

RIMA & RUNNING NEWS

JANUARY 1985

ISSUE NO. 99



Kinney Cross Country Champions

1t Lange Jesuit High School

Digital Quartz Stopwatch With Printer, SP11

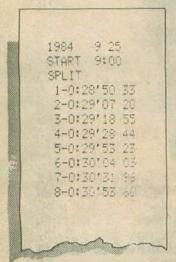


System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP



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

Applications

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

Specifications

Time Base & Accuracy:

Quartz oscillator, ±0.5 seconds (24 hours/70°F)

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

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

Standard Accessories:

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

Optional Accessories:

S-950 Seiko thermal paper in 5-roll boxes

Available From:

P.O. Box 459 San Carlos, CA 94070 (415) 595-2249

Also a special \$10.00 discount for mentioning that you saw the ad in CT&RN.

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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, Mariott'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, Clarement 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 (Espanade 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/½marathon, 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 Chobolan 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 Danyon 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 HIII 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 & Recr. 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.

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 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 Sedrvices, 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. 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 (Limantour 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

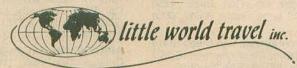


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S Quality Hotel



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
10271/2 Alameda, Belmont, CA 94002
(415) 592-0664



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

JAN 19: CSULB All Comers. Cal State U., Long Beach. Ralph Lindeman, Atletic 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 Unalversity, 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 Cerveney, 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 Cerveney, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 17: Los Angeles Women's Relays. Cal State Los Angeles, 10 am. Gudrun Armanski, 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 Armanski, 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 Lynoak 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 Lynoak 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 Collseum Classic. Los Angeles Memorial Collseum, 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 Bivd., 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 Champinships. 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, landianapolis, IN 46206. (317) 638-9155.

.A. Southwest Rotary Club District 528

In Support of The Rotary Foundation Presents



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

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 9:00 am. 100 meter (w-m) Semi-final

10:00 am. 110 meter High Hurdles (m) Semi-final

10:30 100 meter Hurdles (w-m) Semi-final

11:00 200 meter (w-m) Semi-final

11:45 am. 1500 meter run (w-m) (FINAL)

12;30 am. 3000 meter Steeplechase (PINAL)

1:00 pm. 5000 Race walk (w-m) Combined (FINAL)

LUNCH 1:30 pm,

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

100 meter (w-m) (FINAL)

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) 5:35 400 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

High Jump, Pole Vault

3:15 pm. Shot put, Triple Jump

4:15 pm.

TEAM			19	19	19	1
PATRIOTS		1.	Z		Z	
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LA. PATRIOTS ORGANIZING COMMITTEE . P.O. BOX 1981, BEVERLY HILLS, CA 90213-1981

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

: March 10th 1985, DATE

: California State University, Los Angeles 5151 State University Dr.

: 5 year age-groups- men and women 30 and over.

ENTRY PEE

AGE DIVISIONS

SITE

: 5 10.00 first event (includes T-shirts). 5 5.00 each additional event. Helay teams \$ 20.00. Three events maximum.

REGISTRATION

1 To quarantee participation, entries must be received on or before Pebruary 28, 1985, Late entries may be allowed to participate at meet director's discretion.

ENTRY DEADLINE

Desettine, Midnight February 28, 1985. Late entries, after Peb. 28, 1985 will be charged \$ 12.00 per event, except relays.

SPECTATOR ADMISSION : \$ 5.00 (ickets (all day session).

PACIDITIES.

: Attiticial track 1/4 spikes, All runways are artificial concrete rings, 400 meter Arco track with electronic timing,

COMPETITION

Momen 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.

AMANDS

Awards for first three places. Awards presented at conclusion of each event.

SPONSORS

1 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

Harvin Thompson, L.A. Patriots, President Jim Bentley, Meet Director P.O. Pox 2981, Beverly Mills, 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.

нане		AGE DATE OF BIRTH
PHONE		EVENTS ENTERED 1
ADDRESS	RMONEY!	3:-===
CITY	The state of	BEST TIMES 123
STATE	ZIP	CLUB APPILIATION
HALE	FENALE	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.

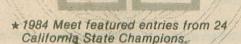
DATE	SIGNATURE	
12. 37 C ET.		

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"



- * 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" - 66'1014' - 204'11" - 50'1114'

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" - 20'434" - 50'10" - 172'4" - 41'91/4"(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.

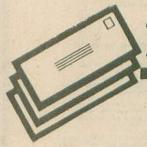
In NCAA Div. III, it was an off year for SoCal schools. however in NCAA Div. II, the gals from Cal Poly, SLO continued their dynasty with a whopping 32-107 win over runner-up South Dakota State.

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 in-

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-ofstate tuition.



Mailbag

UNIMPORTANCE OF RUNNING

The letter entitled "And More" from Al Hromiak 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 ... t "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

TRAINING TIPS FROM





ON AS LITTLE AS THREE MILES A DAY

v Jeff Galloway

S EVERAL YEARS AGO I was iving a clinic on marathon training. During he 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 embarass 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, casy 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 possi-

ble. 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 signifi-cant 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 per-sons 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. ... 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 discourag-

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 gropes 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 shar-ing 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

For Gods sake, help keep it there. I urge you to do so. Don't be wooed by siren voices that say stay under the table. They have their own special reasons and those reasons are not usually in your best in-terests. 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

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 startiing new change in that direction with respect to TACTRUST. Beginning in January, 1985 your race can be a co-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 pay ment to TAC, our computers do the rest Now for the bad news. For 1985 the pro-gramme 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 situa-tions. It isn't community when people do ing 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 oursport must regulate itself so that its athletes can always compete in the Olympics and other international competi-tions. 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 ac-tivities or your freedom as sportspersons. 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 anx-

leties. 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 pro-hibition 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 ... 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 oc-cupied 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

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 do-

ing 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 hocum. 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 untoned 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 overeating.

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 steriods. 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 steriod. 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 anerobically, 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

ost 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 pro-

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 hammertoes in a wide splayed foot. There could be plantar fascilits 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 apropulsive 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 vavus foot should have a shoe that is in-toed a bit more, depending upon the foot type. They may go to an intoed 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 and 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.

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

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 feminialty; 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 women 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.

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.

dard 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 individuals 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 RUN-NING AND HURDLING. Edited by Fred Wilt. Translated in English by Dr. Michael Yessis. Champlonships 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 tirst 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 Champlonships Media Gulde. 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 Olympia capatic.

1984 U.S. Olympic Trials Media Quide. 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 Collseum. 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.

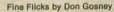
So. Calif. Sports Association 1985 Indoor Meets

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 Chezhoslovakia, Steve Scott, Dwight Stones, Valerie Brisco Hooks, Al Joyner, Alonzo Babers, Said Aouita of Morocco, Kim Gallagher, Jackie Joyner and Sammy Koskei 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 Brisco Hooks, Jarmila Kratochvilova, possibly Carl Lewis, Doug Padilla, Alonzo Babers, Pierre Quinon and Theirry Vigneron of France and Billy Olson. Ticket prices: Reserved \$7-\$15, ticket information (619) 224-4171.

KINNEY

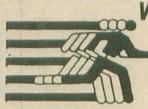
CROSS COUNTRY CHAMPIONSHIPS







Fine Flicks by Don Gosney



15:59 15:59

WESTERN REGIONAL

December 1, 1984 Woodward Park, Fresno 5000 Meters

CALVIN GAZIANO Boys Western Winner

Daren Stonerock (Saugus) Ir. Richard Salazar (Saratoga) Sr. Greg Suiter (Springfield, OR) Sr. Stuart Thompson (San Marino) Sr. Adam McAboy (Orinda) Jr. Craig Blockhus (Los Altos) Jr.

36 Scott Peterson (Sparks, NV) Sr. 37 Carlos Sanchez (Gallup, NM) Sr. 38 Anthony Sanchez (Pecos, NM) Sr.

Andrew Allan (San Marino) Sr. 40 Jeff Wood (San Diego) So. 41 Mike Kramer (Fairbanks, AK) Jr. 42 Virgil Thomas (Gallup, NM) Fr.

43 Scott Machado (Fremont) Jr. 44 David Cantu (Chula Vista) Sr. 45 Clifton King (Gallup, NM) Jr.

Robin Card (Boise, ID) Jr.

47 Brian Vaughan (Berkeley) Sr. 48 Graig Olson (Phoenix, AZ) Sr. 49 Scott Pestka (Phoenix, AZ) Sr.

50 David Whitworth (Hawthorne) Sr.

Scott LaForce (Los Gatos) Jr.

52 Rod Coker (Vacaville) Sr. 53 Peterson Chee (Gallup, NM) Jr.

BOYS SEEDED RACE

MARNIE MASON Girls Western Winner

15:44 15:45 15:45 15:46 15:47

15:47 15:48

15:49 15:50

15:50

15:51 15:51 15:51

15:54

15:55 15:55

15:56 15:57

15:58

54 Ellis DelSol (Chula Vista) Sr.

BOYS SEEDED HACE		55 Paul Boudreaux (San Diego) Sr.
FIRST TEAM ALL-WESTERN		56 Jose-Luis Medina (Lost Hills) Jr.
1 Calvin Gaziano (CastroViy) Sr.	14:49	57 Allen Williams (Grass Valley) Sr
2 Brad Hudson (Eugene, OR) Sr.	14:57	58 Matt Messner (Coos Bay, OR) So
3 Eric Mastalir (ElDorado Hills) Jr.	15:04	59 Don Day (Tucson, AZ) Sr.
4 Greg Whiteley (Irvine) Sr.	15:06	60 Michael Dean (Litchfield) Sr.
5 David Naranjo (Sanger) Jr.	15:07	61 Ted Zeigler, Sr. (Manhattan Boh
6 Vic Santamaria (San Jose) Sr.	15:11	62 James Garrett (Vacaville) Sr.
7 Jim Harvath (ThousandOaks) Sr.	15:13	63 Brian Kingsley (Folsom) So.
8 Mark Mastalir (Él Dorado Hills) Jr.	15:15	64 Gary Nagel (Visalia) Sr.
		65 Michael Scott (Torrance) Sr.
SECOND TEAM ALL-WESTERN		66 Greg Honig (Citrus Hts) Jr.
9 Shawn Sandoval (San Diego) Sr.	15:17	67 David Rivera (San Jose) Jr.
10 Shannon Butler (Eureka, MT) Sr.	15:22	68 Brian Costantino (Temple City)
11 Paul Myers (Thousand Oaks) Sr.	15:24	69 Tim Bentley (Tucson, AZ) Sr.
12 Glenn Morgan (Alburquerque, NM) Jr.	15:25	70 Rafael Castaneda (El Monte) So
13 Enrique Ryan (Honolulu, HI) Fr.	15:25	71 Sergio Peralta (Tucson, AZ) Sr.
14 Doug Hobbs (Mesa, AZ) Sr.	15:26	72 Andy Walsh (Los Gatos) Sr.
15 Danny Lopez (Sierra Vista, AZ) Jr.	15:26	73 Dwayne Antonio (Church Rock,
16 Martin Stroschein (Pocatello, ID) Sr.	15:27	74 Greg Schooley (Santa Barbara)
		75 Dan Vega (Clovis) Sr.
THIRD TEAM ALL-WESTERN		76 Bill Ruff (San Diego) Jr.
17 Dennis Pfeifer(Eureka) Sr.	15:28	77 Lester Yeatts (Tucson, AZ) Sr.
18 Lane Olson (Northridge) Sr.	15:28	78 Walter Terry (Fair Oaks) Sr.
19 Andy Libert (Makawao, HI) Sr.	15:29	79 Heikki Juuri-Oja (Honolulu, HI)
20 Stephen Imlay (Temple City) Jr.	15:29	80 Troy Nelson (Riverside) Jr.
21 Darin Jaurequi (Clovis) Sr.	15:30	
22 Mike Goralka (Livermore) Sr.	15:31	GIRLS SEEDED
23 Darren Hardy (Provo, UT) Sr.	15:34	GINLO SEEDED
24 Jess Llanez (Fresno) Jr.	15:34	
		FIRST TEAM ALL-WESTERN
25 Jason Lienau (Fresno) So.	15:35	1 Marnie Mason (Klamath Falls, C
26 Aaron Mascorro (Rosemead) So.	15:37	2 Rebecca Chamberlain (San Jos
27 Bobby Rivera (Newark) Sr.	15:38	3 Catherine Wall (Molalia, OR) Sr.
28 Jeff Jacobs (Tarzana) Sr.	15:38	4 Verna Woody (Gamerco, NM) Sr
29 Flaul Serratos (El Monte) So.	15:42	5 Tracey Williams (El Monte) Fr.
30 Daren Stonerock (Saugus) Jr.	15:44	8 Laurie Chanman (San Jose) Jr.

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 Boh) 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
FIRST TEAM ALL-WESTERN	17:07
1 Marnie Mason (Klamath Falls, OR) Sr.	17:07
Rebecca Chamberlain (San Jose) Jr. Catherine Wall (Molalla, OR) Sr.	17:33
4 Verna Woody (Gamerco, 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	No. of Concession, Name of Street, or other Persons, Name of Street, or ot
9 Yvette Harari (Albuquerque, NM) Sr.	17:53
10 Darcy Arreola (El Cajon) Jr.	18:00
11 Colleen Donavan (CA)	18:03
12 Tammy McCarty (Ventura) Sr.	18:06
13 Laura Goodwin (Tuoson, AZ) Jr.	18:07
14 Shannon Clark (Mt.View) Jr.	18:09
15 Heather Brookes (Bonita) Sr.	18:12 18:14
16 Sherri Minkler (Sebastopol) Sr.	10.14
THIRD TEAM ALL-WESTERN	10.15
17 Christine Slentz (Spokane, WA) Sr.	18:15
18 Sabrina Han (Daly City) Jr.	18:18 18:21
19 Patty Almendariz (Los Angeles) Sr.	18:21
20 Brenda Payton (Placerville) Sr.	18:22
21 Julie Farrer (Las Cruces, NM) Sr.	18:24
22 Lisa Rizzo (Valencia) Jr.	18:24
23 Lisa Williams (El Monte) So. 24 Michelle Lewis (Ventura) So.	18:25
24 Milliolle Lewis (Veillula) 30.	10.60



CALVIN GAZIANO

	Section of the second of the second		
5	Sally Wood (Piedmont) Sr.	1	8:2
В	Wendy Knox (Rocklin) Sr.	1	8:30
7	Ann Kuphaldt (Fair Oaks) Fr.	1	8:3
8	Kristi Klinnert (Kodiak, AK) So.	1	6:3
	Sharon Plante (Grover City) Fr.	1	8:3
	Kelly Ilnicki (Santa Cruz) So.	1	8:4
	Kathy Jarvis (Havre, MT) Jr.	1	8:4
	Kathy Dalton (Sonoma) So.	1	8:4:
	Susan Taylor (Spokane, WA) Sr.	1	8:45
	Stephanie Wessell (Coos Bay, OR) Jr.		8:4
4	Stephanie wessell (Coos Bay, OH) Jr.	THE RESERVE OF THE PARTY OF THE	c



MARNIE MASON

35	Becky Morley (Lovington, NM) So.	18:4
36		18:4
37		18:4
		18:4
39	Terri Dillon (Fair Oaks) Sr.	18:4
40	Kat Prince (Riverside) Fr.	18:5
41	Deonne Self (Sacramento) Sr.	18:5
42	Janice Posey (Cameron, AZ) Jr.	18:5
	Carmen Richardson (Albuquerque, NM) Sr.	18:5
44	Adria Kenney (Beilingham, WA) Sr.	18:5
45	Randi Taruscio (Walla Walla, WA) Sr.	18:5
46	Debbie Ball (Newbury Park) Sr.	19:0
47	Eugenia Jauregul (Newark) Sr.	19:0
48		19:0
49	Lesley Noll (San Diego) Sr.	19:0
	Macy Moring (Newhall) Sr.	19:0
51	Maura Digiesi (San Francisco) Jr.	19:0
	Laura Chaplel (San Diego) Jr.	19:0
53		19:1
54		19:1
55		19:1
56	Sydney Thatcher (Alameda) Jr.	19:1
57	Tiffany Gorman (Bonita) Jr.	19:1
58	Michelle Anthony (Stockett, MT) Jr.	
59	Margaret Coric (San Bruno) Sr.	19:1 19:1
60	Mandy Wood (Vacaville) Sr.	19:1
61	Elleen Ebiner (West Covina) Sr.	19:1
	Patrice Anthony (Stockett, MT) Sr.	19:1
63	Monica Daley (CA) Jr.	
	Teresa Poy (El Cerrito) Jr.	19:2
65	Veli Lehman (El Cerrito) So.	19:2
66		19:2
67	Juli Bates (San Diego) Jr.	19:2
68	Kim Cowgur (Norco) Sr.	19:2
		19:2
	Wendy Logsdon (Santa Monica) Jr.	19:3
70	Amy Dabul (Temple City) Jr.	19:3
70	Deirdre Vaughan (Dana Point) Sr.	19:3
	Shelly Loveall (Lompoc) Jr.	19:3
	Cindy Rockwood (Carson City, NV) So.	19:3
75	Shannon Hanlon (Yreka) Fr.	19:3
70	Shannon Battles (Pixley) Sr.	19:3
	Jana Jarosz (Oakland) Jr.	19:4
	Loratta Cruz (Exeter) Jr.	19:4
	Mary Kuphaldt (Fair Oaks) Jr.	19:4
	Ann Helm (Laguna Hills) Sr. Sheelagh Murphy (Alameda) Sr.	19:4
OU	OHERISUH MUIDIN (AIBINEGS) Sr.	19-4

BOYS JR./SR. UNSEEDED RACE

	BOL2 14124 MASEEDED MACE	
1	Francis Grisez (Chula Vista) Sr.	15:57
	John Cekander (San Diego) Jr.	16:17
3	Steve Bergkamp (San Jose)	16:19
A	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
	Luis Lopez (Chula Vista) Jr.	16:29
12	Shane Parmer (Modesto) Sr.	16:30
13	Jack Haggenmiller (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
	Ed Ettel (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
	Robert Caporaso (Torrance) Jr.	16:54
40	Jeff Mullaney (Fresno) Sr.	16:55

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KINNEY CROSS COUNTRY CHAMPIONSHIPS

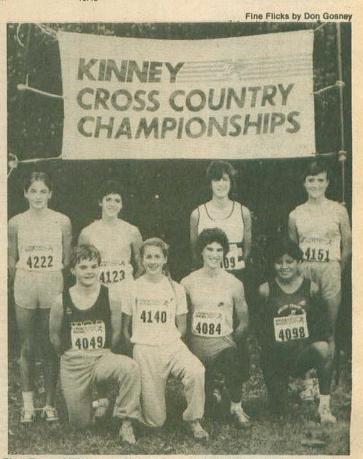
3288

3288

3365

3734

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 FRISEZ Boys Jr./Sr. Winner

Kristy Armstrong (Newbury Park) Jr.

Lisa Allen (San Diego) Sr.

Andrea Rakov (Valencia) Jr.

Danell Boyles (Fresno) Sr.

Tess Golding (Berkeley) Jr. 40 Juana Pacheco (Tucumcari, NM) Sr.

Jennifer Anderson (Eugene, OR) Sr. Kim Fluegel (Merced) Sr. Valerie Smith (Santa Ana) Sr.

Renee Barglowski (Ridgecrest) Jr. Julie Thatcher (Alameda) Jr. Kristina Sanchez (Anaheim) Sr.

Lori Ifland (Santa Cruz) Sr. Ginger Curtis (Tucumcari, NM) Sr. Kathy Harold (Pacifica) Sr.

Paulette Metzger (San Jose) Jr.



KRISTY ARMSTRONG Girls Jr./Sr. Winner

19:19

19:29

21:40

21:48 21:50 21:56

21:57 22-02 22:03

22:13

22:17 22:19 22:25



MARC DAVIS Boys Fr./Soph. Winner

3	Paulette Metzger (San Jose) Jr.	19:30
4	Amy Johnson (Thousand Oaks) Sr.	19:33
5	Julia Hicks (Thousand Oaks) Fr.	19:35
8	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 (Menio 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 Gafos) 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 Oake) Sr	21-37

GIRLS JR./SR. UNSEEDED RACE

BOYS FROSH/SOPH UNSEEDED 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
0	THE RESIDENCE OF THE PARTY OF T	

O.	Scott Hogan (Merced) 50.	10:37
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 (Ciovis) 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		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
	Tim Walsh (Hernet) So.	17:28

GIALS PROSHISOPH UNSEEDED 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 Haggenmiller (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	Harpreet Kaur (Los Gatos) So.	20:30	
15	Catherine Payne (Berkeley) So.	20:32	
16	Gina Gonzalez (San Gabriel) So.	20:36	
17	Shana Selfert (Dublin) Fr.	20:37	
18	Teresa Clark (Los Altos) So.	20:38	
	Franchon Smith (Gallup, NM) Fr.	20:41	
20	Kathi Ramirez (Diamond Bar) So.	20:42	
21	Nancy Garrett (Carmichael) So.	20:44	
22	Valeton Brunnon (Valencia) Co	20:45	

23	Tina Oldenburg (Mesa, AZ) So.	20:51
	Signe Hancock (Carson City, NV) Fr.	20:56
25	Airnee Sucher (Palo Alto) Fr.	20:57
26	Stephanie Krause (Morro Bay) So.	21:01
	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

1. 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),

2. Arizona 78:45.5 (1. Doug Hobbs 15:26.5; 2. Danny Lopez 15:26.9; 3. Craig Oison 15:55.1; 4. Scott Pestka 15:55.6; 5. Don Day 16:01.4),

3. 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. Clitton King 15:52.0),

4. Oregon 80:30.8 (1. Brad Hudson 14:57.8), 2. Gret Surter

4. Oregon 80:30.8 (1. Brad Hudson 14:57.8; 2. Gret Suiter 15:45.1; 3. Matt Messner 16:00.1; 4. Trent Lyon 16:37.8; 5. Todd Larson 17:10.0).

5. 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).

6. Nevada 82:13.9 (1. Scott Peterson 15:47.7; 2. Mike Bennett 16:20.2; 3. Freddie Plumley 16:38.5; 4. Kurl Williams 16:39.8; 5. Cary Stephens 16:47.7)

7. Washington 86:13.4 (1, Ed Wall 16:27.9; 2. Scott Tim-mons 16:42.8; 3. Willy Prichard 17:05.9; 4. Alan Holmberg 17:28.7; 5. John Prichard 18:28.1).

GIRLS
1. 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 17:50.8; 5. Christy Farrell 17:51.0).
2. 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).

3. 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).
4. 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).

5. Nevada 111:33.3 (1. Cindy Rockwood 19:36.3; 2. Signe Hancock 20:56.9; 3. Melinda Leavitt 22:59.9; 4. Tracy Mc-Crimmon 23:35.8; 5. Cathy LaPorte 24:24.4).



MARNIE MASON receives award from Olympic Champion RANDY WILLIAMS.

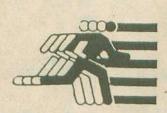


CALVIN GAZIANO receives award from Olympic Champion RANDY WILLIAMS.

KINNEY NATIONAL CHAMPIONSHIPS

December 8, 1984

Balboa Park • San Diego 5000 Meters





REBECCA CHAMBERLAIN

Don Flicks by

photo by Burt Davis





REBECCA CHAMBERLAIN

Fine Flicks by Don Gosney

BRAD HUDSON



Western Boys Team at the start.

	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, El Dorado His, (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, StatenIsid(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		15:45
22		15:48
23		15:51
24		15:58
25	Christopher Dunn, Fredkg, Va(Jr)	16:01
26	James Flack, Atlanta, GA(Sr)	16:03
27	James Harvath, Thous Oaks (Sr)	16:07
28	David Naranjo,Sanger(Jr)	16:15
29	Thomas Tisell, N. FtMyers, FL(Sr)	16:40
20	Ctamp Custon Mandled TV/Col	479. 44

30 Stacy Sutter, Woodind, TX(Sr) (Calvin Gaziano, dropped)





CATHY SCHIRO



SCOTT FRY

Prep Notes

California Interscholastic Federation

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 cham-pionship 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 Kin-

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

Goodwin finished thirteenth at Kinney.

	Doya murridunia Cinas rich	
1	Doug Hobbs (Westwood)	15:06
2	Danny Lopez (Buena)	15:09
3	Lester Yeath (PaloVerde)	15:28
4	Don Day (Palo Verde)	15:29
	Giris Individuals Class AAA	
1	Laura Goodwin (PaloVerde)	13:45
2	Rachel Brennan (Amphitheater)	13:54
3	Stacy McWhorter(TucsonSnysd)	14:04
4	Karen Sahn (Amphitheater)	14:18

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

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

"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 work-ing 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.

Clifton King (Gallup) 45th Kinney

	I could have run taster at the end,	The state of	Andy Libert (Seabury)	21.
13	id Woody. "I'm pleased so far, but I'll	3	Kevin Crane (Seabury)	17:
ir	d out after state."	4	Helkki Juuri-Oja (Kalani)	17:
	Boys Individuals	5	Kimo Higgins (HawaiiPrep)	17:
	Paul Morgan (Alamogordo) 15:52	6	Abraham Makanul (Waimea)	17:
	Paul Madrid (WestMesa)	7	Richard Freeland (Kona)	17:
	Virgil Thomas (Gallup) 42nd Kinney	8	John Cargal (St.Louis)	17:
	Glenn Morgan (DelNorte) 12th Kinney	9	Wren Wescoate (Kamehameha)	17:
	Ryan Riley (Los Alamos)	10	Kenny May (Punahou)	17:
	John Marmolin (Mayfield)		Girls Individuals	
	Robert Armendariz (Las Cruces)	1	Nina Liahjell (Kalser)	13:
	Andy Gray (Del Norte)86th Kinney	2	Erin Gilbert (HSG)	13:
	James Burton (Albuquerque)	3	Kirstin Larson (Punahou)	14:

Giris Individuals

Verna Woody (Gallup) 4thKinney 18:40

Dawn Warnack (West Mesa)

Anne Dickinson (Santa Fe) Margie Wurst (Santa Fe)

Julie Groff (Las Alamos) 48th Kinney

Josie Wurst (Santa Fe)

Darcy Candelaria (West Mesa)

Lucia Rivera (Santa Fe)

Karen Dahlby (LosAlamos)53rd Kin.

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

0.800	Aurea Luiorra forquenari	INEC
	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 Sientz (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, Hawali.

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 7:01 :12 15 :16 :28 :33 :37 :37

:19 Kirstin Larson (Punahou) 14:08 Karia Brundage (HBA) 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

Ilena Bisel (Walakea) 14:17 Sue McDougall (Kallua) 14:22 14:27 Nomia Brignes (Radford) Lani Friese (Punahou) 14:28 10 Jenny Lucas (Waialua) 14:28

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

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 Kallua, 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

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

Before the Hawali State Meet, a lot of people were wondering it 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-111/2 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

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,

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

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

San Diego Section: Dennis Mc-Clanahan, clo Ml. Carmel High School, 9550 Carmel Mt. Road, San Diego, CA.

Schedules Wanted

Please send your track schedules and announcements of invitationals to Kelth 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 con-junction with the Sunkist Invitational. The second clinic will be in San Diego on February 15-18 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 COUN-TRY TEAM will appear in February. The top runners in California will be listed along with their season record.

Comning 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 Kin-

ney, 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

-	Didu Housell (Do. Lugono)	1.00
2	Rob Collins (Centennial)	16:08
10	Matt Messner (Marshfield)	16:40
	Giris Individuals-Class AAA	
1	Cathy Wali (Molaifa)	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, 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 Biliboard's Top 100 for 39 consecutive

Lonnie Shelton Injured While Fighting Off Assailant

Cleveland, Ohio, November 29.

Cleveland Cavallers 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 subdueing 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 struggiing man for about 20 minutes until police arrived

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

Shelton said he began preaching to the

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

Shelton said the last thing the man told

Shelton said the last thing the man told him was, "Pray for me." Shelton has not yet played in a Na-tional 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 Na-

tional 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

Artichoke Invitational EDITORIAL

by Keith Conning

Half Moon Bay. Dick Calvin, the meet director, has the following instruction lyped 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, 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

DOAR Searing large to 1	0.00.	
The second second	Old	With
	Finish	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	494	128

Fine Flicks by Don Gosney

CIF X-C Section Results

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 equip-ment 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

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 linish 17:05), and to defeat Bill Ruff of Parker 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 left alone to run away with the title. Their 41 points, easily handled runner-up Hillitop (71) and last year's champs, Valhalla, with 84. The lemale 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 locks. runners commented by the second t dindual whitel of the day to lead his school to achemponally as his 16.1016d

DARCY ARREOLA San Diego Champion

the Lancers to a easy 37 to 72 victory over last year's 3A runner-up, Serra. Dei Si won easily over Serra's Jeff Wood (18:4 and Hilltop placed 3 in the top ten.

3A Championships.

Girls: With the promise of one of the baraces in recent years the girls 3A race led up with any one of 4 girls given chance to win. Junior Darcy Arreola Grossmant powered to a 14:22 win les ing Bonita's Heather Brooks (14.3)



Prep Notes

Robin Eager of Vista (14.43), and defen-ding champion Lesley Noil of Mt. Carmel (14:59) way back in the mud. Arreola's time was 3 seconds off the course record set by Brooks in the Prelims. Bonita's move up from 2A was spoiled as they scored 58 for second place. Defending champ Vista placed 4 in the top 15 as their 44 points easily won

Boys: Southwest's Shawn Sandoval burst out quickly and stayed there as he record-ed the day's tastest time with a victory at 15:54. David Cantu of Chula Vista (16:14) held off a fast closing Robble Lopes (16:18) of Monte Vista for second. In what was expected to be a tight team race, Monte Vista easily captured their 3rd straight title. The Monarch's 42 points easily handled Mt. Carmel with 60, and El Capitan with 71

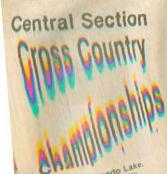
Results - Individuals

	Headits - Individuals	
1A	Girls:	
1	Mona Cross, El Camino	15:50
2	Kreston Racie, University	15:59
3	Amy Haisath, El Camino	16:30
4	Laura Chapel, Univ. City	16:35
	Boys:	
1	Marc Davis, San Diego	17:01
2	Bill Ruff, Parker	17:05
3	John Groulx, El Camino	17:10
4	Dean Boles, Crawford	17:13
2A		
1	Kerry Panno, San Pasqual	15:20
2	Megan Riker, Escondido	15:33
3	Tiffany Gorman, Hilltop	15:41
4	Lisa Lechner, Valhalla	16:00
	Boys:	
1	Ellis Del Soi, Hilltop	16:10
2 3	Jeff Wood, Serra	16:42
	Francis Grisez, CastlePark	16:44
4	Derek Forsyrhw, Hilltop	16:48
3A	Girls:	
1	Darcy Arreola, Grossmont	14:22
2	Heather Brooks, BonitaVista	14:36
3	Robin Eager, Vista	14:43
4	Lesley Noll, Mt.Carmel	14:59
3A	Boys:	
1	Shawn Sandoval, Southwest	15:54
2	David Cantu, Chula Vista	18:16
3	Robbie Lopes, MonteVista	16:18
4	Dave Rees, Pt.Loma	16:21

Fine Flicks by Don Gosney



DAVID NARANJO Central Section Champ



Lienau, Clovis		14:54
Delgado, Firebaugh		14:57
Llanes, McLane		15:00
Bradburn, Madera	1	15:00
Nagel, Mt.Whitney, Vis		15:10
Sole, Yosemite		15:13
Vega, Clovis		15:22
Renteria, Redwood		15:23
Patino, Exeter		15:26
Medina, Wasco		15:27
Williams, Clovis West	10.9	15:28
Putman, Bakersfield	-own	15:29
Gonzalez, Highland		15:31
Castallenos, Madera		15:33
Rachal, Clovis West		15:35
Stehman, Madera		15:39
Kropf, Madera		15:43
Mullaney, Clovis West		15:45
am Scores:		
Clovis 57, 2, Madera 64,	3. Clovis	West
	Deigado, Firebaugh Llanes, McLane Bradburn, Madera Nagel, Mt.Whitney, Vis Sole, Yosemite Vega, Ciovis Fenteria, Redwood Patino, Exeter Medina, Wasco Williams, Clovis West Putman, Bakersfield Gonzalez, Highland Castallenos, Madera Rachal, Clovis West Stehman, Madera Kropf, Madera Mullaney, Clovis West am Scores:	Delgado, Firebaugh Llanes, McLane Bradburn, Madera Nagel, Mt.Whitney, Vis Sole, Yosemite Vega, Clovis Fenteria, Redwood Patino, Exeter Medina, Wasco Williams, Clovis West Putman, Bakersfield Gonzalez, Highland Castallenos, Madera Rachal, Clovis West Stehman, Madera Kropf, Madera Mullaney, Clovis West

124, 4. Mt. Whitney 131, 5. Wasco 175, 6. Reedley 188, 7. Lemoore 215, 8. Firebaugh 227, 9. Bakersfield 228, 10. McLane236, 11. Sanger 247, 12. McFarland 251, 13. Corcoran 291, 14. North 298, 15. South

	Girls Results	
1	Cook, Golden West	11:30
2	Shaw, Clovis West	11:32
3	Baker, Monache	11:39
4	Wagoner, Clovis West	11:40
5	Ogas, Clovis	11:48
6	Caufield, East	11:52
7	Shellds, Golden West	11:58
8	Cruz, Exeter	11:58
9	Russell, Taft	12:05
10	Bird, Reedley	12:06
11	Battles, Tulare	12:06
12	Binson, Redwood	12:09
13	Jungwirth, Redwood	12:09
14	Stables, Clovis	12:11
15	Randolph, Bakersfield	12:13
	Breckenridge, Immanuel	12:18
17	Wells, Clovis West	12:20
18	Mendoza, Hanford	12:22
19	Johnson, Clovis	12:23
	Zepeda, Sanger	12:23
	m Scores:	12.20
	Nove 58 2 Colden West 65	2 Claule

1. Clovis 58, 2. Golden West 65, 3. Clovis West 78, 4 Redwood 126, 5 Mt. Whitney 184, 6 Hoover 186, 7 Sanger 211, 8. Reedley 227, 9. Foothill 252, 10. Bakersfield 255, 11. McFarland 262, 12. Porterville 269, 13, North 276, 14, Bullard

Southern Section X-C Finals

By Doug Speck

As some real live winter weather blew into the Los Angeles area the week of November 12th-18th (there were only a couple of days of rain around here affecting prep athletics all of the 1983-1984 school year), the hugh Southern Section gathered at Mt. SAC on the very wet mor-ning of November 17th for its Finals compeition. A whole lot of rain the evening before had left the course quite wet, and while the regular course was run, the ear-ly races in the morning (3A and 4A Men and Women) were slowed by the bad tooting. The larger, power runners did not seem as affected as the lighter athletes, many of whom seemed to have hydroplaning problems in the mud. Times were generally slowed at least 15-20 seconds per athlete in those early races. No rain felt during the morning, but an eerie fog rolled in and left the scene with eerle fog rolled in and left the scene with titty foot visibility for all but the last couple of races. The team form charts held pretty true, but the individual races, especially in the Guys' proved to be very interesting. Amazing ninth grader, Tracey Williams (Mt. View, El Monte) slogged to the #9 All-Time effort on the Mt. SAC COUISO Withher 17:47 2A Individual win in leading har learn to that title in the day's

only mark of historical nature.

Nowbort Harby had been ranked #1 in Hawportnaray managerranked #1 in this division like about all season long

after bursting forth in the first third of the year with some awesome invitational performances. A tight, up-front group had them beating the entire field in more than one multi-school competition all by themselves. But problems struck with iliness and injury and Newport came back to the pack. Thousand Oaks, led by supers Christy Farrell (18:02) and Jenny Bessel (18:36), had the Prelims top team time with their heat victory at 97:06. Buena (Ventura) had run 96:17 back in the Mt. SAC Invite, and Palos Verdes had a 13-second 1-5 gap in a leisurely heat vic-tory the previous week. A key for Newport

- Women's 3A Division.

An intertwining of the individual and team struggles was in evidence here, as favorites, and Prelim Heat winners. Esperanza (100:08), Arroyo Grande (99:37), and Hart (Newhall-102:09), all had strong individual stars Lisa Rizzo (Hart) was the defending champ, and her 18:08 best was set in this race last year. Sharon Plante (AG) had raced 18:19 as a frosh here in the Invite. How a good Esperanza group would fit in with the depth backing up the Rizzo-Plante duo would determine the team champions. Rizzo said by-by early and raced away to a big win at 18:32. Sur-

Fine Flicks by Don Gosney



Fine Flicks by Don Gosney



Fine Flicks by Don Gosney



TRACEY WILLIAMS

GREG WHITELEY

CHRISTY FARRELL

would be the ability to get Julie Morris (5th 83 at 18:47) back on the course and doing a job in the Finals. The senior had been held back and out of races lately with a hip problem. With Tustin and Edison possible factors, there were about any of six teams who could win. To make a long story short, Morris did show and ran well (16th at 19:39) for the Newport group to drop a minute as a team from the Prelims and come in just ahead of Buena, 63 (97:24)-71 (97:33). Coach Bob Van Sickle of Newport admitted to Dave Osterman of the Orange County Register that he announced at last year's banquet that the 84 NH group would be Section champs, then lived the last couple of weeks regretting the pressure he put on the whole situation. For the conditions the equal #16 and #18 All-Time teams by Newport and Buena were very impressive. Coach Steve Blum's Buena squad, 3rd last year, continues its move towards a championship-his squad loses only super Tammy McCarty from the top six to graduation.

Individually, this race was a classic Pure distance runners, Melissa Sutton (Newbury Park), and Chris-ly Farrell (Thousand Oaks) were matched up against junior Sherri Smith (Wood-bridge, Irvine), a 2:14.33 800m runner, who was moving up to three miles this fall with real success. The trio were heat winners last week, with Farrell (18:02), Sutton (18:10), and Smith (18:11) all breaking into the top 20 on the All-Time course list. The conditions favored the distance duo and Sutton eventually pulled away from Maramonte League mate Farrell to win 18:00-18:08 to finish out an undefeated season. Melissa's 18:00 is equal #16 All-Time on the course,

AA Women's. Individuals: 1, Sutton (NP) 18:00, 2, Farrell (TO) 18:08, 3, Smith (Woodbridge) 18:38, 4. Lewis (Buena) 18:46, 5. Henson (NH) 19:00, 6. Prince (Rubidoux) 19:00, 7. Anderson (NH) 19:09, 8. Bessel (TO) 19:13, 9. Da ly (MV) 19:18, 10. Dietz (Buena) 19:22, 11. Wright (Irvine) 19:24, 12. McCarty (Bu) 19:24, 13. Rabbit (NH) 19:31, 14. Ball (NP) 19:36, 15. Vaughan (DanaHills) 19:36.

Teams: 1. Newport Harbor 63 (97:24), 2. (98:30), 4 Palos Verdes 142 (100:53), 5.
Newbury Park 145 (99:58), 6. Tustin 158 (101:18), 7. Mission Viejo 169 (101:32), 8.
Edison 180 (101:48), 9. Irvine 184 (102:25), 10. Rolling Hills 206 (103:06), 11. Rubidoux (Riverside) 228 (104:43), 12. Dana Hills 263 (104:02). Buena 71 (97:33), 3. Thousand Oaks 112 (106:02)

prising soph, Lupe Casillas (El Rancho), picked the difficult conditions to run her best, an 18:59 for 2nd. Plante was 3rd at 19:10, and her next three teammates iced the team victory for Arroyo Grande with places 10-11-13 (AG totalled 69 points and 100:56 team time). Shirley Rodriguez had recently run well for AG (10th here), but the improvement of frosh Barbara Barcelona (11th) and soph Vickie Lopez (13th) iced the easy win for Coach Greg DeNike's group. Rodriguez is the only senior on the AG squad. Macy Moring also raced well for Hart, taking 4th at 19:12, but Esperanza's depth brought the Orange County squad in at 2nd (121-104:26) to Hart's 128 (103:26). Norco was a close fourth at 133 (105:42).

 3A Women's.
 Individuals: 1. Rizzo (Hart) 18:32, 2.
 Casillas (El Rancho) 18:59, 3. Plante (AG) 19:10, 4. Moring (Hart) 19:12, 5. Cooper (El Dorado) 19:15, 6. Loveall (Lompoc) 19:40, 7. Gunn (Walnut) 19:49, 8. Thomas (BA) 19:54, 9. Rosipajla (ED) 19:56, 10. Rodriguez (AG) 19:56.

Rodriguez (AG) 19:56. Teams: 1. Arroyo Grande 69 (100:56), 2. Esperanza 121 (104:26), 3. Hart 128 (103:26), 4. Norco 133 (105:42), 5. Alta Loma 150 (107:39), 6. El Rancho 162 (105:56), 7. Bishop Amat 169 (106:45), 8. Moreno Valley 169 (107:01), 9. Mater Dei 187 (108:07), 10. Bishop Montgomery 188 (108:22), 11. Sunny Hills 196 (107:50), 12. Walnut 235 (110:18).

- Women's 2A Division.

The Williams sisters (frosh Tracey and soph Lisa) allowed Mountain View (El Monte) to run for points off their 3-4-5 run-ners, and the depth from Nordholf of Ojai seemed to be the only squad that could challenge. Mountain View had a two and one-half minute time margin from the Prelims with a heat victory at 102:00 over Nordhoff's prelims win at 104:36. Licha Villanueva, the El Monte school's 3rd runner had also shown much better than her 21:56 in the Prelims. Nordholf had a fine trio in Manuela Miller, Trish Unruhe, and Tami Dobel, and had run to a good season thus far with a 5th in the Clovis Invitational at Fresno and a Division I Sweeps Victory at Mr. SAC The conditions had oried up a bit by the time this race was run. Tracey blasted away from her alster and the field after a quarter-mile, and romped to a minute and ten second win over Lisa and the field in a ten second win over Lisa and the field in a super 17:47. In discussing her face tactured in such an enviable position. Tracey tics in such an enviable position. Tracey

KINNEY NATIONAL CHAMPIONSHIPS

December 8, 1984
Balboa Park • San Diego
5000 Meters





REBECCA CHAMBERLAIN



Western Boys Team at the start.

	Overall Results - Men	
1	Scott Fry, Sandusky, OH(Sr)	14:5
2	John Trautmann, Cen. Viy, NY(Jr)	15:0
3	Bradley Hudson, Eugene, OR(Sr)	15:1
4	Troy Maddux, LongPoint, IL(Jr)	15:1
5	Bill Babcock, Annandale, NJ(Sr)	15:1
6	Eric Mastalir, ElDoradoHls, (Jr)	15:1
7	Jeff Wheeler, Fortville, IN(Sr)	15:1
8	Greg Whiteley, Irvine, CA(Sr)	15:2
9	Jeff Taylor, NorthOak, MN(Sr)	15:2
10	William Crowley, Seekonk, MA(Jr)	
11	Mike Beetler, Amherst, OH(Sr)	15:3
12	Jack Cuvo, Easton, PA(Sr)	15:3
13	Michael Pieroni, Newport, RI(Sr)	15:3
14	Andrew Ketch, Dallas, TX(Sr)	15:3
15	Victor Santamaria, SanJose(Sr)	15:4
16	Nell Donahue, StatenIsid(Sr)	15:4
17	Mark Mastalir, ElDoradoHis(Jr)	15:4
18	John Long, St. Paul, MN(Jr)	15:4
19	Andy Martin, Clinton, NJ(Sr)	15:4
20	Samuel Kirby, JeffCity, MO(Jr)	15:4
21	Richard Black, Sothngton, CT(Sr)	15:4
22	Matthew Hopkins, Fredkb, VA(Sr)	15:4
23	Mark Colvis, St. Louis, MO(Sr)	15:5
24	Eric Henry, Woodlands, TX(So)	15:58
25	Christopher Dunn, Fredkg, Va(Jr)	16:0
26	James Flack, Atlanta, GA(Sr)	16:00
27	James Harvath, ThousOaks(Sr)	16:07
28	David Naranjo, Sanger(Jr)	16:15

29 Thomas Tisell, N. FIMyers, FL(Sr) 16:40 30 Stacy Sutter, Woodlind, TX(Sr) 17:41 (Calvin Gaziano, dropped)

Ovorall 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(S	1)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, Sloux Ct, IA(Sr)	18:04
18 Laurie Chapman, SanJose(Jr)	18:05
19 Kristy Osse, Philipsbg, OH(Sr)	18:06
20 Verna Woody, Gamerco, NM(Sr)	18:07
21 Gina Braz, Peabody, MA(Sr)	18:08
22 Kathy Olsen, Watertd, CT(Sr)	18:11
23 Natalie Cartwright, Newlp, NH(Fr	
24 Tracey Williams, ElMonte(Fr)	18:29
25 Melissa Sutton, Newbury Pk(So)	18:34
26 Jeanine Radice, Statis, NY(Sr)	18:38
27 Kimberly Bovis, MaltInd, 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, Springtd, VA(Sr)	19:05
(Christy Farrell, injured)	



REBECCA CHAMBERLAIN

Fine Flicks by Don Gosney



CATHY SCHIRO

photo by Burt Davis



BRAD HUDSON

Fine Flicks by Don Gosney



SCOTT FRY

Prep Notes

California Interscholastic Federation

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 champlonship 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 out-distancing 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 Doug Hobbs (Westwood) Danny Lopez (Buena) 15:09

Lester Yeath (PaloVerde) Don Day (Palo Verde) Girls Individuals Class AAA Laura Goodwin (PaloVerde) Rachel Brennan (Amphitheater)

Stacy McWhorter(TucsonSnysd) 14:04 Karen Sahn (Amphitheater)

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

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

"So far, all of Paul's races have been course records," said Coach Marilyn Sepulveda to Dan O'Shea of the Albu-querque 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 linisher 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, re-mained 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

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

	Boy	s Individuals	
Paul	Morgan	(Alamogordo)	15:
Paul	Madrid	(WestMesa)	

Virgil Thomas (Gallup) 42nd Kinney Glenn Morgan (DelNorte) 12th Kinney

Ryan Riley (Los Alamos) John Marmolin (Mayfield)

Robert Armendariz (Las Cruces) Andy Gray (Del Norte)86th Kinney James Burton (Albuquerque)

Clifton King (Gallup) 45th Kinney

Girls Individuals

Verna Woody (Gallup) 4thKinney 18:40

Dawn Warnack (West Mesa)

Anne Dickinson (Santa Fe) Margle Wurst (Santa Fe)

Julie Groff (Las Alamos) 48th Kinney

Josie Wurst (Santa Fe)

Darcy Candelaria (West Mesa) Lucia Rivera (Santa Fe)

Karen Dahlby (LosAlamos)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 Sientz 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
	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, Hawall.

Freshman Enrique Ryan of St. Louis, 13th in the Kinney Western at Fresho 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-Ola 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 Enrique Ryan (St. Louis) Andy Libert (Seabury) 16:53 Kevin Crane (Seabury) Heikki Juuri-Oja (Kalani) 17:15 Kimo Higgins (HawaiiPrep) Abraham Makanui (Waimea) 17:16 17:27 Richard Freeland (Kona) 17:28 John Cargal (St.Louis) Wren Wescoate (Kamehameha) 17:33 10 Kenny May (Punahou) Girls Individuals Nina Liahjell (Kaiser) Erin Gilbert (HSG) 13:32 14:08 Kirstin Larson (Punahou)

14:11

Karia Brundage (HBA)

Donna Kini (Castle)

photo by Burt Davis



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

3646

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ENRIQUE RYAN Hawaii State Champ

6	Ilena Bisel (Walakea)	14:17
7	Sue McDougall (Kallua)	14:22
8	Nomia Brignes (Radford)	14:27
9.	Lani Friese (Punahou)	14:28
10	Jenny Lucas (Waialua)	14:28

All-Western USA **Outstanding Athletes** by Grade

Boys Senior of the Year: Galvin Gaziano (Castro Valley)
Junior of the Year: Eric Mastalir (Jesuit, Carmichael)

Sophomore of the Year: Jason Lienau

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 Kallua, 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 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

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 ½ 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

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,

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

93612.
Sac Josquin 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.

Schedules Wanted

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

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 con-junction 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 COUN-TRY TEAM will appear in February. The top runners in California will be listed along with their season record.

Comning 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

4	Brad Hudson (So.Eugene)	15:44
	Diad industrial	16:08
2	Rob Collins (Centennial)	
10	Matt Messner (Marshfield)	16:40
10	Girls Individuals-Class AAA	
	Cathy Wall (Molalla)	10:44
1	Catriy vvan (wording)	11:02
2	Colleen Quam (So.Eugene)	
10000	(Litters all (Marchilold)	11:10
3	Stephanie Wessell (Marshfield)	CONTRACTOR OF
4	Marnie Mason (KlamathUn)	11:11
177	Migration Management	

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

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 subdueing 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

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

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 Jall.

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 Kin-ney 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 rade into two separate races.

One for juniors and one for seniors.

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

Boys seeded race to	Old	With
	Finish	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	****	12

CIF X-C Section Results

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

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

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 in dividual 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 len.

- 3A Championships.

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

continued on next page...

Prep Notes

Robin Eager of Vista (14:43), and defending champion Lesley Noti of Mt. Carmel (14:59) way back in the mud. Arreola's time was 3 seconds off the course record set by Brooks in the Prelims. Bonita's move up from 2A was spoiled as they scored 58 for second place. Defending champ Vista placed 4 in the top 15 as their 44 points easily won

Boys: Southwest's Shawn Sandoval burst out quickly and stayed there as he recorded the day's fastest time with a victory at 15:54. David Cantu of Chula Vista (16:14) held off a fast closing Robbie Lopes (16:18) of Monte Vista for second, in what was expected to be a tight team race, Monte Vista easily captured their 3rd straight title. The Monarch's 42 points easily handled Mt. Carmel with 60, and El Capitan with 71

Results - Individuals

4.0	Girls:	
		45.50
1	Mona Gross, El Camino	15:50
2	Kreston Racle, University	15:59
3	Amy Halsath, El Gamino	16:30
4	Laura Chapel, Univ. City	16:35
	Boys:	
1	Marc Davis, San Diego	17:01
2	Bill Ruff, Parker	17:05
3	John Groulx, El Camino	17:10
4	Dean Boles, Crawford	17:13
20	Giris:	
1	Kerry Panno, San Pasqual	15:20
2	Megan Riker, Escondido	15:33
3	Tiffany Gorman, Hilltop	15:41
4	Lisa Lechner, Valhalla	16:00
2/	Boys:	
1	Ellis Del Sol, Hilltop	16:10
2	Jeff Wood, Serra	16:42
3	Francis Grisez, CastlePark	16:44
4	Derek Forsythw, Hilltop	16:48
	Girls:	10,00
1	Darcy Arreola, Grossmont	14:22
2	Heather Brooks, BonitaVista	14:36
3	Robin Eager, Vista	14:43
4	Lesley Noll, Mt.Carmel	14:59
	Boys:	MIND
1	Shawn Sandoval, Southwest	15:54
2	David Cantu, Chula Vista	
		16:16
3	Robbie Lopes, MonteVista	16:18
4	Dave Rees, Pt.Loma	16:21

Fine Flicks by Don Gosney



DAVID NARANJO Central Section Champ

Central Section **Cross Country** Championships

November 16. Avocado Lake. Boys Results

Naranio Sanger Jauregul, Clovis

3	Lienau, Clovis	14:54
4	Delgado, Firebaugh	14:57
5	Llanes, McLane	15:00
6	Bradburn, Madera	15:00
7	Nagel, Mt. Whitney, Vis	15:10
8	Sole, Yosemite	15:13
9	Vega, Clovis	15:22
10	Renteria, Redwood	15:23
11	Patino, Exeter	15:26
12	Medina, Wasco	15:27
13	Williams, Clovis West	15:28
14	Putman, Bakersfield	15:29
15	Gonzalez, Highland	15:31
16	Castallenos, Madera	15:33
17	Rachal, Clovis West	15:35
18	Stehman, Madera	15:39
	Kropf, Madera	15:43
20	Mullaney, Clovis West	15:45
Te	m Scores:	
1.0	Clovis 57, 2, Madera 64, 3, Clovis	West

124, 4. Mt. Whitney 131, 5. Wasco 175, 6 124, 4, Mt. Writtely 131, 5, Wasco 175, 6, Reedley 188, 7, Lemoore 215, 8, Firebaugh 227, 9, Bakersfield 228, 10, McLane236, 11, Sanger 247, 12, McFarland 251, 13. Corcoran 291, 14. North 298, 15. South

34		
	Girls Results	
10	Cook, Golden West	11:30
2	Shaw, Clovis West	11:32
3	Baker, Monache	11:39
4	Wagoner, Clovis West	11:40
5	Ogas, Clovis	11:48
6	Caufield, East	11:52
7	Sheilds, Golden West	11:58
8	Cruz, Exeter	11:58
9	Russell, Taft	12:05
10	Bird, Reedley	12:06
11	Battles, Tulare	12:06
12	Binson, Redwood	12:09
13	Jungwirth, Redwood	12:09
14	Stebles, Clovis	12:11
15	Randolph, Bakersfield	12:13
16	Breckenridge, Immanuel	12:18
17	Wells, Clovis West	12:20
18	Mendoza, Hanford	12:22
19	Johnson, Clovis	12:23
20	Zepeda, Sanger	12:23
Te	am Scores:	
4.7	Clouie 58 2 Golden West 65 3	Clovie

1. Clovis 58, 2. Golden West 65, 3. Clovis West 78, 4. Redwood 126, 5. Mt. Whitney Nest 76, 4, Neurosci 75, 3, Mt. Willieg 184, 6, Hoover 186, 7, Sanger 211, 8, Reedley 227, 9, Foothill 252, 10, Bakersfield 255, 11, McFarland 262, 12, Porterville 269, 13, North 276, 14, Bullard

Southern Section X-C Finals

By Doug Speck

As some real live winter weather blew into the Los Angeles area the week of November 12th-18th (there were only a couple of days of rain around here affec-ting prep athletics all of the 1983-1984 school year), the hugh Southern Section gathered at Mt. SAC on the very wet morning of November 17th for its Finals compeition. A whole lot of rain the evening before had left the course quite wet, and while the regular course was run, the early races in the morning (3A and 4A Men and Women) were slowed by the bad footing. The larger, power runners did not seem as affected as the lighter athletes, many of whom seemed to have hydroplaning problems in the mud. Times were generally slowed at least 15-20 seconds per athlete in those early races. No rain fell during the morning, but an eerie log rolled in and left the scene with fifty foot visibility for all but the last couple of races. The team form charts held pretty true, but the individual races, especially in the Guys' proved to be very interesting. Amazing ninth grader, Tracey Williams (Mt. View, El Monte) slogged to the #9 All-Time effort on the ML SAC course with her 17:47 2A individual win in leading her team to that title in the day's only mark of historical nature.

Women's 4A Division.

Newport Harbor had been ranked #1 in this division just about all season long

after bursting forth in the first third of the year with some awesome invitational performances. A tight, up-front group had them beating the entire field in more than one multi-school competition all by themselves. But problems struck with iliness and injury and Newport came back to the pack. Thousand Oaks, led by supers Christy Farrell (18:02) and Jenny Bessel (18:36), had the Prelims top team time with their heat victory at 97:06. Buena (Ventura) had run 96:17 back in the Mt. SAC Invite, and Palos Verdes had a 13-second 1-5 gap in a leisurely heat vic-tory the previous week. A key for Newport

Women's 3A Division

An intertwining of the individual and team struggles was in evidence here, as favorites, and Prelim Heat winners, Esperanza (100:08), Arroyo Grande (99:37), and Hart (Newhall-102:09), all had strong individual stars Lisa Rizzo (Hart) was the defending champ, and her 18:08 best was set in this race last year. Sharon Plante (AG) had raced 18:19 as a frosh here in the Invite. How a good Esperanza group would fit in with the depth backing up the Rizzo-Plante duo would determine the team champions. Rizzo said by by early and raced away to a big win at 18:32. Sur-

Fine Flicks by Don Gosney



Fine Flicks by Don Gosney



TRACEY WILLIAMS

GREG WHITELEY

CHRISTY FARRELL

would be the ability to get Julie Morris (5th 83 at 18:47) back on the course and doing a job in the Finals. The senior had been held back and out of races lately with a hip problem. With Tustin and Edison possible factors, there were about any of six teams who could win. To make a long story short, Morris did show and ran well (16th at 19:39) for the Newport group to drop a minute as a team from the Prelims and come in just ahead of Buena, 63 (97:24)-71 (97:33). Coach Bob Van Sickle of Newport admitted to Dave Osterman of the Orange County Register that he announced at last year's banquet that the 84 NH group would be Section champs, then lived the last couple of weeks regretting the pressure he put on the whole situation. For the conditions the equal #16 and #18 All-Time teams by Newport and Buena were very impressive. Coach Steve Blum's Buena squad, 3rd last year, continues its move towards a championship-his squad loses only super Tammy McCarty from the top six to graduation.

Individually, this race was a classic one. Pure distance runners, sophs Mellssa Sutton (Newbury Park) and Christy Farrell (Thousand Oaks) were matched up against junior Sherri Smith (Woodbridge, Irvine), a 2:14.33 800m runner, who was moving up to three miles this fall with real success. The trio were heat winners last week, with Farrell (18:02), Sutton (18:10), and Smith (18:11) all breaking into the top 20 on the All-Time course list. The conditions favored the distance duo and Sutton eventually pulled away from Maramonte League mate Farrell to win 18:00-18:08 to finish out an undefeated season, Melissa's 18:00 is equal #16 All-Time on the course.

- 4A Women's

Individuals: 1. Sutton (NP) 18:00, 2. Farrell (TO) 18:08, 3. Smith (Woodbridge) 18:38, 4. ewis (Buena) 18:46, 5. Henson (NH) 19:00, 6. Prince (Rubidoux) 19:00, 7. Ander-son (NH) 19:09, 8. Bessel (TO) 19:13, 9. Daly (MV) 19:18, 10. Dietz (Buena) 19:22, 11. Wright (Irvine) 19:24, 12. McCarty (Bu) 19:24, 13. Rabbit (NH) 19:31, 14. Ball (NP) 19:36, 15. Vaughan (DanaHills) 19:36.

Teams: 1, Newport Harbor 63 (97:24), 2 Buena 71 (97:33), 3. Thousand Oaks 112 (98:30), 4. Palos Verdes 142 (100:53), 5. Newbury Park 145 (99:58), 6. Tustin 158 (101:18), 7. Mission Viejo 169 (101:32), 8. Edison 180 (101:48), 9. Irvine 184 (102:25), 10. Rolling Hills 206 (103:06), 11. Rubidoux (Riverside) 229 (104:43), 12. Dana Hills 263

prising soph, Lupe Casillas (El Rancho), picked the difficult conditions to run her best, an 18:59 for 2nd. Plante was 3rd at 19:10, and her next three teammates iced the team victory for Arroyo Grande with places 10-11-13 (AG totalled 69 points and 100:56 team time). Shirley Rodriguez had recently run well for AG (10th here), but the improvement of frosh Barbara Barcelona (11th) and soph Vickie Lopez (13th) iced the easy win for Coach Greg DeNike's group. Rodriguez is the only senior on the AG squad. Macy Moring also raced well for Hart, taking 4th at 19:12, but Esperanza's depth brought the Orange County squad in at 2nd (121-104:26) to Hart's 128 (103:26). Norco was a close fourth at 133 (105:42).

> 3A Women's. Individuals: 1. Rizzo (Hart) 18:32, 2. Casillas (El Rancho) 18:59, 3. Plante (AG) 19:10, 4. Moring (Hart) 19:12, 5. Cooper (El Dorado) 19:15, 6. Loveall (Lompoc) 19:40, 7. Gunn (Walnut) 19:49, 8. Thomas (BA) 19:54, 9. Rosipajla (ED) 19:56, 10. Rodriguez (AG) 19:56.

Teams: 1. Arroyo Grande 69 (100:56), 2. Esperanza 121 (104:26), 3. Hart 128 (103:26), 4. Norco 133 (105:42), 5. Alta Loma 150 (107:39), 6. El Rancho 162 (105:56), 7. Bishop Amat 169 (106:45), 8. Moreno Valley 169 (107:01), 9. Mater Dei 187 (108:07), 10. Bishop Montgomery 189 (108:22), 11. Sunny Hills 196 (107:50), 12. Walnut 235 (110:18).

- Women's 2A Division.

The Williams sisters (frosh Tracey and soph Lisa) allowed Mountain View (El Monte) to run for points off their 3-4-5 runners, and the depth from Nordhoff of Ojal seemed to be the only squad that could challenge. Mountain View had a two and one-half minute time margin from the Prelims with a heat victory at 102:00 over Nordhoff's prelims win at 104:36. Licha Villanueva, the El Monte school's 3rd runner had also shown much better than her 21:56 in the Prelims. Nordhoff had a fine trio in Manuela Miller, Trish Unruhe, and Tami Dobel, and had run to a good season thus far with a 5th in the Clovis In-vitational at Fresno and a Division I Sweeps Victory at Mt. SAC.

The conditions had dried up a bit by the time this race was run. Tracey blasted away from her sister and the field after a quarter-mile, and romped to a minute and ten second win over Lisa and the field in a super 17:47. In discussing her race tactics in such an enviable position, Tracey

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 solid ly 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

~ 2A Women's. Individuals: 1, T. Williams (Mt.View) 17:47, Williams (Mt.View) 18:57, McDonald (DiamBar) 19:19, 4. Beman (San Marino) 19:26, 5. Morgan (B-J) 19:33, 6. Barlog (Alemany) 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 IA 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 calors 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

The course was in respectable shape for the final race of the day, here, and Atascadero really came to run. No IA level Women's group had come close to break ing 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 con-tinued 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 bounc-ed upstairs, so look for the Los Padres League at the 2A level in 85.

LA 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. Or-ton (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 Pretims, and another foursome between 16:04 and 16:29 here, gave the Lancers over a minute margin over the se-cond team in the Prelims with their fine 80:06. The next nine teams were within a minute after TO, a condition in evidence 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 us-ed 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 in-Untational

- 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. 8. Houlgate (Bishop Mon-(gomery) 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. Haosi (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

- Men's 3A Division.

A very thick cloud of log 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 in-

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 rac-ed 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.

Individuals: 1. Mascorro (Rosem) 15:55, 2. Individuals: 1. Mascorro (Rosem) 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 (Mt.View) 16:34. 10. Yaross (Saug) 18:35.

Teams: 1. Saugus 60 (82:58). 2. Torrance 105. (84:21). 3. Arroyo (El Monte) 116. (84:56). 4. Hart. (Nowhalls) 13: (84:55). 5.

(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 tavorite, 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

A dozen athletes were in individual contention at one time or another in the with but 100 to go, Jeff Jacobs (Cresp), 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

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) (Ontario) 16:02. 5. Sagasta (Brawley) 16:02. 6. Schrum (DiamBar) 16:03, 7. McCracken (Loyola) 16:12. 8. Schumacher (St.Anthonys.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 186 (85:44), 9. Brea-Olinda 174 (86:14), 10. Magnolia 182 (86:44), 11. Nordhoff (Ojal) 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

ROVS

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

FIRST TEAM ALL-NORTHERN CALIF.

1. Calvin Gaziano (Castro Valley)

 Calvin Gaztano (Castro valley)
 Senior. Two-time NorCal champ.
 Undefeated 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

3. Bobby Rivera (Newark Memorial, Newk) 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

5. Vic Santamaria (Willow Glen, SanJose) 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 Sec-Crystal Springs and Clovis Invitational champ, Second at Mt. SAC. Improv-ed 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

8. Jason Lienau (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 Fine Flicks by Don Gosney



CALVIN GAZIANO

Fine Flicks by Don Gosney



REBECCA CHAMBERLAIN

10. Mike Goralka (Livermore)

Senior, Third team all-western U.S. East Bay Athletic League champ.

11. Jonathan Smith (Miramonte, Orinda) Sophomore. San Ramon small school Hershel Miles large school, and Foothill Athletic League champ Third at Stanford. Second best sophomore at Nor Cal.

12. Dennis Pfelfer (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 champlonship

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

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 (Ballarmine, San Jose) Junior

21. Brian Kingsley (Folsom) Sophomore. Number three sophomore

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 Llanez (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 midseason with a very tough IA level guys' group that seemed very capable challenging a good returning Sherman Indian (Riverside) group for the title. Sher-man 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 Fashorse (name of the meet!-3rd 16:20), 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 (96-84:50).

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 handled 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 Saile 96 (84:50), 4. Morro Bay 122 (86:05), 5. Catherdral 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

Newport Harbor; 2. Buena (Ventura); 3. Los Gatos: 4. Thousand Oaks; 5. Clovis; 6. Mento Atherton; 7. Palos Verdes: 6. Vista; 9. Atlascadero; 10. Arroyo Grande.

u Alacadero, 10. Arroyo Grande.
Honorabio Mention: (listed eliphabetically)-Batin Vinta (Fair Cars), Bonita Vieta
("halo Vista), Edlerir (Hamtington Beach),
Colden Wast (Visalia), Half Moon BuyHillog (San Disgo), Irvine Lowell (San
Francisco), Mission Vinjo, Monte Vista
(Danville), Mt. Carmer (San Disgo). Nowbury Park, San Ramon Valley, San regant, Tuestin

Explanation: Newport Harbor was among Explanation Newpoir narrys was along the best in the country up until the missile of the season. They came back from adversity in the form of Injury and lineas in run a line 9734 in winning the Bouthern Section 4A at Mt. BAC in the mid. Buena raced a super 96.17 (#9 Al-Titre) in the Mt. BAC Invite, and was cecost to Newport in the Southern Section 4A division. Los Gatos was the Northern Cat Chemp at 97.13 at Rocklin's Sierra ollege course. Thousand Oaks ran 97:12 in the SAC Invite and 87:06 in the Sec-tional Prelims at Mt. SAC prior to laking third in the Southern Section 4A race. Clients was second in the Northern Cal well 17 points behind Los Galco, Mento Attention, the Central Coast Section runner up, was three points behind Clovis in the important Northern Cal Champion ship runs, Palos Ventes put together a line season, with a big team win st Crovia and was fourth in the Southern Section 5A race. Vista was the best in San Diego, see acc. visit was the best in can crego, easily winning the area's Longe School it. It. A tuscadero raced a super 99,04 in the IA Southern Section Championship race at Mt. SAC. Arroya Grands, an easy Southern Section 3A Ittlest, was third at Clovis and the Stanford Large Schools

MEN

Lassen (Susanville), 2. Thousand Cake;
 Clovis 4. Saugua, 5. Monte Vista (El Celon), 6. Baltarmine (San Jose; 7. Hillop (San Diogo), 8. Moreau (Hayward; 9. Tor



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

photo by Ray Dalmora

rance: 10. (tie) Jeault (Sporamento) & Bel-

ment (LA)
Ironorable Mention: (listed alphabetical
Iry-Arroyo (El Monte), Buena Park, Corons
Del Mar. Dena Hills, El Capitan
(Lakeside), El Toro, Hart (Nawnall),
Homestead (Cupertino), Leigh (San Jose),
Madera, Miramonte (Orinda), Misalon VisIo, Mt. Carmel (San Diego), Nevada Union
IGrass Valloy), Simi Valley, University (Ir
vine), Willow Glen (San Jose),
Eaplanation: (Lasean, Irom the Northam
Section, put logether a Cinderella season
that had them with their Section with 32
points, Their handle evaryone in the Nor-

points, then handle everyone in the Nur-thern Cal meet with a 79:08 Sierra College course time. Thousand Oaks was the best in the South, with an 60:06 best at Mt SAC Clovis was a close second at Nor Cal, nine points behind Lussen, Saugus was the Southern Section 3A titlest. They were second at Mt. SAC with an 80.55 land feature six underdisasmen on the Varsity). Monte Vista (El Cajon) was once egain Ban Drego'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 Champions. The Stanford Invitational Champions, and third at Nor Cal, Hilliop (San Diego) was the Section 2A Champlone. Moreau (Hayward) was the North

Coast Section Champ and Jourth at Nor. Cal. Torrance had a solid season, with the tunner-up spot in the Southern Section 3A division at its end, and an B1:45 Mt BAC team time boot. Jesuil (Sacramento) was easily the State's beat at the season's start, blowing away boin 81:30 Mt. SaC leam Simi Valley and Clovis by over two and one-half infinites at the Clovis Invitational, then failing victim to injuries and the like that brought them back to the pack and fifth place at Northern Cal, fielmont (LA) continued to improve as the season want 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, GrassViy) 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. Whiteny, Visalia) Senior. Twenty-third Northern Califor-nian 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, SanJose) 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 allwestern 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, SanJose) Junior. First team all-western U.S. Improved from 9th to 4th at Nor Cai. Defeated Chamberlain at Artichoke.

5. Sabrina Han (Westmoor, DalyCity) Junior. Third team all-western U.S. Ran Crystal Springs course in 17:41.

6. Lori Andeen (Menlo-Ahterton, Atherton) Freshman. Nor Cal Freshman of the Yearl

Fine Flicks by Don Gosney



SHANNON CLARK

7. Ann Kuphaldt (Bella Vista, Fair Oaks) Freshman, Sac-Joaquin Subsection 3 champ, Number two freshman at Nor Cal. Sister of former Nor Cal champ Harold Kuphaldt, who now runs for Oregon.

Fine Flicks by Don Gosney



LAURIE CHAPMAN

8. Katie McCandless (Castilleja, PaloAlto) Freshman, Number three freshman at Nor Cal. Central Coast Section Region I

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 Balley (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.

18. 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 (ElDorado, Placervie) Senior. Sac-Joaquin Subsection 4 champ. Seventh Northern Californian at

18. Angels 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, Danvi) Freshman,

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

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

23. Carls Holmes (Menlo-Atherton, Ather) Senior

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

HONORABLE MENTION

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

Sally Wood (Pledmont)
Senior, North Coast Section 2A South champ. Eighth Northern Californian at Kinnay Western.

Wendy Knox (Del Oro, Loomis)

Senior, Resides in Rocklin, Second in Sac-Joaquin Subsection 4. Ninth Northern Californian at Kinney Western.

Kelly linicki (Harbor, SantaCruz) Sophomore. Eleventh Northern Califor-

nian at Kinney Western.

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

Terri Dilion (Belia Vista, Fair Oaks) Senior, Fifteenth Northern Californian at Kinney Western.

Deonne Self (Del Campo, Fair Oaks) Senior. Resides in Sacramento. Six-teenth Northern Californian at Kinney

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

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

Stacey Wainwright (Merced)

Junior, Nineteenth Northern Californian at Kinney Western.

Margaret Corić (Capuchino,SanBruno) 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.

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

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 Twomile Postal.

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

 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

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.

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

3. Menlo-Atherton (Atherton)

Goach 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, Ar-tichoke 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

7. Monte Vista (Danville)

Coach Randy Knudson. First North Coast Section 3A. Second East Bay Athletic League. Third North Coast Sec-

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, Susanvl) 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 (LosGatos) 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 (Menio-Atherton, Atherton)

POINTS OF INTEREST

By RICHARD LEE SLOTKIN

he 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

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 gravey 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 crocquet. It doesn't matter if it rains on a cross-county 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 tatoo; 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 Royle 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. Suré, 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!



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.) ys. 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 (Grenada 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
	55.00

* - 1st time at distance

Club Abbreviations

Adi - Adidas Regional Team AW - Athletics West BAS - Bay Area Striders BB - Basin Blues BHS - Berkeley H.S. BOLT - Lightning Bolt T.C. C.C. - California Condors CCF - Capital City Flyers

CHART - Team Chart House CH - Club Hack Conv. Ag - Converse Aggies GBR - Golden Bay RunnersGH - Grenada Hills H.S. HA - Hughes Aircraft R.C. HACK - Club Hack HARC - Hughes Aircraft Running Club 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 Fermin Flyers Roos - Team Kangeroo

RR - Ratti Runners SCR - Santa Clarita Runners

SCRR - Southern California Road Runners

SMTC - Santa Monica T.C.

SAT - Saucony Racing Team SSP - Sierra Slowpokes SSTC - Stars and Stripes Track Club

STCRK - Stevens Creek Stryders TPC - Team Pacific Coast

UCB - Univ. Calif-Berkeley USN - U.S. Navy VPHS - Villa Park H.S.

WAC - Wilt's A.C. WRAC - Westside Road Runners A.C. WVTC - West Valley Track Clu

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

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 1965, 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:

 Provide training tips to all club members, whether they be juggers or racers. This goal will be accomplished through club newsletters and club activities.

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.

Organize club events designed to be social activities.
 These activities would include such things as: club picnics or petlucks, 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 ques-

tions 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

Lan 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, Raiph 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.

Direc 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

Ron Cornell spent the better part of the summer competing in Europe, mostly Scandanvia. 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 finlished 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 tifth 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 bailyhooed 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 titie.

Southern Cal. Striders

8306 Wilshire Bivd., Suite 316, Beverly Hills 90211

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

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 (Fleid)		50-59
Mel Elliott (Track)		. 40-49
Dee Dewitt (Field)		
Nolan Smith (Track)		30-39
Rufus Morris (Field)		30-39
Chestine Barnes (Track)		
Marilyn White (Field)		
Hank Lange, Jr. (LDR)		30-34
George Cohen (LDR)		
Jerry Withers (LDR)		
Harold Daughters (LDR)		60-69
Maxine Waters (LDR)		
New Club Officers:		
President	. Mike Ca	staneda
Vice President	Walt A	tcheson
Treasurer		
Membership Secretary		
Newsletter EditorF		
Uniform Manager		
Jerry WithersLI		
Nolan Smith		
Hal Smith, Louis Smith 40-		
Bob Hunt		
	Charles Wall Broad Street	STATE OF THE PARTY

Converse Aggie T.C.

127 Haight St., Menio Park 94025

The San Mateo City Turkey Trot heated up a bit this year with the apearance 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 fy 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 teel they are in the best increst 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:

awards were presented for the year	1984:
Yvette Niles	Juniors
Eric Billmeyer	
Sean Sandoval	Juniors
Tiffany Gorman	
Leslie Howland	
Stan Vegar	Open Men
Jose Vega	. Long Distance Men
Shirley Matson	40-plus Women
Gary Novak	
Allce Leicht	50-plus Women
Jim O'Neil	50-plus Men
Mary Storey	60-plus Women
Jim McCown	60-plus Man
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 93438

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 winn-ing 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 Oison.

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 quali-



Marty Kibiloski 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 couse 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 run-ner. 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 I 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 two more national age-group ties were obtain used 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 Cherl 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 87-126 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). 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 bacame 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

SUNDEVIL



Invitational **Track Meet**

COMPETE AGAINST MANY OF CALIFORNIA'S FINEST TRACK AND FIELD ATHLETES IN BEAUTIFUL SAN DIEGO. LAST YEAR'S MEET FEATURED NINE CALIFORNIA STATE CHAMPIONS.

ELECTRONIC TIMING AND METRIC DISTANCES FEATURED.

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"
23'101/2"	18'534"
48'3'4"	40'2"
56'514"	47'5"
164'2"	164'5"
15'0"	

A C.I.F. SANCTIONED EVENT

FOR CALIFORNIA, ARIZONA, AND NEVADA SCHOOLS

Saturday, April 20, 1984 1 - 7 P.M.

For more information contact:



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

Track & Field

Winter Decathlon

December 8-9. CS Long Beach.

54 started, 44 finished . . . weather conditions: rain Saturday a.m., sunny and clear with temperatures in the 60's for the next day-and-a-half . Chris Branham from Point Loma College (formerly from Tombstone, Arizona) was the overall winner with an excellent winter score of 7483 Chris had the meet's best marks in four events (LJ, HJ, 110HH and PV)...his LJ of 7.33m (24-1/4) is a new meet record ... Chris was just .2 off the hurdle record at 14.6 ... his 4.88m (16-0) pole vault was a new PR and just inches off the meet record ... David Crume, a junior transfer at Fresno State from Willamette University won the University division at 7087 Scott Krupilski of Taft College won the J.C. division with an impressive score of 7154 . . Joey Durarte of Notre Dame High School set a new record of 6083 in the high school division, breaking the previous record of 6061 by Marcet Douglas of Valley H.S. in Las Vegas set in 1980 ... Notre Dame High School had five athletes in the meet . Dave Robinson reportedly broke the National age 38 record with 5852 pts... Chet McGaugh of Riverside competed in his 15th con-secutive Winter Decathion... Gary Miller of Glendale won the 40-49 division at 5297 and Al Brenda of Turlock the 50-59 with 3882 points ... sub-masters ran 39" hurdles, 40-49 ran 36" hurdles, and 50-59 ran 33" hurdles, threw 12 lb. shot and 3 lb. 9 oz Discus ... starting times were 8:00 a.m. for masters divisions, 9:00 for high school, 10:00 for junior college and university, and 11:00 for open divisions this will be the last Winter Decathlon scored with the 1962 tables we will use the new IAAF 1985 tables Chris Branham would have scored 7469 on the new tables, Krupilski, 7054, and Crume, 7009 . . . John Roman was our

191 William Shillingt Decatulou for 9:	raye
groups (ir. high through masters	on (a
Saturday-Sunday, June 8-9 we	
you can join us again next year's	
for the 16th Annual Winter Decathlo	n will
be December 14-15 plan on it!	
Overall Results	1
1 Chris Branham, SDTC, (1st O)	7483
2 Scott Krupilski, Taft JC, (1st JC)	7154
3 David Crume, FresnoSt (1st Uni)	7087
4 John Wotawa, Unal. (2nd O)	6799
5 Dion Giuliano, CSNorth, (2nd Uni)	6708
6 Jim Bamish, Mt.SAC, (2nd JC)	6309
7 Joey Duarte, NDHS, (1st HS)	6083
8 Tony Tynan, FCC, (3rd JC)	6025
9 Bill Martinez, Mt.SAC,(4th JC)	5994
10 Mike Thomas, PimaCC, (5th JC)	5910
15 Dave Robinson, Unat. (1st 30-39)	5852
19 Gary Miller, CorDelMar(1 40-49)	5297
15 Gary miler, Gordelmar(1 40-45)	
37 Al Brenda, Unat.(1st 50-59)	3882
38 John Roman, Magnolla JH(1 JH)	3816
JO JOHN STREET	

from Magnolia Junior High in Ontario scored 3816 with high school hurdles and

implements and showed potential as a

REMINDER: the Long Beach Relays

meet will be an invitational limited to the

top 12 entrants ... we will be hosting our 1st Annual Summer Decathlon for all age

future decathlete to be reckoned with

Decathlon will be held March 2-3

youngest competitor .

the 13 yr. old

All-Comers Meet

December 15, Long Beach. 60 Yd. HH: 1, Roosevelt Green, Taft 7.4 100m: 1, John Tommis, CSUDH 10.7, 2 John Patterson, El Camino 10.7.

200m: 1. Kevin Hawkins, El Camino 21.3, 2. Jim Adam, Anaheim HS 22.4.

400m: 1. Kevin Hawkins, El Camino 48.8, 2. James Ferreira, El Camino 49.2. 800m: 1. Robert Darigcio, LA Valley

10,000m: 1. Mike Fisher, Chapman Col-

HJ: 1. Nuchols, El Camino 6-11 1/4 JT: 1. Douglas Fernandez, Unat. 184-2. PV: 1. Anthony Curran, Unat. 16-0. SP: (w) 1. Bonnie Dasse, Coast Athletics 58-71/2.

TJ: 1. Robert Cannon, Coast Athletics

LJ: 1. Willie Bell, Pima JC (Az) 23-9.

Cross

Country

NCAA Div. I **Cross Country** Championships

November 19. Penn State. Top Ten - Men Edward Eyestone, BYU 29:35 Rich O'Flynn, Providence Yobes Ondieki, Iowa St. John Easker, Wisconsin 29:38 Tom Ansberry, Arizona James Sapienza, Dartmouth Brent Steiner, Kansas 29:45 29:45 Tim Hacker, Wisconsin 29:49 Larry Chumley, No. Arizona 29:56 Mike Vanalta, So.E.Missouri 31 Mark Oleson, Stanford 30:31

33 Jeffrey Cannada, Arizona 38 David Parish, Nevada-Reno 30:31 30:36 Matthew Giusto, Arizona Team Scores

1. Arkansas 101, 2. Arizona 111, 3. Tennessee 144, 4. Wisconsin 159, 5. Virginia Top Ten - Women Cathy Branta, Wisconsin

Shelly Steely, Florida Christine McMiken, Okiah St. 16:22 16:30 Regina Jacobs, Stanford 16:33 Tina Krebs, Clemson 16:37 Katie Ishmael, Wisconsin Alison Wiley, Stanford Janet Smith, N.C. St. 16:37 16:40 Sabrina Dornhoefer, Missouri 16:48 10 Holly Murray, No.Carolina 15 Ellen Lyons, Stanford 16:49 16:51 49 Kirsten O'Hara, Cal-Berkeley

Team Scores 1. Wisconsin 63, 2. Stanford 89, 3. N.C. State 99, 4. Oregon 119, 5. Clemson 173.

NCAA Div. II Championships

November 17, Clinton, Miss.

Vanatta (SE Missouri St.) 29 55; 2 Amo (E. Texas St.) 30:05; 3.

Waddell (SE Missouri St.) 30:17, 4 Henderson (Portland St.) 30:27, 5 DeHav-en (South Dakota St.) 30:31. Others en (South Dakota St.) 30.31. Others included: B. Juergens (Ashland) 30.34, 7. Graham (Edinboro) 30.38; 8. Stenzel (Angelo St.) 30.39; 9. Leuchtmann (SE Missouri St.) 30.43, 10. Perez (Cal Poly Pomona) 30.45.

TEAM—1. SE Missouri St. 87; 2. Edinboro 129; 3. UC Riverside 136; 4. South Dakota St. 139; 5. Cal Poly St.O. 154. Others included: 13. Cal Poly Pomona 288.

Pomona 288

Women

IND.—1 Ridenour (SE Missouri St.) 16:53 TEAM—1 Cal Poly SLO 32. 2 South Dakota St. 107; 3. SE Missouri St. 112; 4, CS Northridge 116; 5. Indiana (PA)

NCAA Div. III Championships

November 17, Delaware, Ohio.

MEN: IND —Beeman (Brandeis), 24-44; 2. Bauer (Simpson), 24-47; 3. Wareham (St. Thomas), 24-58 TEAM—1. St. Thomas, 76; 2. North Central, 89; 3. Brandeis, 145. Others included: 12. U. San Diego, 336 WCAMEN, IND —1. Erritand (Macales-

WOMEN: IND.—1. Kirtland (Macalester), 17:23, 2. VanHousen (Notre Dame, Calif.), 17:41, 3. tie between Hardesty (Smith) and Denhartog (Middlebury), 17:43, TEAM.—1. St. Thomas, 50; 2. Wis. LeCrosse, 64; 3. Ithica, 114.

Road Racing Results

Chula Vista **Medical Clinic** 10K

Top 3 Men 1. Sergio Sanchez 30:27, 2. Brad Lakin 31:06, 3. Dick Jensen 33:34.

Top 3 Women

1. Mary Akins 39:12, 2. Ursula Rains 39:40. 3. Betsy Horton 42:30.

Delbert Pearce (51) Oxnard Gary Stansauk (33) Reseda Judy Milke (34) Anaheim 7:55:13 8:06:07 Ellen Nichols (33) Chino 8:06:07 Daniel Ramirez (30) Oxnard 8:28:34 Russ Shinabarger (36)L.B. 9:03:57 Don Harders (38) Pt. Hueneme 10:46:14

Results - 5-Man 50-Mile Relay Vidal Sandoval, David Sandoval, Henry

Cuevas, Richard Bernal: 5:23:55.

Joe Volk, Tammy Wold, Phil Hood, Beth Milewski, Mike Trujillo: 5:29:29

Runner's Factory Marathon

Los Gatos.

Overall Results Larry Hyde (29) 2:42:16 Chris Nunez (32) Larry Eder (26) 2-45-45 2:48:12 Richard Tompkins (38) 2:49:07 Frank Ruoka (34) 2:50:00 Steve Lorenz (40) 2-51-32 Jeff Pearman (30) 2:53:25 Gary Zazkowski (32) 2:55:17 Roger Sebert (41) 2:57:54 Allen Neel (28) Bob Dalton (29) 2:58:09 2:58:24 Hans Albrecht (36) 2:58:27 Ron Cachopo (24) 2:59:14 14 Dan Moon (37) 3:00:47 15 Don Dugdale (39) 3:00:48 16 Rick Sylvester (42) 17 Robert Stephenson (37) 3:01:01 18 Bud Reed (40) 3:01:14 19 Jeff Pierce (28) 3:02:19 20 Dan Barger (19)
Division Results - Men

17 & Under: 1. Keith Imamura 3:52:48. 18-29: 1. Larry Hyde 2:42:16. 30-39: 1. Chris Nunez 2:45:45.

Division Results - Women Jan Levet 3:23:45. 40-49: 1. Kristine Morella 3:18:23, Over 50: 1, Etta

South Hell 50 Mile Run

August 26. Camarillo.

Top Ten Winners

John Scribner (37) Hesperia Leo Marquez (45) Baksfld 7:26:20

Santa Barbara Triathlon

September 22. Santa Barbara. 1.25 Mile Swim, 56 Mile Bike, 13.1 Mi.Run.

Overall Results Duncan Thomas (35) S.B. Michael Meteyer(25)ThousOak 4:23:01 Scott Morgan(22)LaCanada 4:28:11 Kevin Frampton(31)S.B. 4:30:41 Robert Gustke (26) Ojai 4:33:04 Robert Isaacs (22) SanClem David Lester (27) WalnICk 4:33:29 4:33:34 Patrick Moore (22)Lafayette 4:36:14 Gabriel Etcheverry(25)S.Mon 4:36:59 10 Kemp Aaberg(44)Goleta 4-37-15 Terry Thomas(35F)S.B. 5:02:26 61 Stephanie Norman(24F)SolBc 5:04:15 Cheri Kantor(29F)S.B. 5:05:45 75 Cathleen Chandler(29F)Soquel 5:10:03 77 Lynelle Paulick(28F)S.B. 5:11:47

Pedal 'N Plod Labor Day Biathlon

Se	ptember 3. Belmont.	
	Overall Results	
1	Scott Snap (32)	36.09
2	Norman Gould (35)	36:57
3	Mike Niemike (34)	37:35
4	Armen Khachadourian (33)	39:15
5	Robert Macomber (27)	39:43
6	Peter Klebofski (22)	40:52
7	George Moss (42)	40:54
8	Alan Christian	41:52
9	George Rogers (32)	44:01
10	Bert Morgan (34)	44:45
11	Mary Papale (F)	44:57

12 Kevin Mullaney (15) 13 William Asbra (31) 14 Mike Orth (15) 15 Nancy Hawkes (33F) 16 Ross Weir (33) 17 Jesse Malkin (14) 18 Kit Christian (27) 19 Andrew Reitter (13) 20 Stephen Reitter (14)	45:37 45:40 46:12 46:25 46:57 47:21 48:26 48:29 49:27
--	---

Davis-Bud **Light Triathlon**

from Carol Lane

The second second second	
September 23. Davis.	
Overall Results	:04:59
. Mechanan Galon, School	
- missand pesard Clair	2:09:38
	2:09:52
	2:11:07
4 Mc, White, Jenkins	2:15:55
5 Scott Miller	2:17:48
e Kinnins Pauley, Tourigron	2:18:13
T O'Hoir Foo Smith	2:18:26
a Wroner Benisek, Hayes	
a the Bradford Page	2:20:15
9 Nunn, Bradford, Pace 10 Pick, Pompelli, Thompson	2:22:02
10 Pick, Politipelli, Traham	2:22:10
11 Godley, Deetz, Graham	2:22:19
12 Kristensen, Walraven, Chinn	2:23:05
13 Hymes, Schimpf, Drake	2:23:53
	2:23:57
+E Wirochima Wong, Hirosiiina	2:24:46
ac Vomund Ballati, Tully	2:25:31
17 Ward, Mc, Setfenson	
18 Rick Batha	2:26:41
	2:26:56
19 Karen Chequer 20 Lulu, Fujimoto, Zarate	2:28:27
	2:28:39
21 Hayden, Hellbrown, 1007	2:30:49
22 Kent Osband	2:31:02
23 Robert Sibilia	2:31:13
as Dishard Schmill	
as Daoce Martens, Buzbee, Filia	TANK IN
Division Results - Men	La constant

Division Results - Men 19-24: 1. Scott Miller 2:15:55, 25-29: 1. Kent Osband 2:30:49, 30-39: 1. Terry Baler 2:23:53, 40-49: 1. Ralph Kendrick 2:35:12. 50 & Over: 1. Wayne Abbey 3:16:26. Division Results - Women

19-24: 1. Kim Filler 2:33:45. 25-29: 1. Karen 19-24: 1. Kim Filler 2:33:45. 25-29: 1. Karen Chequer 2:26:56. 30-39: 1. Carol Daniels 2:49:55. 40-49: 1. Arlene Fowler 3:06:47. Division Results - Men's, Relay 19-29: 1. Ritacco, Lessard, Clark 2:09:38. 30:39: 1. Hipschims. Wass, Lilicabilis.

30-39: 1. Hiroshima, Wong, Hiroshima 2:23:57. 40 & Over: 1. Krener, Benisek, Hayes 2:18:26.

Division Results · Women's Relay 19-29: 1. Ardans, Goldstein, Applegate 2:35:21. 30-39: 1. Wagman, Higgins, Moore 2:44:51. 40 & Over: 1. Sosnoski, Coleman, Brieger 2:45:35.

Johnny Appleseed Ridge

October 6, Paradise, 5 Mile & 3 Mile

October 6. Paradise. 5 Mile & 3 N	Alle.
October 6. Paradisorder 5 Mile	
1 Rick Brown	27:40
	28:03
2 Eddle Byers 3 Cobb Nelsen	28:28
	28:31
	28:41
	29:39
6 Gregg Williams	29:55
7 William Gardner 8 Everett Riggele	29:55
8 Everett Higger	31:12
9 Bill Dixon	31:25
10 Robert Malain 11 David Christensen	31:34
11 David Christensen	31:36
12 Sam Harris	31:51
13 Jerry Slick	31:56
14 Skip Lees	31:56
15 Kathleen Kalser (F)	32:12
16 Jean Chevrier	32:23
17 Steve Thomas	32:27
18 Paul Fleming	32:45
19 Jack McKenna	32:57
20 Ben White	
Division Results - Men's	on 30:03 2

14 & Under: 1. Michael Richerson 39:03, 2. Andy Johes 43:09, 3. Billy Camaren 45:07. 15-19: 1. Tim Anderson 38:04: 20-29: 1. Eddie Byers 28:03, 2. Nelson Cobb 28:28, 3.

Due to a printers error the following results were unreadable in the December issue. We reprint them how with our apologies to runners and readers.

Cable Stars 5K & 10K Runs

31/ 01 101.	
July 7, Englewood, CO.	401/
July 7. Englesson Results - Men	29:13
1 Simeon Kigen	29:18
	29:84
2 Paul Cummings 3 Gary Tuttin	30:15
A Ron Years	
4 Ron Years 5 John Tuttle	30:22
8 Rick Torran	30:58
	32:31
	32.32
8 Manual Lorenza	33:03
g Dan Holmes	33:07
10 Craig Godwin Overall Results - Wom	an's 10K
Overall Manney	33:46
1 Jan Merrill	33,69
2 Lisa Martin	39:53
2 Lisa Martin 3 Claudia Moralez	40:41
A JUST Kewier	41:55
6 Mary Delgadillo	43:03
8 A lamping	43:28
7 Mary Dietz	45:53
g Martha Juvado	48:4
o Vuonne Macias	3/5/0

Distation Results - Men's 10K
18 & Under: 1. Dan Holmes 33:03, 2. Craig
Godwin: 33:07, 3. Greg Gambos: 34:20
18:29: 1. Rick Torres: 30:56, 2. Victor
Fonseca 32:31, 3. Manuel Lorenza 32:32,
30:54: 1. Ed. Hamirez: 34:42, 2. Raiph
Castillas: 35:12, 3. Al Sanchez: 36:21:35:39:
1. Juan Hernandez: 34:23, 2. Tony Smith
36:57, 3. R.K. DeGrave: 37:59, 40:49:
1. Jesse: Rodriguez: 34:02, 2. Abe Velidez:
37:50, 3. Stan Black: 38:12: 50:59: 1
Delbert: Pearce: 41:10, 2. Howard: Leipp
42:24, 3. Gane Welch: 42:39. 50: & Over: 1.
Jack Peartiman: 45:41, 2. Bob Womer: 45:55.
Division Results: Women's: 10K
18 & Under: 1. Mary Delgadillo: 41:56, 2. 10 Lynne Harrel Division Results - Men's 10K

Marý Dietz 43:28, 3. Yvonne Mactea 48:44 19:29: 1. Chorney 36:16, 2. Kim Jacoby 38:14. 3. Lupe Reyes 41:46: 30:34: 1. Claudia Moralez 39:53, 2. Martha Juvado Ciabula Moralez 3633, 2. Marma Jordo 4553, 3. Jackie Rand 5355, 35-39; 1. Judy Kewley 40:41, 2. Fran Galbally 54:52, 3. Phyllis Quintana 57:25, 40:48, 1. R. lamp ing 43:03. 2. Lynne Harrell 49:21, Elizabeth Cushmen 49:38 50-69: Patricla Prulli 51:31, 2. Ann Garner 65:40, 3. Coloene Marson 57:39.

Blytision Results - Mon's 5K 18 & Under 1. Sal Zorda 16:59, 2. Dan Leonard 18:44, 3. Javier Herrera 19:33. 19:28: 1. Robert Gould 18:20, 2. Mise Reyes 16:33, 3. Ron Mointyre 16:55, 30-39: Heyes 16:33, 3. Hon Molntyre 16:50, 30-39-1. Arturo Fousto 16:19, 2. Doug Leves 17:10, 3. Rocky Morales 17:29, 40-48-1. Joe Jacobsen 17:40, 2. Francisco Garcia 18:39, 3. Larry Casey 19:47, 50-58: 1. Gary Dayton 24:39, 2. David Kennedy 27:37, 3. Blob Sept. 28:10. Rich Perez 26:09.

Division Resells - Women's 5K 18 & Under: 1 Tania Fischer 17:05, 2 Chanial Plante 17:55, 3. Nichols Ellis Chantal Plante 17:55, 3. Nichole Ellis 23:09, 19:29; 1. Ann Gladue 17:50; 2. Lor-raine Metrado 19:15, 3. Cathy Wattrip, 19:38, 30:39; 1. Terry Goodreau 19:04, 2. Mirni Baranowski 19:55, 3. Cherylyn, Brubaket 22:45, 40:49; 1. Joyce Momita 20:18, 2. Tina Nagle 21:52, 3. Janet Francese 29:20.

NCAA District 8 X-C Champs.

November 10, Tucson, AZ, 10,000 Meters.

MEN	A	
1 Tom Ansberry 2 Omer Orlega.	Wash.St. 31:38	
3 Peter Koech,	Nash.St. 31:40	

Mike Stahr, Arizona St Kelth Morrison, Arizona Mark Oleson, Stanford Jon Knight, Wash St. Daniel Gonzales, SJS 31:47 31/48 31:50 31:54 Peter Brett, Freeno St 10 Richard Tuwel, Wash, St. 32:19 Chris Morgan, Arizona Jeff Cannada, Arizona 13 Mike Parkinson, UCLA 14 Andre Woods, Arizona 15 Bernard Hewitt, Freeno St. 16 Ryan Stoll, Stanford 17 Harold Kuphalds, Oragon 18 Gary Gonzales, Frasno St. 19 Dave Lehrman, Fresno St. 32.42 20 Mike Carlton, UC-Irvine 32:43 21 John Zishka, Oregon 22 Bob Adams, CS Fullerton 23 Brad Jentien, LongBeachSt 32:44 35.47 32.48 24 Sean Evans, UC Irvine 25 Rick Dodson, UC Irvine 26 Mark Hollnink, Eastern Wash 32:50 Matt McGuirk, Oregon 32:55 28 Mike McCollum, Cal 20 Mike Scannell, ArizonaSt 30 Dan Nelson, Oregon 31 Mark Junkerman, UCLA 32 Ronald Castonguay, NevadaLV 33 Matt Giusto, Arizona 33.08 34 Ronald Archuletta, NM St 35 Daniel Bell, Washington 36 Tom Williams, ArizonaSt 37 Curt Corvan, Washington 33:13 33:15 33:17 38 Mike Blackmore, Oregon 39 Duke Batchelor, E. Washington 40 Darryl Genest, E. Washington 41 Gary Lewis, FresnoSt 42 Nathan Morris, WashingtonSt 43 Joe Stiannon, U. of Portland 44 Steve Fairman, Freeno St 45 Scott Hayes, Artzona St.

Team Scores

1. Arizona 40, 2. Washington State 67, S. Fresno State 96, 4. Gregon 126, 5. Arizona State 172, 6. UC Invine 166, 7. Stanford 192, 8. UCLA 207, 9. Eastern Washington 238, 10, Washington 247, 11. New Mexico State 255, 13, Long Banch State 255, 13, Long Banch State 255, 13 State 268, 12 Long Beach State 304, 13. Univ. of Portland 323, 14 Nevada Las Vegas 338, 15, Cal State Fullerton 349, 16, U. S. Int'l, 391.

Alan Woodard 28:41, 30-39: 1. Jerry Slick Alah Woodald 28:91, 30-38: 1. Jerry Silok 31:51, 2. Skip Lees 31:56, 3. Jean Cheurier 32:12. 40-49: 1. James Ballantyne 28:31, 2. William Gardener 29:55, 3. Paul Fleming 32:27. 50 & Over. 1. Everett Riggle 29:55, 2. Robert Malain 31:25, 3. Bill Holterhaus 38:07.

Division Results - Women 5 Miles 15-19: 1. Sherry Ellis 42:59, 20-29: 1. Gret-chen Weber 34:18, 2. Karen Hart 35:58, 3. Lisa Jennings 36:25, 30-39; 1. Cindy Bell 44:34, 2. Peggy Richerson 48:20, 40-49: 1. Maryke Valencia 35:05, 2. Bonnie Davies 41:50, 3. Sharon McAuliffe 42:35.

Overall Results - 3 Mile

	Overall Results - 5 miles	17:20
4	Brian Teter	18:08
2	Steve Liebenberg	18:12
3	David Hanley	
4	Neil Haggard	18:27
	Tom Davies, Sr.	18:36
5	Anthony Campa	18:37
6	Anthony Gamps	18:59
7	Andy Hafer	19:12
8	Harold Carling	19:13
9	Don Hall	19:46
1	Division Results - Men's 3 l	Miles

14 & Under: 1. Neil Haggard 18:27, 2. Andy Hafer 18:59, 3. Lance Utterback 20:04. 15-19: 1. Steve Liebenberg 18:08, 2. Tim Foley 19:46, 3. Wade Ballard 20:24, 20-29: Foley 19:46, 3. Wade Ballard 20:24, 20-29: 1. Anthony Campa 18:37, 2. Don Hall 19:13, 3. Dave Johnston 19:52, 39:39: 1. David Hanley 18:12, 2. Jay Hanson 20:25, 3. Dean Utterback 20:56, 40-49: 1. Tom Davies 18:36, 2. Walt Schafer 20:27, 50 & Over, 1. Harold Carling 19:12, 2. Jim Flood

Division Results - Women's 3 Miles 14 & Under: 1. Shea Fry 21:12, 2. Daisy Stanhope 21:26: 15-19: 1. Linda Foley 23:58. 2. Janet Foley 24:55, 3. Cindy Wilson 25:05, 20-29: 1. Terri Trivett 23:11, 2. Heidi Tatti 24:54, 3. Karyn Wood 25:35. 30-39: 1. Dolly Rupp 22:42, 2. Maria Wren 22:59, 3. Cynthia Cheurier 23:23. 40-49: 1. Tami Bemiller 22:47, 2. Diane Naegeli 28:04, 3. Laurene Feingold 29:05. 50 & Over: 1. Mary Malain 25:27.

Mt. Burdell Challenge

from Ray Young

October 7, Novoto, 10K & 5K. Division Results - Men's 10K 15-19: 1. David Lieberman 43:57, 20-29: 1 Bruce Phinney 43:57. 30-39: 1. Gene Dangel 40:01. 40-49: 1. Roger Major 44:52. 50-59: 1. Charles Huntman 49:50. 60 & Over. 1. Roger Anawalt 69:21.

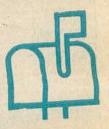
Division Results - Women's 10K 20-29: 1. Sharon Harms 53:03. 30-39: 1 Susie Van Buskirk 51:08. 40-49: 1. Judie Donovan 55:23.

Division Results - Men's 5K 14 & Under: 1. Shawn Dangel 19:48, 15-19: 1. Mike Ceshi 21:01. 20-29: 1. Allen Smith 16:40. 30-39: 1. Eddie Lanzarin 17:06. 40-49: 1. John Balletta 18:33: 50 & Over: 1. Rob Graham 20:19. Bob Graham 22:18.

Bob Graham 22:18. Division Results - Women's 5K 14 & Under: 1. Lisa Phillips 45:04, 15-19: 1. Shannon Hill 23:51, 20:29: 1. Tamara Gon-zalez 19:00, 30-38: 1. Paula Speidel 23:25. 40-49: 1. Karen Mogan 27:45.

Address Change?

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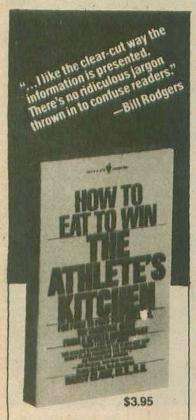


Results

Love Your Heart

October 13, San Bernardino, 5K & 10K. Division Results - Men's 5K

12 & Under: 1. Eric Cronk 22:04, 2. Michael Warren 22:51, 3. Jeff Toister 23:50. 13-15: 1. Trent Taylor 20:15, 2. Curt Waggoner 21:22, 3. Chad Faytik 24:39. 16-19: 1. John



By Nancy Clark, M.S., R.D., Nutritionist, Sports Medicine Resource, Inc. Boston, MA

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King 17:10, 2. Mike Havar 17:56. 20-29: 1. Charles Sanchez 16:29, 2. Peter Perez 18:06, 3. Howard Wallace 18:10. 30-34: 1. Bob Morrison 15:56, 2. John Allen 17:36, 3 Michael Chappell 18:22. 35-39: 1. Fred Lindsley 17:33, 2. Michael West 18:19, 3. John Scrchner 18:34. 40-49: 1. David Warren 18:16, 2. Tony Gomez 18:26, 3. Ron Lowy 18:31, 50-59: 1. Frank Ramos 20:08, 2. Bob Best 21:05, 3. John Lodarski 21:13. 60 & Over: 1. Karlo Smitlens 24:36, 2. Tony Perora 25:52, 3. Ludie Alexander 28:20. Division Results - Women's 5K

12 & Under: 1. Kristen Waggoner 28:15, 2. Jolene Jacobsen 34:52, 3. Alissa Goler 35:42. 16-19: 1. Natalie Barrad 24:11, 2. Holly Hatch 24:48, 3. Denise Danco 29:32 20-29: 1. Denise Bedford 18:00, 2. Patricia Escomilla 20:39, 3. Merlinda Whitemore 22:23. 30-34: 1. Ellen Coleman 19:50, 2. Sue Harwell 23:23, 3. Cindy Fullulber 23:53. 35-99: 1. Debbie Heaton 19:10, 2. Kathy Story 20:47, 3. Kathy Taylor 22:57. 40-49: 1. Donna Wagner 23:17, 2. Diane Kobz 24:34, 3. Marina Lindblom 25:26. 50 & Over: 1. Audrey Singer 27:20.

Division Results - Men's 10K 12 & Under: 1. Charles Holguin 39:36. 13-15: 1. Will Laird 42:22, 2. John Healy 49:44, 16-19: 1. Oliver Nathan 36:51, 2 Charles Laird 39:10, 3. Roger Watt N.T. 20-29: 1. Frank Assumma 31:36, 2. James Jacobs 35:38, 3. Robert Raymen 35:58. 30-34: 1. John Sanli 36:09, 2. Dan Sullivan 44:36, 3. Carl McCreary 46:00. 35-39: 1. Stan Stauble 34:05, 2. Dean King 36:53, 3. Robert Heaton 38:20. 40-49: 1. Bill Crum 35:24, 2. Bob McGeough 37:07, 3. Frank Ogaua 38:38. 50-59: 1. Dick Belliss 40:58, 2. Stan Bellamy 45:18, 3. Charles Cowan 45:46. 60 & Over: 1. Jack Goertzan 43:25, 2. John Goodyear 46:01, 3. Bob Krogen

Division Results - Women's 10K 16-19: 1. Marcy Payne 57:05. 20-29: 1. Bonnie Brooks 51:56, 2. Mary Pedi-Harris 53:08, 3. Joy Muceus 55:59. 30-34: 1. Margaret Montoya 45:32, 2. Sandis Allen 48:55, 3. Judy Rodman 49:55, 35-39: 1. Ruth Husak 51:56, 2. Claire Reid 52:07, 3. Nancy Reed 52:57, 40-49: 1. Linda Kewin 44:46, 2. Sue Payne N.T. 50-59: 1. Marilyn Campbell N.T.

Zoo Zoom 5K & 10K

from Maria Baker

October 14. Sacramento. Overall Results - 5K Male: 1. Chuck Neuman, 16:00. Female: 1. Patricia Padia, 20:55.

Overall Results - 10K Male: 1. Steve Haase, 32:10. Female: 1. Karen Coe, 37:40.

Eaton Canyon To Henninger Flats Up & Down Hill

October 20. Pasadena. 9 Miles.

The first Eaton Canyon to Henninger Flats Up and Down Hill Race challenged a field of 244 runners from all over the Southland. The strenuous 9 mile course boasts a 1700 foot elevation gain and loss, after all what goes up must come

The runners had a beautiful view of the entire San Gabriel Valley while on their little trek. The highlights of the trail were a birthday party decor at the first mile marker, a trumpet player at mile three, also Smokey the Bear was reported to be helping at one of the water stations. All the runners are to be congratulated for completing such a strenuous run and doing it without any injuries.

Overall Results

Matt Ebiner (23) Philip Imlay (21) 52:15

Bill McDermott (33) 52:31 David Lopez (33) Don McCarthy (40) 57:02 Tim Dougherty (24) 57:18 Alan Reynolds (21) Bob Kietrich (29) 57:18 57:48 John Jarii (32) 57:49 Phil Hood (23) Paul Garnett (38) 58:10 58:19 Ralph West (32) 58:29 Joel Miller (35) 58:39 Philip Cohen (28) Mike Hendricks (27) 59:09 Jay Christie (40) 59-36 Frank Meza (36) 59:47 Tom Musante (44) 1:00:00 20 David Bell (17) 1:00:33

52:19

CRRC Runs

October 21. Pasadena

Darren Near (19)

3

Overall Results - 50 Miles Jim Ulvestad (29) Pasadena 5:47:58 Craig Davidson (30) Phoenix 5:52:25 Jussi Hamalainen (38) Finland 6:17:28 David Condit (45) AltaLoma Savin Callinan (52) Whittier Lee Preble (49) Torrance 7:30:27 7:33:57 Siga Gudmundsson(36)MisViej 7:46:52 Robert Szekersen(37)HuntBc 7:52:20 Larry Jackson (50) Vista 7:55:51 John Radich (30) L.A. 8:04:09 Division Results - Men's 50 Mile

19-29: 1. Jim Ulvestad 5:47:58. 30-34: 1. Craig Davidson 5:52:25. 35-39: 1. Jussi Hamalaimen 6:17:28. 40-44: 1. Jonathan Bechtel 8:07:48. 45-49: 1. David Condit 6:32:58, 50-54: 1. Savin Callinan 7:30:27. Division Results - Women's 50 Miles

35-39: 1. Siba Gudmundsson 7:46:52. Overall Results - 50K Jim Pellon (34) Encino 3:12:52 Charles Hoover (35) Sepulv 3:18:35 Jim Knerr (50) SimiVly 3:24:35 Francisco Garcia(28) Rosemd 3:26:51 Teri Gerber (35F) Encino 3:44:08 Steven Natanabe (31) Saugus 3:46:41 Dick Pallies (47) Hemet 3:47:59 8 Ed Dorio (32) L.A. 9 Bill Kissell (31) Ontario 10 John Fries (28) Northrdge 3:49:45 3:49:49 3:50:07 Division Results - Men's 50K

19-29: 1. Francisco Garcia 3:26:51, 30-34; 1. Jim Pellon 3:12:52, 35-39: 1. Charles Hoover 3:18:35, 40-44: 1. Keith Handley 3:58:40. 45-49: 1. Dick Pallies 3:47:59. 50-54: 1. Jim Knerr 3:24:33. 55-59: 1. Jack Rohdemoe 4:08:17. 60:99: 1. Fred Nagelschmidt 3:51:48.

Division Results - Women's 50K 30-34: 1. Catherine Lecleire 4:04:35, 35-39; 1. Teri Gerber 3:44:08, 45-49; 1. Chris

The Monster Dash

from Dave Rhody

October 26. San Francisco. 5K. San Francisco's first Night Run, THE MONSTER DASH, was a smash. On Fri-day evening, Oct. 26, approximately 1400 runners turned out in wild costumes to run the 5K double loop race on Fisher-man's Wharf.

Four San Francisco TV stations covered the event on their evening news Prior to the actual race the Stanford Mar-ching Bank performed on the course in costume. The Sheraton at Fisherman's Wharf, major sponsor of the event, saw to it that the city knew about the Monster Dash. Searchlights scanned the night sky picking up images of goblins (in the form of kites) flying above the race course, and a troop of torchbearers led the band.

Men's Results

Open: (21-39) 1. Patrick Sullivan 14:11, 2. Tom Borschel 14:35, 3. J. R. Glannefors 14:55

Masters: (40 & Over) 1. Ted Anderson 16:46, 2. Michael Schoelz 16:50, 3. John Galletta 18:51.

Women's Results

Open: (21-39) 1. Leslie McMullin 16:38, 2. Melissa Martel 17:43, 3. Diane Burger 17:41

Masters: (40 & Over) 1. Elvyn Blair 21:38, 2. Barb Keeley 21:53, 3. Sandi Detata 22:03.

Liberty Week 10K Race

October 27. Bellflower.

Division Results - Men 14 & Under: 1. K. C. Brooks 40:51, 2. Mark Micklos 47:04, 3. Paul DeWitt 47:07, 15-18: 1. Roman Mendoza 35:25, 2. David Clark 38:18, 3. Francisco Lopez 39:33, 19-24: 1. James Sterling 31:40, 2 Victor Carrillo 33:28, 3. Phil Vialpando 33:34, 25-29: 1. Bernie Kizuela 33:48, 2. Manuel Castanov 34:19, 3. David Bower 34:38..30-34: 1. Bob Dillman 34:03, 2. Salvador Arellano 34:35, 3. Bolivar Gonzalez 34:40. 35-39: 1. Stan Stauble 32:54, 2. Gary Williams 35:47, 3. Warren Young 35:54, 40-49: 1. Randall Shelley 36:42, 2. Graham Harris 36:46, 3. Jerry Scotts 37:15. 50-59: 1. Bob Landry 38:49, 2. Gunnar Brickner 39:31, 3. Raymond Wright 39:57. 60 & Over: 1. Casey Poole 43:49, 2. Jack Davison 56:04, 3. Jacob Bishin 1:12:10. Wheelchair: 1. Jim Knaub 26:05, 2. Jim Tennigker 31:02, 3. Ed Ramirez 34:14.

Division Results - Women 14 & Under: 1. Renee Acosta 58:38, 2. Emily Brownskin 104:37, 15-18: 1. Michele Robertson 56:02, 2. Sorenson Ulia 59:49. 19-24: 1. Kim Butler 44:36, 2. Jennifer Tellers 45:40, 3. Patricia Amescua 49:28. 25-29: 1. Becky Garcia 40:53, 2. Linda Amrikhap 48:59, 3. Karen Snow 52:06. 30-34: 1. Trudy libetson 45:17, 2. Lannor Castaneda 47:19, 3. Susan Simpson 48:00. 35-39: 1. Sue Robbins 45:23, 2. Sandra Ford 49:26, 3. Kathryn Ingram 49:30. 40-49; 1, Ann Tack 42:56, 2. Elaine Murphy 46:44, 3. Pamela Cobb 54:01. 50-59: 1. Lily Viveros 52:45, 2. Joan Boatright 54:45, 3. Rosemary Ornellas 55:31. 60 & Over: 1. Lucille Adney 1:10:14.

The Dry Run

October 27. San Francisco, 5K & 10K.

Division Results - Men's 10K 12 & Under: 1. Hanns Detlefsen 41:17, 2 Jason Ysip 42:47, 3. Colin Crawford 57:59. 13-19: 1. Christopher Ryalls 31:21, 2. Glen Hardin 32:23, 3. Juha Vohlonen 44:05, 20-29: 1. David Minter 30:36, 2. David Parish 30:43, 3. Steve Blakemore 31:10. 30-39: 1. Gary John 35:35, 2. Robert Crooks 36:18, 3. Hugh Harvey 36:45, 40-49: 1. George Ridout 37:35, 2. Dennis Gustafson 37:48, 3. Santiago Ojeda 39:26, 50 & Over: 1. Edward Akers 42:18, 2. Jim Creed 46:02, 3. John Burlingame 46:52.

Division Results - Women's 10K 20-29: 1. Beth Schulz 44:32, 2. Ellen Rockwell 48:45, 3. Helen Daley 50:33. 30-39: 1. Nancy Stover 44:16, 2. Candyce Roberts 44:47, 3. Judy Clark 45:38, 40-49: 1. Nan Hecht 48:50, 2. Sallie Olsen 50:37, 3. Ursula Bernhart 50:51. 50 & Over: 1. Pat Zink 53:31, 2. Dolores Gerber 56:22, 3. Bar bara Wein 59:45.

Division Results - Men's 5K 12 & Under: 1. Matt McQueen 21:36, 2. Daniel Oliver 24:08, 3. Matthew Fallon 28:57, 13-19: 1. Mario Perez 18:42, 2. Steve Ukena 20:22, 3. William Henry 27:23. 20-29: 1. Jack Martinez 15:33, 2. Scott Pink 16:42, 3. Gregg Daw 19:31. 30-39: 1. Steve Frediani 16:52, 2. Tom Guerin 18:15, 3. Doug Smith 19:39, 40-49: 1. Ed Meagor 20:53, 2. Shane Devenshire 22:30, 3. Nick Lederer 22:48. 50 & Over: 1. James Sanford 23:32, 2. Ezra Thompson 25:54, 3. Ted Sage 26:19.

Division Results - Women's 5K 13-19: 1. Kelli Brogan 21:09, 2. Lauren Wylle 24:22, 3. Pamela Lee 27:36. 20-29: 1. Carolyn Whitaker 24:08, 2. Helena Beckber 24:34, 3. Kathryn Reading 25:10. 30-39: 1. Jane Sowersby 18:21, 2. Paula Speider 22:13, 3. Angela Perez 24:14. 40-49: 1. Sandy Vernon 22:34, 2. Joan Jacobson 24:22, 3. Dottie Wylie 24:26. 50 & Over: 1. Helen Crowell 27:10, 2. Marilyn Carson 32:28, 3. Lucienne O'Keefe 34:02.

Division Results - Men's 5K Walk 30-39; 1. Jerry Crane 41:45, 40-49; 1. Keith McConnell 28:59, 2. Tim Scileny 29:45, 50 & Over: 1. Rich Hansen 35:45, 2. Alex Jan-

Division Results - Women's 5K Walk 20-29: 1. Anne Hoke 29:39, 2. Heather Pfeifer 38:14, 3. Gall Blaise 47:05. 30-39: 1. Frances Dibble 42:34. 40-49: 1. Sister Anne 38:52, 2. Jean Shelburne 51:39, 3. Carol Schwatka 51:39. 50 & Over: 1. Susie Byars 47:04, 2. Marion Hollar 47:05, 3. Jean Gansa 51:45

Miles For Mike

October 27. Cupertino. 5K & 10K.
The Second Annual Miles for Mike 5 & 10K Run held on Saturday, October 27, 1984 attracted over 400 runners and raised over \$15,000.00 for Mike McCully, who was struck down by a drunk driver on July 4th and left permanently paralyzed from the chest down. These funds will be used to purchased a Functional Electrical Stimulation Computer System which will aid Mike in his daily physical therapy. Mike continues to attend Homestead High School in Cupertino while he adjusts to life in a wheelchair.

Division Results

10K Professional Male Runner: 1. George Radu, Los Altos, 39:47, 2. Jim Rehbein, Santa Clara, 40:54.

10K Non-pro Male Runner: 1. George Willett, Menlo Park, 40:09, 2. Robert Mali, Cupertino, 42:03.

10K Professional Woman: 1. Georgine Laub, Sunnyvale, 42:15, 2. Pauline McLaren, Cupertino, 44:34.

10K Non-pro Woman: 1. Kris Holladay, Chico, 44:25, 2. Michelle Pentz, Sun-nyvale, 45:56.

5K Male Runner: 1. Chris Richards, Sunnyvale, 16:52.

5K Female Runner: 1. Carol Stroud, Saratoga, 20:21.

Ventura 24-Hour Run

October 27-28. Ventura. Overall Results

		Miles
1	David Lygre(42)Ellensburg.WA	1301/4
2	Tom Perry (39) L.A.	1231/4
3	Jeff Collins (30) Vallejo	121
4	Stephen Finn (37) Burlingame	105
5	Robert Davidson (29) Mesa, AZ	1021/2
6	Ruben Alarcon (40) Ventura	1001/4
6	Bob van Deusen (36) Ptld,OR	10014
6	Nahum Gat (36) L.A.	10014
9	Ahmed Abdulbari(50)L.A.	92
10	Speedy Ortiz (28) Ventura	91
11	John Radich (30) L.A.	84
12	Delbert Pearce (51) Oxnard	811/2
13	Doug Greiner (22) ElCajon	81
14	Leon Ransom (47) SanDiego	771/2
15	Anthony Farinella(43)ElMonte	751/2
	Jeannie Wood (33F)SanPedro	70
24	Connie Rodewald(42F) Camarillo	57

Golden Gate Marathon

October 28, San Francisco. Top 3 Men - Marathon Paul Jacobs 2:31:51, 2. Ted Anderson 2:40:36, 3. Joe Burzynski 2:42:55.
 Top 3 Women - Marathon

1. Stephanie Gokbora 3:00:36, 2. Shiri Schmitt 3:08:03, 3. Yumi Takahasi 3:11:23. Top 3 Men - Half Marathon

1. Harold Schultz 1:11:52, 2. Hank Lawson 1:13:22, 3, Damien Curry 1:13:42. Top 3 Women - Half Marathon

1. Sarah Tabbutt 1:22:57, 2. Heidi Schaer 1:24:28, 3. Wink Luskin 1:25:14.

Earthquake Run

October 28. Hollister. 10,000 Meters.

	100 10 Overall	
1	Jeff Shaver (24) SanJose	30:51
2	Randy Wiinanen (29) Monterey	32:12
3	Jorge Torres (28) Salinas	32:47
4	Sherman Martinez (21) MorroB	33:56
5	Ken Drew (34) San Jose	34:05
8	Glynn Wood (50)Monterey	34:11
7	Arnold Martinez (18)Castrov	34:11
8	Guy Pruitt (32) Seaside	34:44
9	Roberto Pantoja (42) Soledad	34:55
10	Brian Peterson (34) Rosevi	34:59
	Division Results - Men	

12 & Under: 1. Jeffery Hirsch 47:32, 2. Stephen Bishop 47:42, 3. Louie Lopez 53:16. 13-18: 1. Arnold Martinez 34:11, 2. Steve Vallejo 35:02, 3. Hector Rodriguez 35:15. 19-29: 1. Jeff shaver 30:51, 2. Randy Wilnanen 32:12, 3. Jorge Torres 32:47. 30-39: 1. Ken Drew 34:05, 2. Guy Pruitt 34:44, 3. Brian Peterson 34:59. 40-49: 1. Roberto Pantoja 34:55, 2. Dave Schwin 37:38, 3. Aurelio Zuniga 38:55. 50-59: 1. Glynn Wood 34:11, 2. Richard Young 38:53, 3. Norman Frederickson 40:13. 80 & Over: 1. John Popper 45:37, 2. Norman Kreig 47:35, 3. Robert Schubert 47:59.

Division Results - Women 12 & Under: 1. Tracy Jimenez 53:05, 2. Elizabeth Escalante 59:23, 3. Angle Casarez 59:26. 13-18: 1. Leticia Ancheta 42:40, 2. Bernadette Rowlison 42:56, 3. Ginger Jones 43:16. 19-29: 1. Billie Rorrer 45:37, 2. Clndy Cass 45:50, 3. Cheryl Savage 47:39. 30-39: 1. Nelly Wright 35:57, 2. Patricia Dixon 42:19, 3. Joana Ventura Work 44:22, 40-49: 1. Marilyn Hicks 46:46, 2. Rosie Ancheta 51:22, 3. Sandy Mendez 55:09. 50-59: 1. Elizabeth Peterson 57:22, 2. Beverly Popper 69:49. 60 & Over: 1. Silvia Sweet 61:37.

Fall Fitness Footrace

October 28. Talmage, 5K & 6.5 Mile.

Overall Results - 5K		
1	Jim Gibbons (40) Willits	16:16
2	Bob McWilliams (30) Hopland	17:09
3	Sean Gibberson (17) RedwdVly	17:43
4	Bill Davis (29) Ukiah	18:00
5	Dave Geoffrain (28) Ukiah	18:09
6	Larry Morton (27) Ukiah	18:16
7	Glen Westlund (35) UpperLk	18:17
8	Ray Sibley (30) Lakeport	18:44
9	Art Wotruba (17) Ukiah	19:47
10	Tom Wotruba (15) Ukiah	19:57
24	Kristin Weldon (13F) Kelseyv	22:18
30	Tamle Wheeler (14F) Uklah	23:46
32	Alberta Straub (14F) Willits	24:42
33	Wendi Breeze (13F) Lakeport	24:48
34	Julie Debler (14F) Ukiah	25:06
	Overall Results - 6.5 Miles	
1	Jerold Drew (26) Ukiah	32:12
2	Chris Thomas (36)Sausalito	34:40
3	Gary Broad (25) Lakeport	37:03
4	Eric Johnson (30) Ukiah	37:31
5	Skyhorse Powers (31) Ukiah	38:04
6	Robert Clark (34) Calpella	41:17
7	Ed Kirsch (40) PotterVly	41:46
8	Bob Borba (39) Willits	42:24
9	Paul Jepson (42) Ukiah	42:40
10	Jim Plumb (40) RedwoodVly	42:50
29	Ramona Hill (35F) PotterVly	52:26
31	Alice Craddick (56F) S.F.	56:33
33	Pat Walter (26F) Willits	56:51
34	Lois Cook (53F) Ukiah	57:51

Pumpkin Run

	The second secon	
	Overall Results - 5K	
1	Hector Romero (19-29)	15:21
2	Paul Burroughs (16-18)	15:25
3	Mike Hacsi (16-18)	16:17
4	Mike Zaragoza (19-29)	16:29
5	Ed Kitchen (19-29)	16:38
6	Lance Winlow (19-29)	16:51
7	Fred Doubell (30-39)	16:59
8	Gregory Olson (30-39)	17:12
9	Jim Hughew (30-39)	17:15
10	Jeff Allen (19-29)	17:23

Division Results - Men's 5K

12 & Under: 1. Albert Little 20:05, 2. John Dorobek 20:36, 3. Chip English 21:22. 13-15: 1. Peter Oviatt 17:49, 2. David Bauer 18:02, 3. Jon Terrazas 20:01, 16-18: 1. Paul Burroughs 15:25, 2. Mike Hacsi 16:17, 3. Ken Label 22:10. 19-29: 1. Hector Romero 15:21, 2. Mike Zaragoza 16:29, 3. Ed Kitchen 16:38. 30-39: 1. Fred Doubell 16:59, 2. Gregory Olson 17:12, 3. Jim Hughew 17:15. 40-49: 1. Ted Eggleston 17:48, 2. Buck Taylor 18:25, 3. Fred Glover 18:54, 50-59: 1. Jack Thomas 19:14, 2. Mike Winter 20:08, 3. Will Robinson 20:14. 60 & Over: 1. Tony Magro 22:07, 2. Rod Mariott 22:54, 3, Robert Albin 24:00.

Division Results - Women's 5K 12 & Under: 1. Angelique Little 21:49, 2. Molly Holmes 22:45, 3. Gina Terrazas 23:24. 13-15: 1. Jenny Daley 25:15. 16-18: 1. Lynda Fairman 20:00. 19-29: 1. Roseanne Abbondondola 20:01, 2. Kathy Todd 22:46, 3. Robyn Brooks 23:42. 30-39: 1. Merilyn Hammond 21:31, 2. Sue Simms 22:11, 3. Nancy Tracy 23:07. 40-49: 1. Airynaa Tannberg 23:16, 2. Maria Fribourg 23:56, 3. Margaret Shields 24:25. 50 & Over. 1. Patricia Pruitt 24:13, 2. Lynne Hurrell 25:09, 3. Joann Barry 26:19.

VBS Phidippides

from Charlie Hoover

October 28. Encino, 3K & 10K.

The highlights include a second straight victory for last year's male winner, Ron Ysais in 30:25 while the women's division went to Susan Berenda in 34:58. both of whom walked off with beautiful Seiko Training Watches for their efforts. The 3K top honors went to Peter Mogg (8:40) and to Siobrain O'Reilly (14 yrs old!) in 11:09. The course is well known for being a flat, fast course with lots of P.R. potential and many people did indeed rport P.R.'s. The race was well organized with plenty of aid and lots of goodies at the finish line for the 1100 runners.

Overall Results - 10K

1	Ron Ysais	30:25
2	Scott Ingraham	30:39
3	Danny Bustos	31:04
4	Peter Dolan	31:12
5	James Lilly	31:42
6	Michael Chambliss	31:56
7	Ron Kurrie	32:43
8	Kim Reedy	33:08
9	John Merhaut	33:18
10	Bruce Thompson	33:24
11	Page Thibodeaux	33:25
	Richard Greifinger	33:26
13	John Fisanotti	33:27
14		33:30
	Mario Godinez	33:32
	Javier Lara	33:43
17	Herman Rodriguez	33:54
8	Harley Davis	34:00
	Jay Ureisky	34:08
	Ken Blakely	34:19
	Ed Wehan	34:22
	Robert Tent	34:32
	David Lopez	34:39
24		34:46
	Brian Hamilton	34:58
	Susan Berenda	34:59
	Wm Lovelace	35:00
28		35:02
	Henry Arias	35:21
30		35:24
	Division Results - Men's 10K	

14 & Under: 1. Danny Daft 38:19, 2. Parrish Acuna 44:06, 3. Felix Arevalo 45:33. 15-19: 1. Henry Arias 35:21, 2. Juan Soto 35:33, 3. Ignaci Fonseca 36:39. 20-24: 1. Ron Ysais 30:25, 2. Scott Ingraham 30:39, 3. Danny Bustos 31:04. 25-29: 1. James Lilly 31:42, 2. Kim Reedy 33:08, 3. Pag Thirodeaux 33:25. 30-34: 1. John Merhaut 33:18, 2. Herm Rodriguez 33:54, 3. Hapley Davis 34:00. 35-39: 1. Mich Chambliss 31:56, 2. Ron Kurrie 32:43, 3. Wm Lovelace 35:00. 40-44: 1. Ed Wehan 34:22, 2. George Kingsley 36:33, 3. Fred Blasetti 37:01. 45-49: 1. Mitch Pickens 36:44, 2. Aba Ramirez 36:57, 3. Frank Russo 37:06. 50-59: 1. Stan Block 40:43, 2. J. Scarborough 41:15, 3. Hervey Hicks 42:59. 80 &

Over: 1. Paul Jernstrom 44:16, 2. Dick Bates 46:44, 3. Dean Scofield 48:06. Division Results - Women's 10K

14 & Under: 1. Sonya Luisoni 49:39, 2. Josephin Duarte 54:16, 3, Michelle Costa 57:03. 15-19: 1. Kim Publicover 45:17. 20-24: 1. Susan, Berenda 34:59, 2. Clarita Thoms 43:54, 3. J. Philbin 44:12. 25-29: 1. Beth Milewski 36:16, 2. Joyce Klausmeier 37:56, 3. Elizabeth Gauer 38:41. 30-34: 1. Darsie Bowden 35:36, 2. Terri Goodreau 39:24, 3. Adele Davis 43:50. 35-39: 1. Carol Powell 48:27, 2. Pat Weihe 50:43, 3. Jean Silberg 51:59. 40-44: 1. Kathy Kusner 46:15, 2. Fern Isaacson 50:51, 3. Diane Berres 50:55. 45-49: 1. Carole Davis 48:21, 2. Son Scheideman 53:23, 3. Irene Zimmer 56:29. 50-59: 1. Doris Gordon 53:55, 2. Lilly Viveros 56:26, 3. Selma Mehlman 1:02:07. 60 & Over: 1. Daisy Wong 53:39, 2. Doro Lineberry 59:14.

	Overall Results - 3K	
1	Peter Mogg	8:40
2	Donald Young	8:41
3	Anton Gonzales	9:26
4	Chris Carrol	9:36
5	Raul Gonzalez	9:41
6	Jeffrey King	9:43
7	Greg Mardukas	9:44
8	Dan Howard	9:46
9	Lincoln Scott	9:50
10	George Borrego	9:57
	Philadelphia Manualta Attanta 646	

Division Results - Men's 3K 14 & Under: 1. Eric Korbrine 10:28, 15-19: 1. Donald Young 8:41. 20-24: 1. Raul Gonzalez 9:41, 25-29; 1, Anton Gonzales 9:26, 30-34; 1, Peter Mogg 8:40, 35-39; 1, Roger Evans 10:02, 40-44; 1, Woody Studenmund 10:07. 45-49: 1. Tom Fletcher 10:46. 50-59: 1. Tom Sturak 10:35. 60 & Over: 1. Ed

Stotsenberg 12:33.

Division Results · Women's 3K 14 & Under: 1. Siobrain O'Reilly 11:09. 15-19: 1. Gail Wehrli 12:30. 20-24: 1. Colleen Spaduni 11:22, 25-29; 1. Ramona Ringel 12:27, 30-34; 1. Marilyn Johnson 13:21, 35-39: 1. Sue Spaet 14:16, 40-44: 1. Alice Travis 11:56, 45-49: 1 Diana Chronert 13:09, 50-59: 1 Lilly Viveros 14:23, 60 & Over: 1 Dorothy Stotsenberg

The Great Crazy 8 Pumkin Race

Oc	tober 28. Mt. View. 8K.	
	Overall Results - Mon	
1	Jim Smith	24:25
2	Paul French	25:28
3	Carlos Anaya	26:32
4	Peter Rosser	26:43
5	Gerhard Behrens	26:44
6	Tim Rostege	27:39
7	Mark Neubleser	28:31
8	Tony Ward	29:35
9	Arthur Raefsky	29:37
10	Steve Woods	29:45
11	Louis Ruggiere	29:46
12	Kevin Culver	29:47
13	Darren Mitchell	29:58
14	Johnnie Lonardo	30:05
15	Carlos Martinez	30:13
16	Ed Hart .	30:15
17	John Losito	30:17
	David Sukes	30:18
19	Ralph Jones	30:19
	Kevin Connor	30:35
21	Richard Greenberg	31:12
	John Brooks	31:14
23	Tony Fraser Smith	31:26
24	Jerry Labson	31:48
25	Art Heredia	31:47
	Women's Results	
1	Jacqui Lewis	30:46
2 3	Kathy Carter	32:14
3	Marlene Chambliss	34:09
4	Sylvia Jensen	34:38

Tina Miks

Crystal Miks

Tori Carper

Karen Ventura

Anni Webster

Sharon Ozaki

14 Leslie Schurlyn

Julie Ortiz

13 Marge Gerritz

15 Janet King

Betsy Fraser Smith

35-08

35:09 35:09

35:20

35:26

35:45

36:11

36:42

38:47

36:57

Pumpkin Run

October 28. Westlake Village. 5K & 10K.

	Other Heading - 1010	
1	Robert Radnotti	32:59
2	Steve Glocke	33:11
3	Brian Nelson	33:48
4	Ted Benning	33:50
5	Kelth Colburn	34:54
6	Roy Burleson	35:11
7	John Pyorto	35:26
8	Jim Hughew	35:28
9	Raiph Casillas	35:42
10	Fred Doubell	35:43
F	Division Results - Men's 10K	

12 & Under: 1. Lance Barisdale 49:02, 2 Joey Lico 57:55. 13-15: 1. Peter Oviatt 38:38, 2. Eric Bohren 40:12, 3. Scott Weber 40:36. 16-18: 1. Jeff Bowman 35:51, 2. Eric Marnoch 43:24, 3. Brian Liebman 59:04. 18-29: 1. Robert Radnotti 32:59, 2. Brian Nelson 33:48, 3. Ted Benning 33:50. 30-39: 1. Steve Glocke 33:11, 2. Keith Colburn 34:54, 3. Jlm Hughew 35:28. 46-49: 1. Ray Burleson 35:11, 2. John Pyorto 35:26, 3. Roger Patrick 35:57. 50-59: 1. Jack Thomas 40:28, 2. Dick Ramirez 45:09, 3 Ted Ovlatt 45:13. 60 & Over: 1. Lew McKee 42:11, 2. D J Miller 44:30, 3. Robert Albin 55:24.

Division Results - Women's 10K 13-15: 1. Madalyn Schmutz 43:57, 2. Jan Frost 53:55. 18-18: 1. Kim Gluckman 43:15. 19-28: 1. Conni McCarthy 38:41, 2. Judy Si-queido 47:32, 3. Nanette Wilbern 51:18. 30-39: 1. Maureen Little 41:19, 2. Vicki Eyre 41:44, 3. Marie Stevenson 42:22. 40-49: 1. Patricia Kaye 44:12, 2. Airynaa Tannberg 48:34, 3. Maria Fribourg 51:58. 50 & Over: 1. Terry Cruz 54:04, 2. Betty Elder 57:38, 3. Virginia Carrell 62:13.

Toiyabe Fun Run

November 3. Bishop.

Division Results - Men's 10K 14 & Under: 1. Jim Wyllie 47:24, 2. Karl Jaeger 1:00:03, 3. Chris Charlie 1:00:07. 18-18: 1. Eric Scott 46:35. 19-29: 1. Mark Long 38:37, 2. Jeff Parkhurst 39:13, 3. Wilfred Stone 41:20. 30-39: 1. Marc Reynolds 39:16, 2. Greg Williams 39:17, 3. Stephen Griswold 40:35. 40-49: 1. Larry Ford 41:18, 2. BIII Carter 43:19, 3. John Orton 47:24. 50-59: 1. Ken Brown 44:53, 2. Ban Jones 52:00, 3. Howard Markham 53:24. 60 & Over: 1. Brud Cleaveland 59:33, 2. Hackett Johnson 1:00:25.

Division Results - Women's 10K 14 & Under: 1. Ann Marie Jeff 1:01:26, 2. Laurie Wylie 1:01:59, 3. Ida Wylie 1:02:38. 18-29: 1. Jan Work 44:28, 2. Lorraine Prunier 1:02:36. 30-39: 1. Carolyn Tlernan 43:32, 2. Carolyn Smith 44:12, 3. Marie Boyd 50:57, 40-49: 1. Carol DeGraff 58:18. 50-59: 1. Marin Spencer 56:48, 2. Camille White 1:02:27, 3. Sue Conn 1:03:11. 60 & Over: 1. Marjorie Zimmerman 1:07:39.

Newport Beach Runners Ass'n. 25 Mile Relay

November 3. Santa Ana.

1	The "B" Team	2:10:23
2	Active Five	2:12.03
3	Club Hack	2:16.46
4	Lagunatic Track Club	2:21:17
5	Sports Runner Varsity	2:21:49
6	Loeschhorns Irvine Men A	2:24:28
7	Team Pacific Coast	2:27:08
8	Rockwell Track Club Co-Ed#1	2:30:24
9	Fourty Plus	2:31:21
10	Flacing Roadrunners	2:31:41

Run For Shelter

November 3. Palmdale, 5K.

	Other Unbrits	
1	Anton Gonzales (28)	16:29
2	Shawn Elmore (18)	16:40
3	Eric Thom (17)	16:45
4	David Duran (17)	17:14
5	Ignacio Fonseca (18)	17:18
6	Danny Bartlett (18)	17:23
7	Ralph West (32)	17:24
8	Pedro Ponce (38)	17:32
9	Brian Thompson (25)	17:43
10	J. Christensen (14)	17:44
11	John Johnston (25)	17:47
12	Freddie Perez (44)	17:55
13	Steven Chipman (14)	17:58
14	Daniel Olson (24)	18:14
15	Cordell Telford (26)	18:23
16	Paul Fritz (16)	18:32
17	Dale Stolrow (16)	18:33
18	Gordon Spencer (27)	18:35
19	Kevin Cousineau (33)	18:43
20	David Piolatto (29)	18:57
21	J. Kicklighter (17)	19:01
22	Zoltan Goncze (32)	19:07
23	Ken Tabata (26)	19:21
24	Tom Brunet (18)	19:28
25	Gunnar Brickner (58)	19:30

Reach For The Stars

November 3. Columbia Pictures, Burbank. Division Results - Men's 10K

12 & Under: 1. Michael Tomasulo 43:23, 2. Pedro Mendoza 45:54. 13-18: 1. Chris Loveil 35:18, 2, Jeff Atchison 39:48, 3, Sean Murphy 40:10. 19-24: 1. Jon Butler 31:25, 2. Brent Deckman 39:57, 3. Michael Ramos 39:58, 25-29: 1, Art Cendelas 32:18, 2. Ramiro Saenz 35:07, 3. Joe Hampton 38:44. 30-34: 1. Ron Gee 31:48, 2. Ed Chaldez 32:45, 3. Jay Uretsky 34:27. 35-39: 1. Gary Tuttle 30:33, 2. Fred Ortega 34:25, 3. Tom Sneddon 35:08. 40-49: 1. Phil Ryan 33:11, 2. Robert Davison 35:12, 3. John Christie 36:46, 50-59: 1, Gene Pumphrey 41:36, 2. Hunter Temple 43:02, 3. Lowe 43:34, 60 & Over: 1. Stanley Neufeld 44:37, 2. Richard Bates 47:04, 3. Julian Myers 53:08.

Division Results - Women's 10K 12 & Under: 1. Tanya Schnitzius 47:44, 2. Angelica Mendoza 59:19, 13-18: 1. Jennifer Thornton 53:28, 2. Stacy Hullett 53:48, 19-24; 1. Kathy Kanes 36:30, 2. Johanna Moore 43:01, 3. Mitsuko Yamacuchi 43:10. 25-29: 1. Joan Hansen 34:51, 2. Mary Bullock 40:03, 3. Lisa White 43:36. 30-34: 1. Terri Goodreau 39:14, 2. Greta Blackburn 45:57, 3. Diane Fesko 46:43. 35-39: 1. Patricia Bieberdorf 46:23, 2. Margo Belisle 49:02, 3. Susan Beaton 49:31. 40-49: 1. Diane Oake 48:04, 2. Jana DiMaggio 1:01:13, 3. Marie Kinslow 1:02:03. 50-59: 1. Irene Olberz 46:40, 2. Joey Hynes 49:43, 3. Jenny Ladefoged 1:08:59. 60 & Over: 1. Helen Dick 42:40, 2. Mae Leshansky 58:01, 3. Judy Simon 58:43.

Division Results - Men's 5K 12 & Under: 1. Stephen Willweber 18:35, 2. Mark Lawson 18:36, 3. Roberto Sanchez 18:38, 13-18: 1. Chris Fuess 16:42, 2. Glenn Vanhouten 17:00, 3. Mike Smith 17:26. 19-24: 1. Mike Pope 15:25, 2. Marco Garcia 15:38, 3. Tony Black 16:03, 25:29; 1. Fernando Ramirez 16:02, 2. John Frankman 16:41, 3. Ken Lemus 17:04, 30:34; 1. Peter Mogg 15:57, 2. Carlos Goddy 16:08, Mike Tipping 16:59. 35-39: 1. Bruce Wint 16:45, 2. Richard Miller 17:27, 3. Bill Witezak 17:32, 40-49: 1. Rene Ruiz 17:39, 2. Randall Shelley 18:07, 3. Dick Donnelly 19:59, 50:59: 1. Clayton Steffensen 18:26, 2. Gordon Gilliam 20:29, 3. Robert Jones 20:56, 60 & Over: 1. Larry Banuelos 19:09, 2. Carl Fountain 28:13, 3. Thomas Smith 28:34.

Division Results - Women's 5K 12 & Under: 1. Nicole Kennerley 21:27, 2. Marci Lawson 21:55, 3. Gina Terrazas 22:39. 13-18: 1. Beth McGrann 18:36, 2.

Sheri Lawson 18:43, 3. Saralyn Dixon 19:10. 19-24: 1. Rachel Radley 23:22, 2. Barbara Nahlik 24:18, 3. Jane Corra 26:02. 25-29: 1. Christina Troffer 20:12, 2. Cynthia Nagel 21;42, 3. Rebecca Radley 23:06. 30-34: 1. Kathy Wagenbach 22:24, 2. Maria Rodriguez 22:36, 3. Marie Fioricco 25:45. 35-39: 1. Robin Charin 23:43, 2. Tanith Ordinola 26:11, 3. Virginia Werbel 26:13. 40-49: 1. Cecily Parke 21:02, 2. Olivia Coria 23:38, 3. Liz Bennett 24:46. 50-59: 1. Barbara Monroe 28:44. 60 & Over: 1. Daisy Wong 25:35, 2. Diana Smith 31:25, 3. Leona Vinson 53:13.

Steve Garvey **Sports Classic**

November 4. Woodland Hills. 5K & 10K.

	Overall Results - Men's 10K	
1	Ron Roberts (23)	29:44
2	John Brennenan (28)	30:23
3	Steve Brown (31)	30:39
4	Mark Luevano (29)	30:50
5	Joel Hope (26)	31:21
6	David Greifinger (27)	31:29
7	Greg Hauser (19)	31:36
В	Gary Nitti (30)	32:16
9	Jon Sutherland (33)	32:33
10	Ron Kurrle (36)	32:47
13	Division Results - Men's 10K	

12 & Under: 1. Oscar Lopez 38:35. 13-18: 1. Jeff Jacobs 32:54, 19-29: 1. Ron Roberts 29:44. 30-39: 1. Steve Brown 30:39. 40-49: 1. Charles McClung 34:58. 50-59: 1. Patrick Devine 36:57. 60 & Over: 1. Larry Banuelos 39:45.

	Overall Results - Women's	10K
1	Michele Hopper (29)	36:08
2	Rose Monday (25)	37:39
3	Susan Lunt (25)	37:40
4	Jan Burkhart (23)	38:23
5	Jennie Stachura (20)	39:04
6	Alischa Best (8)	40:43
7	Staci Kelly (10)	40:59
8	K. Stewart (18)	43:30
9	Holly Briggs (14)	44:34
10	Gall Blodgett (38)	45:14
155	Division Results - Women's	10K
600	# 11 - 1 - 1 - 11 - N - W 1 10: 10	40 40.4

12 & Under: 1. Alischa Best 40:43, 13-18: 1. K Stewart 43:30, 19-29; 1. Michele Hopper 36:08. 30-39: 1. Gall Blodgett 45:14. 40-49: 1. Judith Grace 50:51, 50-59; 1. Pat Devita 50:59. Wheelchair: 1. Jan Burkhart 38:23.

3	Greg Mardukas (23)	16:56
1	Ignacio Fonseca (18)	16:59
10	Skardon Baker (15)	17:01
	Division Desuits Manie EV	

12 & Under: 1. Peter Griffiths 19:03. 13-18: Dan Zelinski 16:10. 19-29: 1. Danny Bustos 15:15. 30-39: 1. Tom Lowry 16:16. 40-49: 1. Charlie Pondella 17:10. 50-59: 1. Sidney Lasaine 20:04. 60 & Over: 1. Robert Nemeth 19:57. Wheelchair: 1. Lampert 16:51.

Overall Results - Women's 5K 1 Darlene Flores (14)

2	Karrie King (14)	19:53
3	Chris Morgan (16)	19:56
4	Patricia Gaona (27)	20:25
5	Michelle Esparza (14)	21:28
6	Debbie Skaggs (22)	21:40
7	Martha Castillo (25)	21:52
8	Dianne Bush (27)	21:53
9	Holly Homes (10)	22:14
10	Eva Gural (38)	22:22
12	& Under: 1. Holly Homes 22:14.	13-18: 1.
Da	riene Flores 18:59, 19-29: 1.	Patricia
Ga	ona 20:25. 30-39: 1. Eva Gura	1 22:22
40-	49: 1. Airynaa Tannberg 23:29.	50-59: 1.
Ba	rbara Day 29:51.	

Santa Barbara Marathon/SPA Championships

November 4. Santa Barbara.

	Overall Mesults - Marathon	
1	Robert Hollister (25) S.B.	2:25:21
2	Gus Hermes (21) S.B.	2:38:21
3	Ralph Casillas (33) Oxnard	2:49:32
4	Brian Shiffman (35) S.B.	2:53:40
5	Elaine Triplett (33F) S.B.	2:54:21
6	Dennis Parrish (43) Tujunga	2:55:52
7	Sue Petersen (40F) Laguna	2:55:54
8	William Lovelace(37)CanogaPk	2:56:31
9	Habib Boozari (25) Nipomo	2:58:05
10	Craig Chambers (35) SntaMon	2:58:10
11	Arne Rosa (28) S.B.	3:00:35
12	Jesse Cook (44) ThousOaks	3:02:39
13	Larry Brooks (44) S.B.	3:02:45
14	Steven Watanabe (31) Saugus	3:03:29
15	William Smyth (35) L.A.	3:05:07
16	Thomas Dietsch (35) S.B.	3:06:13
17	Jean-Pierre Theveny(40)Topan	3:06:16
18	David Graves (35) Pasadena	3:07:19
	The second secon	



Michele Hopper (left) and Rose Monday, 1-2 at Steve Garvey Classic - here flanking one-man-fan-club, George Horner.

	Overall Results - Men's 5K	
1	Danny Bustos (22)	15:15
2	Dan Zelinski (18)	16:10
3	Tom Lowry (31)	16:16
4	Salvador Panlagua (33)	16:20
5	Jeff Lampert (27)	16:51
6	Oscar Szmuch (41)	16:52
7	Chris Carroll (29)	16:53

19 J Bushman (43) HuntBch 20 Fred Nagelschmidt(60)Ventura 3:07:31 Top Finishers in SPA Division

19 & Under: 1. Chadd Smith 4:19:59. 20-29: 1. Robert Hollister 2:25:21, 2. Gus Hermes 2:38:21, 3. Habib Boozari 2:58:05. 30-34: 1. Raiph Casillas 2:49:32, 2. Steven Watanabe 3:03:29, 3. Roy Highberg 3:18:22. 35-39: 1. Brian Shiffman 2:53:40, 2. William Lovelace 2:56:31, 3. Craig Chambers 2:58:10. 40-44: 1. Dennis Parrish 2:55:52, 2. Jesse Cook 3:02:39, 3. Larry Brooks 3:02:45, 45-49: 1. Richard Beiliveau 3:13:44, 2. Ron Kobrine 3:15:16, 3. Benjamin Sawyer 3:18:16. 50-54: 1. Richard Donaldson 3:30:26, 2. John Vogel 3:46:48, 3. Delbert Pearce 4:01:46. 55-59: 1. Maynard Mickelson 3:57:25. 60-69: 1. Fred Nagelschmidt 3:07:31, 2. Jim Rowe 3:47:14. 70 & Over: 1. Dean Scotleid Jr. 4:56:20.

Women:

19 & Under: 1. Erin Jensen 4:09:55, 20-29: 1. Marsha Harrington 3:54:55, 2. Jodi Peters 4:08:39, 3. Suzanne Vignocchi 5:13:47, 30-34: 1. Elaine Triplett 2:54:21, 2. Catherine Le Cleire 3:22:45, 35-39: 1. Denise Bonny 3:43:41, 2. Maryann Harwood 3:44:41, 40-44: 1. Sue Petersen 2:55:54, 2. Kathy Kusner 4:35:14, 45-49: 1. Chris Sidles 4:10:01.

Division Results - Men's Half Marathon 18 & Under 1. Tim Krupsaw 1:29:48, 19-34; 1. Ron Ysais 1:09:38, 2. Steven Berry 1:10:14, 3. Rudy Hernandez 1:11:25, 35-39; 1. Mark Gutsche 1:15:28, 2. Rick Hallbiom 1:19:51, 3. Steve Gutsche 1:21:54, 40-44; 1. Steve Close 1:13:28, 2. Gene Blankenship 1:17:08, 3. Larry Pontinen 1:18:36, 45-49; 1. Curtis Ridling 1:17:51, 2. Art Sylvester 1:24:19, 3. Scott Schurmer 1:30:38, 50-54; 1. Michael Shea 1:34:16, 2. Jim Mathieson 1:36:14, 3. Michael Libera 1:36:30, 55-59; 1. Don Burnett 1:37:48, 60 & Over: 1. Ray Gil 1:31:43.

Division Results - Women's Half Mara. 19-29: 1. Lisa Moreno 1:32:59, 2. Patti Peschel 1:34:39, 3. Mary Anne Mason 1:34:50, 30-39: 1. Susan Lupica 1:22:38, 2. Mary Ryzner 1:24:38, 3. Carol Madison 1:31:15. 40-49: 1. Trina Nagele 1:41:37, 2. Liz Cushman 1:43:48, 3. Susan Hood 1:44:25, 50-59: 1. Nelly Williams 1:46:17, 2. Amy Goldstein 1:48:46, 3. Fern Martin 2:07:18, 60 & Over: 1. Grace Schweitzer 2:27:39.

Estrella River Winery Harvest 10K Run

November 4. Paso Robles.

Cool and windy conditions prevented three time winner, Terry Gibson, of San Luis Object, to beat his 1983 record (31:47) in the Estrella River Winery 10K Harvest Run, but Gibson's time of 32:21 enabled him to keep his uncontested title!

The run attracted 340 runners who ran through every portion of the Estrella vineyards, passing by four reservoirs and eight varieties of recently harvested grapevines.

Many corners and continuous slopes makes this race one of the more challenging courses in San Luis Obispo County. Winery staff encourage the "fun" of running, offering a wine glass to anyone who can "beat the winemaker", Tom Myers. Myers ran his first race Sunday finishing 201 with a time of 53:29.

Division Results - Men's 10K

20 & Under: 1. Ken Ellingboe 33:20, 2. Mike Whitcombe 35:37, 3. Jim McCarthy 36:02. 21:29: 1. Terry Gibson 32:21, 2. Joe Rubio 33:07, 3. Hollis Reed 33:28. 30:39: 1. Frank Hutchinson 34:29, 2. John Blair 36:42, 3. John Woodard 37:55. 40-49: 1. Derek Eastwood 39:07, 2. Jim Brown 39:22, 3. Les Beck 40:04. 50 & Over: 1. Dick Cain 40:31, 2. Tom Upton 42:20, 3. Tony Canaan 42:27.

Division Results - Women's 10K 20 & Under: 1. Michele Kenney 47:39, 2. Christy Glantz 48:27, 3. Cindy Hedrick 48:55, 21:29: 1. Irene Henderson 39:14, 2. Tracey Ross 41:02, 3. Gae McClenathen 41:24, 30-39: 1. Sandra Marshal 42:00, 2. Maryanne Mera 44:39, 3. Gerri Cordillo 46:26, 40-49: 1. Velma Bowden 47:10, 2. Angle Fuhrman 49:37, 3. Marilyn Rehorn 54:15, 50 & Over: 1. Phyllis Rodenberger 56:02, 2. Betty Elder 62:56, 3. Joann Tentarden 63:11.

Big Valley Classic

from Fritz Collier

November 4. Stockton. Mars. & Half.

	Overall results - maratho	m .
1	Matthew Bruni, Stockton	2:23:36
2	David Chairez, FairOaks	2:25:52
3	Robert Herndon, SanJose	2:35:33
4	Ricky Buck, Stockton	2:38:58
5	Glenn Balley, Davis	2:39:57
6	Guillermo Barron, Oakland	2:43:38
7	Joe King, Stockton	2:43:56
8	Allan Stanbridge, Bulingame	2:45:01
9	Tom Stallings, Antioch	2:45:49
10	Mark Lane, Pittsburg	2:46:09
	Division Results - Men's Mare	thon

Under 20: 1. Dan Jucutan 3:44:17. 20-29: 1. Matt Bruni 2:23:36, 2. David Chairez 2:25:52, 3. Robert Herndon 2:35:33, 30-39: 1. Ricky Buck 2:38:58, 2. Glenn Bailey 2:39:57, 3. Guillermo Barron 2:43:30, 40-49: 1. John Selmer 2:48:37, 2. Ken Gaal 2:58:41, 3. Dorsh Sanders 3:04:00, 50-59: 1. Harrison Smith 3:15:35, 2. Jimmy Low 3:17:38, 3. Dick Collins 3:44:25: 60 & Over: 1. Bob Manly 4:07:43.

Division Results - Women's Mara. Under 20: 1. Jenny Bentz 4:05:12. 30-39: 1. Karen Sanguinetti 3:03:32, 2. Dennise McNulty 3:31:55, 3. Pam Meser 3:46:46. 40-49: 1. Mary Cantini Nork 4:12:13, 2. Joan Szarfinski 4:27:18.

Overall Results - Half Marathon

	Chain tienning tini ilinin	*******
1	Dennis Rinde, Folsom	1:04:36
2	Peanut Harms, LosAltosHI	1:08:23
3	Jerry Jobski, So.Lake Tahoe	1:09:38
4	Tim Williams, Elkgrove	1:10:00
5	Bill Dunn, Campbell	1:12:33
6	Mike McManus, Stockton	1:13:28
7	Arturo Ramirez, SanLorenzo	1:13:48
8	Tom Pearman, Carmichael	1:14:07
9	Mark Nozares, Fort Ord	1:14:17
10	Bob Blackman, Vacaville	1:14:52
11	Mark Gomes, Stockton	1:15:38
12	Paul Panichelli, Sunnyvale	1:16:15
13	Steve Kovisto, Stockton	1:16:38
14	Bruce Fullmoto, Sacto	1:17:13
15	Richard Johnson, Stockton	1:17:22
	Art Terzakis, Sacto	1:17:26
17	Dan Hollis, Vacaville	1:17:27
18	John Kennedy, Sacto	1:18:06
19	Jerry Martinez, Stockton	1:18:28
20	Richard Utting, Stockton	1:18:34
21		1:18:40
22	Michael Garrett, Stockton	1:18:43
23	Ralph Duckett, Hayward	1:18:57
24	Kim Isham, Sacto	1:19:08
25	Juana Stavolone, San Jose	1:19:32
	Division Results - Men's H	laif

Under 20: 1. Mike McManus 1:13:28, 2. Mark Gomes 1:15:38, 3. Richard Johnson 1:17:22, 20:29: 1. Dennis Rinde 1:04:36, 2. Tom Pearman 1:14:07, 3. Mark Nozares 1:14:17, 30:39: 1. Peanut Harms 1:08:23, 2. Tim Williams 1:10:00, 3. Bill Dunn 1:12:33. 40-49: 1. Jerry Jobski 1:09:30, 2. Raiph Duckett 1:18:57, 3. Vicente Ramírez 1:20:23, 50:59: 1. Gordon Hall 1:27:02, 2. Neil Lark 1:34:15, 3. Steve Gaal 1:36:43, 60 & Over 1. David Weber 1:31:26, 2. William Redmond 1:47:50, 3. Mas Tanaka 1:55:30

Division Results - Women's Half Under 20: 1. Brenda Grogen 1:47:22, 2. Kathy Green 1:48:46, 3. Tammy Dowie 1:55:51. 20-29: 1. Laura Rinde 1:19:53, 2. Grace Pierson 1:27:02, 3. Chris Iwahashi-Hos 1:27:22, 30-39: 1. Juana Stavolone 1:19:32, 2. Karen Coe 1:20:00, 3. Susan Babcock 1:30:49, 40-49: 1. Cynthia Miford 1:38:40, 2. Carolynne Clifton 1:39:32, 3. Margarie Rose 1:42:27, 60 & Over: 1. Mary Storey 1:42:37

Redwood Run

November 4. Santa Cruz. 5K & 10K.

	Overall Results - 10K	
1	Gregory Brock	33:38
2	James Christensen	33:52
3	Torin Rotstein	35:09
4	Steven Krow-Lucal	36:56
5	Scott Donnellan	37:52

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6	Brian King	38:29
7	Dan Johnson	38:53
8	Gary Brint	39:29
9	Steve Stefanides	39:39
10	Gary Benito	39:41
11	Gary Fitzgerald	40:01
12	Wyatt Decker	40:09
13		40:11
14	Max Weintraub	40:19
15		40:44
-	Overall Results - 5K	10.11
1	Robert Eberle	17:46
2	Des Knuckey	17:52
	Jeff Davis	17:59
3 4 5	John Anderson	18:39
5	John Godino	19:10
6	Sam Vandenburg	
7	Greg Burke	19:25
8	Richard Eberle	19:31
		20:01
9	Mark Steelman	20:49
10	William Flodberg	20:50

Windsor Whale Run

November 4. Windsor, 15K. Overall Results

	Overall Results	
1	Butch Alexander (30-34)	50:21
2	Jim Moyles (30-34)	50:26
3	Steve Scharmann (25-29)	51:01
4	Darryl Beardall (45-49)	52:32
5	Brian Hoyt (19-25)	53:03
6	Dennis Doris (35-39)	_ N.T
7	Alan Geraldi (19-24)	55:20
8	Bob McWilliams (30-34)	56:03
9	Dennis Bollman	56:08
10	Skyhorse Powers	56:08
11	John Muro (40-44)	56:33
12	Walt Vennum (40-44)	56:44
13	Matt Larson (19-24)	56:59
14	Shawn Dudgeon	57:11
15	Mark Castaneda (16-18)	57:58

CCPM Waterfront 10

November 4. San Francisco. 10 Miles.

Division Results - Men
19 & Under: 1. Rene Perez 52:08, 2. Marc
Goulet 53:51, 3. Steven Lewis 55:32, 20-29;
1. Scott Mayfield 48:21, 2. Mark Conover
48:48, 3. Dan Harvey 48:49, 30-39; 1. Rich
Langlord 49:30, 2. Dennis Curtis 49:40, 3.
Don Paul 50:21, 40-49; 1. Bill Clark 54:18,
2. Joe Cavanaugh 56:40, 3. Bill Cantanese
57:21, 50-59; 1. Bryan Holmes 1:00:15, 2.
Joe Pawl 1:03:11, 3. John Gregson 1:04:38,
60 & Over: 1. Flory Rodd 1:05:58, 2. Ray
Remond 1:15:53, 3. Warrener Pail 1:16:19

Division Results - Women

19 & Under: 1 Maura Diglesi 1:08:26, 2,
kim Lockett 1:11:56, 3, Angela Leung
1:24:49, 20:29; 1, Ingrid Hemingway
1:00:31, 2, Alison Unterreiner 1:00:50, 3,
Sarah Tabbutt 1:02:15, 30:39; 1, Barbara
zimmer 1:00:08, 2, Wink Luskin 1:03:39, 3,
Hilary Naylor 1:05:30, 40:49; 1, Karen
Scannell 1:02:31, 2, Karen Lanterman
1:02:49, 3, Vicki Bigelow 1:04:12, 50:59; 1,
Buth Anderson 1:12:14, 2, Marty Maricle
1:14:30, 3, Vivian Rodriguez 1:27:33.

Vet-A-Run

from Wesley Tracy

November 4. Menio Park, 10K.

Results
Fastest running time: 32:21.6, Ron Barker of San Jose, 30-39). Fastest wheelchair time: 32:07.0, Troy Durham of Hayward (tastest overall time). Fastest running time - female: 36:12.1, Jacqui Lewis of Mountain View (20-29). Fastest wheelchair time - female: 32:57.3, Kathy Carlton of San Jose.

Results

Circus Circus Marathon & Half Marathon

by Deborah Wion

November 4, Reno, Nevada,

Reno's Miguel Tibaduiza was the first marathoner to break the finish tape, clocking a Reno area record 2:21:22 en route to \$2,000 in first place prize money. Mike Pinocci of South Lake Tahoe took second place with a time of 2:23:04, and last year's Circus Circus Run Reno third place finisher, Leonard Hill of Klamath Falls, Oregon, ran third again this year. His time was 2:24:11.

Pat English of San Anselmo, California won the women's marathon division with a time of 2:51:21. Reno's Angela Tibaduiza finished second in 2:56:47. followed by her sister-in-law, Rosie Tibaduiza, in third at 3:11:39.

Sparks, Nevada runner Danny Grimes took the Half Marathon in a blistering 1:04:49, followed by Reno's Joaquin Leano at 1:06:19 and Domingo Tibaduiza at 1:06:20. The ladies' Half was won by Sharlet Gilbert of Richmond, CA, with a time of 1:20:31. Terry Schmidt-Puckett was second in 1:21:37 and Deborah Waldear was third, finishing in 1:22:48.

James Ashton of Crystal Bay, CA took home first place prize money in the men's Roller Ski Division with a 2:00:14 time, while Beverly Vaccaro of Kirkwood, CA won the women's Roller Ski in 3:02:26. The Circus Circus Run Reno Marathon is believed to be the first marathon event with an official roller ski division.

Ten thousand dollars in prize money went to the top three male and female marathoners and half marathoners, and to the top roller skiers. \$2,000 went to the marathon winners, with \$1,000 going to the second pair of runners and \$500 to the third. \$100 each went to the top male and female roller skier.

The scenic course began and ended at Circus Circus Hotel/Casino in downtown Reno, taking the runners through the city streets and rolling countryside of the

Marathon
eno 2:21:22
eTahoe 2:23:04
Falls, OR 2:24:11
III 2:29:47
ille 2:41:34
Anselmo 2:51:21
nselmo 2:51:44
NV 2:52:19
IV 2:54:42
no 2:56:47

Division Results - Men's Marathon 18 & Under; 1, Joel Miner 3:05:59, 25-29: 1. J. Miguel Tibaduiza 2:21:22, 30-34; 1. Leonard Hill 2:24:11, 35-39: 1. Dennis Bruneau 2:57:24. 40-44: 1. Gary Seeger 2:54:42. 45-49: 1. John Peacock 3:11:19. 50-54: 1. Hugh Pangman 4:02:04. 55-59: 1. Boyer Jacques 3:18:44.

Division Results - Women's Marathon

18 & Under: 1. Dana Peterson 4:33:00. 19-24: 1. Rossy Tibaduiza 3:11:39. 25-29: 1 Angela Tibaduiza 2:56:47. 30-34: 1. Patricia English 2:51:21. 35-39: 1. Evelyn Martinez 3:23:24. Suzanne Kirch 4:18:57. 45-49: 1. Phyllis Cudek 4:38:13. Overall Results - Half Marathon

Daniel Grimes, Sparks, NV Joaquin Leano, Reno, NV 1:06:19

3	Domingo Tibaduiza, Reno, NV	1:06:20
4	Steve Pradere, Reno, NV	1:07:34
5	Gary Gregory, L.A.	1:08:04
6	George Hernandez, Sparks, NV	1:10:21
7	Pat Ewing, SantaMonica	1:13:17
8	Skip Houk, Reno, NV	1:13:30
9	Dave Lincicome, Sparks, NV	1:15:17
10	Sean Crom, Sparks, NV	1:16:10
11	Gary Macias, Reno, NV	1:16:11
12	Raul Hernandez, Reno, NV	1:16:25
13	John Minaberry, Reno, NV	1:16:39
14	John Nash, Sparks, NV	1:17:06
15	Guillermo Sanchez, BatleMt.NV	1:17:07

Division Results - Men's Half Mara. 18 & Under: 1. Jabe Montesanto 1:38:47. 19-24: 1. Steve Pradere 1:07:34. 25-29: 1. Daniel Grimes 1:04:49. 30-34: 1. Domingo Tibaduiza 1:06:20. 35-39: 1. Dave Lin-cicome 1:15:17. 40-44: 1. Skip Houk 1:13:30. 45-49: 1. Robert Neary 1:29:28. 50-54: 1. Myron Nevraumont 1:22:33. 55-59: 1. Claude Belcourt 1:49:44. 60 & Over: 1. Randy Rodack 2:03:57.

Division Results - Women's Half Mara 19-24: 1. Annette Rahn 1:28:18. 25-29: 1. Terry Schmidt-Puckett 1:21:37. 30-34: 1 Sharlet Gilbert 1:20:31, 35-39; 1, Gail Dasno 1:33:16, 40-44; 1, Mia Gloria Chapin 1:38:07, 45-49: 1. Barbara Larriew 2:03:29. 50-54: 1. Norine Farnham 2:11:53

Washington Hospital 10K

Overall Results

33:41

Dale Ball (21) Fremont David Martin (30) Fremont

6	David Martin (50) Fremon	anina
3	Michael Plummer (26) Newark	35:08
4	Richard Simon (26) ScottsVly	36:07
5	Roger Zolldan (37) Fremont	36:23
6	David Vandenburg (24) Fremt	37:35
7	Danny Bringer (15) Fremont	38:56
8	David Souza (29) Fremont	39:17
9	John Casados Sr. (34) UnionCy	39:22
10	David Smith (18) Fremont	41:03
11	Douglas Daniels (38) UnionCy	41:12
12	Chris Emerson (16) Fremont	41:37
13	Chuck Manahan (17) Pleasanton	41:43
14	Chet Lloyd (39) SanLeandro	41:48
15	Richard Ramirez (32) Hayward	41:53
16	Scott Reynolds (22) Stanford	42:32
17	Charles Curtis (48) Fremont	42:38
18	Nick Calarco (43) UnionCy	42:53
19	Russell Adams (23) Fremont	42:57
20	Matt Stuart (18) Fremont	43:11
	Overall Results - 2.4 Miles	
1	Andy Davis (15) Newark	11:53
2	Mike Roach (16) Newark	12:26
3	Mike Hotton (30) Antioch	12:36
4	Ron Tanaka (38) San Jose	12:55
5	Ron Kiyono (36) Fremont	13:08
6	David Sykes (18) Newark	13:10
7	Dan Gabor (16) Pleasanton	14:03
8	Jose Gomes (34) Hayward	14:28
9	Chris Kremer (14) Fremont	14:30
10	Nick Testa (31) Fremont	14:41

ESL Runaway '84

November 4. Sunnyvale. 5K & 10K Division Results - Men's 10K

Overall Winner: Gary Goettelman 32:54.5 14 & Under: 1. David Kopec 35:34, 2. Kevin Vergho 36:59, 3. Bryan Huggins 45:26. 15-19: 1. Scott Wilson 38:58, 2. David Savage 46:10, 3. Chris Hayes 47:27. 20-29: 1. Andy Takaha 33:21, 2. Ed Klotz 33:35, 3. Western Press 33:43. 30-39: 1. David Garcia 33:41, 2. John Clary 33:48, 3. Kevin McDonough 34:59, 40-49: 1. Gary Goet-telman 32:54, 2. Tim Rostege 34:32, 3. Pater Leaz 34:49, 50-59: 1. E. R. Silver 38:02, 2. John Guarino 41:35, 3. Kenneth

Laverty 42:08. 60 & Over: 1. John Gilkey 48:14, 2. George Carrall 44:59, 3. Marcario Pamanian 48:36.

Division Results - Women's 10K Overall Winner: Nancy Ditz 35:12 14 & Under: 1. Kathleen Cantu 41:04, 2. Tina Miks 43:43, 3, Marleen Chambliss 45:43. 15-19: 1. Eve Sheehan 42:16, 2. Cindy Novak 59:49. 20-29: 1. Allison Snow 36:35, 2. Anne Mott 40:41, 3. Colin Bunnell 43:56, 30-39: 1. Nancy Ditz 35:12, 2. Sue Francis 41:00, 3. Gall Goettelman 42:41. 40-49: 1. Elaine Hutzinpiller 41:47, 2. Shirley Church 42:09, 3. Pauline McLaren 44:24, 50-59: 1. Pat Hale 58:31, 2. Marjorie Moore 1:01:26.

	Overall Winners - Me	n's 5K
1	Ernie Reith (25)	15:16
2	John Novitsky (26)	15:25
3	Jeff Whitsett (24)	16:13
	Overall Winners - Wom	en's 5K
1	Maria King (20)	17:49
2	Joy Taylor (29)	19:01
3	Janet Smith (24)	19:07

Burlingame 5K Fun Run

November 4. Burlingame. Division Results - Men

10 & Under: 1. Jason Vroomman 36:10. 11-15: 1. Phillip Kilbridge 19:05. 16-20: 1. Rudy Maniscalco 23:59. 21-30: 1. Ray Montalvo 19:12. 31-39: 1. Walt Kohnert 18:47. 40-49: 1. Chuck Osborne 18:40. 50 & Over: 1. Ralph Boyd 18:22.

Division Results - Women 10 & Under: 1. Danelle Cummins 41:36. 11-15: 1. Nadege Bossut 20:58. 16-20: 1. Karen Ansaidi 21:56. 21-30: 1. Helen Schultheis 26:38. 31-39: 1. Sue Hutley 28:19. 40-49: 1. Julie Chenu 31:47. 50 & Over: 1. Marjorie Callahan 34:09.

New York Marathon

California Top Finishers

November 8. New York City.	
64 Brad Hawthorne(28)PleastHI	2:30:40
234 Donald Ocana(34) Anaheim	2:46:46
288 David Vigil (24) S.F.	2:49:50
328 Michael Doven (25) Malibu	2:52:17
402 Peter Gray (42) Vista -	2:55:31
411 Jim Jordan (32) S.F.	2:55:49
510 Denis Trafecanty(42)Northrog	2:58:48
532 Gordon Lutes(39)SanDiego	2:59:21
579 Theodore Wong(35)Oakland	3:00:57
633 Joseph Carlson(33)LongBch	3:02:24
658 David Brandon(23)SanDiego	3:02:49
662 Neil Doherty(43)LagunaBch	3:02:53
690 Nell Finn (36) SanDiego	3:03:53
755 Gary Schwager(42)SntaMon	3:05:42
826 Edward Gorsuch(44)PalosVer	3:07:11
B31 Lee Roberts(31)Alamo	3:07:17
849 Ronald Alper(37)HuntiBch	3:07:50
865 Stephen Cook(35)HalfMoBay	
880 Eileen Smith(28)Napa	3:08:35
904 Jeff Wilson(35)SanDimas	3:09:16
914 Scott Hoopes(41)S.F.	3:09:34
1026 Thom Kezas(19)ElCajon	3:12:09
1029 James Wood(48)CoronDelM	3:12:14
1039 Jeff Porto(24)Hayward	3:12:26
1048 Timothy Petersen(25)Veni	3:12:35

Turkey Trot

9:42

10:20

November 10. Pacifica. 2 Mile. **Overall Results**

1	Bob Lange (19-29)	
2	Brian Rivers (14-18)	

40-44. I. I faire Ortoga E. 40.01, E. Triollida
Bowen 2:58:46, 3. Phil Farina 2:58:59, 4.
Mark Yamazaki 3:05:20, 5. Bennett
Williams 3:06:16. 45-49: 1. Merl Glauser
2:42:33, 2. Frank Delgado 2:47:07, 3.
Samuel Vandenburg 2:53:12, 4. James
Lipford 3:06:41, 5. John Bonner 3:20:31.
50-59: 1. Chris Delgado 2:57:01, 2. Jim
Harris 3:14:57, 3. Ray Betz 3:31:30, 4.
Richard Jacobsen 3:41:00, 5. Fred Fit-
chhorn 3:47:04.

Joe Henderson (19-29)

Jake Niebaum (14-18)

Michael Sullivan (19-29)

Michael DeGregorio (19-29)

Fresno Marathon

& Half Marathon

from Richard Rozier

Division Results - Men's Marathon

18-29: 1. Juan Molina 2:30:07, 2. Jeff Mer-

row 2:31:45, 3. Fernando Ramirez 2:35:14,

4. Brian Nelson 2:36:00, 5. Richard Mead

2:42:26. 30-34: 1. Jimmy Aguilar 2:41:15, 2. Bill Fitzpatrick 2:41:58, 3. Donald Gregory

2:47:51, 4. Royer Royer 2:49:09, 5. Dan

Johnson 2:52:38. 35-39: 1. Dana Gard 2:40:53, 2. Craig Newport 2:42:51, 3. Steven Levy 2:47:52, 4. George Antonaros

2:58:02, 5. George Johnson Jr. 3:03:55. 40-44: 1. Frank Ortega 2:49:07, 2. Thomas

Dean Bollinger (14-18)

Phillip Bowman (19-29) David Marsh (40-49)

Robert Thornton (19-29)

15 Walt Kohnert (30-39)

November 10. Fresno.

Gary John (30-39) Joe Montoya (30-39) Carlos Martinez (30-39)

Richard Whitewater (40-49)

10:22

10:24

10:24

10:33

10:47

10:54

11:00

11:02

11:10

Division Results - Women's Marathon 18-29: 1. Lisa Hempfling 3:23:18, 2. Alice Thorne 3:28:30, 3. Carol Bressman 3:36:02, 4. Judy Tomsic 3:48:34, 5. Jeanne Westin 3:51:23 30-34: 1. Janie Roe 3:36:50, 2. Ellen Jackson 3:40:30, 3. Charlida Kemble 3:58:34, 4. Sandy Jacob 4:06:47, 5. Josie Diaz 4:53:29, 35-39; 1. Randi Robinson 4:02:45, 2. Angelina Brown 4:55:24, 40-49: 1, Jeanne Arakelian 3:30:49, 2. Heidi Fialho 4:16:31, 3. Liz Force 4:21:49, 4. Connie Schroyer 4:40:09. 60 & Over: 1. Dorothy Thomas 4:10:05. Wheelchair Division

1. Rory Cooper 2:21:12, 2. James Brooks

Division Results - Men's Half Mara. 17 & Under: 1. John Blanchette 1:21:08, 2. Don Lacy 1:26:45, 3. Joey Castillo 1:38:36, 4. Rick Robbins 1:38:58, 5. John Sobenes 1:41:35. 18-29: 1. Tony Ramirez 1:06:35, 2 David Chairez 1:11:38, 3. Albertus Reimer 1:12:27, 4. Dennis Wong 1:15:25, 5. Adam Barron 1:15:47, 30-34: 1. Pat Moss 1:11:13. 2. Kenneth Drew 1:14:33, 3. Bob Eberle 1:14:57, 4. David Williams 1:19:37, 5. John Aldrich 1:21:40. 35-39: 1. Harry Maloney 1:18:45, 2. Alex Orosco 1:21:32, 3. Ronald Enos 1:21:36, 4. Gordon Keller 1:22:18, 5. Robert Rainwater 1:24:47, 40-44: 1. Bob Lindsey 1:15:28, 2, Mark Haymond 1:22:29, 3, Bill Woody 1:23:10, 4, David Pfister 1:23:35, 5, Ronald Quitoriano 1:26:09. 45-49: 1. Frank Padilla 1:20:21, 2 Tim Kahn 1:22:42, 3. Fred Keenom 1:27:23, 4. John Moriarty 1:29:10, 5. George Parker 1:29:38. 50-59: 1. Dick Cain 1:26:07, 2. Tommy Upton 1:27:03, 3. Sam Ferrel 1:34:09, 4. Roger Boedecker 1:35:16, 5. Ned Polenz 1:35:25, 60-69; 1. Dan Sea-mount 1:32:17, 2. Buck Buchenberger 1:39:39, 3. Harry Harder 1:43:39, 4. John Paredes 1:44:14, 5. Bob Musso 1:46:12. 70 & Over: 1. Paul Spangler 2:16:24 (new 85 year old age group record).

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Division Results - Women's Half Mara. 18-29: 1. Gina Montie 1:27:06, 2. Diane Vartanian 1:28:25, 3. Janice Gordon 1:29:17, 4, Tone Nichols 1:33:58, 5, Kari Fike 1:35:30. 30-34: 1. Carolyn Tiernan 1:26:25, 2. Rosanne Schiedel 1:36:35, 3 Kathryn Blinn 1:37:09, 4. Carolyn Hopson-Walker 1:42:26, 5. Sharon Madsen 1:48:52 35-39: 1. Kathy Kennedy 1:28:38, 2. Carol Armey 1:39:27, 3. Patricia Deveau 1:43:52, 4. Pam Lindsey 1:48:49, 5. Charlene Enoch 1:53:57, 40-49: 1. Bonnie Pius 1:48:04, 2. Carol Swan-Pfister 1:53:56, 3 Nancie Ellis 1:57:35, 4. Sharon Ott 2:01:21, 5. Jackie Ryle 2:21:21. 50-59; 1. Liz Demonte 1:47:42, 2. Isabel Verduzco

Terry Fox Run

from Dave Rhody

November 11. Golden Gate Park. S.F.

The San Francisco Terry Fox Run was blessed not only with a break in the rainy Fall weather but a strong field of runners in both major divisions

This race was one of a series of Terry Fox runs in Canada and the U.S. in honor, of the 3,339 mile run in which the late Terry Fox raised 3.5 million dollars for cancer research. It was appropriate that Brian Maxwell, former member of the Canadian Olympic Team, was the overall winner of the race.

Just as appropriate to this race and its theme, "Never Give Up On Your Dreams, was the strong wheelchair division. Though Gus Rojas and his friends from Sacramento dominated their division at the finish line National Champion Jim Knaub (who did a 25:47 10K only two weeks earlier) had "pushed" to an impressive lead over the field until he was sidelined by a flat tire at 31/2 miles.

	Overall Results - Men	
1	Brian Maxwell (30) Berkeley	30:41
2	Stephan Adams (22) Berkeley	30:47
3	Tom Roth (22) Sacto	31:24
	Wheelchair Results - Men	
1	Gus Rojas, Sacto	37:09
2	Gene Howard, Sacto	38:22
3	Lewis Bair, Sacto	39:11
	Overall Results - Women	
1	Allison Snow (23) Stanford	35:41
2	Heidi Perham (26) LosAltos	37:15
3	Kim Rupert (28) Hillsborough	38:58
	Wheelchair Results - Women	1
1	Lynn Carlton, SanJose	42:54
2	Carol Wolfington, Sacto	49:54
3	Cheryl Bair, Sacto	56:13

A Winters Breeze

November 11. Santa Ana. Division Results - Men's Marathon

15-18: 1. Greg Orchard 3:11:16, 2. Mark Garcia 3:21:50, 3. Moises Plascencia 3:28:00. 19-24: 1. Gilbert Cortez 2:32:29, 2. Esequiel Rodriguez 2:34:00, 3. Michael Mathewson 2:34:40. 25-29: 1. Tom Vernon 2:27:06, 2. Tom Cheese 2:38:14, 3. Kie Soo Hoo 2:42:40. 30-34: 1. Don Ocana 2:33:24. 2. Jim Vasquez 2:56:49, 3. Alan Warren 2:58:25. 35-39: 1. Peter Lever 2:28:28, 2. Harry Hartley 2:48:36, 3. William Lovelace 2:54:02. 40-44: 1. Simon Rubin 2:43:03, 2. Bill Demucci 2:58:47, 3. Alex Meade 2:58:53. 45-49: 1. Joe Gassmann 2:47:45, 2. Tom Morrow 2:56:10, 3. Ron Walters 3:02:09. 50-59: 1. Shel Rubin 3:09:40, 2. Ray Penkert 3:14:56, 3. Joseph Carrier 3:21:00. 60 & Over. 1. Robert Beach 3:37:27, 2. Frank Torode 3:42:29.

Division Results - Women's Marathon 19-24: 1. Brianne Carrier 3:10:21. 30-34: 1. Lois Curl 3:15:41, 2. Linda Papermaster 3:28:09. 35-39: 1. Sherri Ross 3:50:39. 50-59: 1. Jeanne Carrier N.T.

Division Results - Men's 5K 14 & Under: 1. David Kros 15:52, 2. Chris Pohl 17:15, 3. Troy Harmon 18:28: 15-18: 1. Roul Serratos 14:45, 2. Sergio Ocadiz 15:05, 3. John Soto 15:36. 19:24: 1. Fred Cowles 15:17, 2. Adam White 15:53, 3.

Manuel Rodriguez 15:53. 25-29: 1. Dave Parsel 15:07, 2. Chris Dremann 15:33, 3. Ted Snavely 16:21, 30-34; 1. Bill McDermott 14:52, 2. Mark Brownell 16:39, 3. Mark Embrey 17:14, 35-39; 1, Salvador Gonzalez 16:27, 2, Wor Ca O Con 16:33, 3, Mike St. Andre 16:40. 40-44: 1. Randall Shelley 17:21, 2. Don McWilliams 17:32, 3. Pete Ganulin 17:44, 45-49: 1. Juvenal Herrera 16:50, 2, Bud Greenleaf 18:10, 3, Gammas Chavez 18:13. 50-59: 1. Tracy Brown 18:01, 2. Fred Goldwyn 19:06, 3. Jack Green 19:34, 60 & Over: 1. Larry Banuelos 18:18, 2. John Depierala 21:20, 3. Bernie Hadowski 23:29.

Division Results - Women's 5K 14 & Under: 1. Joelle Ledor 21:58, 2. Jenny Wilhelm 23:11, 3. Angelica Mendoza 23:47. 15-18: 1. Julie Farnsworth 25:31. 19-24: 1. Donna Rostagno 18:44, 2. Joanne Pridomirski 20:09, 3. Ana Castilo 21:06. 25-29: 1. Michelle Hernandez 19:13, Nanc Lipshin 21:55, 3. Linda Powell 23:36. 30-34: 1. Maria Rodriguez 21:07, 2. Joyce Schutten 23:59, 3. Robin Martin 24:21. 35-39: 1. Nancy Gonzales 24:40, 2. Laurel Steinhoff 29:39, 3. Gelilia Cisneros 32:52. 40-49; 1. Diane Rosentreter 22:35, 2. Georgina Nuttail 23:00, 3. Olivia Krok 25:33. 50-59: 1. Barbara Meade 26:51, 2. Dolores Kawgiana 31:40.

Breakers and **Butterflies**

November 11. Pacific Grove, 10K.

Division Results - Men's 10K 12 & Under: 1. Erik Curtis 44:40, 2. Joshua Vining 48:06, 13-17; 1, Ramon Ramirez 36:45, 2. Tony Driver 36:47, 18-29: 1. Jorge Torres 33:23, 2. Steve Peters 34:21, Chris Grace 34:24. 30-39: 1. John O'Neill 34:06, 2. Jim Poulous 34:28, 3. Rick Lower 35:29. 40-49: 1. Gary Baxel 35:48, 2. Don Trout 38:09, 3. Peter Marsequerra 38:19.

Division Results - Women's 10K 12 & Under: 1. Windy Vining 50:31, 13-17; 1. Ginger Jones 45:15, 2. Loretta Van Pett 47:39. 18-29: 1. Patty Selbicky 40:20, 2. Sharon Moore 42:39, 3. Anita Nazares 43:16. 30-39: 1. Betty Albritton 41:31, 2 Katle Scott 44:08, 3. Lorry Benjamin 47:59. 40-49: 1. Joan Roberts 43:15, 2. Cindy Hutcherson 45:46. 50-59: 1. Iona Scapple 58:40, 2. Elizabeth Peterson 60:58.

Veteran's Day Half Marathon

November 11. Redding. **Overall Results** Jim Price (33) Redding Tom Olson (29) Redding 1:12:04 Ron Mellor (32) Orville 1:14:50 Ray Darwin (44) Chico 1:20:52 Bob Metzger (29) Orland 1:23:37 Kenny Wilsey (21) Anderson 1:24:48 Brad Onn (28) Redding 1:25:45 Mike Moore (17) Redding 1:26:24 Bob Malain (57) Redding 1:26:33 Lee Bunnell (50) Redding 1:26:58

John Durham Classic 50K

November 11. Sparks, Nevada.

	Overall Nesults	
1	Rudy Munoz	3:32:29
2	Gary Seeger	3:39:58
3	Robert Sobsey	3:52:00
4	Jim O'Neil	4:07:50
5	Bill Meister	4:26:50
6 7	Toni BeCaustegui (F)	4:38:20
7	Angelo Areano	5:20:20
8	Lorrie Small (F)	6:08:55
9	Clint Burdick	6:37:00
10	John Durham	6:58:00
10	Dee McKim	6:58:00
10	Bruce Bruskin	6:58:00

Mission Inn Run

November 11. Riverside, 5K & 10K.

Division Results - Men's 5K 11 & Under: 1. Charles Holguin 19:55, 2. Sanichez 20:05, 3. Jason Hobbs 21:27. 12-15: 1. Daniel Bakholdin 16:51, 2. Mark Prestwich 17:08, 3. Sean Pearson 18:09. 16-19: 1. Jim Winn 15:46, 2. Juan Solis 15:54, 3. Doug Barnes 16:39, 20-24: 1. Vernon Morris 15:09, 2. Sal Fernandez 15:26, 3. Tony Black 15:45, 25-29: 1. Henry Chio 15:50, 2. David Cook 16:12, 3. Mary Alvarez 16:24. 30-34: 1. Bob Morrison 15:39, 2. Mark Newton 16:45, 3. Del Valdez 16:54. 35-39: 1. Dave Hite 16:15, 2. Smith 16:49, 3. Dean King 17:23, 40-44: 1. Manouch Lankarani 17:42, 2, Jess Maxcy 18:25, 3. Mike Fuller 18:29, 45-49: 1. David Condit 17:04, 2. Joaquin Granado 17:28, 3. Benjamin Waldron 17:37, 50-59: 1. Sam Mayo 17:38, 2. Robert Culling 18:11, 3. Frank Ramos 19:19, 60 & Over: 1. Bill Cornett 23:55, 2. Ted Storey 24:05, 3. James Coleman 24:47.

Division Results - Women's 5K 11 & Under: 1. Steph Zapalowski 21:09, 2. Emily Doser 22:59, 3. Valerie Boes 28:08. 12-15: 1. Laura Logan 18:37, 2. Brigid Freyne 19:42, 3. Kitty Jackson 25:28. 16-19: 1. Raniel Nally 19:53, 2. Cathy King 20:05, 3. Sabdra Utterback 20:06. 20-24; 1. Julie Ortman 20:14, 2. Staci Schilling 20:44, 3. Debbie Carlson 20:50, 25-29: 1. Denise Bedford 17:46, 2. Pat Escamilla 19:35, 3. Andrea Davis 22:45. 30-34: 1. Sheryll Hite 21:57, 2. Jessica Garcia 22:52, 3. Julie Wong 23:30, 35-39: 1. Kathy Steel 19:37, 2. Carolyn Greywood 22:50, 3. Madeline Mingay 23:45. 40-49: 1. Margaret Waldron 22:27, 2. Diane Kobz 23:03, 3. Kathy Adams 24:03. 50-59: 1. Ruth Webb 27:21, 2. Pollyanna Miller 28:16, 3. Jackle Wilson 28:56

Division Results - Men's 10K 12-15: 1. McLecio Huizar 35:23, 2. Steve Cecil 36:54, 3. David Lemos 37:35. 16-19: 1. Darryl Martin 32:27, 2. Maurilio Rodriguez 33:50, 3. Steve Dietch 35:00. 20-24: 1. Frank Assumma 29:58, 2. David Francis 31:07, 3. George Marquez 32:54. 25-29: 1. Steve Ortiz 29:41, 2. John Brenneman 30:29, 3. David Daniels 30:58. 30:34: 1, Gary Foltz 34:31, 2, Larry Erhard 34:53, 3, Topper Powers 35:47, 35-39: 1. Ron Kurrle 32:46, 2, Gary Schnittgrund 35:08, 3, Douglas Allen 36:07, 40-44: 1. Michael Figueroa 34:57, 2. Bob McGeough 35:42, 3. Frank Freyne 36:27. 45-49: 1. Richard Pallies 35:33, 2. Frank Ogawa 35:49, 3. Fred Blover 39:36. 50-59: Wally Ingram 36:53, 2. Bob Best 43:10, 3. Raul Zermeno 43:18. 60 & Over: 1. Jack Goertzen 41:13, 2. John Goodyear 43:47. 3. Robert Krjoger 44:14.

Division Results - Women's 10K 12-15: 1. Darey Grant 49:26, 2. Cynthia Varner 53:26, 3. Paige Loughrey 53:50. 18-19: 1. Melody Fowler 40:56, 2. Siv Eik 52:09. 20-24: 1. Carol Devack 40:15, 2. Bonnie Brooks 41:21. 25-29: 1. Patty Mueller 41:32, 2. Linda Nunez-Gray 46:34, 3. Kathy Trotter 47:03. 30-34: 1. Eustolia Cruz 39:14, 2. Ellen Coleman 39:27, 3. Christine Grundy 40:39. 35-39: 1. Debbie Heaton 37:40, 2. Kathy Taylor 46:09, 3. Katherine Diage 48:44. 40-49: 1. Donna Wagner 48:32. 2. Phyllis Harn 48:54. 3. Clarice Flower 52:53. 50-59: 1. Marilyn Campbell 1:00:29, 2. Dorothy Brown 1:02:04, 3. Joyce Wood

San Pasqual Vineyards 10K

from Nicki Hobson

November 11. Escondido. Thom Hunt, running for Athletics West, overcame more than the usual obstacles in winning the San Pasqual Vineyards 10K. In addition to tough competition and a difficult course. Thom also won out over a case of course sabotage that turned the 6.2 mile distance into roughly a 7 mile route

A set of traffic cones were moved just prior to the race by a person or persons unknown (as they say in police stories), leading the dozen or so frontrunners off the official course. Fortunately for those slightly less fleet of foot, a runner familiar with the proper course was able to restore the course markings to their original positions before the entire field

was led astray.

To their credit, both Thom and second place finisher Ken Misener, representing the Nike Four Corners Team, maintained their speed, poise, and sense of humor in besting the field even under these adverse circumstances. Their times (36:01 and 36:27 respectively) reflect the added distance, however. Only the open and submasters men were affected by the sabotage, since all other divisions ran in the second section of the race an hour later, over a properly marked course.

Submaster Debbie Lewis led the open division winner, Oonagh Bruni, to the finish line in the women's competition. A total of approximately 2,000 runners participated in the two 10K races and a lowkey 2-mile fun run held simultaneously, in what has in just two years become a classic Southern California tradition.

The San Pasqual 10K course runs on dirt roads through the beautiful hillside vineyards, crossing a shallow river twice (water a little over ankle deep), giving the participants an extraordinary running ex-perience on a crisp, sunny morning. And the party at the winery following the race was strictly world-class, according to those in attendance. It featured wine, cheese, fruits and other elegant foods, plus music and dancing. Many of the revelers were still going strong as the last of the race volunteers left the scene hours later.

Division Results - Men 12 & Under: 1. Mike Farrell 43:00, 2. Bill Aronson 48:57, 3. Kevin Mossbarger 50:38. 13-17: 1. Bill Ruff 35:35, 2. Francis O'Neil 42:54, 3. Michael Aronson 46:38. 18-29: 1. Thom Hunt 36:01, 2. Scott Molina 37:30, 3. Steve Hastings 37:40. 30-39: 1. Ken Misener 36:27, 2. Ted Van Arsdale 38:40, 3. Richard Enriquez 39:50. 40-49: 1. George Luiken 36:06, 2. Hal Goforth, Jr. 36:32, 3. Tony Marshall 37:24, 50-59: 1. Jim O'Neil 39:38, 2. Ed Gookin 40:26, 3. Bob Collins 40:30. 60 & Over: 1. Jim McCown 42:20, 2. Rudy Iglesias 45:00, 3. Don Dilworth 46:00.

Division Results - Women 13-17: 1. Lisa Seger 46:42, 2. Wendy Hrdircka 54:53, 3. Shanda Wolfe 64:36. 18-29: 1. Oonagh Bruni 40:21, 2. Diane Riley 41:05, 3. Kathleen Kinane 41:35, 30-39: 1. Debbie Lewis 40:10, 2. Kay Harpold 43:10, 3. Trish Waish 44:26. 40-49: 1. Ursula Rains 42:45, 2. JoAnne Wichary 45:36, 3. Carol Mason 48:46, 50-59; 1. Anne Johnson 47:51, 2. Elsa Sandberg 54:24, 3. Roberta Hennings 59:46. 60 & Over: 1. Gerry Davidson 55:56, 2. Jean McClean 64:46, 3. Clementina

Jokers Wild 5 Mile Run

Thomson 86:24

from John Squires

No	wember 11. Nipomo.	
	Overall Results	
1	Richard Clark (19) SLO	25:49
2	Paul Lee (23) ArroyoGrde	26:06
3	Sherman Martinez (19) MorroBay	26:53
4	John Eberhard (19) SantaMaria	27:44
5	Louie Quintana (32) Nipomo	28:27
6	Kirk Spry (32) SantaMaria	28:37
7	Fred Grieder (26) Guadalupe	28:39
8	Bill Graham (43) Lompoc	28:59
9	Al Ramos (39) Santa Maria	29:13
10	Habib Boozari (25) Nipomo	29:27
44	Kant Moldon (10) Atacondorn	20.00

11 Kent Welden (18) Atascadero 30:06
12 Jushua Ellingwood (13) SntaMra 30:20 13 Ron Levy (29) Santa Maria 30:32 14 Gordon Niva (34) Santa Maria 30:46 15 Jerry Hill (44) Nipomo

Results

Pepsi Veteran's Day Race

November 12. Porterville, 5K & 10K.

Overall Results - 10K		
1	Joaquin Leano (25)	31:00
2	Uscar Correa (23)	32:08
3	Isalas Luna (27)	32:57
4	Brett Lizotte (18)	34:08
5	David Calderon (25)	34:57
6	Patrick Dunning (32)	36:54
7	Jesus Guzman (32)	37:44
8	Janis Leyendekker (24F)	38:02
9	Gordon Jones (34)	38:16
10	James Finley (32)	38:18
	Division Results - Men's 10K	

12 & Under: 1. Chris Chapman 42:50. 13-18: 1. Brett Lizotte 34;08, 2. Blake Fleeman 44:33. 19-29: 1. Joaquin Leano 31:00, 2. Uscar Correa 32:08, 3. Isalas Luna 32:57, 30-39; 1. Patrick Dunning 36:54, 2. Jesus Guzman 37:44, 3. Gordon Jones 38:16. 40-49: 1. Ron Peterson 41:19, Kenneth Washman 43:55, 3. Nolan Anderson 49:36. 50-59: 1. Roger Boedecker 44:14, 2. Chuck Bunch 44:23, 3. Lee Belau 46:26. 60 & Over: 1. Jim Nagatani 50:18.

Division Results - Women's 10K 19-29: 1. Janis Leyendekker 38:02, 2. Patricia Heredia 52:19, 3. Margaret McKinney 56:36. 30-39: 1. Deanna McDaniel 39:06, 2. Lisa Deaton 55:34, 3. Charise Shanes 55:48. 40-49: 1. Lee Whitt 52:24. 50 & Over: 1. Auroral Perez 53:20, 2. Stella Wheaton 57:49.

	Overall Results - 5K	
1	Jack Butler (20)	15:37
2	Mike Lizotte (19)	15:55
3	Robert Taylor (24)	16:09
4	John Forenti (38)	16:26
5	Wayne Van Dellen (47)	16:36
6	Ken Albelor (15)	16:59
7	Terry Taylor (24)	17:10
8	Brian Fleeman (17)	17:26
9	Raul Hernandez (20)	17:5
10	Rusty McDaniel (29)	18:03
	Walter Committee and the Committee of th	

Division Results - Men's 5K 12 & Under: 1. Dennis Hunter 18:23, 2. Todd Sanders 19:27, 3. Shawn Short 21:23, 13-18: 1. Ken Albeior 16:59, 2. Brian Fleeman 17:26, 3. Junior Beltran 18:14. 19-29: 1. Jack Butler 15:37, 2. Mike Lizotte 15:55, 3. Robert Taylor 16:09. 30-39: 1. John Forenti 18:26, 2. Joseph Saubert 18:50, 3. Mike O'Hauer 19:17. 40-49: 1. Wayne Van Dellen 16:36, 2. Steve Johnson 18:08, 3. Leo Marquez 18:57. 50 & Over: 1. Gil Hinzo 18:12, 2. Mel Elliott

Division Results - Women's 5K 12 & Under: 1. Liz Martinez 24:32, 2. Francine Flores 24:49, 3. Nancy Santoyo 24:52. 13-18: 1. Jennifer Baker 18:32, 2. Frances Garcia 21:08, 3. Maria Aparicio 21:34. 19-29: 1. Shellie Taylor 20:22, 2. Joella Plain 25:06, 3. Kim Badsky 25:19. 30-39: 1. Nora Matherly 24:29, 2: Nancy Sanchez 24:52, 3. Judy Allen 32:50, 40-49: 1. Julie Wilson 24:57, 2. June Elliot 29:57.

City of Pico Rivera **Turkey Trot**

SPATAC District Championship by Richard Lee Slotkin

November 17. Pico Rivera.

Lately, the Basin Blues have been claiming that they don't get no respect from me. I ignore them; treat them like stepchildren; don't attend their weddings and bar mitzvohs

It's true, I don't,

But, what can you do? The Blues have been pretty quiet in recent years. You just

don't hear much about them like you did in the old days when they had guys like . you should pardon the Steve Broten. Actually, Bill Entz and . expression every club should have Steve Broten for while, at least, and I think most of them

But, that was the past. What about the

Well, actually, the Blues are showing signs of stirring, coming out of hiberna-tion; becoming aware that the world doesn't end at Ventura Boulevard, or the Golden State Freeway. Why, they even got rid of those yukky pastel pink and blue singlets they used to wear. They are now sporting a rather spiffy blue and gold on white ensemble. And, best of all, they've got some horses again. Guys like Jerry Alexander, Rich Brown and Andy Legetti. Even the ladies' auxillary has been upgraded, and will be making their presence felt. I'm starting to see that new Blues logo in something approaching abundance at some of the races. Yes, they've finally rediscovered the world south of Ventura Boulevard, and other points even further south.

One of those paradises of running pleasure which the Blues came across is Pico Rivera where the SPA district five, ten and fifteen kilometer championships were held. They really wanted this one especially the 15K, so the Basin Blues showed up in force. I'm the one who nearly missed it. You see, in the past several years, the SPA has really gone downhill and the district championships, which, at one time were virtual preliminaries to the Nationals, have become almost insignificant affairs. That may also be changing just a little bit. Not only did the Blues have their A team on hand ... not to men-tion their B, C and D teams ... but the Santa Monica Track Club, one of the real perrenial powerhouses of the district, if not the country, was there. Of course, that only made matters worse for me, as I was somewhat mildly chastised for my ignoring the BBs and an alleged partiality for SMTC. Well, what the hell, I am a long



Sylvia Mosqueda **Double Turkey Trot Winner**

time member, and I do have certain functions in the club, having been an officer and being sort of the club janitor. And, you can't deny it, SMTC isn't bad, to say the least.

Anyway, I wasn't even going to this one, but as a result of complications which I won't go into at this time, except to say that someone dared to disturbeth slumber that morning, I wound up at the finish line. Too late for the 5K, too late for the 10K other than the stragglers, and too late for the start of the 15K.

So, what can I tell you? I've taken up a whole column just to tell you that I wasn't

Not quite. I did see the whole finish of the 15K. I did see SMTC's Ron Roberts destroy the field, winning easily by almost a minute over Tom Vernon, in fact, SMTC was doing quite well, taking four of the top ten places. Now that would normally guarantee a team win. Unfortunately, ALL they had was four guys. The Blues did not have that handicap. With Rich Brown taking third and Jerry Alexander in fourth, they were in pretty good shape. Good enough to win the overall team title. And, it wasn't a cheap win either. True, if SMTC's fifth man, Gary Gregory, hadn't called in sick, SMTC would probably have won it, but not by much. It would have taken right around a fifty minute effort, or just under, to have done it, which Gregory would have done if healthy, but the Blues were still right there. In fact, Alexander would have been justified in not showing up himself, nursing the lingering effects of a bout with the flu, plus having to save something for the Fiesta Bowl Marathon, only three weeks ahead.

Anyway, the Blues won overall team, and the 35-39 team titles. OK, guys; you're back in business.

First female in the 15K was Sylvia Mosqueda, who also won the 5K. A sort of an iron malden effort? (See guys? I pick on everybody.) She, Sylvia, that is, had only planned to run the 15K as a workout, but the lack of interest in these district champlanships worked out well for her. She soon found herself all alone and sort of cruised in for the win, her first time at the distance, yet.

Two other iron maidens were Terry Goodreau and Ilka Carbo Gillette, who



Ron Roberts Turkey Trot Winner

also double in the 5 and 15. Goodreau won her age group in the 15, while Gillette took second in hers. In the 5, they were both in the same age group, 30 & Over . wow! ... and Gillette took first, Goodreau

second. Now, these weren't exactly gim-mees for the gals. Both are sub-40, in fact, sub-39 10K runners. Too bad they didn't try a triple and do the 10K, too. They'd have had to hustle, though, to make it to the start line in time for the 15K, but it might not have mattered. They could have spotted the competition a bit of a head start.

Oh well, I digress.

So, it's done; the Blues got their dues, I got a story, and a breakfast from my slumber disturbether; and, maybe, possibly, hopefully, the SPATAC is makng a comeback, along with the Blues. It's about time. Welcome back.

Division Results - Men's 5K Elementary: 1. Daniel Peppin 19:48, 2. Ruben Garcia 21:37, 3. Andrew Miranda 22:26. High School: 1. Sal Garcia 17:19, 2. Art Gonzales 18:27, 3. Mario Gastelum 20:03, 30 & Over: 1. Bolivar Gonzalez 2. Salvador Arellano 16:54, 3. 16:40, 2. Salvador Areitano 16:54, 3. Miguel Bacerra 17:21, 40 & Over 1. Florenzio Vargas 18:35, 2. Rick Vasquez 19:05, 3. Ron Castillo 20:25, 50 & Over 1. Carlos Vega 20:26, 2. John Hager 21:43, 3. Carlos Vega 2:22, 2. John Hager 2:33, 3. Ricardo Cerecedes 2:255. 60 & Over: 1. Larry Banuelos 18:37, 2. Leonard Kulbacki 21:19, 3. Alfred Silver 35:04. Division Results - Women's 5K Elementary: 1. Saulinda Amaya 24:34, 2.

Erika Garcia 25:51, 3. Ana Medina 29:31. High School: 1. Katy Jackson 21:23, 2. Jennifer Vernon 23:15, 3. Kim Jones 23:26. Open: 1. Sylvia Mosqueda 18:00, 2. Gail Conway 18:59, 3. Martha Reynoso 19:09 30 & Over: 1. lika Carbo Gillette 18:58, 2. Terri Goodreau 19:55, 3. Marcia Chaney 21:08, 40 & Over: 1. Georgina Nuttal 24:01. 50 & Over: 1. Nelly Williams 22:28, 2. Alice Ramirez 30:40.

Division Results - Men's 10K Open: 1, Tom Robbins 33:48, 2, David Rivera 35:07, 3, Pedro Cabral 35:21, 30 & Over: 1. Fred Doubell 36:11, 2. Bill Leung 38:27, 3. Ron Baca 39:07. 40 & Over: 1. Bino Valdez 37:20, 2. Reid Presley 40:29, 3. Charles Davis 40:43. 50 & Over: 1. Bob Landry 39:32, 2. Robert Pate 42:52, 3. Jesus Rangel 42:59.

Division Results - Men's 15K 18 & Under: 1. Victory Morales 57:29, 2. Rick Johnson 1:06:56, 3. Tim Delkeskampi 1:16:36, 19-29; 1, Ron Roberts 46:46, 2, Tom Vernon 47:46, 3, Richard Brown 47:56, 30-34; 1, Jerry Alexander 48:33, 2, Joe Falcon 51:31, 3, Rudy Krause 52:39. 35-39: 1. Mike Chambliss 50:48, 2. Thomas Sneddon 52:32, 3. Ramon Bagby 54:13. 40-44: 1. Steve Close 51:08, 2. Tom Burns 52:04, 3. Allan Johnson 52:18. 45-49: 1. Dick Pallies 54:48, 2. Ron Pattinson 55:50, 3. Bob Nyman 57:01, 50-54; 1. Hai Winton 1:02:48, 2. Stan Block 1:02:54, 3. Don Hosek 1:03:13, 55-59; 1. Patrick Devine 57:31, 2. Richard Elizarras 1:03:57, 3. Bill Winstanley 1:05:50 60-69: 1. Harold Daughters 59:50, 2. Ray Gil 1:01:59, 3. Stanley Neufeld 1:10:31, 70 & Over: 1. Dean Scofield, Jr. 1:16:58, 2. A. Csaplar

1:17:15, 3. Fraser Macminn 1:23:56 Division Results - Women's 15K Division Results - Women's 15K
8 & Under: 1, Silvia Mosqueda 1:02:18.
19-29: 1, Noni Long 1:13:19, 2, Denise
Boesch 1:20:16, 3, Rachel Guzman
1:20:36, 30-34: 1, Susan Breidenback
1:06:56, 2, Ilka Carbo Gillete 1:07:42, 3,
Beatrice Luna 1:21:10, 35-39: 1, Terry
Goodreau 1:04:01, 2, Carol Noonan
1:08:53, 3, Cathy Kaspersky 1:15:42, 40-44:
1, Linda Bird 1:09:23, 2, Julieta Davis N.T.,
3, Pamela Cobb 1:28:16, 45-49: 1, Karen Pamela Cobb 1:28:16, 45-49: 1, Karen Nestande 1:21:38, 2. Andrea DeKeskamp



Arroyo Grande **Turkey Trot**

November 17. Arroyo Grande. Boys - 6 & Under - 1/4 Mile 1. Chris Jones 1:38.

Girls - 6 & Under - 1/4 Mile 1. Theresa Cavaletto 2:00, 2. Gaylan Kolb 2:19, 3. Susan Cavaletto 2:41

Girls - 7 Yrs. - 1/2 Mile

1. Danielle Brown 3:35, 2. Catherine
Cavaletto 3:37, 3. Patricia Cavaletto 3:47. Boys - 5th-6th Grade - 3/4 Mile

1. Matt Jones 4:33, 2. Chris Fishback 4:34, 3. Tim Jones 4:42.

Girls - 6th Grade - 3/4 Mile 1. Carissa Felando 4:40, 2. Kerry Mc-Quearry 4:41, 3. Carli Pollard 4:46.

Boys - 7th-9th Grade - 2 Miles 1. Jim Irwin 16:00, 2. Giovanni Cavaletto

Open Women - 4.2 Miles 1. Gall Hohenstein 33:04.

Open Men - 4.2 Miles
1. Ivan Huff 22:54, 2. Mark Pupich 24:30, 3. Shawn Howell 25:05.

Anything Athletic Turkey Trot

November 17. Lompoc. 5K & 10K. Overall Results - 5K Dennis Block (18)LVDC 16:27 John Trump (29) LVDC 17:16 Kirk Spry (32) SantaMaria Chuck Greentey (51) LVDC 17:40 19:38 Lee Heinz (49) LVDC 20:20 Andy Thompson (16) Lompoc 20:43 16 Jessica Dukes (17F) Lompoc 23:06 19 Lisa Noroutt (49F) LVDC 20 Kathy Bridge (33F) LVDC 25:11 25:40 Overall Results - 10K 33:50 Dennis Block (18) LVDC Eric Carman (19) TeamSecondSI 34:47 Dennis Grpssini (37) LVDC 35:59 Dan St. John (17) LVDC Michelle Seck (18F) CPTC 38:43 Jack Long (41) LVDC 39:21 22 Louis Ojeda (61) San Diego 26 Pam Hayes (35F) Lompoc 43:45 46:59 Zarith Alvarado (17F) Lompoc Patty Landis (43F) SantaYnez

Lions Run

November 17. San Jacinto. 10K & 2K.

David Urbina led a field of 50 runners through the streets of San Jacinto under perfect weather conditions to win the inaugural Lions Run 10K. Urbina, a 27-yearold from Hemet, finished in 34:12, nearly two minutes ahead of second-place finisher Robert McGeough (36:04). Patricia Escamilla paced the women with a time of 45:14.

Distinguished age-group record-holder and crowd favorite Bess James, 75, ran in her home town and finished in 1:03:33.

John King (6:18) and Diane Renteria

	io) led the men's and women	2 GIAI-
sions respectively in the 2K.		
Overall Results - Men's 10K		
1	David Urbina (27) Hemet	34:12
2	Robert McGeough (42) Banning	36:04
3	Gary Williams (38) HuntingBch	36:28
4	Dean King (37) Hemet	36:52
5	Wally Ingram (52) Hemet	36:57
6	Wayne Stanfield (34) Idyliwild	37:04
7	Brad Nixon (15) Hemet	38:02
8	Cruz Gomez (39) Indio	39:06
9	Habib Motlagh (31) Hemet	40:18
10	Charlie Gonzales (40) L.A.	44:26
12	Patricia Escamilla(26)Riversd	45:14
23	Stephanie Davis(14)SanJac	46:31
27	Gina Gomez (14) Indio	47:23
41	Jack Chadsey (61) Hemet	51:56
43	Marsha Daidola (43) So.Pasa	53:38
49	Bess James (75) SanJac	1:03:33
	Overall Results - 2K	
1	John King (16) San Jac	6:18

7:11

2 Ben LaChappa (36) Hemet

Jimmy Granados (26) W.Cov Diane Renteria (17F) Sunymd Julie Robles (14F) SantaAna Maria Medina (36F) Sunnymd

Turkey Trot

7:46

8-23

November 17. Turlock, 1&2Mi & 10K, Division Results - Boy's 1 Mile 2nd Grade & Under; 1. Joel Frost 7:40, 2. Bill Allen 10:11, 3. Chris Allen 10:48. 3rd/4th Grade: 1. Bobby Ladine 6:40, 2 John Simpson 6:56, 3, Casey Chaney 7:18, 5th/6th Grade: 1, Scott Summers 6:30, 2 Kenneth Rosenberg 6:34, 3. Joel Biomenkamp 6:37.

Division Results · Girl's 1 Mile 2nd Grade & Under: 1. Colleen DeBree Robin Moon 9:39, 3. Koehn 9:52, 3rd/4th Grade: 1. Roxie Simp son 7:55, 2. Leona Burch 8:05, 3. Sara Garner 8:07, 5th/6th Grade: 1. Heather Mings 6:43, 2. Jody Swallow 7:03, 3 Claudia Avany 7:09.

Division Results - Men's 2 Mile Jr. High/Under: 1. Nathan Trainor 13:40, 2 Chris Silveira 14:50. High School/19: 1 Keith Bullock 10:41, 2. Steve Roberts 12:05. 20-29: 1. Henry Pereira 13:38, 2. Steve Franklin 15:04, 3. Curt Gorman 15:05, 30-39: 1. Jack Lawson 10:11, 2. Joe Ovalle 12:28, 3. Doug Markes 12:37. 40-49: 1. Ray Nichol 12:56, 2. F. Lee Holmes 14:21, 3. John Dahlgren 15:26. 60 & Over: 1. Payson Taylor 13:39.

Division Results - Women's 2 Mile Jr. High/Under: 1. Christine White 14:41, 2. Heather Mings 15:02, 3. Samantha Leal 17:28. High School/19: 1. Doris Chin 12:52, 2. Amy Janzen 13:32, 3. Christen Sniezek 15:24. 20-29: 1. Nancy Flamirez 17:52, 2 Carolyn Pellegrini 17:58, 3. Joy Lance 18:24, 30:39; 1. Sherry Trainor 15:52, 2. Nina Mings 16:34, 3. Cherie Bowen 18:29. 40-49: 1. Barbara Silveira 17:40, 50-59: 1 Marvele Taylor 21:59.

Division Results - Men's 10K Jr. High/Under: 1. Eddie Corn 52:23. High School/19: 1. Daniel Rosenthal 36:01, 2. Joel McGarvey 36:38, 3. Jerry Mason 45:36, 20-29; 1. Bill Martin 31:55, 2. Ken Danz 32:00, 3. Carles Pittel 35:11. 30-39; 1. John Zvnina 36:32, 2. Rick Gaffney 36:41, 3. Leon Casas Jr. 37:00. 40-49: 1. Gerry Holmes 37:47, 2. Elton Nelson 39:06, 3. Stan Gustafson 42:05, 50-59: 1. Bill Ferrell 41:01, 2. John Griffen 44:30, 3. Leon Casas Sr. 48:20. 60 & Over: 1. Frank Saylor 56:55.

Division Results - Women's 10K High School/19: 1. Ginger White 51:18, 2. Clndy Schmidt 51:26. 20-29: 1. Carol Ovalle 44:39, 2. Tina Carlson 46:48. 30-39: 1. Pam Lindsey 49:45, 2. Barbara Byrd 53:59, 3. Sally Brown 1:13:16. 50-59: 1. Betty Semas 54:22

San Gabriel **Turkey Trot**

November 17. San Gabriel, 5K & 10K. Division Results - Men's 5K

18 & Under: 1. Suresh Krishnan 16:37, 2. Jorge Torres 16:43, 3. Dave Hall 16:47, 19-27; 1. Ken Lemus 16:29, 2. Mike Cardoso 16:40, 3. Chris Ackerman 17:03. 28-35: 1. Carlos Goody 15:43, 2. Randy Homes 17:37, 3. Fred Bland 18:19. 36-42: 1. Terry Toles 17:38, 2. Barry Waughaman 17:48, 3. Peter Stang 18:31, 43-50; 1. Jack Wilson 20:00, 2. Chuck Aedo 20:09, 3. Daie Duorak 22:26. 51 & Over: 1. Bruce Odou 20:54, 2. Bob Gerlach 21:10, 3. Charles

Division Results - Women's 5K 18 & Under: 1. Suzette Basore 19:11, 2. Alisa Roberts 30:58, 3. Celia Gohon N.T. 19:27: 1. Mary Kautiainen 20:22, 2. Lisa Tuthiil 20:54, 3. Carol Hanczuk 23:34. 28-35: 1. Suzanne Britt 22:49, 2. Anita Mork 23:29, 3. AnneMarie Thot! 25:34 36-42: 1. Beth Farajian 23:13, 2. Pauline Rodgers 25:53. 3. Laurie Burnham 26:12. 43-50: 1 Ruth Granados 23-37 2 Marky Molina 23:50, 3. Elaine Hemenway 25:39.

Division Results - Men's 10K

19-27: 1. James Sterling 31:33, 2. Gus Majarro 31:37, 3. Paul Burridge 31:52, 28-35: 1. John Shindeloecker 35:27, 2. Brian Stansauk 38:25, 3. Gary Stansauk 37:15. 36-42: 1. Tony Casas 33:12, 2. George Anderson 42:08, 3. M. Quinn 44:11, 43:50: 1. Richard Montes 39:20, 2. T. G. Chung 44:06, 3. John Carothers 44:51, 51 & Over: Arthur Soderblond 40:41, 2. Nahan Gluck 50:19, 3. Jim Sotton 1:02:15.

Division Results - Women's 10K 19-27: 1. Catherine Benedict 40:41, 2. Anna Luna 47:50, 3. Katherine Smythe 52:23. 28-35; 1. Antoinette Olmos 51:00, 2. Aloa Gutirrez 56:20. 36-42: 1. Barbra Basta 45:29, 2. Julia Hart 48:21, 3. Cecilia Macrae 52:34. 43-50: 1. Jean Sutton 1:02:44. 51 & Over: 1. Elisabeth Remanick

Lasse Viren 20K

by Richard Lee Slotkin

November 18. Sycamore Canyon, Malibu.

For the second straight year, it rained on the Lasse Viren 20K. This year, though. there was a little extra going on. First, it rained all through the race rather than for just the first part. Second, there was another raining of a sort: Lasse Viren himsell was there and reigned over the race named after him. The near-legend wasn't in his best shape and didn't push himself especially, eventually finishing fourth behind former high school star Andy DiConti. Viren smiled as he came in, just a step behind DiConti, who wasn't smilling, but can now tell all posterity that he beat the great Lasse Viren. There wasn't much doubt that Viren was accomodating him.

Naturally, because of the rain, the course was mushy, messy and muddy Footing wasn't very good except for the 3 mile stretch in the middle, which, good news, is over a blacktop, and, bad news, has a humongous half mile hill.

Gary Tuttle and Martti Kiilholma got off pretty quickly, mud and all and following a 4:48 mile and a 9:38 two mile, they were all alone. They stayed that way all through the race, neither able or willing to make a break. In the final 200 yards, Tuttie, who won in 1982 and was 2nd last year, finally went for it, got a few steps worth of lead, but watched Kiilholma shift into his high gear and pull into a one or two step lead in the last 100 yards. That's the way it ended, Kiilholma just a step ahead and turning his head back every 5 yards just to make sure. After six previous tries, he wanted this one. He finished in 1:03:57, with Tuttle a second, maybe less. actually, behind. Later, Tuttle said he was glad for Kiilholma. After all those tries, he deserved it.

Sheila Ralston found herself out of competition a little after the first mile, so she bided her time picking off an occasional guy or two until the ground became so muddy that even that wasn't any fun. Still, her time of 1:15 plus was the 3rd fastest recorded be a woman on that course. 1982 winner Sherry Simmons was a wet and mud-spattered second about 4 minutes back. Actually, everyone was wet and mud-spattered that day.

For Viren, this was second appearance He was present at the innaugural run back in 1978. He is in town hoping to arrange some sort of accomodations that will allow him to train here for a year in preparation for the World Championships in 1987. In his native Finland the double whammy of attending to his trucking company and those fierce Finnish winters are too distracting for effective training. He admits that Carlos Lopes's stunning win in the Olympic Marathon, at the age of 37 yet, started the juices flow ing again for him. At 35, he feels that he has a world class marathon or two in him. He'll be 38 by the time of the W.C.'s, but is confident nevertheless. Further, he teels that a big win in a major marathon is all that is missing from his list of ac

complishments. A win at Rome could be final chapter of one of the most itlustrious sagas in long distance running.

Division Results - Men

13-18: 1. Chris Kirkegaard 1:11:58, 2. Michael Barton 1:14:03, 3. Jim Mudgett 1:14:21. 19-29: 1. Andy DiConti 1:06:35, 2 Marco Garcia 1:07:52, 3. Ron Bahara 1:07:53, 30-39: 1. Martii Kilihoma 1:03:57, Gary Tuttle 1:03:58, 3. Lasse Viren 1:06:36. 40-49: 1. Charles McClung 1:18:13, 2. Alcava Anava 1:18:45, 3. Jerry Lloyd 1:19:34, 50-59; 1. Dwight Moberg 1:28:28, 2. Michael Shea 1:29:32, 3. Juan Van Egmond 1:31:14, 60 & Over, 1, Fred Nagelschmidt 1:26:19, 2. Robert Vannoy 1:37:00.

Division Results - Women

13-18: 1. Elizabeth Feyh 1:40:47, 2. Schatzi Vandghei 1:40:47, 19-29: 1. Sheila Ralston 1:15:09, 2 Sherry Simmons 1:19:06, 3, Bobbie Shipper 1:22:12, 30:39: 1 Jaynie Studemund 1:21:01, 2 Mary Jane Mitchell 1:28:41, 3, Sharon Grant 1:43:04, 40:49: 1 Ginni Nordstrom 1:40:27, 2. Liz Cushman 1:42:07, 3. Deborah Brown 1:42:51, 50-59: 1. Virginia Taneja 2: +



Lasse Viren



Martti Kiilhoma wins Lasse Viren, but don't be fooled by the photo - Tuttle is right behind him just out of photo.

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