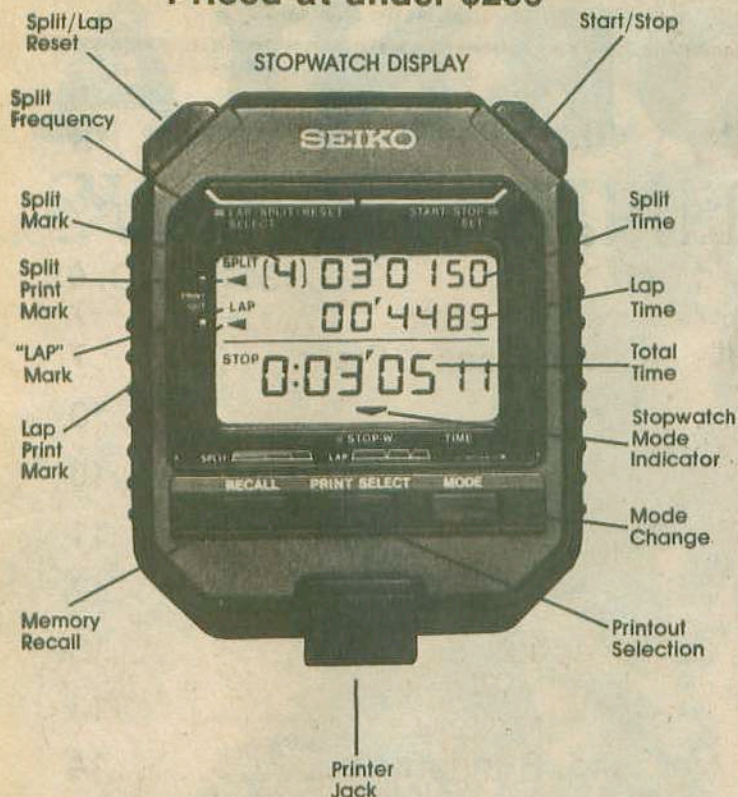
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SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1984  9 25
START  9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
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Applications

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

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Table of Contents

January 1985

Issue No. 99

Schedule of Events

Road Racing	4
Indoor Track & Field	7
College/Open Track & Field	7

SoCal Diary	10
-------------------	----

Mailbag	10
---------------	----

Tips from Galloway	11
--------------------------	----

1985 Running Predictions	12
--------------------------------	----

The Athlete's Kitchen	13
-----------------------------	----

Eino's Notebook	13
-----------------------	----

Medical Notes for Runners	14
---------------------------------	----

Around the State	15
------------------------	----

High School Section

Kinney Cross Country	16
----------------------------	----

Prep Notes	20
------------------	----

All NorCal XC Team	24
--------------------------	----

Calif. Top 10 XC Teams	25
------------------------------	----

Points of Interest	27
--------------------------	----

P.R.'s	27
--------------	----

Club News	28
-----------------	----

Results

Track & Cross Country	30
-----------------------------	----

Road Racing	30
-------------------	----

ON THE COVER:

This month's cover features Rebecca Chamberlain, the highest California finisher in the Kinney High School National Cross Country Championships. The San Jose junior also placed second in the Western Regional and was top California female. The insets show Kinney National champions Cathy Schiro and Scott Fry. See Kinney Western Regional results beginning on page 16 and Kinney National results on page 19.

photos from Fine Flicks by Don Gosney

Schedule

By JACK LEYDIG

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

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

JANUARY

JAN 1: DSE Hangover Run. 3.53 mile, San Francisco (Golden Gate Bridge/Toll Plaza Pkg. Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JAN 1: New Year's Resolution Runs. 5 & 10K, Santa Barbara (Palm Park), 8:30 am/5K, 9 am/10K. John Brennand, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

JAN 1: New Year's Fun Run. Distance TBA, San Diego (Mission Bay Boardwalk), time TBA. San Diego TC (619) 277-RUN2.

JAN 5: Avalon Hospital 50-Mile. Santa Catalina Island, 5 am. *December 10 Deadline, 50 entry limit.* Mike Solly, P.O. Box 842, Avalon 90704. (213) 514-1325.

JAN 5: Racey Lady 5 & 10K. Women Only. Olivenhain (east of Encinitas)(Town Hall), 9 am. Alice O'Day, 2705 Sombrosa, Carlsbad 92008. (619) 942-0761.

JAN 5: Buena High School 5K. Ventura (Ventura State Beach), 9 am. Steve Blum, 1175 Carlsbad, Ventura 93003. (805) 658-9294.

JAN 5: Rainbow Half-Marathon. 13.1 miles, Las Vegas (Vail Pittman Elem. School), 9 am. Rob Gardner, 6666 W. Washington, No. 435, Las Vegas, NV 89107.

JAN 5: Lompoc Winter Runs. 5K (Women), 10K (Men), Lompoc (La Purisima Mission), time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. (805) 736-6048, Margie Withrow.

JAN 5: Crippen Ambulance Service 5 & 10K Runs. Covina (4th & San Bernardino, ICMC Parking Lot), 8 am. 5 & 10K Runs, c/o I.C.M.C., 303 No. Third, Covina 91723. (818) 331-7331.

JAN 6: DSE Single Muni Pier Run. 1.3 miles, San Francisco (Dolphin Club, Hyde & Jefferson), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107. (415) 647-9459.

JAN 6: California "Ten" 10 miles, Stockton, 10 am. *1000 runner limit, January 3 deadline.* Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124.

JAN 6: Avon 5K. Women Only. Listed last issue as Avon 15K. *Rescheduled* to March 10th, tentatively Santa Monica, time TBA. Len Wallach, 1060 Continentals, No. 104, Belmont 94002. (415) 593-2788.

JAN 6: Heart of Palm Springs 10K. Palm Springs (High School), 8 am. K.F. Barber, MD, 45-120 San Pablo, Palm Desert 92261. (619) 346-8109.

JAN 6: Resolution Runs. 3.6 mile & 15K, Redwood Valley (Lion Maize Field), 11 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Dave Pittelkau: (707) 462-7596.

JAN 12: Willy's Road Race. 1 & 5 mile, Los Altos (St. William's School, 401 Rosita Ave.), 9:30 am/1 mile, 10 am/5 mile. Ellen Clark, 156 Marvin, Los Altos 94022. (415) 948-8029.

JAN 12: 49'er Foundation 5 & 10K. Long Beach (Cal-State Univ.), 8 am. California Road Runners Club, P.O. Box 891, Tarzana 91356. (818) 888-5526.

JAN 12: China Cup Opener 5K, 10K & 1 Mile Kids Run. Fountain Valley (Mile Square Park), 8 am. John Blair, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JAN 12: Cop'er Bowl 10K & 2 Mile. San Diego (Jack Murphy Stadium), 8 am. Lynn Flanagan, In Motion, 2765 Tokalon St., San Diego 92110. (619) 276-2738.

JAN 12: Las Vegas TC 10K & 2 Mile. Las Vegas (Racquet Club, 9001 S. Industrial), 10 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 13: San Bernardino YMCA Marathon & Half Marathon, 5/10K. San Bernardino (Vallejo Jr. High School), 7:30 am. Tony Mino, 808 E. 21st St., San Bernardino (714) 886-4661.

JAN 13: Mission Bay Marathon & 10K. San Diego (Mission Bay Visitor Center), 7 am. Jeff Broido, 8818 Robinhood Ln., La Jolla 92037. (619) 453-6879.

JAN 13: Zoo Run. 4 mile, San Francisco (Zoo), 9 am. San Francisco Zoological Ass'n, Attn: Zoo Run, Sloat Blvd. & Great Hiway, San Francisco 94132. (415) 661-7456.

JAN 13: Martin Luther King Birthday Run. 5 & 10K, Oakland (Lake Merritt Sailboat House), 9 am. MLK Birthday Run, c/o Anthony Charles, 2401 - 67th Ave., Oakland 94605. (415) 632-1537.

JAN 13: Cossack Classic. 13.5 mile, Rohnert Park (Sonoma State Univ.), 10 am. Bob Sorani, Sonoma State Univ., Athletic Dept., Rohnert Park 94928. (707) 664-2521.

JAN 13: Downhill Mile Classic. West Covina (South Hills H.S.), 1 pm. *Record is 3:53.1.* The Complete Runner, c/o Bill Fulton, 2658 E. Garvey, West Covina 91791. (818) 331-0169.

JAN 13: DSE Double Muni Pier Run. 2.6 miles, San Francisco (Dolphin Club, Hyde & Jefferson), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107. (415) 647-9459.

JAN 13: Moorpark College 5 & 10K Stadium Runs. Moorpark (College), 8 am/5K, 8:45 am/10K. Athletic Dept., Moorpark College, 7075 Campus Rd., Moorpark 93021. (805) 529-2321, x220.

JAN 19: Hyattfest Super 10K Run. San Jose (Hyatt Hotel, 1st St. & US 101), 8:30 am. Hyattfest Run, 1740 No. First St., San Jose 95112. *Jan. 14 Deadline.* (408) 298-0300, x1760.

JAN 19: Heavy Hands 20K. Pinole (Pinole Valley HS), 8 am. Dan Hollis, 1770 Serra Dr., Pinole 94564. (415) 223-7440. *Don't need to carry Heavy Hands.*

JAN 19: Snowball Run. 10K, Meyers, 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JAN 19: Corona del Mar Spirit Run. 5 & 10K, Corona del Mar State Beach, 7:30 am/5K, 8:30 am/10K. Dinny Shryock, 900 Goldenrod, Corona del Mar 92625. (714) 760-0177.

JAN 19: Central Coast 10K. Arroyo Grande, 10 am. Greg DeNike, 495 Valley Rd., Arroyo Grande 93420. (805) 489-1351.

JAN 19: DSE Ivor Welch Run. Approx. 3 miles, San Francisco (Stow Lake, Golden Gate Park), 10 am. Annabel Marsh (415) 566-2542.

JAN 19: Run for the Super Bowl. San Francisco (distance TBA), time TBA. Alumni Chapter NFL, 4370 Alpine Rd., Portola Valley 94025. (415) 851-3113, Oliver Wilhelm.

JAN 19: Fontana Parks & Recreation Dept. Triathlon. 8 mile bike, 150 ft. swim, 2 mile run. Fontana (Cypress Community Center), 8 am. Kit Ledbetter, Fontana Parks & Recreation, 8353 Sierra, Fontana 92335. (714) 350-7635.

JAN 20: The Dublin Run. 10K & 2 mile, Dublin (High School), 9 am. Dublin High School, Attn: Tom Cathcart (P.E. Dept.), 8151 Village Pkwy., Dublin 94566. (415) 846-6491.

JAN 20: Tucson Marathon. Tucson, Arizona (Loews Ventana Canyon Resort), 8 am. Tucson Marathon, P.O. Box 40728, Tucson, AZ 85717. (602) 742-3153.

JAN 20: Super Bowl Sunday 10K. Redondo Beach, 8 am. *Dec. 8 Deadline.* Super Bowl Sunday 10K, P.O. Box 637, Redondo Beach 90277.

JAN 20: Santa Rosa Super Mile. Santa Rosa (3rd & "B" Sts.) (150/heat, every 15 minutes), 8:30 am. Sharon Wright, 50 Santa Rosa Ave., No. 404, Santa Rosa 95404. (707) 545-3534.

JAN 20: Supercity 8K Classic. Santa Clara (Great America, Marriott's Hotel), 9:30 am. Total Race Systems, 2000 Lucas Way Rd., San Rafael 94903. (415) 479-3839.

JAN 20: Solidarity Run for the Teachers' Union of El Salvador. 5 & 10K & 1K for 12 and under, San Francisco (Golden Gate Park, Polo Fields), 9 am. Joe Berry, COSANDES, AFT2121, 2940 16th St., San Francisco 94103. (415) 861-2121.

JAN 20: Zonta Run for Everyone 10K. Goleta (Goleta Beach County Park), 9 am. Judy Cobbs, 37 Dearborn Pl., No. 81, Goleta 93117. (805) 967-0319, days or 964-1431, eves.).

JAN 20: Pico Rivera Anniversary 5K & SPA/TAC 10K District Championships. Pico Rivera (Smith Park, 9110 Mines Ave.), 9 am. Ralph Aranda, P.O. Box 1016, Pico Rivera 90660. (213) 042-2000, x263.

JAN 20: Super Run IV. 10K & 2 mile, LaJolla (LaJolla Village Sq.), 8 am. Joanne Vogel, c/o March of Dimes, 8333 Clairemont Mesa, ste. 101, San Diego 92111. (619) 576-1211.

JAN 20: Las Vegas TC 30K Championships & 5 Mile. Las Vegas, Nevada, 9 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JAN 26: High Sierra T.C. 5-Miler Muck & Mire Championships. Madera County (Ave. 14½ & Hiway 41), 11 am & 11:30 am. Joe Herzog, 822 S. Claremont, Fresno 93727. (209) 441-3835, days or 252-3897, eves.

JAN 26: Paramount 10K. Downey (Progress Park), 8 am. Oscar Rosales, c/o Paramount 10K, Paramount Recr. Dept., 16420 Colorado, Paramount 90723. (213) 531-3503.

JAN 26: Paramount World Masters 10K. Open to masters meeting high qualifying standards. Downey (Progress Park), 8 am. Oscar Rosales, P.O. Box 696, Paramount 90723. (213) 531-3503.

JAN 26: Country Campus Runs. 5 & 10K, Roseville (Sierra College), 9 am. Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

JAN 26: Castle to Coast 8-Mile. San Simeon to Shamel Park (Cambria), time TBA. Info. San Luis D.C., P.O. Box 1334, San Luis Obispo 93406.

JAN 26: La Mirada Park Age-Group 4-Mile Cross Country. La Mirada, 9 am. Steve Broten, 2632 Hollister Terr., Glendale 91206.

JAN 26: Spirit of America Walk-Jog-Run. 5K walk, jog or run/9 am, 10K run/9:30 am. Reedley (Armory). Leukemia Society, 1533 E. Shields, Ste. C, Fresno 93704. (209) 275-6318 (Ken Takeuchi). A minimum of \$10 in sponsorships is required and due the day of the event.

JAN 27: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5, 10 & 15K, Oakland (Old Boathouse, Lake Merritt), 9 am. Info: (415) 834-3110. Enter race day.

JAN 27: Ventura County Medical Center 10K Run/Walk. Ventura (State Beach entrance on San Pedro), 8:30 am. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

JAN 27: Piggy Bank 5 & 10K Runs. Brea (Civic Cultural Center), 8 am/5K, 8:45 am/10K. Bill Hutchinson, Brea Police A.L., #1 Civic Center Cir., Brea 92621. (714) 990-7609.

JAN 27: El Camino Derby Run. 10K & 1 mile, San Mateo (Bay Meadows Race Course), 8:30 am/10K, 8:45 am/1 mile. San Mateo County Chapter, American Heart Ass'n, 1801 Murchison Dr., Burlingame 94010. (415) 692-0981.

JAN 27: Sri Chinmoy Marathon. Santa Barbara (Research Park), 7 am. Sri Chinmoy Marathon, 317-C Oceano Ave., Santa Barbara 93109. (805) 963-3929.

JAN 27: Santa Clarita Runners Women's 8K (Women Only). Newhall (Pico Canyon), 9 am. Sally Brollier or Dianne Gale, P.O. Box 298, Saugus 91355. (805) 259-3623.

JAN 27: Fastest Masters 10K. Open to 40 Years & Over Only. San Diego (Fiesta Island, Mission Bay), 8 am. Tom Morrow, 9512 Date St., Spring Valley 92077. (619) 477-4447, days or 463-6009, eves.

FEBRUARY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Schedule

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FEB 18: Washington's Day 8K Hill Challenge. Highland Park area (Pasadena Fwy & Ave. 52), 9 am (children's 3K at 8:30 am). Aztlan Track Club, 448 No. Ave. 56th, Los Angeles 90042. (213) 258-6608, Frank Meza.

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

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

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

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

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

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

FEB 24: Brick Yark Road Run. 8 mile, Martinez (to Port Costa & back), 10 am. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185.

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

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

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

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

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

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

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

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

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

LOOKING AHEAD

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

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

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

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

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

MAR 17: Bonne Bell 10K. Women Only. San Francisco (Golden Gate Park, Band Shell to Polo Fields), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2323.

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

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

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

MARCH

MAR 2: Bidwell Classic Marathon & Half Marathon & 3 Mile Fun run. Chico (Bidwell Park), 9 am. Walt Schafer, P.O. Box 1182, Chico 95927. (916) 343-6857.

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

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

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

Indoor Track Schedule

JAN 18: Sunkist Invitational. Los Angeles Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

FEB 8: Los Angeles Times Indoor Games. The Forum, Inglewood. Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053.

FEB 15: Michelob Invitational. San Diego Sports Arena. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

FEB 22: USA/Mobil Indoor Championships. Madison Square Garden, NY. Ollan Cassell, P.O. Box 1504, Ansonia Station, New York, NY 10023.

MAR 2: Footlocker Track Classic. Cow Palace, San Francisco. Jim Terrill, Box 764, Los Altos 94022. (408) 253-0586.

COLLEGE/OPEN TRACK & FIELD

JAN 12: MSAC All Comers. Mt. San Antonio College, 9:30 am. Don Ruh, 1100 N. Grand Avje., Walnut 91789. (714) 595-1415.

JAN 12: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

JAN 12: LASW All Comers. Los Angeles Southwest College, 10 am. Track Coach, LASW College, 1660 W. Imperial Hwy., Los Angeles 90047. (213) 777-2225, x206.

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

JAN 17: Vaq-Track Distance Classic. 2 man 5 mile on the track, runners alternating 440's. Glandale College, 4:15 pm. Daniel P. Lodolo, Glandale College Cross Country Coach, 1500 N. Verdugo Rd., Glendale 91208. (213) 240-1000.

JAN 19: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

JAN 19: CSULA All Comers. Cal State U., Los Angeles, 10 am. Gene Howard, CSU-LA Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 225-8060.

JAN 19: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

Join Jack Leydig's

14th Annual

Boston Marathon Tour Package



UNITED AIRLINES

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Tour will leave San Francisco on April 12 and return on the 16th (race is on the 15th). Tour includes roundtrip transportation (United Airlines/\$490) and optional hotel ("57" Hotel/\$99.00 double occupancy), plus other goodies to be determined.

For further information, write:

Boston Marathon Tour,
c/o Little World Travel, Inc., Sports Division
1027½ Alameda, Belmont, CA 94002
(415) 592-0664



little world travel inc.

Be on the lookout for AVON/Santa Monica—March 1985

JAN 19: CSULB All Comers. Cal State U., Long Beach. Ralph Lindeman, Athletic Dept., CSULB, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

JAN 19: Joe Rodgers All Comers. Santa Monica College, 10 am. Anna Biller, Santa Ana College Athletic Dept., 1900 Pico Blvd., Santa Monica 90405. (213) 450-5150, x9850.

JAN 26: Redlands All Comers. Redlands University, 10 am. Clay Brooks, Redlands University, Redlands 92373. (714) 793-2121, x259.

JAN 26: Los Gatos All Comers. Los Gatos High School, 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.

JAN 26: Berkeley All Comers. Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.

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

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

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

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

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

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

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

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

Schedule

- FEB 9: San Diego All Comers.** San Diego State University, 10 am. Jim Cerveny, SDSU Athletic Dept., San Diego 92185. (619) 265-5536.
- FEB 9: Roadrunner Men's & Women's Invitational.** Cal State Bakersfield, 10 am. Charlie Craig, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.
- FEB 16: USC All Comers.** University of Southern California, 10 am. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.
- FEB 16: Los Gatos All Comers.** Los Gatos High School 12 noon. Willie Harmatz, P.O. Box 1328, Los Gatos 95031. (408) 354-5660.
- FEB 16: Berkeley All Comers.** Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.
- FEB 16-17: CSLB Heptathlon/Decathlon and All Comers.** Cal State Long Beach, 8 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.
- FEB 23: Roadrunner Women's Invitational.** Cal State Bakersfield, 10 am. Bob Koons, CSB Track, 9001 Stockdale Hwy., Bakersfield 93307. (805) 833-2347.
- FEB 23: Berkeley All Comers.** Edwards Field, 11 am. Erv Hunt, UCB Athletic Dept., 177 Hearst Gym, Berkeley 94720. (415) 642-0580.
- MAR 1-2: UNLV Invitational.** Includes heptathlon/decathlon. University of Nevada at Las Vegas, 9 am. Al McDaniels, UNLV Track, Maryland Parkway, Las Vegas, NV 89154. (702) 739-3256.
- MAR 2: Long Beach State Relays.** Cal State Long Beach, 10 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.
- MAR 2: Aztec Invitational.** San Diego State University, 10 am. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.
- MAR 9: San Diego All Comers.** San Diego State University, 10 am. Jim Cerveny, SDSU Track, San Diego 92185. (619) 265-5536.
- MAR 17: Los Angeles Women's Relays.** Cal State Los Angeles, 10 am. Gudrun Arman-ski, Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 224-3319.
- MAR 22-23: SFSU Decathlon.** Cox Stadium, San Francisco State. Harry Marra, Track Coach, San Francisco State Athletic Dept., San Francisco 94132. (415) 469-1561.
- MAR 23: Bronco Invitational.** Cal Poly-Pomona, 10 am. Jim Sackett, CPP Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.
- MAR 23: Santa Barbara Easter Relays.** LaPlaya Stadium, Santa Barbara. Track Coach, Santa Barbara City College, 721 Cliff Dr., Santa Barbara 93109. (805) 965-0581.
- MAR 23-24: Oxy Heptathlon & Decathlon.** Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.
- MAR 23-24: Golden Bear Meet of Champions.** Includes heptathlon. University of California at Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.
- MAR 29-30: Stanford Invitational.** Stanford University. Brooks Johnson, Dept. of Athletics, Stanford 94305. (415) 497-1051.
- MAR 30: SPA/TAC Olympic Development Meet.** Santa Monica College, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.
- APR 6: Sun Angel Classic.** Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.
- APR 6: Fresno Bee Games.** Fresno State University, 8 am. Tom Pagani, FSU Women's Track Coach, Fresno 93740. (209) 294-4098.
- APR 6: UCLA All Comers.** UCLA, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.
- APR 13: Riverside Inv.** U.C. Riverside.
- APR 13: SPA/TAC Women's Olympic Development Meet.** U.C. Irvine, 11 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.
- APR 19: USC Women's Twilight Invitational.** University of Southern California, 5 pm. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.
- APR 19-20: Lady Bronco Women's Invitational.** Cal Poly-Pomona, 9 am. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.
- APR 20: Jenner I Invitational.** San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.
- APR 21: CSLA Women's Elite Invitational.** Cal State University, Los Angeles, 11 am. Gudrun Arman-ski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.
- APR 25-28: Mt. SAC Relays.** Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- APR 27: Poly Royale Invitational.** Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.
- MAY 4: New Balance Women's Invitational.** U.C. Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.
- MAY 5: Southern California Cheetah Invitational.** Mt. San Antonio College, 10 am. Richard Lewis, 1440 Douglass Dr., Pomona 91768. (714) 622-2181.
- MAY 11: Oxy Invitational.** Occidental College. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.
- MAY 11: California Relays.** Modesto City College. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.
- MAY 18: UCSB Late Afternoon Heptathlon & Decathlon.** UC Santa Barbara, 12 noon. Sam Adams, UCSB Track, Santa Barbara 93106. (805) 961-2133.
- MAY 19: UCLA Pepsi Invitational.** UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.
- MAY 23: Oregon Twilight.** University of Oregon, 5 pm. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.
- MAY 24: CSLB Last Chance Meet.** Cal State Long Beach, 4 pm. Ralph Lindeman, Athletic Dept., CSULB, 1250 Bellflower, Long Beach 90840. (213) 498-5792.
- MAY 24: San Diego-Imperial TAC District Championships.** San Diego State, 4 pm. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.
- MAY 25: Jenner II Invitational Grand Prix.** San Jose City College, 12 noon. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.
- MAY 25-26: SPA/TAC Jr/Sr Women's Heptathlon Championships.** UCLA, 9 am. Rich Ede, 1424 Lyoak Dr., Claremont 91711. (714) 624-1484.
- MAY 26: SPA/TAC Jr/Sr Women & Sr Men's District Championships.** UCLA, 10 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.
- MAY 28-JUN 1: NCAA Div. I Championships.** University of Texas-Austin. Terry Crawford/Sue Humphrey, 606 Bellmont, UT-Austin, Austin, TX 78712.
- JUN 1: IAAF/High School Heptathlon/Decathlon.** Mt. San Antonio College, 10 am. Rich Ede, 1424 Lyoak Dr., Claremont 91711. (714) 624-1484.
- JUN 1: Prefontaine Grand Prix.** University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.
- JUN 2: All Comers.** Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.
- JUN 7: The Coliseum Classic.** Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.
- JUN 8: World Class T.C. Invitational.** UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.
- JUN 8: Footlocker Invitational.** University of California at Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.
- JUN 9: SPA/TAC Olympic Development Meet.** U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.
- JUN 14-16: TAC Sr. Men & Women National Championships.** University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.
- JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Championships.** University of Indiana... see contact above.
- JUN 21-22: TAC Jr. Men & Women Championships.** Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.
- JUN 22-23: Pacific Conference Games.** U.C. Berkely. Berney Wagner, USA/TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

L.A. Southwest Rotary Club District 528

In Support of The Rotary Foundation
Presents



8:00 AM

Sunday March 10th, 1985

California State University, Los Angeles.

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

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

Event Schedule

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

FIELD EVENTS

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

TEAM PATRIOTS

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

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

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

Entry Form

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

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

- WAIVER -

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

DATE _____ SIGNATURE _____

18th Arcadia Invitational

Track and Field Meet for
High School Men & Women

Saturday Evening
APRIL 13, 1985

"Come Run With the Best in the West"



★ 1984 Meet featured entries from 24 California State Champions.

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

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

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

MEET RECORDS:

Men: 10.54 - 21.36 - 47.05 - 1:49.9 - 4:06.7 - 8:45.2 - 14.04 - 37.2 - 41.18 - 3:13.1 - 10:13.6(DMR) - 7'1" - 24'10" - 16'5" - 66'10¼" - 204'11" - 50'11¼"

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.74 - 10:18.44 - 13.93 - 42.32 - 46.6 - 3:46.3 - 11:59.11(DMR) - 5'10" - 20'4¾" - 50'10" - 172'4" - 41'9¼"(TJ).

*Metric Distances
Accutrack Timing*

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

SoCal Diary

By BILL MINARIK

November 20.

With the exception of the L.A. City Section of the CIF, all institutional levels have concluded their Cross Country Championships.

First, in the Southern Section CIF Finals, boys teams from Thousand Oaks, Saugus, Loyola, and the Sherman Indian Institute won 4A, 3A, 2A and 1A championships respectively. In the girls competition, it was Newport Harbor, Arroyo Grande, Mountain View, and Atascadero doing the same.

In the State Community College Championships, it was almost a repeat of the SoCal Championships with the exception that SoCal champ Pasadena had an off day and slipped to 4th, which moved last year's champ El Camino, Grossmont, and Glendale up to 1st, 2nd and 3rd respectively in the men's competition. In the women's competition Mira Costa destroyed the field with a microscopic 27 points to 68 for runner-up Foothill.

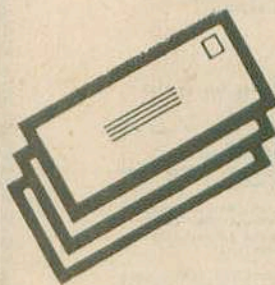
In NCAA Div. III, it was an off year for SoCal schools, however in NCAA Div. II, the gals from Cal Poly, SLO continued their dynasty with a whopping 32-107 win over runner-up South Dakota State.

In men's Division II, UC Riverside was 3rd behind South Dakota State and Edinboro 87-129-136.

In NCAA Division I, Arizona was a close second to Arkansas, 101-111 in men's competition, while Stanford was second to Wisconsin 63-89 in the women's meet.

It seems that in the world of high school politics, the dinosaur-like Southern CIF Section has beaten back an attempt by the Northern Calif. Sections to have it divided into a number of smaller sections. As I understand it, the Central Section which had the deciding vote in the matter, voted to keep the Southern Section intact.

In community college politics, there is a rumor afloat that the powerful Metro Conference has placed one of its members on probation for illegal recruiting. A spokesperson for the Metro Conference refused to confirm or deny the rumor; however, the person indicated that the conference is currently investigating more than one conference member regarding allegations that include the schools picking up the tab for star athletes out-of-state tuition.



Mailbag

UNIMPORTANCE OF RUNNING

The letter entitled "And More" from Al Hromjak in the November issue was absolutely "great" in defining the "unimportance" of running in relation to life in general. A few years ago I was "into" hard training; 15 miles per day, at least 100 to 120 miles per week; even ran two marathons in one week. Now, a few years later, and fast approaching 50 years of age, I realize my "running

obsession" had no meaning to anyone but myself. I still love to run every day, but now it's just a "part of my life" and ...ot "all of my life."

If Al Hromjak is the same guy who is a fellow member of the Seniors Track Club, the future of our club is in good hands.

His letter should be mandatory reading for all novice runners. I will keep a copy of his letter in my wallet, on my desk at the office in my closet at home.

Maurice Cotell
S. San Gabriel, CA

RUNNING THE MARATHON

ON AS LITTLE AS
THREE MILES A DAY

by Jeff Galloway

SEVERAL YEARS AGO I was giving a clinic on marathon training. During the question and answer session I responded to a request for marathon training advice with the usual recommended program: Increase weekly mileage to 65-70 miles, with a 20-miler each week for about four weeks leading to the marathon.

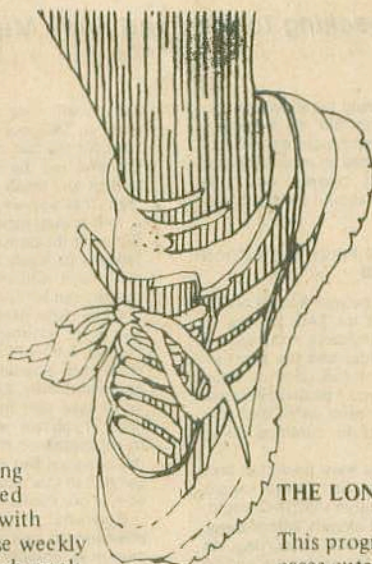
A non-"marathon-looking" person in the audience stood up and asked if I thought someone could train for a marathon by running three miles a day, and a long run increasing to 26 miles. I didn't feel this was enough and told him so.

He didn't mean to embarrass me, but he replied that he'd been using this program to complete five marathons without injury and without hitting "the wall." I swallowed my 140 mile-a-week pride and started asking *him* questions.

His answers made sense. I wish I'd talked with this neighborhood runner before my first marathon. In 1963 at age 18, I entered the Atlanta marathon with a base of 30 miles a week and a long run of 15 miles. My weekly mileage seemed inadequate even then, but I falsely consoled myself with the thought that others were worse prepared.

I felt great for the first 10 miles. By 15, however, I began to tire. At 18 I went downhill rapidly and was so tired at 21 that I didn't realize it was time to quit. I walked most of the last five miles, propelled only by instinct and protected from injury by teenage resiliency.

Now, with the advantage of two more decades of running, some 50 marathons, and the knowledge gained from coaching hundreds of marathoners, I know where I went wrong. One simple addition to my schedule, as explained to me by that runner in the audience, would have made my marathon debut much more successful: *the long, easy run.*



THE LONG RUN

This program, which emphasizes the long run, and in many cases cuts down on the day-to-day mileage, with plenty of rest, is meant for runners of all levels. It can be used to *finish* a marathon—in four hours or more. Or it can be used by runners aiming for anything from a 3:30 time to a 2:45 performance or better. (Of course, 30 miles a week is too low for a sub-3-hour marathoner.) It's been a very successful program. Thousands of runners of all abilities have followed it and practically all of those who completed it and stayed within the boundaries have finished the race and achieved their goals.

Pacing the Long Run. Run at a comfortable pace and *if in doubt, go slower.* Most runners should run about 1½-2 minutes per mile slower than their current 10K race pace.

Prepare for the Long Run. Come into the long runs rested and ready to go. Don't run long after a race, speedwork or a hard workout. Arrange to race on weekends when you're not running long. The challenge of the long run adds spice to your training program, but too much stress will give the spice a bitter taste.

Tapering for the Marathon. Starting about 14 days before the marathon, cut mileage 30-50%. The last seven days before, you should run no more than 30% of normal mileage. The last 2-3 days, run only 1-3 miles. You cannot improve fitness during the last two weeks, and certainly not during the last week. You can, however, tire yourself out by running too much. Cut back and enjoy the rest.

The main components of this marathon program are:

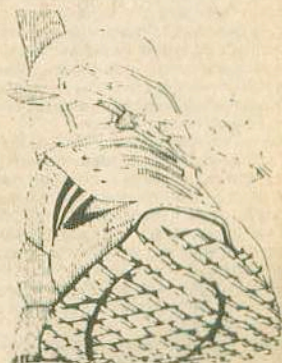
Keep the daily mileage you have been running.
(Some runners may even decrease.)

Increase the long run 1-2 miles every 14 days. This applies to runners of all abilities.

Build to 26-28 miles before attempting the marathon. Do this last long run 2-3 weeks before the marathon.

Run slowly, take walking breaks, enjoy each run.

Key concept: You increase your total mileage by lengthening the long run, not by an accumulation of daily increases.



Predictions for Running 1985

By Alvin Chriss speaking to the Road Race Management Seminar

November 10, Washington DC.

I hope that my remarks will find favor with you. As you know I usually speak off the cuff. Tomorrow's the day for that. But today I've prepared my remarks because I wish nothing to be inadvertently omitted. And I do wish to be as precise as possible.

1985 marks the opening of our sports second Olympiad under the federal Amateur Sports Act of 1978. It's that act under which TAC/USA functions as your national governing body.

1985 also marks the first year of the challenge to you caused by the maturing of our sport. It is unlikely that our sport or your businesses will stay the same throughout this coming Olympiad.

These salient facts must be a significant part of your reality. You may be certain that TAC/USA . . . and I would venture to say RRCA and ARRA also want to help you solve the problems that lie ahead for you so we can be a unified, harmonious and prosperous sport.

As far as TAC goes, it is a federal law that TAC has the responsibility to establish our sport's national policy, that it has the duty to serve as our sport's coordinating body, that it is directed to develop overall interest and participation in the sport and that it must allow all sports people and organizations to take part in its discharge of those activities.

These federal mandates which all of us were so leery about just a few short years ago are now felt to be user-friendly, if I may use a computer term. In large part that user friendliness has come about because TAC is being transformed into a service-oriented organization. It strives to be open, it seeks to be democratic and it has made itself accessible to all segments of our sport. Its policies more and more reflect the various sentiments of athletes and sportspeople. That fact will never be more evident than at this year's TAC convention in San Diego at the end of the month, a convention many of you will attend in one capacity or another.

On the other hand, TAC also recognizes and we ask each of you to recognize that the authority granted by the statute must be used for the benefit of sports people . . . for your benefit so that the entire sport can prosper. That authority must not be abused and it must not be left unused . . . or else we will all pay the piper in 1985.

In the past some of you may have doubted the ability of TAC to be an honest referee and a wise dispenser of policies designed to make your business and athletic activities easier and better. But as I look around and see so many persons have connected to TAC, I know that that doubt is beginning to be diffused and replaced with hope and trust.

I assure each and every one of you that TAC's flirtation with the idea of seeking money making alliances in our sport has come to an end. We have learned that our destiny is to be a national governing body first and foremost. We wish you to know that and we wish you to know that it will remain that way. The destiny of TAC is to assist all of you in dealing with forces you feel are antagonistic to your event's economic integrity.

Please do not misunderstand me. Everyone . . . and I do mean everyone . . . should be encouraged to prosper in our

sport. Everyone should be allowed to do his or her own thing. But the word prosperity is not the same word as the word predatory. TAC wishes to insure that the distinction is not blurred and that predatory behavior should be discouraged.

HERE THEN IS MY FIRST PREDICTION FOR RUNNING 1985

Count on TAC to be your honest broker and referee. Count on TAC striving to become the balancing force in our sport's dynamics. The statute and the sport require no less. Please call upon us when you need us. You won't be disappointed. Some of you have seen us in that role already. We expect to continue doing more of the same.

Now some people have predicted that as our sport grows and grows toward professional-type status that TAC would, to borrow a Marxist slogan, wither away. The opposite is, however, occurring. As we all reach out to the promised land of "open running" we find that TAC is sharing in the search along with others in our sport. Take TACTRUST for instance. Most of you in this room have some familiarity with it. Whatever its faults, its worked. Money is out in the open where it belongs.

For Gods sake, help keep it there. I urge you to do so. Don't be wooed by siren voices that stay under the table. They have their own special reasons and those reasons are not usually in your best interests. TAC prefers if you pay prize money. But it doesn't care if you pay appearance fees, or bonuses or incentives or what have you. It doesn't care if you publicize your athletes budget or keep it quiet. What TAC does care about is that you get your race licensed. The license is called a TACTRUST sanction. With the license you are authorized to pay funds to athletes. There are some applications at the expo. Why should you be licensed? Because the license is free. Because you can write it any way you want. Because with the license you get the protection of TAC/USA against any and all who would try and control you by telling you how to spend your own budget. You need that protection. You know you do. And I know it, too! The proof of the last four years has been that TACTRUST is also user friendly. It keeps intruders out of your pockets and out of the pockets of athletes. And neither TAC nor TACTRUST has intruded into your lives or cost you a flat dime.

It shines like sunlight. It smells good, it tastes good and it feels good. Can you say the same about your under the table dealings. I bet you can't. You'll find some additional materials on these subjects also out at the expo.

MY NEXT PREDICTION FOR 1985 IS THAT THERE WILL BE MORE MONEY COMING OUT ON TOP OF THE TABLE AND LESS STAYING UNDERNEATH.

And now I am glad to announce a startling new change in that direction with respect to TACTRUST. Beginning in January, 1985 your race can be a trustee with TAC in dispensing funds to athletes. The practical effect of this change will be that athletes will be able to take their money and use it as they like without going through a TACTRUST bank.

All you will need to do is report the payment to TAC, our computers do the rest. Now for the bad news. For 1985 the programme will be limited to small prize purses and small prizes and appearance fees. That's so we at TAC can learn to live with this step forward and sell it to IAAF. But once the dam is broken we will march forward to reach the goal that Don Kardong and Chuck Galford and others charted out for us not so many years ago.

While these developments are going on and while commercial opportunities proliferate, TAC will do its best to help our sport keep a balance between commerce and community. Everyone must be allowed to take part in the commerce of our sport. If you can get rich doing your thing, by all means do it. And God bless you in the process. But everyone who wants to get rich in this sport must also pay attention to our sports' community.

Now what do I mean when I say "pay attention to community"? I think community essentially means live and let live. Help and be helped. It isn't community when an athletic event announces it will blow away another event. And our statute has something to say about such situations. It isn't community when people doing business in this sport leave a trail of blood all the way to the bank. And our statute is not silent on this point either. It isn't community when individual athletes and proprietors of both grass roots and mega events are treated by some big guys as just so many sheep to be shorn or is it sheared. Well anyway like lambs being led to the slaughter.

Let it be understood by one and all. Professionalism and commercialism are not bad words. If this sport continues to become more commercial and if this sport becomes more and more professional, the need of the sport, your need, for TAC/USA, will become the greater, not the lesser.

Our sport has been called an "eligible sport". That's a different animal than a professional sport and its a different animal than an amateur sport. For our sport must regulate itself so that its athletes can always compete in the Olympics and other international competitions. There is a federal law which says so. And whenever you hear anyone say that's so much baloney, you should know you are being asked to break the law. Pure and simple. So where are we now? You've all had four years during which TAC was getting to know itself and we all were getting to know one another. Reflect for a moment, if you would.

What today are your main fears and anxieties. Are they directed to TAC. You know they are not. Are you afraid TAC will interfere with your dollar making activities or your freedom as sportspeople. You know you are not. Are you afraid TAC will skim dollars off your revenue. You know we've done everything for free so far. Are you afraid TAC will undo the advances achieved by athletes so that they can earn open livings or are you afraid TAC will inhibit your event or the commercial needs of your sponsors and advertisers? You know the experience of the last Olympiad is to the contrary.

What then are your fears and your anxieties. Each of you know as well as I do what they are. And you each know that none of you out there alone has the

power, the money or the time and energy to meet those anxieties and fears head on. TAC does. TAC will. And you may depend on it.

SO, HERE'S MY THIRD AND LAST PREDICTION FOR RUNNING 1985.

Look for the enactment of regulations by TAC setting up ethical standards of conduct for our sports' commercial representatives and others involved in programming athlete's careers and promoting commercial opportunities. TAC will be convening a blue ribbon panel to do just that right after its convention.

As many of you know, IAAF passed a rule in August of this year banning all athletes representatives from the athlete scheduling process. I've heard it said that that rule won't work on our roads . . . even though it seems to be doing ok on the track. I've also heard it said that that prohibition could run afoul of U.S. antitrust laws. Maybe so, maybe not. Right now, it hasn't been challenged and its on the books. It was put there because a real need exists that it be there.

Please be assured that TAC wants you to be able to deal with representatives. We all know that a real function is served by responsible representatives both to events and to athletes. So we plan to enact rules which will register representatives who agree to conduct their business in accordance with rules that our sports community remains strong and healthy. That includes defining when an athlete is committed to run in an event. We begrudge no one their commerce - so long as no one begrudges our sport its community.

Now TAC will do all that . . . of course with your help . . . and then the ball will be in your court. Unless you refuse to deal with an unregistered representative then the new rules will be meaningless. But if you do refuse, then the message will be unmistakable and athletes will know where to sign up. One thing should be clearly understood. No one will be denied registered representative status because TAC doesn't like them. We intend to be fair to one and all, but we expect one and all to be fair to us.

You in this audience will need all the help you can get to meet the twin challenge of a smaller customer base and changing tastes in fitness and athletic recreation. Many of you have worked very hard to establish an important event, to do well by the athletes and community involved and to do right for yourselves. For many years you have wondered what can TAC do for you. Well, if you help shape this program so that the rules are fair and workable, you will never have to ask that question again. You will know that your welfare is inextricably linked to a strong and a healthy TAC.

TAC invites you to attend a race directors meeting at its convention to be held on Saturday, December 1 at 4 P.M. to discuss these issues. There's a flyer out at the expo. You are also cordially invited to come to the expo booth jointly occupied by TAC, RRCA and ARRA. That booth stands as concrete evidence of just how far we, the sports people of your sport, have come in the last four years. Stay with us, please. You will be glad you did.

Thank you.

Athlete's Kitchen

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

The Fats of Life

We all know about the fats of life -- the fat thighs, tummy bulge, flabby arms; that blubbery spare tire that sits around the hips and jiggles when you run and bulges over your belt. Some of us know more about fat than others, since some of us have more fat than others. We all need a certain amount of fat that is essential for maintaining our good health and normal body functioning. For men, fat should comprise at least 3% of their weight; for women, 13%. Unfortunately, over-indulgent eaters dress themselves with too much fat ... especially come winter-time when curling up with a warm cup of cocoa is more inviting than bundling up for a bone-chilling workout. Winter-time fat may insulate you from the cold but it certainly takes its toll on the scales. If you're currently in the midst of the winter fat-fight, here's a short quiz to test your knowledge of the "fats of life."

TRUE OR FALSE: To lose weight in your stomach area, you can "spot reduce" by doing 100 sit-ups per day?

False. Spot reducing sounds like a great idea -- and has made fortunes for the many entrepreneurs who have designed exotic exercise-machines that "melt away your fat spots" if not overnight then at least within a week. According to exercise physiologist Frank Katch at the University of

Massachusetts-Amherst, the concept of spot reducing is hocus. That is, you can't reduce through vigorous exercise the fat cells in one area of your body as compared to a relatively inactive or unexercised part. Thousands of sit-ups won't contribute to a fat-free tummy.

Katch comandeered 19 college students to do 5004 sit-ups over the course of 26 days. He compared fat samples from exercised and unexercised parts of their bodies and found them to be equivalent at the beginning and end of the study. The tummy-fat changed no differently than the shoulder-blade fat. Granted, the stomach muscles got stronger, but the stomach flab remained the same. Spot reducing just didn't work!

TRUE OR FALSE: Muscle turns into fat when you stop exercising for more than a week?

False. Muscle and fat are not interchangeable; they are two separate entities. Muscle is the protein-rich tissue that performs exercise. Fat (or adipose tissue) is a layer of fat-filled cells that covers your muscles. When you exercise, you build-up the muscle tissue. You reduce the fat tissue that covers the muscles only if you burn off more calories than you consume. Needless to say, I know of many athletes who exer-

cise more and eat more ... they build up both their muscle and fat layers.

If you should stop all exercise, your muscles will shrink in size. For example, a skier with a broken leg will have much smaller leg muscles when the cast is removed five weeks later. The muscle may seem flabby, but it hasn't turned into fat. It has merely shrivelled up until the skier starts to exercise again and rebuild the muscle tissue. The "flab" is simply toned muscles - not fat. That is, of course, unless the skier over-ate during the convalescence period.

TRUE OR FALSE: Cellulite is a special kind of fat that keeps you warm in the winter?

False. Although any additional fat will insulate you from the cold by reducing your body-heat losses through your skin, cellulite has no "special" properties. Cellulite, a lumpy, bumpy fat layering, disappears like any other fat ... if you exercise a little more, eat a little less and burn it off. Winter cellulite simply stems from over-eating.

Nancy Clark, MS, RD, Nutritionist at Sports Medicine Resource, Inc. in Brookline, MA and author of *The Athlete's Kitchen* (available at Dalton Bookstores) teaches people how to eat to win and be thin.

Eino's Notebook

By EINO

Blue-eyed people are really gullible! I feel I've been gullible believing Martii Vainio's innocence in taking steroids. Even some of my closest friends who are runners believed he was guilty. I felt betrayed by Vainio. If he had just come out and right away told the truth, we could have all handled this tragedy. No runner basically needs aid besides good training. It's been proven scientifically around the world that when you overtrain you don't need drugs, you just need to take 3 to 4 days easy. Run slow, 1 to 2 hours, let your body do it's own healing. I like to say if you take along your slowest running friend with you, or go and watch the bees and the flowers then your body and soul will revitalize faster than use of any drug or steroid. And besides, according to

Dr. Duncan McDonald (I'm sure you've heard of one of our best 5,000 meter runners and superb marathoner), when asked if he ever thought about taking steroids answered, "I'm not crazy man! It's been proven that steroids cause liver cancer and liver cancer is probably the most painful cancer there is. No thank you, not me!"

I was talking to Craig Massback in Helsinki last summer. Craig said that we should openly have testing anywhere rather than just the bigger meets and races, and we'd probably be amazed to find that practically none of the top American runners use any illegal substance. He further believed as I do that to be tough mentally and stay loose mentally, coupled with a good aerobic base which allows you to work well anaerobically, is all that is necessary to be a champion.

Well, let's move on to more pleasant thoughts ... How did you like that fantastic Sacramento Marathon! California has been a long time in need of a marathon which is so well run in every sense. And how about Ken Martin from Arizona and Katy Schilly from Atlanta! They really socked it to every pre-race favorite. The only disappointment for me was the fact that the awards ceremony wasn't well-attended.

I would like to congratulate the Sacramento Long Distance Running Association. It's the first time I've seen an American athletic union come through. I also think that every sponsor should be very proud of this incredible race. Thank you.

By the way, the other great news is that Lasse Viren, the "Legend", is back! Anyone interested in acquiring his services can contact me.

Medical Notes for Runners

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

Foot Types and Shoes for Female Runners

Most women runners tend to have a narrow heel and a wide forefoot. This means that conventional shoes don't fit their feet well. A combination last with a narrow heel and wide forefoot is preferred. When fitting the shoe, the runner should try her best to get a good fit in the heel so that the counter of the shoe grasps the heel and prevents abnormal motion. She then should look for appropriate width in the forefoot. If there is a bit too much width in the forefoot, eighth inch felt can be put under the tongue of the shoe to stop the foot from wobbling. If, however, the patient's foot is so wide that the only shoe that she can get allows for a somewhat loose fit of the heel and counter, then additional felt or moleskin must be put in the counter to assure a proper fit.

There are three basic foot types; and this dictates the type of shoe to be worn by a runner, as well as the type of foot contact in various sports. The average human foot is called a neutral foot. A neutral foot is one which exists when the ball of the foot rests on the ground when the heel is up and down. Most people don't have this type of foot, but have minor variations in one direction or the other from this. If the variation is in the direction of the arch dropping a bit, they have a mild forefoot varus. The foot then pronates as the arch drops. If the variation is such that they spend more time on the outside of their heel and the outside of their foot with the arch raising, then they have what is called a forefoot valgus. About 50% of the population has some minor variation of 4 to 5° from a neutral foot.

The next foot type is that of the high arch foot. The high arch foot is called a cavus foot. The cavus foot is stiff and tends to absorb shock poorly. There is less motion in the joints beneath the ankle. There may be calluses under the ball of the first metatarsal and claw toes. The athlete tends to land on the ball of the foot and may sprain their ankle when rolling to the outside of the foot. Cavus feet can vary from being flexible to being rather rigid. A flexible cavus foot is one in which the toes are gently curved or contracted and there is no weight on the foot, but the toes straighten out a bit as the arch lowers during full weight bearing.

The third foot type is that of a flat pronated foot. This is a foot which has a low profile and a poor arch. The footprint takes up a great deal of space when walking

along the side of a swimming pool. This is in contradistinction to less weight bearing space with a foot print in the cavus and a normal weight bearing pattern in the neutral foot. The pronated or flat foot needs some form of a rigid shoe construction to decrease the lowering of the arch and pronation. A foot orthosis is usually utilized depending upon the sport. This provides for arch control and gives a biodynamic control of the foot during ambulation and athletic activities.

What Problems are Associated with Various Foot Types?

The normal foot with variations of 4 to 5° usually have problems associated with mild pronation and running. These problems may occur at the knee or in the inner aspect of the foot itself. Sometimes, tendinitis occurs at the inner aspect of the ankle. With mild pronation, most of the problems are on the inner aspect of the foot, ankle, leg, knee, or thigh. The cavus foot has problems associated with poor shock absorbing capabilities and a tendency to tilt to the outside. This foot then may have chronic sprains on the outside of the ankle or pain on the outside of the foot or ankle. Most of the problems associated with the cavus foot are on the outside of the foot, ankle, leg, knee, or thigh. Since a cavus foot absorbs shock poorly, there is a greater incidence of stress fractures.

Pronated or flat foot has more exaggerated problems associated with pronation. Thus, there may be bunions or hammer toes in a wide splayed foot. There could be plantar fasciitis or pain on the bottom of the foot and pain on the inner aspect of the ankle, leg, knee, or thigh.

How Should One Contact the Foot to the Ground with These Various Foot Types?

The neutral foot lands on the outside of the heel and then the weight rolls from the outside of the heel toward the inner aspect of the ball of the foot and out the great toe. When running, there is a heel-foot-toe gait.

The cavus foot lands on the ball of the foot, and then the athlete may rock back to the heel and then spring off the ball of the foot. There may be more weight on the outside of the foot, and then the weight finally goes to the great toe.

The flat foot lands flat footed with most of the weight being, at first, on the outside



of the heel and then rapidly moving toward the inner aspect of the foot near the arch. There is a tendency to toe out and have an propulsive toe-off.

For running, one with a normal foot goes heel-foot-toe, whereas one with a cavus foot lands on the ball of the foot and one with a flat foot lands flat footed. Of importance is to have the foot land underneath the knee when running or doing unidirectional sports.

What About Shoes?

The runner with a normal foot can, pretty much so, get a normal shoe. This is a shoe that is in-toed about 17°. It is built on a standard last.

The high arched cavus foot should have a shoe that is in-toed a bit more, depending upon the foot type. They may go to an in-toed or curved last, which is 22 to 26° abducted. There should be a lot of room for the toes in the toe box since the toes are often contracted. There should be a good firm counter to prevent spraining of the ankle or roll in to the outside. Sometimes an eighth inch to quarter inch heel lift will help people with this foot type, especially if there is pathology present or pain present during sports. The flat foot should have a shoe with a straighter last. Either a conventional 17° in-toed last or 0° straight last is preferable. A straight last puts more rubber under the arch. The shoe should have a very firm counter and a very firm midsole. A wedged midsole to prevent pronation is helpful.

Other Helpful Hints

If you do your exercise at the end of the day and your feet tend to swell toward the end of the day, buy your shoes then so they won't be too tight. Always fit the largest foot, utilize felt under the tongue of the shoe if your foot is sliding forward in the shoe. Allow for the width of one thumb to be between the end of your longest toes and the end of the shoe. If you note abnormal wear of your shoes with one shoe wearing down on the inside and one on the outside, etc., have your feet checked by a competent sports podiatrist.

Best of luck.

Around the State

Avon Eliminates Runs

Avon Products, Inc., creator and sponsor of the Avon International Running Circuit for the past seven years, has announced the elimination of the 1985 United States Program.

In making the announcement, Kathrine Switzer, Avon's Director of Special Events and Sports stated, "Seven years ago we set out to create a series of women's races that both enhanced grass-roots fitness and led to the inclusion of a women's marathon in the Olympic Games. We achieved that objective this summer in Los Angeles, and our program in the United States was integral to that accomplishment. Although we will continue to have races in several countries where Avon has markets, our public relations programs in the United States now have been repositioned toward our many beauty products, and to highlight Avon as the world's largest beauty company.

"We are extremely proud of the achievements that have come from the Avon International Running Circuit," Miss Switzer continued. "Since 1978, the Avon Circuit has had over 245 races and has established a high standard of both race organization and a unique developmental incentive structure for women. Half a million women from 49 countries have participated, receiving not only a medal for their run, but a sense of accomplishment and fitness they may never have had.

Cities affected in the elimination of the domestic program are New York, Chicago, Los Angeles, Atlanta, Washington, D.C., Kansas City and San Francisco. The Avon International Marathon, the culminating event of the series and the "crown jewel" of women's-only marathon races, has been changed to a 10K race that will be held in Guadalajara, Mexico on December 15, 1985. Details of this international competition will be announced as they become available.

TAC Convention News

The 1984 TAC National Convention was held in San Diego the first week in December. Some of the highlights from that convention included:

The recommendation of Eugene, Oregon as the site of the 1986 USA/Mobil Outdoor Track & Field Championships. The Eugene bid went unopposed as representatives from Bakersfield, California, decided to withdraw their bid. The last time Eugene hosted the American outdoor nationals was in 1975. The city hosted this year's NCAA Outdoor Championships. Jim Putney of Eugene presented the bid on behalf of the Oregon Track Club. Plans are for the event to be held June 20-22 at the University of Oregon's Hayward Field, a 14,000-seat facility. This year's USA/Mobil championships took place in San Jose. The 1985 meet will be in Indianapolis June 14-16.

In other site selection decisions: Towson State University in Towson, Md., will be the site of the men's and women's U.S. Junior Track and Field Championships in 1986. The meet will serve as the qualifier for the U.S. team that will compete at the inaugural World Junior Championships in August 1986 in Greece. The Towson meet will be held June 27-28, 1986.

Raleigh, N.C., was awarded the 1985 U.S. Cross Country Championships, to be contested Nov. 29-30. The meet will involve senior and junior championships and also masters and youth athletics (age group) championships.

The 1986 U.S. Junior Olympic Track & Field Championships were awarded to Lincoln, Neb.

The 1986 U.S. Junior Olympic Cross Country Championships were awarded to Los Angeles. There will be no Youth Athletics Cross Country meet in 1985. Instead TAC's Youth Athletics Committee will state three sectional meets in this category.

LeRoy Walker of Durham, N.C., a one-time U.S. Olympic coach, was elected president of The Athletics Congress. The 66-year old Walker, who guided the men's track and field team at the 1976 Olympic Games in Montreal, defeated Bob Kitchen of Florence, Mass., for the TAC presidency. Walker is chancellor of North Carolina Central University in Durham. A native of Atlanta who holds a doctorate degree from New York University, Walker spent over 30 years as a coach. He is a member of the National Track and Field Hall of Fame in Indianapolis. He succeeds Jimmy Carnes of Gainesville, Fla., TAC president since the organization took over from the Amateur Athletic Union in track in 1979.

New Books of Interest

THE WOMAN RUNNER: Free to be the Complete Athlete. By Gloria Averbuch. Cornerstone/Simon and Schuster, paper, 213 pages, \$7.95.

"Sports used to be a man's world, but now it is for all of us to share. Times are changing and women's running is changing with them. In 1979 a *New York Times* editorial asked when women distance runners would have their day in the Olympics. That day has come with the inclusion of the first women's Olympic marathon in 1984, and so has the women's running boom." So states Gloria Averbuch in *The Woman Runner, Free to be the Complete Athlete*. One need only to turn on the TV, flip through a magazine or walk through a park to witness the astounding growth in women's running, a reflection of the "get physical" trend of the eighties. Health clubs are booming, models such as Christie Brinkley are displaying athletic beauty instead of soft femininity; in short, it is in to be fit — to project wholesome looks and strength, and millions of women have taken to the track to do so. What does this female fitness trend tell us? How did it come into being? How can women who decide to run get started safely and easily? What should every woman runner know? This book answers these questions and many more for anyone who is, or strives to become, the woman runner.

Gloria Averbuch is a runner and a writer. She has directed public relations for the world's largest running organization, The New York Road Runners Club, since 1979. She announces major national and international races and has her own year-round radio program on WABC radio in New York. She is married to national-class marathoner Paul Friedman.

GALLOWAY'S BOOK ON RUNNING. By Jeff Galloway. Shelter Publications, Inc., Distributed by Random House, Inc. Paper, 288 pages, \$8.95.

Jeff Galloway was a 1972 Olympic runner, set an American record in the 10-mile in 1973 and ran a 2:16 marathon at age 35 four years ago. Founder of the 37-store chain of Phidippides running stores, manager of a string of summer vacation running camps, race organizer and lecturer, Galloway has turned his 25 years of running experience to good use in helping everyday runners run sensibly and comfortably, and racers run faster than they ever thought possible.

Recently, Jeff's theories on rest have startled runners and the experts. But the success of his radical stress/rest formula is timely in light of the recent death of Jim Fixx and the proliferation of "workout burnout" among 1980s athletes. Jeff's thoughtful approach to training along with his gentle, instructive and inspirational manner have moved him to the forefront of the running/fitness boom. Some of the surprising things he advocates are: You can run (and finish) a marathon by training three miles a day. Most runners should run less and rest more. You should run farther than the race before the race. The single greatest cause of running improvement is remaining injury-free. If you stop all training for five days, you lose only 1% of your aerobic conditioning. "Carbo-loading" may be fun, but it doesn't work.

A good deal of *Galloway's Book on Running* applies to competitive runners and will help them run faster. Yet the same principles — mileage programs, a running log, good form, hill training, stretching, strength exercises — apply to runners of all levels and with varying objectives.

THE SELF-COACHED RUNNER. By Allan Lawrence and Mark Scheid. Little, Brown and Company, paper, 256 pages, \$8.95.

Today over three million competitive runners are striving on their own to improve their performance. While most are cognizant about running theories they lack the organizing principle to put everything into perspective. Until now all running books have been aimed at the beginner runner, describing the health benefits of running, or to the idea that all runners are alike and require the same standard form of training.

Now with *The Self-Coached Runner* any athlete, novice and veteran alike, can improve running time and form with specific programs scaled to each individual's ability. Useful, simple, and straightforward, *The Self-Coached Runner* enables the reader to understand both the theoretical and psychological concepts of running and to apply them in practice. Authors Allan Lawrence, coach for Olympic and World Class runners since 1960, and Mark Scheid, who now competes on a national level thanks to the coaching of Lawrence, present this book for those who could never consider hiring a personal trainer — it teaches you to coach yourself.

SOVIET THEORY, TECHNIQUE AND TRAINING FOR RUNNING AND HURDLING. Edited by Fred Wilt. Translated in English by Dr. Michael Yessis. Championships Books, P.O. Box 1166, ISU Station, Ames, Iowa 50010. Paper, 87 pages, \$8.95.

For years athletes and coaches have asked, "What are the secrets to the success of the Soviets in sports?" The answers, popularized by the media, claim professionalism and illegal drugs. However, those who have studied the Soviet system know otherwise. Soviet training and technique in track and field is based upon scientific methods...backed up by an enormous amount of research. In order to prepare for success, coaches must be eager to learn from every source available. This new book, for the first time, will give American coaches insight to the Soviet comprehensive training system. Contained in this book are the real answers to Soviet success. The Soviet research and the depth and precision used in their coaching techniques will be useful to every coach interested in improving his knowledge of the game.

1984 ULTRADISTANCE SUMMARY. By Nick Marshall, 211 N. 17th St., Camp Hill, PA 17011. Available mid-March. \$5.95 plus \$1.22 1st class postage.

For anyone unfamiliar with the *Summary*, it is simply the history book of ultras in America. Begun 9 years ago as a short mimeographed report, it has grown steadily in size. The last edition covering the happenings of 1983 consisted of 120 pages jammed full of information, with a lively text of over 50,000 words, plus a comprehensive statistical section with more than 4,000 listings in national, age-group, and all-time rankings. Performances by over 2,000 different runners were included in the stats alone, while hundreds of individuals figured in the written narrative as well. Traditionally, these yearbooks are critically acclaimed, with readers finding them to be valuable, entertaining and inspirational works they refer to again and again. As for the author, he ran his first ultra in 1974 and has been writing about the sport ever since. As a runner, he has won many ultras and has personal bests of 5:42 for 50 miles and 14:11 for 100 miles.

TAC PUBLICATIONS. The following books may be purchased from The Athletics Congress, Book Order Department, P.O. Box 120, Indianapolis, IN 46206.

1984/85 U.S. Cross Country Handbook. Edited by Bruce Tenen. Paper, 52 pages, \$6. Cross statistics, especially from the 1983 season. Also historical stats.

1984 USA/Mobil Outdoor Track & Field Championships Media Guide. Edited by Scott Davis. Paper, 124 pages \$8. This is the same media guide used by the media at the USA/Mobil Championships in San Jose in 1984. Here's what it contains: Records. All time lists. All time team champions. World records set in U.S. Championships. Past national champions. Men's and Women's progressions. Personal stats on top 25 U.S. athletes in each Olympic event.

1984 U.S. Olympic Trials Media Guide. Edited by Scott Davis. Paper, 94 pages, \$8. This is the same media guide used by the media at the U.S. Olympic Trials at the Los Angeles Coliseum. Here's what it contains: Records. All time lists. Edwin Moses' winning streak. Selection processes and results from U.S. Olympic Trials, 1896 to present. Olympic champions. Olympic statistics and trivia.

1984 U.S. Junior Track & Field Annual. Edited by Alan Mazursky. Paper, 74 pages, \$6. Here's what it contains: Records. All time lists. 1983 in review. Junior Championships records and past winners. Junior Olympic records and past winners. International events winner and past winners. U.S. junior dual meet summary.

So. Calif. Sports Association 1985 Indoor Meets

26th Annual Sunkist Invitational. Los Angeles Sports Arena, Friday night, January 18, high school events begin at 5:00 p.m. with open competition at 7:15 p.m. The Sunkist Invitational is a world class track meet spotlighting many of the United States Olympic heroes plus several standouts from overseas nations. Expected to compete are Mary Decker, Jarmila Kratochvilova of Czechoslovakia, Steve Scott, Dwight Stones, Valerie Briscoe Hooks, Al Joyner, Alonzo Babers, Said Aouita of Morocco, Kim Gallagher, Jackie Joyner and Sammy Koskel of Kenya. Ticket prices are: Reserved \$7, \$10, \$13 and \$15. Ticket information is at (213) 748-6131.

19th Annual Michelob Invitational. San Diego Sports Arena, Friday night, Feb. 15; high school events begin at 5:45 p.m.; open events at 7:15 p.m. World class track meet spotlighting many of the United States Olympic heroes plus foreign standouts. Expected to compete are Ireland's Eamonn Coghlan, Mary Decker, Steve Scott, Valerie Briscoe Hooks, Jarmila Kratochvilova, possibly Carl Lewis, Doug Padilla, Alonzo Babers, Pierre Quinon and Thierry Vigneron of France and Billy Olson. Ticket prices: Reserved \$7-\$15, ticket information (619) 224-4171.

KINNEY

CROSS COUNTRY CHAMPIONSHIPS

Fine Flicks by Don Gosney

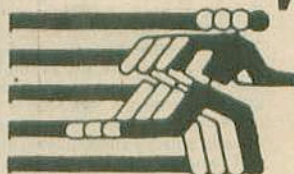


CALVIN GAZIANO
Boys Western Winner

Fine Flicks by Don Gosney



MARNIE MASON
Girls Western Winner



WESTERN REGIONAL

December 1, 1984
Woodward Park, Fresno
5000 Meters

Fine Flicks by Don Gosney

BOYS SEEDED RACE

FIRST TEAM ALL-WESTERN

1 Calvin Gaziano (Castroville) Sr.	14:49
2 Brad Hudson (Eugene, OR) Sr.	14:57
3 Eric Mastalir (El Dorado Hills) Jr.	15:04
4 Greg Whiteley (Irvine) Sr.	15:06
5 David Naranjo (Sanger) Jr.	15:07
6 Vic Santamaria (San Jose) Sr.	15:11
7 Jim Harvath (Thousand Oaks) Sr.	15:13
8 Mark Mastalir (El Dorado Hills) Jr.	15:15

SECOND TEAM ALL-WESTERN

9 Shawn Sandoval (San Diego) Sr.	15:17
10 Shannon Butler (Eureka, MT) Sr.	15:22
11 Paul Myers (Thousand Oaks) Sr.	15:24
12 Glenn Morgan (Albuquerque, NM) Jr.	15:25
13 Enrique Ryan (Honolulu, HI) Fr.	15:25
14 Doug Hobbs (Mesa, AZ) Sr.	15:26
15 Danny Lopez (Sierra Vista, AZ) Jr.	15:26
16 Martin Stroschein (Pocatello, ID) Sr.	15:27

THIRD TEAM ALL-WESTERN

17 Dennis Pfeifer (Eureka) Sr.	15:28
18 Lane Olson (Northridge) Sr.	15:28
19 Andy Libert (Makawao, HI) Sr.	15:29
20 Stephen Imlay (Temple City) Jr.	15:29
21 Darin Jauregui (Clovis) Sr.	15:30
22 Mike Goralka (Livermore) Sr.	15:31
23 Darren Hardy (Provo, UT) Sr.	15:34
24 Jess Llanez (Fresno) Jr.	15:34

25 Jason Lienau (Fresno) So.	15:35
26 Aaron Mascorro (Rosemead) So.	15:37
27 Bobby Rivera (Newark) Sr.	15:38
28 Jeff Jacobs (Tarzana) Sr.	15:38
29 Raul Serratos (El Monte) So.	15:42
30 Daren Stonerock (Saugus) Jr.	15:44
31 Richard Salazar (Saratoga) Sr.	15:44
32 Greg Sutter (Springfield, OR) Sr.	15:45
33 Stuart Thompson (San Marino) Sr.	15:45
34 Adam McAboy (Orinda) Jr.	15:46
35 Craig Blockhus (Los Altos) Jr.	15:47
36 Scott Peterson (Sparks, NV) Sr.	15:47
37 Carlos Sanchez (Gallup, NM) Sr.	15:48
38 Anthony Sanchez (Pecos, NM) Sr.	15:49
39 Andrew Allian (San Marino) Sr.	15:49
40 Jeff Wood (San Diego) So.	15:50
41 Mike Kramer (Fairbanks, AK) Jr.	15:50
42 Virgil Thomas (Gallup, NM) Fr.	15:50
43 Scott Machado (Fremont) Jr.	15:51
44 David Cantu (Chula Vista) Sr.	15:51
45 Clifton King (Gallup, NM) Jr.	15:51
46 Robin Card (Boise, ID) Jr.	15:54
47 Brian Vaughan (Berkeley) Sr.	15:54
48 Craig Olson (Phoenix, AZ) Sr.	15:55
49 Scott Pestka (Phoenix, AZ) Sr.	15:55
50 David Whitworth (Hawthorne) Sr.	15:56
51 Scott LaForce (Los Gatos) Jr.	15:57
52 Rod Coker (Vacaville) Sr.	15:58
53 Peterson Chee (Gallup, NM) Jr.	15:58

54 Ellis DelSol (Chula Vista) Sr.	15:59
55 Paul Boudreaux (San Diego) Sr.	15:59
56 Jose-Luis Medina (Lost Hills) Jr.	15:59
57 Allen Williams (Grass Valley) Sr.	16:00
58 Matt Messner (Coos Bay, OR) So.	16:00
59 Don Day (Tucson, AZ) Sr.	16:01
60 Michael Dean (Litchfield) Sr.	16:01
61 Ted Zeigler, Sr. (Manhattan Beach) Sr.	16:02
62 James Garrett (Vacaville) Sr.	16:03
63 Brian Kingsley (Folsom) So.	16:03
64 Gary Nagel (Visalia) Sr.	16:04
65 Michael Scott (Torrance) Sr.	16:04
66 Greg Honig (Citrus Hts) Jr.	16:05
67 David Rivera (San Jose) Jr.	16:05
68 Brian Costantino (Temple City) Sr.	16:07
69 Tim Bentley (Tucson, AZ) Sr.	16:08
70 Rafael Castaneda (El Monte) So.	16:08
71 Sergio Peralta (Tucson, AZ) Sr.	16:09
72 Andy Walsh (Los Gatos) Sr.	16:09
73 Dwayne Antonio (Church Rock, NM) Sr.	16:09
74 Greg Schooley (Santa Barbara) Sr.	16:10
75 Dan Vega (Clovis) Sr.	16:11
76 Bill Ruff (San Diego) Jr.	16:11
77 Lester Yeatts (Tucson, AZ) Sr.	16:12
78 Walter Terry (Fair Oaks) Sr.	16:13
79 Heikki Juuri-Oja (Honolulu, HI) Sr.	16:13
80 Troy Nelson (Riverside) Jr.	16:14

GIRLS SEEDED RACE

FIRST TEAM ALL-WESTERN

1 Marnie Mason (Klamath Falls, OR) Sr.	17:07
2 Rebecca Chamberlain (San Jose) Jr.	17:09
3 Catherine Wall (Molalla, OR) Sr.	17:33
4 Verna Woody (Gardner, NM) Sr.	17:40
5 Tracey Williams (El Monte) Fr.	17:43
6 Laurie Chapman (San Jose) Jr.	17:49
7 Melissa Sutton (Newbury Park) So.	17:50
8 Christy Farrell (Thousand Oaks) So.	17:51

SECOND TEAM ALL-WESTERN

9 Yvette Harari (Albuquerque, NM) Sr.	17:53
10 Darcy Arreola (El Cajon) Jr.	18:00
11 Colleen Donovan (CA)	18:03
12 Tammy McCarty (Ventura) Sr.	18:06
13 Laura Goodwin (Tucson, AZ) Jr.	18:07
14 Shannon Clark (Mt. View) Jr.	18:09
15 Heather Brookes (Bonita) Sr.	18:12
16 Sherri Minkler (Sebastopol) Sr.	18:14

THIRD TEAM ALL-WESTERN

17 Christine Slentz (Spokane, WA) Sr.	18:15
18 Sabrina Han (Daly City) Jr.	18:18
19 Patty Almandariz (Los Angeles) Sr.	18:21
20 Brenda Payton (Placerville) Sr.	18:21
21 Julie Farrer (Las Cruces, NM) Sr.	18:22
22 Lisa Rizzo (Valencia) Jr.	18:24
23 Lisa Williams (El Monte) So.	18:24
24 Michelle Lewis (Ventura) So.	18:25



CALVIN GAZIANO

25 Sally Wood (Piedmont) Sr.	18:27
26 Wendy Knox (Rocklin) Sr.	18:30
27 Ann Kuphaldt (Fair Oaks) Fr.	18:33
28 Kristi Klinnert (Kodiak, AK) So.	18:35
29 Sharon Plante (Grover City) Fr.	18:36
30 Kelly Ilinicki (Santa Cruz) So.	18:41
31 Kathy Jarvis (Havre, MT) Jr.	18:41
32 Kathy Dalton (Sonoma) So.	18:42
33 Susan Taylor (Spokane, WA) Sr.	18:45
34 Stephanie Wessell (Coos Bay, OR) Jr.	18:46



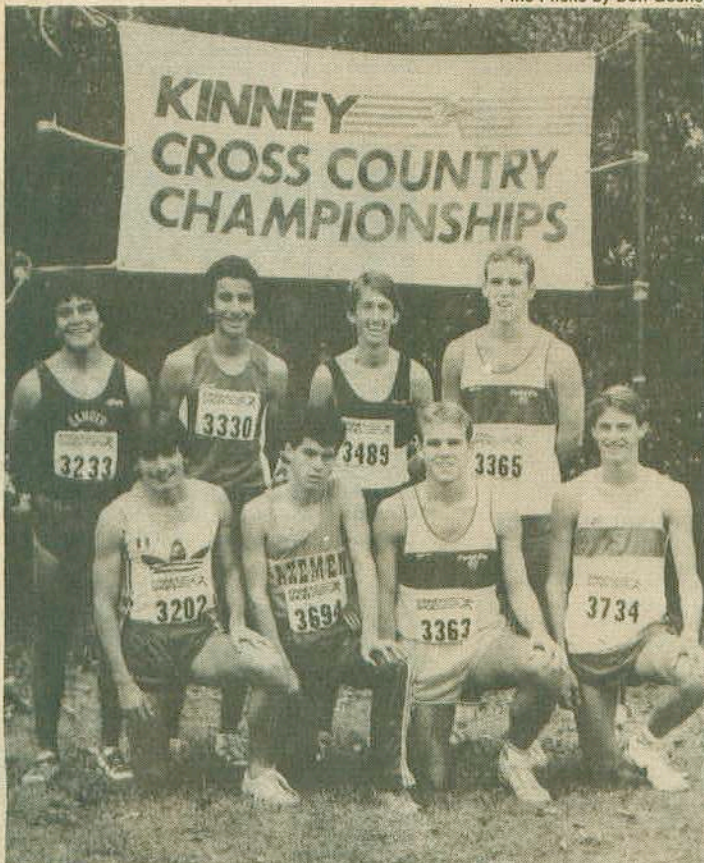
MARNIE MASON

35 Becky Morley (Lovington, NM) So.	18:46
36 Heather Hollahan (Redding) Sr.	18:46
37 Ann Beman (San Marino) Sr.	18:47
38 Lori Wilson (Pacifica) Sr.	18:49
39 Terri Dillon (Fair Oaks) Sr.	18:49
40 Kat Prince (Riverside) Fr.	18:51
41 Deonne Self (Sacramento) Sr.	18:51
42 Janice Posey (Cameron, AZ) Jr.	18:52
43 Carman Richardson (Albuquerque, NM) Sr.	18:52
44 Adria Kenney (Bellingham, WA) Sr.	18:54
45 Randi Taruscio (Walla Walla, WA) Sr.	18:56
46 Debbie Ball (Newbury Park) Sr.	19:01
47 Eugenia Jauregui (Newark) Sr.	19:04
48 Julie Groff (Los Alamos, NM) Sr.	19:05
49 Lesley Noll (San Diego) Sr.	19:06
50 Macy Moring (Newhall) Sr.	19:06
51 Maura Digiesl (San Francisco) Jr.	19:07
52 Laura Chapliel (San Diego) Jr.	19:08
53 Karen Dahlby (Los Alamos, NM) Sr.	19:10
54 Heidi Wierman (Eugene, OR) So.	19:12
55 Stacey Wainwright (Merced) Jr.	19:12
56 Sydney Thatcher (Alameda) Jr.	19:15
57 Tiffany Gorman (Bonita) Jr.	19:16
58 Michelle Anthony (Stockett, MT) Jr.	19:16
59 Margaret Coric (San Bruno) Sr.	19:16
60 Mandy Wood (Vacaville) Sr.	19:17
61 Eileen Ebner (West Covina) Sr.	19:17
62 Patrice Anthony (Stockett, MT) Sr.	19:17
63 Monica Daley (CA) Jr.	19:23
64 Teresa Poy (El Cerrito) Jr.	19:26
65 Veil Lehman (El Cerrito) So.	19:26
66 Juli Bates (San Diego) Jr.	19:27
67 Kim Cowgur (Norco) Sr.	19:29
68 Michelle Montoya (Tucumcari, NM) Sr.	19:29
69 Wendy Logsdon (Santa Monica) Jr.	19:30
70 Amy Dabul (Temple City) Jr.	19:32
71 Deirdre Vaughan (Dana Point) Sr.	19:34
72 Shelly Loveall (Lompoc) Jr.	19:35
73 Cindy Rockwood (Carson City, NV) So.	19:36
74 Shannon Hanlon (Yreka) Fr.	19:36
75 Shannon Battles (Pixley) Sr.	19:39
76 Jana Jarosz (Oakland) Jr.	19:41
77 Loratta Cruz (Exeter) Jr.	19:42
78 Mary Kuphaldt (Fair Oaks) Jr.	19:44
79 Ann Helm (Laguna Hills) Sr.	19:45
80 Sheelagh Murphy (Alameda) Sr.	19:46

BOYS JR./SR. UNSEEDED RACE

1 Francis Grisez (Chula Vista) Sr.	15:57
2 John Cekander (San Diego) Jr.	16:17
3 Steve Bergkamp (San Jose)	16:19
4 Bryan Wallbank (Chula Vista) Jr.	16:21
5 Arnold Leslie (Church Rock, NM) Jr.	16:23
6 Mike Matey (Mission Viejo) Sr.	16:24
7 Mike Daley (San Jose) Sr.	16:25
8 Arien Anderson (Mission Viejo) Sr.	16:26
9 Glenn Johnson (Newhall) Jr.	16:27
10 Ed Wall (Seattle, WA) Sr.	16:27
11 Luis Lopez (Chula Vista) Jr.	16:29
12 Shane Parmer (Modesto) Sr.	16:30
13 Jack Haggemiller (Thousand Oaks) Sr.	16:30
14 Brad Downs (Los Gatos) Jr.	16:31
15 Scott Schneider (San Diego) Sr.	16:32
16 Ron Jones (San Jose) Jr.	16:33
17 Mike McAlister (Grass Valley) Sr.	16:35
18 Ed Eitel (Concord) Jr.	16:35
19 Mathew Stephenitch (Pasadena) Jr.	16:36
20 Ken Walker (San Gabriel) Jr.	16:36
21 Trent Lyon (Monmouth, OR) Jr.	16:37
22 Eric Wendling (Los Gatos) Jr.	16:42
23 Art Gutierrez (El Monte) Jr.	16:42
24 Anthony Barton (Malibu) Jr.	16:45
25 Lawrence Martin (Irvine) Sr.	16:45
26 John Cronin (Mission Viejo) Sr.	16:46
27 Ricardo Spencer (Mentmore, NM) Sr.	16:47
28 David Rawlins (LaCrescenta) Jr.	16:48
29 Robert Belo (Mission Viejo) Jr.	16:48
30 Tom McKean (Newbury Park) Jr.	16:49
31 Jan Barglowski (Ridgecrest) Sr.	16:49
32 Marty Brenner (Scotts Valley) Jr.	16:50
33 Roger Webb (Fair Oaks) Jr.	16:51
34 Phillip Castellanos (Madera) Jr.	16:52
35 Dan Gonzalez (Newbury Park) Sr.	16:52
36 George Palmadessa (Soquel) Sr.	16:52
37 Gregori Talbot (San Jose) Sr.	16:53
38 Ed Balme (Fair Oaks) Sr.	16:54
39 Robert Caporaso (Torrance) Jr.	16:54
40 Jeff Mullaney (Fresno) Sr.	16:55

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First Team All Western United States: (front row, left to right) Calvin Gaziano, Brad Hudson, Eric Mastalir, Greg Whiteley. (back row, left to right) David Naranjo, Vic Santamaria, Jim Harvath, Mark Mastalir.



First Team All Western United States: (front row, left to right) Marnie Mason, Rebecca Chamberlain, Catherine Wall, Verna Woody. (back row, left to right) Tracey Williams, Laurie Chapman, Melissa Sutton, Christy Farrell.



FRANCES FRIEZ
Boys Jr./Sr. Winner



KRISTY ARMSTRONG
Girls Jr./Sr. Winner



MARC DAVIS
Boys Fr./Soph. Winner

GIRLS JR./SR. UNSEEDDED RACE

1	Kristy Armstrong (Newbury Park) Jr.	19:19
2	Lisa Allen (San Diego) Sr.	19:29
3	Paulette Metzger (San Jose) Jr.	19:30
4	Amy Johnson (Thousand Oaks) Sr.	19:33
5	Julia Hicks (Thousand Oaks) Fr.	19:35
6	Clare Burger (Berkeley) Sr.	19:38
7	Kathy Pugh (West Covina) Jr.	19:46
8	Margaret Barlog (Granada Hills) Sr.	20:08
9	Carla Holmes (Menlo Park) Sr.	20:10
10	Jill Newman (San Diego) Jr.	20:17
11	Laura Meyer (La Mesa) Jr.	20:18
12	Jenny Pickering (Palo Alto) Jr.	20:21
13	Ann Wimmer (Los Gatos) Jr.	20:31
14	Angela Stephenson (Eugene, OR) Jr.	20:32
15	Dawn Lutton (Lemon Grove) Jr.	20:38
16	Lori Kent (Camarillo) Sr.	20:43
17	Jennifer Wales (S. Pasadena) Jr.	20:43
18	Mary Black (Palo Alto) Jr.	20:44
19	Suzy Noe (Piedmont) Jr.	20:44
20	Kirstin Lindberg (Los Alamos, NM) Jr.	21:01
21	Ricci Kuhiken (El Cajon) Sr.	21:09
22	Kathleen Ball (San Gabriel) Sr.	21:12
23	Carrie Freeman (Santa Ana) Jr.	21:13
24	Mara John (Chandler, AZ) Sr.	21:13
25	Krista Rendon (Fremont) Jr.	21:26
26	Jamie Fallon (Klamath Falls, OR) Sr.	21:31
27	Kathy Stallings (Thousand Oaks) Sr.	21:37
28	Andrea Rakov (Valencia) Jr.	21:40
29	Jennifer Anderson (Eugene, OR) Sr.	21:48
30	Kim Fluegel (Merced) Sr.	21:50
31	Valerie Smith (Santa Ana) Sr.	21:56
32	Renea Barglowski (Ridgecrest) Jr.	21:57
33	Julie Thatcher (Alameda) Jr.	22:02
34	Kristina Sanchez (Anaheim) Sr.	22:03
35	Danell Boyles (Fresno) Sr.	22:13
36	Lori Hland (Santa Cruz) Sr.	22:17
37	Ginger Curtis (Tucumcari, NM) Sr.	22:19
38	Kathy Harold (Pacifica) Sr.	22:25
39	Tess Golding (Berkeley) Jr.	22:30
40	Juana Pacheco (Tucumcari, NM) Sr.	22:32

BOYS FROSH/SOPH UNSEEDDED RACE

1	Marc Davis (San Diego) So.	16:05
2	Doug Fairman (Thousand Oaks) So.	16:16
3	Peterson Long (Mentmore, NM) Fr.	16:17
4	Jason Carroll (Cupertino) So.	16:27
5	Juan Perez (Oxnard) So.	16:31

6	Scott Hogan (Merced) So.	16:37
7	Chris Bray (Nevada City) So.	16:41
8	Joe Devine (Saugus) Fr.	16:42
9	Joseph Basand (San Diego) Fr.	16:44
10	Eric Billmeyer (San Diego) Fr.	16:44
11	Ramon Perez (Rosemead) Fr.	16:48
12	Jon Eric Thalman (Claremont) So.	16:49
13	Frank Flores (Newhall) So.	16:54
14	Richard Harkless (Clovis) So.	16:55
15	Kevin Fest (Arcadia) So.	16:29
16	Darin Watkins (Torrance) So.	17:02
17	Freddy Arteaga (El Monte) So.	17:02
18	Jim Cekander (San Diego) So.	17:08
19	Kevin Fenenbock (Valencia) So.	17:03
20	Ramon Lui (Madera) Fr.	17:03
21	Mike Kinney (Mission Viejo) So.	17:16
22	Chano Salas (Clovis) So.	17:17
23	Jordan Carroll (Cupertino) Fr.	17:19
24	Jeff Gilkey (El Monte) Fr.	17:20
25	Robert Schultz (Anaheim) So.	17:20
26	Parker Kelly (Belmont) So.	17:20
27	Tommy Wells (Clovis) So.	17:25
28	Dave Ehrhardt (Pleasant Hill) Fr.	17:26
29	Juan Santoyo (El Monte) So.	17:27
30	Tim Walsh (Hemet) So.	17:28

GIRLS FROSH/SOPH UNSEEDDED RACE

1	Julie Badgett (Saugus) So.	19:17
2	Mary Page (Tucumcari, NM) Fr.	19:31
3	Ginny Cornog (Eugene, OR) Fr.	19:37
4	Barbara Tiefert (Los Altos Hills) So.	19:58
5	Ashley Orton (Los Osos) So.	19:59
6	Michelle Lubinsky (San Diego) So.	20:01
7	Becky Wilkinson (Merced) So.	20:01
8	Jena Haggemiller (Thousand Oaks) Fr.	20:12
9	Nicole Bonaparte (Escondido) So.	20:16
10	Chrystal Wells (Clovis) So.	20:20
11	Lisa Pierce (Eugene, OR) So.	20:21
12	Joanne Brager (Clovis) So.	20:29
13	Jennifer McCormick (Mesa, AZ) So.	20:29
14	Harpriet Kaur (Los Gatos) So.	20:30
15	Catherine Payne (Berkeley) So.	20:32
16	Gina Gonzalez (San Gabriel) So.	20:36
17	Shana Seifert (Dublin) Fr.	20:37
18	Teresa Clark (Los Altos) So.	20:38
19	Franchon Smith (Gallup, NM) Fr.	20:41
20	Kathi Ramirez (Diamond Bar) So.	20:42
21	Nancy Garrett (Carmichael) So.	20:44
22	Kristen Brunson (Valencia) So.	20:45

23	Tina Oldenburg (Mesa, AZ) So.	20:51
24	Signe Hancock (Carson City, NV) Fr.	20:56
25	Aimee Sucher (Palo Alto) Fr.	20:57
26	Stephanie Krause (Morro Bay) So.	21:01
27	Kelly Robinson (Mt. View) So.	21:10
28	Carrie Wainwright (Merced) Fr.	21:12
29	Cinnamon Mullin (Thousand Oaks) So.	21:13
30	Sharon West (Camarillo) Fr.	21:19

STATE TEAM SCORES

BOYS

- California 75:21.1 (1. Calvin Gaziano 14:49.6; 2. Eric Mastalir 15:04.9; 3. Greg Whiteley 15:07.0; 4. Dave Naranjo 15:07.6; 5. Vic Santamaria 15:12.0).
- Arizona 78:45.5 (1. Doug Hobbs 15:26.5; 2. Danny Lopez 15:26.9; 3. Craig Olson 15:55.1; 4. Scott Pestka 15:55.6; 5. Don Day 16:01.4).
- New Mexico 78:46.2 (1. Glenn Morgan 15:25.4; 2. Carlos Sanchez 15:48.7; 3. Anthony Sanchez 15:49.2; 4. Virgil Thomas 15:50.9; 5. Clifton King 15:52.0).
- Oregon 80:30.8 (1. Brad Hudson 14:57.8; 2. Gret Suter 15:45.1; 3. Matt Messner 16:00.1; 4. Trent Lyon 16:37.8; 5. Todd Larson 17:10.0).
- Hawaii 81:09.8 (1. Enrique Ryan 15:25.9; 2. Andy Libert 15:29.1; 3. Heikki Juuri-Oja 16:14.0; 4. John Cargal 16:42.3; 5. Wren Wescoate 17:18.5).
- Nevada 82:13.9 (1. Scott Peterson 15:47.7; 2. Mike Bennett 16:20.2; 3. Freddie Plumley 16:38.5; 4. Kurt Williams 16:39.8; 5. Cary Stephens 16:47.7).
- Washington 86:13.4 (1. Ed Wall 16:27.9; 2. Scott Timmons 16:42.8; 3. Willy Prichard 17:05.9; 4. Alan Holmberg 17:28.7; 5. John Prichard 18:28.1).

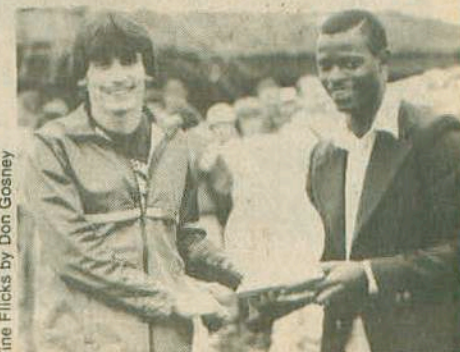
GIRLS

- California 88:24.3 (1. Rebecca Chamberlain 17:09.6; 2. Tracey Williams 17:43.7; 3. Laurie Chapman 17:49.4; 4. Melissa Sutton 17:50.6; 5. Christy Farrell 17:51.0).
- New Mexico 91:35.1 (1. Verna Woody 17:40.2; 2. Yvette Haran 17:53.5; 3. Julie Farrer 18:22.4; 4. Becky Morley 18:46.6; 5. Carmen Richardson 18:52.4).
- Oregon 93:54.6 (1. Marnie Mason 17:07.8; 2. Catherine Wall 17:33.8; 3. Stephanie Wessell 18:46.2; 4. Heidi Wierman 19:12.1; 5. Karen Bushey 21:14.7).
- Arizona 99:20.4 (1. Laura Goodwin 18:07.5; 2. Janice Posey 18:52.0; 3. Angela Tassoni 20:16.7; 4. Tina Oldenburg 20:51.2; 5. Mara John 21:13).
- Nevada 111:33.3 (1. Cindy Rockwood 19:36.3; 2. Signe Hancock 20:56.9; 3. Melinda Leavitt 22:59.9; 4. Tracy McCrimmon 23:35.8; 5. Cathy LaPorte 24:24.4).



Fine Flicks by Don Gosney

MARNIE MASON receives award from Olympic Champion **RANDY WILLIAMS**.

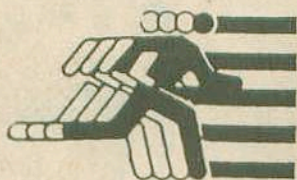


Fine Flicks by Don Gosney

CALVIN GAZIANO receives award from Olympic Champion **RANDY WILLIAMS**.

KINNEY NATIONAL CHAMPIONSHIPS

December 8, 1984
Balboa Park • San Diego
5000 Meters



REBECCA CHAMBERLAIN

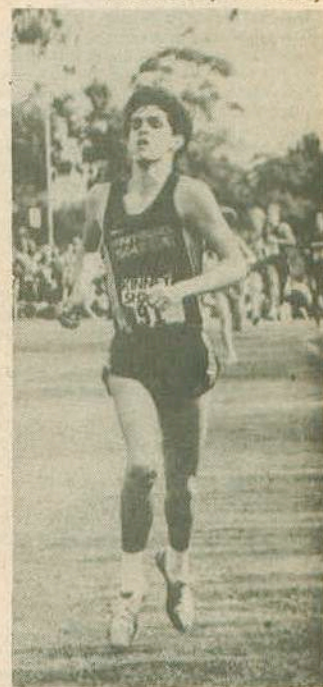
Fine Flicks by Don Gosney

photo by Burt Davis



REBECCA CHAMBERLAIN

Fine Flicks by Don Gosney



BRAD HUDSON



Fine Flicks by Don Gosney

Western Boys Team at the start.

Fine Flicks by Don Gosney



CATHY SCHIRO

Fine Flicks by Don Gosney



SCOTT FRY

Overall Results - Men

1	Scott Fry, Sandusky, OH(Sr)	14:50
2	John Trautmann, Cen. Vly, NY(Jr)	15:07
3	Bradley Hudson, Eugene, OR(Sr)	15:11
4	Troy Maddux, LongPoint, IL(Jr)	15:17
5	Bill Babcock, Annandale, NJ(Sr)	15:18
6	Eric Mastallir, ElDoradoHls, (Jr)	15:19
7	Jeff Wheeler, Fortville, IN(Sr)	15:19
8	Greg Whiteley, Irvine, CA(Sr)	15:24
9	Jeff Taylor, NorthOak, MN(Sr)	15:25
10	William Crowley, Seekonk, MA(Jr)	15:30
11	Mike Beeller, Amherst, OH(Sr)	15:31
12	Jack Cuvo, Easton, PA(Sr)	15:31
13	Michael Pleroni, Newport, RI(Sr)	15:33
14	Andrew Ketch, Dallas, TX(Sr)	15:36
15	Victor Santamaria, SanJose(Sr)	15:40
16	Neil Donahue, StatenIsld(Sr)	15:41
17	Mark Mastallir, ElDoradoHls(Jr)	15:43
18	John Long, St. Paul, MN(Jr)	15:44
19	Andy Martin, Clinton, NJ(Sr)	15:45
20	Samuel Kirby, JeffCity, MO(Jr)	15:45
21	Richard Black, Sothngton, CT(Sr)	15:45
22	Matthew Hopkins, Fredkb, VA(Sr)	15:48
23	Mark Colvis, St. Louis, MO(Sr)	15:51
24	Eric Henry, Woodlands, TX(So)	15:58
25	Christopher Dunn, Fredkg, Va(Jr)	16:01
26	James Flack, Atlanta, GA(Sr)	16:03
27	James Harvath, ThousOaks(Sr)	16:07
28	David Naranjo, Sanger, Jr)	16:15
29	Thomas Tisell, N. FtMyers, FL(Sr)	16:40
30	Stacy Sutter, Woodind, TX(Sr)	17:41
	(Calvin Gaziano, dropped)	

Overall Results - Women

1	Cathy Schiro, Dover, NH(Sr)	16:48
2	Rebecca Chamberlain, S. J. (Jr)	17:04
3	Stacia Prey, Rochester, NY(Sr)	17:10
4	Donna Combs, Lsville, KY(Jr)	17:21
5	Erin Keogh, McLean, VA(So)	17:22
6	Mary Peruski, Dearborn, MI(Sr)	17:34
7	Lize Brittin, Boulder, CO(Sr)	17:39
8	Marnie Mason, KlamathFs, OR(Sr)	17:41
9	Michelle Sica, Cincin, OH(Sr)	17:42
10	Carol Gray, LaPorte, IN(Jr)	17:43
11	Catherine Wall, Molalla, OR(Sr)	17:46
12	Melinda Lukens, Roswell, GA(Sr)	17:47
13	Eileen Eilig, Rutland, VT(Sr)	17:50
14	Demarch Robertson, Rich, VA(Sr)	17:57
15	Tracy Laughlin, DnrsGrv, IL(Sr)	17:58
16	Lori Wolter, Prairie du, WI(Sr)	17:59
17	Renee Doyle, SiouxCt, IA(Sr)	18:04
18	Laurie Chapman, SanJose(Jr)	18:05
19	Kristy Osse, Philpsbg, OH(Sr)	18:06
20	Verna Woody, Gamero, NM(Sr)	18:07
21	Gina Braz, Peabody, MA(Sr)	18:08
22	Kathy Olsen, Waterfd, CT(Sr)	18:11
23	Natalie Cartwright, Newlp, NH(Fr)	18:14
24	Tracey Williams, ElMonte(Fr)	18:29
25	Melissa Sutton, NewburyPk(So)	18:34
26	Jeanine Radice, Statts, NY(Sr)	18:38
27	Kimberly Bovis, Maitind, FL(So)	18:47
28	Jen VanHorn, Wayne, NJ(Jr)	18:53
29	Kathleen Schaefer, Gansvi, FL(Sr)	18:58
30	Wendy Neely, Richmd, VA(So)	19:03
31	Kristina Cassell, Springfd, VA(Sr)	19:05
	(Christy Farrell, injured)	

Prep Notes

By KEITH CONNING

Arizona State Mt.

Nov. 14. Moeur Pk, Tempe. 2.9 Miles.

Doug Hobbs of Westwood pulled away from Danny Lopez of Sierra Vista Buena in the final stretch, won the Class AAA boys state cross country individual championship and helped avoid a Tucson sweep of the meet.

Hobbs finished in 15:06 over a 2.9-mile course that winds through the Salt River bottom before finishing at the park.

Tucson Palo Verde's Laura Goodwin won the girls championship, easily outdistancing Tucson Amphitheater's Rachel Brennan. Goodwin finished in 13:45 over a 2.3-mile layout.

Hobbs finished fourteenth in the Kinney Western Regional. He edged Lopez, who finished fifteenth. Don Day of Tucson was 59th in 16:01.

Goodwin finished thirteenth at Kinney.

Boys Individuals Class AAA

1 Doug Hobbs (Westwood)	15:06
2 Danny Lopez (Buena)	15:09
3 Lester Yeath (Palo Verde)	15:28
4 Don Day (Palo Verde)	15:29

Girls Individuals Class AAA

1 Laura Goodwin (Palo Verde)	13:45
2 Rachel Brennan (Amphitheater)	13:54
3 Stacy McWhorter (Tucson Snysd)	14:04
4 Karen Sahn (Amphitheater)	14:19

Valley Invitation

Nov. 3. U of NM, Albuquerque. 3 Miles.

Alamogordo's Paul Morgan remained unbeaten while Del Norte's Glenn Morgan, twelfth at the Kinney Western in Fresno, suffered his first setback of the season.

It was the first time they competed against each other this season. Last year, Glenn won the state title and Paul finished fifth.

"So far, all of Paul's races have been course records," said Coach Marilyn Sepulveda to Dan O'Shea of the Albuquerque Journal. "He's the hardest working young man we've got. He's self motivated and dedicated."

The winner finished the 3-miles in 15:52.6, establishing the record for the new University of Albuquerque course.

For second-place finisher Paul Madrid of West Mesa, the victory over Glenn was his first ever in their duel.

Del Norte's Morgan was disheartened after the race.

"I didn't feel I had it today," he said. "I'm glad it happened now instead of at the next two meets (district and state)."

In the girls' race, Gallup's Verna Woody, fourth at the Kinney Western, remained undefeated, running the course in a time of 18:40. Woody is pleased with her performance so far this year, but everything really counts next weekend at the district meet.

"I could have run faster at the end," said Woody. "I'm pleased so far, but I'll find out after state."

Boys Individuals

1 Paul Morgan (Alamogordo)	15:52
2 Paul Madrid (West Mesa)	
3 Virgil Thomas (Gallup) 42nd Kinney	
4 Glenn Morgan (Del Norte) 12th Kinney	
5 Ryan Riley (Los Alamos)	
6 John Marmolin (Mayfield)	
7 Robert Armandariz (Las Cruces)	
8 Andy Gray (Del Norte) 86th Kinney	
9 James Burton (Albuquerque)	
10 Clifton King (Gallup) 45th Kinney	

Girls Individuals

1 Verna Woody (Gallup) 4th Kinney	18:40
2 Dawn Warnack (West Mesa)	
3 Anne Dickinson (Santa Fe)	
4 Margie Wurst (Santa Fe)	
5 Julie Groff (Las Alamos) 48th Kinney	
6 Josie Wurst (Santa Fe)	
7 Darcy Candelaria (West Mesa)	
8 Lucia Rivera (Santa Fe)	
9 Karen Dahlby (Los Alamos) 53rd Kin.	
10 Kelly Taylor (Highland)	

Washington State Meet

Nov. 10. Spokane, WA.

Randi Taruscio of Walla Walla, who finished 45th at the Kinney Western, won the class AAA state meet. Sue Taylor of Spokane, 33rd at Kinney, placed third. Ed Wall of Seattle Blanchet, 10th in the Kinney Jr./Sr. Unseeded race, placed 26th.

Chris Slentz of Spokane, the defending champion, who placed 17th at the Kinney Western, had an ankle injury and only finished sixth.

Adria Kinney of Bellingham Sehome, 44th in the Kinney Western, placed third in class AA.

Boys Individuals-Class AAA

1 Vince Firlotte (Blanchet)	15:22
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Girls Individuals-Class AAA

1 Randi Taruscio (Walla)	18:20
2 Brigid Stirling (Roosevelt)	18:34
3 Sue Taylor (No. Central)	18:43
4 Monica Campbell (Bellevue)	18:54
5 Raelynn Emtman (Bellarmine)	18:57
6 Chris Slentz (Lewis & Clark)	19:05

Boys Individuals-Class AA

1 John Hogan (Gig Harbor)	15:32
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Girls Individuals-Class AA

1 Carolyn Gilbert (Kaiso)	18:23
2 Amy Williams (Edmonds)	18:34
3 Adria Kinney (Sehome)	18:46

HAWAII STATE MEET

Nov. 16. Kamuela, Hawaii.

Freshman Enrique Ryan of St. Louis, 13th in the Kinney Western at Fresno and the first freshman by 25 seconds, won the 20th annual Hawaii High School Athletic Association title.

"I prayed a lot," said the 14-year-old runner to Jack Wyatt of the Star-Bulletin after his upset victory over race favorite Andy Libert of Seabury (Maui) Hall, 19th in the Kinney Western.

"I had nothing left at the end," Ryan said. "I had to call on my strengths, plus a little help from others."

Heikki Juuri-Oja of Kalani, 79th in the Kinney Western, placed fourth. John Cargal of St. Louis, 116th at Kinney Western, was eighth. Wren Wescoate of Kamehameha, 136th at Kinney Western, placed ninth.

Boys Individuals

1 Enrique Ryan (St. Louis)	16:53
2 Andy Libert (Seabury)	17:01
3 Kevin Crane (Seabury)	17:12
4 Heikki Juuri-Oja (Kalani)	17:15
5 Kimo Higgins (Hawaii Prep)	17:16
6 Abraham Makanui (Waimea)	17:27
7 Richard Freeland (Kona)	17:28
8 John Cargal (St. Louis)	17:33
9 Wren Wescoate (Kamehameha)	17:37
10 Kenny May (Punahou)	17:37

Girls Individuals

1 Nina Liahjell (Kaiser)	13:19
2 Erin Gilbert (HSG)	13:32
3 Kirstin Larson (Punahou)	14:06
4 Karia Brundage (HBA)	14:11
5 Donna Kini (Castle)	14:11

photo by Burt Davis



BRAD HUDSON & CALVIN GAZIANO
Oregon's & California's best go at it

Fine Flicks by Don Gosney



ENRIQUE RYAN
Hawaii State Champ

6 Ilena Bisset (Waiakea)	14:17
7 Sue McDougall (Kailua)	14:22
8 Nomia Briques (Radford)	14:27
9 Lani Friese (Punahou)	14:28
10 Jenny Lucas (Waiialua)	14:28

since there have been some changes in the courses, but added that no one has run faster in an ILH meet at either MPI or Punahou, site of the championship meets.

Before the Hawaii State Meet, a lot of people were wondering if Ryan was for real. Ryan's stepfather boasted to Jack Wyatt of the Star-Bulletin that "no one can cover three miles faster. And I have a house filled with trophies to prove it."

The 14-year-old South American-raised runner from Maile stands 5-foot-11 1/2 and weighs a lean 140 pounds, is being touted as Hawaii's next Duncan MacDonald (former Stanford University great), Henry Marsh and Joey Bunch wrapped into one. "I love good competition and a hard course," said Ryan.

Fine Flicks by Don Gosney



MELISSA SUTTON
Sophomore of the Year

All-Western USA Outstanding Athletes by Grade

Boys

Senior of the Year: Calvin Gaziano (Castro Valley)
Junior of the Year: Eric Mastalir (Jesuit, Carmichael)
Sophomore of the Year: Jason Lienau (Clovis)

Freshman of the Year: Enrique Ryan (St. Louis, Honolulu, HI)

Girls

Senior of the Year: Marnie Mason (Klamath Union, Klamath Falls, OR)
Junior of the Year: Rebecca Chamberlain (Leigh, San Jose)
Sophomore of the Year: Melissa Sutton (Newbury Park)
Freshman of the Year: Tracey Williams (Mountain View, El Monte)

Enrique Ryan All-Western Freshman of the Year

Enrique Ryan, a freshman from St. Louis High School, who placed 13th in the Kinney Western Regional at Fresno, won the Interscholastic League of Honolulu boys' cross country title on November 10th.

Ryan, from Kailua, was timed in 15 minutes, 46.7 seconds over the hilly, three-mile course at Mid-Pacific Institute. Les Pelletier, cross-country chairman of the ILH, said there is no official record

Results Wanted

Northern California: Please send your results to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

Southern California: Doug Speck, 563 North Willow Grove Avenue, Glendora, CA. 91740.

Central Section: Steve Ward, c/o Clovis High School, Fowler St., Clovis, CA. 93612.

Sac-Joaquin Section: Steve Fagundes, 4738 Espana Ct., Carmichael, CA. 95608.

San Diego Section: Dennis McClanahan, c/o Mt. Carmel High School, 9550 Carmel Mt. Road, San Diego, CA. 92129.

Schedules Wanted

Please send your track schedules and announcements of invitationals to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

Ventures Track & Field Clinics

There will be three track & field clinics held this winter in conjunction with California State University at Hayward. Clinic 1 will be held in Los Angeles on Friday and Saturday, January 18-19 in conjunction with the Sunkist Invitational. The second clinic will be in San Diego on February 15-16 in conjunction with the San Diego Michelob Invitational. The third clinic will be in San Francisco on March 1-2 in conjunction with the San Francisco Games.

Write to Ventures Track Clinics, Box 764, Los Altos, CA. 94022 or phone (408) 253-0586.

Coming in February

The ALL-CALIFORNIA CROSS COUNTRY TEAM will appear in February. The top runners in California will be listed along with their season record.

Coming in March

We will have the annual track preview issue in March. Who is coming back? Who are the new kids on the block? If you have information that would be helpful to our writers, please send it along to the writer for your section or area (see above for addresses).

Oregon State Meet

Nov. 3. Lane CC, Eugene, OR.

Brad Hudson of Eugene, second at the Kinney Western in Fresno, won the Oregon State Meet Class AAA by 24.2 seconds. Matt Messner of Coos Bay, 58th at Kinney was 10th.

Catherine Wall of Molalla, third at Kinney, won the girls class AAA title by 17.5 seconds. Stephanie Wessell of Coos Bay, 34th at Kinney, placed third. Marnie Mason of Klamath Falls, the winner of the Kinney Western, was fourth.

Boys Individual-Class AAA

1 Brad Hudson (So. Eugene) 15:44
2 Rob Collins (Centennial) 16:08
10 Matt Messner (Marshfield) 16:40

Girls Individual-Class AAA

1 Cathy Wall (Molalla) 10:44
2 Colleen Quam (So. Eugene) 11:02
3 Stephanie Wessell (Marshfield) 11:10
4 Marnie Mason (KlamathUn) 11:11

Johnny Mathis

Did you know that Johnny Mathis, the famous singer, was a hurdler and high jumper at San Francisco State. In 1956, he was invited to the championship trials in Berkeley, but when a Columbia Records executive heard him performing at the

"440 Club" in San Francisco, he traded his track shoes for a microphone and a recording contract. Within a year, Mathis had his first hit single, "Wonderful, Wonderful." The 1957 recording remained in Billboard's Top 100 for 39 consecutive weeks.

Lonnie Shelton Injured While Fighting Off Assailant

Cleveland, Ohio, November 29.

Cleveland Cavaliers forward Lonnie Shelton, who won the 1973 State Meet discus with a throw of 195-5 for Foothill of Bakersfield, said he has four stitches in his right hand and skinned knees after subduing a man who tried to rob him outside a restaurant.

The 6-foot-8, 255-pound Shelton said a 160-pound man demanded money from him Tuesday on Cleveland's east side.

Shelton said he charged the man while the would-be robber was trying to get a gun out of his pocket.

The gun went off twice but no one was hurt. Shelton, 28, said he held the struggling man for about 20 minutes until police arrived.

"I hit him in the head with a pretty good-sized rock at one time," Shelton said. "He said, 'Just kill me. The guy I owe money to is going to kill me.'"

Shelton said he began preaching to the man.

"I'm a born-again Christian. I told him Jesus was the only guy who could save him."

Shelton said the last thing the man told him was, "Pray for me."

Shelton has not yet played in a National Basketball Association game this season because of a bad knee. He could be activated next week.

Gregory L. Smith, 24, of Cleveland was charged with aggravated robbery in the case. Arraignment was scheduled Dec. 7. He was being held yesterday under \$5,000 bond in the Cuyahoga County Jail.

NCAA Champs.

November 19. State College, PA.

Brian Abshire of Auburn University, who graduated from DeAnza High School in Richmond in 1981, placed 15th. Abshire is now a junior. He competed at Clackamas College in Portland, Oregon as a freshman and sophomore. He is still being coached by Kelly Sullivan. As a senior in high school he won the North Coast Section Meet of Champions, placed 9th at the Nor Cal meet, and 34th at the Kinney Western Regional.

Matt Giusto of Arizona, the Kinney National champion last year for San Mateo, placed 41st.

Regina Jacobs of Stanford led her team to a second place finish with a fourth place finish.

Kirsten O'Hara of California, the Kinney Western Regional champion last year for Palos Verdes, placed 49th.

Sophomore Cory Schubert of Stanford, who set a State Meet record in the 3200 for Del Mar of San Jose, was ruled out of the meet last week with muscle spasms in her right leg.

San Jose State senior Dan Gonzalez, the former Mountain View High School and Foothill College standout, was 62nd in 30:56.7.

Artichoke Invitational EDITORIAL

by Keith Conning

Half Moon Bay. Dick Calvin, the meet director, has the following instruction typed and underlined twice on his entry form: **PLEASE DON'T ENTER ANY OF YOUR TOP FIVE VARSITY RUNNERS (BOYS OR GIRLS) IN THE J.V. RACES.**

However, seven teams this year placed in the junior varsity races without fielding complete varsity teams. One team didn't even have one varsity entry.

I have proposed the following solution to Dick Calvin. Don't give out team awards or individual medals in the junior varsity competition. That way there would be no incentive for coaches to place their better runners in the junior varsity competition.

I would be interested in hearing from meet directors as to how you deal with this problem. Write to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

EDITORIAL

by Keith Conning

Kinney Western Regional Meet Race Selection and Composition.

This year there were three races for boys and girls based on time and grade in school. I would like to balance the number of entries in the races with the following two changes:

1. Separate the Boys Junior/Senior Unseeded race into two separate races. One for juniors and one for seniors.

2. Lower the qualifying standard for the Boys Seeded race to 16:30.

	Old Finish	With Change
Boys Seeded	140	101
Girls Seeded	104	104
Boys Jr/Sr Unseeded	197	---
Girls Jr/Sr Unseeded	68	66
Boys FS Unseeded	107	112
Girls FS Unseeded	75	75
Boys Sr. Unseeded	---	102
Girls Jr. Unseeded	---	128

CIF X-C Section Results

Fine Flicks by Don Gosney

San Diego Section

from Dennis McClanahan

As running becomes a bigger and bigger business, every now and then events happen that bring it back to the basics. The 1984 San Diego Championships did just that when on a cold, rain-threatening course the most valuable piece of equipment turned out to be socks. Placed over the shoes to prevent picking up mud, this coaching innovation was responsible for a running trend that showed five of the six individual champions crossing the finish line wearing their favorite socks over their shoes.

1A Championships.

Girls: The first race of the day served to show that the wet, muddy course could produce some upsets. Freshman Mona Cross (15:50 for 2.4 miles) of El Camino upset the field and led a 1, 3, 5 finish for the Wildcat girls as they scored a 49-59 win over Ramona for their 2nd straight 1A title. Miss Cross led from start to finish while University City's Laura Chapel, a heavy pre-meet favorite, slipped twice on the muddy course and eventually finished 4th.

Boys: The roles reversed themselves in this race as Ramona placed two in the top ten, and five in the top twenty for a 60 to 66 win over El Camino and their 2nd title in the last 4 years. San Diego soph Marc Davis finished an excellent season by capturing the 1A title. Although his 17:01 for 5,000 was over a minute slower than his Prelim time he led from start to finish to defeat Bill Ruff of Parker (17:05), and John Groulx of El Camino (17:10).

2A Championships.

Girls: With Bonita Vista moving up to the 3A to try for that crown, San Pasqual was left alone to run away with the title. Their 41 points, easily handled runner-up Hilltop (71) and last year's champs, Valhalla, with 84. The female Golden Eagles also supplied the individual winner in junior Kerry Panno (15:20), who defeated AVO league rival Megan Riker of Escondido (15:33) for the second time in 10 days.

Boys: The phenomenon known as "sock soak-up" began to occur. The course began to dry up and pack down as the runners continued to wear socks.

Hilltop's Ellis Del Sol became the 3d individual winner of the day to lead his school to a championship as his 16:10 led



DARCY ARREOLA San Diego Champion

the Lancers to a easy 37 to 72 victory over last year's 3A runner-up, Serra. Del Sol won easily over Serra's Jeff Wood (16:1) and Hilltop placed 3 in the top ten.

3A Championships.

Girls: With the promise of one of the best races in recent years the girls 3A race led up with any one of 4 girls given chance to win. Junior Darcy Arreola Grossmont powered to a 14:22 win leading Bonita's Heather Brooks (14:3)

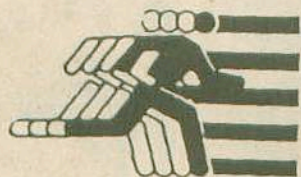
continued on page 11

KINNEY NATIONAL CHAMPIONSHIPS

December 8, 1984

Balboa Park • San Diego

5000 Meters



Fine Flicks by Don Gosney

REBECCA CHAMBERLAIN

photo by Burt Davis



REBECCA CHAMBERLAIN

Fine Flicks by Don Gosney



BRAD HUDSON



Western Boys Team at the start.

Fine Flicks by Don Gosney

Fine Flicks by Don Gosney



CATHY SCHIRO

Fine Flicks by Don Gosney



SCOTT FRY

Overall Results - Men

1	Scott Fry, Sandusky, OH(Sr)	14:50
2	John Trautmann, Cen. Vly, NY(Jr)	15:07
3	Bradley Hudson, Eugene, OR(Sr)	15:11
4	Troy Maddux, LongPoint, IL(Jr)	15:17
5	Bill Babcock, Annandale, NJ(Sr)	15:18
6	Eric Mastalir, ElDoradoHls, (Jr)	15:19
7	Jeff Wheeler, Fortville, IN(Sr)	15:19
8	Greg Whiteley, Irvine, CA(Sr)	15:24
9	Jeff Taylor, NorthOak, MN(Sr)	15:25
10	William Crowley, Seekonk, MA(Jr)	15:30
11	Mike Beetler, Amherst, OH(Sr)	15:31
12	Jack Cuvo, Easton, PA(Sr)	15:31
13	Michael Pieroni, Newport, RI(Sr)	15:33
14	Andrew Ketch, Dallas, TX(Sr)	15:36
15	Victor Santamaria, SanJose(Sr)	15:40
16	Neil Donahue, StatenIsld(Sr)	15:41
17	Mark Mastalir, ElDoradoHls(Jr)	15:43
18	John Long, St. Paul, MN(Jr)	15:44
19	Andy Martin, Clinton, NJ(Sr)	15:45
20	Samuel Kirby, JeffCity, MO(Jr)	15:45
21	Richard Black, Sothngton, CT(Sr)	15:45
22	Matthew Hopkins, Fredkb, VA(Sr)	15:48
23	Mark Colvis, St. Louis, MO(Sr)	15:51
24	Eric Henry, Woodlands, TX(So)	15:58
25	Christopher Dunn, Fredkg, Va(Jr)	16:01
26	James Flack, Atlanta, GA(Sr)	16:03
27	James Harvath, ThousOaks(Sr)	16:07
28	David Naranjo, Sanger, Jr	16:15
29	Thomas Tisell, N. Ft. Myers, FL(Sr)	16:40
30	Stacy Sutter, Woodlnd, TX(Sr)	17:41
	(Calvin Gaziano, dropped)	

Overall Results - Women

1	Cathy Schiro, Dover, NH(Sr)	16:48
2	Rebecca Chamberlain, S.J.(Jr)	17:04
3	Stacia Prey, Rochester, NY(Sr)	17:10
4	Donna Combs, Lsville, KY(Jr)	17:21
5	Erin Keogh, McLean, VA(So)	17:22
6	Mary Peruski, Dearborn, MI(Sr)	17:34
7	Lize Brittin, Boulder, CO(Sr)	17:39
8	Marnie Mason, KlamathFs, OR(Sr)	17:41
9	Michelle Sica, Cincin, OH(Sr)	17:42
10	Carol Gray, LaPorte, IN(Jr)	17:43
11	Catherine Wall, Molalla, OR(Sr)	17:46
12	Melinda Lukens, Roswell, GA(Sr)	17:47
13	Eileen Ellig, Rutland, VT(Sr)	17:50
14	Demarch Robertson, Rich, VA(Sr)	17:57
15	Tracy Laughlin, DnrsGrv, IL(Sr)	17:58
16	Lori Wolter, Prarie du, WI(Sr)	17:59
17	Renee Doyle, SiouxCT, IA(Sr)	18:04
18	Laurie Chapman, SanJose(Jr)	18:05
19	Kristy Osse, Philipsbg, OH(Sr)	18:06
20	Verna Woody, Gameroo, NM(Sr)	18:07
21	Gina Braz, Peabody, MA(Sr)	18:08
22	Kathy Olsen, Waterfd, CT(Sr)	18:11
23	Natalie Cartwright, Newlp, NH(Fr)	18:14
24	Tracey Williams, ElMonte(Fr)	18:29
25	Melissa Sutton, NewburyPk(So)	18:34
26	Jeanine Radice, Statls, NY(Sr)	18:38
27	Kimberly Bovis, Mailnd, FL(So)	18:47
28	Jen VanHorn, Wayne, NJ(Jr)	18:53
29	Kathleen Schaefer, Gansvi, FL(Sr)	18:58
30	Wendy Neely, Richmd, VA(So)	19:03
31	Kristina Cassell, Springfd, VA(Sr)	19:05
	(Christy Farrell, injured)	

By KEITH CONNING

Arizona State Mt.

Nov. 14, Moser Pk., Tempe, 2.9 Miles.

Doug Hobbs of Westwood pulled away from Danny Lopez of Sierra Vista Buena in the final stretch, won the Class AAA boys state cross country individual championship and helped avoid a Tucson sweep of the meet.

Hobbs finished in 15:06 over a 2.9-mile course that winds through the Salt River bottom before finishing at the park.

Tucson Palo Verde's Laura Goodwin won the girls championship, easily outdistancing Tucson Amphitheater's Rachel Brennan. Goodwin finished in 13:45 over a 2.3-mile layout.

Hobbs finished fourteenth in the Kinney Western Regional. He edged Lopez, who finished fifteenth. Don Day of Tucson was 59th in 16:01.

Goodwin finished thirteenth at Kinney.

Boys Individuals Class AAA

- | | |
|-----------------------------|-------|
| 1 Doug Hobbs (Westwood) | 15:06 |
| 2 Danny Lopez (Buena) | 15:09 |
| 3 Lester Yeath (Palo Verde) | 15:28 |
| 4 Don Day (Palo Verde) | 15:29 |

Girls Individuals Class AAA

- | | |
|----------------------------------|-------|
| 1 Laura Goodwin (Palo Verde) | 13:45 |
| 2 Rachel Brennan (Amphitheater) | 13:54 |
| 3 Stacy McWhorter (Tucson Snysd) | 14:04 |
| 4 Karen Sahn (Amphitheater) | 14:19 |

Valley Invitation

Nov. 3, U of NM, Albuquerque, 3 Miles.

Alamogordo's Paul Morgan remained unbeaten white Del Norte's Glenn Morgan, twelfth at the Kinney Western in Fresno, suffered his first setback of the season.

It was the first time they competed against each other this season. Last year, Glenn won the state title and Paul finished fifth.

"So far, all of Paul's races have been course records," said Coach Marilyn Sepulveda to Dan O'Shea of the Albuquerque Journal. "He's the hardest working young man we've got. He's self motivated and dedicated."

The winner finished the 3-miles in 15:52.8, establishing the record for the new University of Albuquerque course.

For second-place finisher Paul Madrid of West Mesa, the victory over Glenn was his first ever in their duel.

Del Norte's Morgan was disheartened after the race.

"I didn't feel I had it today," he said. "I'm glad it happened now instead of at the next two meets (district and state)."

In the girls' race, Gallup's Verna Woody, fourth at the Kinney Western, remained undefeated, running the course in a time of 18:40. Woody is pleased with her performance so far this year, but everything really counts next weekend at the district meet.

"I could have run faster at the end," said Woody. "I'm pleased so far, but I'll find out after state."

Boys Individuals

- | | |
|----------------------------------|-------------|
| 1 Paul Morgan (Alamogordo) | 15:52 |
| 2 Paul Madrid (West Mesa) | |
| 3 Virgil Thomas (Gallup) | 42nd Kinney |
| 4 Glenn Morgan (Del Norte) | 12th Kinney |
| 5 Ryan Riley (Los Alamos) | |
| 6 John Marmolin (Mayfield) | |
| 7 Robert Armentariz (Las Cruces) | |
| 8 Andy Gray (Del Norte) | 86th Kinney |
| 9 James Burton (Albuquerque) | |
| 10 Clifton King (Gallup) | 45th Kinney |

Girls Individuals

- | | |
|--------------------------------|------------------|
| 1 Verna Woody (Gallup) | 4th Kinney 18:40 |
| 2 Dawn Warnack (West Mesa) | |
| 3 Anne Dickinson (Santa Fe) | |
| 4 Margie Wurst (Santa Fe) | |
| 5 Julie Groff (Las Alamos) | 48th Kinney |
| 6 Josie Wurst (Santa Fe) | |
| 7 Darcy Candelaria (West Mesa) | |
| 8 Lucia Rivera (Santa Fe) | |
| 9 Karen Dahlby (Los Alamos) | 53rd Kin. |
| 10 Kelly Taylor (Highland) | |

Washington State Meet

Nov. 10, Spokane, WA.

Randi Taruscio of Walla Walla, who finished 45th at the Kinney Western, won the class AAA state meet. Sue Taylor of Spokane, 33rd at Kinney, placed third. Ed Wall of Seattle Blanchet, 10th in the Kinney Jr./Sr. Unseeded race, placed 26th.

Chris Slentz of Spokane, the defending champion, who placed 17th at the Kinney Western, had an ankle injury and only finished sixth.

Adria Kinney of Bellingham Sehome, 44th in the Kinney Western, placed third in class AA.

Boys Individuals-Class AAA

- | | |
|----------------------------|-------|
| 1 Vince Firiote (Blanchet) | 15:22 |
|----------------------------|-------|

Girls Individuals-Class AAA

- | | |
|--------------------------------|-------|
| 1 Randi Taruscio (Walla) | 18:20 |
| 2 Brigid Stirling (Roosevelt) | 18:34 |
| 3 Sue Taylor (No. Central) | 18:43 |
| 4 Monica Campbell (Bellevue) | 18:54 |
| 5 Raelynn Emtman (Bellarmine) | 18:57 |
| 6 Chris Slentz (Lewis & Clark) | 19:05 |

Boys Individuals-Class AA

- | | |
|---------------------------|-------|
| 1 John Hogan (Gig Harbor) | 15:32 |
|---------------------------|-------|

Girls Individuals-Class AA

- | | |
|---------------------------|-------|
| 1 Carolyn Gilbert (Kelso) | 18:23 |
| 2 Amy Williams (Edmonds) | 18:34 |
| 3 Adria Kinney (Sehome) | 18:46 |

HAWAII STATE MEET

Nov. 16, Kamuela, Hawaii.

Freshman Enrique Ryan of St. Louis, 13th in the Kinney Western at Fresno and the first freshman by 25 seconds, won the 20th annual Hawaii High School Athletic Association title.

"I prayed a lot," said the 14-year-old runner to Jack Wyatt of the Star-Bulletin after his upset victory over race favorite Andy Libert of Seabury (Maui) Hall, 19th in the Kinney Western.

"I had nothing left at the end," Ryan said. "I had to call on my strengths, plus a little help from others."

Heikki Juuri-Oja of Kalani, 79th in the Kinney Western, placed fourth. John Cargal of St. Louis, 118th at Kinney Western, was eighth. Wren Wescoate of Kamehameha, 136th at Kinney Western, placed ninth.

Boys Individuals

- | | |
|------------------------------|-------|
| 1 Enrique Ryan (St. Louis) | 16:53 |
| 2 Andy Libert (Seabury) | 17:01 |
| 3 Kevin Crane (Seabury) | 17:12 |
| 4 Heikki Juuri-Oja (Kalani) | 17:15 |
| 5 Kimo Higgins (Hawaii Prep) | 17:16 |
| 6 Abraham Mekanui (Waimea) | 17:27 |
| 7 Richard Freeland (Kona) | 17:28 |
| 8 John Cargal (St. Louis) | 17:33 |
| 9 Wren Wescoate (Kamehameha) | 17:37 |
| 10 Kenny May (Punahou) | 17:37 |

Girls Individuals

- | | |
|----------------------------|-------|
| 1 Nina Liahjell (Kaiser) | 13:19 |
| 2 Erin Gilbert (HSG) | 13:32 |
| 3 Kirstin Larson (Punahou) | 14:08 |
| 4 Karia Brundage (HBA) | 14:11 |
| 5 Donna Kini (Castle) | 14:11 |

photo by Burt Davis

Fine Flicks by Don Gosney



BRAD HUDSON & CALVIN GAZIANO
Oregon's & California's best go at it



ENRIQUE RYAN
Hawaii State Champ

- | | |
|---------------------------|-------|
| 6 Ilona Bisel (Waiakea) | 14:17 |
| 7 Sue McDougall (Kailua) | 14:22 |
| 8 Norma Briques (Radford) | 14:27 |
| 9 Lani Friese (Punahou) | 14:28 |
| 10 Jenny Lucas (Waiakea) | 14:28 |

since there have been some changes in the courses, but added that no one has run faster in an ILH meet at either MPI or Punahou, site of the championship meets.

Before the Hawaii State Meet, a lot of people were wondering if Ryan was for real. Ryan's stepfather boasted to Jack Wyatt of the Star-Bulletin that "no one can cover three miles faster. And I have a house filled with trophies to prove it."

The 14-year-old South American-raised runner from Maile stands 5-foot-11½ and weighs a lean 140 pounds, is being touted as Hawaii's next Duncan MacDonald (former Stanford University grad), Henry Marsh and Joey Bunch wrapped into one. "I love good competition and a hard course," said Ryan.

Fine Flicks by Don Gosney



MELISSA SUTTON
Sophomore of the Year

All-Western USA Outstanding Athletes by Grade

Boys

- Senior of the Year:** Calvin Gaziano (Castro Valley)
Junior of the Year: Eric Mastalir (Jesuit, Carmichael)
Sophomore of the Year: Jason Lienau (Clovis)
Freshman of the Year: Enrique Ryan (St. Louis, Honolulu, HI)
- Girls**
- Senior of the Year:** Marnie Mason (Klamath Union, Klamath Falls, OR)
Junior of the Year: Rebecca Chamberlain (Leigh, San Jose)
Sophomore of the Year: Melissa Sutton (Newbury Park)
Freshman of the Year: Tracey Williams (Mountain View, El Monte)

Enrique Ryan All-Western Freshman of the Year

Enrique Ryan, a freshman from St. Louis High School, who placed 13th in the Kinney Western Regional at Fresno, won the Interscholastic League of Honolulu boys' cross country title on November 10th.

Ryan, from Kailua, was timed in 15 minutes, 46.7 seconds over the hilly, three-mile course at Mid-Pacific Institute. Les Pelletier, cross country chairman of the ILH, said there is no official record

Results Wanted

Northern California: Please send your results to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

Southern California: Doug Speck, 563 North Willow Grove Avenue, Glendora, CA. 91740.

Central Section: Steve Ward, c/o Clovis High School, Fowler St., Clovis, CA. 93612.

Sac-Joaquin Section: Steve Fagundes, 4738 Espana Ct., Carmichael, CA. 95608.

San Diego Section: Dennis McClanahan, c/o Mt. Carmel High School, 9550 Carmel Mt. Road, San Diego, CA. 92129.

Schedules Wanted

Please send your track schedules and announcements of Invitationals to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702.

Ventures Track & Field Clinics

There will be three track & field clinics held this winter in conjunction with California State University at Hayward. Clinic 1 will be held in Los Angeles on Friday and Saturday, January 18-19 in conjunction with the Sunkist Invitational. The second clinic will be in San Diego on February 15-16 in conjunction with the San Diego Michelob Invitational. The third clinic will be in San Francisco on March 1-2 in conjunction with the San Francisco Games.

Write to Ventures Track Clinics, Box 764, Los Altos, CA. 94022 or phone (408) 253-0586.

Coming in February

The **ALL-CALIFORNIA CROSS COUNTRY TEAM** will appear in February. The top runners in California will be listed along with their season record.

Coming in March

We will have the annual track preview issue in March. Who is coming back? Who are the new kids on the block? If you have information that would be helpful to our writers, please send it along to the writer for your section or area (see above for addresses).

Oregon State Meet

Nov. 3. Lane CC, Eugene, OR.
Brad Hudson of Eugene, second at the Kinney Western in Fresno, won the Oregon State Meet Class AAA by 24.2 seconds. Matt Messner of Coos Bay, 58th at Kinney was 10th.

Catherine Wall of Molalla, third at Kinney, won the girls class AAA title by 17.5 seconds. Stephanie Wessell of Coos Bay, 34th at Kinney, placed third. Marnie Mason of Klamath Falls, the winner of the Kinney Western, was fourth.

Boys Individuals-Class AAA

1 Brad Hudson (So. Eugene)	15:44
2 Rob Collins (Centennial)	16:08
10 Matt Messner (Marshfield)	16:40

Girls Individuals-Class AAA

1 Cathy Wall (Molalla)	10:44
2 Colleen Quam (So. Eugene)	11:02
3 Stephanie Wessell (Marshfield)	11:10
4 Marnie Mason (KlamathUn)	11:11

Johnny Mathis

Did you know that Johnny Mathis, the famous singer, was a hurdler and high jumper at San Francisco State. In 1956, he was invited to the Olympic trials in Berkeley, but when a Columbia Records executive heard him performing at the

"440 Club" in San Francisco, he traded his track shoes for a microphone and a recording contract. Within a year, Mathis had his first hit single, "Wonderful, Wonderful." The 1957 recording remained in Billboard's Top 100 for 39 consecutive weeks.

Lonnie Shelton Injured While Fighting Off Assailant

Cleveland, Ohio, November 29.

Cleveland Cavaliers forward Lonnie Shelton, who won the 1973 State Meet discus with a throw of 195-5 for Foothill of Bakersfield, said he has four stitches in his right hand and skinned knees after subduing a man who tried to rob him outside a restaurant.

The 6-foot-8, 255-pound Shelton said a 160-pound man demanded money from him Tuesday on Cleveland's east side.

Shelton said he charged the man while the would-be robber was trying to get a gun out of his pocket.

The gun went off twice but no one was hurt. Shelton, 28, said he held the struggling man for about 20 minutes until police arrived.

"I hit him in the head with a pretty good-sized rock at one time," Shelton said. "He said, 'Just kill me. The guy I owe money to is going to kill me.'"

Shelton said he began preaching to the man.

"I'm a born-again Christian. I told him Jesus was the only guy who could save him."

Shelton said the last thing the man told him was, "Pray for me."

Shelton has not yet played in a National Basketball Association game this season because of a bad knee. He could be activated next week.

Gregory L. Smith, 24, of Cleveland was charged with aggravated robbery in the case. Arraignment was scheduled Dec. 7. He was being held yesterday under \$5,000 bond in the Cuyahoga County Jail.

NCAA Champs.

November 19. State College, PA.

Brian Abshire of Auburn University, who graduated from DeAnza High School in Richmond in 1981, placed 15th. Abshire is now a junior. He competed at Clackamas College in Portland, Oregon as a freshman and sophomore. He is still being coached by Kelly Sullivan. As a senior in high school he won the North Coast Section Meet of Champions, placed 9th at the Nor Cal meet, and 34th at the Kinney Western Regional.

Matt Giusto of Arizona, the Kinney National champion last year for San Mateo, placed 41st.

Regina Jacobs of Stanford led her team to a second place finish with a fourth place finish.

Kirsten O'Hara of California, the Kinney Western Regional champion last year for Palos Verdes, placed 49th.

Sophomore Cory Schubert of Stanford, who set a State Meet record in the 3200 for Del Mar of San Jose, was ruled out of the meet last week with muscle spasms in her right leg.

San Jose State senior Dan Gonzalez, the former Mountain View High School and Foothill College standout, was 62nd in 30:56.7.

Artichoke Invitational EDITORIAL

by Keith Conning

Half Moon Bay. Dick Calvin, the meet director, has the following instruction typed and underlined twice on his entry form: **PLEASE DON'T ENTER ANY OF YOUR TOP FIVE VARSITY RUNNERS (BOYS OR GIRLS) IN THE J.V. RACES.**

However, seven teams this year placed in the junior varsity races without fielding complete varsity teams. One team didn't even have one varsity entry.

I have proposed the following solution to Dick Calvin. Don't give out team awards or individual medals in the junior varsity competition. That way there would be no incentive for coaches to place their better runners in the junior varsity competition.

I would be interested in hearing from meet directors as to how you deal with this problem. Write to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

EDITORIAL

by Keith Conning

Kinney Western Regional Meet Race Selection and Composition.

This year there were three races for boys and girls based on time and grade in school. I would like to balance the number of entries in the races with the following two changes:

1. Separate the Boys Junior/Senior Unseeded race into two separate races. One for juniors and one for seniors.
2. Lower the qualifying standard for the Boys Seeded race to 16:30.

	Old Finish	With Change
Boys Seeded	140	101
Girls Seeded	104	104
Boys Jr/Sr Unseeded	197	---
Girls Jr/Sr Unseeded	68	68
Boys FS Unseeded	107	112
Girls FS Unseeded	75	75
Boys Sr. Unseeded	---	102
Boys Jr. Unseeded	---	128

CIF X-C Section Results

Fine Flicks by Don Gosney

San Diego Section

from Dennis McClanahan

As running becomes a bigger and bigger business, every now and then events happen that bring it back to the basics. The 1984 San Diego Championships did just that when on a cold, rain-threatening course the most valuable piece of equipment turned out to be socks. Placed over the shoes to prevent picking up mud, this coaching innovation was responsible for a running trend that showed five of the six individual champions crossing the finish line wearing their favorite socks over their shoes.

1A Championships.

Girls: The first race of the day served to show that the wet, muddy course could produce some upsets. Freshman Mona Cross (15:50 for 2.4 miles) of El Camino upset the field and led a 1, 3, 5 finish for the Wildcat girls as they scored a 49-59 win over Ramona for their 2nd straight 1A title. Miss Cross led from start to finish while University City's Laura Chapel, a heavy pre-meet favorite, slipped twice on the muddy course and eventually finished 4th.

Boys: The roles reversed themselves in this race as Ramona placed two in the top ten, and five in the top twenty for a 60 to 66 win over El Camino and their 2nd title in the last 4 years. San Diego soph Marc Davis finished an excellent season by capturing the 1A title. Although his 17:01 for 5,000 was over a minute slower than his Prelim time he led from start to finish to defeat Bill Ruff of Parker (17:05), and John Groulx of El Camino (17:10).

2A Championships.

Girls: With Bonita Vista moving up to the 3A to try for that crown, San Pasqual was left alone to run away with the title. Their 41 points, easily handled runner-up Hilltop (71) and last year's champs, Valhalla, with 84. The female Golden Eagles also supplied the individual winner in junior Kerry Panno (15:20), who defeated AVO league rival Megan Riker of Escondido (15:33) for the second time in 10 days.

Boys: The phenomenon known as "sock soak-up" began to occur. The course began to dry up and pack down as the runners continued to wear socks. Hilltop's Ellis Del Sol became the 3rd individual winner of the day to lead his school to a championship as his 16:10 led



DARCY ARREOLA
San Diego Champion

the Lancers to a easy 37 to 72 victory over last year's 3A runner-up, Serra. Del Sol won easily over Serra's Jeff Wood (16:42) and Hilltop placed 3 in the top ten.

3A Championships.

Girls: With the promise of one of the best races in recent years the girls 3A race lined up with any one of 4 girls given a chance to win. Junior Darcy Arreola of Grossmont powered to a 14:22 win leaving Bonita's Heather Brooks (14:36),

continued on next page...

explained to Johnny Bender of the San Gabriel Valley Tribune that she simply pretends someone is right behind her the entire way (if it was only this simple for everybody!). The Nordhoff trio raced well — Unruhe (10th), Dobel (12th), and Miller (17th), but Villanueva broke them up solidly with her 20:08 for 15th. In the Meet scoring Mountain View totaled 16 points through three and that's tough to beat. The Vikings added up to 99 points (101:00), while Nordhoff made it interesting at 105 (103:29). Mountain View features one senior and Nordhoff two, so the duo can battle again in 85. Diamond Bar's Kristi McDonald and San Marino's Ann Beman finished successful prep harrier careers in 3rd and 4th at 19:19 and 19:26.

2A Women's.

Individuals: 1. T. Williams (Mt. View) 17:47, 2. L. Williams (Mt. View) 18:57, 3. McDonald (DiamBar) 19:19, 4. Beman (San Marino) 19:26, 5. Morgan (B-J) 19:33, 6. Barlog (Alemamy) 19:36, 7. Lawrence (Northview) 19:43, 8. Calderon (So Hills) 19:51, 9. Pettit (San Mari) 19:54, 10. Unruhe (Nord) 19:55.
Teams: 1. Mountain View 99 (101:00), 2. Nordhoff 105 (103:29), 3. Chino 124 (105:01), 4. Bell-Jeff (Burbank) 127 (105:29), 5. La Quinta (Garden Grove) 141 (106:33), 6. Diamond Bar 143 (105:36), 7. Louisville 144 (105:36), 8. South Hills (Covina) 167 (107:04), 9. San Marino 179 (107:21), 10. Calexico 205 (110:20), 11. Yucaipa 231 (11:34), 12. Rosemead 247 (112:20).

Women's 1A Division.

The Los Padres League from the northernmost coastal area of this Section continued its domination of this level. Morro Bay had won this division from that group the last two years, and this year an upstart Atascadero squad from that same conference made up entirely of frosh and soph athletes had been dominating things. The Greyhounds (their school colors are also Orange and Grey) had cruised to a three minute margin over Morro Bay in their Prelim Heat victories 102:39-105:50, with Atascadero definitely on "cruise-control" in their 25 point total win.

The course was in respectable shape for the final race of the day, here, and Atascadero really came to run. No 1A level Women's group had come close to breaking 100:00 (or 20 minutes per runner) on the Mt. SAC course until today. Frosh Carrie Barber (Atascadero) and fellow 9th grader, Charmis McIntyre of Bishop took out the early pace over defending champion Patty Almendariz (St. Monica) and individual favorite, undefeated Roberta Moronez (Azusa). Almendariz had run 10:49 two years ago for two miles and close to 19:00 here, while frosh Moronez was the "I" Sweeps winner in the SAC Invite at 18:47, with Barber and McIntyre both around 20 flat on this course before today. The Barber-McIntyre duo continued to hold a big lead over the favored duo through the entire race, with Barber running away near the end to a fine 19:53 over McIntyre's 19:02. Moronez had been bothered by a cold this week, and she edged Almendariz, 19:12-19:14 for 3rd. The rest of the Atascadero team was as hot as Barber, as they packed three others in the top ten for 41 points and a super 99:04 team time. Morro Bay edged a finally healthy Maranatha (Sierra Madre) squad for second 82 (103:00)-93 (105:09). Just reward for continued success at your level in this Section is to get bounced upstairs, so look for the Los Padres League at the 2A level in 85.

1A Women's.

Individuals: 1. C. Barber (Atasc) 18:53, 2. McIntyre (Bishop) 19:02, 3. Moronez (Azusa) 19:12, 4. Almendariz (St Mon) 19:14, 5. Lewis (MB) 19:20, 6. McKrell (Atasc) 19:29, 7. Toney (Atasc) 19:30, 8. Orton (MB) 19:50, 9. Webb (Maran) 19:53, 10. Barber (Atasc) 20:04.

Teams: 1. Atascadero 41 (99:04), 2. Morro Bay 82 (103:00), 3. Maranatha 93 (105:09), 4. Bishop 148 (107:52), 5. 29 Palms 170 (110:08), 6. St Monica (Santa Monica) 185 (109:57), 7. Paraclete (Lancaster) 186 (111:10), 8. Sherman Indian 207 (111:49), 9. Azusa 216 (114:01), 10. Carpinteria 217 (112:50), 11. La Reina 217 (114:26), 12. Moorpark 255 (115:14).

Men's 4A Division.

It was nine Orange County schools against the Maramonte League (on the LA-Ventura County line), which gives you a little bit of an idea where large school power is around here. A flock of fine individuals were also on hand in this second race of the day through the muck and fog. Coach Jack Farrell's Thousand Oaks squad had emerged at mid-season to be the Section's strongest off their Mt. SAC Team Sweeps victory at 80:42, led by super Jim Harvath at 15:10. The continued improvement of the latest of the running Fairmans, soph Doug, to 15:54 in the Prelims, and another foursome between 16:04 and 16:29 here, gave the Lancers over a minute margin over the second team in the Prelims with their fine 80:06. The next nine teams were within a minute after TO, a condition in evidence all year long, with about 12-15 4A squads that you could draw out of a hat in any order on any given weekend.

Photo by Maurice Wilson



PAUL MYERS
CIF So. Sect. 4A Champ

With the runners definitely slowed by the conditions here, TO started a ways back in the pack, then moved up to a solid win. The Lancers scored 85 (82:14), with consistent Mission Viejo 2nd (112:83-26), and the pack close behind.

Individually, Harvath held a narrow lead early in the race over league-mate Paul Myers (Westlake, Westlake Village), who had improved to 15:14 in the Prelims, and along with William Feliciano (Cypress), seemed most likely to challenge the TO star. Feliciano was never a factor, and Harvath, who is not used to company, had some as Myers edged close up the final Reservoir Hill. The very

powerful Myers, now back in the race, was strongest on the run-in over airport runway, and edged in ahead of Harvath 15:24-15:25. Myers had handed Jim his other defeat of the year in the Bell-Jeff invitational.

4A Men.

Individuals: 1. Myers (Westl) 15:24, 2. Harvath (TO) 15:25, 3. Feliciano (Cypress) 15:49, 4. Perez (Colton) 15:59, 5. Whiteley (Uni) 16:01, 6. Houlgate (Bishop Montgomery) 16:02, 7. Wright (DH) 16:05, 8. Barrios (Uni) 16:06, 9. Zimmer (Simi) 16:14, 10. Davenport (Footh) 16:19, 11. Lindrud (MiVi) 16:20, 12. Greene (VP) 13. Fairman (TO) 16:31, 14. Hacci (TO) 16:33, 15. Combs (CDM) 16:33.

Teams: 1. Thousand Oaks 85 (82:14), 2. Mission Viejo 112 (83:26), 3. University (Irvine) 122 (83:09), 4. El Toro 136 (84:03), 5. Corona del Mar 142 (84:04), 6. Dana Hills 153 (84:04), 7. El Modena 167 (84:36), 8. Simi Valley 173 (84:50), 9. Mater Dei 181 (84:54), 10. Foothill 184 (84:46), 11. Westlake 197 (84:15), 12. Villa Park 218 (85:26).

Men's 3A Division.

A very thick cloud of fog rolled in about 15 minutes before the start of this first race of the day, which combined with the very wet conditions to give this run an eerie atmosphere about it. Saugus, with six underclassmen on its Varsity, was the team favorite, with a flock of good underclass runners battling for the individual title.

Saugus was the quickest heat winner at 81:20, with Torrance (81:45), Buena Park (82:01), and a very controlled Hart (Newhall) group (82:47) all looking capable of challenging. Saugus had raced 80:55 at the SAC Invite, and Coach Steve Spraker's Centurions didn't let conditions bother them a bit in putting four in the top sixteen of the team scoring to total 60 points (82:58). Torrance scored 105 (84:21) for 2nd, with a surprising Arroyo (El Monte) group 3rd at 116 (84:56). Torrance had put together a very solid season under Coach Gerald Holland, with Arroyo, the defending champions, having graduated all its scorers, coming around superbly here.

Individually, Rosemead soph Aaron Mascorro had laid pretty low in the year since his Mt. SAC 9th grade record of 15:43 in placing 5th here. He improved to 15:41 in the Prelims the previous week, but was the Division's fourth fastest behind Temple City's Steve Imlay (15:35), and the Saugus duo of Mike Fretz (15:38) and Darrin Stonerock (15:39). The above trio are all juniors, and soph Raul Serratos (Mt. View, El Monte), at 15:46, appeared capable of running with the top group. Mascorro came to win, and after a planned aggressive run over the final Reservoir Hill the Rosemead soph pulled away from Stonerock 15:55-16:01 for the individual win. Serratos was a ways back in 3rd at 16:12.

3A Men.

Individuals: 1. Mascorro (Rosemead) 15:55, 2. Stonerock (Saug) 16:01, 3. Serratos (Mt. View) 16:12, 4. Nelson (LaSierra/Riverside) 16:14, 5. Fretz (Saug) 16:15, 6. Imlay (TempleCity) 16:27, 7. Whitworth (Hawthorne) 16:27, 8. Thompson (San Marino) 16:31, 9. Castaneda (MLView) 16:34, 10. Yaross (Saug) 16:35.

Teams: 1. Saugus 60 (82:58), 2. Torrance 105 (84:21), 3. Arroyo (El Monte) 116 (84:56), 4. Hart (Newhall) 132 (84:55), 5. Mountain View 139 (85:17), 6. Buena Park 157 (86:06), 7. Temple City 187 (86:55), 8. El Rancho 204 (87:19), 9. La Habra 209 (87:45), 10. Hawthorne 223 (88:20), 11. Nogales (La Puente) 264 (88:19).

Men's 2A Division.

The most exciting individual race of the day was the feature of this division. Loyola (LA) had been the preseason divisional favorite, and had survived the loss of fine soph Chris Nelson and a fall downward midseason in the rankings to

emerge the pre-meet favorite after a good Prelims effort. From 86:13 in the Mt. SAC Invite here two weeks ago, the Cubs had dropped to 83:43 in the previous week's heats to take the favorite's role over consistent Brawley (84:20) and Magnolia (84:55).

A dozen athletes were in individual contention at one time or another in the race, with six runners within ten yards with but 100 to go. Jeff Jacobs (Crespi, Encino), Richard Banta (Ontario), Avery Wilson (Edgewood, West Covina), Chris Schrum (Diamond Bar), Robert Sagasta (Brawley), and Shawn Sinclair (Brea) could all reach out and touch the lead as the group made the final turn and headed for home. Jacobs (15:46 here and 9:33 on the track for two) was the favorite over the competitive Richard Banta. But the athlete with the most steam at the end, rocketing the final 150 yards to move past everyone into the lead was the surprising Sinclair from Brea. A senior with 4:27 mile credentials, Shawn flew in ahead of another surprise, the soph Wilson from Edgewood to win 15:58-16:00.

Loyola put together another good effort in the Finals race, scoring 87 (84:07) to handle Brawley 105 (84:27) for the title. Loyola is led by juniors Mike McCracken (16:12) and Mitchell Sloan (16:22), and with six underclass in their top seven the Cubs must also be the 85 divisional favorites.

2A Men.

Individuals: 1. Sinclair (Brea) 15:58, 2. Wilson (Edgewood, West Covina) 16:00, 3. Jacobs (Crespi, Encino) 16:00, 4. Banta (Ontario) 16:02, 5. Sagasta (Brawley) 16:02, 6. Schrum (DiamBar) 16:03, 7. McCracken (Loyola) 16:12, 8. Schumacher (St. Anthony's Long Bch) 16:16, 9. Garduno (Ontario) 16:19, 10. Sloan (Loy) 16:22.
Teams: 1. Loyola (LA) 87 (84:07), 2. Brawley 105 (84:27), 3. Valencia 129 (84:58), 4. Bonita 147 (86:04), 5. Santiago 148 (86:19), 6. La Puente 151 (86:17), 7. Covina 157 (86:26), 8. Diamond Bar 166 (85:44), 9. Brea-Olinda 174 (86:14), 10. Magnolia 182 (86:44), 11. Nordhoff (Ojai) 201 (87:21), 12. Agoura 234 (88:00).

continued on next page...

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All-Northern California H.S. X-C Team

by Keith Conning

BOYS

Position on team was based on performance at the Northern California Championship in Rocklin on November 24, 1984. Honorable mention was given to anyone who finished among the first 24 Northern Californians at the Kinney Western Regional at Fresno on December 1, 1984.

FIRST TEAM ALL-NORTHERN CALIF.

1. Calvin Gaziano (Castro Valley)
Senior. Two-time NorCal champ. Undeclared through the Kinney Western. Ran a very fast 9:02.6 two-mile on the track in October. Narrowly missed course records in his awesome back-to-back (one day rest) performances at Artichoke and Stanford. Clearly the best runner in the West. NorCal Senior of the Year!

2. David Naranjo (Sanger)
Junior. Improved from 7th to 2nd in Nor Cal. Made first team all-western U.S. Set course record at Central Section. First junior at Nor Cal.

3. Bobby Rivera (Newark Memorial, Newark)
Senior. Won Crystal Springs Varsity and North Coast Section 3A. A 1:53 half-miler who should be even faster and stronger this year with a fine cross country season behind him.

4. Darin Jaurequi (Clovis)
Senior. Improved from 18th to 4th at Nor Cal. Led his team to second place at Nor Cal.

5. Vic Santamaria (Willow Glen, San Jose)
Senior. Made first team all-western U.S. Placed in top half at nationals. Improved from 19th to 5th at Nor Cal. Central Coast Section champ.

6. Mark Mastalir (Jesuit, Carmichael)
Junior. Resides in El Dorado Hills. First team all-western U.S. Sac-Joaquin Section. Crystal Springs and Clovis Invitational champ. Second at Mt. SAC. Improved from 20th to 6th at Nor Cal. Twin brother of Eric.



Start of the Boys Northern California Championships.

7. Eric Mastalir (Jesuit, Carmichael)
Junior. Resides in El Dorado Hills. Came on like gangbusters at the end of the season. First team all-western U.S. Sixth best in nation. Improved from 25th to 7th at Nor Cal. Third at Mt. SAC. Nor Cal Junior of the Year! Although his twin brother Mark defeated him more times, Eric did extremely well in the Kinney meets.

8. Jason Liensau (Clovis)
Sophomore. Resides in Fresno. Improved from 21st to 8th at Nor Cal. Central Section North Area champ. Just missed third team all-western U.S. Nor Cal Sophomore of the Year!

SECOND TEAM ALL-NORTHERN CALIF.

9. Scott Machado (Moreau, Hayward)
Junior. Showed great improvement this year. Led his team to North Coast Section championship. Artichoke small school champ.

Fine Flicks by Don Gosney



CALVIN GAZIANO

Fine Flicks by Don Gosney



REBECCA CHAMBERLAIN

Athletic League champ. Third at Stanford. Second best sophomore at Nor Cal.

12. Dennis Pfeiffer (Eureka)
Third team all-western U.S. North Coast Section 2A North champ. Sixth Northern Californian at Kinney West.

13. Mike Dean (Lassen, Susanville)
Senior. Resides in Litchfield. Northern Section champ. Improved from 27th to 13th at Nor Cal. Led his team to Nor Cal championship.

14. Tom Estes (Lassen, Susanville)
Junior. Number two man on Nor Cal team champion.

15. Richard Salazar (Saratoga)
Senior. Second Central Coast Section Region II. Twelfth Northern Californian at Kinney Western.

16. Dan Vega (Clovis)
Number three man for Clovis at Nor Cal.

THIRD TEAM ALL-NORTHERN CALIF.

17. Adam MaAboy (Miramonte, Orinda)
Junior. Top split at Bob McGuire Relays. Thirteenth Northern Californian at Kinney Western.

18. Darrin Bradburn (Madera)
Senior.

19. Craig Blockhus (Mountain View)
Junior. Resides in Los Altos. Ran Crystal Springs course in 15:01.

20. Mark Callon (Ballarmino, San Jose)
Junior.

21. Brian Kingsley (Folsom)
Sophomore. Number three sophomore at Nor Cal.

22. Jay Connors (Aragon, San Mateo)
Senior. Also a top rated swimmer. Competes well in the Modern Pentathlon. Son of TAC official Dick Connors.

23. Gilbert Delgado (Firebaugh)
Number four sophomore at Nor Cal.

24. Jess Lianez (McLane, Fresno)
Third team all-western U.S. Ran six miles in 31:31.

HONORABLE MENTION

Brian Vaughan (Berkeley)
Senior. Sixteenth Northern Californian at Kinney Western. San Ramon large school champ.

Scott LaForce (Los Gatos)
Junior. Seventeenth Northern Californian at Kinney Western.

So. Section, cont.

Men's IA Division.

A titanic team struggle was the feature here, as Atascadero had emerged in mid-season with a very tough IA level guys' group that seemed very capable of challenging a good returning Sherman Indian (Riverside) group for the title. Sherman has an amazing tradition of putting it all together in the Section Finals competition, winning three of the last four IA titles, despite some mid-season results each year that leaves observers scratching their heads. La Salle (Pasadena) scored 20 points (84:33) in their heat win, and joined Atascadero (17:84:22) and Sherman (26:83:16) as Finals favorites. Atascadero cruised effortlessly in their heat, keeping together with a six second 1.5 time gap.

Sherman once again pulled out all the stops in the Championship race, and with Mike Fasthorse (name of the meet!) 3rd (6:20), Duane Koinva (4th 16:21), and George Francisco (5th 16:23) coming in as

a trio in front of the 7-8-9 of Atascadero's first three runners, another team title went to the Riverside group 42 (82:58):55 (83:29). La Salle was 3rd (86:84:50).

Individually, strong Cathedral soph, John Trefecanty had the Prelims top time of 16:06 in a very competitive race with Lane Olson (LA Baptist). Despite being handed the week previous, Olson came back in the Finals to race the division's quickest time of the year here with a fine 15:57 time to win with Trefecanty a ways back at 16:19.

IA Men.

Individuals: 1. Olson (LA Bapt) 15:57, 2. Trefecanty (Cathedral) 16:19, 3. Fasthorse (Sherm) 16:20, 4. Koinva (Sherm) 16:21, 5. Francisco (Sherm) 16:23, 6. Wolfe (La Salle) 16:24, 7. Robinson (Atasc) 16:28, 8. Grijalva (Atasc) 16:31, 9. Mellin (Baldwin Park) 16:37, 10. Everett (Atasc) 16:40.

Teams: 1. Sherman Indian 42 (82:58), 2. Atascadero 55 (83:29), 3. La Salle 96 (84:50), 4. Morro Bay 122 (86:05), 5. Cathedral 155 (86:43), 6. Maranatha 184 (88:00), 7. Fillmore 185 (87:54), 8. LA Baptist 193 (87:35), 9. Brentwood 243 (90:29), 10. Whittier Christian 245 (89:34), 11. 29 Palms 254 (90:04), 12. Bishop 283 (91:01).

California State High Sch. X-C Top Ten

by Doug Speck

WOMEN

1. Newport Harbor; 2. Buena (Ventura); 3. Los Gatos; 4. Thousand Oaks; 5. Clovis; 6. Menlo Atherton; 7. Palms Verdes; 8. Vista; 9. Atascadero; 10. Arroyo Grande.

Honorable Mention: (listed alphabetically) - Bala Vista (Fair Oaks), Bonita Vista (Chula Vista), Edison (Huntington Beach), Golden West (Visalia), Half Moon Bay, Hilltop (San Diego), Irvine, Lowell (San Francisco), Mission Viejo, Monte Vista (Danville), Mt. Carmel (San Diego), Newbury Park, San Ramon Valley, San Paequal, Tustin.

Explanation: Newport Harbor was among the best in the country up until the middle of the season. They came back from adversity in the form of injury and illness to run a fine 87:24 in winning the Southern Section 4A at Mt. SAC in the mud. Buena raced a super 96:17 (#9 All-Time) in the Mt. SAC Invite, and was second to Newport in the Southern Section 4A division. Los Gatos was the Northern Cal. Champ at 87:13 at Rocklin's Sierra College course. Thousand Oaks ran 87:12 in the SAC Invite and 87:06 in the Sectional Prelims at Mt. SAC prior to taking third in the Southern Section 4A race. Clovis was second in the Northern Cal. meet, 17 points behind Los Gatos. Menlo-Atherton, the Central Coast Section runner-up, was three points behind Clovis in the important Northern Cal. Championship race. Palms Verdes put together a fine season, with a big team win at Clovis and was fourth in the Southern Section 4A race. Vista was the best in San Diego, easily winning the area's Large School title. Atascadero raced a super 99:04 in the IA Southern Section Championship race at Mt. SAC. Arroyo Grande, an easy Southern Section 3A title, was third at Clovis and the Stanford Large Schools Champion.

MEN

1. Lassen (Susanville); 2. Thousand Oaks; 3. Clovis; 4. Saugus; 5. Monte Vista (El Cajon); 6. Bellarmine (San Jose); 7. Hilltop (San Diego); 8. Moreau (Hayward); 9. Tor-



Number One Boys Team in the State: LASSEN HIGH SCHOOL of Susanville

photo by Ray Delmore

rance; 10. (tie) Jesuit (Sacramento) & Belmont (LA).

Honorable Mentions: (listed alphabetically) - Arroyo (El Monte), Buena Park, Corona Del Mar, Dana Hills, El Capitlan (Lakeside), El Toro, Hart (Newhall), Homestead (Cupertino), Leight (San Jose), Madera, Miramonte (Orinda), Mission Viejo, Mt. Carmel (San Diego), Nevada Union (Gauss Valley), Simi Valley, University (Irvine), Willow Glen (San Jose).

Explanation: Lassen, from the Northern Section, put together a Cinderella season that had them win their Section with 32 points, then handle everyone in the Northern Cal. meet with a 79:08 Sierra College course time. Thousand Oaks was the best

in the South, with an 80:06 best at Mt. SAC. Clovis was a close second at Nor Cal, nine points behind Lassen. Saugus was the Southern Section 3A title. They were second at Mt. SAC with an 80:55 (and feature six underclassmen on the varsity). Monte Vista (El Cajon) was once again San Diego's best, improving quite a bit in the eyes of most observers after a mid-season 81:38 at Mt. SAC. Bellarmine (San Jose) was the Central Coast Section Champion. The Stanford Invitational Champion, and third at Nor Cal. Hilltop (San Diego) was the Section 2A Champion. Moreau (Hayward) was the North

Coast Section Champ and fourth at Nor Cal. Torrance had a cold season, with the runner-up spot in the Southern Section 3A division at its end, and an 81:45 Mt. SAC team time beat. Jesuit (Sacramento) was easily the State's best at the season's start, blowing away both 81:39 Mt. SAC team Simi Valley and Clovis by over two and one-half minutes at the Clovis Invitational, then falling victim to injuries and the like that brought them back to the pack and fifth place at Northern Cal. Belmont (LA) continued to improve, as the season went along, recording an 82:09 at Mt. SAC, then easily winning the LA City title by 49 points.

Rod Coker (Vacaville)

Senior. Onion Classic and Mt. SAC Race 50 winner. Twenty-fifth at Nor Cal and eighteenth Northern Californian at Kinney Western.

Allen Williams (Nevada Union, GrassVly)

Senior. Twenty-sixth at Nor Cal. Nineteenth Northern Californian at Kinney Western.

James Garrett (Vacaville)

Senior. Chico Invitational winner. Twenty-first Northern Californian at Kinney Western.

Gary Nagel (Mt. Whitney, Visalia)

Senior. Twenty-third Northern Californian at Kinney Western.

Greg Honig (Bella Vista, Fair Oaks)

Junior. Resides in Citrus Heights. Twenty-fourth Northern Californian at Kinney Western.

GIRLS

FIRST TEAM ALL-NORTHERN CALIF.

- 1. Rebecca Chamberlain (Leigh, San Jose)**
Junior. Only finished second three times: Artichoke (to Chapman when she wasn't 100%), Kinney Western, and Kinney National. Set course record at Nor Cal. Her 17:12 at Crystal Springs was #7 all-time. Improved from 12th to 1st at Nor Cal after placing 4th as a frosh. Nor Cal Junior of the Year!
- 2. Shannon Clark (Mountain View)**
Junior. Repeated her second place finish at Nor Cal. Second team all-western U.S.
- 3. Colleen Donovan (Lodi)**
Senior. Improved from 15th to 3rd at Nor Cal. Second team all-western U.S. Sac-Joaquin Section champ. Nor Cal Senior of the Year!
- 4. Laurie Chapman (Gunderson, San Jose)**
Junior. First team all-western U.S. Improved from 9th to 4th at Nor Cal. Defeated Chamberlain at Artichoke.
- 5. Sabrins Han (Westmoor, Daly City)**
Junior. Third team all-western U.S. Ran Crystal Springs course in 17:41.
- 6. Lori Andeen (Menlo-Atherton, Atherton)**
Freshman. Nor Cal Freshman of the Year!

Fine Flicks by Don Gosney



SHANNON CLARK

Fine Flicks by Don Gosney



LAURIE CHAPMAN

- 8. Katie McCandless (Castilleja, Palo Alto)**
Freshman. Number three freshman at Nor Cal. Central Coast Section Region I winner.

continued on next page...

Prep Notes

SECOND TEAM ALL-NORTHERN CALIF.

9. Monica Daley (Los Gatos)
Junior. Led her team to Nor Cal championship.

10. Janine Ogas (Clovis)
Senior. Led her team to second place at Nor Cal. Central Section North Area champ. Number two senior at Nor Cal.

11. Wanda Bailey (Fairfield)
Freshman. Onion Classic and Sac-Joaquin Subsection 2 champ.

12. Mande Wood (Vacaville)
Senior. Second at Sac-Joaquin Subsection 2. Number three senior at Nor Cal.

13. Sydney Thatcher (Encinal, Alameda)
Junior. San Ramon small school champ.

14. Lori Cook (Golden West, Visalia)
Senior. Set course record at Central Section. Repeated 14th place finish at Nor Cal.

15. Julie Rivers (Livermore)
Senior. North Coast Section champ.

16. Kathy Dalton (Sonoma Vly, Sonoma)
Sophomore. Nor Cal Sophomore of the Year! Twelfth Northern California at Kinney Western.

THIRD TEAM ALL-NORTHERN CALIF.

17. Brenda Payton (El Dorado, Placerville)
Senior. Sac-Joaquin Subsection 4 champ. Seventh Northern Californian at Kinney Western.

18. Angela Bonomini (Red Bluff)
Senior. Improved from 21st to 18th at Nor Cal.

19. Heather Hollahan (Enterprise, Red.)
Senior. Thirteenth Northern California at Kinney Western.

20. Carolyn Spencer (Monte Vista, Danville)
Freshman.

21. Lorena Ferreira (Half Moon Bay)
Senior. Third at Artichoke small school.

22. Laura Carter (San Ramon, Danville)
Junior. Second North Coast Section 3A.

23. Carla Holmes (Menlo-Atherton, Atherton)
Senior.

24. Julie Ruiz (Ursuline, Santa Rosa)
Senior. North Coast Section 2A North Champ. Second at Stanford "B".

HONORABLE MENTION

Sherri Minkler (Ahal, Sebastopol)
Senior. Stanford "B" champ. Fifth Northern Californian at Kinney Western.

Sally Wood (Piedmont)
Senior. North Coast Section 2A South champ. Eighth Northern Californian at Kinney Western.

Wendy Knox (Del Oro, Loomis)
Senior. Resides in Rocklin. Second in Sac-Joaquin Subsection 4. Ninth Northern Californian at Kinney Western.

Kelly Ilnicki (Harbor, Santa Cruz)
Sophomore. Eleventh Northern Californian at Kinney Western.

Lori Wilson (Terra Nova, Pacifica)
Senior. Artichoke Small school champ. Fourteenth Northern Californian at Kinney Western.

Terri Dillon (Bella Vista, Fair Oaks)
Senior. Fifteenth Northern Californian at Kinney Western.

Deonne Self (Del Campo, Fair Oaks)
Senior. Resides in Sacramento. Sixteenth Northern Californian at Kinney Western.

Eugenia Jauregui (Newark Memorial, Nwk)
Senior. Second North Coast Section. Seventeenth Northern Californian at Kinney Western.

Maura Diglesi (McAteer, S.F.)
Junior. Eighteenth Northern Californian at Kinney Western.

Stacey Wainwright (Merced)
Junior. Nineteenth Northern Californian at Kinney Western.

Margaret Coric (Capuchino, San Bruno)
Senior. Twenty-first Northern Californian at Kinney Western.

Teresa Poy (El Cerrito)
Junior. Twenty-fourth Northern Californian at Kinney Western.

Fine Flicks by Don Gosney



DARIN JAUREQUI

BOYS TEAMS

The teams are listed according to their finish in the Northern California Championship.

1. Lassen (Susanville)
Coach Bob Wall. First at Cougar Relays, Chico, Artichoke large schools, and Northern Section. Improved from 11th to 1st at Nor Cal.

2. Clovis
Coach Steve Ward. First Central Section North Area and Central Section. Second at North Yosemite League. Repeated second place at Nor Cal. Third at Crystal Springs Championship Varsity.

3. Bellarmine (San Jose)
Coach Terry Ward. First Lowell, Alum Rock, Stanford "A", Two-mile postal, Central Coast Section Region I, Central Coast Section. Improved from 5th to 3rd at Nor Cal.

4. Moreau (Hayward)
Coach Phil Wilder. First at Catholic Athletic League and North Coast Section. Second at Artichoke small school, Crystal Springs Championship Varsity, and North Coast Section 2A South.

5. Jesuit (Carmichael)
Coach Walt Lange. First Clovis, Crystal Springs Championship Varsity, Sac-Joaquin Subsection 2, and Sac-Joaquin Section.

6. Leigh (San Jose)
Coach Bill Hotchkiss. First Artichoke large school, Foothill, West Valley Athletic League, Central Coast Section Region III, Second Alum Rock, Two-mile Postal, and Central Coast Section. Fifth at Crystal Springs Championship Varsity. Sixth at Clovis. Repeated sixth place finish at Nor Cal.

7. Willow Glen (San Jose)
Second Central Coast Section Region II, Third Central Coast Section, Fifth Two-mile Postal.

8. Madera
Coach Dee Dewitt. Second Central Section North Area and Central Section.

9. Nevada Union (Grass Valley)
Coach Tim Kayes. First Sac-Joaquin Subsection 3, Second Capital Athletic League and Sac-Joaquin Section. Third Cougar Relays. Improved from 12th to 9th in Nor Cal.

10. Miramonte (Orinda)
Coach Don Phillips. First Bob McGuire, San Ramon small schools, Foothill Athletic League, North Coast Section 2A South, Second Hershel Miles Large and North Coast Section, Fifth Stanford "A".

11. Livermore
Coach Nick Winter. First East Bay Athletic League and North Coast Section 3A, Second Mariner large schools, Third North Coast Section, Fourth Hershel Miles large schools, 18th Stanford "A".

12. Vacaville
Coach Mike Larson. First Onion Classic and Mt. SAC #50, Second Chico and Sac-Joaquin Subsection 2, Third Stanford "A" and Sac-Joaquin Section, Fourth Crystal Springs Championship Varsity.

13. Lowell (San Francisco)
Coach Jim Thomas. First San Francisco Section, Second Lowell, Fourth Ram, Tenth Artichoke large schools.

14. Enterprise (Redding)
Second Northern Section, Third Chico.

15. Skyline (Oakland)
Coach Norbert Payton, the former sprinter from Washington State. First Oakland Section, Ninth Lowell, Nineteenth at Stanford "A".

GIRLS TEAMS

1. Los Gatos
Coach Willy Harmatz. First Central Coast Section Region III and Central Coast Section. Second Two-mile Postal, Third Alum Rock, and Artichoke large schools. Fifth Palos Verdes. Improved from 2nd to 1st at Nor Cal.

2. Clovis
Coach Steve Ward. First Crystal Springs 97:22, 9th all-time and Central Section. Second North Yosemite League and Central Section North Area. Improved from 5th to 2nd at Nor Cal.

3. Menlo-Atherton (Atherton)
Coach Plato Yanicks. First Center Meet at M-A, Center Meet 10/11 & 10/18, Two-mile Postal, and Peninsula Athletic League. Second at Central Coast Section Region I and Central Coast Section, Fourth Stanford "A".

4. San Ramon (Danville)
Coach Bob Vincent. First Bob McGuire, East Bay Athletic League, and North Coast Section, Second San Ramon large schools and North Coast Section 3A, Fifth Stanford "A".

5. Half Moon Bay
Coach Dick Calvin. First Ram, Artichoke small schools, Stanford "B", Mariner small schools, and Central Coast Section Region I. Second Center Meet 10/11, Third Central Coast Section.

6. Bella Vista (Fair Oaks)
Coach Rita Fagundes, wife of Sac-Joaquin Section Editor Steve Fagundes. First Capital Athletic League, Sac-Joaquin Subsection 3, and Sac-Joaquin Section.

7. Monte Vista (Danville)
Coach Randy Knudson. First North Coast Section 3A, Second East Bay Athletic League, Third North Coast Section.

8. Golden West (Visalia)
Coach Jess Arriaga. Second Central Section.

9. Lowell (San Francisco)
Coach Lloyd Wilson. First Artichoke large schools and Center Meet 10/25, Second Ram, Sixth Crystal Springs. Improved from 13th to 9th at Nor Cal.

10. Merced
Second Sac-Joaquin Section.

11. Red Bluff
Coach Roland Lint. Second Northern Section.

12. Del Campo (Fair Oaks)
Coach Rita Yund. Third Crystal Springs, Sac-Joaquin Subsection 3, and Sac-Joaquin Section.

13. Yreka
Coach Jim Eckman. Third Northern Section.

14. Marin Catholic (Kentfield)
Coaches Tom Thompson and George Roach. First Alum Rock, Second Stanford "B" and Mariner small schools and North Coast Section, Third North Coast Section 2A North.

15. Skyline
Coach Norbert Payton. First Oakland Section, Twenty-fourth Stanford "A". Repeated Nor Cal finish.

Fine Flicks by Don Gosney



COLLEEN DONAVAN

Northern California Athletes and Coaches of the Year

Boys Coach: Bob Wall (Lassen, Susanville)
Senior of the Year: Calvin Gaziano (Castro Valley)
Junior of the Year: Eric Mastalir (Jesuit)
Sophomore of the Year: Jason Lienau (Clovis)
Freshman of the Year: Scott Cole (Yosemite)
Cole placed eighth in the Central Sec. in 15:13.3 for 3 miles.

Girls Coach: Willy Harmatz (Los Gatos)
Senior of the Year: Colleen Donovan (Lodi)
Junior of the Year: Rebecca Chamberlain (Leigh, San Jose)
Sophomore of the Year: Kathy Dalton (Sonoma Valley, Sonoma)
Freshman of the Year: Lori Andeen (Menlo-Atherton, Atherton)

POINTS OF INTEREST

By RICHARD LEE SLOTKIN

The L.A. City Cross Country Finals were supposed to be run on December 8th at Pierce College. They were postponed until the 12th because some rainy weather had left the course a little muddy.

This is absurdity carried to an art form. Would you postpone the Rose Bowl game because someone was tackled and got his uniform dirty? Would you postpone dinner because you spilled some gravy on the counter? Would you postpone World War III because someone had lint in his rifle barrel?

I mean, what's going on here? Cross Country means mud, and dust, and hills, and even creeks. What kind of people do you think are running in cross country meets? Especially the City Championship. These kids aren't wimps, you know. By now, the wimps are gone. They dropped off the team after their second go at Poke Peak, or their team was eliminated at league finals.

All these kids who made it to finals, teams and individuals, boys and girls, every last one of them, is harder than a Navy biscuit; tougher than a truck-stop steak; mean as a junkyard dog. They've spent the past 3 months in those Pierce College hills being honed to a sharpness and toughness that would do justice to a Green Beret. Sure, some of them will never threaten Pat Porter or Betty Springs, but whatever their level of ability, the kids are ready for anything that course can throw at them, including mud;

including rain and snow. To even slow them down it would take a buffalo stampede; or a land mine.

Hey, you city officials: This is cross country, not croquet. It doesn't matter if it rains on a cross-country course, or snows. At the appointed time, you run. Period. No matter what's out there. Finishing a cross country race without getting some mud or dirt on you is like coming out of the Navy without a tattoo; leaving high school without a diploma; or, going to the prom without a date.

Remember the cross country nationals in Burbank a few years ago? It rained all day, and it was cold yet. Everyone from peewees to world class ran that day. They all ran. On schedule. Each succeeding race found the course even more chewed up than the previous race, but the show went on. And it was a great show, too. That was the day the brash Adrian Royce upset Alberto Salazar, and a quiet Betty Springs came within an inch of doing the same to an even quieter Julie Brown. And they had plenty of high schoolers, and grade schoolers, for that matter, out there. Sure, it wasn't comfortable, but, folks, that's what cross country is. You take what the course and the weather gives you; and you get that sort of mystique that makes cross country, and the people who run it, just a little bit special.

Next year, let 'em run!

PR's



photo by Richard Lee Slotkin

From Richard Lee Slotkin

LARI AMEY

Lari Amey (SMTC) Beverly Hills Perrier 10K	37:10
Lee Berg (HACK) CSULA Turkey Trot 5K	16:42
Roger Boedecker (SLDC) St. George (Utah) Marathon	3:05:00
Velma Bowden (SLDC) Harvest Festival 10M	76:36
Garry Brown (SLDC) Humbolt Redwoods Marathon	3:12:00
Jean Brown (SLDC) Humbolt Redwoods Half Marathon	*2:17:00
Donna Chadwick (SMTC) Beverly Hills Perrier 10K	37:05
Kirsten Church (Granada Hills H.S.) vs. Kennedy 3.1 M X-C	24:48
Alice Erickson (Granada Hills H.S.) vs. Kennedy 3.1M X-C	20:38
Pat Ewing (SMTC) Sacramento Int'l Marathon	2:19:21
Ron Gee (SMTC) Beverly Hills Perrier 10K	30:16
Dawn Goldstein (Granada Hills H.S.) vs. Kennedy 3.1M X-C	25:11
Greg Hauser (SMTC) Steve Garvey 10K	31:37
Greg Hauser (SMTC) Beverly Hills Perrier 10K	30:13
Ed Johnstone (Loeschorn's) New York City Marathon	4:05:43
Noah Kanter (Berkeley H.S.) Berkeley Waterfront 5 Mile Run	29:07
Keith Kirkpatrick (SLDC) Heart of San Diego Marathon	2:47:37
Kim Pixler (Granada Hills H.S.) vs. Kennedy 3.1M X-C	24:05
Gladees Prieur (SMTC/CPSLO) Beverly Hills Perrier 10K	34:25
Bonnie Robinson (SMTC) Beverly Hills Perrier 10K, 2ndF 40-49	39:30
Cami Slotkin (Granada Hills H.S.) vs. Kennedy 3.1M X-C	27:05
Rick Tanner (HACK/Hamilton H.S.) League Finals X-C 3.1M	15:27
Bruce Thompson (HACK) CSULA Turkey Trot 5K	15:46
Bruce Thompson (HACK) Beverly Hills Perrier 10K	32:16
Mary Tracy (Roos) Beverly Hills Perrier 10K	35:09

* - 1st time at distance

Club Abbreviations

Adi - Adidas Regional Team	CHART - Team Chart House
AW - Athletics West	CH - Club Hack
BAS - Bay Area Striders	Conv.Ag - Converse Aggies
BB - Basin Blues	GBR - Golden Bay RunnersGH - Granada Hills H.S.
BHS - Berkeley H.S.	HA - Hughes Aircraft R.C.
BOLT - Lightning Bolt T.C.	HACK - Club Hack
C.C. - California Condors	HARC - Hughes Aircraft Running Club
CCF - Capital City Flyers	HDR - High Desert Runners

LAS - Los Angeles Saints T.C.
 Master Striders - So. Calif. (Master) Striders
 MERC - Merced Track ClubMTC - Merced Track Club
 NHTC - New Horizon T.C.
 P&E - Puma & Energizer T.C.
 PCC - Pacific Coast Club
 PFF - Point Farmin Flyers
 Roos - Team Kangaroo
 RR - Rattli Runners
 SCR - Santa Clarita Runners
 SCRR - Southern California Road Runners
 SDTC - San Diego T.C.
 SMTC - Santa Monica T.C.

SRT - Saucony Racing Team
 SSP - Sierra Slowpokes
 STSC - Stars and Stripes Track Club
 STCRK - Stevens Creek Striders
 TPC - Team Pacific Coast
 UCB - Univ. Calif-Berkeley
 USN - U.S. Navy
 VPHS - Villa Park H.S.
 WAC - Will's A.C.
 WRAC - Westside Road Runners A.C.
 WVTC - West Valley Track Club

Send your P.R.'s (*that's Personal Record updates*) to Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

Name _____

Event _____

Mark _____ Club/School _____

Check if first time*

BACK ISSUES AVAILABLE

Beginning with issue No. 1—Sept./Oct. 1974 all back issues (except No. 36—June, 1979) are still available. \$1.50 each (plus 50¢ each postage/handling). Order 10 or more and we pay postage. Order by number and/or date. Send check to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly reports of 300 words or less to: Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. 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.

Davis Running Club

218 Grande Ave., Davis 95616

Earlier this year, a group of local running enthusiasts unofficially established a new running club in Davis. At that time, the purpose of the club was to be the organizational arm for a race called the Davis Enterprise Blue Devil Classic. With the success of the 84 Classic, and with a commitment for sponsorship by the major sponsors for 1985, we are now anxious to bring the new club out in the open. We see the following points as major goals for the Davis Running Club:

1. Provide training tips to all club members, whether they be joggers or racers. This goal will be accomplished through club newsletters and club activities.
2. Provide conditioning incentive for all members through the use of club runs on a scheduled basis. The runs would be geared to all levels of individual development and expectation.
3. Organize club events designed to be social activities. These activities would include such things as: club picnics or potlucks, fun runs for the whole family, and carpooling or bus trips to various races.

4. Establish the club as a community organization by: a) Organizing annual quality races, working with local businesses as sponsors, and other athletic clubs. b) Providing races and events that are of direct financial benefit to local organizations and charities.

Basically, we would like to establish an organization of runners and joggers who are truly interested in the sport and being around others who hold the same basic interest.

The initial dues are cheap - free. If you have any questions concerning the Davis Running Club, contact: Ron Vogel (916) 753-1431 or Don Winters (916) 756-9144.

Bakersfield Track Club

P.O. Box 10371, Bakersfield 93389

It's time to get ready for the Bakersfield Marathon and Half Marathon. Our biggest race will be held February 2, 1985. For a flyer and/or entry blank please call Dale Tedrow (805) 399-3875 or 861-2159, x48.

Many of the area's races are held on the same day. This is a problem not only for the prospective runner but for the organizer as well. What we have needed for a long while was one person to coordinate a race calendar. We finally have that person. Paul Cross has volunteered to begin a racing calendar. If you, or anyone or organization you know of are planning a race in the upcoming year (even if that race is annual and we are already supposed to know about it), please contact Paul Cross at (805) 399-5750. A central race calendar would lessen the chances of races being held on the same date.

Sub-4 Track Club

2620 Temple Heights, Oceanside 92056

Len Miller was recently named director of Sub-4 Track Club athletes. Len, Steve Scott's coach, has enjoyed a long, colorful career. As head track coach at the University of California at Irvine, Len experienced great success with the likes of Steve Scott, Ralph Serna, Don Moses and a number of other current Sub-4 members. Len then went on to Arizona State to take over their track program.

Len now resides in southern California where he is currently working as both recruiter and coach of the Sub-4 Track Club.

Dave Taylor Ireland's No. 3 miler, has taken up residence in Oceanside and will be training here through the winter. A part-time employee at Sub-4 and full time

pupil of coach Tom Steiner's unique training methods, Dave is planning a full schedule on the Western road race circuit.

Ron Cornell spent the better part of the summer competing in Europe, mostly Scandinavia. Racing distances from 800m to the half-marathon, he broke the tape four times, including a 1:03:53 half-marathon in Pitea, Finland in August, scored two 2nds, a 3rd and 4th. Returning from his journey abroad he immediately jumped into the L.A. 10K and finished a creditable 4th in 29:33 though suffering from some real eye-closing jet lag. Coming back a week later and his circadian rhythms a bit more in line, he garnered fifth in a very competitive America's Finest City Half-Marathon in San Diego (1:05:07) and the next two weeks brought home the bacon with firsts at the Palos Verdes 10K and the much ballyhooed Two Way 5K Relay. Current plans are to put in some goo, long mileage and come back in February to defend his Long Beach Marathon title.

Southern Cal. Striders

8306 Wilshire Blvd., Suite 316, Beverly Hills 90211

At the annual awards banquet, the following awards were presented and officers elected:

Outstanding Athletes of 1984	Age Division
Tony Castro (Track)	70-79
Bob Hunt (Track)	60-69
Bill Fitzgerald (Track)	50-59
Dave Douglass (Field)	50-59
Mel Elliott (Track)	40-49
Dee Dewitt (Field)	40-49
Nolan Smith (Track)	30-39
Rufus Morris (Field)	30-39
Chestine Barnes (Track)	Women
Marilyn White (Field)	Women
Hank Lange, Jr. (LDR)	30-34
George Cohen (LDR)	40-49
Jerry Withers (LDR)	50-59
Harold Daughters (LDR)	60-69
Maxine Waters (LDR)	Women
New Club Officers:	
President	Mike Castaneda
Vice President	Walt Atcheson
Treasurer	Byron Potts
Membership Secretary	Rufus Morris
Newsletter Editor	Fred Niedermayer
Uniform Manager	Bill Fitzgerald
Jerry Withers	LDR Team Captain
Nolan Smith	30-39 Team Captain
Hai Smith, Louis Smith	40-49 Team Captain
Bob Hunt	60-69 Team Captain

Converse Aggie T.C.

127 Haight St., Menlo Park 94025

The San Mateo City Turkey Trot heated up a bit this year with the appearance of Matt Giusto, last year's Kinney national champion and 42nd at the NCAA Cross Country meet this year as a freshman at Arizona. Giusto took it out fast, but was reeled in over the last two miles by former Aragon, College of San Mateo, and Cal Poly runner Joe Green. After some pushing, the two decided to tie. Both ran a good time for the tough course (record 14:27 by Mitch Kingery) with 14:46. Besides Green, club member John Sheehan finished 7th in 16:06.

Joe Mangan was third in the Clarksburg 20 Mile with a solid 1:46. Matt Yeo led all club members at the California International Marathon in Sacramento on December 2nd with his 2:19 finish.

Empire Runners

P.O. Box 1627, Santa Rosa 95402

With the start of the New Year, it becomes easier for club president John Anderson to reflect on changes that have taken place within the Empire Runners. During the past few months they have been trying to adapt to the needs of the club members. According to Anderson, "None of the changes have been earth shattering, but I feel they are in the best interest of the club."

They've added four age group divisions to their races. The mens' and womens' 50-59 group has been replaced by two new divisions, 50-54 and 55-59. This was done at the request of members who pointed out how large the division had grown.

The first steps have been taken in the construction of the Empire Runners' club house/storage shed. Plans have been drawn up by the firm of McGuire and McGuire. Sandy McGuire has donated the land necessary. Mort Gray is obtaining the building materials. Now all that is needed is a break in the monsoon season so the construction crew can go to work.

Perhaps the biggest change has come in the racing calendar. The number of races has been cut down. Some of the longer races have been dropped and replaced by shorter ones. It was felt that it was no longer necessary for the club to put on so many races when other organizations are fighting to put them on.

San Diego Track Club

P.O. Box 2141, Del Mar 92014

On November 11th the annual awards banquet was held at Tom Ham's Lighthouse on Harbor Island. The following awards were presented for the year 1984:

Yvette Niles	Juniors
Eric Billmeyer	Juniors
Sean Sandoval	Juniors
Tiffany Gorman	Juniors
Leslie Howland	Open Women
Stan Vega	Open Men
Jose Vega	Long Distance Men
Shirley Matson	40-plus Women
Gary Novak	40-plus Men
Alice Leicht	50-plus Women
Jim O'Neil	50-plus Men
Mary Storey	60-plus Women
Jim McCown	60-plus Men
Don Schroeder	Service Award
Bill Stock	Service Award
Tom LaPuzza	Service Award
Joni Pendleton	Service Award

Lompoc Valley D.C.

P.O. Box 694, Lompoc 93436

On December 1, Ray Gill participated in the World Association of Veteran Long Distance Runners XVII 10K Championships in San Diego. Gill (60) placed 6th in a time of 39:59 in the 60-64 age category and was 117th overall among 332 veteran runners from all over the world. The oldest participant was 88 years old.

On December 2, 197 runners participated in the First Annual Hospice of Santa Barbara 10K Run for Life over a hilly and winding course. LVDC member John Holoubek (69), was 49th overall, 43:04, and placed first in the 60-plus age group. Kurt Cook (22) was the overall winner in 32:09, and Anne Hayden (30) was the first woman in 38:24.

Also on December 2nd, on a chilly morning, 1,700 runners participated in the California International Marathon

and National TAC Senior Men's Championship. Lee Heinz (49), LVDC's 1985 Marathon Race Director, finished the race in a personal best time of 3:23:39, placing 427th overall in the 26.2 mile distance. The winner was Ken Martin of Mesa, Arizona in 2:11:23.

Tamalpa Runners

P.O. Box 701, Corte Madera 94925

On slippery, muddy courses on the shore of the Bay in bleak Point Pinole, Tamalpa's masters women won the club's second PA-TAC team championship of the season. A 3-woman Tamalpa masters team had also won the first, at the Perry's to Perry's Half Marathon. This time, five women made up a team on the 10K cross-country course, also known as the Pinole Skunk Run, and held on November 11. The sloppy conditions made times one to two minutes slower than they were last year on nearly the same course (there were no log jumps this time). Eve Pell, Nadine O'Connor, Barbara Magid, Kay Willoughby, and Judie Donovan made up the team (in order of finishing time), with Katy Martin in reserve. All finished between fourth and ninth place, giving Tamalpa a decisive margin of victory over second place NorCal Seniors. The team prize was \$175, which will be split, with half going to the women's racing team for future races and half to the winning team members individually.

A masters men's team also did well in the race, placing second in the highly competitive event. The scorers were Jim Gibbons, Peter Laskier, Bill Catanese, Darryl Beardall, and Arvid Olson.

And in the open men's division, an outstanding effort by Dan Buck, Rich Govi, Rob Heierle, Fred Frauens, and Butch Alexander yielded only fourth in the very high quality field.



Marty Kibloski to Bruce Thomson en route to 3rd place finish for Club Hack in the China Cup Series 25 Mile Relay.

San Luis Distance Club

P.O. Box 1134, San Luis Obispo 93406

On November 10th the club was represented at the Fresno Marathon and Half Marathon. Two SLDC members had record performances on this year's new course which started at Fresno State and finished at the Fulton Mall. Wheelchair racer Rory Cooper achieved his goal of being the first finisher in a marathon when he rolled to a 2:21:11, well ahead of the winning time of 2:30:15 for the first runner. Rory's mark is also the fastest ever for the club, 43 seconds ahead of Eddy Cadena's open division mark of 2:21:54 from 1977. Also in the marathon were Jeff Herten and George Johnson, finishing together at 3:03. For Jeff, the marathon was a step down from his recent ultramarathons (including the Western States 100 Mile) while the marathon was the first for George who was on sub three hour pace through 20 miles. In the half marathon, it was another age record for Paul Spangler, age 85, timed in 2:17:1 lower his previous best in that division by a minute. Avenue of the Giants marathoner Debbie Herten covered half the distance this time, finishing in 1:54. The race had many extras, including guest hosts for out of town runners, a pre-race dinner and seminar, team competition, and a drawing for a trip to Boston among qualifiers for both men and women.

Time Machine Wins National Title

by Ron Axtell

Two more National Age-group titles were brought back to the Saddleback Valley this past week, but they weren't for swimming. The Time Machine USA, the Valley based cross country team, won the National Junior Olympic Cross Country Championship in both the Bantam Boys and Bantam Girls age divisions.

Over 1700 youth runners competed in St. Louis under clear skies and muddy, patchy snow over the 3000 meter course. In the first race of the day 15 Bantam girls teams and 133 harriers took the starting line. Heather Sterlin led the Time Machine girls with a 13th place finish, followed closely by the trio of Cheri Smith (14th), Vanessa Lacy (15th), and Courtney Leonard (18th). Rounding out the scoring was Laura Roundy in 27th and Wendy Brown in 44th. This gave the Time Machine USA a strong victory 87-128 over the next place team.

Jonathan Malkin (9th) and Shawn Restante (10th) paced the Bantam Boys of Time Machine to their first National title and the third overall (including last year's Bantam Girls track title) for the Time Machine. Finishing the scoring were T.L. Comte (18th), Jim Parsons (27th), and Eric Romero (35th). This gave the boys a 99-133 victory over the other 12 teams in their division.

Other Time Machine qualifiers for this championship were Shannon Liddy, a Midget girl who placed 36th overall, and Jason Sharp, a Youth boy with a 63rd place.

Club Hack

3101 Queensbury Dr. L.A. 90064

November has always been a good month for the Hacks. The cooler weather usually results in good workouts which produce good races. Choosing the Performance of the Month was especially difficult as three Hacks have had some exceptional performances. Bruce Thomson had a fine 20:46 4 mile workout at Cal State Armpit (no lights). Rick "Return of the High School Hack" Tanner ran a PR 15:27 for a 2nd place finish at league finals. Eric "High School Hack" Waran however receives the "prize" for his 19:59 17th place performance at the State JC Meet. "High School" also placed 11th at Regionals 2 weeks earlier.

The team race for November was the CSULA Turkey Trot on the 22nd. 6 Hacks ran the 5K as the "yellow swarm" invaded the campus.

Leading Hack performer was Bruce Thomson running 15:46 placing 4th overall.

One other noteworthy performance was a 16:40 4th place finish for Lee J. Berg at the Ladera Heights Community 5K on November 17.

Basin Blues

17423 Runnymede St. Van Nuys, CA 91406

The SPA-TAC 15K Championships held November 17 at Smith Park in Pico Rivera were dominated by the Basin Blues men. Our club was best represented in sheer numbers at the start and it became apparent early that we were not lacking in quality either. It took a little less than an hour for our open and 35-39 age division squads to capture their respective crowns.

The open squad was led by Rich Brown who returned from several months of non-racing to take third overall with an excellent time of 47:56. The Blues venerable Jerry Alexander was right behind Rich for fourth overall in a time of 48:33. Rounding out our championship open squad were Andy Ligeti in a time of 50:35 for sixth overall with Mike Chambliss right on Andy's heels in a time of 50:48 for seventh overall, and finally Tom Sneddon took sixteenth overall in a time of 52:32. The open squad's overall combined time was 4 hr. 10 min. 24 sec.

Ray Bagby took 21st overall in 54:13 and Bill Lovelace took 22nd overall in a time of 54:20 to lead the Blues' 35-39 age division squad to victory. The other members were Danny Pondella, Rene Ruiz and Tony Keary who miraculously registered for the race.

The runners that captured their respective age division championships were Jerry Alexander in the 30-34 CAT, and Mike Chambliss who won the 35-39 age division.

Last but not least, the Basin Blues would like to extend our warm greetings to California Track & Running News staff members and the readers of CT&RN regarding a happy and healthy 1985.

8th ANNUAL

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MEET RECORDS

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

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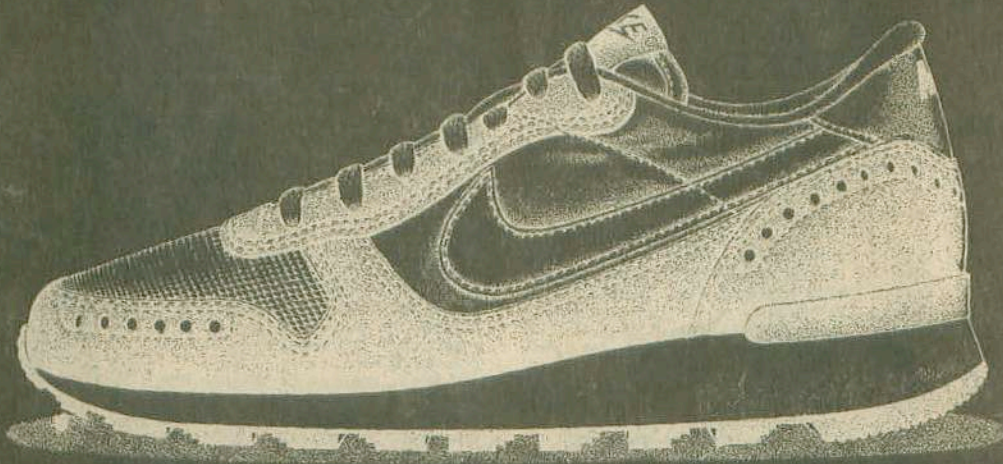


Dennis McCleanahan
Track & Field Coach
Mt. Carmel High School
9550 Carmel Mtn. Road
San Diego, CA 92129
(619) 484-1180

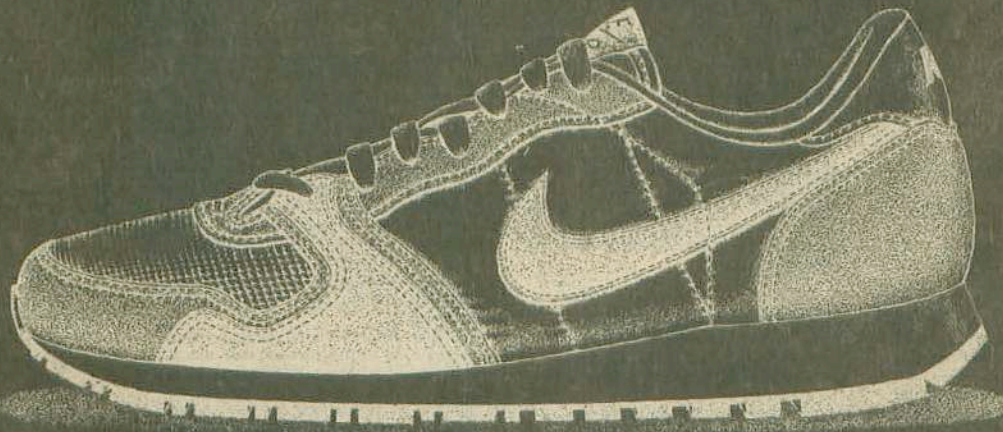
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