CALIFORNIA Track & Running News





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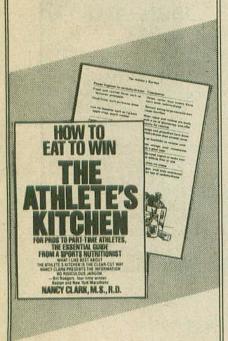




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From the Editor

BY BILL COCKERHAM

November 14 to December 5 was cross country heaven at Woodward Park in Fresno. Try these back-to-back meets on for size: November 14--N.C.A.A. Region 8 Championships, November 21--California Junior College State Championships, November 28--California High School State Championships, and December 5--Kinney Western High School Championships. Being in the middle of the state, Fresno is an ideal location for these big running events. Woodward Park provides a well-kept challenging and fair course. Fresno State University, Fresno City College, Madera High School, Clovis High School, Fresno Pacific College and the entire Fresno area running community took pride in making each of these championship meets quality events for runner and spectator alike. Is there any reason why these events shouldn't be held in Fresno again next year? See you at Woodward Park. By-the-way, you can find the results of all of these meets in this issue of California Track & Running News.

Speaking of quality cross country championships, I thought the first C.I.F. California High School State Meet was a big success. The event was a first class production that made for a memorable experience for each of the nearly 1,000 participants. My only real problem with it is, "why wasn't this done years ago?"

The C.I.F. along with sponsor Reebok and state meet directors (Bill Griffin, Dennis DeWitt and Steve Ward) are to be commended for not leaving any stone unturned in making this a great event in just it's first year. I won't review the six races for you here (you can read about that later in this issue), but I will just say that from my perspective this event was a large success.

What could be done to make the High School State Meet even better next year? I can think of only two things: (1) tighten up the time schedule. The time span from 10:50 a.m. to 5:00 p.m. was even long for die-hard fans like myself. (2) Get the L.A. City Section to

participate - how, I don't know, but it won't be a true "state meet" until every kid in the state has the opportunity to

earn the right to compete.

Just to point out what I mean about the State Meet not really being a true "state meet" until all ten C.I.F. sections are able to compete, take the example of Ian Alsen from the L.A. City Section. He wasn't able to compete in the State Meet since the L.A. City Section Championship hadn't been held yet. Alsen did run the following week at the Kinney meet, over the same course, and beat all of the state champions. Would Alsen have been a California state champion if he could have competed? We'll never know.

photo by Keith Conning



Start of High School State Meet Division I Boys Race

Schedule

BV 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, selfaddressed envelope when requesting meet information and/or entry blanks.

January 1 (Friday) San Francisco: DSE Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727

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

January 2 (Saturday)

Berkeley: Resolution Relays, 2x2.29 Mi., Berkeley Aquatic Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Cerritos: Indian Pow Wow 5K Run & 1 Mi. Fun Run, Cerritos Regional Park (19700 Bloomfield), 9 a.m./5K, 10:15 a.m. United American Indian Involvement, 118 Winston St. Los Angeles 90013. (213) 625-2565.

January 3 (Sunday)

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

January 8 (Friday)

Burlingame: Carbo-Loading Party, Location TBA - Generous amounts of pasta, beer, bread, salads, soft drinks, live music. Benefits Sawyer Camp Trail. 6 p.m. Contact: Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

January 9 (Saturday) Ventura: Buena 4 Mile (& 1 Mi.), San Buenaventura State Beach, 9 a.m. Steve & Debbie Blum, 705 Utica, Ventura 93004. (805) 659-2699.

So. El Monte: San Gabriel River 5K Run. 9:30 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394. Phoenix, Arizona: Phoenix C Marathon, 18th Ave. & Washington, 7:45 a.m. Tom Smith, Phoenix City Marathon, P.O. Box 32987, Phoenix, AZ 85064. (602) 941-5239. Madera: Brian Sturgeon Telethon Run & Jog-a-thon, 10K, Towne & Country Park, 9 a.m. United Cerebral Palsy, 3790 N. First St., Fresno 93726. (209) 221-8272. Avalon: Avalon Benefit 50 Mile Run, Catalina Island, 5 a.m. (12-Hour Cutoff). Marty Thomas, 26101 S. Vermont Ave., #305B, Harbor City 90710. (213) 325-3442. Hawaiian Gardens: Hawaiian Gardens 5 & 10K Runs, Lee Activity Center, 7:30 a.m. Tony Morales, Lee Activity Center, 21815 Pioneer Blvd., Hawaiian Gardens 90715.

January 10 (Sunday)

(213) 420-2641, x236.

Pleasant Hill: Pleasant Hill Community Challenge Run, 5 & 10K, College Park High School, 201 Viking Dr., 8:30 a.m. Pleasant Hill Recr. & Park District, 320 Civic Dr., Pleasant Hill 94523. (415) 676-5200.

Burlingame: Fisherman's Free Sawyer Camp Trail Bayfront 12K Run, & 5K Run/Stride, 9 a.m. Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-

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

San Bernardino: San Bernardino YMCA 5 & 10K and Half-Marathon, Baseline & Church St., 7:30 a.m./H-M, 7:45 a.m. Ken Brock, Uptown YMCA, 808 E. 21st St., San Bernardino 92404. (714) 886-4661.

January 16 (Saturday)

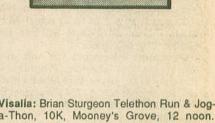
Pt. Reyes/Five Brooks: Pt. Reyes Trail Marathon, 9 a.m. (Note: You can choose either Jan. 16 or 17...wilderness area limited to 200 entrants/day.) Pre-Entry Only! Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

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

San Diego: Naval Hospital 10K & 2Mi. Naval Hospital, 7:30 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-

Arcata: SRRC Track Ultras (various distances), Humboldt State Univ., 8 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 445-9377, Jim Griggs.

Redding: Redding Half-Marathon, 2 Mi. & 10K, Civic Auditorium, 10 a.m. (Jan. 6 registration dealine). Record Searchlight, P.O. Box 2397, Redding 96099. (916) 223-4662, The Sports Foot.



Visalia: Brian Sturgeon Telethon Run & Joga-Thon, 10K, Mooney's Grove, 12 noon. United Cerebral Palsy, 3790 N. First St., Fresno 93726. (209) 221-8272. Fontana: City of Fontana Triathlon, 5K Run,

15K Bike, 75 Yd. Swim, Fontana High School, 8 a.m. Kit Ledbetter, Fontana Recr. * Parks, 9460 Sierra Ave., Fontana 92335. (714) 350-7635.

January 17 (Sunday)
San Mateo: El Camino Derby Run, 10K & 1 Mi., Bay Meadows Race Track (25th Ave., & Delaware), 8:30 a.m. American Heart Assoc., 1801 Murchison Dr., Burlingame 94010 (Linda: 415/692-0981.

Oakland: Dr. Martin Luther King, Jr., Birthday Run, 5 & 10K, Lake Merritt (Boathouse), 9 a.m. Anthony Charles, P.O. Box 5297, Oakland 94605, (415) 632-1537 or 636-1664.

Stockton: (Rescheduled to Feb. 28th) California 10.

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

Goleta: Sri Chinmoy Marathon, Santa Barbara Research Park, 7 a.m. Sri Chinmoy Marathon, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Woodland Hills: 1988 Boulevard Run, halfmarathon, Warren Ranch Park, 7:30 am. The Boulevard Run, P.O. Box 828, Rialto 92376. (818) 347-1933

Hanford: 10th Avenue 10K, The Irwin Street Inn, 8 am. Kari Fike, P.O. Box 1118, Hanford

93232. (209) 584-2701 (days).

Stockton: (Listed Last Issue) California 10 (Rescheduled to Feb. 28th).

Castro Valley: Winter Challenge Half-Marathon, Lake Chabot Marina (steep hills, mud & muck), 9 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 8 p.m.

Ventura: SCA/TAC 30K Championships, Mission Park, 8 a.m. Team Inside Track, 1410 E. Main Street, Ventura 93003. (805)

643-1104.

January 23 (Saturday)

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

San Francisco: Ruth Anderson 100K, Location TBA, 6:30 a.m. Note: No Raceday Reg., time will be recorded at 50 Mi. for Western States qualification. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415)

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Kanan Rd. & Thousand Oaks Blvd., 7:30 a.m. Debbie Cooper, 5699 Kanan Rd., #155, Agoura Hills 91301. (818) 991-9411 or 889-0720.

San Diego: McClassic 10K & 2 Mi. (& 1 Mi. Kids Race), Mission Park (South of Hilton), 7:30 a.m./10K & 2 Mi, 8:30 a.m./1 Mi. Una Marie Pierce, 3018 Olive St., San Diego 92104. (619) 563-5677.

Paramount: Paramount 10K with special World Masters division, Progress Park (Downey Blvd., just north of Alondra Blvd.), 8 am. Paramount 10K, 15734 Paramount Blvd., Paramount 90723. (714) 841-5417 or (213)

Fresno: Brian Styrgeon Telethon Run & Joga-Thon, 10K, Woodward Park, 9 a.m. United Cerebral Palsy, 3790 N. First St., Fresno 93726. (209) 221-8272.

January 24 (Sunday)

San Francisco: San Francisco Zoo Run, 3 & 7 Mi., S.F. Zoo (Herbst Rd. & Skyline Blvd.), 8a.m./7 Mi., 9 a.m. San Francisco Zoological Society, Sloat Blvd. & Great Hiway, San Francisco 94132. (415) 661-2023;.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

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

Rivera 90660. (213) 949-0394.

Saratoga: The Great Race, 3.8 Mi. (Big Basin Hwy. & Hwy. 9), 9 a.m. Bill Goldman, 1116 Valley Quan Cir., San Jose 95120. (408) 997-0788.

Arcata: Patrick's Point Race, 2 Mi. & 10K, Palmer Point (Patrick's Point State Park), 1 p.m./2 Mi., 1:45 p.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226, Rich Gilchrist.



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January 30 (Saturday)

Paramount: Paramount 10K Run & Race Walk (Special World Masters Division with qualifying standards for Men & Women Masters only), Progress Park (Downey Blvd. just north of Alondra Blvd.), 8 a.m. (Note: World Masters entrants must enter by Jan. 25). Oscar J. Rosales, 15734 Paramount Blvd., Paramount 90723, (213) 634-3027 or (714) 841-5417.

January 31 (Sunday)

Santa Rosa: Santa Rosa Super Mile, Third & B Sts., 8:30 a.m. Downtown Development Assoc., 50 Santa Rosa Ave., #306, Santa Rosa 95404. (707) 545-3534.

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

San Diego: Super Run, 10K & 2 Mi., LJV Square, 8 a.m. End of the Line, P.O. Box 1049, Coronado 92118. (619) 437-4556, John Thompson.

Redondo Beach: Super Bowl 10K Run. Beryl & North Harbor, 9 a.m. 10K Run Committee, Box 637, Redondo Beach 90277. (213) 376-6913.

Long Beach: Super Bowl Sunday 10K Run, 8 am. Super Bowl Sunday 10K Run Committee, P.O. Box 3884, Long Beach 90803. (213) 548-4288, Dennis McCarbery, or (213) 544-1817, Hans Albrecht.

Oxnard: Spartan 5 & 1 Mile Runs, Rio Mesa High School, 9 a.m. Brian Fitzgerald, P.O. Box 1483, Camarillo 93011. (805) 987-1293. Goleta: Zonta 5 & 10K, Goleta Beach County Park, 8:30 a.m./5K, 9 a.m. Zonta

Run, 3902C Via Diego, Santa Barbara 93110. (805) 964-1437, eves.

Newport Beach: Newport Beach Spirit 5 & 10K, Fashion Island, 7:30 a.m./5K, 8:45 a.m. Spirit Run, 900 Goldenrod, Corona del Mar 92625. (714) 760-3472.

February 6 (Saturday)

Las Vegas, NV: Las Vegas Marathon, 7:30 a.m. Las Vegas Marathon, Al Boka, P.O. Box 81262, Las Vegas, NV 89180. (702) 382-3496.

San Juan Bautista: Mission 10, 10 Mi., Mission San Juan Bautista, 10 a.m. Ed Singleton, 811 Carpenter Dr., Hollister 95023. (408) 637-3126.

Sonora: Orient Express 5K & 1 Mile, Chinese Camp Elementary School, 10 a.m. Eddie Zoma, 175 McCormick Dr., Sonora 95370. (209) 532-7974.

Lompoc: Winter Run, 5 & 10K, Time TBA. Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. (805) 736-1437, Jean Valencia.

Bakersfield: Bakersfield Track Club Half-Marathon & 10K, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Azusa: Cougar Classic 2K, 5K & 10K, Azusa Pacific Univ., 8:30 a.m. Terry Franson, Azusa Pacific Univ., Azusa 91702. (818) 969-3434.

Thousand Oaks: Barons' 5K Cross-Country Classic, Lutheran High School, 8:30 a.m./Women, 9 a.m./Men. Mike Shriver, Lutheran High School, 225 Ulysses St., Simi Valley 93065. (805) 522-8108, days

Huntington Beach: "Run For Academic Excellence" 5 & 8K, Huntington Beach Pier, 8 a.m. Tom O'Brien, 9922 Kings Canyon Dr., Huntington Beach 92646. (714) 968-8406. San Diego: Smile San Diego 10K & 2 Mi.

Balboa Park, 7:30 a.m. Toni Deal (619) 272-

February 7 (Sunday)
Davis: Davis Stampede, 10K & HalfMarathon, Davis Senior High School, 14th & Oak Sts., 9 a.m. Fleet Feet Sports, 517 Second St., Davis 95616. (916) 758-6453.

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

Lakewood: McDonald's/Lakewood Half-Marathon & 2 Mi. Fun Run, Del Valle Park (Woodruff Ave., between Carson & Del Amo Blvd.), 7:30 a.m./H-M, 8 a.m. McDonald's/Lakewood Half-Marathon, 2860 Seaboard Ln., Long Beach 90805. (213) 633-



Subscribe



Schedule

Los Angeles: Firecracker 5 & 10K, No. Broadway & College St., 8:20 a.m./5K, 8:30 L.A. Chinatown Race, Box 4732, Terminal Annex, Los Angeles 90051. (213) 613-1959.

Newbury Park: "Outback Challenge" 5 & 10K Runs (& 5K Walk), 9 a.m. Newbury Park SDA Church, 160 Academy Dr., Newbury Park 91320. (805) 498-2014, Dan Smith.

Hermosa Beach: Sand and Strand 2.5 & 5 Mi. Runs, Hermosa Beach Pier, 2.5 Mi./8 a.m. (Hermosa, Redondo & Manhattan Beach residents only), 5 Mi/9 a.m. (open to all). Department of Community Resources, 710 Pier Ave., Hermosa Beach 90254. (213) 379-

San Diego: San Dieguito Half-Marathon, San Dieguito Park, 8 a.m. Sal Cisneros (619) 437-4556.

February 8 (Mcnday)

San Diego: Boys/Girls Club Lindo Lake 10K, 8 a.m. Armando Valencia (619) 452-

February 13 (Saturday)
Placerville: Lover's Run, (1/2 Mi. & 1 Mi. for Kids), 5 & 10K, Half-Marathon, Mission Flat & Green Valley, 8:30 a.m. New Morning Youth Services, 460 Main St., Placerville 95667. (916) 622-5551, Karen.

Santa Barbara: Valentine Sweetheart Relay, 2x4 Mi., Palm Park, 8:30 a.m. Anne Hayden (805) 966-3303. Note: This race also listed as Feb. 14 in several sources.

Yucalpa: Old Fashion 4 Mile Run, Yucaipa Park, 9 a.m. (Limited to age 55 & over). C.S.A., P.O. Box 337, Yucaipa 92399. (714) 797-0284.

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

February 14 (Sunday)

Oakland: Valentine Day Run, 5 & 10K, Lake Merritt (Bellevue Ave., Lakeside Park), 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (415) 632-9606.

Pacific Grove: Together With Love Run, 10K, Lovers Point, 9 a.m. Leda Tully, MRCC, P.O. Box 2630, Monterey 93942. (408) 373-

West Sacramento: Jed Smith 50 Mile & Marathon (Note: Marathon will be certified & is meant as a chance to qualify for Boston or the Olympic Trials . . . timing through 3:30 only), 3- mile loop, time TBA. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580, eves.

Valencia: SCA/TAC 20K Championships & Valentines Day 5K, end of Rye Canyon Rd., 9 a.m./20K, 9:10 a.m./5K. Tom Moriarty, 24307 Magic Mountain Pkwy., Suite 188, Valencia 91355. (818) 955-8312 or 957-2807, eves.

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

Irvine: Sweatin' Sweethearts Ten Mile Twosome, 5 Mi. per runner, Mason Park, 8 Loeschhorn's 10810 Warner Ave... Fountain Valley 92708.

Woodland Hills: Heart Run, 5 & 10K, Warner Center Marriott (21850 Oxnard St.), 8 a.m./10K, 8:30 a.m./5K. Race Central, P.O. Box 828, Rialto 92376.

Palm Springs: Heart of Palm Springs 10K, Palm Springs High School (track) (Farrell & Ramon), 8 a.m. Keenan Barber, MD, Box 1639, 45-120 San Pablo 2C, Palm Desert 92261. (619) 346-8109.

San Diego: Cupids Run, 10K & 2 Mi. Fun Run, Balboa Park, 7:30 a.m. Neighborhood House Assoc., Cupids Run, 841 S. 41st St., San Diego 92113. (619) 437-4667

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

Playa del Rey: West Coast Biathlon, 5K Run, 30K Bike, Dockweiller Beach, 8 a.m. Bruce Mitchell. (213) 452-0397.

February 15 (Monday)

Montecito: Washington's Day 2K & 5K Hill Challenge, Montecito Heights Rec. Center, 8:30 a.m. Run, c/o 1703 Laurel St., So. Pasadena 91030. (213) 225-1234.

February 20 (Saturday)
Santa Maria: The Great Performance 10K, Allan Hancock College, Time TBA. Phyllis Rodenberger, PCPA Theaterfest, P.O. Box 1700, Santa Maria 93456. (805) 928-7731

Whittier: PIH 5K & 10K Jog-Run-Wheel For Your Heart, Presbyterian Intercommunity Hospital, 7:30 a.m. Ron Brown, PIH Foundation, 12401 E. Washington Blvd., Whittier 90602. (213) 698-0811, x 4120.

Huntington Beach: Great American Adventure 2.8 & 4.8 Mi. Cross-Country, Central Park, 8 a.m./2.8 Mi., 8:30 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417 or (213) 634-3027

San Diego: YMCA 10K (Women Only), & 2 Mi., Balboa Park, 7:30 a.m. Dee Berger (619)

February 21 (Sunday)

San Francisco: Asian Week YMCA Chinatwon Run, 8K, Washington & Kearny Sts., 8 a.m. Chinatown YMCA, 855 Sacramento, San Francisco 94108. (415) 982-4412

Stockton: Jackets Run, 10K & 2 Mi., Louis Park (Monte Diablo Ave., west of I-5), 8 a.m. Richard Johnson, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943.

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

Ventura: Run For The Music 5 & 10K, San Buenaventura State Beach Park at Pierpoint Blvd., & San Pedro Ln., 8 a.m. Ventura County Symphony Assoc., Box 1085, Ventura 93002. (805) 643-8646.

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

San Diego: Jose Cuervo Mardi Gras 10K & 2 Mi., Mission Bay Park, 7:30 a.m. San Diego County Safety Council, 3320 Kemper St., Suite 100, San Diego 92110. (619) 223-2657, Dave Thompson.

February 27 (Saturday)

Martinez: Martinez to Port Costa Brick Yard Run, 8.4 Mi., 10 a.m. Luka Sekulich, 1485 Darlene Dr., Concord 94520. (415) 685-5185. Santa Barbara: Are You Tough Enough 100K (individual or 5-person teams with each member running two legs), Toro Canyon Park to Nojoqui Falls in Solvang, time TBA. Second Sole (Bob Huebel): (805) 967-2614.

Los Alamitos: Los Alamitos 5K Run/Walk & 10K Run, Oak Middle School Gym (10911 Oak St.), 8 a.m./5K, 8:30 a.m. City of Los Alamitos, 10911 Oak St., Los Alamitos

90720. (213) 430-1073.

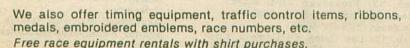
Hemet: Bess James 5 & 10K and 2 Mi. Fun Run, Hemet Valley Mall (2200 W. Florida At Hwy 74), 7:30 a.m./2 Mi., 8 a.m./5K, 8:30 a.m. Bob Stangel, Mt. San Joacinto College, 1499 N. State St., San Jacinto 92383. (714) 654-8011, x 285.



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Schedule

San Diego: Gold Rush 10K & 2 Mi., South of Hilton, 7:30 a.m. Kathy Loper (619) 437-4556.

San Diego: Jack-in-the-Box Torrey Pines 5K Run/Walk, Torrey Pines High School, 8 a.m. In Motion, 3456 Ingraham St., San Diego 92109. (619) 483-9501.

February 28 (Sunday)
Pt. Reyes: Limantour Split and Half-Split, 10 Mi. & 6.2 Mi., Limantour Split, Pt. Reyes National Recr. Area, 9 a.m. (1st leg of California Coastal Challenge). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse) (14th & Lakeside), 9 a.m. Elvyn Blair, 745 Arimo Ave., Oakland

94610. (415) 834-3110.

Stockton: California 10, 10 Mi., Lincoln High School (Alexandria at Benjamin Holt), 10 a.m. Frank Hagerty, 7309 Camellia Ln., Stockton 95207. (209) 473-4124. Camarillo: Mission Oaks 5 & 10K and 1 Mi.

Fun Run, Mission Oaks, 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m. Mary Jo Del Campo, Las Colinas School, 5750 Fieldcrest, Camarillo 93010. (805) 484-4061.

Westwood Village: Westwood Village 10K, 8:30 a.m. Westwood Village 10K, c/o Center Courts, 11866 La Grange Ave., Los Angeles 90025. (213) 824-2478.

Montebello: "Pop" Marty 5 & 10 Mi. and 2 Mi. Fun Run, Grant Rea Memorial Park, 8 a.m. Rozanne Barron, City of Montebello, 1600 W. Beverly Blvd., Montebello 90640. (213) 725-1200, x 430.

Looking Ahead

Marathons, Relays, Important Deadlines, Major Events, Etc.:

Mar. 6 (Sun.): Los Angeles: City of Los Angeles Marathon III, L.A. Memorial Coliseum (Exposition Park), 9 a.m. Los Angeles Marathon, P.O. Box 67750, Los Angeles 90067. (213) 879-1988.

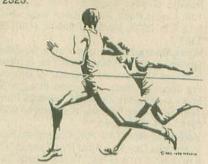
Mar. 12 (Sat.): Pine Valley: Pacific Crest Trail 50 Miler, 5 a.m. Mac Williamson (619) 224-0049.

Mar. 13 (Sun.): Calistoga: Napa Valley Marathon, Rosedale & Silverado Trail, 7 a.m. Silverado Striders, Napa Valley Marathon, 1325 Imola Ave. West, Napa 94559. (707) 257-4768.

Mar. 19 (Sat.): Agoura: Malibu Trail 50 Mile Run, Paramount Ranch, 5 a.m. Phil Shattuck or Nina Bomar, 1321 E. Hillcrest Dr., Thousand Oaks 91360. (805) 373-0566.

Mar. 20 (Sun.): San Jose: San Jose Mercury News 10K, downtown, 9 a.m. Mercury News Race, 750 Ridder Park Dr., San Jose 95190. (408) 920-5755.

Mar. 27 (Sun.): San Francisco: Bonne Bell 5 & 10K, Golden Gate Park (Bandshell), 9 a.m. Women Only. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-



Track & Field

Jan. 8-9: Stanford Track & Field Clinic. Brooks Johnson (415) 723-4591. Jan. 9: San Joaquin Valley Coach of the Year Clinic, Fresno State University. Bob Fraley (209) 294-4098.

Jan. 9: Southern California Track & Field Clinic. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Jan. 15: Los Angeles All Comers. Cal State Los Angeles. John Tansley (213) 224-

Jan. 16-17: National Track & Field Coaches Clinic, Anaheim, Bob Gaughran (714) 667-3300.

Jan. 16: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-

Jan. 22: Sunkist Indoor Meet. Los Angeles Sports Arena. Don Franken (213) 278-2030.

Jan. 23: "Times Indoor Games" Qualifying Meet. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Jan. 23: Los Gatos All Comers. Los Gatos High School, Willie Harmatz (408) 354-

Jan. 30: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660.

Jan. 30: Fresno Weight Pentathion/Triathion. Fresno State University. Red Estes (209) 294-4097 Jan. 30-31: Los Angeles Decathlon & Heptathlon. Cal State Los Angeles. John Tansley (213) 224-3692.

Feb. 5: Los Angeles All Comers. Cal State Los Angeles. John Tansley (213) 224-

Feb. 6: Los Gatos All Comers, Los Gatos High School. Willie Harmatz (408) 354-5660

Feb. 12: Los Angeles All Comers. Cal State Los Angeles. John Tansley (213) 224-3692

Feb. 13: Preseason All-Comers Meet. Cal State Long Beach. Ralph Lindeman (213) 498-4666.

Feb. 13: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-

Feb. 13: Californian Invitational. Cal State Bakersfield. Bob Coons (805) 833-2200

Feb. 20: Los Gatos All Comers, Los Gatos High School. Willie Harmatz (408) 354-

Feb. 27: Long Beach Relays. Community College Division, Cal State Long. Beach. Ralph Lindeman (213) 498-4666. Feb. 27: Los Gatos All Comers. Los Gatos High School. Willie Harmatz (408) 354-5660

Feb. 28: Long Beach Relays. University/Open Division. Cal State Long. Beach, Ralph Lindeman (213) 498-4666 Mar. 5: Kingsmen Relays. Cal Lutheran. Don Green (805) 492-2411

Mar. 9 - 13: Senior Olympics. Masters 55 and over. Palm Springs. Ben Green (619) 3238274.

Mar. 19: Bronco Invitational, Cal Poly Pomona. (714) 598-4611.

Mar. 19: Golden State Athletic Conference Championships. Azusa Pacific University.

Mar. 24-25: Lady Bronco Heptathlon. Cal Poly Pomona. (714) 598-4611

Mar. 26: Lady Bronco Invitational. Cal Poly Pomona. (714) 598-4611. Mar. 26: Stanford Invitational?

Mar. 26: Easter Relays. Santa Barbara City College. John Lauralde (805) 965-0581.

Mar. 29-30: Fresno

Decathlon/Heptathlon. Fresno State University. Red Estes (209) 294-4097

Apr. 9: Fresno Relays. Ratcliffe Stadium. Red Estes (209) 294-4097 Apr. 16: Northridge Invitational, Cal

State Northridge. Don Strametz (818) 885-

Apr. 22: Pomona Invitational. Pomona-Pitzer College. Tentative.

Apr. 22: Mt. SAC Relays. Community Colleges, Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611

Apr. 23: Mt. SAC Relays. High School Invitational, University/Open, Distance Carnival. See contact above.

Apr. 24: Mt. SAC Relays. International Day of Champions. See contact above. Apr. 29: Johnny Mathis Invitational. Women's events. San Francisco State University. Harry Marra (415) 338-2218

Apr. 30: Johnny Mathis Invitational. Men's events. San Francisco State University. Harry Marra (415) 338-2218 Apr. 30: Irvine Invitational. Women. U.C. Irvine. Danny Williams (714) 856-6931. May 1: Irvine Invitational, Men. U.C.

Irvine. Vince O'Boyle (714) 856-6931. May. 1: Mt. SAC Relays. Masters Division. Mt. San Antonio College, Walnut. Don Ruh (714) 594-5611.

May 7: S&W Modesto Invitational. Modesto Community College. Tom Moore, P.O. Box 152, Modesto 95353. (209) 537-0411, home.

May 13-14: N.A.I.A. District 3 Championships. Santa Barbara. May 26-28: N.A.I.A. National Championships. Azusa Pacific University.

Ruh (714) 594-5611.

May 28-29; Mt. SAC Relays High School Decathlon/Heptathlon. See

contact May 1 May 29: TAC Last Chance Qualifying Meet. Mt. San Antonio College, Walnut. Don

CTRN Around the Bay

By MARK WINITZ

1987: A Final Adieu



Exactly a year ago in this column, while looking back over the local 1986 running year, I made this observation: "Traffic on the Bay Area roads remains congested; however more alternatives to asphalt became available in 1986. More park lands, open spaces, and trails were acquired...Plus, I've noticed that motorists, in general, are giving a bit more notice and consideration to road runners."

I also mentioned in that column that we should expect a strengthening of off-road races in the Bay Area as more road runners turn to cross country and trails in the coming year.

In 1987, the ramifications of the two artsroad running and trail running--had at the same time great impact and less impact on my 3,200-plus miles of running.

Last June I ran the Dipsea race for the first time. As we all know, this is one of the oldest, and certainly the most well-known sub-ultra trail race in the country. In 1987, this Mill Valley to Stinson Beach race over Mt. Tam's shoulder attracted the largest number of race applicants in its 77 year history (the race is limited to 1500 runners). 85% of the runners were local, from the Bay Area.

Although the Dipsea wasn't my best performance in '87, it was my most memorable. My love for trail running found true expression on the Mountain. Even though my effort was hard, the soft trails spared me the subsequent aches which are part-and-parcel of road racing.

The perils of Dipsea are renowned--stairs, jutting branches and rocks, sometimes slippery and often very steep paths. Yet the hazards there aren't a fraction of what you'll find on the streets. I learned that the difficult way last year.

I consider myself a fairly cautious runner on the roads. I'll run on the sidewalk if there is one, even though the cement is harder than asphalt. If I'm off the curb, I hug the left edge of the street, running against oncoming traffic. I wear loads of reflective gear and only white at night. One running buddy, who happens to be a lawyer, calls me a living example of "the prudent man" cited in law schools and law studies. The man who's case has a great chance of success in court.

Last October 31st, however, prudence on the roads didn't prevent me from being hit by a driver who never saw me. 19 miles into a 22 mile run, my running partner on that morning and I approached a cross street. Suddenly, a large "4-wheeler" type vehicle appeared at the corner, making a right-turn into us. The driver looked left to check traffic, and accelerated right into us as he made his turn. Although I saw the car, I had absolutely no time to jump out of its way.

We met, both going about 10 mph. My partner, who was on the sidewalk and had just stepped into the intersection, was sideswiped. I, who was just off the curb in the bike lane, was hit squarely. Flung straight back I skidded on the asphalt, hitting my head on the hard surface. I got my head up just in time to see spinning tires coming straight at me. I tried to maneuver my skidding body as they approached, to squirm between them. The driver somehow stopped 6 inches before running over me.

My injuries could have been worse. Indeed, I'm thankful to be running again--to be running, period. And now I protect dearly what I have in a congested Bay Area where traffic can be avoided only on our precious few-remaining rural routes, and on the track and trails

I avoid the roads, now, whenever I can. My experience introduced me to local law enforcement agencies which aren't inclined to defend runners, pedestrians, and bicyclists—even the safest ones. It educated me about a California State Vehicle Code which exempts careless drivers in many instances from personal injury liability, and puts the burden on pedestrians.

The collision ended a string of 339 consecutive days of running in my log, but it made me an even more wary runner--and driver. And it made the Bay Area's trails more dear.

Let's all become safer runners in 1988,

Looking Back

What stands out in my mind about Bay Area running and runners in 1987.

* Attendance at most of the area's established races held up, and in some cases, increased. Most races were even better organized than in the past as many previous "mom and pop" organizers saw the value in hiring professional race management organizations and consultants.

* We saw more family-oriented running events, with shorter "fun runs" often attached to the primary event. * More general-participant, recreational runners in the Bay Area sought and found running coaches to assist them. Many veteran runners decided that learning and practicing the finer points under a coach's guidance was a good way to keep motivation strong. Novices immediately took advantage of the predominance of excellent coaches in our area.

* Several new important services and products for runners found a start in the Bay Area, including Power Bars, a nutritious aid for active people, and RunCal a newsletter devoted specifically to California running.

A lot of images and people stand out:

* Early in the year (Feb. 15th) 8,000 runners turned out for the American Heart Association's Valentine Day Run--for simultaneous 5K and 10K races. The size of this event prompted organizers to hire a full-time race director for '88.

* A week before, Menlo-Atherton High School coach Ben Parks continued his 14-year practice of running a track "workout" equal to his age on his birthday. He covered 53 miles that day, raising \$4,000 in charity funds and motivating high school students to "get off their duffs and do something."

* Domingo Tibaduiza outkicked Danny Gonzalez in the last 250 yards of the San Jose Mercury News 10K, but veered off course toward a misplaced "Finish" banner in the final moments, yielding the victory to Gonzalez

* In winning the Bonne Bell 10K in Golden Gate Park, Barb Myers-Acosta prompted local women that she was a force to contend with. Laurie Binder's second demonstrated that she'd kicked injuries and was going to be tough when she became a masters runner later in the year.

* Sal Vasquez turned up limping with a fractured ankle at the High Five 5K (PA-TAC championships) in May--the last serious race of the year for this top master.

* Bay Area runners fared well against the world's best at Bay to Breakers. Locals demanded more consideration and attention at probably the most successful combination of serious racing and zany fun around.

* Christie Patterson, 39, didn't race often in 1987. But she broke a tape for the first time, winning the Dipsea race outright, and continuing the recent dominance of women at this handicap race.

☐ Around the Bay

* I'll not forget former Fremont school girl and longtime track standout Francie Larrieu Smith's 2nd place in the 10,000 meters at the Track and Field Nationals in San Jose, earning her yet another trip as a national team member (to Rome's World Champs). Also, Jim Spivey outkicking a tired Steve Scott for 1st in the men's 1.500m.

 5,500 finishers at the San Francisco Marathon proved the importance of that event in our area and that a course that tours the

best parts of the City is preferred.

* 100-degree temperatures and a steep climb up San Francisco's Nob Hill greeted competitors at the California Mile. Rod Dixon, 37, used his hill training advantage to defeat some top milers a decade or more his junior.

People - 1987

I promised to bring you the Bay Area's best based on a poll of Bay Area local authorities, but didn't have the time to do as much polling as I would have liked. So, these selections of area notables are largely subjective—that is subject to my own biases, lapses of memory, and possibly oversights. As usual, I welcome you to bolster or knock down my nominations.

**Best of the Best: On the women's side, that's easy. Nancy Ditz (Woodside) won the LA Marathon, got a 10K PR later in the year (33:18), a time approachable by,

perhaps, one other Bay Area woman (who I'll mention at the end of the selections), and then culminated her year with a gutsy 7th at Rome's World Championship Marathon. The men aren't as clear cut. You choose: Jay Marden (Fremont), Brad Hawthorne (Oakland), Bill Donakowski (El Cerrito), Dan Gonzalez (Mountain View), or Rob Anex (Menlo Park).

* Local Circuit Top Hounds: Peggy Smyth (San Anselmo) had an exemplary year locally, competing at the top at distances from 5K to 50K. Rob Anex

likewise for the men.

* Marathon Maniacs: Brad Hawthorne won Las Vegas in February (2:14), competed in Seoul, Korea at the World Cup Marathon (first American), and then ran a phenomenal race as he won April's Big Sur (2:16). As usual, Sharlet Gilbert (Richmond) for the women. Who's kept track of how many marathons she ran this year? She's qualified for the trails eight times over.

* Bay Area Ultra Crazies: Dan Williams (El Sobrante), or the perennial Doug Latimer (San Mateo), 3rd and 4th at Western States respectively. Kathy D'Onofrio (Menio Park).

* Bay Area Masters Stars: In the 40-49 category, I'd have to pick Bill Sevald (San Francisco) as a repeat winner, with Steve



Sharlet Gilbert

Ferraz a close second. Bill performed well on the track, cross country, and roads at the broadest range of distances, while Ferraz ran well at the Mercedes and California Miles, moving up to a half marathon division win at Nike-San Francisco late in the year. Laurie Binder is an easy pick for the women, as she turned 40 in October and came on like gangbusters over those last few months. Also, add Joan Colman (Sausalito) and Juana Stavolone (San Jose).

Continued next page

Sports Nutrition Workshop

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Sports Nutrition Workshop c/o Sports Medicine Brookline 830 Boylston Street Brookline, MA 02167 phone (617) 731-5800





Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

"Mark Winitz's RunCal is my kind of publication. It uses my favorite format, the no-nonsense newsletter, to cover running in one of my favorite states. I look forward to each issue."

-Joe Henderson, Acclaimed Running Writer

"I love training in California and the way Mark Winitz covers our sport. Luckily, California—particularly the Bay Area—can benefit from Mark's unusual talent as a writer and devoted runner."

-Nancy Ditz

"I look forward to receiving RunCal. I'll depend on it to keep me up to date on California's running scene when I'm in New Zealand." —Rod Dixon

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—Coach Peanut Harms, Aggle Running Club

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In the 50-59 division again it's Vicki Bigelow plus Ruth Anderson-familiar names both. How about John Finch (Portola Valley) on the men's side. Wally Strauss (Kentfield) is a good choice for the 60-69 group, as is Ray Piva (San Francisco). Include Jaclyn Caselli (San Jose) for the women and Kit Pickles (Albany).

Elevator Award: San Francisco's Janine Alello skipped running the stairs to the top of the Empire State Building this year, had some off races, but some good ones too. Most recently she placed second at San Diego's Holiday Bowl in 2:42--a race she won

* Trail Blazers: Russ Kiernan (Mill Valley) and Christie Patterson. Look at the Dipsea and Double Dipsea results to find

* Track Standouts: (non collegiate): Melissa Martel (Oakland) who qualified for the T&F trials at 800 meters and George Mason (El Cerrito) who ran 2:00 for the same distance at 44 years old.

And finally: Bay Area Runners of the Year: Tough decision on the men's side, but I'd have to pick Jay Marden. The ex-Berkeley track star proved that the transition to the roads was easy. He was virtually untouchable when he took to the asphalt, as he moved up in distance to 10 miles. He managed to remain competitive on the track at the same time. Look for even better things from Marden as he matures.

Another ex-collegiate track star gets my vote on the women's side. Patti Gray, formerly of UC Davis, moved back to Pleasanton and had one heck of a year after recovery from injuries received in an auto accident. From a win at San Jose Mercury News early on to her culminating victory at Cal International, Patti performed consistently well and went home with the

That's it. Apologies to all those whom I overlooked or neglected. Please feel free to write and let me know your choices. What about 1988? What are your predictions in a very important Olympic year? Will any of our local runners make the Olympic Team? I'll have updates and profiles on the potentials in the coming months.

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Bay Area Editor for California Track and Running News and publishes the RunCal Newsletter on California running. He also announces, publicizes and helps promote running events. Please direct any correspondence on S.F. Bay Area running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.



Jay Marden

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SoCal Diary

BY BILL MINARIK

October 12.

There was limited action at the invitational level this past week-end at all institutional levels; however, back at Manhattan, New York, most of the best High School teams in the country gathered for the Manhattan College Invitational. When it was over, Palos Verdes High, which year in and year out is generally regarded as the best high school in the West, showed that this year it may be the best high school in the country as both it's boys and girls teams destroyed their respective fields by scores of 34-159 and 71-139. PV's Dave Scudamore and Ashley Black took first and 3rd individually

Elsewhere, at the Dos Pueblos Invitational, the boys from Buena defeated runner-up Fillmore 42-102, while the Channel Island girls were winners with 65 points. Down at the Huntington Beach Invitational, it was Upland, Camarillo, and the Sherman Indians caputring boys titles, while Buena, Agoura, and Laguna

Hills were the girls champions.

In 4-year College action, the C/S Los Angeles men were victorious at the Northridge Invitational 33-54 over the host team, while the CSN women were runaway 28-88 victors over the UCLA "B" team. Down at the Biola Invitational, it was the Cal State Long Beach 49ers winning both the men and womens sections over runner-up UCSD 24-84 and 55-72.

October 19

· The Community College portion of the Mt. SAC Invitational highlighted this past weekends activity, and it was the annual invasion of the Arizona teams which was the highlight of this meet, while Central Arizona was not as dominant as it was last year, its men's team still had enough to outrun runner-up West Valley 47-64. The Pima Arizona women who also had expected to go a winner, were upset by the host Mt. SAC Mounties on a 60-60 tiebreaker.

On the 4-Year scene, the Aggie Track Club was an easy 44-123 winner over UC Irvine in the men's division of the Cal Poly Invitational. The UCLA Bruins won the womens race by a 74-84 margin over U.C.I.

At the Golden State Conference Championship, the Westmont Warriors captured both the men and women's titles by 58-63 and 40-63 scores over Fresno Pacific

and Point Loma respectively.

In High School Invitationals, Corona Del Mar topped Dana Hills in boys competition at the Orange County Championships, while Santa Ana Valley outdistanced Villa Park to win the girls title. At the Los Angeles County Championships, it was powerful Arroyo 43-52 over runner-up Antelope Valley for the boys

crown while Palmdale out legged Long Beach Wilson for girls honors. At the Palos Verdes Invitational, the home team turned out to be a rough host as they easily outclassed runners-up Thousand Oaks and Los Gatos in boys and girls competition.

Virtually every top hgih school in the area was on hand Saturday out at Mt. SAC for it's annual Invitational extravaganza. The boys sweepstakes competition brought together the country's two top boys teams in Arroyo While P.V.'s Dave and Palos Verdes. Scudamore was the individual winner in 15:17. Arroyo took 2-3-10-11 before P.V.'s second man had finished with the result being a 69-76 Arroyo win. However in the girls sweepstakes competition, it was no contest as the Palos Verdes ladies ran away from runner-up Arroyo **Grande 24-96**

The only other Invitational in town was the Bronco Invitational which might have more appropriately been named the "B" team defeated the Cal Poly Pomona "A" team 86-102, and the CPSLO Women's "B" team defeated the UCLA "B" team 61-96.

October 26

College Conference Championships were the order of the week-end with all favorites coming in on top. In the CCAA, the Cal State L.A. men continued their amazing season with a 36-56 victory over CPSLO. However, the CPSLO women continuted their 7th straight title with a 21-48 win over C/S Northridge.

In the PCAA, it was UC Irvine all the way, as the Anteaters rolled by Fresno State 22-63 in the men's division and San Diego State 20-79

in the womens.

In the PAC-10, it was the Arizona men as expected out running the Oregon Ducks 32-71, while the Lady Ducks went 1-2-3 in an easy 29-64 win over 2nd place UCLA.

November 2

The Community Colleges held their Conference Championships last week with most expected contenders advancing to next week's SoCal Championship. The lone exception to that was in the Western States Conference where last year's men's state champion Hancock was hit hard by injuries, and despite a 1-3 individual finish, Coach Ray Kring's thinclads could place no higher than 7th. Since only the top two plus a few wild cards advance to the SoCal Meet, Hancock's season came to an end. The Glendale men were easy 44-97 winners over runner-up Ventura. At the South Coast Conference, El Camino's men were able to outrun a good Mt. SAC squad 40-50. In the Orange Empire Conference, the Rancho Santiago men

cruised past Orange Coast 28-47, while the Orange Coast women destroyed the field and runner-up Saddleback 19-44.

At the NCAA Division II Western Regionals at Seattle, the Cal State L.A. men were first 50-79 over UC Riverside, while the Cal Poly women continued their dominance with a 42-60 margin over runner-up Cal State L.A. Individual championships went to Golden Eagle runners Sylvia Mosqueda and Eugene

In the Southern Section CIF prelims, boys teams from Palos Verdes, Arroyo, Walnut and Azusa, and girls teams from Palos Verdes, Arroyo Grande, Agoura and Maranatha posted division leading times.

November 9

El Camino continued its drive toward the men's state championship as it surprised the runner-up and favored Grossmont Griffins 66-87 to win the SoCal Championship. In the women's competition, in an order of finish which may have restored some credibility to my pre-season predictions, Mira Costa just got by Orange Coast and El Camino 80-85-91 to add another championship trophy to it's

At the NCAA Div. I Region VIII Championships at Fresno's Woodward Park, the women from Oregon went 1-2-3 en route to a 29-68-79 win over UC Irvine and UCLA. In the men's competition, Arizona as expected was a comfortable winner, however 2nd and 3rd went to Washington and UC Irvine 72-116-119 in somewhat of a surprise ahead of perennial national powers Oregon and Washington State.

At the Region VII Championships at Salt Lake City, San Diego State was a disappointing 6th behind winner Northern Arizona, however the Aztec's Matt Clayton

was the individual winner at 31:10.

At the NCAA Division III Western Regionals at Crystal Springs, the men from the College of Notre Dame outran UC San Diego 47-64 as CND's Jesus Gutierrez was the individual winner. Claremont-Mudd took the women's championship 48-64 over CND as Oxy's Michelle Trimble took individual honors.

In the CIF's Southern Section Championship boys teams from Dana Hills, Arroyo, Walnut and Azusa took home divisional championships with all but Arroyo's victory being considered an upset. The girls winners were Palos Verdes, Arroyo Grande, Agoura, and Maranatha. Walnut's Scott Hemple, and Agoura's Deena Drossin had the days fastest times at 15:16 and 17:46.

☐ SoCal Diary

November 16

The NCAA Division II Championships saw the men from Edinboro State capture first with 90 points, while the Cal State L.A. Golden Eagles finished 6th at 159. In the women's division, it was business as usual for the Cal Poly Mustangs as they rolled to an incredible 6th straight National Championship with a 53-84 margin over runner-up Cal State L.A., as SoCal continues to dominate this division. C.S.L.A.'s Sylvia Mosqueda was the individual champion as she ran away from the field in a time of 16:57.

This year's State Community College Championships provided a big surprise as NorCal's West Valley was the winner 41-70 over Grossmont. This is the first time I can remember a NorCal school winning either the large school or the now combined large school-small school championship. In the women's division, Orange Coast reversed their previous weeks defeat by Mira Costa in the SoCal Meet by edging M-C 62-68. While West Valley was impressive in their win, it should be noted that of the 10 NorCal Colleges competing in the men and women's races, only one, West Valley, finished ahead of any of the 10 SoCal Colleges.

November 23

The NCAA Division I Championships saw Arkansas repeat as men's champions 87-119 over runner-up Dartmouth, while Oregon notched it's first ever women's Championship 98-101 over North Carolina State, as the race wasn't decided until the last five yards. The top California school was UC Irvine finishing 8th and 14th in the women and men's divisions respectively.

November 30

The inaugural California State Cross-Country Championship was hed last Saturday at Fresno's Woodward Park, which has developed into the most popular championship cross country course in the state.

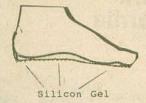
As expected, the Southern Section dominated the meet winning 4 of the 6 divisions. In boys division I, Arroyo High destroyed the field by a 41-115 count over runner-up Dana Hills. In girls division I, it was Palos Verdes 70-91 over Agoura. Girls Division II saw Newport Harbor ahead of Woodbridge 87-106, while Division III had Maranatha ahead of San Francisco University High 72-92. The top individual performances of the day belonged to Agoura's Bryan Dameworth at 15:12 and Kira Jorgensen of Rancho Buena Vista at 17:34.

THE MOST <u>ABSORBING</u> EXPERIENCE YOUR FEET HAVE EVER ENJOYED

In articles in national publications like RUNNER'S WORLD, RUNNER, and also at clinics and conferences I have advocated the idea that most running injuries come from improper footwear. Having twice been a U.S. Olympic coach and many times U.S. national team coach, I've had the opportunity to discuss running injuries with athletes, coaches, and medical people from all over the world. They too, generally agree that most running injuries originate from problems that begin in the foot. If the foot lacks proper support and/or cushioning, then the impact of the foot strike coupled with the lack of support causes stress that ultimately results in injury. There have been many attempts to address this problem by various methods and shoe designs. However to date, none have proven successful on a comprehensive basis. In fact, in most instances, the "innovations" have caused as much damage as they have cured. Further, shoe companies disturbingly tend to discontinue the one shoe model that may provide some support.

However, thanks to a San Jose podiatrist's ingenious solution, we no longer have to endure the frustration of trying to find a shoe that works, and then worrying about its discontinuation. Silicon changed the data processing industry, and now it is about to change the face of the running and exercise industry. This podiatrist has come

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simple and effective that it is almost unbelievable. At present, Olympians (including one Olympic gold medalist), along with a world record holder, and athletes at Stanford, University of Texas, and the University of California at Berkeley are successfully using the device. Some are running and training pain free for the first time in years.

Are you interested in getting more support for your feet? Are you 100% satisfied with your present orthotic? Do you feel you need more cushioning for your feet? Would you like to reduce the stress on your knees, lower back, and shins? We have what you need. We are so confident of the results that we offer a money back guarantee if you are not satisfied with the comfort and support you get.

Thanks for your consideration of the above.

Brooks Johnson

Director of Track & Field - Stanford University U. S. Olympic Staff 1976 & 1984

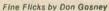
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LET US MAKE YOUR DAY!!

CROSS COUNTRY CHAMPIONSHIPS

Western Regional December 5, 1987 Woodward Park Fresno, California 5,000 Meters





Kira Jorgensen & lan Alsen



lan Alsen Boys Champion

Race #1 - Freshman Boys Unseeded

_		
1	Dave Hartman (Canyon HS/Canyon Co)	16:16
2	Robert Cardens (Sanger HS)	16:33
3	Kent Laird (Flathead HS/Whitefish,MT)	17:03
4	Willie Clark (St.Francis HS/Los Altos)	17:11
5	Israel Pose (Torrance HS)	17:14
3	Kerry Classen (Mission Vielo HS)	17:21
7	Randy Gutierrez (Bishop Gorman HS/LV,NV)	17:29
3	Darin Loucks (Beyer HS/Modesto)	17:32
)	Jerome Johnston (DelCampo HS/CitrusHgts)	17:32
0	Andy Elia (Dos Pueblos HS/Santa Barbara)	17:33
1	Ben Barbre	17:35
2	James Joyner (Gunderson HS/San Jose)	17:36
3	Billy Dixon (Hart HS/Newhall)	17:36
4	Ed Gann (McLane HS/Sanger)	17:42
5	Bobby Ryser (Carson HS/Carson, NV)	17:42
8	Paul Fleming (Riverside HS/Deer Park,WA)	17:42
6 7	Mark Gonzales (La Habra HS)	17:46
8	Jamie Billett (Beverly Hills HS)	17:46
9	Bo-Hyon Lim (Lowell HS/S.F.)	17:53
0	Daniel Fauss (Lowell HS/S.F.)	17:57
1	Hector Chaez (Hart HS/Newhall)	17:59
2	Daniel Niednagel (Dana Hills HS/Lag.Nig)	18:02
3	Brian Nunes (Bellarmine HS/SanJose)	18:02
4	Oscar Sanchez (Madera HS)	18:03
5	Kyle Dando (Bellarmine HS/San Jose)	18:07

Race #2 - Sophomore Boys Unseeded

1	Rick Jarman (Shadow Mtn HS/Phoenix, A)
2	Andy Bupp (Woodside HS/Redwood City)

3 Clay Biddle (Mt.Carmel HS/San Diego) 4 Carlos Sanchez (Madera HS) 16:08 16:17 16:20

5	Tim Boulter (Bellarmine HS/San Jose)	16:26
6	Gabe Delgado (Nevada Union HS/Nevada)	16:27
7	Tony Bergman (Whittier Christian HS)	16:29
В	Derek Kite (Agoura HS)	16:29
9	Paul Goodrich (Dos Pueblos HS/S.Barbara)	16:30
10	Chad Bybee (Mt. View HS/Orem, UT)	16:31
11	Dan Farley (Los Alamos HS/Los Alamos NM)	16:33
12	Andrew Wignot (Dos Puebl;os HS/Goleta)	16:33
13	Luis Escanuela (Eisenhower HS/Rialto)	
14	David Virgil (Santana HS/Santee)	16:35
15	Brandon Idler (Valhalla HS/El Cajon)	16:36
16		16:38
17	lan Phillips (Acalanes HS/Lafayette)	16:41
	Robert Hinojosa (Clovis West HS/Clovis)	16:41
18	Jason Atwood (Castro Valley HS)	16:43
9	Derek Waxman (San Mateo HS/Hillsborough)	16:48
0.5	Manuel Lopez (Calexico HS)	16:51
21	Dan Zoldak (Bellarmine HS/San Jose)	16:52
22	Mark Dickson (Nevada Union HS/Grass VIy)	16:54
3	Jeff Brown (Ashland HS/Ashland, OR)	16:59
4	Brian Purcell (Fallbrook HS)	17:04
5	Jeremy Seven (DeLaSalle HS/Clayton)	17:05

Race #4 - Junior Boys Unseeded

•	Steve Frisone (Laguna Hills HS)	45.50
2		15:58
3	Bobby Baca (Bear River HS/Grass Valley)	16:09
	Cole Packwood (Borah HS/Boise, ID)	16:15
1	John Mumm (Nevada Union HS/Nevada City)	16:19
5	John Fugler (Del Campo HS/Carmichael)	16:20
3	Roy Alvarez (Sunnyside HS/Tucson, AZ)	16:21
7	Mark Vaden (Jesuit HS/Sacramento)	16:21
3	Jose Brito (Santa Ana Valley HS)	16:22
3	Steve Gaul (Jesuit HS/Fair Oaks)	16:28
10	James Conn (Valley HS/Las Vegas, NV)	16:28
11	Neil Sawellew (Davis HS)	16:32
12	James Metcalf (Los Gatos HS)	16:38
13	Adrian Rodriguez (Fontana HS)	16:40
14	Raymond Garcia (Bisbee HS/Bisbee, AZ)	16:42
5	Richie May (Punahou HS/Honlulu, HI)	16:43
16	Paul Denzler (Castro Valley HS)	16:44
7	John Leder (Bella Vista HS/Orangevale)	16:44
8	Robert Hibl (Beyer HS/Modesto)	16:49
9	Jon Wright (Caldwell HS/Caldwell, ID)	
20		16:50
	Nickolas Stanley (La Puente HS)	16:50
21	Jeff Buhl (San Ramon Valley HS/Danville)	16:51
22	Michael Bailey (Helena HS/Helena, MT)	16:51
23	Brandon Dederich (Diamond Bar HS)	16:52
24	Damon Chamberlain (Casa Roble HS/OrangevI)	16:52
25	Michael Graves (Bellarmine HS/San Jose)	16:53

Michelle Wilson (Nordhoff HS/Ojai) Jr. Stella Romo (Watsonville HS) Sr. Nancy Bell (Lowell HS/S.F.) Jr. Karen Bebensee (Westmont HS/Saratoga) Jr. Nikki Carey (Sahuaro HS/Tucson, AZ) Jr. Rosa Casillas (El Rancho HS/Pico Rivera)Sr. Darcy Parker (Los Gatos HS) Sr. Maria Vargas (Santa Ana Valley HS) Jr. Debbie Bedal (Independence HS/San Jose) Sr. Patricia Parker (Fontana HS) Sr. Yvette Leon (La Habra HS) Jr. Andrea Meinhardt (Los Gatos HS) Jr. Lena Deaton (Granada HS) Jr. 20:01 20:03 20:04 20:04 20:05 20:06 20:07

20:14 20:17 20:19

Race #6 - Senior Boys Unseeded

1	Matt Mercer (Libby HS/Libby, MT)	16:01
2	Brent Jones (Brea Olinda HS/Brea)	16:08
3	Ramon Lui (Madera HS)	16:11
\$	Fermin Segura (Dana Hills HS/Dana Point)	16:14
5	Stephen Phillips (Sahuaro HS/Tucson,AZ)	16:15
3	Joel Winton (Bella Vista HS/Fair Oaks)	16:18
7	Jason Potmesil (Leigh HS/San Jose)	16:20
3	Eric Keller (O)akmont HS/Roseville)	16:21
3	Matt Johanson (Castro Valley HS)	16:22
10	Aaron Aragaki (Pearl City HS/Pearl City, HI)	16:25
11	Michael Deitch (Arroyo HS/El Monte)	16:28
12	Joe Sertic (El Camino HS/Sacramento)	16:28
13	John Bair (Ashland HS/Ashland, OR)	16:29
14	Jeff Gerken (Bear River HS/Grass Valley)	16:32
15	Paul Gentile (Orange Glen HS/Escondido)	16:32
16	Doug Ravasdy (Canyon HS/Newhall)	16:33
7	James Campbell (Mt.Carmel HS/San Diego)	16:34
8	Julio Gutlerrez (Rosemead HS/El Monte)	16:39
9	Robert Rivera (Sunnyside HS/Tucson, AZ)	16:41
20	Brian Watkins (Basic HS/Henderson, NV)	16:41
21	Jim Clarke (Soquel HS/Capitola)	16:43
2	Jerry Kurlak (Dana Hills HS/Laguna Niguel)	16:44
23	Mark Koepke (Clayton Vly HS/Concord)	16:44
4	Brent Kimball (Palos Verdes HS)	16:45
5	Rolando Reyes (Santa Monica HS)	16:45
H S		10.40

continued on next page...

Fine Flicks by Don Gosney

Race #3 - Frosh/Soph Girls Unseeded

1	Suzanne Castruita (West Covina HS) So.	19:13
2	Tish Williams (La Habra HS) So.	19:25
3	Kelly Fay (San Pasqual HS/Escondido) So.	19:27
4	Nicole Dauphine (Stevenson HS/Carmel) So.	19:29
5	Tegan Anderson (Leland HS/San Jose) So.	19:35
6	Jean Harvey (Paraclete HS/Lancaster) So.	19:45
7	Cheyenne Zontelli (Agoura HS) So.	19:46
8	Tanya Villicana (Sunnyside HS/Tucson, AZ)So.	19:50
9	Jennifer Story (Ramona HS) So.	19:53
10	Genevieve Farnady (LosGatos HS)	19:56
11	Julia Meneghelli (Palmer HS/Palmer, AK) So.	19:57
12	Kathleen McGarry (Borah HS/Bolse, ID) So.	20:01
13	Janine Miller (Fallbrook HS) So.	20:09
14	Stacy Kristan (Agoura HS) Fr.	20:11
15	Becky Petty (Golden West HS/Visalia) So.	20:13
16	Terri Smythers (San Clemente HS) Fr.	20:14
17	Teresa Beltran (Santa Ana Valley HS) So.	20:15
18	Wendy Lutgen (Capital HS/Helena, MT) Fr.	20:18
19	Roxanna Marquez (Desert View HS/Tucson,AZ)	20:20
20	Coral Collins (Highland HS/Pocatello,ID)So.	20:25
21	Margaret Bell (Hesperia HS) So.	20:26
22	Misty Kalomiros (Los Gatos HS)	20:27
23	Kim McIlwain (Covina HS) So.	20:35
24	Avi Coon (Bend Sr. HS/Bend, OR)	20:36
25	Shelley Biber (Rancho Buena Vista HS) Fr.	20:40

Race #5 -Junior/Senior Girls Unseeded

1	Teresa Chunovich (Brea Olinda HS/Brea)	19:18
2	Ginny Mommsen (JudgeMem.HS/SLC,Ut) Jr	19:23
3	Rachel Lewis (SantaCatalinaHS/Monterey)Jr	19:29
4	Jeannie Berthlaume(Helena HS) Jr	19:31
5	Karen Talamantes (Western Christian/Walnut)J	19:32
6	Kika Pellegrin (Calexico HS)	19:35
7	Evie Barry (Santa Teresa HS/San Jose) Jr	19:40
8	Cheryl Lyken (Fontana HS) Sr.	19:46
9	Nanette Nelsen (Poplar HS/Poplar, MT) Jr.	19:50
10	Andrea Trujillo (Madera HS) Sr.	19:51
11	Monica Scott (San Pasqual HS/Escondido)Sr	19:54
12	Karen Steiner (South Hills HS/W.Covina) Jr.	19:57





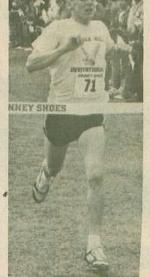
Dave Hartman 1st Frosh. Boys



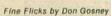


Suzanne Castruita 1st. F./So. Girls

Fine Flicks by Don Gosney



Steve Frisone 1st. Junior Boys





Teresa Chunovich 1st. Jr./Sr. Girls



Matt Mercer 1st Senior Boys



Fine Flicks by Don Gosney





Kira Jorgensen Girls Champion

Race #7 - Seeded Girls

1	Kira Jorgensen (Ran Buena Vista HS/Vista)Jr	17:21
2	Deena Drossin (Agoura HS/Agoura Hills) Fr	17:26
3	Nicole Robbins (Hesperia HS) So	17:29
4	Robbyn Bryant (Hesperia HS) Sr.	17:30
5	Rayna Cervantes (Montebello HS) Jr	17:34
6	Cariesa Saward (Goldendale HS WA) So	17:41

7	Katy McCandless (Castilleja HS/Poaola VIy)Sr	17:42
8	Ashley Black (Palos Verdes HS) Jr	17:45
9	Karen Hecox (So. Hills HS/W.Covina) So	17:49
10	Jennifer Ashe (Leland HS/San Jose) Sr.	17:56
11	Janet Bowle (Woodside HS/Redwood City) Sr	18:04
12	Kristi Bache (University HS/San Diego) Sr	18:07
13	Tracy Jarman (Shadow Mt. HS/Phoenix,AZ)Sr	18:15
14	Nicole Houle (Hesperia HS) Sr.	18:17
15	Tina Gorbet (Lassen U:nion HS/Susanvil) So	18:22
16	Becky Bybee (Mt. View HS/Orem, UT) Jr	18:22
17	Rose Schneider (Ashland HS/Ashland, OR)Sr	18:26
18	Maricela Benavides (Santa Ana Valley HS) Sr	18:28
19	Tracy Leichter (Palos Verdes HS/Rancho PV)Sr	18:31
20	Andrea Garner (Illinois Vly HS/Cave Jct., OR)Fr	18:32
21	Tanya Thayer (Serrano HS/Pinon Hills)So	18:34
25	Shelley Bessey (Reed HS/Sparks, NV) Sr	18:35
23	Beth Bartholomew (Fremont HS/Sunnyvale)So	18:38
24	Ann Kuphaldt (Bella Vista HS/Fair Oaks) Sr	18:41
25	Annabelle Ortiz (Espanola Valley HS, NM) Jr	18:42
26	Amy Volta (Farmington HS, NM) Jr	18:43
27	Leanne Martin (Los Alamos HS, NM) Sr	18:43
28	Rebecca Spies (livermore HS) Fr	18:46
29	Sara Herman (Shadow Mountain/Phoenix,AZ)Jr	18:47
30	Michelle Brown (Borah HS/Bolse,ID) So	18:50
31	Stacie Holtink (Kennewick HS, WA) Jr	18:54
32	Kirstin Quigley (Dana Hills HS/So.Laguna) Sr	18:54
33	Laurie Andeen (Menlo-AthertonHS/MenloPk)	18:56
34	Sita Jones (La Habra HS) Sr	18:57
35	Cynthia Mahaffey, Redwood City, Jr	19:01
36	Phuong Sites (Fremont HS/Sunnyvale) Jr	19:02
37	Tiffany York (Agoura HS) Fr	19:04
38	Karen Karcher (Ramona HS) Sr	19:04
39	Jenny Reese (Coeur d' Alene HS/Hayden, ID)Sr	19:05
40	Heidi Ackerly (Flathead HS/Bigfork, MT) So	19:07
41	Jennie Johnson (Mt. View HS/Orem, UT) Sr	19:09
42	Jennifer Dander (Shadow Mt.HS/Phoenix,AZ) Jr	19:09
43	Michelle Keim (San Pasqual HS/Escondido)Jr	19:11
44	Andrea Bick (Palos Verdes HS) Sr	19:13
45	Kimik Anderson (Mt. Pleasant HS/San Jose)Fr	19:24
46	Joni Wareham (Thurston HS/Springfield,OR)So	19:27
48	Amy King (San Clement HS) So	19:28
49	Diana Bazan (La Cueva HS/Albuquerque,NM)Sr Diana Pyne (Mt. View HS/Orem, Ut) Fr	19:28
50	Vicki Hosek (Notre Dame HS/Northridge) Sr	19:29
ne M	Tom House (14000 Daile HollyOldingge) Sf	19:29

Race #8 - Seeded Boys

1	lan Alsen (Granada Hills HS/Northridge) Sr	15:02
2	Chip Smith (Sandia HS/Albuquerque,NM) Sr	15:04
3	Cris Schurz (Westwood HS/Scottsdale, AZ) Jr	15:06
4	Jaime Ortega (Arroyo HS/El Monte) Sr	15:08
5	Virgil Thomas (Gallup HS/Gallup, NM) Sr	15:10
6	Dave Scudamore (Palos Verdes HS) Sr	15:17
7	Benjamin Ayers (Christian Bros HS/Sacto) Sr	15:18
8	Christian Lewis (Mead HS/Spokane, WA) Jr	15:18
9	Francis O'Neill (San Pasqual HS/Escondido) Jr	15:25
10	Marvin Hood (Wingate HS/Ft.Wingate, NM) Jr	15:26
11	Jeff Gilkey (Arroyo HS/El Monte) Sr	15:29
12	Michael Tansley (Dana Hills HS) Jr	15:30
13	Eddle Lavelle (Corona del Mar HS) Jr	15:33
14	Gary Stolz (Miraleste HS/Rancho PV) Jr	15:34
15	Manuel Archibegue (Trevor Browne HS/Az)So	15:34
16	Peterson Long (Gallup HS/Mentmore, NM) Sr	15:35
17	Kevin Holbrook (Vacaville HS) Jr	15:35
18	Jimmy Rodriguez (Santa Ana Valley HS) Jr	15:35

Fine Flicks by Don Gosney



15:36

19 20

21 22 23

25 26 27

28 29 30

36 37 38

40 41 42

43 44 45

47

STATE TEAM PLACES

GI	RLS:	additional and a
	California	07.10
1		87:19
2	New Mexico	95:21
3	Arizona	95:57
4	Utah	96:21
5	Oregon	96:50
6	Idaho	99:02
7	Nevada	102:39
8	Washington	113:31
9	Hawaii	114:18
BC	YS:	
1	California	76:10
2	New Mexico	76:50
3	Arizona	77:46
4	Oregon	80:09
5	Idaho	80:39
6	Nevada	81:09
7	Washington	81:47
8	Hawaii	83:01
9	Montana	83:19
10	Utah	90:14

Fine Flicks by Don Gosney



Girls National Qualifiers



Francis O'Neill

National Championship **December 12, 1987** Balboa Park San Diego, California 5,000 Meters



Dave Scudamore, top California boy at the nationals.

GIRLS

	Overall Results - Girls	
	Kira Jorgensen(11)Vista,CA	17:0
	Susan Bliss (12) St.Charles,MO	17:1
	Megan Thompson (10) Florisht MO	172
	Sarah Schwald (9) ColoradoSp,CO	172
	Christi Constantin(11)Newton,NJ	17:3
	Carissa Seward (10) Goldendl, WA	173
	Tina Hall (12) Plano, TX	17:3
	Katrina Price (12) Riverside,IL	17:4
	Tara Flynn (12) Massapequa,NY	17.4
0	Mary Powell (12) Lawrence,KS	17:47
1	Deena Drossin (9) Agoura,CA	17:5
2	Katy McCandless(12)Port.Vlv.CA	180
3	Deresa Walters (9) Rochestr, NY	18:0
4	Robbyn Bryant (12) Hesperia,CA	18:0
5	Rayna Cervantes (11) Montebello	18:00
3	Roberta Raszkowski(9)No.Est.PA	180
1	Nicole Robbins (10) Hesperia, CA	18:1
1	Nnenna Lynch (11) NewYork,NY	181

19	Christine Gentile(12)Babylon,NY	18:1
20	Laurie Gomez (12) Youngsh, OH	182
21	Sarah Bliss (12) St.Charles,MO	182
22	Jodie Bilotta(12)Stanton,NJ	182
23	Anne Evans (12) Reston, VA	18:3
24	Ashley Black(11)PVE, CA	18:3
25	Tracy Stevenson(11)Atlanta,GA	18:45
25	Michelle Torelli(12)CliftonHt,PA	18:45
27	Karla Burds (12) Epworth, IA	18:4
28	Cessy Hudson (12) ConnellySp,NC	19:1
29	Lori Desmond(12)ViroBch, VA	
30	Michelle Farmer(11)Woodbr,VA	19:3
31	Kim Desmond(12)Burke, VA	20:0

Team Results

Midwest

Schwald, 8. Katrina Price, 10. Mary Powell, 20. Laurie Gomez, 21. Sarah Bliss, 27. Karla Burds. Total Points: 27.

 Kira Jorgensen, 6. Carissa Seward, 11. Deena Drossin, 12. Katy McCandless, 14. Robbyn Bryant, 15. Rayna Cervantes, 17. Nicole Robbins, 24. Ashley Black. Total Points: 44.

Northeast:

5. Christi Constantin, 9. Tara Flynn, 13. Deresa Walters, 16. Roberta Raszkowski, 18. Nnenna Lynch, 19. Christine Gentile, 22. Jodie Bilotta, 26. Michelle Torelli. Total Points: 61.

South:

South: 7. Tina Leigh Hall, 23, Anne Evans, 25, Tracy Stevenson, 28, Cessy Hudson, 29, Lori Sophia Desmond, 30, Michelle Farmer, 31, Kim Desmond. Total Points: 112

BOYS

	Overall Results - Boys	40,014
1	Robert Kennedy (12) Ohio	14:59
2	John Sence (12) Milford,OH	15:08
	Harley Hanson (12) Rosholt SD	15.12
4	Chip Smith (12) Albuquer, NM	15:14
5	John Horkheimer(11) Pitts.NY	15:15
6	Alexander Mendoza(12)Laredo,TX	15:15
7	Christopher Nelson(12)Flor.CO	15:15
8	Eric Marrison(12)Ft.Col,CO	15:17
9	Virgil Thomas (12) Gallup, NM	15:20
10	David Soudamore(12)PV, CA	1521
11	Chris Schurz (11) Scottsdale, AZ	1521
12	Chris Lewis (11) Spokane,WA	15:22
13	Ron Smith (12) Shawnee,KS	1523
14	Jaime Ortega (12) ElMonte,CA	1524
15	John Coyle (11) Howell, NJ	1529
16	Patrick Dolan (12) Greeley,CO	15:31
17	Benjamin Ayers(12)Sacto,CA	15:32
18	Jamaih Prince (12) Camb.,MA	15:34
19	David DeNeve (11) NewCarl.,IN	15:34
20	Travis Grindstaff(12)Woodst.GA	15:39
21	Jason DiJoseph(11)Haddonfid,NJ	15:44
22	Teddy Mitchell(10)Longwood,FL	15:47
23	Earnest Shepard(12) Predmont,SC	15:48
24	Francis O'Neill(11)Escondido,CA	15:51
25	Eric Lorenz (12) Mt.Laurel, NJ	15.57
26	Danny Green (12) Conroe,TX	16:01
27	Nicholas Radkewich(11)Florida	16:13
28	Scott Cody (12) Cambridge,MA	1628
29	Paul Shea (12) Stoneham, MA	16:46
30	John Massie (12) NewpNews,VA	16.56
	Team Results	
W.C.	THE RESERVE OF THE PARTY OF THE	

1. Robert Kennedy, 2. John Sence, 3. Harley Hanson,



Fine Flicks by Don Gosney



Robbyn Bryant

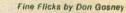


Deena Drossin



Jaime Ortega

Fine Flicks by Don Gosney

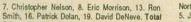




Rayna Cervantes (left) and Nicole Robbins.

Chip Smith, 9. Virgil Thomas, 10. David Soudamore, 11. Chris Schurz, 12. Chris Lewis, 14. Jaime Orlega, 17. Benjamin Ayers, 24. Francis O'Neill, Total Points: 46.

Points: 21



5. John Horkheimer, 15. John Coyle, 18. Jamalh Prince, 21. Jason DiJoseph, 25. Eric Lorenz, 28. Scott Cody, 29. Paul Shea. Total Points; 84.

Katy McCandless

6. Alexander Mendoza, 20. Travis Grindstaff, 22. Teddy Mitchell, 23. Earnest Shepard, 26. Danny Green, 27. Nicholas Radkewich, 30. John Massie. Total Points: 97.

The Athlete's Kitchen

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



CARBS "To Go": Tips for the Travelling Runner

"When I travel, my diet is horrible. I end up living on McGrease because it's quick and easy and I'm always crunched for time."

Art McMaster, runner and travelling salesman

"Between jet lag and irregular meals, my diet always suffers when I travel. I get too hungry and then I don't care what I eat -- I just find whatever's closest, and that's generally junk food."

Name withheld. Boston Red Sox

"When we travel as a team, I like to scout-out in advance appropriate restaurants for our pre- and post-game meals, so that the kids can eat to win. This takes time, but it's worth it -- we had a great season last year!"

Runners who travel have an added challenge – avoiding the high fat temptations that lurk in every restaurant, bakery and fast-food palace. Although a high carbohydrate sportsdiet is important both during training and before competition, all too often when you're travelling, you can succumb to convenience – and dine on whatever happens to tickle your tastebuds at that moment. Undoubtedly, you can all-too-easily rationalize why you deserve this treat – you're tired, hungry, stressed, anxious and maybe lonely or bored.

Although an occasional treat is unlikely to interfere with top performance, a steady "junk food diet" can take it's toll. To help you better accommodate a high carbohydrate sports diet into your travelling routine, here are a few tips for eating on the road. One key is to eat a hearty breakfast. This prevents you from getting too hungry (at which point you don't care what you eat) and invests in your ability to choose wholesome foods later in the day.

Breakfast: 1. At a restaurant, order pancakes, french toast, whole wheat toast, bran or corn muffins. Add jelly, jam or maple syrup for extra carbohydrates but "hold the butter" - or request that it be served on the side.

Order a large orange juice. This can help compensate for a potential lack of fruits or veggies in the other meals. 3. At a hotel, you might want to save time and money by packing along your own cereal, raisins (and spoon). Either bring powdered milk or buy a half-pint of lowfat milk the night before at a convenience store, "refrigerating" it in ice from the hotel's ice machine. A water glass or milk carton can double as a cereal bowl.

Lunch: 1. Find a deli/restaurant that offers wholesome breads. Request a sandwich that emphasizes the bread, rather than the filling. "Hold the mayo" and instead, add moistness with mustard or ketchup, sliced tomatos and lettuce. Enjoy more carbs with juice, fruit, fig newtons (brought from home) or yogurt for dessert.

2. At fast food restaurants, the burgers, fried fish or chicken, and french fries have a very high fat content. You'll get more carbs by sticking to the baked potato, chilli or thick-crust pizza selections.

 Request thick-crust pizza (with veggie toppings) rather than thin crust pizza with pepperoni or sausage.

4. At a salad bar, generously pile on the chick peas, three-bean salad, beets, toasted croutons; carve off a slab of bread. But don't fat-load on butter, salad dressings and mayonnaise-smothered pasta and potato salads.

5. Baked potatoes are a super choice if you request them plain rather than drenched with

butter, sour cream and cheese toppings. Wendy's cheese-stuffed potato, for example, gets 52% of its calories from fat (the equivalent of 9 teaspoons of butter). For moistness, try mashing the potato with milk (special request) rather than butter.

6. Hearty soups (such as split pea, minestrone, lentil, vegetable, noodle) accompanied by crackers, bread, plain bagel, English muffin or corn muffin provide a satisfying carbohydrate-rich, lowfat meal.

 Both soft drinks and juice offer carbs.
 However, juices are nutritionally preferable for vitamin C and potassium.

Dinner: 1. Patronize the restaurants that offer wholesome carbohydrates (pasta, baked potatoes, rice, steamed vegetables, salad bars, homemade breads, fruit, juice); broiled foods and lowfat options.

 Enjoy the bread/rolls either plain or with jelly (special request). Replace the butter calories with another slice of bread, a second potato, soup and crackers, juice or sherbert all carbohydrate-rich choices.

3. When ordering salads, always request the dressing be served "on the side". Otherwise, you'll get as many as 400 calories of oil/mayonnaise — fatty foods that fill your stomach but leave your muscles unfueled.

Snacks and Munchles: 1. Pack your own "goodie grab bag". Some suggestions include: wholegrain bagels, muffins, rolls, crackers, pretzels; fig newtons, oatmeal raisin cookies, granola, oranges, raisins, dried or fresh fruit.

2. Buy wholesome snacks at the convenience store-small packets of trail mix, bananas, dried fruit, yogurt, V-8 juice or fruit juice, a hot pretzel, slice of pizza or even a small sandwich, cup of soup or hot cocoa. Most importantly, remember that when you eat well, you not only feel better and exercise better, you also feel better about yourself.

Nancy Clark, MS, RD, nutritionist at Bostonarea's Sports Medicine Brookline, is author of The Athlete's Kitchen (Simon and Schuster; Bantam Paperback; available by asking at Dalton Bookstores). For sample high-carb restaurant menus, send a self-addressed stamped envelope to Sample Meals, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

Reinke on Running

By DEAN REINKE



1988 Get Ready!

If you thought 1987 was a great year for running, just wait until 1988! Hold on to your hat as I take you on a whirlwind tour of the year ahead - Get Ready!

Masters: With Frank Shorter and Bill Rodgers' recent entry into the over-40 Masters ranks, there is a renewed interest in the Baby Boomer's category. January 2, Shorter and Boston Billy were to have dueled in their first-ever over-40 matchup in Charlotte. Look for more and a possible "Masters Circuit" in the coming year.

Marathon: Did someone say the Marathon was dying? If it did, somebody forgot to tell Los Angeles, New York City, Columbus and Twin Cities, all with their largest prize purses and budgets ever. The 1988 Marathon season kicks off in Houston January 16 and doesn't let up throughout the year. While the "biggies" continue to prosper, many regional events are attracting stronger fields than ever. With a boost from the U.S. Trials and the Olympics, look for yet another growth spurt in '88.

Relays: Look for "Road Relays" to be the next new popular area in road racing. The Japanese, in conjunction with TAC and the New York Road Runners Club are bringing their 50-Kilometer Relay to New York City April 8, the first time the 5-man relay team event will be held outside Japan. There will be eight international teams and 50, yes 50 United States teams, one from each state in the union. Another increasingly popular concept is the "Marathon Relay" concept: 3-5 person teams running the Marathon distance alongside the open marathoners. Milwaukee Lakefront, Maryland, Buffalo/Niagara Falls International and Stanford Marathons have been the innovators with more to come. Just watch! Series: The Pepsi Challenge, Avon

Series: The Pepsi Challenge, Avon Women's, Bonne Bell and L'eggs Mini-Marathon Series were the first companies to sponsor "Series" of runs in the 1970's. Then came Stroh's with it's "one-day concept" for three years leading up to the Statue of Liberty Celebration. The sport of running is seeing a number of new entrants into the Series concept led by the "Ben-Gay Active America Day" event to take place on May 7, 1988 in 50

cities. Barron's Magazine is sponsoring a 5city Corporate Series, AT&T and Casio are sponsoring the "Pro Bowl Series" in NFL cities while Colombian Select Coffee introduced it's brand through a 3-city circuit which may expand in the coming year. We haven't seen the last of this popular trend so stay tuned! Olympics: Seoul, South Korea: September 23-October 2, 1988. Yes, the highlight of 1988 without question will be the Olympic Games, as much for "who" will be there, as for the Games themselves. But there are plenty of events preceding the Games that promise equal thrills for American audiences. April 24 the Men's U.S. Olympic Marathon Trials will be held at the New Jersey Waterfront Marathon with a whopping \$50,000 first place prize at stake as part of the \$150,000 prize purse. The women take to the roads the following week in Pittsburgh with the race up for grabs at this point. July 15-23 Indianapolis will host the U.S. Track & Field Trials in what promises to be fierce competition on one of the world's best facilities. And what better way to start the Olympic Games than with the Women's Marathon on opening day September 23 with the Games concluding 14 days later with the

Inevitably, an Olympic year brings on new names and faces in the sport as the media try to peg the "New Joanie, Frank or Bill." But the "old versions" are doing just fine, thank you, as the following summary explains:

men's edition!

Joan Benolt Samuelson--A new mommy with husband Scott to daughter Abigail Webb, Joanie has never been more fired up. Coach Bob Sevene told the large crowd at the RRCA Convention when he accepted Joanies' "Runner of the Year" award that, "Let them say what they want, but she's gonna be back". Joanie was pleading with Sev to run the TAC Cross Country Finals just a month after her delivery which should quiet any critics she may have.

Ingrid Kristiansen--Shattering the 15K World Record in Monaco was Ingrid's way of telling the world, "Hey Gang, I'll be there in Seoul!" She's told her coach she will not run the marathon so look for an Ingrid-Joanie matchup in the 10,000 meters.

Grete Waltz--The New York City Marathon just wasn't the same this year without Waitz leading the way. Sure Jack's 2:27 showed

what the other half can do but the sport won't let the Norwegian Queen leave just yet. She gets my vote (sorry Rosa Mota) for Olympic Champion in 1988.

Mary Slaney--The third leg of the Mommy brigade, Mary Slaney will run her first race in several months at the Pacific Northwest Bell meet January 23 in Portland. Look for a calmer, more mature Mother Mary to run smartly in the coming year and make her mark big in Seoul. (Zola who?)

Frank Shorter--Two months before New York City, the 1972 Olympic Champion said he would be ready for 2:14. A week before he predicted 2:20. He dropped out at the Big Apple. It was later found out he had a heel stress fracture but it was not major. He bounced back three weeks later and defeated new Master Bob Schlau in Birmingham and he knows now that he's 40 - he's highly marketable. Look for Frank on NBC's Olympic Coverage carrying his share of the workload.

BIII Rogers--Shorter told USA Today's Dick Patrick that the "lot of American talent is such that Bill or I could run 2:14 and make the team". The fact is, Rodgers has never been more enthused and hungry. The 2:15 American record of Barry Brown is certainly within reach but Jack Foster's 2:11 is one tough record. Rodgers, quickly acquiring the nickname, "Dollar Bill" because of his frequent racing forays, has to backoff and some point or he's going to be too tired to even finish a marathon.

Alberto Salazar--If Alberto had a dollar for every injury he's suffered, he'd be a wealthy man. He is anyway with a solid Nike contract and years of big-dollar racing on the roads. Although still a young 29, he has shifted into an acceptance of his injury plight and begun to enjoy life. He now owns a restaurant in his adopted home of Eugene, Oregon and he and his wife Molly enjoy their children and fond memories. The fastest U.S. Marathoner ever put things in perspective when he spoke, "I've come to accept that running 14-minute SKs, instead of the 13 minutes I want, is all right."

Dean Reinke is the President of Dean Reinke & Associates, an Events Marketing and Public Relations firm based in Winter Park, Florida. In addition to this syndicated monthly column, he writes two newsletters, "Dean Reinke on Running" and the "Dean Reinke Triathlon Report" and serves as an Announcer/TV Commentator at major running events across the country.

California Interscholastic Federation

By KEITH CONNING

Results and Clippings Wanted

Coaches, athletes, and subscribers are encouraged to send in results from Northern California high school cross country and track competitions. I am also interested in receiving stories in your local newspapers about Northern California preps. Please send them to Keith Canning, 2235 Browning Street, Berkeley, CA 94702 or to Keith Conning, Berkeley High School, 2246 Milvia Street, Berkeley,

North Coast Section 3A Nov. 21. Point Pinole Regional Park-The first two teams and the first five individuals not on one of the top two teams qualified for the CIF State Meet Division I championships.

San Ramon (Danville), the East Bay Athletic League champion coached by Bob Vincent, won the boys' team title with 83 points and a 79:06.6 team time. It was their first NCS title since 1974. The team was compose of senior Bruce Carter (8th In 15:32.8), senior Rob Scott (9th in 15:37.0), Jeff Buhl (11th in 15:44.9), Andy Leigh (23rd in 15:58.5), and Todd Bell (40th in 16:13.4).

"Our pre-season goal was to win NCS and advance to state," said Vincent. "But you gotta wonder what will happen."

You must have the potential, then you must develop it and then you have to be lucky," said Vincent. "It all comes down to the very end and that's when you need the luck.

Antioch, the Diablo Valley Athletic League champion coached by Contra Costa County Supervisor Torn Torlakson, placed second with 100 points and a team time of 79:46.3. Their team was composed of Ken Dempster (15th in 15:50.4), Will Arnold (16th in 15:50.4), Buddy Pohl (25th in 15:59.4), Buddy Pohl (25th in 15:59.4), Robert Hudson (27th in 16:00.2), and Doug Green (33rd in 16:04.9).

Senior Steve Zirkelbach (Concord), the Diablo Valley Athletic League champion at Newhall Park in Concord in 15:17 and the defending NCS 3A champion, defeated senior Eric Bellamy (Moreau, Hayward), second in the Mission Valley Athletic League at Garin Park in 16:33.3, by 12.1 seconds--14:56.9 to 15:09.0. Brian Rivers (Moreau), the Mission Valley Athletic League champion at 16:32.2, placed third Junior Mike Contos 15:13.2. (Montgomery, Santa Rosa), the North Bay League Champion at Spring Lake in Santa Rosa in 15:42, placed fourth in 15:13.7. Senior Sandeep Randhawa (Mission San Jose, Fremont), third in the Mission Valley Athletic League at 16:39.3, was the fifth and last qualifier for the state meet at 15:18.4.

Zirkelbach has lost just one race this year. Ben Ayers (Christian Bros, Sacto) defeated him at the Mariner Invitational.

"It was a tough race," said Zirkelbach to Joe Roderick of the Contra Costa Times. "At the top of the hill he (Rivers) just tired himself out. He worked the hill hard. I knew it was a do-or-die situation. sprinted out and had maybe 10-15 yards on him. From there, I broke him."

was thinking that we (Rivers and Bellmay) might come in together like we did in league," said Bellmay to Marvin Wamble of the San Jose Mercury News. "I think I could have passed Brian (Rivers in the league championships), but I had a mental block. But today, all I thought about

was the State Meet. I told myself if there was anyone in front of me I would have to pass them, no matter who they were."

"I surged up the hill and tried to lose Zirkelbach," said Rivers to Wamble. "But it didn't work. I hit the wall."

"I went out too fast," Randhawa said to Wamble. "But I was trying to stick with Zirkelbach. He pulled everyone through

California (San Ramon), the East Bay Athletic League champion coached by Bill Pence, won its second straight NCS 3A title with 67 points and a team time of 98:08.3. The team was composed of senior Missi Hurlow, second in the East Bay Athletic League in 20:36 and 5th here 18:54.8, Melisa Freeburg (10th 19:19.0), Suzie Ellison (13th in 19:35.6), Lori Juarez (19th in 19:55.5), and Michelle Hansen (26th in 20:14.8).

"The most difficult thing here is that you never know how good the other teams are," said Pence to Dennis Miller of The Sunday Herald. "I can look at times from all the local teams, but then I get this vision that it will be Rancho Cotate and Eureka."

"My girls all knew that they could run under 21 minutes on this course and that made me feel that we could put our top five in front of anyone else's third runner, Pence explained.

"Just before the hill at the two mile mark, I passed the one El Cerrito girl (Marisa Gardella)," said Hurlow. "Coach told me to break up the top two (El Cerrito girls) and I did, I'm pretty happy right now."

El Cerrito, the Golden Bay Athletic League champion coached by Helen Lehman, placed second with 104 points and a team time of 99:24.7. The team was led by thirteen-year-old freshman Lisa Scott, the league champion at Point Pinole in 19:01.3, who placed third in 18:41.4. Other members of the team were senior Marisa Gardella, second in the league at 19:10.5 and ninth here in 19:14.2, Lori Oakamura (30th in 20:22.2), Erin Wiseman (34th in 20:27.0), and Jessica Buehring (42nd in 20:39.9).

"We packed our 3-4-5 runners together," said Lehman to Dan German of the West County Times. "You've got to have your lower runners in a pack. Cross Country is a team sport and everybody is important."

"Since we had run this course twice before, I knew where to put on the speed," Scott said. "I felt really good, although it was slippery and there were times I almost fell. Running here before was a lot of help because other girls didn't know exactly how far things were and where to pick it up.

Moreau (Hayward), the Mission Valley Athletic League champion, placed third with 109 points. They missed the State Meet by five points. "For them to finish third is great," Moreau Coach Phil Wilder said to the Hayward Review. "You can look at it two ways, you can say we just missed it, or we were almost there."

Moreau, which has a school population which falls within the definition of a Division II school (801-1600 students), is forced to compete against Division I schools (1601+ students) by the North Coast Section. The NCS has ruled Moreau must compete in Division I because it is a member of a large school league. As far as I have been able to determine, the NCS is the only section that is not qualifying teams to the State Meet according to school population.

Freshman Becky Spies (Livermore), the East Bay Athletic League champion in 20:15 at Oak Hill Park in Danville, defeated senior Melissa Pardini (Northgate, Walnut Creek), the Diablo Valley Athletic League champion at 18:44, by 40.3 seconds-17:57.2 to 18:37.5. Senior Robin Constantinides (Clayton Valley, Concord), third in the Diablo Valley Athletic League at 19:21, placed fourth in 18:53.2. Junior Jennifer Sells (Antioch), second in the Diablo Valley Athletic League in 19:03, placed sixth in 19:05.0 The last individual qualifier for the State Meet was freshman Erin Bellamy (Moreau, Hayward), the sister of Eric and the Mission Valley Athletic League champion at 21:25.9, who placed seventh in 19:06.9.

"I knew I had a chance to win coming in," said the 14-year-old Spies to Dennis Miller of *The Sunday Herald*. "And as long as I have a chance, then I want to come in first."

"My dad said I pulled away at the two-mile mark, but after I took the lead, I never sensed that anyone was right behind me," Spies added

'Next week, I know that I'll run faster, because there will be someone in front of me," Spies said.

North Coast Section 2A

Nov. 21. Hayward High School-The first two teams and the first five individuals not on one of the top two teams qualify for the CIF State Meet Division II championship.

Acalanes (Lafayette), second in the Foothill Athletic League and coached by Scott Brady-Smith, won the boys' team title for the second straight year with 95 points and a team time of 83:19. Their team was composed of senior Mike Mahoney (15th in 16:33), senior Eric Eglund (16th in 16:33), sophomore Ian Phillips (19th in 16:34), Jeff Whitehead (25th in 16:48), and junior John Amaya (29th in 16:51), Castro Valley, the Hayward Area Athletic

League champion coached by Peter Brewer, placed second with 105 points and a team time of 83:21. The team was composed of senior Matt Johanson (6th in 18:14), sophomore Jason Atwood (18th in 16:33), junior Paul Denzler (20th in 16:34), junior Todd Saunders (30th in 16:54), and senior Tim Gravino (39th in 17:06).

"We made it to the State Meet, so I'm very pleased," said Brewer, the meet director, to Jerry McDonald of The Sunday Review. "I had a hard time keeping track of everything with the meet to run, but when I saw a block block of Castro Valley runners out toward the front early in the race, I figured we were in good shape.

I kept seeing a lot of shirts with A's on them running by, so I knew Acalanes would be tough--they had too much talent to be denied."

"We would have liked to have won, but getting to the State Meet is the big thing, Johanson said. "We knew it would be very close between us and Las Lomas (which finished third) for second. I think we can catch Acalanes next week (at the State Meet),"

Junior Gordon Johnson (Piedmont), the East Shore Athletic League champion in 18:03 at Joaquin Miller Park in Oakland, defeated sophomore Kevin Berkowitz (Hayward), the Hayward Area Athletic League champion in 15:30 at Hayward High, by four seconds--15:41 to 15:45. Junior Eli Ricca (Arcata), the Humboldt-Del

Norte League champion in 16:03 at Patrick Point in Trinidad, placed third in 15:58. Freshman Paul Mankin (San Rafael), the formerly undefeated Marin County Athletic League champion in 17:11 at Indian Valley in Novato, placed fourth in 15:59. Senior Litzenberg (Sonoma Sonoma), the Sonoma County Athletic League champion in 16:35 at Spring Lake in Santa Rosa, was fifth and the final State Meet individual qualifier at 16:02.

"I gave him (Johnson) a lot of credit," said Berkowitz to McDonald. "He's bigger than I am, and I expect the bigger guys to die in the end, but he never did. This is the first time someone beat me with a kick. Usually that's what I do. If I had it to do over, I'd probably try to take the lead before I hit the last hill. But I'm just happy to be going to the State Meet."

Miramonte (Orinda), the Foothill Athletic League champion coached by Otis McCain, won the girls' team title with 91 points and a team time of 103:28. The team was composed of junior Mia Genau (10th in 20:09), junior Susie Kirn (16th in 20:32), senior Julie Beaty (19th in 20:38), senior Carol Procunier (27th in 21:01), and senior Liz Howard (29th in 21:08).

"I don't think I'm going to do anything different," said McCain to Greg Watkins of the Contra Costa Times about preparing his runners for the State Meet. "I'll just have them run their speed work and run their distance and have a good time."

Miramonte outscored Campolindo (Moraga) by four points.

"Four points is what did it. Four of our girls passed someone in the chute, and that's the four points," said McCain.

Campolindo (Moraga), second in the Foothill Athletic League and coached by Ramsey Thomas, placed second with 95 points and a team time of 101:57. The team was composed of senior Dana Bjornsen, only fifth in the Foothill Athletic League in 21:29 but first here in 19:08; freshman Sarah Riley, the Foothill Athletic League champion in 20:49 and second here in 19:21; senior Emily Franz (20th in 20:38), senior Shannon McGregor (25th in 20:57), and sophomore Carolyn Fitzgerald (59th in 21:53).

"We thought we had a 50-50 shot to make the State Meet," said Thomas to Watkins. "As the race progressed, we thought our three, four and five runners were too far behind. We thought they ran well, then we didn't, then we did."

"I didn't expect to come in first," said Bjornsen. "I thought I had a chance, but I didn't know what I'd do. We worked really hard in strengthening ourselves. Overall, I think Campo did an incredible job."

"Dana ran the race she's supposed to run," said Thomas. "She ran as smart as she could run. When the race got tough, she got tough,"

Junior Carolina Allen (San Rafael), the Marin County Athletic League champion in 20:53, placed third in 19:25. Senior Senior Courtney Clark (Las Lomas, Walnut Creek), sixth in the Foothill Athletic League in 21:32, placed fourth in 19:35. Sophomore Sheila Burke (Marin Catholic, Kentlield), third in the Marin Catholic Atholic League in 21:11, placed fifth in 19:35. Sophomore Jennie Dempsey (Analy, Sebastopol), the Sonoma County Athletic League champion in 19:53, placed sixth in 19:43. Junior Desiree Crunelle (Redwood, Larkspur), fourth in the Marin County Athletic League in 21:42, was the

last individual qualifier in seventh in 19:44.

last individual qualifier in seventh in 19:44.
Freshman Molly Stryker (Acalanes,
Lafayette), second in the Foothill Athletic
League in 21:08, placed eighth in 19:44
and missed qualifying for the State Meet by

North Coast Section 1A Nov. 21. Bald Hill, Fort Bragg-The top two teams and the top five individ not on one of the top two teams qualify for

the State Meet Division III race. University (San Francisco), the Bay Area Conference League boys' team champion, won with 29 points. The team was composed of Marco Gonzalez, the Bay Area Conference League champion in Area Conterence League champion in 14:49 at Joaquin Miller Park in Oakland and the winner here in 17:53; Matt Metzger (4th in 18:08); Greg Segas (7th in 18:40); Dan Shadoan (8th in 18:44); and Minh Thai (9th in 18:45).

Head-Royce (Oakland), second in the Bay Area Conterence League, placed second with 86 points. They were led by Juan Gomez-Novy (3rd in 18:07) and Marky

Gomez-Novy (3rd in 1837) and Marky McClave (5th in 18:32). Dan Tell (Fort Bragg) placed second in 17:58. Gene Cotton (South Fork, Miranda) was sixth in 18:38. Steve Dethan (Clear Lake) placed tenth in 18:51. University (San Francisco), the Bay Area Conference League girls' team champion,

won with 16 points. The team was led by Amy McConnell, the Bay Area Conference League champion in 17:08 and the winner here in 19:51; Nell Smith (2nd in 20:02); Lynn Segus (3rd in 20:57); and Michele Woo (4th in 22:02).

Head-Royce (Oakland), second in the Bay Area Conference League, placed second with 64 points. They were led by Maya Hites (5th in 22:07) and Kristin Clark (9th in

Central Coast Section
Nov. 21. Crystal Springs, Belmont-The top two teams and the top five individuals not on one of the top two teams qualified for the CIF State Meet.

Division I Boy
Bellarmine (San Jose), the Subsection
Heat One winner with 15 points and a team
time of 77:49, completely dominated team competition with 15 points and a team time of 77:12.1. It was their fourth straight CCS championship. The team was composed of senior Ian Champeny, second in Subsection Heat Two in 15:12 and first here in 15:14.6, senior Torre Pena, the Subsection Heat Two winner in 15:12 and second here in 15:21.1, senior Andy Zoldak (3rd in 15:22.8), junior Peter Fisher (5th in 15:34.6), and senior Chuck Ross (6th in 15:39.0).

"It was almost like you were stunned," said Bellarmine Coach Terry Ward to Dave Kellogg of the San Jose Mercury News. "Actually, it shouldn't be possible."

"We may never see that again," said

Live Oak (Morgan Hill) placed second with 113 points. The team was led by junior Sal Talamo (12th in 15:52.0) and Trujillo (16th in 16:04.6).

Senior Eric Woodland (Gunderson, San

Jose), the Subsection Heat One winner in 15:20, placed fourth in 15:28.4 and thus spoiled a Bellarmine sweep. But because Woodland ran as an individual, Bellarmine scored the lowest possible team score of 15 points. The other individual qualifiers were senior Jordan Carroll (Monte Vista, Cuperlino) (8th in 15:43.7), junior Shane Curtis (North Salinas, Salinas) (9th in (Homestead, Cupertino) (10th 15:47.0), and junior James Metcalf (Gunn, Palo Alto) (11th in 15:49.2).

Division I Girls Leland (San Jose), second in Subsect One with 48 points, won with 64 points. The team was led by senior Jennifer Ashe, the Subsection Heat One winner in 17:42 and the winner here in 17:37.7, junior Noelle Crockett (8th in 19:00.5), sophornore Taqin Anderson (15th in 19:42.9), and senior Laurie Homer (20th in

Los Gatos, coached by Willie Harmatz and the Subsection Heat One winner with and the Subsection Heat One winner with 48 points, placed second with 66 points. The team was led by sophormore Genevieve Farnady (10th in 19:25.7), senior Amy Flynn (12th in 19:35.9), and senior Darcy Parker (13th in 19:35.9). The individual qualifiers were treshman Till Willow (Cartelland).

Tiki Wilcox (Santa Clara), the Subsection Heat Two winner in 17:46 and second here in 18:08.1; sophomore Reina Felix (Oak Grove, San Jose) (3rd in 18:19.6); senior Clove, San Jose) (3rd in 18:19.5); senior Laurie Andeen (Menlc) information, Atherton) (4th in 18:25.6); junior Phuong Sites (Fremont, Sunnyvale) (5th in 18:30.5); and junior Beth Bartholomew (Fremont, Sunnyvale) (6th in 18:49.3).

"At the two-mile mark I went ahead and kind of lost track of her (Wilcox)," said Ashe to Kellogg. "I worried about Wilcox coming back in the stretch, but the threat never materalized!

Division II Boys

Gunn (Palo Alto), the Subsection Heat Two winner with 59 points coached by Hall Daner, won with 60 points. They were led by Ethiopian junior Brian Tesfazghi (11th in 15:49.9), senior Jeff Dukes (17th in 16:07.0), and senior Joaquin Hartman (20th in 16:16.1).

St. Francis (Mt.View), the Subsection Heat One winner with 65 points coached by Brian Curley, placed second with 93 points. They were led by junior Stefan Wynn (3rd in 15:26.3) and senior Erik Axtell (9th in 15:47.0).

Senior Brett Mack (Carlmont, Belmont), the Subsection Heat Two winner in 15:12 and seventh in the CCS last year, won in 15:09.0. The other individual qualifiers were sophomore Joey Rodriguez (San Lorenzo Valley, Felton) (2nd in 15:24.5), sophomore Andy Bupp (Woodside), the Subsection Heat One winner in 15:35 and fourth here in 15:28.2, senior Warren Woodbury (Prospect, Saratoga) (5th in 15:29.1), and senior Joe Amendt (Lick, San Jose) (7th in 15:40.6).

"I have run against (Rodriguez) before, and he fell back after a mile," Mack said to Fran Errota of the *Times Tribune*. "Today, he didn't, and I pushed that second mile and didn't shake him until we ran Cardiac

"I didn't feel secure until the last half mile." Division II Girls

Archbishop Mitty (San Jose), the Subsection Heat Two winner with 43 points, won with 60 points. They were led by freshman Thea Roberts (4th in 18:40.1) and senior Kerry Stivaletti (9th in 19:25.6). Willow Glen (San Jose) and Gunn (Palo

Alto) tied for second with 90 points, but Willow Glen's sixth runner finished ahead of Gunn's sixth runner. They were led by senior Gloria Barron (13th in 19:30.3 and sophomore Vannesa Johnn (16th in

Junior Cyndi Mahaffey (Carlmont, Beimont), the Subsection Heat One winner in 18:32, won in 18:20.2. Senior Janet Bowle (Woodside), the Subsection Heat Two winner in 18:17, placed second in 18:33.1. The other individual qualifiers 18:33.1. The other individual qualifiers were freshman Suzanne Jones (Carlmont, Belmont) (3rd in 18:38.0), sophomore Julie Meade (Carlmont, Belmont) (5th in 18:48.5), and junior Mugsie Kosek (Gunn, Palo Alto) (6th in 18:57.1).

"Winning with my best-ever time is satisfying," Mahafley said to Errota. But, the createst flessing is having my teampales.

greatest pleasure is having my teammates (Jones and Meade) qualifying for the trip to the State Meet.

continued on next page...

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"The Training Ground For Champions"

- * 1987 Meet featured our Eleventh Arcadia Invite National Record in the last eleven years by Kamy Keshmiri (Reno, Nevada) in the discus, and fourteen 1987 nation-leading efforts.
- * 1987 Meet featured entries from 27 of the 31 eventual individual and relay California State Champions (eleven did not win their event at the Arcadia meet). Invite fields featured on the average five of the top six placers in an event from the State Meet.
- Sanction applied for all California Sections, Arizona, Oregon, and Nevada schools.

MEET RECORDS:

Men: 10.40 - 20.79 - 46.70 - 1:49.9 - 4:07.7 - 8:45.3 - 14.04 -36.42 - 41.16 - 3:13.1 - 10:13.6(DMR) - 7'1" - 17'3" - 24'10" -50'11" - 66'10" - 224'3"

Women: 11.57 - 23.77 - 52.90 - 2:10.33 - 4:50.14 - 10:18.44 - 13.71 - 42.32 - 45.80 - 3:46.3 - 11:59.11(DMR) - 6'0" - 20'4 3/4" - 41'9" - 50'10" - 172'4"

> Metric Distances Accutrack Timing Nine Lane All-Weather Facility

For Meet Information:

Doug Speck Arcadia High School 180 Campus Dr., Arcadia, CA 91006 (818) 446-0131

"I was behind Janet (Bowie) and had to pick it up swiftly the last half of the race.

Division III Boys Robert Louis Stevenson (Pebble Beach) won with 33 points. They were led by junior Mark Schulze (4th in 16:52.7), senior March Dauphine (5th in 17:05.9), and senior Jim Burns (7th in 17:07.5).

York (Monterey) placed second with 70 points. Junior Jesus Perez (York) was the

individual champion in 15:52.6.
The individuals who qualified were senior Eric Kinney (Pinewood, Los Altos Hills) (2nd in 16:14.1), senior Rob Dinapoli (Carmel) (3rd in 16:40.5), junior Davis Kinsley (Carmel) (6th in 17:06.4), senior Drew Pinney (Carmel) (9th in 17:08.5), and senior Jason McGowin (Menlo, Menlo Park) (10th in 17:09.9). Division III Girls

Santa Catalina (Monterey) won with 31 points. They were led by junior Rachel Lewis (3rd in 19:36.8) and sophomore Sarah Lewis (4th in 20:47.2).

Carmel placed second with 41 points. were led by Parravano (9th 22:04.4) and Gustaveson (10th in 22:22.3).

Menlo (Menlo Park) finished third with 50 points and advanced to the State Meet instead of Carmel. They were led by senior Natalie Hester, who finished seventh in 21:58.7.

Katy McCandless (Castilleja, Palo Alto) won in 17:12.5, the fastest time of all three division winners. She would have done well in the boys' Division III racel

The other individual qualifiers were sophomore Nicole Dauphine (Stevenson) (2nd in 19:31:7), junior Aimme Tolan (Notre Dame) (5th in 20:50.5), senior Christine Peters (Valley Christian, San Jose) (6th in 21:00.4), and Lemos (Berean Christian, Fremont) (8th in 22:04.1).

Loren Lansberry Retires
Carlmont of Belmont Coach Loren Lansberry is going to retire from coaching and teaching this year. He has been coaching high school cross country and track for 38 years:1

"Coaching good athletes and individuals like Brett Mack and Cyndi Mahafley has been a joy for all these years," Lansberry said to Fran Errota of the Times Tribune. "Having both win in my last CCS meet with personal bests on this course (Crystal Springs, Belmont) is really special. I'm happy for them and their friends who enjoy their success."

Lansberry helped lay out the cross country course at Crystal Springs, which is used each year for the CCS championships.

We will miss you Loren!

Nevada State Meet

Nov. 7. Reno, Nevada (By Don Cox/Gazette-Journal)-Champions celebrated at the finish line.

But races in Saturday's state high school cross country meet were won and lost on a hill that sloped more than a mile from the end of the course at Rancho San Rafael

That's where Shelley Besssey (Reed, Sparks) (who placed 22nd at the Kinney Western Regional) held off a challenge from Bishop Gorman's (Las Vegas) Katherine Nelson to win the AAA girls' individual title.

Bessey's finish led Reed to the AAA girls' team championship, the school's second in three years. (Reed won the Stanford Invitational girls' A race in October). Reed, which finished second in last year's

state meet, regained the team title it won in 1985

South Tahoe (South Lake Tahoe, CA) placed third in the girls' AAA with 77 points. They were led by Stephanie Jensen (7th in 21:39), Jennifer Owens (8th in 21:48), and

10TH ANNUAL SUNDEVIL/COCA-COLA INVITATIONAL SATURDAY APRIL 16, 1988 1:00 TO 7:00 PM

BOYS MEET RECORDS-10.78, 21.22, 48.42, 1:52.72, 4:16.02, 9:22.01, 14.21, 37.77, 41.7, 3:18.41, 10:33.1DM, 6'8", 15'6", 23'101/2", 49'5", 66'1/2", 223'5".

GIRLS MEET RECORDS-12.04, 23.9, 55.6, 2:14.3, 4:58.61, 11:25 14.19, 44.01, 47.36, 3:49.4, 12:21DM, 5'10", 18'53/4", 40'7", 164'5".

Open to all California, Arizona, New Mexico, and Nevada high schools. This years meet will be held on the new all-weather track at Poway High School.

FOR MORE INFORMATION CONTACT DENNIS MCCLANAHAN, MT. CARMEL HIGH SCHOOL, SAN DIEGO, (619)-484-1180

Crissy Schilly (13th in 22:33).

The hill is also where Pat Hubbard of Basic (Henderson) (William Hubbard placed 44th at Kinney) sprinted from Carson's Kelly Dodge who placed 30th at Kinney and sixth at the Stanford Invitational to win the AAA boys' individual

photo by Keith Conning



Brett Mack

The hill is where Mike Anderson of North Tahoe (Tahoe City, CA) passed Hawthorne's John Lockwood to win the AA boys' individual title. North Tahoe won the AA team

championships for boys and girls. (North Tahoe placed second at the Stanford Invitational boys' C race, and fourth in the girls' C race). The boys' team was composed of Mike Anderson (1st in 17:20),

Tom Wood (4th in 17:57.1), Jeremy Mills (7th in 18:08), Alejandro Villarreal (9th in 18:26), and Oliver Brown (13th in 18:54). The girls' team was composed of Wendy Johnson (2nd in 22:21), Bianca Sonnenberg (4th in 22:57), Heidi Madden (5th in 23:13), Kirm Walker (7th in 23:34), and Jennifer Mattern (12th in 24:53), "It's the long uphill," said Hubbard, who finished the 3.1 mile course in 16:33. "It

isn't steep. It's gradual."

When Hubbard reached the top, he knew his lead over Dodge would last until the finish line. Dodge, who won last week's Northern AAA Zone race on the same course, finished second in 16:52.

Led by Hubbard and Ken Harman, who finished third in 17:20, Basic of Henderson won the boys' AAA team championship with 54 points. South Tahoe (South Lake Tahoe, CA) placed second with 65.

Bessey and her Reed teammates overwhelmed their competition, finishing first with 28 points. Bishop Gorman of Las Vegas finished second with 68. "The kids ran a great race," said Reed

coach Dave Nolte. "She (Bessey) was challenged. She did a real number."

Bessey, who finished in 19:38, found herself running shoulder-to-shoulder with Nelson on the hill.

"I didn't expect her (Nelson) to hang on that hill," said Nolte. "That's where Shelley showed her maturity."

Bessey, a senior who won the state championship as a sophomore, held her lead coming down the hill.

"We were up on the hill. We were hitting elbows," said Bessey, who finished first in the girls' Northern AAA zone race last week. "She (Nelson) wanted me to go outside and break stride. I wouldn't."

With winning a state title, Bessey's motivation was a number 19.

"I wanted to break 20 minutes," she said. 'The whole time, I kept thinking 19, 19, 19. That made me go harder."

After Nelson, Reed runners finished third, fourth and fifth. Amber Young was third in 20:13 and Linda Walsh finished fourth in 21:10. Tricia Uhart finished fifth in 21:19. Summer Hill of Reed was 15th in 22:43.

Mike Anderson's (No. Tahoe) victory in the AA boys' race, however, was

something of a surprise, even for Mills.

For most of the season, Anderson was North Tahoe's No. 3 runner behind Tom Wood, who won last year's individual state title, and Jeremy Mills, who won in 1985. Washington State Meet

Nov. 7. Port Townsend (by Steve Christilaw of the Seattle Times)-In the Class AAA race, Chris Lewis, who placed eighth in the Kinney Western Regional, a junior from Mead, went out fast and burned off the competition, winning in

Lewis, undefeated in nine races this year, attacked on the only real hill on the course, a steep, 50-yard trail, and opened a 10yard lead over Sean Boyed of Clover Park. Lewis' fast pace troubled Blanchet's Cajh

Hafferty, the runner-up last year and a favorite to win this year. He finished fourth. Carissa Seward (Goldendale), who

placed sixth at the Kinney Western, won the Class A/B girls' title in 17:04.5, the fastest time of the day for girls.

Stacie Hotink (Kennewick), who placed 31st at Kinney, placed tenth in the Class AAA girls' race.

Oregon State Meet

Nov. 7. Eugene. (By Norm Maves Jr. of The Oregonian)-Alan Foster of Aloha made up 30 meters in the last 300 to win the Class AAA boys championship. Rose Schneider of Ashland, 17th in the Kinney Western Regional, who has lost most of her big races this season, suddenly turned tiger with a similar stretch run to win the AAA girls race.

The team races also had their share of strange twists. The boys teams from defending champion Bend (second at the Stanford Invitational A race) and Sunset, who have been eyeing each other from a distance all year, actually tied for the title, but Bend became the first team to repeat since 1979 on the basis of a sixth-place finish by one of its freshmen.

There was even something for the sentimental: Crescent Valley's Lucy Nusrala survived the disappointment of being outrun by Schneider because her team won its first state title.

Of all the races on a unseasonably warm day, Foster's was the most bazarre. The big Warrior senior, who confesses that he still prefers to 800 meter run, stepped onto the track at Lane Community College for the home stretch almost completely out of the race.

Ahead of him by 10 meters was Rick Mestier of Grant, who placed 34th at Kinney. Even farther ahead--say 30 meters-was Oregon City's Bill Shaw. But

Foster finally was at the part of the run he loves the best, the last lap.

He turned on the speed and caught

Mestler with 200 meters left, then ran down

The team title was not as clear-cut. Bend lost two key runners from last year's team and has looked beatable all year. The Lava Bears even finished third in their own invitational three weeks ago.

On the trophy stand, however, they were up there with Sunset waiting for the announcement. As it turned out, the teams finished with 93 points each. The tie was broken because freshman Dean Dilday finished 46th among runners counting in the team scoring and Sunset's sixth man

"The coach (Bob Latham, who coached in California before moving north) told me that it might come down to me just as we were going out for the trophy presentation."
Dilday said. "When I found out it did come
down to me, I was shocked. I know it can happen-I just tried to pass everybody I could on the track."

Bend's repeat title was the first since South Eugene's string of eight straight between 1972 and 1979.

Schneider has lost a lot of key races this year. Hillary Simmons of Roseburg beat her three times, and Nusrala was in the lead, a stride ahead of Schneider and Jeannie Heltzel of South Salem.

With 200 meters to go, Nusrala tried to pull away, but Schneider stayed with her and took the lead coming around the last

Schneider kicked into the finish line, and Heltzel roared up to catch Nusrala, too. Schneider's time of 10:11.5 is the second best in the history of the meet. Only Eryn Forbes of Sunset with a time of 9:59.3 in

"I knew if it came down to a sprint I'd have to run hard," Schneider said. Andrea Gardner (Illinois Valley), who

placed 20th at Kinney, placed second in the Class AA girls' race in 10:34.5.

New Mexico State Meet

Nov. 14. Albuquerque. (By Gilbert Brown of the Albuquerque Journal)--Virgil Thomas, who placed fifth in the Kinney Western Regional, won his second consecutive individual championship and led Gallup to its fifth straight boys AAAA title at Milne Stadium.

Gallup's Peterson Long, who placed 16th at Kinney, was second, and three other Bengals finished in the top 10.

"I'm very pleased with our upper half," said Gallup coach Curtis Williams. "They did a superb job. Our goal was for Virgil to come back and for Pete to take second or

Thomas covered the 3.1 mile course in 15:50.5, six seconds ahead of Long and nine seconds ahead of Sandia's Chip Smith, who finished third at Kinney.
Richard Maestas (Espanola Valley), who

placed 19th at Kinney, placed fifth in 16:16.9. Kenneth Cope (Los Alamos), who placed 25th at Kinney, placed sixth in 16:17.6.

"We all push each other," said Thomas. "There's no such thing as a top runner on our team."

"Sometimes when you win state," said Williams, "you tend to back off. That's the nice thing about having Pete. He was a little more hungry. He kept Virgil honest

With the best time of the day, 15:50.1, Marvin Hood, who placed 10th at Kinney, led Wingate to the AAA championship.

Wingate scored 33 points.
Wingate is the only team to defeat Gallup since 1982. They beat the Bengals at the Manzano Invitational earlier this year.

Phillip Castillo was second, seven seconds behind Hood.

La Cueva's girls earned the second-year school its first state championship by breaking Santa Fe's four-year hold on the AAAA title

Santa Fe sophomore Laura Romero won the individual title, finishing in 19 minutes and 23 seconds. Romero outran La Cueva's leading runner, Dee Bazan (Diane Bazan placed 48th at Kinney), by more than a minute. But La Cueva placed four of its five runners in the top 20, compared to three for Santa Fe, to finish its undefeated, dream season with the state championship.

The team was perfect," said Bazan. "Everyone was pretty confident but it was

La Cueva outscored Santa Fe 52-58

Fine Flicks by Don Gosney



Virgil Thomas

Anabelle Ortiz of Espanola Valley, who placed 25th at Kinney, finished second individually and Rio Grande's Margret Montano was third.

Leanne Martin (Los Alamos), who placed 27th at Kinney placed fourth in 20:04.6, Amy Voita, who placed 26th at Kinney placed seventh in 20:19.2.

"What can you say that a state championship doesn't say for itself. They showed more confidence, pride and heart than any team I've ever coached," said La Cueva coach Carol Knauber after the emotional victory. "It was all of us. It was a great team effort."

After the race, Santa Fe coach John Alire said he would urge the Santa Fe athletic director, Hoyt Mutz, to ask the NMAA for a ruling of the eligibility of a runner who transferred from Eldorado to La Cueva last

Mickey Miller, Albuquerque Public School athletics specialist, said, "Dee Dee Bazan is eligible. La Cueva is the winner."

Arizona State Meet

Nov. 14. Thunderbird Park. (By Dick Obert of The Arizona Republic)-Mountain View won its first AAA-1 boys cross-country title Saturday, upsetting twotime defending state champion Trevor Browne by one point.

Westwood junior Chris Schurz (third in the Kinney Western) successfully defended his AAA-1 individual title in a course-record 14 minutes, 16 seconds over the 2.95 mile asphalt surface.

Trevor Browne, which scored a state record 32 points last season, has runners place in the next three spots after Schurz. However, the Bruin's No. 4 runner, Paul

Mooney (22nd at Kinney), tripped in the final 300 meters and dropped from fifth to

Mountain View had five runners in the top 15 to score 54 points. Trevor Browne had

55.

"That's where the improtance of a fifth man comes in," said Trevor Browne coach David Cruickshank. "Had (Mooney) not tripped, he would have easily been anywhere in the top six. That would definitely turned things around. But it wasn't a deliberate trip. It was race tactics that happened.

"We take our hats off to them (Mountain View). They have an excellent program and they're well-coached."

Schurz pulled away from a pack of four Trevor Browne runners after the first mile, Tony Hernandez of Trevor Browne finished runner-up for the second consecutive year. Manuel Archebeque (Trevor Browne), 15th at Kinney, finished third in 14:55. Rick Jarman of Shadow Mountain, who won the Kinney Sophomore Boys race, placed eighth in 15:10.

Schurz had never run the Thunderbird course before. He said it caused some pre-race jitters.

"I was nervous," he said. "I didn't feel ready. But when I got on the line, after doing a couple strides, I felt pretty good, ready to go. After the first mile, when they started dropping back, I started feeling

really good.
"I felt like this was the best race I ever ran." Shadow Mountain, led by individual champion Tracy Jarman (13th at Kinnney) and runner-up Sara Herman (29th at Kinney), won its third straight AAA-1 girls state title with 97 points. Jennifer Dander of Shadow Mountain, 42nd at Kinney, placed eighth in 11:28.7.

Jarman, a senior, won her second straight title in a time of 10:55.3 on a 1.93 mile course.

Bernie Semler of Rincon (26th at Kinney) won the AAA-2 boys individual title in 14:54.4. Mike Shefrin (Arcadia), 29th at Kinney, placed second in 15:02.4.

Southern Section Cross Country Notes

By Doug Speck

Serrano Invitational

September 12. Serrano-Southern Section 1A Women individual stars and a fine Yucaipa Men's program headlined this affair. In a Meet where the #1 athletes raced against #1 from other teams, and so on, defending Section 1A titlest soph Tanya Thayer (Serrano, Phelan) had easily the day's quickest Women's time with her 18:59 #1 athletes' race win. Junior Karen Talamantes (Western Christian, Covina) was 2nd at 21:02, with 11th grader Zita Hillinger (Serrano) next quickest at 21:16. Yucaipa's Brian Ownby (16:19) and fine sophomore Jason Carney (16:49) had the day's quickest Men's times.

Women's Results: (Overall) 1. Thayer (Serrano) 18:59, 2. Talamantes (Western Christian) 21:02, 3, Hillinger (Serrano) 21:16.

21:16. Men's Results: (Oversil) 1. Ownby (Yucaipa) 16:19, 2. Carney (Yucaipa soph) 16:49, 3. Heiber (Serrano) 17:14, 4. Chavez (Serrano) 17:26.

Dos Pueblos Invitational
October 10. Dos Pueblos HS
(Goleta) -- A well-balanced Buena
(Ventura) Men's squad was the most
impressive over-all team in this "by-grade"
race and added together scoring system, with a big showdown between Brigid Freyne (Riverside Poly) and Jamie Park (Santa Barbara) the most interesting individual duel. Buena totalled at 42 points for the first three athlete's places added up in the 10th-11th and 12th grade runs. That is a fifth place average for all three of their scorers in the three grades, quite impressive. Rob Weinerth won the Men's 12th grade run for Buena at 15:45 over Fillmore's Jerardo Vaca (15:52). Pueblos soph Andrew Wignot had the day's fourth fastest time in his 16:17 race win. The women's 12th grade race between Freyne and Park was a burner between two of the nation's fastest. Freyne has run 10:34.37 on the track for 3200m, with Park 10:45.7. Here, Brigid took the pace out tough through the two mile point, with Park reeling her in and finally getting by during the final half mile on the way to a 17:39 17:50 win.

Women's Results: (9th) 1. Rothman (Westlake, WV) 20:12, 2. Chong (Channel

Islands, Oxnard) 20:48. (10th) 1. Crawford (Camarillo) 20:44. (11th) 1. Gulledge (Rio Mesa, Oxnard) 19:47, 2. Aanerud (RM) 20:57. (12th) 1. Park (SB) 17:39, 2. Freyne

(Riv. Poly) 17:50, 3. Prince (RP) 19:36. Men's Results: (9th) 1. Miller (Wstlke) 17:04, 2. Walsted (Nordhoff, Ojai) 17:17. (10th) 1. Wignot (DP) 16:17, 2. Kelly (Buena) 16:34, 3. Leano (Cl) 16:41. (11th) 1. Oviatt (Nordh) 16:26, 2. Finnerty (Buena) 16:39. (12th) 1. Weinerth (Buena) 15:45, 2. Vaca (Fillmore) 15:52, 3. Burns (Buena) 16:10, 4. Cooksey (RM) 16:41.

Bell Gardens Invitational

October 10. Legg Lake. So. El Monte-Southern Section 3A high ranking individuals Teresa Sandoval (Montebello) and Ramon Perez (Rosemead) led the way in this "by-grade" Invite on a relatively flat course in the Legg Lake Recreation area. Sandoval was the Junior/Senior Women's winner at 17:58 by almost a minute over Debbie Brown (Millikan, LB-18:51). Fine Monrovia 10th grader Heide Hanke had the day's third fastest time in her 18:55 win at that level. The Women's Track & Field crew from Hawthorne is putting in a good Fall as part of the Cross Country team, with Christina Ross the team's best at 19:25, with fine sprinter Kee-sha Adams a fine 20:09 in her 19th grade race. Ramon Perez (15:27) handled Rich Fortin (Downey-15:39) and Tim Delkeskamp (Sonora, La Habra-15:40) in the Men's 12th grade run. Alfredo Crisanto (El Rancho, Pico Rivera-15:46) led his squad to 1-2-4 placings there, with Arroyo (El Monte) 1-3 in the soph race and five in the top eleven of the frosh division.

Women's Results: (9th) 1. Vizcarra (Bell Gardens 20:19, 2. Delao (Monrovia) 20:31. (10th) 1. Hanke (Monrov) 18:55, 2. Barajas (El Monte) 19:49. (11th/12th) 1. Sandoval (Montebello) 17:58, 2. Brown (Millikan) 18:51, 3. Ross (Hawthorne) 19:25, 4. Casillas (El Rancho, Pico Rivera)

19:29, 5. Cross (Monrov) 19:42.

Men's Results: (9th) 1. Lopez (Monteb) 16:41, 2. Ocampo (BG) 16:51. (10th) 1. Griebel (Arroyo) 16:10, 2. Perez (La

continued on next page ...

Mirada) 16:16, 3. Hodder (Arr) 16:22. (11th) 1. Crisanto (El Rancho) 15:46, 2. Martinez (ER) 16:08, 3. Dale (Millikan) 16:12. (12th) 1. Perez (Rosemead) 15:27, 2. Fortin (Downey) 15:39, 3. Delkeskamp (Sonora) 15:40, 4. Chavez (Hawthorne)

Atascadero Invitational

October 10. Atascadero--Interesting inter-sectional clashes high-lighted this meet held in the northernmost coastal area of the Section. Central Section powers McFarland, Wasco, Madera, and Sanger came to town and had some real success. McFarland was especially impressive in their Small School Men's Varsity win with 30 points (84:18 team time) over some good teams. Madera took the Large School's Men's (27-87:16) and Women's (25-112:37) Varsity races, with Morro Bay the lone Southern Section team winner in the Small School Women's Varsity run (33 points-111:23)

Women's Results: (Small) 1. Glimski (Morro Bay) 20:54, 2. Ambrozak (St. Joseph, Santa Maria frosh) 21:09, 3. George (MB) 21:56, 4. Wykoff (McFarland) (Team Results) 1. Morro Bay 33(111:23), 2. McFarland 80 (117:51), 3. St Joseph (Santa Maria) 84 (117:00), 4. San Joaquin Memorial (Fresno) 96 (120:15). (Large) 1. Harkins (SLO) 21:15, 2. Lopez (Madera) 21:36, 3. Barriento (Mad) 22:07 4. Trujillo (Madera) 22:23. (Team Scores)
1. Madera 25 (112:37), 2. San Luis Obispo Sanger 86, 4, Atascadero 90, 5, Lemoore 91.

Men's Results: (Small) 1, Valles (McFarland) 16:17, 2, Duran (Wasco) 16:37, 3, Samaniego (McF) 16:37, 4. McGahey (Cabrillo, Lompoc) 16:42, 5. R DeLeon (Moorpark) 16:45, 6. Puentes (MoF) 16:55. (Team Scores): 1. McFarland 30 (84:18), 2. Cabrillo 78, 3. Paso Robies 90, 4. Moorpark 107. (Large)
1. Rodriguez (McLane, Fresno) 16:32, 2.
Liu (Madera) 16:54, 3. Torres (Madera) 17:08. (Team Results): 1. Madera 27 (87:16), 2. Sanger 75, 3. Lemoore 85, 4. McLane 88.

Ventura County Championships October 15. Moorpark College-The very potent Ventura County prep teams gathered at Moorpark College for their annual County Meet. Deena Drossin and Bryan Dameworth (Agoura) were individual winners, the young Agoura Women's group showed its fine continued improvement to win the team contest there, and Camarillo dominated the Men's Varsity run.

Drossin, only a ninth grader, continues to

be awasome, here winning by over a minute in 17:36, within 6 seconds of Melissa Sutton's (Newbury Park) course record. Frosh teammate Tiffany York was 2nd at 18:39 to held lead the Chargers to an easy 36 (97:40)-78 (100:42) win over Thousand Oaks. Dameworth continues to

purr along undefeated on the Men's side, winning here at 15:45 over Paul McCarter (TO) 15:56. Camarillo, a Men's Varsity team that features four sophs in its top six, had five in the top lifteen of this very, very competitive area to win with 47 points

Women's Results: 1. Drossin (Ag) 17:36, 2. York (Ag) 18:39, 3. Haggemiller (TO) 18:55, 4. Craven (Camarillo) 19:09, 5. Fuller (TO) 19:14, 6. Dobel (Nordhoff, Ojai) 19:52, 7. Nesbitt (Newbury Park) 20:00. (Team) 1. Agoura 36 (97:40), 2. Thousand Oaks 78 (100:42), 3. Buena 87 (103:53), 4. Newbury Park 114 (106:59), 5. Nordhoff (Ojai) 119 (106:50), 6. Ventura 142 108:42).

Men's Results: 1. Dameworth (Ag) 15:45, 2. McCarter (TO) 15:56, 3. Valdez 2. McCarter (TO) 15:56, 3. Valdez (Camarillo) 15:57, 4. Esparza (NP) 16:01, Galindo (Oxnard) 16:03, 6, Malesich (Cam) 16:06, 7. Farrell (TO) 16:09, 8. (Cam) 16:06, 7. Farrell (10) 16:09, 8. Morales (Ventura) 16:13, 9. Counseller (Cam) 16:15, 10. Bibbs (Simi Valley) 16:18. Team: 1. Camarillo 47 (81:14), 2. Thousand Oaks 85 (82:21), 3. Agoura 116 (83:20), 4. Ventura 139 (84:18), 5. Buena (Ventura) 163 (83:20), 5. Newton Rest 173 (Ventura) 162 (83:52), 6. Newbury Park 172 (85:02), 7. Westlake (Westlake Village) 175 (85:33)

Orange County Championships

October 17. Irvine Park-The very strong Orange County area of the Southern Section gathered at Irvine Park for its annual championship competition. Very strong Corona del Mar and Dana Hills Men's groups and upstart Santa Ana Valley and Villa Park Women's teams had the day's quickest team times when races were compared, with Terrance Mahon (La Habra) and frosh Martha Pinto (Katella,

Anaheim) the day's quickest individuals. Eddie Lavelle (15:17), Jim Robbins (15:21) and Greg Shryock (15:38) are a very strong trio for Corona del Mar, and their 47 point race win had them total 78:28 to nip Dana Hills (who ran in another heat) at 78:29. DH went 1-2-3 in their race with Mike (15:17) and Andrew (15:22) Tansley and Javier Barrera (15:27). Dana picks up Stephen Niednagel after he sits out this season due to a school transfer, and he will team up with the returning Tansley's next fall to form a dynamite front end for that school. The Century League is very competitive in the Harrier sport, and this year it is Santa Ana Valley (98:01 here) and Villa Park (98:50) who have moved to the top of that League's Women's group to lead the action County-wide as well. Maricela Benavidas of Valley had the day's second quickest clocking in her race win (18:26). with ever-improving Katella of Anaheim frosh Martha Pinto the day's quickest at 18:24. Terrance Mahon (La Habra) moved to a 100 yard win in his race in the day's

quickest time, 14:55.
Women's Results (combined races by grade): (9th) 1. Pinto (Katella) 18:24, 2. Killeen (Valencia, Placentia) 18:43, 3. Liddy (El Toro) 18:47, 4. Robles (Woodbridge, Irvine) 19:26. (10th) 1. Caminiti (Irvine) 18:50, 2. Adams (Huntington Beach) 18:59, 3. Cunningham

(Tustin) 19:08, 4. Robinson (Newport Harbor) 19:15. (11th) 1. Schudlich (ET) 18:42, 2. Doering (Villa Park) 18:55. (12th) 1. Benavidas (SAV) 18:26, 2. Oujley (DH) 18:44, 3. Jones (La Habra) 18:54, 4. Cooke (Esperanza, Anaheim) 19:00, 5. Mendoza (Santa Ana) 19:01. Team Results (combined results) 1. Santa Ana Valley 98:01, 2. Villa Park 98:50, 3. Newport Harbor 99:08, 4, Woodbridge (Irvine) 99:26, 5, Dana Hills 99:42, 6, El Toro 99:43, 7, La Habra 100:54, 8, Tustin 101:02, 9, Irvine 100:50, 10. Mission Vielo 102:26.

Men's Results: (Combined races by grade): (9th) 1. Classen (MV) 16:18, 2. Matson (ET) 16:19, 3. Patapoff (HB) 16:59. (10th) 1. Farrell (San Clemente) 15:33, 2. Quinonez (Santa Ana) 15:59, 3. Lockwood (Fountain Valley) 16:10. (11th) 1. Nava (SA) 15:16, 2. M. Tansley (DH) 15:17 and Lavelle (CdM) 15:17, 4. Tansley (DH) 15:22, 5. Frisone (Laguna Hills) 15:35, 6. Gibney (LaHills) 15:35, 7. Shryook (CdM) 15:38. (12th) 1. Mahon (La Habra) 14:55, Daza (Valencia) 15;14, 3. Bohlman (El Dorado, Placentia) 15;18, 4. Robbins (CdM) 15;21, 5. Barrera (DH) 15;27, 6. Loomer (Cypress) 15:32, 7. Schultz (Canyon, Anaheim) 15:33, 8. Geerlings (Newport Harbor) 15:33, 9. Rodriguez (Santa Ana Valley) 15:34.

Team Results: (combined races) Corona del Mar 78:28, 2. Dana Hills 78:29 3. Woodbridge 80:50, 4. Santa Ana and Mission Viejo 81:03, 6. Fountain Valley 81:11, 7. Huntington Beach 81:25, 8. Valencia 81:28, 9, Buena Park 81:29, 10, El Modena (Orange) 81:34, 11. San Clemente 81:35, 12. Irvine 81:42, 13. Esperanza

Los Angeles County Championships October 17. College of the

Canyons--The attempt to build a County Meet for this huge area continues to grow, nurtured by the Saugus, Canyon (Canyon Country), and Hart (Newhall) programs of the greater Santa Clarita Valley. A natural on the Invitational circuit, this affair should develop into the level of participation supported by other Southern Section County Meets. A very challenging course prepares participants for Section competition on the tough Mt. SAC course over the next month. A strong Men's Team Sweepstakes race featured the Southern Section's best, Arroyo (El Monte), against the LA City's best, Granada Hills. Ian Alsen and Craig Lawson of GH had performed very well in early meets, with Arroyo really the state's strongest team thus far. Alsen, a 9:17.89 3200m star, is a stylish runner to watch, and here proved his ability to pound over the hills, with a 100 yard victory over teammate Lawson, who surprised somewhat by edging away from Arroyo's Jaime Ortega (15:59) near the end. Arroyo totalled 43 (83:10) to win over Antelope Valley (52-84:05), with Granada Hills 3rd at 58 (84.08). The team race was closer than it was thought it would be, but in Arroyo's defense they are coming off a huge team win at Stanford and looking ahead to Mt. SAC the next weekend. Maranatha (Sierra Madre) was impressive looking in a perfect score Small School Women's Varsity win, with Village Christian (55) edging Maranatha (66) on the Men's side at that

Women's Results: (Small) 1, Earle (Maranatha) 21:50, 2. Cordero (Maranatha) 21:50, 3. Prescott (Maranatha) 21:50. Team: 1. Maranatha 15, 2. Bell-Jeff (Burbank) 58. (Medium) 1. Talamantes (St.Bernard, Playa del Rey) 22:07, 2. Rosen (St.Bernard) 22:37. Team: 1. St. Bernard 16. (Large) 1. Ward (Quartz Hill) 21:16, 2. Spears (Canyon, CC) 21:49. Team: 1. Quartz Hill 55 (Team Sweepstakes) 1. Rantanen (Palmdale) 21:04, 2. Reiter (Saugus) 21:22, 3. Jonnum (Palmdale) 21:27. Team: 1. Palmdale 24 (108:28), 2. Wilson (Long Beach) 47 (111:54).

Men's Results: (Small) 1, Wester (Maranatha) 16:51, 2. Boudreau (Village

Christian) 17:00, 3. Smith (LA Baptist) 17:10. Team: 1. Village Christian (Sun Valley) 55, 2. Maranatha 66, 3. Cathedral 71, 4. Pater Noster (LA) 88. (Medium) 1. Glaze (Notre Dame, Sherman Oaks) 16:33, 2. Nielsen (Duarte) 17:06, 3. Banthrum (Duarte) 17:11. Team: 1. Clespi 61, 2 Notre Dame 69. (Large) 1. Medina (Paramount) 16:57, 2. McCommach (LB Wilson) 17:13. Team: 1. Paramount 51, 2. LB Wilson 60. Team Sweepstakes Alsen (GH) 15:42, 2. Lawson (GH) 15:56, 3. Ortega (Arr) 15:59, 4. Rattary (Can, CC) 16:02, 5. Cooke (Antelope Valley) 16:24, 6. Powers (Arr) 16:25, 7. Puentes (Arr) 16:27. Team: 1. Arroyo 43 (83:10), 2. Antelope Valley 52 (84:05), 3. Granada Hills 58 (84:08), 4. Canyon (Canyon Country) 69 (85:10)

Palos Verdes Invitational October 17. Palos Verdes--The home school is especially tough on their "mountin-goat" course, and with the quality of their teams this year they easily dominated this competition. Teams score through seven with the races #1 against #1, #2 against #2, and so on. On the Women's side the hometowners had the only three athletes to get under 14:00 here with Ashley Black (13:32), Tracy Leichter (13:36), and Heidi DiLibero (13:52) leading PV to a ten minute team time victory over Los Gatos 98:33-108:12. David Scudamore (PV) was easily the day's quickest at 11:11 over 9:18 3200m runner, Sasha Vujic (Burroughs, Burbank) (11:33),

photo by Maurice Wilson



Dave Scudamore

with PV athletes winning all seven Men's Varsity races.

Women's Results: (combined races) 1. Ashley Black (PV) 13:32, 2. Leichter (PV) 13:36, 3. DiLibero (PV) 13:52, 4. Plier (Mira Costa, Manhatten Beach) 14:04, 5. Fill (PV) 14:07, 6. Lowery (Norco) 14:11, 7. Andrea Black (PV) 14:18, 8. Ulibarri (MC) 14:19. Team: 1. Palos Verdes 98:33, 2. Los Gatos 108:12, 3, Thousand Oaks 110:49, 4, Mira Costa 110:54,

Men's Results: (combined races) 1 Men's Results: (combined races) 1. Scudamore (PV) 11:11, 2. Vujic (Burroughs) 11:33, 3. McCarter (TO) 11:39, 4. Cravatt (PV) 11:41, 5. Capozzola (PV) 11:44, 6. Hasegawa (PV) 11:51, 7. Boggess (PV) 11:53, 8. Farrel (TO) 11:56. Team: 1. Palos Verdes 82:43, 2. Thousand Oaks 86:10, 3. Rollings Hills 88:17, 4. Waterwallis 90:11 Watsonville 90:11.

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Distance running fans in Southern California were shocked by the news that Heather Scoble and Shauna Bird from Saugus High School were involved in an auto accident during the Halloween weekend. Both athletes suffered very serious injuries when their vehicle was hit by a car that crossed over the road center divider. The duo was an important part of Coach Steve Spraker's highly ranked Saugus women's harrier group, with Scobie the Section 3A runner-up last year in the sport, a 4:56 miler and 10:48 2 miler. The seriousness of their injuries will preclude running for quite a while for both A note through Coach Steve athletes. A note through Coach Steve Spraker-Saugus HS-21900 Centurion Way-Saugus, CA 91350 from the friends around the State that the squad has built up through the years would be a nice

Arroyo High School (El Monte), which set as one of its seasonal goals to be thought of as among the best ever U.S. Prep Cross Country squads, took another step towards cementing that status with a three mile race on the track Wednesday evening, December 2nd at Cal State Los Angeles. Less than a week after destroying the rest of the state in winning the Large Schools title at the first California State Championships, Jeff Gilkey (14:34.3), Jaime Ortega (14:34.9), Derrick Powers (14:47.5), Gerardo Puentes (15:17.6), and Mike Dietch (15:30.6) totaled 74:44.9 in a very impressive performance. Coach Tim O'Rourke was the hit of the six o'clock news locally when he settled a bet with the team over the State title by having his head shaved baid at a school assembly the

Who runs the toughest Cross Country in the Southern Section? Well, to sort out bragging rights for the nation's toughest area in the sport Covina resident Ray Scofield took the Southern Section Prelim results, where the top three teams from each of the over sixty Leagues in that area come together on the same course on the same day, and added up the times. What follows are the results of that compilation. Women's Leagues

- Century 306:32
 South Coast 308:01
 Maramonte 313:00
- Sea View 314:39
- Bay 316:51

- 1. Northern 316:12
- Baseline 321:10 3. Whitmont 323:48

4. Sierra 326:16 Golden 326:17

- San Andreas 315:26
- 2. Valle Vista 325:40 Frontier 328:27
- Pacific Coast 329:54 Rio Hondo 330:01
- San Fernando Valley 340:24 Sunshine 361:16
- Olympic 361:22

Montview 361:25 Prep 363:59

Overall Women's League Ratings

- Century South Coast 10. Sunset (4A) 11. Whitmont Maramonte
- Sea View 12. Ocean (4A) San Andreas 13. Valle Vista
- Northern 14. Sierra 15. Golden Bay

Channel (4A) Men's Leagues

South Coast (249:50)

- Golden (249:52
- Maramonte (250:18) Bay (251:06)
- Sea View (251:25)

- Mission Valley (254:01 lvy (255:23) Citrus Belt (257:18)

- Baseline (258:35)
 Freeway (259:07)

Boys B Individuals:

- Valle Vista (253:39)
- Pacific Coast (256:50) Northern (258:22) Los Padres (258:27)
- Frontier (259:23)
- Alpha (266:27) 2. Santa Fe (266:58)
- Montview (270:15) De Anza (270:23)

5. Tri Valley (271:27) Overall Men's League 1. South Coast 9. Ratings

- 9. ky 10. Channel (4A) Golden Maramonte Pacific Coast Bay Sea View 4. 12. Sunset (4A) 13 Citrus Belt
- Century (4A) Valle Vista Mission Valley 14. Northern 15. Los Padres

Combined Men's & Women's League

- Ratings
 1. South Coast
 2. Century 11. Baseline 12. Sunset Maramonte 13. lvy 14. Empire Sea View
- 5. Bay 6. Channel 15. Sierra 16. Pacific Coast
- Northern 17. Whitmont Golden San Andreas 18. Frontier 19. Mission Vly

20. Los Padres 10. Valle Vista

Stanford Invitational NCS

October 5. Stanford Gold Course. Boys 5,000m Results Boys A Team a:

1	Arroyo (El Monte)	48
	Bend (Bend, OR)	114
3 4	Bellamine (San Jose)	144
4	Corona Del Mar (Newport Beach)	157
5	Hart (Newhall)	159
6	San Ramon (Danville)	175
7	Loyola (L.A.)	225
В	Madera	244
9	Clovis West (Fresno)	247
10	Arroyo Grande	280
11	Homestead (Cupertino)	308
12	Castro Valley	327
13	Carson (Carson City, NV)	363
14	Serra (San Mateo)	375
15	Casa Roble (Orangevale)	449
16	Rancho Cotate (Rohnert Pk)	455
17	Monta Vista (Cupertino)	488
18	Bullard (Fresno)	500
19	De La Salle (Concord)	500
20	El Cerrito	527
21	Tokay (Lodi)	566
22	Mission San Jose (Fremont)	599
23	El Camino (So. San F.)	640
24	Turlock	741
	A Individuals:	
1	Derrick Powers (Arroyo)	15:41
2	Jaime Ortega (Arroyo)	15.51
3	Torre Pena (Bellarmine)	15:57
4	Gerardo Puentes (Arroyo)	15:59
5	Eddie Lowell (Corona Del Mar)	16:00
6	Kelly Dodge (Carson)	16:13
7	Don Patti (Hart)	16:14
8	Jeff Gilkey (Arroyo)	18:15
9	Greg Shryock (Corona Del Mar)	16:18
10	Jim Robertson (Bend, OR)	16:23
Boys	B Teams:	MI IS
1	Lompoc	122
2	Livermore	127
3	St. Francis (Mt. View)	197
4	San Leandro	239
5	Gunn (Palo Alto)	241
6	Palo Alto	253
7	Nordhoff (Ojai)	255
8	San Luis Obispo	275
154	AND DESCRIPTION OF THE PARTY OF	200000

Encinal (Alameda) Mitty (San Jose)

photo by Keith Conning



Derrick Powers

Central Valley	358
Alameda	387
San Lorenzo Valley (Felton)	404
Red Bluff	404
Del Oro (Loomis)	408
Campolindo (Moraga)	409
Santa Cruz	426
San Mateo	431
Sonoma Valley (Sonoma)	473
Foothill (Pleasanton)	495
Alhambra (Martinez)	547
Mountain View	623
Menlo-Atherton (Atherton)	656
	Alameda San Lorenzo Valley (Felton) Red Bluff Del Oro (Loomis) Campolindo (Moraga) Santa Cruz San Maleo Sonoma Valley (Sonoma) Foothill (Pleasanton) Alhambra (Martinez) Mountain View

1	Dino Oliveras (Sonora)	16:23
2	Jeoy Rodriguez (San Lorenzo)	16.41
3	Kevin Berkowitz (Hayward)	16:42
4	Andy Bupp (Woodside)	16:43
5	Scott Kennedy (San Leandro)	17:04
6	Stefan Winn (St.Francis)	17:10
7	Andy Obiatt (Nordhoff)	17:12
8	Donnie Nelson (Foothill)	17:14
9	Brian Gaddy (Central Valley)	17:20
10	John Litzenberg (Sonoma VIy)	17:22
Boys	C Teams:	
1	Bishop Gorman (Las Vegas, NV)	49
2	North Tahoe (Tahoe City)	69
3	Sierra (Tollhouse)	141
4	Head-Royce (Oakland)	152
5	Calaveras (San Andreas)	161
6	Palma (Salinas)	165
7	Bishop Gorman B (L.V., Nv)	187
В	San Jose	208
9	Bret Harte (Altaville)	215
10	Fort Bragg	237
11	Bishop Manoque (Reno, NV)	254
12	Patterson	262
700	Cindividuals:	ar.
,	Henry Guttierez (Bishop Gormn)	16:40
2	Eric Kinney (Pinewood)	17:13
3	Allen Moves (Calaveras)	1725
4	Kurt Nelson (Bishop Manoque)	1728
5	Alex McClave (Head-Royce)	17:42
6	Tom Wood (North Tahoe)	
7		17:48
	Daniel Tell (Fort Bragg)	18:02
B	David Stiver (Bishop Gorman)	18:05
9	Jeremy Mills (North Tahoe)	18:08
10	Anthony Marchese (Bishop Gorm)	18.11
	all Results - Girls	
	A Teams:	= 24
	Reed (Sparks, NV)	66
2	Arroyo Grande	86
3	Hesperia	86
4	Bend (Bend, OR)	108
5	Madera	177
5	Carson (Carson City, NV)	213
1	Santa Barbara	249
8	Righetti (Santa Maria)	250
9	Hart (Newhall)	255
10	El Cerrito	264
11	Carondelet (Concord)	307
12	Tokay (Lodi)	340
13	Castro Valley	354
14	Bullard (Fresno)	355
15	Casa Roble (Orangevale)	357
16	Rancho Cotate (Rohnert Pk)	426
17	Turlock	436
ATT B	A Individuals:	
	Katy McCandless (Castilleja)	18:35
2	Robbyn Bryant (Hesperia)	1841

3	Jamie Park (Santa Barbara)	183
4	Nicole Robbins (Hesperia)	194
5	Shea Abby (Bend)	201
6	Amber Young (Reed)	201
7	Hope Ramey (Arroyo Grande)	202
8	Chris Lindstrom (Tokay)	202
9	Shelley Bessey (Reed)	202
10	Diona Lynchg (Reed)	200
G	irls B Teams:	
1	Mitty (San Jose)	10
2	Nordhoff (Ojai)	14
3	St. Francis (Mt. View)	- 16
4	Miramonte (Orinda)	11
5	Analy (Sebastopol)	2
6	San Luis Obispo	21
7	Del Oro (Loomis)	24
8	Lompoc	26
9	Alameda	2
10		2
11		2
12	and the section (section)	35
13		35
14		36
15		36
16		39
17		4
18	C HOLLES	62
1027	irls B Individuals:	02
1	Janet Bowie (Woodside)	tot
2	Becky Spies (Livermore)	195
3		20:1
4	JoAnn Arnold (Palo Alto)	20:1
5	Lori Andeen (Menlo-Atherton)	20:1
6	Jennie Dempsey (Analy)	20:3
7	Megan Warner (Del Oro)	20.4
	Tami Dobel (Nordhoff)	20:4
8	Kerry Stivaletti (Mitty)	204
9	Janile Corbyn (Alhmabra)	21:1
10		212
	irls C Teams:	
1	Bret Harte (Altaville)	3
2	Sierra (Tollhouse)	
3	Fort Bragg	8
4	North Tahoe (Tahoe City)	- 11
5	Crystal Springs (Hillsborough)	13
6	Head-Royce (Oakland)	15
	rts C Individuals:	
1	Tanya Dooley (Bret Harte)	21:37
2	Michell Brown (Bret Harte)	21:5
3	Neriah Davis (Bret Harte)	22.4
4	Shannon Lieder (Sierra)	23:13
5	Chrisnine Henry (Fort Bragg)	23:4
6	Arrah Stump (Calaveras)	23:47
7	Lori Stratton (Calaveras)	23:48
8	Traci Stratton (Calaveras)	23:49
0	Vest Carrie (Car Jacob	

Deanna Toney (Bret Harte)

Mt. SAC/Walnut High School Invitational

October 23-24. Mt. SAC.

On Friday and Saturday, Mt. San Antonio College survived some unesasonably wet weather to get in the 39th Annual Mt. SAC Invitational. The nation's biggest (300 High Schools-7300 athletes) and best Prep Invite once again showcased the best in the Western United States. Co-Sponsorship of the best in the Western United States. Co-Sponsorship of the weekend with Reebok included a Friday evening dinner for athletes and clinic featuring some of the best prep Coaches in the West. With the first ever State High School Cross Country meet to be held in late November, competitions such as this take on more significance, with some very interesting inter-sectional clashes sorting out some of the State rankings. Once again Friday was competition for the Division I smaller schools, with the larger schools split into two groups (II & III) on Saturday. Team and Individual Sweepstakes races on Saturday featured the best athletes from all divisions.

Interest in Friday's competition centered around a State Division III (800 and under enrollment) clash between the top-ranked Men's squad at any level in the Central Section, McFarland, and the best Southern

Section 1A teams. This year it was not really any contest, as McFarland shellacked the field, scoring 34 points (83:10 team time), led by Thomas Valles's 16:03 win. Southern Section 1A teams are down a bit this year, but McFarland's margin of victory of over 3 minutes in team time makes them the big favorite for the State Division III title in Fresno. The bad news for others is that four of McFarland's top live return next year. Alex Zamora (Coachella Valley) had Friday's quickest Men's time at 15:44 in his race win. Women's action Friday was headlined by Karen Hecox of South Hills (Covina), who was very impressive in cruising to an 18:06 win in leading her team to a 79 point (102:33) win in that day's top race. Coronado (San Diego Section) showed its strength as a Division III school statewide with its 3rd place 106:08 team performance. Action Saturday centered around Team

Action Saturday centered around ream and Individual Sweepstakes races. The Women's Individual Sweeps would match up undefeated newcomer, frosh Deena Drossin (Agoura), and the young lady many feel is the best prep distance runner in the nation, Kira Jorgensen (Rancho Buena Vista, Vista), Others such as Brigid Freyne (Riverside Poly), 6th in last year's Kinney Championships for preps, Tracey Williams (Mt. View, El Monte), 9th there, and a flock of other flyers spiced up the field. Williams and strong newcomer, frosh Martha Pinto (Katella, Anaheim) took the race out quickly, with Jorgensen moving to the front after a half-mile on the two relatively flat first loops that make up the first mile. Drossin moved up to Jorgensen's shoulder

photo by Burt Davis



Kira Jorgensen leads Deena Drossin

by the mile at 5:22, with Jorgensen pulling away to a very slight lead during the tough switch-back portion, having about 12 yards as the field came onto the flat off that hill portion that makes up most of the second mile. Freyne led the rest of the race some 40 yards back. The 10-12 yard margin was never quite enough for Jorgensen to break contact with Drossin, and the distance between the two stayed the same as the duo charged over the very steep "poop-out" grade just prior to two miles, and up "Reservoir" hill to the two and a half mile point. Even as the duo came down onto the airstrip that finishes the course with a quarter mile on the flat, once sensed that the final verdict had not been decided upon. It was during this final quarter mile that Jorgensen finally edged away, winning at 17:27 over Drossin's 17:42. Kira's time is a new junior course record (=#4 All-Time), with Drossin setting a new Irosh CR (and =#11 All-Time). Drossin is very much for real and a threat nationally in the Kinney series after the season. Drossin's frosh teammate, Tiffany York, was 5th at 18:19 in assisting their squad to a big win here with assisting their squad to a big win here with a fine 97:42 team time, marking the young Charger squad as among the State's best Division I teams. The Women's Team Sweepstakes race was another big Palos Verdes performance, with the Sea-Kings scoring a miniscule 24 points (95:10), led by the 1-3 of Ashley Black (18:36) and

Tracy Leichter (18:55). The Men's Team Sweepstakes featured a dozen teams ranked in the Top Ten of the State in their relative divisions. Arroyo (El Monte) had traveled north to win at Stanford, with Palos Verdes leading a 1-2-3 Southern Section team sweep at Clovis, so state supreamacy would be sorted out here. Palos Verdes' David Scudamore is proving the equal of anyone in the State. and he took the pace through the mile a 4:45, with Ian Alson (Granada Hills) closest in a pack that included Derrick Powers, Jaime Ortega, and Gerardo Puentes of Arroyo, Scott Hempel (Walnut), Eddie Lavelle (Corona del Mar), Mike Rattary (Canyon, CC), and Abe Valdez (Camarillo). By the top of the switchbacks Scudamore, 15th in last year's Kinney National Championships, had pulled away to a 20 yard lead, and by the bottom of that hill section he had 50 yards over Alsen who was 30 yards ahead of the pack led by Ortega of Arroyo. By the top of the last hill Scudamore had 50 yards over the Arroyo duo of Ortega and Powers, as Alsen had fallen back a bit. The order stayed that way to the finish, Scudamore winning at 15:17, with Ortega (15:28) and Powers (15:38) leading the Arroyo charge (they had four in the top 11), as the El Monte school won with 69 points (79:05 team time #8 All Time Team). Palos Verdes was surprisingly close with 76 points (79:28). The Sea Kings and Arroyo will not meet again until the State Finals at Fresno (being in different Southern Section divisions). Eddie Lavelle (6th-15:39) and Jim Robbins (7th-15:42) led Corona del Mar in 3rd (106-80:10). Alsen finished 5th at 15:38, with Canyon (CC) junior Mike Rattary raced a fine 15:39 for 5th. The individual men's Sweeps featured a great crew also. Agoura soph, Bryan Dameworth, 19th in the Kinney National Championships as the first ever frosh to qualify for that competition last year, assumed the pace-setting chores through the first mile at 4:48. La Habra's Terrance Mahon, a 9:10.40 3200m runner, obviously planned a strong Switchback effort, as he blasted the hill portion to have a 20 yard lead by the top. During this hilly up and down segment Goshu Tadese, and Ethiopian at Crawford of San Diego (4:18.76 for 1600m last year) moved up to the front, challenging Mahon for the lead as the race headed for the final "Poop-out" and "Reservoir" hills. Very surprisingly, frosh Luis Quintana (Arroyo Grande), was running right with the front group through the two mile mark, with Valencia's Igor

Daza also maintaining contact. By the top of the final hill Tadese had moved away to a 20 yard lead, with the amazing Quintana second at that point. The thin, prototype African distance runner body type Tadese eased away during the final quarter mile on the flat, winning in an impressive 15:15 over Quintana's new frosh course record of 15:27. Daza was 3rd at 15:29, with Dameworth suffering his first loss of the year, 4th at 15:40.

Results: (thanks to Ray Scofield for his assistance here) Division I (Friday) (Women races combined): 1. Hecox (South Hills, Covina) 18:06, 2. Duggar (Coronado) 18:55, 3. Dobel (Nordhoff, Ojai) 19:29, 4. Karcher (Ramona) 19:31, 5. Hosek (Notre Dame, Sherman Oaks) 19:37, 6. Talamantes (Western Christian, Covina) 19:38, 7. Moronez (Azusa) 19:41, 8. Sanderson (Northview, Covina) 19:42, 9. Martino (St. Joseph, Santa Maria) 19:44. Team Results: (Combined Races) 1. South Hills 102:33, 2. Nordhoff 105:26, 3. Coronado 106:08, 4. St. Joseph 106:47, 5. La Canada 108:15, 6. Paraclets (Lancaster) 109:17. Men's Combined Races: 1. Zamora (Coronale Valley) 15:44, 2. Inores (Bras)

108:15, 6. Paraclefs (Lancaster) 109:17.

Men's Combined Races: 1. Zamora (Coachella Valley) 15:44, 2. Jones (Brea) 15:54, 3. Stoltz (Miraleste, Palos Verdes) 15:55, 4. Reyna (Coachella Valley) 16:01, 5. Valles (McFariand) 16:03, 6. Gutterrez (Vishop Gorman, Las Vegas) 16:08, 7. Arizmendi (Azusa) 16:10, 8. Beaudet (St. Francis, La Canada) 16:17, 9. Boudreau (Village Christian, Sun Valley) 16:17. Team Results: (combined races) 1. McFarland 83:10, 2. Coachella Valley 84:48, 3. Trabuo Hills 85:12, 4. South Hills 86:29, 5. Bishop & St; Francis 86:54. Saturday: (Division II & III combined)

Saturday: (Division II & III combined)
Women: 1. Jorgensen (Rancho Buena)
Vista, Vista) 17:27, 2. Drossin (Agoura)
17:42, 3. Freyne (Riverside Poly) 18:13, 4.
Acosta (Walnut) 18:15, 5. York (Agoura)
18:19, 6. Park (Santa Barbara) 18:22, 7.
Bache (Univ., San Diego) 18:32, 8. Ashley
Black (Palos Verdes) 18:32, 8. Ashley
Black (Palos Verdes) 18:32, 8. Ashley
Black (Palos Verdes) 18:35, 9. Thayer
(Serrano, Phelan) 18:39, 10. Williams (Mt.
View, El Monte) 18:48, 11. Haggenmiller
(ThousOaks) 18:49, 12. Leichter (PV)
18:51, 13. Piler (Mira Costa, Manhattan
Beach) 18:56, 14. Castruita (West Covina)
19:01, 15. Craven (Camarillo) 19:02, 16.
Kozlowski (Irvine) 19:09, 17. Dilibero (PV)
and Bessey (Reed, Sparks, NV) 19:13, 19.
Maxwell Univ., S.D.) 19:14. Team
Results: (Combined Races) 1. Palos
Verdes "A' 95:10, 2. Agoura 97:42, 3. Reed
(Nv.) 100:30, 4. Arroyo Grande 100:31, 5. El
Toro 101:18, 6. Irvine 102:18, 7. Wilson
(L.A.) 102:49, 8. Poway 103:04, 9. Falibrook
103:06, 10. La Jolla 103:40, 11. Palmdale
104:14, 12. Thousand Oaks 104:20, 13.
Vacaville 104:22, 14. La Habra 104:30, 15.
Marina (Huntington Beach) sophs 105:08,
16. Palos Verdes "B" 105:26, 17. Wilson
(L.B.) 105:34.

Men's Combined Races: 1. Tadese (Crawford, SD) 15:15, 2. Scudamore (PV) 15:17, 3. Quintana (Arroyo Grande) 15:27. 4. Ortega (Arroyo) 15:28, 5. Daza (Valencia, Placentia) 15:29, 6. Powers (Arroyo) 15:38, 7. Alsen (Granada Hills) 15:38, 8. Rattary (Canyon, CC) and Lavelle (Corona del Mar) 15:39, 10. Dameworth (Agoura) 15:40, 11. Winkelman (Marina, Hunt.Bch) Robbins (CdM), and Valdez (Camarillo) 15:42, 14. O'Nelll (San Pasqual, Escondido) 15:43, 15. Smoot (Vacaville) 15:44, 16. Kashuba (Casa Roble, Orangevale) and Gilkey (Arroyo) 15:45, 17. Puentes (Arroyo) 15:46, 18. Holbrook (Vacaville) 15:44, 7. Teams Results (Combined Races) 1. Arroyo (El Monte) 19:05, 2. Palos Verdes 79:28, 3. Corona del Mar 80:10, 4. Camarillo 80:42, 5. Vacaville 80:49, 6, Walnut 81:43, 7. Antelope Valley (Lancaster) 82:03, 8. Canyon (CC) 82:10, 9. Granada Hills and Rubioloux (Riverside) 82:14, 11. Agoura 82:22, 12. Serra (San Diego) 82:43, 13. Upland 82:50, 14. Thousand Oaks 83:04, 15. Arroyo Grande 83:14. 16. Hemet 83:17, 17. Katella (Anaheim) 83:35, 18. San Clemente 83:54,

International Sports Exchange California State High School Cross Country Post Season Top Twenty Teams



Arrovo

photo by Bill Leung, Jr.

By Doug Speck and Steve Fagundes

Men's Division I (1601 students & O for four grades)

1 Arroyo (El Monte)

Bellarmine Prep (San Jose)

Palos Verdes Camarillo

Agoura Poway Del Campo (Fair Oaks) Serra (San Diego)

San Ramon (Danville) Canyon (Canyon Country)

Granada Hills Thousand Oaks

Antelope Valley (Lancaster) Rubidoux (Riverside)

18 Arroyo Grande Madera

Bella Vista (Fair Oaks)

Women's Division I (1601 students & O for four grades)

Palos Verdes Agoura

Hesperia Montebello Santa Ana Valley Arroyo Grande

Poway Madera Vacaville La Jolla

Leland (San Jose) Wilson (Los Angeles)

San Pasqual (Escondido)

Villa Park Irvine

Ventura Newbury Park Thousand Oaks Men's Division II

Walnut Corona del Mar

Woodbridge (Irvine) Newport Harbor

Azusa Paso Robles

Cabrillo (Lompoc) Half Moon Bay La Puente

Manteca Coachella Valley

(801-1600 students for four grades)

Newport Harbor

Gunn (Palo Alto)

Lassen (Susanville)

El Dorado (Placerville)

Analy (Sebastopol)

(801-1600 student for four grades)

Gunn (Palo Alto) El Camino (Oceanside)

Castro Valley Jesuit (Sacramento) St. Francis (Mt. View)

Acalanes (Lafayette) Leigh (San Jose)

Brea Golden West (Visalia)

Women's Division II

Woodbridge (Irvine) Archbishop Mitty (San Jose) South Hills (Convina)

Nordhoff (Ojai) Miramonte (Orinda) Willow Glen (San Jose)

Campolindo (Moraga) Morro Bay

Ramona (San Diego Section) Rancho Buena Vista (Vista)

Acalanes (Lafavette) St. Francis (Mt. View)

Bishop Montgomery (Torrance)

Palos Verdes

Men's Division III

(800 students or less for 4 grades)

R.L. Stevenson (Pebble Beach) Yreka

Salesian (L.A.) Bear River

Maranatha (Sierra Madre) Village Christian (Sun Valley) Sherman Indian (Riverside)

York School (Monterey) Serrano (Phelan) Bishops (San Diego)

Army/Navy (Carlsbad)

University (San Francisco) La Salle (Pasadena) Cathedral (L.A.)

Firebaugh L.A. Baptist (Sepulveda)

Calvin Christian (Escondido) Thacher (Ojai)

(800 students or less for 4 grades)

Women's Division III Maranatha (Sierra Madre) University (San Francisco)

Bret Harte (Angel's Camp) Yreka Paraclete (Lancaster) San Joaquin Memorial (Fresno) McFarland Moorpark Santa Catalina (Monterey) Webb (Claremont)

St. Joseph (Santa Maria)

Loretto (Sacramento) Head-Royce (Oakland) Bishop South Fork (Miranda)

Dixon Valley Christian (Cerritos)

Thacher (Ojai) LA Baptist (Sepulveda) Men's Overall Top Fifteen

(All Division Combined)

1 Arroyo (El Monte) Dana Hills

Corona del Mar Bellarmine Prep (San Jose) Palos Verdes Camarillo

Upland Agoura

Poway Del Campo (Fair Oaks) Serra (San Diego)

Vacaville

14 San Ramon (Danville) 15 Canyon (Canyon Country) Women's Overall Top Fifteen (All Divisions Combined)

Palos Verdes Agoura Hesperia Montebello

Santa Ana Valley

Newpurt Harbor Arroyo Grande Woodbridge (Irvine) Archbishop Mitty (San Jose) Poway

10 Madera Vacaville

13 La Jolla Leland (San Jose Maranatha (Sierra Madre)

Calif. Track & Running News 1988 Summer Running Camps

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C.I.F. Section Championships & State Meet Qualifying



San Diego

November 20. Balbos Park, San Diego.

A nationally ranked San Diegan won yet another CIF-San Diego championship in the section cross country finals. Rancho Buena Vista's Kira Jorgensen, right? Yes and no.

Jorgensen easily won the Class 1-A title with the day's fastest time of 14:08 over the 2.42-mile course. No surprise there since it was the fifth career CIF-San Diego title won by the junior in cross country and track. The surprise of the meet was Class 2-A champion Allison Maxwell. The University Cify senior also is nationally ranked - but in swimming, "I started out running to help my swimming," Maxwell said, "and now I love it."

photo by Burt Davis



Goshu Tadese

Maxwell, who won two CIF-San Diego swimming titles last spring, landed her first cross country title with a 14:54, the second fastest time of the day. All three divisions raced together and then winners were broken down later. Maxwell surprised University's Kristi Bache, Coronado's Sharmen Dugger and Ramona's Karen Karcher by sprinting past them with three-quarters of a mile remaining.

"I think everybody said, 'Okay, Kira, you're running your own race and the competition is for second and on," Maxwell said. "I really surprised myself. I saw Kristi and

Shamen and focused on them."

Jorgensen's win was the first at her new school in the Vista district that opened this fall. She looked out of place wearing Rancho Buena Vista's marcon and silver uniform instead of Vista's black outlifs, but she was easy to spot on the course. Her winning margin was 46 seconds.
"Its different, but it's still special because

"It's different, but it's still special because it's the first CIF championship anybody has won at my new school," Jorgensen said,
"The hard part is running against my old friends who are still at Vista."

Bache tried to stay close early in the race, but Jorgensen changed gears a little more than a half-mile into the race after she hit a downhill stretch that comes shortly before the tough Upas Street hill.

It's the same hill that comes into play on a similar course used for the Kinney National Cross Country finals.

"I knew I was going to have to pick up the pace before the uphill," Jorgensen said, "I wanted to make her work before the hill so I wouldn't have to push it on the hill."

Bache, who ran impressively against Jorgensen in the trials, faded at the end in the heat and low humidity and was fourth in the 1-A with a 15:20. Dugger was second in 15:03 and Karcher third in 15:09. The 1-A is for small schools, but it turned out to have the toughest field.

The 3-A winner was San Dieguito's Jaime Butler in 15:15.

The boys overall winner was just as predictable as Jorgensen's performance as Crawford senior Goshu Tades ran a 15:29.2 over the 3.1-mile course. Poway's Bryan Devore took the 3-A title in 15:50.5 and Escondido's Jason Heideman the 1-A in 16:13.8.

In learn competition, Poway added to the boys CIF-San Diego track and field title won last spring by sweeping the boys and girls cross country titles. Both teams are coached by Dan Schaitel.

"The boys were No. 1 going into the meet and they stayed No. 1, but the girls had to work hard," Schaitel said. "Our strategy was to have both teams go out hard and establish themselves by the first mile."

The Poway boys won by the largest margin ever recorded in 3-A competition as the Titans scored 36 points to 92 by Mt. Carmel and Santana. The girls, which lost two dual league meets, finished strong by winning the league meet before the section title.

Poway's top six boys placed between first and 15th and the girls between sixth and 18th.

The other boys division winners were Serra in the 2-A and El Carnino in the 1-A. La Jolla's girls claimed the 2-A crown and San Pasquar's girls took the 1-A.

Southern

November 14. Mt. SAC;

On the weekends of November 7th and 14th the powerful Southern Section gathered at Mt. SAC for its Section Finals and State Qualifying competitions. With the schools broken up into four divisions there were some interesting races. Arroyo (El Monte) and Palos Verdes, the top Men's and Women's groups in the State, respectively, were winners at their favel, with Dana Hills upsetting PV in the Men's 4A team contest. Individually, David Scudamore (Palos Verdes) was the quickest male, while frosh Deena Drossin (Agoura) was the fastest female.

Women's 4A--A big team win for the nation's best female harrier squad, Palos Verdes, was a foregone conclusion, with their five minute team time win in the Finals no real surprise (36-94:12 to Santa Ana Valley's 118-99:17). It was suspected early in the year that such a PV score was possible, as this was the first year in a while that the 4A division did not have a number of teams that could run 98:00 or better. The Sea Kings and Coach Joe Kelly must certainly be congratulated on a super year where they hid from no one, raced hard many, many weekends and highlighted their season with a big win in New York against the best from the East.

Individually this division was much more

interesting, as the number two returnee in the nation from the Kinney Cross Country Championships, Brigid Freyne (Riverside Poly), would face a top group, including Jamie Park (Santa Barbara) and Ashley Black (PV). Freyne pushed right from the gun, having a comfortable lead through the flat first mile at 5:24. During the second hilly switchback mile Park crept closest, with Jamie edging by the fatigued Poly star on the half mile out of sight behind the "Poop Out" and Reservoir" hills. Freyne was unable to respond to the challenge and Park pulled away to an 18:01 win (Jamie was 4th last year here at 17:55). During the downhill and flat last half mile Black edged into second ahead of Freyne 18:06-18:11, with Jessica Craven (Camarillo) running a super 18:13 for 4th (to pull down her best from 19:00).

(Camarillo) running a super 18:13 for 4th (to pull down her best from 19:00).

Results: 1. Park (SB) 18:01, 2. Ashley Black (PV) 18:06, 3. Freyne (Riv. Poly) 18:11, 4. Craven (Camarillo) 18:13, 5. Leichter (PV) 18:22, 6. Benavidas (SA Valley) 18:45, 7. Haggenmiller (ThousOaks) 18:50, 8. Plier (Mira Costa, Mah.Bch) 18:50, 9. Kozlowski (Irvine) 19:00, 10. Fill (PV) 19:01. Team Scores; 1. Palos Verdes 36 (94:12 #7 AT Performance, #5 AT Team on course), 2. Santa Ana Valley 118 (99:17), 3. Newport Harbor 125 (99:40), 4. VILLA PARK 152 (100:52), 5. Irvine 156 (100:48).

(100/32), S. Irvine 106 (100/45), 6. Ventura 72 (101:47), 7. Newbury Park 178 (101:54), B. Thousand Oaks 181 (101:39), 9. El Toro 185 (102:21), 10. Missiogn Viejo 207 (103:09), 11. Santa Ana (103:36) and Tustin (103:47) 215. Women's 3A--This division featured

Arroyo Grande, a tight pack-running team with no super individuals, against Montebello. Montebello had Rayna Cervantes (10:30.72 3200m runner and 18:07 defending individual champ here) and Terri Sandoval 11:10 3200m and 18:38 here up front, but not quite the backup that AG had. Rayna raced to a relaxed, strong Finals 17:54 win, with Sandoval 2nd at 18:33. Coach Greg Denike's AG group had their first three come in before Montebello's third, with Katie Horn (4th AG) and Hope Ramey (5th AG) splitting Montebello's fourth to ice a narrow 80 (100:30 - 82 (98:16) win. This was one of those runs where every step counted for these two fine teams. The success of Arroyo Grande must be noted, as the Women's half of that program has not been lower than third in their division in the Section since 1982. The biggest story of all might have been back in third, where the defending team champions Norco, held back frustratingly all season with injuries, dropped three minutes as a team in the Finals to come very close to the front two with 89 points (100:51). Coach Larry Nugent of Norco almost pulled off his biggest magic ever this year, but with only one senior on his Varsity we will keep an eye on things for 1988.

Results: 1. Cervantes (Montbe) 17:54, 2. Sandoval (Montbe) 18:33, 3. Jones (La Habra) 19:01, 4. Pinto (Katella, Anaheim) 19:07, 5. Lowery (Norco) 19:20, 6. Rigon (Alta Lorna) 19:28, 7. Condit (AG) 19:31, 8. Cooke (Esperanza, Anaheim) 19:35, 9. Lopez (Fullerton) 19:43, 10. Bowen (AG) 19:44.

Tesm Scores: 1. Arroyo Grande 80 (100:30), 3. Montebello 82 (98:16), 3. Norco 89 (100:51), 4. Palmdale 128 (102:59), 5. Alta Loma 135 (103:20), 6. La Habra 153 (103:59), 7. Wilson (Hacienda Heights) 168 (105:09), 8. Esperanza (Anaheim) 204 (107:15), 9. Claremont 213 (111:36), 10. Bishop Montgomery (Torrance) 219 (107:31), 11. Mater Dei (Santa Ana) 234 (108:56), 12. Upland 238 (109:00).

Women's 2A--Another interesting team race here featured the Section's newest power, Agoura, led by the super frosh duo of Deena Drossin (17:37 course frosh record in the Prelims) and Tiffany York (18:19 here). The Chargers were pitted

against the two-time defending division champions, Hesperia. Hespera features the State's strongest individual trio, Nicole Houle (10:42.98 3200m and defending champ here at 17:45), Nicole Robbins (2nd at Clovis in 17:59 at Woodward Park), and Robbyn Bryant (nationa's #2 miler at 4:46.59 for 1600m and 17:46 here last year). Hesperia had gone through some ups and downs during the year, with Houle especially held back with injury problems. The division was full of super individuals, with Karen Hecox (South Hills, Covina), a 10:31.95 3200m star, and Sandra Acosta (Wainut) (18:15 here) along for the ride.

Drossin is as intense a runner as you will

Drossin is as intense a runner as you will see. She has learned through a long career where she has only been defeated once in the sport to maintain a very high level of effort through an entire hilly three mile race. After a 5:24 first mile it was only Hecox who ever came within shouting distance of the Agoura star, with Drossin maintaining a one hundred yard lead through the final mile on the way to a 17:46 win over the South Hills soph's 18:00 PR. Sandra Acosta was 3rd at 18:26, with the Hesperia duo of Robbins (18:35) and Bryant (18:39) leading their squad. Interestingly, this was another tearn contest decided by those back in the pack, as Agoura's third, Stacy Kristan (13th), fourth Cheynee Zontelli (14th), and fifth, Tally Towland (16th), surrounded Hesperia's fourth scorer, in 16th, to lee the Charger victory with 53 (97:42) to the Scorpion's 60 (97:31). Soph Zontellii dropped over a minute from 21:16 in the Prelims to 20:05 in the Finals to loe the win for Agoura. Agoura only had one senior on the course in the

Results: 1. Drossin (Ag) 17:46, 2. Hecox (SH) 18:00, 3. Acosta (Walnut) 18:26, 4. Robbins (Hesp) 18:35, 5. Bryant (Hesp) 18:39, 6. Castruita (West Covina) 18:49, 7. Martino (St. Joseph, Santa Maria) 18:59, 8. Houle (Hesp) 19:07, 9. Kileen (Valencia, Placentia) 19:13, 10. Dobel (Nordhoft, Ojai) 19:15. Team Scores: 1. Agoura 53 (97:42), 2. Hesperia 60 (97:31), 3. Woodbridge (Irvine) 125 (102:53), 4. South Hills (Covina) 139 (102:20), 5. Etiwanda 153 (104:35), 6. St. Joseph, (Santa Maria) 163 (104:23), 7. Calexico 168 (105:09), 8. Nordhoff (Ojai) 174 (105:01), 9. Morro Bay 181 (105:44), 10. Apple Valley 208 (106:54), 11. South Pasadena 224 (108:03), 12. La Canada 245 (109:00),

Women's 1A--This was a very tight division all season long, but Coach Ken Cronquist of Maranatha (Sierra Madre) timed his crew's peak superbly once again here. After a narrow mid-season loss in the big annual show-down for this division at the Bell-Jeff Invitational to Paraclete (Lancaster), Maranatha lay kind of low, skipping the Mt. SAC Invitational. Cronquist's group emerged in the Prelims, having the quickest heat time by nearly three minutes at 105:58. With such a margin the Finals were kind of a foregone conclusion. Placing five in the top 22 of the team scoring the "Minutepeople" scored 52 points (105:41) to win over St. Bernard (Playa del Rey), which surprised for the second year in a row in the Finals in second, with 89 (108:44). Individually here, Tanya Thayer (Serrano, Phelan) had the division's quickest time by about a minute during the season, with her

Individually here, Tanya Thayer (Serrano, Phelan) had the division's quickest time by about a minute during the season, with her 19:02 Finals run having her far ahead of the field the entire way. Karen Talamantes (Western Christian, Covina) was 2nd at

Results: 1. Thayer (Serrano) 19:02, 2. Talamantes (Wostern Christian) 19:23, 3. Dwyer (Alemany, Mission Hills) 19:31, 4. Hillinger (Serrano) 19:36, 5. Moronez (Azusa) 19:46, 6. Hosek (Notre Dame, Sherman Oaks) 20:00, 7. Cordero (Maranatha) 20:15, 8. Harvey (Paraclete) 20:30, 9. Perkins (Paraclete) 20:39, 10.

Continued next page



Jamie Park

Earle (Maranatha) 20:52. Team Scores: 1. Maranatha 52 (105:41), 2. St. Bernard 89 (108:44), 3. Paraclete 97 (108:41), 4. Alemany 109 (108:40), 5. Webb (Claremont) 153 (112:29), 6. Moorpark 181 (113:46), 7. Chaminade (Canoga Park) 182 (114:12), 8. Bishop 222 (117:30), 9. Valley Christian (Bellflower) 225 (116:55), 10. Notre Dame (Sherman Oaks) 227 (117:02), 11. Thacher (Ojai) 257 (118:43), 12. LA Baptist (Sepulveda) 266 (118:37).

Men's 4A-1. Most of the State's top teams reside in this Division of the Southern Section, so big action was assured. Palos Verdes was the favorite, with a 79:28 best here, but Corona del Mar (80:10), Dana Hills (80:41), and Camarillo (80:42) were all very dangerous. One point on top from the Section's best, David Scudamore (Palos Verdes), the individual favorite, could not hurt that Beach School's team

Dana Hills was the team that showed it came with serious things on its mind right from the gun, with talented junior Mike Tansley leading a DH contingent up front through the first quarter mile. Scudamore worked his way up and out of the pack, romping awawy to the section's quickest time of the year here this year, 15:11, in winning. Tansley surprised a bit by holding on to second, in a fine 15:29. Dana Hills backed him up nicely. Javier Barrera (15:39-7th), Fermin Segura (10th-15:49), Andrew Tansley (26th-16:10), and Jerry Kublak (34th-16:21) totalled an improved 79:28 and 63 points when individuals were displaced to shock Palos Verdes, who had 87 and 79:56. Coach Tim Butler of Dana indicated the team had planned a peak here, which they achieved nicely, and that a slow, but sure, comeback from a knee injury by Segura was the key to the team's late development. With transfer Stephen Niednagel eligible and the Tansley twins back Dana Hills should be very dangerous again next Fall. Camarillo ended up third with 97 (80:45), and with four sophs in their top six, are the State team of the future.

Corona del Mar, the State's top ranked Division II squad, 4th at 103 (80:27), Seven teams in this division ran at 82:00 or better, a 16:24 average for scorers, some pretty respectable running on this hilly, tough

Results: 1. Scudamore (PV) 15:11, 2. M. Tansley (DH) 15:29, 3. Geerlings (Newport Harbor) 15:31, 4. Esparza (Newbury Park) 15:34, 5. Schultz (Canyon, Anaheim) 15:36, 6. Lavelle (CdM) 15:37, 7. Barrera (DH) 15:39, 8. McCarter (Thous Oaks) 15:46, 9. Robbins (CdM) 15:47, 10. Segura (DH) 15:49. Team Scores: 1. Dana Hills 63 (97:28 = #15 at SoSec Team at Mt. SAC, #18 AT Team ever), 2. Palos Verdes 87 (79:56), 3. Camarillo 97 (80:45), 4. Corona del Mar 103 (80:27), 5. Canyon (Canyon Country) 150 (81:43), 6. Thousand Oaks 157 (81:42), 7. Antelope Valley 165 Oaks 157 (81:42), 7. Antelope Valley 165 (82:02), 8. El Modena (Orange) 201 (83:00), 9. Mission Viejo 219 (83:21), 10. Torrance 224 (83:13), 11. Newport Harbor 239 (83:34), 12. Fountain Valley 245

Men's 3A--Arroyo (El Monte) came into the season with rave reviews, was undefeated so far, and was the #1 ranked team in State in Division I all season long. That is really a big burden to carry around all the time. Their super senior class rose to the occasion once again here and put together a solid race in the Finals, winning with 51 points (79:29) over a very talented Upland squad that had 67 (80:09). Arroyo was led by team standbys Jaime Ortega (3rd-15:30) and Derrick Powers (5th-15:35). A special note must be made about this Arroyo squad who did it more from dedication, team unity, and hard work than anything else. Sixteenth place individual finisher Jeff Gilkey was the only team member who showed special ability when he started running, with the crew developing from a good ninth grade group to among the best in the Section's history. Upland ran five juniors in the 3A Finals and are the favorites next time around.

Terrance Mahon (La Habra) ran a wellpaced race to emerge as the individual titlest here at 15:26, with Mike Glaze (Notre Dame, Sherman Oaks) dropping a bunch the last couple of weeks to place 2nd at

Results: 1. Mahon (La Habra) 15:26, 2. Glaze (Notre Dame, Sherman Oaks) 15:28, Ortega (Arroyo) 15:30, 4. Ocegunra (Rubidoux, Riverside) 15:32, 5. Powers (Arroyo) 15:35, 6. Perez (Rosemead) 15:41, 7. Baratti (Buena Park) 15:43, 8. Vujic (Burrough, Burbank) 15:45, 9. Trujillo (Rubidoux) 15:46, 10. Burks (Upland)

15:46.
Team Scores: 1. Arroyo (El Monte) 51
(79:29), 2. Upland 67 (80:09), 3. Rubidoux
(Riverside) 128 (82:19), 4. Hart (Newhall)
157 (83:20), 5. Buena Park 160 (83:21), 6.
Hernet 163 (83:27), 7. Rosemead 175
(83:50), 8. Rowland (Rowland Heights) 179
(83:51), 9. Burbank 180 (84:08), 10.
Montebello 210 (85:20), 11. Perris 252
(86:25) 12 Lowels (14) 253 (86:27) (86:25), 12. Loyola (LA) 253 (86:27).

Men's 2A--A division race that was felt to be a foregone conclusion turned into a very close affair, when a not too deep Walnut squad ran into illness problems. ranked here all season long, the Mustangs had some injury and other problems that held them to having five very solid scorers-Scott and Matt Hempel, Coby Polite, Eric Christopherson, and Darren Walker, Walker showed up very, very ill the week of the finals and ran about two and a half minutes slower than normal (18:58) to open the gates for any challengers. young and continually improving Agoura squad that almost fit through the opening, scoring 76 (80:59) to the 74 (80:45) that Walnut managed in the Finals.

Individually, the division was super. Frosh Luis Quintana (Arroyo Grande) and soph Bryan Dameworth (Agoura) matched up with a fine group. Surprisingly, it was Scott Hempel, 9:07:04 for 3200m last spring and 15:23 here in '86 as a soph (but not close to that this campaign), who looked strongest through two miles, and edged away from another newcomer, junior Gary Stoltz (Miraleste, PV), during the last mile as they recorded excellent 15:16 and 15:21 times, going 1-2. Quintana lowered his frosh course record to 15:23 in 3rd, with

course record to 15:23 in 3rd, with Dameworth 4th at 15:25.

Results: 1. Hempel (Walnut) 15:16, 2.

Stoltz (Miraleste) 15:21, 3. Quintana (Arroyo Grande) 15:23, 4. Dameworth (Agoura) 15:25, 5. Zamora (Coachella Valley) 15:37, 6. Daza (Valencia) 15:45, 7.

Jones (Brea) 15:51, 8. Oviatt (Agoura) 15:52, 9. Christopherson (Walnut) 15:53, 10. Polite (Walnut) 16:00. Team Scores: 1. Walnut 74 (80:45), 2. Agoura 76 (80:59), 3. Arroyo Grande 98 (82:02), 4. 3. Arroyo Grande 98 (82:02), 4. Woodbridge (Irvine) 152 (84:02), 5. Paso Robles 159 (84:29), 6. Cabrillo (Lompoc) 161 (84:44), 7. Valencia (Placentia) 164 (84:16), 8. La Puente 173 (84:46), 9. Brea 184 (85:04), 10. Coachella Valley 199 (85:10), 11. Lompoc 239 (88:26), 12. Tehroe Lille 244 (87:44). Trabuco Hills 241 (87:14).

Men's 1A -- This was an interesting division, with Sherman Indian (Riverside) hoping to continue a mystique that would have it rise above all challengers when the going was tough in the finals to win another championship (this could be their sixth since 1980). Challengers did abound, with about five teams capable of winning. Coach Ken Cronquist (maranatha, Sierra Madre) did a super job peaking both his Men's anmd Women's squads, here dopping almost two minutes as a team in the Finals to 95 points and 85:25 team time. Sherman had 123 (86:50), but it was an Azusa team, led by the talented Fili Arizmendi (2nd-16:01) and Kyle Bailey (3rd 16:08), who were not to be denied, scoring 94 (84:44), to squeak to the win over

Indiviudally, it was Brian Ochs (Mission College Prep, SLO), a 1:56.70 800m runner, who improved 50 seconds in the

Finals to romp away to a 15:53 win. Results: 1. Ochs (Mission Prep) 15:53, 2. Arizmendi (Azusa) 16:01, 3. Bailey (Azusa) 16:08, 4. Wester (Maranatha) 16:08, 5. R. DeLeon (Moorpark) 16:09, 6. Bergman (Whittier Christian) 16:25, 7. Heiber (Serrano, Phelan) 16:29, 8. A. DeLeon (Moorpark) 16:31, 9. Coudy (Village Christian, Sun Valley) 16:38, 10. Almilla (Fillmore) 16:45. Team Results: 1. Azusa (Filmore) 16:45. Team Hesuits: 1. Azusa 94 (84:44), 2. Maranatha 95 (85:25), 3. Sherman Indian 123 (86:50), 4. Village Christian 1,38 (87:03), 5. Bishop 146 (87:38), 6. Fillmore 174 (88:06), 7. Salesian 176 (88:27), 8. Harvard (North Hollywood) 177 (88:20), 9. Serrano 178 (88:18), 10. La Salle (Pasadena) 188 (88:41), 11. Whittier Christian 198 (88:34), 12. Sierra Vista (Baldwin Park) 223 (89:52).

Central Coast

Central Coast Section Division II Trials

Nov. 12 Crystal Springs, Belmont. Boys Teams Heat One

(To	p seven advance to CCS Finals)	
1	St. Francis (Mt. View)	65
2	Lick (San Jose)	75
3	Half Moon Bay	93
4	Palo Alto	135
5	Prospect (Saratoga)	161
6	North Monterey Co. (Castroville)	167
7	Lynbrook (San Jose)	231
8	Saratoga	232
9	Aptos	233
10	Woodside	249
11	King City	297

12	Mountain View	309
13	Westmoor (Daly City)	317
14	Alisal (Salinas)	332
15	Hillsdale (San Mateo)	365
16	Terra Nova (Pacifica)	367
Boy	s Individuals Heat One	
-1	Andy Bupp (Woodside)	1535
2	Amendt (Lick)	15:41
3	Warren Woodberry (Prospect)	15:45
4	Stephen Wynn (St.Francis)	15:50
5	Eric Axtell (St.Francis)	15.55
6	Brian Schilling (Palo Alto)	16:00
7	Steve Apfelberg (Palo Alto)	16:03
8	Matt Donnelley (Woodside)	16:09
9	Matt Romersa (HalfMoonBay)	16:17
10	Anthony Brandon (No.MontereyCo)	1621
11	Rhodes (Half Moon Bay)	1624
12	Alterez (Lick)	1627
13	Jose Solano (Westmoor)	16:32
14	Stone (St.Francis)	16:35
15	Brenden Dwan (Aptos)	1635
Indi	vidual Qualifier	
19	Marcus Cifuentes (Cupertino)	16:44
Boy	s Teams Heat Two	
	seven advance)	
1	Gunn (Palo Alto)	50
2	Leigh (San Jose)	101
3	San Mateo	139
4	Los Altos	146
5	Mitty (San Jose)	157
6	Santa Cruz	182
7	San Lorenzo Valley (Felton)	186
8	Burlingame	190
9	Carlmont (Belmont)	208
10	Lincoln (San Jose)	210
11	Del Mar (San Jose)	226
12	Westmont (Campbell)	225
13	Mills (Millbrae)	266
	s Individuals Heat Two	· mo
1	Brett Mack (Carlmont)	15:12
2	Dan Chamberlain (Leigh)	15:29
3	Christian Lowe (Los Altos)	1536
4	Jason Potmesil (Leigh)	15:39
5	Joe Rodriquez (San LorenzoVIy)	1551
6	Mike Brown (Gunn)	16.02
7	Brian Testazghi (Gunn)	16:07
8	Derek Waxman (San Mateo)	16:13
9	Nick McBurney (Santa Cruz)	16.14
10	Dave Pearce (Los Altos)	16:16
11	Hartman (Gunn)	16:18
12	Dukes (Gunn)	1621
13	Heneghan (Leigh)	1625
14	Archibald (San Mateo)	1626
15	Plumarita (Mitty)	1626
	idual Qualifiers	1020
17		1000
18	David Mears (Milfs) Hap Yielding (Carlmont)	1627
		1631
19	Pat Stein (Burlingame)	1637
20	Marc Tanner (Carlmont)	16:40
22	Charles Lancellott (Burlingam)	16:44
	s Teams Heat One	
	seven advance)	-
1	Milis (Milibrae)	84
2	St. Francis (Mt.View)	93
3	Aptos	93
4	Mountain View	107
5	Carlmont (Belmont)	130
6	Half Moon Bay	138
7	Palo Alto	142
8	Westmont (Campbell)	173
9	Note Dame (Belmont)	187
10	Presentation	237
	Individuals Heat One	Ties S
1	Cindy Mahaffey (Carlmont)	18:32
2	Suzanne Jones (Carlmont)	1836
3	Julia Meade (Carlmont)	18:38
4	Janet Roller (Mt. View)	19:07
5	Bebenser (Westmont)	1920
6	Alva Dancel (Mills)	1931
7	Joann Arnold (Palo Alto)	19:40
8	Linda Davem (Los Altos)	19.57
9	Ingrid Graeve (Mt. View)	20:05
10	Roslyn Mack (St. Francis)	20:13
11	Gernello (Mills)	20:18
12	Yang (Mt. View)	20:18
13	Tozer (Aptos)	20:34
14	Thomas (Aptos)	20:34
15	Kim O'Hare (Pioneer)	20:30

Kim O'Hare (Pioneer)

17 19 21 26 Girls	idual Qualifiers (No Times) Jenny Lemes (Los Altos) Naomi Toren (Lincoln) Susan Bates (Branham) Kathleen McFadden (Presentation)	
21 26 Girls	Naomi Toren (Lincoln) Susan Bates (Branham)	
26 Girla	Susan Bates (Branham)	
Girls		
EGO 510	Teams Heat Two	
(Top	seven advance)	
1	Mitty (San Jose)	43
2	Willow Glen (San Jose)	90
3	Gunn (Palo Alto)	90
4	San Mateo	108
5	Burlingame	143
6	North Monterey Co.(Castroville)	146
7	Leigh (San Jose)	196
8	Woodside	200
9	King City	233
10	Del Mar (San Jose)	240
11	Westmoor (Daly City)	254
12	Seaside	332
13	Mercy (S.F.)	332
14	Presentation	391
Girls	Individuals Heat Two	
1	Janet Bowie (Woodside)	18.17
2	Darlene Cluster (San Mateo)	19:03
3	Mugsy Kosek (Gunn)	19:15
4	Jane Vega (Burlingame)	1923
5	Thea Roberts (Mitty)	1927
6	Kerry Stivaletti (Mitty)	1930
7	Gloria Barron (Willow Glen)	19.42
8	Tristen Ashe (No. Monterey Co)	19.58
9	Andreen Alvarenga (Mitty)	20:08
10	Bernadette Mendoza (Mitty)	20:18
11	Soderman (Gunn)	20:22
12	John (Willow Gien)	2024
13	Ploeg (Mitty)	2031
14	Ribbai (Willow Glan)	20:35
15	Vasquez (Leigh)	20.42
	idual Qualifiers (No Times)	
26	Jeanie Niewald (Del Mar)	
27	Kelly Halt (Woodside)	
28	Kim Wittchow (King City)	
34	Liz Wilkinson (King City) Michelle Wada (Westmoor)	

Central Coast Section Div. I Qualifying Subsection

Nov. 13. Crystal Springs, Belmont. Boys Teams Heat One (Top seven advance to CCS finals) Los Galos 81 100 109 136 Serra (San Mateo) Watsonville Independence (San Jose) Overfelt (San Jose) Hollister 160 185 201 219 300 310 334 Aragon (San Mateo) Gunderson (San Jose) Salinas Silver Creek (San Jose) Giroy Wilcox (Santa Clara) 13 Milpitas 14 Yerba Buena (San Jose) Boys Individuals Heat One 1 Woodland (Gunderson) 351 1520 Keyser (Serra) Gaither (Serra) 15:43 15:57 16:03 Casarez (Hollister) Diesner (Los Gatos) Woodland 16:49 16:49 Curtis (No. Salinas) Flores (Gilroy) Abalos (Milpitas) 37 Haas (Gunderson) 39 Brackett (Wilcox) Boys Teams Heat Two

80 113

5	Homestead (Cupertino)	159
6	Monta Vista (Cupertino)	186
7	Soquel	192
8	Salinas	32
9	Santa Teresa (San Jose) Oak Grove (San Jose)	266
11	Leland (San Jose)	272
12	Piedmont Hills (San Jose)	278
13	Santa Clara	322
14	Mt. Pleasant (San Jose)	370
Boys	Individuals Heat Two Pena (Bellarmine)	15:22
2	Champeny (Beliarmine)	15:27
3	Zoldak (Bellarmine)	15:34
4	Rubalcava (Bellarmine)	15:37
5	Ross (Bellarmine)	15:39
6	Carroll (Monta Vista) Fisher (Bellarmine)	15:44
8	Trujillo (Live Oak)	15.50
9	Talamo (Live Oak)	15:51
10	Ringer (Homestead)	16:04
	idual Qualifiers	
11	Magness (Santa Teresa)	16:05
14	Guerrero (Salinas) Pappadakis (Oak Grove)	16:23
27	Seymaur (Piedmont)	18:45
28	Holmquist (Oak Grove)	16:45
35	Disalvo (Santa Teresa)	16.58
	Teams Heat One	
1	seven advance) Los Gatos	48
2	Leland (San Jose)	48
3	Watsorville	89
4	Independence (San Jose)	122
5	Mount Pleasant (San Jose)	146
6 7	Peidmont Hills (San Jose) Aragon (San Mateo)	150
8	Gilroy	193
9	Milpitas	226
	Individuals Heat One	2000
1	Ashe (Leland)	17:42
2	Crockett (Leland) Anderson (Mt. Pleasant)	18.56
4	Coyne (Independence)	19:18
5	Romo (Watsonville)	19:21
6	Farnady (Los Gatos)	19:31
7 8	Skillman (Gilroy)	19:34 19:34
9	Parker (Los Gatos) Homer (Leland)	19:37
10	Kalomiras (Los Gatos)	19:40
	idual Qualifiers	
7	Skilman	
12	Fuentes (Silver Creek)	19.52
24	Brown (Milpitas) Martinez (Soquel)	20:23
30	Jimenez (Gilroy)	21:54
35	Diepersloat (Soquel)	22:06
	Teams Heat Two	
1	seven advance) Santa Teresa (San Jose	49
2	Fremont (Sunnyvale)	. 59
3	Oak Grove (San Jose)	101
4	Overfelt (San Jose)	110
5	Live Oak (Morgan Hill)	. 127
6 7	Gunderson (San Jose) Wilcox (Santa Clara)	128
8	Monta Vista (Cupertino)	189
Girts	Individuals Heat Two	
1 2	Wilcox (Santa Clara)	17:46
2	Bartholomew (Fremont)	1812
3	Andeen (Menlo-Atherion) Sites (Fremont)	1832
5	Barry (Santa Teresa)	18.38
6	Felix (Oak Grove)	18:47
7	Sanchez (Santa Teresa) -	.1954
8	Celaya (Overfelt)	1957
9	Rogers (Overfelt) Farage (Gunderson)	19.58
	idual Qualifiers	-
1	Wilcox	
3	Andeen	00.00
12	Johnson (Homestead)	20:12 20:28
40	Marchant (Monta Vista) Salazar (Monta Vista)	24:15
47	Le'Vessor (Monta Vista)	26.57

Central Coast Section

Nov. 21. Crystal Springs, Belmont. Boys Teams Division I (Top 2 advance to State Meet) 1 Bellarmine (San Jose) 2 Live Oak (Morgan Hill) 11: 113

3	Los Gatos	156
4	Serra (San Mateo)	167
5	Fremont (Sunnyvale)	174
6	Watsonville	187
7	Independence (San Jose)	191
В	Soquel	201
9	Monta Vista (Cupertino)	214
10	St. Ignatius (S.F.)	217
11	Homestead (Cupertino)	234
12	Overfelt (San Jose)	266
13	Hollister	285
14	Aragon (San Mateo)	314
Boys		advano
1	lan Champeny (Bellarmine)	15:14
2	Torre Pena (Bellarmine)	15:21
3	Andy Zoldak (Bellarmine)	15:22
4	Eric Woodland (Gunderson)	15:28
5	Peter Fisher (Bellarmine)	15:34
8	Ross (Bellarmine)	15:39
7	Rubalcava (Bellarmine)	15:42
8	Carroll (Monta Vista)	15:43
9	Curtis (North Salinas)	15:46
10	Ringer (Homestead)	15:47
11	Metcalf (Los Galos)	15:49
12	Talamo (Live Oak)	15:52
13	Keyser (Serra)	15:54
14	Kopec (Independence)	15:57
15	Woods (Independence)	16:02
16	Trujillo (Live Oak)	16:04
17	Magness (Santa Teresa)	16:05
18	Gaither (Serra)	16:06
19	Chavez (Hollister)	16:08
20	Mendo (Watsonville)	
Boys	Teams Div. II (Top two ac	16:12
t	Gunn (Palo Alto)	
2	St. Francis (Mt. View)	60
3		93
4	Leigh (San Jose)	124
5	Lick (San Jose)	140
	Los Altos	173
6 7	Palo Alto	193
	Half Moon Bay	193
В	San Mateo	201
9	Santa Cruz	220
10	Prospect (Saratoga)	225
11	San Lorenzo Valley (Felton)	231
12	Mitty (San Jose)	246
13	No. Monterey Co. (Castroville	
14	Lynbrook (San Jose)	311
	photo by Keith C	poning



Ian Champeny

2	Joey Rodriquez (San Lorenzo	Vly)15:24
3 4	Stefan Wynn (St. Francis)	15:26
5	Andy Bupp (Woodside) Warren Woodbury (Prospect)	15:28 15:29
6	Brown (Gunn)	15:36
7 8	Amendt (Lick)	15:40 15:41
9	Lowe (Los Altos) Axtell (St. Francis)	15:47
10	Potmesic (Leigh)	15:48
11	Testazghi (Gunn)	15:49
13	Apfelberg (Palo Alto) Chamberlain (Leigh)	15:52 15:57
14.	Archibald (San Maleo)	16:01
15	Schilling (Palo Alto)	16:01
17	Mears (Mills) Dukes (Gunn)	16:03 16:07
18	Donely (Woodside)	16:13
19	Waxman (San Mateo) Hartman (Gunn)	16:14 16:16
Boys		
1	Stevenson (Pebble Bch)	33
2	York (Monterey)	70
3	Carmel Oceana (Pacifica)	91 116
5	Palma (Salinas)	121
6	Berean Christian (Martinez)	128
7	Menlo (Menlo Park) Valley Christian (Saratoga)	166 169
	Individuals Div. III (Top 5	
1	Jesus Puerez (York)	16:14
2	Eric Kinney (Pinewood) Rob Dinapoli (Carmel)	16:40 16:52
4	Mark Schulze (Stevenson)	17:05
5	Marc Dauphine (Stevenson)	17:06
6	Kingsley (Carmel) Burns (Stevenson)	17:07 17:08
8	Pocock (Stevenson)	17:08
9	Pinney (Carmel)	17:09
10 Girls	McGowin (Menlo)	17:12
1	Teams Div. I (Top 2 advantage Leland (San Jose)	64
2	Los Gatos	66
3	Watsonville Santa Teresa (San Jose)	120
5	Fremont (Sunnyvale)	132
6	Mt. Pleasant (San Jose)	211
7	Independence (San Jose)	215
8	Overfelt (San Jose) Oak Grove (San Jose)	227 236
10	Piedmont Hills (San Jose)	246
11	Aragon (San Mateo)	273
12	Gunderson (San Jose) Wilcox (Santa Clara)	281 286
14	Live Oak (Morgan Hill)	307
Girla	Individuals Div I (Top 5 a	
1 2	Jennifer Ashe (Leland) Tiki Wilcox (Santa Clara)	17:37
3	Reina Felix (Oak Grove)	18:19
4	Laurie Andeen (Menlo-Atherte	on) 18:25
5	Phuong Sites (Fremont) Beth Bartholomew (Fremont)	18:30 18:49
7	Barry (Santa Teresa)	18:57
8	Crockett (Leland)	19:00
9 4	Kimik Anderson (Mt. Pleasant Farnady (Los Gatos)	19:25
11	Skillman (Gilroy)	19;30
12	Flynn (Los Gatos)	19:33
13	Parker (Los Gatos) Farage (Gunderson)	19:35
15	T. Anderson (Leland)	19:42
16	Romo (Watsonville)	19:43
17	Johnson (Homestead) Rogers (Overfelt)	19:56 20:01
19	Kishi Anderson (Mt.Pleasant)	20:03
20	Homer (Leland)	20:04
Girls 1	Teams Div. II (Top 2 adva Mitty (San Jose)	60 60
2	Willow Gien (San Jose)	90
3	Gunn (Palo Alto)	90
5	Aptos St. Francis (Mt. View)	120
6	Mills (Millbrae)	161
7	Mountain View	
		161
8	Burlingame	196
9	Burlingame Leigh (San Jose)	196 246
9 10 11	Burlingame Leigh (San Jose) North Monterey Co.(Castrovil Half Moon Bay	196 246 le) 269 273
9 10 11 Girls	Burlingame Leigh (San Jose) North Monterey Co.(Castrovil Half Moon Bay Individuals Div. II (top 5	196 246 le) 269 273 advan)
9 10 11	Burlingame Leigh (San Jose) North Monterey Co.(Castrovil Half Moon Bay Individuals Div. II (top 5 Cynthia Mahaffey (Carlmont)	196 246 le) 269 273 advan)
9 10 11 Girls 1 2 3	Burlingame Leigh (San Jose) North Monterey Co.(Castrovil Half Moon Bay Individuats Div. II (top 5 Cynthia Mahaffey (Carlmont) Janet Bowie (Woodside) Suzanne Jones (Carlmont)	196 246 le) 269 273 advan) 18:20 18:33 18:38
9 10 11 Girls 1 2	Burlingame Leigh (San Jose) North Monterey Co.(Castrovil Half Moon Bay Individuats Div. II (top 5 Cynthia Mahalfey (Carlmont) Janet Bowie (Woods.de)	196 246 le) 269 273 advan) 18:20 18:33

Boys Individuals Div.II(Top 5 advance)

(Top seven advance)

Bellarmine (San Jose)

Live Oak (Morgan Hill)

St. Ignatus (S.F.)

Fremont (Sunnyvale)

6	Kosek (Gunn)	18:57
7	Bebensee (Westmont)	19:12
В	Dancel (Mills)	19:19
9	Stivaletti (Mitty)	19:25
10	Daven (Los Altos)	19:26
11	Roller (Mt. View)	19:28
12	Cluster (San Mateo)	19:28
13	Barron (Willow Glen)	19:30
14	Larkin (St. Francis)	19:42
15	Vega (Burlingame)	19:47
16	Johnn (Willow Glen)	19:58
17	Arnold (Palo Alto)	19:59
18	Graeve (Mt. View)	19:59
19	Thomas (Aptos)	20:01
20	Sharrow (St. Francis)	20:01
Girls	Teams Div. III (Top 2 advi	ince)
1	Santa Catalina (Monterey)	31
2	Carmel	41
3	Menlo	50
Girls	Individuals Div. III (Top 5	advan)
1	Katy McCandless (Castilleja)	
2	Nicole Dauphine (Stevenson)	
3	Rachele Lewis (Santa Catalina	
4	Sarah Lewis (Santa Catalina)	20:47
5	Aimee Tolan (Notre Dame)	20:50
6	Peters (Valley Christian)	21:00
7	Hester (Menlo)	21:58
8	Lemos (Berean Christian)	22:04
9	Parravano (Carmel)	22:04
10	Gustaveson (Carmel)	22:22

Oakland

	18. 2.7 Miles.	
Boys	Teams (One advance to State)	
1	Oakland	15
2 3	Fremont	70
3	Skyline	86
4	Oakland Tech	87
5	Castlemont	116
Boys	Individuals	
1	Roberts (Oakland)	14:46
2	Ghebriwhet (Oakland)	14.55
3	Nodal (Oakland)	15:04
3 4 5	Hernandez (Oakland)	15:06
5	Perez (Oakland)	15:09
6	Sanders (Oakland Tech)	1524
7	Feseha (Oakland)	15:33
8	McNutt (Skyline)	15:36
9	Cervantes (Fremont)	15:43
10	Cordova (Oakland)	16:02
Girls	Teams (One Advance)	
1	Skyline	43
2	Oakland	44
3	Castlemont	58
4	Fremont	66
Girts	Individuals	
1	Waters (Oakland Tech)	14:08
2	Asefaha (Oakland)	1421
3	Chamberlain (Skyline)	14:53
4	Quong (Dakland)	1527
5	Reed (Oakland)	15.52
2 3 4 5 6 7	Gonzalez (Fremont)	16:04
7	Sanders (Castlemont)	16:30
8	Chan (Skyline)	16:40
9	Comelo (Oakland)	16:46
10	Harris (Oakland Tech)	16:49

San Francisco

Dist	ance 3.4 miles,	
Boy	's Teams (One advance to State)	
1	Lowell	21
2	McAteer	43
3	Washington	124
4	O'Conneil	142
5	Balboa	163
Boy	a Individuals	
1	Ken Skidmore (Lowell)	18.59
2	Eugene Cho (Lowell)	19:14
3	Darren Leong (McAteer)	19:18
4	Andres Tobar (McAteer)	1927

5	Leon Medina (Lowell)	1935
6	Andy Chan (Lowell)	19:45
7	Luke Lim (Lowell)	19:49
8	Damien Smiley (McAteer)	19:56
9	Bo Lim (Lowell)	20:02
10	Princeton Chan (Lowell)	20:09
Boy's	Frosh/Soph	100 -0000
1	Eric O'Brien (Lowell)	19:55
2	Mario Cantzales (O'Connell)	20:08
Girl's	Teams	
1	Lowell	21
2	Lincoln	125
3 4 5	O'Connell	129
4	Balboa	133
	McAteer	142
Girfal	ndividuals	
1	Nancy Bell (Lowell)	22:33
2	Lisa Lopez (Balboa)	23:17
3	Raquel Kuronen (Lowell)	23:39
1 2 3 4 5	Mae Tai (Lowell)	23:43
5	Shawna Hodges (McAteer)	23:53
6	Jennifer Brown (Lowell)	24:06
7 8	Rebecca Shuman (Lowell)	24:11
	Susan Moss (Lowell)	25:09
9	Kristin Olsen (Lowell)	25.42
10	Mariel Calizo (Lowell)	25:44

North Coast

1A Qualifying

10000		
	Area Conference	
Nov.	13. Joaquin Miller Park, Oakland	
Boys	Teams:	
1	University (San Francisco)	30
2	Head-Royce (Oakland)	.53
3	Calif. School for Deaf (Fremont)	100
4	Marin Academy (San Rafael)	102
5	Katherine Branson (Ross)	106
Boys	Individual (top seven advance)	
1	Gonzales (University)	14:49
2	Metzger (University)	14:54
3	McClave (Head-Royce)	15:01
4	Samuels (Cal.School for Deaf)	15:03
5	Muithya (Marin Academy)	15:05
6	Roulac (Branson)	15:13
7	Gomez-Novy (Head-Royce)	15:17
Girls	Teams (top five advance)	
1	University (San Francisco)	23
2	Head-Royce (Oakland)	67
3	Katherine Branson (Ross)	80
4	College Prep (Oakland)	106
5	Crystal Springs (Hillsborough)	112
Giris	Indiviudals (top seven advance)	
1 -	McConell (University)	17:08
2	Smith (University)	17:19
3	Segas (University)	17:40
4	Starr (College Prep)	18:27
5	Gardner (College Prep)	1836
6	Fung (Head-Royce)	18:46
7.	Hites (Head-Royce)	1849

2A Qualifying East Shore Athletic League Nov. 13. Joaquin Miller Park, Oakland. Boys Teams (Half advance) 1 Piedmont 2 Encinal (Alameda)

	Chenta (Managa)	32
	Bishop O'Dowd (Oakland)	76
	St. Mary's (Berkeley)	97
oys	Individuals (top seven advance)	
	Gordon Johnson (Pledmont)	18:03
	Venables (Encinal)	18:35
	Rubin (Piedmont)	18:49
	Briones (St. Joseph)	18:58
	Meagor (Enginal)	19:00
	Morse (Piedmont)	1903
	Rountree (Bishop O'Dowd)	19:06
	Fong (Piedmont)	19:12
	Rodriguez (Bishop O'Dowd)	1925
)	Boone (Enginal)	1928
irls	Teams (Half Advance)	
	Bishop O'Dowd (Oakland)	38
	Piedmont	45
	Encinal (Alameda)	70

100	NA Na Maria	-
4	Notre Dame (Alameda) Holy Names (Oakland)	92
	s Individuals (Top seven advance)	194
	Quesqueya Rodriquez (BishopO'D)	23:11
1 2	Moultrie (Notre Dame)	2328
3	Ibarra (Bishop O'Dowd)	23:38
4	Roveda (Encinal)	23:55
5	Jarosz (Holy Names)	23:59
6	Wolfe (Piedmont)	24:05
8	Hiliman (Piedmont) Dunn-Ruiz (Piedmont)	24:09 24:17
9	Keller (Piedmont)	24:30
10	Fein (Bishop O'Dowd)	24:47
Mar	in County Athletic League	
Nav	. 14. Indian Valley, Novato.	
Boy	s Teams (Top four advance)	
1	Redwood (Larkspur)	28
2	San Rafael	56
3	Terra Linda (San Rafael)	80
4	Tamalpais (Mill Valley)	101
Boy	s Individuals (Top seven advance) Paul Mankin (San Rafael)	1741
2	Willie Guerrero (Redwood)	17:11
3	Chris Swain (Redwood)	17:55
4	Rich Lynch (Novato)	18:10
5	Seth Davis (Terra Linda)	18:10
6	Joel Hunt (Marin Catholic (Kntf)	1812
7	David Alles (Redwood)	1831
8	Alex Siever (Tamalpais)	18:37
10	Tom Kamp (Redwood) Rob Larson (Redwood)	1841
	s Teams (Top four advance)	10.40
1	Redwood (Larkspur)	27
2	Drake (San Anselmo)	63
3	San Rafael	86
4	Marin Catholic (Kentfield)	116
GIM	s Individuals (Top seven advance)	
	Carolina Allen (San Rafael) Kathy Hiatt (Redwood)	20:53 21:53
2	Sheila Burke (Marin Catholic)	21:11
1	Desiree Crunelle (Redwood)	21:42
5	Shannon Bryant (Redwood)	22:13
5	Paige Passano (Redwood)	22:16
Hay	ward Area Athletic League	
Nov	. 12. Hayward High School. 3 Miles.	
Boy	s Teams (Top four advance)	
1	Castro Valley	31
2	San Leandro (NCS 3A)	43 88
4	Hayward Mt. Eden (Hayward)	98
5	San Lorenzo	123
	rs Individuals (Top seven advance)	
1 2	Kevin Berkowitz (Hayward)	15:30
2	Scott Kennedy (SanLeandro)(3A)	15:43
3	Todd Saunders (Castro Vly)	15:52
4	Matt Johanson (Castro VIy)	15.54
5	Paul Butler (Mt.Eden)	16:10
7	Paul Denzler (Castro Viy) Jason Atwood (CastroViy)	16:13
8	Adam Wise (San Leandro)	16.42
9	Chang Choi (San Leandro)	1654
10	Fredrick Hallstom (SanLeandro)	17:04
11	Mark Wallace (Castro Valley) Ben Cavazos (Castro VIy)	17:04
12	Ben Cavazos (Castro VIy)	17:08
13	Tim Gravino (Castro VIy) Clive Lobo (San Leandro)	17:14
175	CHAS FROM (ONLI PREUDIO)	17:30

Boy	s Individuals (Top seven advance)	
1	Kevin Berkowitz (Hayward)	15:30
2	Scott Kennedy (SanLeandro)(3A)	15:43
3	Todd Saunders (Castro VIy)	15:52
4	Matt Johanson (Castro VIy)	15:54
5	Paul Butler (Mt.Eden)	16:10
6	Paul Denzler (Castro Vly)	16:13
7	Jason Atwood (CastroVly)	16:13
8	Adam Wise (San Leandro)	16:42
9	Chang Choi (San Leandro)	16:54
10	Fredrick Hallstom (SanLeandro)	17:04
11	Mark Wallace (Castro Valley)	17:04
12	Ben Cavazos (Castro VIy)	17:08
13	Tim Gravino (Castro VIy)	17:14
14	Clive Lobo (San Leandro)	17:30
15	Jim Martin (Castro Viy)	17:41
Girls	Teams (Top four advance)	
1	Castro Valley	2
2	Arroyo (San Lorenzo)	61
3	San Leandro (NCS 3A)	- 66
4	Mt. Eden (Hayward)	82
Girls	Individuals (Top seven advance)	
1	Janelle Nelson (Arroyo)	20:54
2	Elice Patterson (CastroVly)	21:07
3	Mona Pang (Castro Valley)	21:09
4	Carrie Frates (San Leandro (3A)	21:11
5	Jenefer Millin (Castro VIy)	21:14
6	Jessica Warner (Castro VIy)	21:18
7	Margaret McCarthy (SanLeandro)	21:34
8	Angela Gatto (Tennyson)	21:35
9	Sandy Faeth (Mt.Eden)	21:35
10	Patricia Rodillas (CastroVly)	21:49
11	Cindy Watts (Mt. Eden)	2211
12	Maria Garcia (Tennyson)	22:15
13	Cindy Uher (Castro Vly)	2217
14	Lorrie Lizama (Arroyo)	22:27
15	Lesly Wallace (Castro Vly)	22:44
	which is a state of the state o	

2	Eureka (NCS 3A)	61
3	Fortuna	70
4	South Fork (Miranda 1A)	76
5	Del Norte (Crescent City)	109
6	St. Bernard (Eureka 1A)	130
7	McKinleyville (1A)	203
Bo	ys Individuals (Top seven qualify)	10.39
1	Eli Ricca (Arcata)	16:03
2	Bryan Nunes (Fortuna)	16:08
3	Jason Lindholm (Eureka)	16:19
4	Daniel Montoya (Arcata)	16:34
5	Thomas Gai (Arcata)	16:43
6	Kevin Regli (Fortuna)	16:57
7	Jeff Ball (Arcata)	17:09
8	Gene Cotter (South Fork)	17:13
9	Andy Cleveland (Eureka)	17:18
10	Erik Zamboni (Arcata)	17:20
Girl	s Teams:	1100
1	Arcata	22
2	Fortuna	34
Girl	s Individuals (Top seven qualify)	W. Tes
1	Sarah Gundman (Fortuna)	19:51
2	Melanie Toller (Arcata)	20:08
3	Camella Kirsch (Arcata)	21:45
4	Stephanie Eads (Arcata)	21:56
5	Krista Muenzer (Del Norte)	22:00
6	Anna Bonomini (Eureka 3A)	22.48
	Freya Everson (South Fork 1A)	22.56
7 8	Shandra Grobey (Arcata)	2258
9	Rhonda Parsells (Fortuna)	23:09
10	Kelly Eagan (Eureka)	24:05

Sor	noma County League	
No	r. 11. Spring Lake, Santa Rosa.	
	ys Teams (Top three advance)	
1	Sonoma Valley (Sonoma)	47
2	El Molino (Forestville)	72
3	Analy (Sebastopol)	76
2345	Petaluma	92
5	Healdsburg	97
6	Casa Grande (Petaluma)	118
Boy	ys Individuals (Top seven advance)	
1	John Litzenberg (Sonoma)	16:35
2	Dave Wilson (Healdsburg)	16:49
3 4	Ben Perez	16.56
4	John Konopasek (El Molino)	17:16
5	Bob Geissinger (El Molino)	17:17
5 6 7 8	Blair Barnes (Analy)	17:22
7	J.B. Collins (El Molino)	17:26
8	Danny Amaya (Casa Grande)	17:29
9	Jeff Gill (Healdsburg)	17:42
10	Jeff Vanderwalker (Petaluma)	17:43
11	Eric Tellander (Petaluma)	17:43
12	Dave Jones (Sonoma)	17:44
13	Tim Hargis (Analy)	18:11
14	Bryce Yost (Healdsburg)	18:13
15	Will Perez (Sonoma)	18:14
16	Jim Garcia (Sonoma)	18:16
17	Rich Kerby (Petaluma)	18:17
18	Walter Dehority (Analy)	18:17
19	Matt Sloat (Analy)	18:18
20	Mike Fore (Analy)	18:20
Girl	s Teams (Top three advance)	
1	Analy (Sebastopol)	24
2	Petaluma	50
3	El Molino (Forestville)	75
4	Sonoma Valley (Sonoma)	78

	Sonoma Valley (Sonoma)	7
Girl	is Individuals (Top seven advance)	
	Jenny Dempsey (Analy)	19:53
2	Mendy Tuhtan (Analy)	21:04
3	Tina Martie (Analy)	21:0
1	Joleen Oliver (Petaluma)	21:36
5	Lori Leverett (Sonoma)	21:4
3	Cherie Lorda (El Molina)	21:47
7	Jennifer Silver (El Molina)	21:56
3	Laura Neumann (Analy)	21:5
)	Lori Kibler (Petaluma)	22:00
0	Kyra Kissam (Analy)	22:00
1	Chelsea Cromwell (Petaluma)	22:00
2	Tina Contreras (Petaluma)	224
3	Nicole Ballard (Healdsburg)	225
4	Amy Gonsalves (Sonoma)	22:50
5	Julie Wagstaff (Petaluma)	23:17
6	Melissa Lobsinger (Sonoma)	23:17
7	Caryn Fisher (Analy)	23:51
8	Sharon Polley (El Molino)	23:56
9	Alisha Robinson (Petaluma)	2402
0	Darlene Miller (Analy)	2428
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Humboldi-Dei Norte League Nov. 7. Trinidad. 3 Miles. Boys Teams: 1 Arcata continued on next page... 27

Prep Notes Ben Turman (Berkeley) 17:00 North Bay League Heather Meyer (College Park) 2059 Davida Sanchez (Antioch) 21.04 Cam Stormes (De La Salle) 17:07 Nov. 13. Spring Lake, Santa Ross. 3 Mi. Jennifer Ruyters (Calyton Vly) Andrew Conning (Berkeley) 17:12 Boys Teams (Top three qualify) Montgomery (Santa Rosa) Santa Rosa Melinda Marshall (College Park) 2130 Nathan Stahlhut (El Cerrito) 17:18 Julita Patil (Ygnacio VIy) Adrina Hollie (Northgate) 21:34 19 Raj Krishnan (El Cerrito) 17:19 52 Rancho Cotate (Rohnert Park) Scott Brown (Alameda) 1724 21:41 Kerry Bellingham (Calyton VIy) Girls Teams (Top two advance) Piner (Santa Rosa) 87 21:46 Foothill Athletic League Nov. 12. Miramonte HS, Orinda. Cardinal Newman (Santa Rosa) 25 Jessica Stines (Antioch) 21:52 El Cerrito 116 Carondelet (Concord) Ukiah 156 49 Kaycee Shyrock (Antioch) 2206 Boys Teams (Top half advance) Boys Individuals (Top seven qualify) Valerie Hendrix (College Park) 2212 Las Lomas (Walnut Creek) Mike Contos (Montgomery) Dean Eastham (Piner) 15:42 Eileen Columa (Northgate) Berkeley R7 Acalanes (Lafavette) Girls Individuals (Top seven advance) 15:51 Alhambra (Martinez) 95 Lisa Scott (El Cerrito) 19:01 Randall Warkins (Montgomery) 16:07 East Bay Athletic League Miramonte (Orinda) 107 Dave Waldo (Montgomery) Jeff Sorknes (Santa Rosa) Marisa Gardella (El Cerrito) 1910 18-15 Nov. 12. Oak Hill Park, Danville. 3 Mi. Campolindo (Moraga) 117 Zsofia Kondor (Alameda) 2021 16:17 Boys Teams (Top four advance) Liberty (Brentwood) 166 Cindy Prindiville (Carondelet) 2022 Jason Gonzalez (CardinalNewm) 16:19 San Ramon (Danville) 29 Benicia 181 Catherine Zinn (Berkeley) 20:33 Dan Held (Santa Rosa) Keith Lewis (Montgomery) 16:20 Boys Individuals (Top seven advance) Livermore 37 Jessica Buehring (El Cerrito) Erin Wiseman (El Cerrito) 20:30 18:23 California (San Ramon) Alexy Kochwiec (Las Lomas) Ian Phillips (Acalanes) 108 1721 Jim Macken (Santa Rosa) 16:32 20:42 Amador Valley (Pleasanton) 110 17:35 Lisa Bradford (Carondelet) Keith Drisko (Montgomery) 20:55 16:36 Eric Egland (Acalanes) 1736 Monte Vista (Danville) 112 Lori Okamura (El Corrito) 20:59 John Dickerson (Rancho Cotate) Ian Doleman (Rancho Cotate) 18:37 Foothill (Pleasanton) Steve Goeffer (Las Lomas) Scott Whitham (Campolindo) 115 17:40 Jenny Kelly (Carondelet) 21:01 16:39 Granada (Livermore) 189 17:43 Emmaly Thomas (Alameda) Todd Stevens (Piner) 21:06 John Murphy (Las Lomas) 17:49 B; oys Individuals (Top seven advance) Matt Trimble (Rancho Cotate) 12 Adrienne Thompson (Alameda) 18:50 21:12 Rob Scott (San Ramon) 1646 Mike Mahoney (Acatanes) 17:50 Rye Jorgensen (SantaRosa) Brenda Weigel (Alameda) 16:51 21:15 Craig Schlicher (Livermore) 16:55 Shawn Dangel (Las Lomas) Jeff Whitehead (Acalanes) 1800 Livia Kondor (Alameda) 21:18 Teams (Top three qualify) Brian Dorward (Livermore) 17:01 18:02 15 Beth Hewson (alameda) Piner (Santa Rosa) Rancho Cotate (RohnertPk) 2124 John Shaterin (Acalanes) Bruce Carter (San Ramon) 17:06 Maria Espinosa (Carondelet) Rebecca Gettelman (Berkeley) 16 21:38 56 Mike Periera (Livermore) 17:14 Girts Teams (Top half advance) 17 Montgomery (Santa Rosa) 66 21:45 Jeff Buhl (San Ramon) 55 Miramonte (Orinda) Ann Cooper (El Cerrito) Ursuline (Santa Rosa) 21.55 Campolindo (Moraga) Donnie Nelson (Faothill) 1725 57 19 Rebecca Foote (Berkeley 21:58 Santa Rosa 101 Andy Leigh (San Ramon) 17:27 Acalanes (Lafayette) 89 Ukiah Samantha Castronovo (Alameda) 2205 125 Jason Minnig (Amador Valley) 1729 Alhambra (Martinez) Las Lomas (Walnut Creek) Girls Individuals (Top seven qualify) 10 Chris Anthony (San Ramon) 1729 85 Nicole Fischer (Montgomery) 19,45 Ricky Reitz (Livermore) Peter Faeth (Monte Vista) Mission Valley Athletic League Girla Individuals (Top seven advance) 17:35 Cheryl Vann (Santa Rosa) 19:48 17:47 Nov. 5. Garin Park, Hayward, 3.1 Mile. Boys Teams (Top four advance) Sara Riley (Campolindo) 20.49 Dierdre Donovan (Piner) 19:54 Neil Arrieta (California) 17:50 Molly Stryker (Acalanes) 21:08 Michelle Mayes (Montgomery) 20:21 Maceo Fifita (Foothill) 1751 Staci Brunton (Alhambra) Moreau (Hayward) 21:24 Amme Eastham (Piner) 20:47 Jeff Aschbrenner (California) 15 17:52 Janelle Corbyn (Alhambra) Mission San Jose (Fremont) 55 2128 Ruth Bishop (Rancho Cotate) Soudra White (Rancho Cotate) 20:54 Shawn Mulqueeney (Livermore) 17:57 Dana Bjornsen (Campolindo) Courtney Clark (Las Lomas) 2129 Irvington (Fremont) 76 20:58 Greg Crosley (Monte Vista) 1800 Logan (Union City) 21:32 Mickey Zermette (Rancho Cota) 21:05 18:00 Mia Genau (Miramonte) 2207 Lee Lewis (Livermore) American (Fremont) 117 Gwen Riddell (Ursuline) 21:08 Dean Garbin (Foothill) 18:05 Emily Franz (Campolindo) 2216 Newark Memorial (Newark) 166 Julie Beer (Piner) 21:22 Brian Thorson (California) 18:07 7 Kennedy (Fremont) Boys Individuals (Top seven advance) Susan Kim (Miramonte) 179 2216 Theresa Palanos (Ursuline) 21:24 Karen Yardley (Acalanes) Girls Teams (Top four advance) 2229 Katy Trowbridge (Rancho Cot) 21:26 California (San Ramon) 26 Brian Rivers (Moreau) 1632 Kristen Crowley (Santa Rosa) Linda Parker (Montgomery) 21:36 Amador Valley (Pleasanton) 74 Eric Bellamy (Moreau) Sandeep Randhawa (Mission SJ) 16:33 21:43 Granada (Livermore) 80 16:39 Amy Erich (Pine4r) San Ramon (Danville) 16:54 Chris Kramer (Irvington) 3A Qualifying 100 Gonzalo Espinoza (Logan) Mike Statz (MissionSJ) 1706 Individuals (Top seven advance) 17:12 Diablo Valley Athletic League Becky Spies (Livermore) Missi Hurlow (California) 20:15 Dennis Hernandez (Mission SJ) 1721 Qualifiers to State Meet Nov. 6. Newhall Park, Concord. 20:36 John Dunphy (Moreau) 1725 Boys Teams (Top four advance) Beth Glaser (San Ramon) 20:51 Tom Maybey (Moreau) 1751 Antioch Suzie Ellison (California) Lori Juarez (California) 20:56 Keith Williams (Logan) 18:08 Northgate (Walnut Creek) 49 North Coast Section 1A 21:58 Bob Simmons (American) 1825 Clayton Valley (Concord) Lena Deaton (Granada) 22.02 Eric Rawlings (Irvington) Craig Fuji (Newark Mem) Nov. 21. Bald Hill, Fort Bragg. 1836 Concord 105 Boys Teams (Top 2 advance to State) 1 University (San Francisco) 2 Head-Royce (Oakland) Melissa Freeberg (California) 22:08 18:50 Ygnacio Valley (Concord) 115 Tami Stepp (Amador Valley) Mara Morgan (Livermore) 2214 Nick Gomez (Logan) 18:56 College Park (Pleasant Hill) 29 117 222 15 Ben Brauer (Moreau) 18-57 86 215 Michelle Hanson (California) 2229 Gregg Keeth (Irvington) 1901 South Fork (Miranda) 89 Boys Individuals (Top seven advance) Brittany Bole (California) Kathy Fortuin (Monte Vista) Lance Wright (Mission SJ) Frank Hardesty (Kennedy) 22:33 1905 Fort Bragg Steve Zirkelbach (Concord) 15:17 117 12 22:45 19:07 Willits Mark Koepke (Concord) 16.08 Jenny Cathcart (Amador Vly) John Kealy (Moreau) Mike Homa (Moreau) 19:15 McKinleyville Jason Gantt (Ygnacio Vly) John Kopchik (Northgate) 16:16 Valerie Powell (Monte Vista) Lisa Cote (Monte Vista) 22:55 1931 Calif. School for Deaf (Fremont) 144 1623 15 23:01 Teams (Top four advance) St. Bernard (Eureka) 163 Will Arnold (Antioch) 1627 Amanda Way (Granada) Moreau 30 Lower Lake 238 Robert Hudson (Antioch) 1631 Donna Rosfeld (California) 23:06 Washington 40 Boys Individuals (Top 5 advance) Ken Dempster (Antioch) 1830 18 Becky Kozak (San Ramon) 23:14 Irvington Mission San Jose Doug Green (Antioch) Mark Gonzalez (University) 1632 Suzanne Steiner (Amador VIy) 23:17 124 Dan Tell (Fort Bragg) Kirk Hartman (Northgate) 1637 17:58 Becky Wolthers (Amador Vly) 138 Gary Gomez-Novy (Head-Royce) Mike Metzger (University) American 10 Buddy Pohl (Antoch) 16:44 1A:07 158 Darin Tara (Clayton Vly) Logan 16:47 18:08 wark Memorial 159 Andrew Morrell (Northgate) 1653 Marky McClave (Head-Royce) 18:32 Girls Individuals (Top seven advance) 13 Chris Macaluso (Northgate) 1858 Golden Bay Athletic League Gene Cotten (South Fork) 18:38 Erin Bellamy (Moreau) 2125 Paul Niess (Northgate) 1659 Soiley Sega (University) Nov. 12. Point Pinole Regional Park. 18:40 Stephanie Foley (Mission SJ) 21:51 Stephen Shadoan (University) Sam Gwynn (Clayton VIy) 17:04 Boys Teams (Top two advance) Michelle Rodrigues (Logan) Carrie O'Connor (Moreau) 21.59 Dan Primus (Concord) 17:06 Ty Thai (University) 1845 Berkeley 37 2214 Howard Chang (Ygnacio Valley) Chris Nimh (College Park) 17:07 Steve Dethan (Clear Lake) 18:51 El Cerrito 44 Alyssa Martinez (Washington) 22.33 Teams (Top 2 advance) De La Salle (Concord) Kerry Dougery (Moreau) Kristina Douglas (Moreau) Jodene Heinlein (Moreau) 22:33 Todd Grisanti (Concord) 17:17 University (San Francisco) Alameda 110 22:36 Teams (Top four sdvance) Head-Royce (Oakland) 64 136 2242 College Park (Pleasant Hill) 37 Girls Individuals (Top 5 qualify) Boys Individuals (Top seven advance) 1 Jeremy Seven (DeLaSalle) 2 Morgan McLarty (El Cerrito) Leasa Hebert (Irvington) 22:49 McConnell (University) Smith (University) Northgate (Walnut Creek) 61 19:51 15:48 Pam Brands (Mission SJ) 2256 Clayton Valley (Concord) 71 20102 1557 Beth Gier (Moreau) 23.02 Segas (University) 20.57 Sean Lewis (Berkeley) 16:00 Gretchen Hill (Mission SJ) 23:11 Ygnacio Valley (Concord) 143 Wao (University) 2202 Shumeye Mamo (Berkeley) Brent Halvonik (Berkeley) 16:16 Shelly Kansler (Logan) 23:12 13 Concord 172 Hites (Head-Royce) 22:07 16:17 Gina Avila (Moreau) 23:17 Girts Individuals (Top seven advance) North Coast Section 2A Mike Akinaga (El Cerrito) Jennifer Cullen (Newark Mem) Megan Wrinkie (Newark Mem) 1617 23:38 Melissa Pardini (Northgate) Jennifer Sells (Antioch) 18-44 Boys Teams (Top 2 advance to State) Brian John (El Cerrito) Mike Kuhl (De La Salle) 1624 23:42 Acalanes (Lafayette) Castro Valley 19:03 95 1626 Gina Moreno (Moreau) 23:43 Robin Constantinides(ClaytonV) 1921 102 Tyler Robbins (De La Salle) 1631 23:47 Tina Venzor (Mission SJ) Becky Kopchik (Northgate) Jill Moore (College Park) Amy Tilson (College Park) 19.49 Las Lomas (Wainut Creek) 132 Steve Archini (Alameda) 1637 Alysia Wilma (Moreau) Stacy Fern (Washington) 19 23.55 20:10 140 Arcata Chris Von Marshall (ElCerr) 1639 20 23:58 2031 Encinal (Alameda) Ethan Roberts (Berkeley) 168 16:43 Beth Houghton (College Park) 20:36 Chris Heine (Berkeley) Chris Knafelc (De La Salle) Pledmont 13

16:55

Sarah Freeman (Clayton VIV

Jennifer Donovan (College Park)

20:43

7	Redwood (Larkspur)	214
8	Alhambra (Martinerz)	247
9	Sonoma Valley (Sonoma)	279
10	San Rafael	284
11	Terra Linda (San Rafael)	298
12	St. Mary's (Berkeley)	318
13	Miramonte (Orinda)	331
14	Bishop O'Dowd (Oakland)	335
15	El Molino (Forestville)	351
16	Hayward	401
17	Tamalpais (Mill Valley)	424
18	Analy (Sebastopol)	448
19	Mt. Eden (Hayward)	486
Boys	Individuals (Top 5 advance)	
10	Gordon Johnson (Piedmont)	15:41
2	Kevin Berkowitz (Hayward)	15:45
23456	Eli Ricca (Arcata)	15:58
4	Paul Mankin (San Rafael)	15:59
5	John Litzenberg (Sonoma)	16:02
	Matt Johanson (Castro Valley)	16:14
7	Scott Witham (Campolindo)	16:17
8	Blair Venables (Encinal)	16:18
9	Alexy Kochowicz (Las Lomas)	16:19
10	Paul Butler (Mt. Eden)	16:21
11	Matt Boone (Enginal)	16:21
12	John Murphy (Las Lomas)	16:26
13	Willie Guerero (Redwood)	16:30
14	Daniel Montoya (Arcata)	16:32
15	Mike Mahoney (Acalanes)	16:33
16	Eric Egland (Acalanes)	16:33

photo by Keith Conning



Becky Spies

Girls	Teams (Top 2 Advance)	
1	Miramonte (Orinda)	91
2	Campolindo (Moraga)	96
3	Acalanes (Lafayette)	139
4	Analy (Sebastopol)	141
5	Redwood (Larkspur)	147
6	Bishop O'Dowd (Oakland)	150
7	Piedmont	215
8	Castro Valley	217
9	Alhambra (Martinez)	249
10	Arcata	270
11	Petaluma	272

12	San Rafael	970
13	Marin Catholic (Kentfield)	278
14	Arroyo (San Lorenzo)	301
15	Encinal (Alameda)	313
16	Mt. Eden (Hayward)	390
	ndividuals (Top 5 advance)	
1	Dana Bjornsen (Campolindo)	19:08
2	Sarah Riley (Campolindo)	19:21
3	Carolina Allen (San Rafael)	19.25
4	Courtney Clark (Las Lomas)	19:35
5	Sheila Burke (Marin Catholic)	19:35
6 7	Jennie Dempsey (Analy)	19:43
8	Desiree Crunelle (Redwood)	19:44 19:44
9	Molly Stryker (Acalanes) Janelle Corbyn (Alhambra)	20:04
10	Mia Genau (Miramonte)	20:09
11	Stacy Brunton (Alhambra)	20:13
12	Sarah Grundman (Fortuna)	20.23
13	Melanie Toler (Arcata)	20:25
14	Karen Yardley (Acalanes)	20.26
15	Quisqueya Rodriguez (Bishop O')	20:28
North	Coast Section 3A	
	Point Pinole Regional Park.	
Boys '	Teams (Top 2 advance to State)	
1	San Ramon (Danville)	83
2	Antioch	100
3	Montgomery (Santa Rosa)	118
4	Moreau (Hayward)	119
5	Livermore	121
6	Berkeley	149
7	Northgate (Walnut Creek)	265
8	Mission San Jose (Fremont)	267
9	El Cerrito	290
10	Santa Rosa	292
11	San Leandro Ponebo Cotate (Pohnort Pork)	293
12	Rancho Cotate (Rohnert Park) Amador Valley (Pleasanton)	307 315
14	California (San Ramon)	326
15	Clayton Valley (Concord)	333
16	Concord	364
17	Euraka	402
18	Logan (Union City)	429
19	Irvington (Fremont)	546
	ndividuals (Top 5 advance)	10000
1	Steve Zirklebach (Concord)	1456
2	Eric Bellmay (Moreau)	15:09
3	Brian Rivers (Moreau)	15:13
4	Mike Contos (Montgomery)	15:13
5	Sandeep Randhawa (Mission SJ)	15:18
6	Scott Kennedy (San Leandro)	1526
7	Randall Watkins (Montgomery)	15:27
8	Bruce Carter (San Ramon)	15:32
9	Rob Scott (San Ramon)	1537
10	Dennis Hernandez (Mission SJ)	15:40
11	Jeff Buhl (San Ramon)	15:44
12	Jeremy Seven (De La Saile)	15:49
13	Jason Gantt (Ygnacio Valley) Jason Lindholm (Eureka)	15:50
15	Ken Dempster (Antioch)	15:50
16	Will Arnold (Antioch)	15.51
17	Brent Halvonik (Berkeley)	15,52
18	Donnie Nelson (Foothill)	15.53
19	Shumeye Mamo (Berkeley)	15.54
- 20	Shaun Mulqueeney (Livermore)	15:54
21	Sean Lewis (Berkeley)	15:55
22	Brian Dorward (Livermore)	15.56
23	Andy Leigh (San Ramon)	15.58
24	Dean Eastham (Piner)	15.59
25	Buddy Pohl (Antioch)	15.59
35	Keith Lewis (Montgomery)	15:59
27	Robert Hudson (Antioch)	16:00
28	Darren Clay (Rancho Cotate)	16:00
29	Mike Statz (Mission SJ)	16:00
30	John Dunphy (Moreau)	16,01
31	Rick Reitz (Livermore)	16:01
32	Craig Schlicher (Livermore) Doug Green (Antioch)	16:02
34	Mike Periera (Livermore)	16.05
35	Jeff Sorkness (Santa Rosa)	16.05
36	Jason Gonzales (Cardinal New)	16.07
37	John Kopchik (Northgate)	16:08
38	Neil Arrieta (California)	16.11
39	Mark Koepke (Clayton Vly)	16:12
40	Todd Bell (San Ramon)	16:13
	Teams (Top 2 Advance to State)	
1	California (San Ramon)	67
2	El Cerrito	104
3	Moreau (Hayward)	109
5	College Park (Pleasant Hill)	127
6	Clayton Valley (Concord) Mission San Jose (Fremont)	176
7	Antioch	256
8	San Ramon (Danville)	260
9	Amador Valley (Pleasanton)	251
10	Northgate (Walnut Creek)	271
11	Granada (Livermore)	281

12	Montgomery (Santa Rosa)	296
13	Logan (Union City)	304
14	Piner (Santa Rosa)	314
15	Carondelet (Concord)	316
16	Rancho Cotate (Rohnert Park)	328
17	San Leandro	362
18	Washington	450
Girls Ir	ndividuals (Top 7 advance)	
1	Becky Spies (Livermore)	17:57
2	Melissa Pardina (Northgate)	1837
3	Lisa Scott (El Cerrito)	18:41
4	Robin Constantinides (ClaytonV)	18:53
5	Missi Hurlow (California)	18:54
6	Jennifer Sells (Antioch)	19:05
7	Erin Bellamy (Moreau)	19:06
8	Beth Kopchik (Northgate)	1912
9	Marisa Gardella (El Cerrito)	19:14
10	Melisa Freeburg (California)	19:19
11	Jill Moore (College Park)	19:30
12	Sarah Freeman (Clayton Valley)	19:31
13	Suzie Ellison (California)	19:35
14	Deirdse Donovan (Piner)	1936
15	Tammi Stepp (Amador VIy)	19:36
16	Carrie O'Connor (Moreau)	19:44
17	Lena Deaton (Granada)	19.47
18	Zsofia Kondor (Alameda)	19:48
19	Lori Juarez (California)	19.55
20	Jennifer Donavan (College Park)	19.58
21	Michelle Mayes (Montgomery)	19.59
22	Julie Beer (Piner)	20:00
23	Kerry Dougery (Moreau)	20:07
24	Michelle Rodrigues (Logan)	20.09
25	Kristina Douglas (Moreau)	20:13
26	Michelle Hansen (California)	20:14
27	Beth Houghton (College Park)	20:16
28	Cheryl Vann (Santa Rosa)	20:18
29	Catherine Zinn (Berkeley)	20:19
30	Lori Okamura (El Cerrito)	2022

Sac-Joaquin

The format for the 1987 Sac-Joaquin Section Cross Country Championships was altered this year due to the first California State Cross Country Championship. State meet qualifications for the Division II and Division III teams and individuals were completed at their respective subsection meets on November 5 and 6. The Division II championships were held at Sierra College in Rocklin and the Division III championships at the Calaveras County Fairgrounds in Angel's Camp. The state meet qualifiers from these divisional championships advanced to the overall section championship and Division I state qualification meet at Sierra College on November 13.

Sac-Joaquin Section Championships (Div. II) Nov. 5. Sierra College, Rocklin.

In a very competitive girt's race, El Dorado (Placerville) junior Eva Bett pulled away in the final mile to record a 18:36 victory over rapidly improving freshman Kolleen Kassis (St. Francis, Sacremento). Led by junior Shawn Loos' lifth place finish, Sonora captured the team title edging El Dorado by four points (68 to 72). Christian Brother's (Sacramento) paris to to 72. Chisain bours a Sacaranto) senior Ben Ayers ran away with the boy's individual race recording a personal best of 15:11.3 for the rolling three mile course. Jesuit (Carmichael) garnered the boy's team championship with a fine team effort paced by Steve Gaul's third place finish.

Girl's	Individuals	
1	Eva Belt (El Dorado)	1836
2	Kassis (St. Francis)	18:49
3	Sittman (Placer)	19:13
4	Nemanic (Del Oro)	1923
5	Loos, S. (Sonora)	1923
6	Eller (Rio Americano)	1936
7	Vanderpool (El Dorado)	20:01
8	Loos, K. (Sonora)	20:04
9	Untalar (Rio Linda)	20:14
10	Nardello (Sonora)	2021
11	Warner (Del Oro)	2025
12	Hill (El Dorado)	20:37
13	Sullivan (El Dorado)	20:40
14	Anderson (Rio Linda)	20.42
15	Harradine (Rio Americano)	21:01

Boy's	Individuals	
1	Ben Ayers (Christian Bros)	15:11
2	Oliveras (Sonora)	15/41
3	Gaul (Jesuit)	16:02
4	Whitney (El Dorado)	16.02
3 4 5 6	Donnelly (Placer)	16.04
6	Adreani (Jesuit)	16.09
7	Cordaway (manteca)	16:13
8	Vaden (Jesuit)	16:14
9	Flores (Jesuit)	16:18
10	Johnson (Jesuit)	1620
11	Davenport (Rio Americano)	1627
12	Ciszek (Del Oro)	1629
13	Voorheis (Manteca)	16:33
14	Skaden (Jesuit)	1636
15	Moores (Roseville)	16:37
Girl's	Teams	
1	Sonora	68
2	El Dorado (Placerville)	72
3	Rio Americano (Sacramento)	78
4	St. Francis (Sacramento)	107
5	Del Oro (Loomis)	126
6	Rio Linda	131
7	Placer (Auburn)	190
Boy's	Teams	
1	Jesuit (Carmichael)	31
2	Manteca	71
2 3 4 5	Placer (Auburn)	104
4	El Dorado (Placerville)	151
5	Sonora	154
6	Del Oro (Loomis)	179
7	Ponderosa	192
8	Oak Ridge	228

Sac-Joaquin Section Championships (Div. III)
Nov. 5. Caleveras County Fairgrounds. Angel's Camp.

Sophomore Tanya Dooley (Bret Harte), the 1987 champion at 400 meters during track, used her speed to hold off Dixon's Gabbie McKenzie and Loretto's Susie Fitzpatrick to claim the individual crown in 19:57 and lead the Bullfrogs to the team championship. In the boy's race, River City (West Sacramento) senior Reggie Williams cruised to a course record 15:03 winning by over 75 seconds. Bob Baca's third place finish paced Bear River to the

	championship.	
	Individuals	700
1	Tanya Dooley (Bret Harte)	19.57
2	McKenzie (Dixon)	19:58
3	Fitzpatrick (Loretto)	1959
4 5	Eagle (Bear River)	20:19
5	Janus (Bear River)	2023
6	Brown (Bret Harte)	2023
7	Stratton (Calaveras)	2031
8	Walker (Golden Sierra)	20:33
9	Davis (Bret Harte)	20:33
10	Wilkerson (Vander)	20:35
Boy's	Individuals	
1	Reggie Williams (River City)	15:03
2	Ortiz (Orestimba)	1620
3	Baca (Bear River)	16:37
5	Chapin (Riverbank)	16:41
	McMillan (Center)	16:44
6	Moses (Calaveras)	16:45
7	Lucas (Colfax)	17:06
8	Spalliera (Bear River)	17:07
9	Gerken (Bear River)	17:13
10	Tucker (Bear River)	17:15
Girl's	Teams	
1	Bret Harte (Angel's Camp)	33
2	Loretto (Sacramento)	55
3	Bear River	63
4	Dixon	77
Boy'	s Teams	
1	Bear River (Grass Valley)	33
2	Calaveras	56
3	Colfax	90
4	Vander	104
5	Bret Harte (Angel's Camp)	104
6	Falsom	109
Can	loaquin Section	
Div. I	rougum occurr	
	6. Sierra College, Rocklin.	
	Teams:	
1	Vacaville	19
2	Oakmont (Roseville)	48
3	Davis	72
	Individuals	12
1	Smoot (Vacaville)	1536
2	Holbrook (Vacaville)	1536

continued on next page...

Saweliew (Davis)

4	Davis (Vacaville)	15:53
5	Thurmond (Vacaville)	16:10
6	Keller (Oakmont)	1624
7	Luna (Vacaville)	1626
8	Zimmerling (Oakmont)	1635
9	Carrico (Woodland)	16:44
10	Rosebrook (Vacaville)	16.57
Giris	Teams	
1	Vacaville	20
2	Fairfield	49
3	Davis	64
Girls	Individuals	
1	Diemoz (Napa)	19:02
2	Rodda (Vacaville)	19:09
3	Bailey (Fairfield)	1922
4	Prichard (Vacaville)	1938
15	Dambly (Vacaville)	1950
76	Connaughton (Vacaville)	2004
7	Farrar (Fairfield)	20:16
8	Silacha (Vacaville)	2038
9	Tracy (Davis)	20.42
10	Le Clair (Vacaville)	2056
		- 20.00

photo by Keith Conning



Tanya Dooley

Sao-	Joaquin Section	
Div.	, No. 3	
Nov.	6. Sierra College, Rocklin.	
Boy	Teams	
1	Del Campo (Fair Oaks)	49
2	Nevada Union (Grass Valley)	58
3	Bella Vista (Fair Oaks)	72
4	Casa Roble (Orangevale)	79
Boys	Individuals	
1	Kashuba (Casa Roble)	1525
2	Bunker (Del Campo)	15:53
3	Chamberlain (Casa Roble)	15.56
4 5	Mumm (Nevada Union)	15.57
5	Woosley (Bella Vista)	16.03
6	Sertic (El Camino, Sacto)	16:04
7	Delgado (Nevada Union)	16:06
8	Leder (Bella Vista)	16.08

9	Cornwell (Cordova)	16:11
10	Flanders (Casa Roble)	16:14
Girls	Teams	
1	Bella Vista (Fair Oaks)	32
2	Casa Roble (Orangevale)	36
3	Kennedy (Sacramento)	54
Girle	Individuals	
1	Kuphaldt (Bella Vista)	1821
2	Viall (Casa Roble)	18.40
3	Smith (Del Campo)	1928
4	Showers (Bella Vista)	19:58
4 5 6	Dushku (Del Campo)	20:08
	Meza (Bella Vista)	20:16
7	Williams (Kennedy)	2032
8	Rozumowicz (Casa Roble)	20:36
9	Sava (Kennedy)	2041
10	Necker (Casa Roble)	20.45

Sac-Josquin Section Overall and Division I Championships Nov. 13. Sierra College, Rocklin. With two weeks of qualifications at

league and subsection meets behind them, the Sac-Joaquin Sections top harriers gathered at Sierra College to determine the Division I State Meet qualifiers and overall section champions for both teams and individuals. A rain soaked course failed to dampen the spirit of the failed to dampen the spirit of the competitors. Out of competition from late September to late October with a virial infection, two-time defending champion Ann Kuphakt (Bella Vista, Fair Oaks) put out a valiant effort, but had to settle for second place behind St. Francis (Sacramento) freshman Kolleen Kassis. The talented underclassman ran a super race moving past the Bella Vista senior in the last half mile to register an 18:29 to the last half mile to register an 18:29 to 18:37 victory. An awesome Vacaville Buildog squad ran away with the girl's team title scoring a scant 39 points. The team was composed of Michelle Rodda (4th), Brooke Prichard (8th), Jenniler Dambley (14th), Sharon Connaughton (18th), and Joy Silachi (23rd), Junior Amy Viall's fifth place led Casa Roble (Orangevale) to second place edging Bella Vista (Fair Oaks) by 7 points, 120 points to 127 points.

For the boy's individual championship, seniors and training partners Ben Ayers (Christian Brothers, Sacramento) and Reggie Williams (River City, West Sacramento) cruised as a twosome for the entire race with Williams getting the nod at the finish line in 15:01 to 15:02. In the team competition, Vacaville raced to an impressive victory with 42 points to runner-up Del Campo's 111 points with third place finisher Bell Vista (Fair Oaks) totaling 136 points. The Bulldog's championship team consisted of Scott Smoot (3rd), Kevin Holbrook (4th), Cory Davis (9th), James Thurmond (11th) and Andy Rosebrook (37th). Combined with their victory in the girls' competition, the Vacaville Bulldogs became the first school in Sac-Joaquin section history to win both titles in the same year. Congratulations to Mike Larsen. Vacaville's head boys and girls cross country coach.

Girl's	Individuals	
1	Kolleen Kassis (St. Francis)	1829
2	Ann Kuphaldt (Bella Vista)	1837
3	Sittman (Placer)	1854
4	Rodda (Vacaville)	18:55
5	Viall (Casa Roble)	1855
6	Smith (Del Campo)	19:00
7	Loos (Sonora)	1923
8	Prichard (Vacaville)	1929
9	Nemanic (Del Oro)	19:34
10	Balley (Fairfield)	1935
11	Boyd (Turlock)	19:40
12	Diernoz (Napa)	1942
13	Dooley (Bret Harte)	19:46
14	Dambley (Vacaville)	19.47
15	Patrick (Loretto)	1953
16	Eller (Rio Americano)	1954
17	Eagle (Bear River)	1955
18	Connaughton (Vacaville)	19:57
19	Farrar (Fairfield)	20:10
20	Belt (El Dorado)	20:12
21	Centero (Merced)	20:12
22	Showers (Bella Vista)	20.13
	TO A	

23	Silachi (Vacaville)	20:14
24	Tracy (Davis)	20.16
25	Brown (Bret Harte)	2021
Boy's	Individuais	
1	Reggie Williams (River City)	15:01
2	Ben Ayers (Christian Bros)	1502
3	Smoot (Vacaville)	15:15
4	Holbrook (Vacaville)	1521
5	Kashuba (Casa Roble)	15:30
6	Ron (Modesto)	15:34
7	Ortiz (Orestimba)	15:35
8	Oliveras (Sonora)	15:36
9	Davis (Vacaville)	1539
10	Keller (Oakmont)	15:47
11	Thurmond (Vacaville)	15:48
12	Zeller (Merced)	15.49
13	Sawelliew (Davis)	1554
14	Donnelly (Placer)	15:58
15	Sertic (El Camino)	15:59
16		
	Hible (Beyer)	15.59
17	Baca (Bear River)	16:00
18	Fuglor (Del Campo)	16.00
19	Mumm (Nevada Union)	16:00
20	Flanders (Casa Roble)	16:04
21	Bunker (Del Campo)	16.05
22	Woolsey (Bella Vista)	16:10
Z	Leder (Bella Vista)	16:11
24	Delgado (Nevada Union)	16.13
25	Whitney (El Dorado)	16:14
Cirl'a	Teams	
1	Vacaville	39
1 2		39 120
1 2 3	Vacaville	
1 2 3 4	Vacaville Casa Roble (Orangevale)	120
1 2 3	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks)	120 127
1 2 3 4	Vacaville Casa Robie (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp)	120 127 131
1 2 3 4 5	Vacaville Casa Roble (Orangevale) Bella Visita (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield	120 127 131 133
1 2 3 4 5 6 7	Vacaville. Casa Rotte (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi)	120 127 131 133 141 171
1 2 3 4 5 6	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville)	120 127 131 133 141 171 195
1 2 3 4 5 6 7 8 9	Vacaville Casa Robie (Orangevale) Bella Vista (Fair Oaks) Brot Harts (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento)	120 127 131 133 141 171 195 200
1 2 3 4 5 6 7 8 9	Vacaville Casa Rotte (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto)	120 127 131 133 141 171 195 200 206
1 2 3 4 5 6 7 8 9 10	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento)	120 127 131 133 141 171 195 200 206 224
1 2 3 4 5 6 7 8 9 10 11 12	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Brot Harts (Angel's Camp) Sonora Fairheld Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis	120 127 131 133 141 171 195 200 206
1 2 3 4 5 6 7 8 9 10 11 12 Boy's	Vacaville Casa Robe (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams	120 127 131 133 141 171 195 200 206 224 270
1 2 3 4 5 6 7 8 9 10 11 12 Boy's	Vacaville Casa Rocke (Orangevale) Bella Vista (Fair Oaks) Brot Harts (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyor (Modesto) Kennedy (Sacramento) Davis Teams Vacaville	120 127 131 133 141 171 195 200 206 224 270
1 2 3 4 5 6 7 8 9 10 11 12 Boy's	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks)	120 127 131 133 141 171 195 200 206 224 270
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 1 2 3	Vacaville Casa Robe (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks)	120 127 131 133 141 171 196 200 206 224 270
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 1 2 3 4	Vacaville Casa Rotte (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Carmichael)	120 127 131 133 141 171 195 200 208 224 220 42 111 111 136 142
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 1 2 3 4 5	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel/a Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Campo (Grass Valley)	120 127 131 133 141 171 195 200 206 224 270 42 111 136 142 149
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 1 2 3 4 5 6	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Dol Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesút (Carmichael) Nevada Union (Grass Valley) Casa Roble (Orangevale)	120 127 131 133 141 171 196 200 206 224 270 42 111 136 142 149 168
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 1 2 3 4 5 6 7	Vacaville Casa Robie (Orangevale) Bella Vista (Fair Oaks) Bret Harts (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Carmichael) Nevada Union (Grass Valley) Casa Robie (Orangevale) Beyer (Modesto)	120 127 131 133 141 171 195 200 206 224 270 42 111 136 142 149 149 168
1 2 3 4 5 6 7 8 9 10 11 12 Boy's	Vacaville Casa Rocke (Orangevale) Bella Vista (Fair Oaks) Brot Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyor (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesút (Carmichael) Nevada Union (Grass Valley) Casa Roble (Orangevale) Beyor (Modesto) Modesto)	120 127 131 133 141 171 195 200 206 224 270 42 111 136 142 149 168 184
1 2 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 8 9 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Vacaville Casa Robte (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Dol Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesút (Carmichael) Nevada Union (Grass Valley) Casa Robte (Orangevale) Beyer (Modesto) Modesto Oakmort (Roseville)	120 127 133 141 171 196 200 206 220 220 42 270 42 111 136 149 168 184 189 191
1 2 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 8 9 10 11 12 3 4 5 6 7 7 8 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Vacaville Casa Robe (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Del Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Carmichael) Nevada Union (Grass Valley) Casa Roble (Orangevale) Beyer (Modesto) Modesto Oakmont (Roseville) Bear River	120 127 133 141 171 195 200 206 224 270 270 42 111 136 142 149 168 164 189 191 191 212
1 2 3 4 5 6 7 8 9 10 11 12 8 8 9 10 11 2 3 4 5 6 7 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Vacaville Casa Rothe (Orangevale) Bella Vista (Fair Oaks) Bret Harts (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Dol Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Carmichael) Nevada Union (Grass Valley) Casa Rothe (Orangevale) Beyer (Modesto) Modesto Oakment (Roseville) Bear River Manteca	120 127 133 141 177 195 200 208 224 220 42 211 111 138 142 149 168 184 189 191 212 227
1 2 3 4 5 6 7 8 9 10 11 12 Boy's 4 5 6 7 8 9 10 11 12	Vacaville Casa Roble (Orangevale) Bella Vista (Fair Oaks) Bret Harte (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Dol Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesút (Carmichael) Nevada Union (Grass Valley) Casa Roble (Orangevale) Beyer (Modesto) Modesto Dokmont (Roseville) Bear River Manteca Davis	120 127 133 141 171 186 200 206 224 220 42 211 136 149 168 189 191 212 227 228
1 2 3 4 5 6 7 8 9 10 11 12 8 8 9 10 11 2 3 4 5 6 7 8 9 10 10 10 10 10 10 10 10 10 10 10 10 10	Vacaville Casa Rothe (Orangevale) Bella Vista (Fair Oaks) Bret Harts (Angel's Camp) Sonora Fairfield Tokay (Lodi) El Dorado (Placerville) Loretto (Sacramento) Beyer (Modesto) Kennedy (Sacramento) Davis Teams Vacaville Dol Campo (Fair Oaks) Bella Vista (Fair Oaks) Jesuit (Carmichael) Nevada Union (Grass Valley) Casa Rothe (Orangevale) Beyer (Modesto) Modesto Oakment (Roseville) Bear River Manteca	120 127 133 141 177 195 200 208 224 220 42 211 111 138 142 149 168 184 189 191 212 227

Central

Nov. 20. Mooney Grove Park, Visalia. Overall Results - Boys

PALLO	MIR	
1	Rodriquez (McLane)	15:17
2	Vasquez (Hanford)	15:19
3	Lui (Madera)	15:30
4	Alvarez (Clovis West)	15:37
5	Evans (Clovis West)	1538
6	Sanchez (Madera)	15:39
7	Bekmanis (Clovis West)	1539
8	Thurston (Clovis)	. 15.49
9	Hinojosa (Clovis West)	15:54
10	Barbour (Hanford)	16:00
	Team Scores	
1. CI	ovis West 44, 2. Madera 53, 3. Mcl	ane 104, 4.

Hanford 129, 5. Clovis 142, 6. Foothill 153, 7. Bullard 197, 8. West 203, 9. Mt. Whitney 212, 10. North 241, 11. Bakersfield 243, 12. South 312.

Division	E	
1	Romero (Arvin)	1508
2	Duran (Wasco)	15:30
3	Nunez (Goldenwest)	15:34
4	Cardenas (Sanger)	15:43
5	Rodriguez (Arvin)	16:07
6	Zepeda (Sanger)	16.09
7	Juarez (Monache)	1610
8	Sanchez (Arvin)	16:11
9	Falcon (Sanger)	16:16
10	Jafolfa (Lemoore)	16:19



Bobby Rodriguez

Team Scores
1, Sanger 54, 2, Golden West 59, 3, Arvin 71, 4, Lemoore 111, 5, Wasoo 138, 6, Reedley 144, 7, Porterville 156, 8. Dos Palos 253, 9. Monache 257, 10. Highland 258, 11. Tranquility 260.

ATTER	OUT ME	
	Cole (Yosamite)	15:06
	Valles (McFarland)	15:47
	Puente (McFarland)	16:12
	Samnlego (McFarland)	16:18
	Prado (Fowler)	1626
	Diaz (McFarland)	1627
	Cardenas (McFarland)	16:49
	Wade (Yosemite)	16:58
	Serna (Firebaugh)	17.03
0	Partida (McFarland)	17.07
	Team Requite	

McFarland 22, 2, Firebaugh 81, 3, Yosemite 83, 4,
Fowler 94, 5, Sierra 119, 5, Parlier 174, 7, Memorial
192, 8, Garces 207, 9, Corcoran 232.

	Overall Pestilità - Ollia	
Divis	ion I:	
1	Lopez (Madera)	18.16
2	Trujillo (Madera)	1825
3	Roldan (Mt. Whitey)	18.49
4	Calabrese (Clovis West)	19:01
5	Barrientos (Madera)	19:03
6	Wyatt (Hanford)	1908
7	Delgado (Delano)	1922
8	Caufield (East)	1927
9	Core (Clovis West)	1930
10	Martinez (Foothill)	19:33
	Team Scores	

1. Madera 57, 2. Footbill 75, 3. Mt. Whitney 101, 4. Clovis West 103, 5. Bullard 121, 6. Clovis 161, 7. West 179, 8. North 180, 9. East 228, 10. Bakersfield 248, 11. Hanford 256, 12. Fresno 312.

LAYRO	on E	
1	Petty (Goldenwest)	1931
2	Mabon (Porterville)	20:01
3	Lugo (Sanger)	20:04
4	Bennett (Highland)	20:18
5	Neri (Sanger)	20:33
6	Nisharra (Goldenwest)	20:33
7	Ryder (Edison)	20:51
8	Tracy (Goldenwest)	21:01
9.	Del Rio (Highland)	21.02
10	Calvillo (Porterville)	21:07
	Toom Serven	

Golden West 45, 2. Sanger 64, 3. Porterville 76, 4. Highland 92, 5. Lemoore 113, 6. Edison 135, 7.
 Monache 167, 8. Exeter 189.

Mai	on it:	
	Berens (Garces)	19.46
	Maynor (Garces)	19:47
	Lieder (Sierra)	20:00
	Neumeler (Memorial)	20:12
	Poole (Memorial)	20:17
	Herrera (McFarfand)	20:36
	Ostdiek (Memorial)	20:40
	Wykoff (McFarland)	20:44
	Fong (Memorial)	20:47
)	Ruiz (Partier)	21:02

Team Scores
1. Memorial 40, 2. McFarland 47, 3. Garces 56, 4. Sierra 90, 6, Corcoran 133.

C.I.F. / Reebok State Cross Country Championships

On Saturday, November 28th, under beautiful skies at Fresno's Woodward Park, the first Calfiornia State High School Cross Country Championships were held. It was a very special day! Reebok, sponsorship of the activity added a touch of class to the pagentry of the awards and all. The able Race and Result management of Bill Griffin, his Madera High School staff, the rest of the North Yosemite League, and the assistance of the very supportive greater Fresno Cross Country "family," helped the affair come off in fine style.

Obviously, never before had there been such all-inclusive statewide competition in the sport and many of the results were quite interesting. Of the six team titles,

three went to season long favorites, Arroyo, (El Monte) in Men's Div I, Palos Verdes in Women's I, and McFarland in Men's III, with the other three races featuring good team competition for the championships. It was fitting that the final race of the afternoon, the Small Schools Ladies run, featuring a group of successful squads from the most geographically diverse setting, was the most wide-open in the Team Category, showing that good competition does not require student bodies of 2500 to draw

The state is simply the best in the nation in the sport, and we look forward to many future competitions at such a high quality

Morgan of New Mexico ran 15:10 in the 1983 Kinney Western Regional. Scudamore placed third in 15:14. Quintana placed seventh in 15:30, the third fastest time ever by a freshman at Woodward Park. Only Dameworth (15:18 in 1986) and Enrique Ryan from Hawali (15:25 in 1984) have run faster at Woodward Park. photo by Keith Conning

at Woodward Park. Sophomore Glenn



Bryan Dameworth

In the girls' Division I race freshman Deena Drossin (Agoura), the Southern Section 2A champion at 17:46, led senior Brigid Freyne (Riverside Polytechnic), third in the Southern Section 4A at 18:11, by five yards coming off the hill at 7/8ths of a mile. The next pack with freshman Becky Spies (Livermore), the North Coast Section 3A champion in 17:57.2, was just crossing the road 25 yards behind. With a mile to go in

the race Drossin had a commanding lead.
Palos Verdes, the Southern Section 4-A
Division champion (36 points and a 94:12
team time) coached by Joe Kelly, was the first State Meet girls' team champion with 70 points and a 94:37 team time, fourth all-time at Woodward Park. The team was composed of junior Ashley Black, second

in the 4-A in 18:06 and 6th here in 17:51, senior Tracy Leichter, fifth in the 4-A in 18:18:22 and 18th here in 18:44. sophomore Heidi Oilibero (30th in 19:17), senior Leslie Fill (31st in 19:17), and junior Tracy Goodrich (38th in 19:28).

Agoura, the Southern Section 2-A Division champion (80 points and a 97:42 team time) coached by Bill Duley, placed second with 91 points and 95:23 team time,

Reebok

Deena Drossin

Division I

The first California Interscholastic Federation State Track Meet was held at Fresno High School on April 3, 1915. Seventy-two years later the first CIF State Cross Country Meet was held at Woodward Park in Fresno on November 28, 1987,

On Friday afternoon a number of teams and individuals jogged over the 5,000 meter course in preparation for Saturday's races. There was electricity in the air! I didn't get this feeling when attending the Kinney Western Regional meets. This is what many coaches like Steve Spraker (Saugus) and Greg DeNike (Arroyo Grande) had worked hard for. The North Yosemite League of the Central Section had done a wonderful job of preparing the course for the runners. Now it was time for the harriers to do their thing. Senior Jose Vasquez (Hanford) of the

Central Section led by three strides coming off the hill at 7/8ths of a mile into the race. He was followed by senior David Scudamore (Palos Verdes), the Southern Section 4-A champion at 15:11, and senior Eric Bellamy (Moreau, Hayward), second in the North Coast Section 3A at 15:09. Freshman Luis Quintana (Arroyo Grande), no set a freshman course record at Mt SAC while placing third in the Southern Section 2-A in 15:23, senior Goshu Tadese (Crawford, San Diego), the San Diego Section 2A champion and sophomore Bryan Dameworth (Agoura), fourth in the Southern Section 2A in 15:25, were tucked in behind. Returning with a mile to go Scudamore led Tadese by a stride with Dameworth ready to make his winning move on the leaders.

Arroyo (El Monte), the Southern Section 3-A champion (51 points and a 79:29 team time at Mt. SAC) coached by Tim O'Rourke, became the first State Meet boys' team champion by winning Division I (1601 or more students) with a score of 41 points. They placed three runners among the top

ten place finishers! The all-senior team was composed of Jamie Ortega, third in the 3A in 15:30 and 4th here in 15:23, Jeff Gilkey (6th in 15:29), Derrick Powers, fifth in the 3A in 15:35 and 10th here in 15:31, Gerardo Puentes (20th in 15:55), and Mike Deitch (37th in 16:05).

by Keith Conning

Arroyo set a new course team record of 78:23. The old team record of 79:07 was set by Jesuit (Carmichael) in 1985 with Eric and Marc Mastalir,

Dana Hills (Dana Point), the Southern Section 4A champion (63 points and a 79:28 team time) coached by Tim Butler, placed second with 115 points and a learn time of 80:19, ninth best all-time at Woodward Park. Their team was composed of junior Mike Tansley, second in the 4A in 15:29 and 12th here in 15:46, senior Javier Barrera (13th in 15:49), senior Fermin Segura (41st in 16:06), junior Andrew Tansley (48th in 16:10), and senior Jerry Kurlak (68th in 16:28).

Bellarmine (San Jose), the Central Coast Section Division I champion (15 points and a 77:12.1 team time at Crystal Springs, Belmont) coached by Terry Ward, places third with 124 points and a team time of 80:35, 13th best all-time at Weodward Park. They had a margin of just 20 seconds between their first and fifth runners. Their team was composed of senior lan Champeny, the CCS Division I champion in 15:14.6 and 28th here in 16:00, senior Torre Pena, second in CCS Division I in 15:21.1 and 32nd here in 16:02, junior Peter Fisher, fifth in CCS Division I in 15:34.6 and 35th here in 16:04, senior Andy Zoldak, third in CCS Division I in 15:22.8 and 46th here in 16:09, and senior Chuck Ross, sixth in CCS Division I in 15:39.0 and 54th here in

Dameworth returned to his form of last year with a narrow victory over Tadese an Ethiopian--15:12 to 15:13. Dameworth's time is the second fastest by a sophomore

fifth all-time at Woodward Park. The team was paced by Drossin, who set a new freshman course record of 17:35. The old freshman course record of 17:43 was set by Tracey Williams (El Monte) in 1984. The other four members of the team were freshman Tiffany York (15th in 18:34). junior Tally Rowland (37th in 19:27), senior Cheyenne Zontelli (52nd in 19:49) and freshman Stacy Kristan (56th in 19:58).

Hesperia, second in the Southern Section 2-A Division (60 points and a 97:31 team time) coached by Joe Gomez, placed third with 112 points and a 94:24 team time.

continued on next page...

third all-time at Woodward Park. They placed three runners in the top ten and had the fastest team time. The team was led by sophomore Nicole Robbins, fourth in the 2A at 18:35 and fourth here in 17:50, equal sixth all-time sophomore at Woodward Park. The other four members of the team were senior Robbyn Bryant, fifth in the 2A At 16:39 and 5th here in 17:51, senior Nicole Houle (10th in 18:20), sophomore Margaret Bell (68th in 20:13), and sophomore Jeni Morrow (80th in 20:30). Junior Reyna Cervantes (Montebello), the Southern Section 3-A champion at 17:54,

placed second in 17:43. Senior Jennifer Ashe (Leland, San Jose), the Central Coast Section Division I champion at

17:37.7, took third in 17:45.

Boy's Individuals

1	Bryan Dameworth (Agoura)	15:12
2	Goshu Tadese (Crawford)	15:13
3	David Soudamore (Palos Verdes)	15:14
4 5	Jamie Ortega (Arroyo) Terrence Mahon (LaHabra)	1529
6	Jeff Gilkey (Arroyo)	1529
7	Luis Quintana (Arroyo)	15:30
8	Francis O'Nelli (San Pasqual)	15:30
9	Bobby Rodriquez (McLane)	1531
10	Derrick Powers (Arroyo)	1531
11	Marco Oceguera (Rubidoux)	15,41
12	Mike Tansley (Dana Hills)	15:46 15:49
13	Javier Barrera (Dana Hills) Ron Mario (Modesto)	15:50
15	Abe Valdez (Camarillo)	15.52
16	Brian Rivers (Moreau)	15:53
17	Andy Kashuba (Casa Robles)	15:53
18	Cory Davis (Vacaville)	15.54
19	Jose Vasquez (Hanford)	15.54
20	Gerardo Puentes (Arroyo)	15:55
21	Pete Burks (Upland)	15:56
22	David Riggins (Serra)	15:56
23	Damian Capozzola (P.V.)	15:57
24 25	Bennie Cravatt (P.V.) John Fugler (Del Campo)	15.58
	Teams	
1	Arroyo	41
2	Dana Hills	115
3	Bellarmine	124
4	Camarillo	141
5	Palos Verdeš	141
6 7	Upland Poway	172
8	Serra	312
9	Del Campo	202
10	Vacaville	234
11	San Ramon	247
12	Madera	25
13	Antioch	325
14	Live Oak	367
15	Clovis West Shasta	443
17	Oakland	49
18	Lowell	55
	Individuals	
1	Deena Drossin (Agoura)	17:35
2	Rayna Cervantes (Montebello)	17:4
3	Jennifer Ashe (Leland)	17:4
4	Nicole Robbins (Hesperia)	17:5
5	Robbyn Bryant (Hesperia) Achley Black (Palos Verdes)	175
7	Ashley Black (Palos Verdes) Becky Spies (Livermore)	18:1
8	Jena Haggenmiller (ThousOaks)	181
9	Brigid Freyne (Riverside Poly)	181
10	Nicole Houle (Hesperia)	182
21	Alison Maxwell (Univ.City)	182
12	Maricela Benavides (SantaAnaV) Teresa Sandoval (Montebello)	182
14	Phyone Sites (Framont)	183
15	Phuong Sites (Fremont) Tiffany York (Agoura)	18:3
16	Jamie Park (Santa Barbara)	18.4
17	Beth Bartholomew (Fremont)	184
18	Tracy Leichter (PaloaVerdes)	18:4
19	Jessica Craven (Camarillo)	18.5
20 21	Ann Kuphaldt (Bella Vista) Jamie Buller (San Diegulto)	19.0
22	Kristina Hand (Fallbrook)	19.0
23	Evie Barry (Santa Teresa)	190

Girl's	Teams		10	Leland	219
	Palos Verdes	70	-11	Los Gatos	232
2	Agoura	91	12	California	293
3	Hesperia	112	13	Casa Roble	327
4	Montebello	139	14	El Cerrito	367
5	Arroyo Grande	174	15	Foothill	377
6	Poway	192	16	Shasta	404
7	Madera	203	17	Howgell	415
8	Vacaville	207	18	Skyline	595
0	La Jolla	210			

Division II

Premeet favorite Kira Jorgensen (Rancho Buena Vista, Vista) did not disappoint, as she led the race from start to finish recording the day's fastest time of 17:34. The defending state mile champion looked impressive as she powered through splits of 5:19.4 (one mile) and 11:12.8 (two mile) on her way to a 75 yard victory. The real race was for second place, where sophomores Karen Hecox (South Hills, sophomores Karen Hecox (South Hills, Covina) and Tina Gorbett (Lassen, Susanville) battled for two miles before Hecox pulled away for second place (17:48-18:01). In the team championship, junior Stacy Pando's ninth place led her Newport Harbor teammates to a 19 point victory over Woodbridge (Irvine) (87 points to 108 points). Joining Pando on the championship team were sophomore Kim championship team were sophomore Kim Robinson (13th), Junior Maggie Steinhauser (31st), Junior Lena Dahbour (40th), and sophomore Heather Webb (55th).

The boys individual competition was a contest between Walnut Junior Scott Hemple and Christian Brother's (Sacramento) senior Ben Ayers. The two competitiors were in the top group passing competitions were in the top group passing one mile in 4:43.9. At two miles in 9:50.4 Hemple held a five yard lead which Ayers quickly made up with an extended surge, giving him a ten yard lead with about one mile to go. The talented junior was not be be denied, as he made up Ayer's small advantage and pulled away to a 35 yard victory. Led by Scott Hemple's first place finish, the Mustangs ran away with team title scoring a low 40 points to secon place

photo by Keith Conning



Scott Hemple

by Steve Fagundes

Corona del Mars 63 points. In addition to Scott Hemple, the Walnut group was composed of senior Coby Polite (8th), junior Eric Christopherson (11th), junior Matt Hemple (12th), and senior Darren

Girfs	Individuate	
1	Kira Jorgensen (Ran.BuenaV)	17:34
2	Karen Hecox (South Hills)	17:48
3	Tina Gorbett (Lassen)	18:01
4	Sandra Acosta (Walnut)	1814
5	Kristi Bache (Univ.S.D.)	18:44
6	Cindy Mahaffey (Carlmont)	18.46
7	Karen Karcher (Ramona)	18:47
В	Suzanne Castruita (W.Covina)	19:02
9	Stacy Pando (NewportHarbor)	19:06
10	Killeen Kassis (St.Francis)	19:08
11	Suzanne Jones (Carlmont)	19.09
12	Amy Robles (Woodbridge)	19:13
13	Kim Robinson (NewportHarbor)	19:13
14	Barbie Sittman (Placer)	19:17
15	Sarah Riley (Campolindo)	19:19
16	Courtney Clark (LosLomas)	1921
17	Amy Reed (El Camino)	1922
18	Roberta Moronez (Azusa)	19:24
19	Julie Meade (Carlmont)	19:24
20	Dana Bjonsen (Campolindo)	19:30
21	Thea Roberts (ArchbishopMitty)	19:36
22	Janet Bowie (Woodside)	19:37
23	Becky Petty (Golden West)	1938
24	Kerry Stivaletti (Mitty)	1939
25	Christy Olivera (W.Valley)	19:41
Boy's	s Individuals	
1	Scott Hemple (Walnut)	1522
2	Ben Ayers (Christian Bros)	1529
3	Mike Glaze (Notre Dame)	1532
4	Jim Geerlings (NewportHarb)	15:33
5	Brett Mack (Claremont)	1537
6	Eddie Lavelle (Corona del Mar)	15:39
7	Richard Duran (Wasco)	15:41
8	Coby Polite (Walnut)	15:44
9	Gary Stoltz (Miraleste)	15:48

Jim Robins (Corona del Mar) Eric Christopherson (Walnut) Matt Hemple (Walnut) Mike Dixon (Newport Harbor) Greg Shryock (Corona del Mar) Alex Zamora (Coachella VIy) 14 Kyle Bailey (Azusa) Joe Amand (James Lick) Kevin Berkowitz (Hayward) 18 Andy Bupp (Woodside) Dino Oliveras (Sonora) Rich Heppenstal (Woodbridge) 21 22 Joey Rodriguez (SanLorenzoVly) 23 Jason Anderson (Lassen) Steve Dohman (Woodbridge) Stefan Wynn (St.Francis)

15:54

15:58 15:59

16:00

1601

16:04

16:05

16:07

16.07

16:08

16:08

1609

16.12



Kira Jorgensen

Girl's Teams Newport Harbor Woodbridge Archbishop Mitty 168 South Hills Nordhoff 209 Miramonte Willow Glen 213 Campolindo 239 Morro Bay Lassen Sonora 261 272 Ramona Rancho Buena Vista 12 13 380 El Dorado Chico Golden West 15 405 16 Sanger Boy's Teams 40 Walnut Corona del Mar 63 144 Gum FI Camino 161 Woodbridge 181 Newport Harbor 188 Castro Valley 203 204 Jesuit St. Francis 204 Azusa 223 240 Acalanes Golden West 317 Lassen 329 386 15 Paradise Sanger Rancho Buena Vista

Division III

by Doug Speck

Division III - Men

The Division III Men's division was really a neat part of this first ever California State Championships in the sport. With schoolsize divisions in different sections hard to gauge for comparisons or non-existent in some, it was very easy to disregard school size in looking at the sport and focus on the big guys, who when drawing from two or three thousand students in enrollment, would seem to have an obvious talent pool advantage. So, finally here we were with

everybody under 800 students together from across the State in a Championship

As the season went along it was obvious that McFarland was the Division's best, being ranked at the top or near of the the entire 112 school Central Section all year long. A trip South to the Mt. SAC Invitational featured a squashing of all of the top Smaller Schools from that area in a Small Scholls Sweepstakes race there, and the school of under 500 students was

Andrea Trujillo (Madera)

Denise Condit (Arroyo)

ranked #1 statewide in Division III from the mid-season on. Coach Jim White cranked the troops up one more time here, and while it took a while for the fifth runner, Danny Diaz (91st overall, 68th in team Danny Diaz (91st overall, 68th in team scoring) to come along, the up-front strength (2-6-10-13 in team scoring) carried the Cougars to victory with 99 points McFarland had its first four in long before any other team's third to ice the win after an agressive start. That was not hard to figure out, but the battle for second was something else. Seven squads finished within 46 points in the battle for position two through eight, with a surprising Robert Louis Stevenson group from Pebble Beach emerging to nip Yreka 145-153 for the runner-up position. The Central Coast Section group gapped a tight 41 seconds for five and earned about a zillion times more publicity than that school had ever received in the sport.

Individually, there were some hot people here. Scott Cole (Yosemite, Oakhurst) has a 9:07.99 3200m best and had a good series of Fall races, with Reggie Williams (River City, West Sacramento) a 9:20.6 track best and strong season thus far. Amazingly, Williams is also a part of his School's Basketball team, having already played in games for the school. The two favorites focused a bit of their tactics on each other, with Williams later stating that he planned to go out with Cole and see what plans Scott had after the Mile. With a group in tow at 4:49, it was on the short hill section prior to two miles that the smoothstriding Black Sacramentan edged away from Cole, felt no response, and sensed the race was his. After as mid-(9:50 clocking at the two mile point, Williams romped away to a near 100 yard victory at 15:29, with Cole (15:44) in second a ways ahead of Brian Ochs (Mission College Prep, SLO) 15:53. Division III - Women

This was the most interesting division of the entire day to try to figure out beforehand. It is challenging to try to come up with a solid five scorers when you are trying to field other sports during the same season at a school with less than 400 female students. It turned out one did here, but more about that later.

Legitimately there were six schools from around the State with a chance. Coronado had emerged at Mt. SAC time to be considered the Division's best statewide, with St. Joseph (Santa María) a power here with St. Joseph (Santa Maria) a power nere leven though they were buried at 6th in the Southern Section 2A). Yreka, Bret Harte (Angel's Camp), and University (San Francisco, but a part of the North Coast Section) emerged as easily the best from their areas of the State, with Maranatha (Sierra Madre-Southern Section 1A Champs) interesting in that their pack included no one of the quality on top that any of the other top teams had. Coach Ken Cronquist at Maranatha has gained a reputation down South of coming to the championship races and lopping more than a couple of minutes from a team's overall time, and he carried that philosophy forward a couple of weeks this year here. Claiming lately that his squad's goals all season long centered around this race the Sierra Madre private school's effort here was simply the best by any squad in any division during the day. On a course here that runs obviously a lot flatter but a little longer than the hilly Mt. SAC Southern longer than the hilly Mt. SAC Southern Section Championship course, and appears to be just a touch faster, the Maranatha group was amazing, averaging a minute better per runner to finish with five before any other squad's fourth in winning over University 72-93. Moving strongly the last two miles after Coronado was the feading group through a mile, Maranathan gapped right at a minute for five, with University and others at least twice that much. Maranatha also has a highly ranked

much. Maranatha also has a mighty team in the State Volleyball playoffs. Individually, Katy McCandless (Castilleja, Palo Alto) was the overwhelming favorite here as last year's Kinney Western Regional winner took her Central Coast Section Division by over two minutes and showed a new emphasis on running form with a snappy, efficient style this year. Blasting a 5:22 opening first mile Katy had a big lead that she had stretched to about eighty yards through two miles in the mid 11:20's over some good people (Tanya Thayer, Serrano, Phelan) and Sharmen Duggar (Coronado). Cruising comfortably, Katy had easily the day's largest margin of individual victory, 26 seconds, in her 17:51-18:17 win over Thayer.

	SELECTION OF THE PARTY OF THE P	
	Individuals	1245
1	Reggie Williams (RiverCity)	1529
2	Scott Cole (Yosemite)	15:44
3	Brian Ochs (Million College)	15:57
4	Hector Ortiz (Orestimba	16:00
5	Bob Baca (Bear River)	16:06
6	Ricky Deleon (Moorpark)	16:07
7	Thomas Valles (McFarland)	16:13
8	Dave Wester (Maranatha)	1626
9	John Heiber (Serrano)	1629
10	Ryan Coady (VillageChristian)	16:30
11	Eric Kinney (Pinewood)	16:35
12	Johnny Samaniego (McFarland)	1638
13	Jeff Gerken (Bear River)	1638
14		16.41
15	Jesus Perez (York)	16:42
	Andrew Boudreau (VillageChris)	16:44
16	Victor Puentes (McFarland)	16:45
17	Tony Chavez (Serrano)	
18	Scott Rose (Quincy)	16:48 16:49
19	Kevin Delany (LaSalle)	
20	Alfredo DeLeon (Moorpark)	16:50
21	Dan Shutteroff (Yreka)	16.51
22	Damadp Diaz (McFarland)	16.52
23	Jim Burns (RL Stevenson)	16.53
24	Jason Ravenscroft (Yreka)	16.54
25	Alien Moss (Calaveras)	16:58
Boy's	Teams	
1	McFarland	99
2	RL Stevenson	145
3	Yreka	153
4	Salesian	163
5	Bear River	166
6	Maranatha	173
7	Village Christian	186
8	York School	191
9	Serrano	222
10	Bishops	236
11	Army/Navy	236
12	Bishop	248
13	University	279
14	Firebaugh	324
15	Head Royce	371
16	Wheatland	379
17	Calaveras	404
	Individuals:	
1	McCandless (Castille a)	17:51
2	Thayer (Serrano)	18:17
3	Dugger (Coronado)	18.19
4	Hillinger (Serrano)	19:03
5	Martino (St. Joseph)	19:04
6	Talamantes (Whittier Chris.)	19:18
7	McConnell (University)	1927
8	Lewis (Santa Catalina)	1929
9	Waters (Bishop)	19:30
10	Smith (University)	19:33
	Teams:	14.00
1	Maranatha	72
2	University	93
1	a distribution of the state of	440

Coronado St Joseph's

Bret Harte

San Joaquin Memorial McFarland Moorpark

Yreka Paraclete 128 163

169

178 182



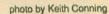
photo by Keith Conning



Reggie Williams



Katy McCandless





1002-Jose Vasquez (Hanford), 211-Dave Scudamore (Palos Verdes), 1022-Eric Bellamy (Moreau), 1082-Bryan Dameworth (Agoura).

Racing Report

A Stormy Cal International Marathon

By Mark Winitz



Patti Gray

There were a lot of runners with a lot to prove at the California International Marathon (Dec. 6th). Many counted on the up-until-now ideal conditions at the Sacramento race to lend them a helping hand in their individual marathon guests.

Canada's newest sensation at 26.2 miles, Peter Maher, was counting on a fast race to pre-qualify for Canada's Olympic Team. Americans came looking for that sub-2:20 or sub-2:50 to make the cut that would give them a chance at vying for spots on our Olympic squad. And, as at all established, fast marathons, many of the 2,000 registrants turned up at the Folsom starting line with personal bests on their minds, and the capability in their bodies to pull off those expectations.

Yet even the most logical and rational expectations are subject to blows beyond one's control. Unfortunately, shortly after the 7:10 a.m. start, it started to blow and rain-producing Northern California's biggest storm of the young winter. And in the ensuing squall, the plans of many of even the most tenacious competitors blew rapidly away, without a hope for retrieval.

Just how inclement was it? Try 40-70 mph ground winds that blasted the runners head on over miles 4 through 10 and 13 1/2 through 17 of the course and unforgivingly off the shoulder for the rest. Pelting rain that hurt as it hit the face. Trees falling and debris rolling

over the streets. Low 50 degree temperatures felt 20 degrees colder.

Pleasanton's Patti Gray, a graduate of nearby UC-Davis, had the "hometown" spectators and fellow runners for support, but that wasn't her real advantage. It was the knowledge that she'd been training and racing well, and was ready.

The 5'2", 95-pound dynamo's confidence was supremely evident as she went to the fore from the gun, never to relinquish it. Sporting Adidas colors, and at times wearing a festive red baseball cap pulled low for protection from the elements, Gray received her heaviest challenge at 12 miles. There, Australia's Tani Ruckles pulled within 5 seconds of the leader. However, upon getting that information, the former collegiate standout picked it up. And at 18 miles Ruckles pulled out of the race giving Gray a comfortable margin over Kiwi's Marguerite Buist and Njaire Drake.

Yet the deteriorating condititons extracted their toll, as Patti went from near 5:20 pace over the first 3 miles to 6:30 for the final 5. Her 2:40:29 at the tape, however, was reward enough. Plus the \$10,000 winner's prize didn't hurt.

"I know I can run a faster time, but I didn't care about time today," said a tired Gray as she sat in the post-race area with a bottle of mineral water, waiting to complete the required drug control formalities.

In fact, that 2:40, by many estimations, converts to a 2:33-2:34 in more sporting

Canada's Peter Maher was looking for a 2:10, but his winning 2:16:49 should be sufficient to warrant a close look by his country's athletic federation in considering him for their Olympic team. Maher grew up in Ireland and is used to the elements. The intensity of the California storm didn't deter

"My race strategy is to get a kite and fly it out in front of me," said the tall, lean man right before the race. Only three years ago this same athlete, at 6-5 and 254 pounds, led a smoky, boozy social life. The transformation to a 148-pound learus borders on the mythical.

Yet, this wasn't the same Maher who brashly led the World Championships marathon in Rome for 30K, only to drop to 32nd at the finish. Today, he played a pack man in the draft at the front. By 16 miles that consisted of Ireland's Noel Harvey, Brazil's Moacir Marconi, Kenya/New Mexico's Geoffrey Koech, Scotland's Fraser Clyne, San Luis Obispo, CA's Mark Conover, and Maher—who had his singlet partially ripped off at halfway by the wind.

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Racing Report

At 20 miles Harvey made a big move, going down to 4:30 pace, but he'd underestimated the strength of the others. By 21 he was spent (eventually falling to 7th) as the Canadian whipped by and opened up a 300 yard gap over the final 5 miles.

Conover, who was running his first competitive marathon (he ran a low-key one in high school in 2:55), ran stride for stride with Koech over the final 10K in a bid for second. But his finishing 2:18:03 was 8 seconds behind the Kenyan-good for third, \$3000 and a reservation at the Olympic Trials.

"I figured if I can get through this

experience, my next one will be a lot easier," Conover reasoned. "It was very tough. Mentally, it took everything I had."

As for Maher, it was his fifth marathon in a year, and his fourth win.

"I think the Canadian track and field association will look favorably on that," said the winner. "If they can't see that Peter Maher is a performer that wins races that matter . . . well I can't do anymore."

Indeed, this year's Cal International mattered to many. Although a full one-third of the 2,100-runner starting field either didn't start or dropped out in the gale, there were scattered success stories. Washington's Rainy Kay Stolp (4th, 2:47:52) qualified for the marathon trials. (Gray had already qualified). Nevada's Rossy Tibaduiza-Cardenas (5th, 2:49:40) looks like a good bet for the Columbian Olympic team, or the American trials if she obtains citizenship. Another Tibaduiza, brother Domingo, picked up the PA-TAC Grand Prix Championship first prize of \$1,500 by closing the series with an 11th-place 2:24:10. Peggy Smyth (6th, 2:50:11) secured the women's Grand Prix crown.

For the finishers, the satisfaction of persevering 26.2 wet and windy miles can't be questioned (although, perhaps their IQ can, according to one finishers).

"I got the strongest urge to drop out at fourteen miles, but I didn't," remarked Boston's Bobby Hodge (8th, 2:21:25), a veteran of 21 marathons and one of our country's notables.

In that the true spirit of the competitor is revealed. As for those not quite so stubborn or lucky, the disappointed and broken many, and for the hopefuls who saw their goals washed away down the road--there is sure to be another day. But we'll no doubt, remember this one for quite awhile.

Overall Results - Men

1	Peter Maher (Toronto)	2:16:49
2	Geoffrey Koech (Albuquerque)	2:17:55
3	Mark Conover (San Luis Obispo)	2:18:03
4	Moacir Marconi (Anaheim)	2:18:27
5	Fraser Glyne (Aberdeen)	2:18:58
6	John Barbour (Atlanta)	2:19:25
7	Noel Harvey (Madison)	2:21:20
8	Bob Hodge (Clinton)	2:21:25
9	Joe Rubio (SLO)	2:23:38
10	Craig Moore (Placerville)	2:23:49

1	Domingo Tibaduiza (Reno,NV)	2:24:10
2	Jerry Alexander (Van Nuys)	2:24:19
3	George Hernandez (Sparks)	2:26:23
4	Matt Yeo (Roseville)	2:27:38
5	Dave Chairez (Fair Oaks)	2:29:00
6	Tracy Harris (Boise)	2:29:38
7	Mark Eisenmenger (RedondoB)	2:29:53
8	Mark Bishop (Dallas)	2:30:01
9	Mark Hoefer (So.LakeTahoe)	2:30:48
20	Rob Anex (Menlo Park)	2:33:20
Ove		
	Patti Gray (Pleasanton)	2:40:29
)	Njaire Drake (Wellington)	2:41:17
)	Marguarita Dujet (Hamilton)	2.42.57

Rainey-Kay Stolp (Bremerton) 2:47:52 Rossy Cardenas (Reno) 2:49:40 Peggy Smyth (San Antonio) Ann Trason (Berkeley) Jean Burrell (Vancouver) Sandet Gilbert (Richmond) 67 2:50:11 2:52:03 8 2:52:11 9 2:54:00 10 11 12 13 Eileen Bickard (SantaCruz) 2:54:28 Johanna Reneke (Berkeley) 2:54:31 Peggy Lavelle (San Francisco) 2:54:49 Susiz Patterson (SunValley) Lori Bearson (S.F.) 2:55:05 2:58:10 Heike Skaden (Fair Oaks) 15 2:58:22 Rebecca Baum (Springfield) Christine Iwahashi (Sacto) 16 2:58:43 17 2:59:12 18 Patti Donley (Anchorage) 2:59:45 Sharisse Kyle (Calgary) Susan Henderson (Lk Oswego) 19 2:59:51 3:00:23

Masters Men

40-45: 1. Jussi Hamalainen 2:34:18, 2. Robert Nelson 2:34:27, 3. Bill Sevald 2:34:53. 50-54: 1. Roger Daniels 2:57:00. 55-59: 1. Robert Gehl 3:14:34: 60-64: 1. Ray Piva 3:07:11. 65-69: George Billingsley 3:27:58.

Masters Women

40-44: 1. Rebecca Baum 2:58:43. 45-49: Patti Donley 2:59:45. 50-54: 1. Heidi Skaden 3:22:02. 55-59: Lois Cook 4:45:30. 60-64: Kit Pickles 4:26:06.

Footlocker Partners National Championships

By Richard Lee Slotkin

October 24. Piaya del Rey.

Did you ever go to see a movie that you didn't know much about and come away with the feeling that it wasn't bad at all? In fact, it was pretty good? And then, soon after, find out that you were the only one that didn't know that it was one of the two best movies of the year, withone of the best casts you had ever seen?

Well, this 8K couples race was kind of like that. I mean, with guys like Ken Martin and Marty Froelick and gals like Lisa Martin and Sue Lee, how bad could it be? It was on just that basis that I decided to come out of hibernation and cover the race. However, it wasn't until I started writing this that enlightenment began to envelop me. Sifting through the results-and please note that this was 2 weeks later, long after I should have had some idea of what I had seen-it began to occur to me: Heyl This was some field!

And it was. The amazing-and I do not use the word lightly-thing is that there were so many married couples in which both partners were elite runners. And I almost missed it.

Well, Footlocker, the sponsor, did publicize the event. But, for all you would have known from checking out the crowd-and I do use that word lightly-the whole thing was classified Top Secret. I've seen bigger crowds at burglaries. Maybe they should switch their advertising account to Chiat/Day.

Anyway, it promised to be a good one, especially because of the partner effect That is, the overall winner wasn't determined when the first guy carne across the finish line. The issue was going to be in doubt until at least the first F finished, and most likely not even then. And to that prize money for the first 4 places and the suspense was guaranteed to last longer than it did for Psycho.

Actually, the suspense was stretched out even longer because they had an open race, also with prize money, though not quite as much, which preceded the partners affair, you should pardon the

After the big buildup for the partners race, it may seem a bit adistic of me to sidetrack with coverage of the open race first. But, I like to save the best for last. Besides, the open race wasn't exactly chopped liver either. Though this race was mostly local talent, some of it was quite good. Steve Bishop is a consistently sub-30 10Ker and Monica Joyce, who lives in nearby Hermosa Beach, was an Olympian on the Irish team in 1984. And, the flying Garritsons were there, including 10 year old wunderkind Carrie.

There was also a young fellow there that no one seemed to have seen before. That in itself is no big deal; there were a lot of young fellows there that no one seemed to have seen before; some older ones too for that matter. But this particular young fellow was just a bit different: He was right up there with the leaders even after they had gone through a 4:42 first mile and were 50 yards ahead of the rest of the mob. This was pretty fast company the stranger was keeping. Besides Bishop, there was Mark Luevano, Bob Leetch, Farron Fields and a few other of the better locals.

Less than a minute later, Bishop asserted himself and took over the lead. The guy who went with him was the stranger. anyone can be a hero for 5 and a half minutes. But at the 3 mile mark, passed in 13:56, this no-name was still on Bishop's shoulder. Fields was only about 10 yards back and if he doesn't fade he might be a challenger later. Angel Hernandez was in

4th but he was about 20 yards behind Fields and not really a factor. But who is this guy shadowing Bishop? Bishop sure didn't know. For that matter, the no-name didn't know who Bishop was either, but it didn't matter because he knew who he was. And who he was was Carey Nelson, a 13:44 5000 meter man from Vancouver. And just back from the World Championships in Rome where, though last in the finals, he still made the finals and got his PR.

Even without knowing this, which we didn't, it was not surprise when, at 14:50, Nelson moved into the lead and never was even challenged. In fact, just after he moved ahead of Bishop, Bishop seemed to concede the race by looking back to see how close 3rd was. That was Fields who was, thankfully, about 35 yards behind him.

So, that was it. Nelson, who had paid his own way down and took his chances, found own way down and dook not chances; tooled his gamble paying off, \$1500 worth, as he went on to a convincing win in 23:08. Bishop held second and finished only 4 seconds later, a PR for him, but he had been losing ground over that last hald mile. Ground wasn't all he lost though because his 2nd place finish was worth \$1000. So, those 4 seconds cost him \$500. Fields also held his position and was 3rd in 23:22 and \$500 the better for it.

In the Women's race, former Ucian Polly Plumer led the way for the first mile, after which she was joined by Monica Joyce.

continued on next page

Racing Report

photo by Richard Lee Slotkin



Open Race: Steve Bishop in lead followed by Carey Nelson and Bob Leetch at about 2 miles.

They ran together for a mile and then Joyce asserted herself. She had it all to herself from there on and built up a 44 second lead on her way to a 27:11 win and a \$1500 paycheck. Plumer found her concentration somewhat weakened after she lost contact with Joyce, but she was well enough locked into her lead over whoever was behind her to just about coast home for 2nd and the grand that went with it. Third, some 30 seconds later was that arrazing 10 year old Carrie Garritson. Little Carrie wasn't very happy, though. She stalked off after finishing and was quoted in a Los Apgeles Times article as saying, "It's just not right. I can beat those two nerds."

OK, so the kid is only ten and she was tired from a very hard race, excited by the effort and disappointed that she didn't win. But, what kind of things are the adults around her feeding her to have her thinking in those terms. Hey, Carrie honey, you could not have beaten those two young women. And furthermore, they are definitely not nerds. Monica Joyce is an Olympian and Polly Plumer was a full scholarship athlete at UCLA. And, they are two very fine people. If Carrie Garritson is capable of being taught to run like an elite athlete, she is capable of being taught to act like one and respect the competition. It's not her fault, I suppose; after all, she is only ten. Mike Garrison gets a lot of tlack about the way he handles his kids, much of it unjustified, but problems of attitude have to be laid at his doorstep.

Anyway, Carrie was a winner and a loser simultaneously this day. She won \$500. She lost, forever, all high school and college eligibility by accepting the money. She may already be ahead of most of the high school competition and much of the college kids too, but that full ride for the bachelor's degree could come in handy not so many years down the road. Poppa/Coach Mike apparently is counting on Carries cleaning up enough on the road circuit and other related ventures to make that alternative-you should pardon the pun-

Good luck.

photo by Richard Lee Slotkin



Monica Joyce, first female - open race

Well, now we can begin: The Partners

As they lined up at the start, about a half hour after the open race, it didn't look a gethering of honeymooners. Well, for one thing, they weren't all married couples. Some were boyfriend/girlfriend couples, some were brother/brother, others were mother/daughter, father/son, buddy/buddy and any other combination you could think of, including one very interesting pairing of a couple of Olympic gold medalists. Kip Keino (1500m, Mexico City, 1968) and Billy Mills (10,000m, Tokyo, 1964) were paired, and those two cats looked pretty good, if anybody wanted to know. But the big money, the only money in fact, 3 grand for first place, was for the matrimonial division, and those folks were more nervous than they were devoted at that moment. Grang each other up, you could just read their were devoted at that moment. Sizing

minds: I can beat him but can sweetie pie hang close to his old lady? Or: I can probably do no worse than third, but can lover boy get at least second and bve more than 20 seconds back?

And so on.

Briefly, this is what the competition looked like: Martyn and Diane Brewer, Ken and Lisa Martin, Tom and Ruth Wysocki, Richard and Sue Lee, Domingo and Angela Tibaduiza, Bill and Lisa Weidenbach, Marty and Diane Froelick, Stann and Nya Vernon, Gene and Debra Sharp, Gianni and Karon Carponi, King and Marie Rollins, Mark and Shella Vanleuwen and, well that's enough I guess. Every one of these couples totaled under 59 minutes. And every one of them are quality runners; if not world class then at least on the local level.

There was some crowding at the start but after only 3 minutes the lead pack had put 30 yards between them and the rest of the gang, and there were only about 8 of them. Brewer and Froelick were in front, but close behind were Wysocki, Vernon, Tibiduiza, Weidenbach, Lee and Martin. They clipped off the first mile in 4:31. Having dropped Tibiduiza, they were a tight pack of 7, led by

Three quarters of a mile later, they were running single file, Brewer still leading by a step, and the pack was beginning to Martin was running second, followed by Weidenbach with Froelick brining up what was now the rear because the next runner, Vernon, was about 15 yards back.

By the 2 mile mark, in 9:12, Vernon was 30 yards back so it was going to be one of the front four, now led by Ken Martin, but Brewer, Weidenbach and Froelick were close. The weak link here appeared to be Marty Froelick because it was only 2 weeks earlier that he had won the Twin Cities Marathon with a 2:10:59 PR. So, coming up to the 3 mile mark, who do you think moved into the lead? Froelick, of course. It didn't last long, though, because Brewer took the lead back as they passed the 3 mile sign in 13:57. Still, it wasn't Froelick who cracked first; it was Weidenbach, who found himself 5 yards behind the other 3 as they started the 4th mile. When they finished the 4th mile, it was still the same except that Weidenbach was about 35 yards back. At this point you had a sure thing: Someone by the name of Martin was going to win

Then, Ken Martin made his move. Taking the lead, he quickly put a few yards between himself and Brewer while Froelick between himser and brower while Problem finally began to fade. Spurred by what he later referred to as fear, Martin pushed until he had a 25 yard lead on Brewer, who had opened a slightly bigger lead on the tiring roelick. Martin's thinking had been, ...Marty (Froelick) would be a bit fired from

the marathon, so I thought I'd be able to

outkick him if I had to, so I just thought, 'Just get ready for some move Martyn's going to make and just hang on as long as you

But Brewer never did make that move. In fact, according to Martin, "...the next thing I knew, they were sort of falling back."

And what about Martin's move? "I didn't

know if Martyn was sort of letting me take the lead so he could sit off me for a hile and then go blowing by me. He started to drift back and I thought, 'Well, maybe he (Brewer) is a bit tired,' so I picked it up a bit to see what he would do ...

What Brewer did was settle for second. He was 10 seconds behind Martin's 23:16. Froelick held on for 3rd, 8 seconds back of Brewer, having made up a few yards. Weidenbach also held his place, 4th. Then came Domingo Tibiduiza, Tom Wysocki, Stann Vernon and Richard Lee. placings didn't mean anything yet, though. No one earned a nickel until the better halves came in, and, let me tell you, these guys, from Brewer on back, were all hopingh that those other halves were

Naturally, as each of the leaders finished, they swung around and headed back out alongside the course to root mama home.

First to appear was Sue Lee. She had taken an early lead with a 5 minute first mile, but Lisa Weidenbach was right on her shoulder. They fought it out for the next mile and a half when Weidenbach took over the lead and held it until about 4 miles. Then Lee surged and, "I made a lot of moves in the last mile...(but) she kept the pressure on the whole way. Whewwwl"

Well, the pressure wasn't on the Lees; it was on the Martins. You see, Sue Lee finished 8 second ahead of Weidenbach, but Richard Lee was almost 2 minutes out of first place, so the Lees weren't going to take first as a pair. Not with Bill take first as a pair. Not with Bill Weidenbach only 28 seconds out of first and Lisa an even scantier 8 seconds off. So it all sat on Lisa Martin's shoulders. So it all sain on Lisa Martins shoulders. Lisa Martin who was still feeling her marathon at the Rome World Championships. Tired Lisa Martin. She could be up to 31 seconds behind Weldenbach and still save the day, but she wasn't even in sight.

Wait a minutel Here she comes now! Yeahl You can cover a lot of ground in 30 seconds, and as a matter of fact, the huge lead that Lisa Weidenbach had on her was, as Martin crossed the finish line, exactly 28 seconds.

A 4 second margin, but each one of those seconds was worth an additional \$375.

Now Diane Brewer came in, and though 4th, husband Martyn's strong second gave them third place. Sue Lee's win was being devalued by the second. However, after Brewer checked in, it was almost 2 minutes before any more of the wives came in, so the Lees were assured of 4th place, which

photo by Richard Lee Slotkin



Near 4 miles, from left: Martyn Brewer(10), Ken Martin(1), Marty Froelick(12). Smile guys! The worst you're going to do is get \$1,250! Continued next page

☐ Racing Report



First local mixed couple, second local pair, ninth overall. Beth Milewski and Ron Gee.

photo by Richard Lee Slotkin

Sue Lee--first female in the partners race.

meant \$1000. Ruth Wysocki finished 6th, a good 12 seconds behind Debra Sharp, but Tom Wysocki, who was also 6th, was over 3 1/2 minutes ahead of Gene Sharp, so the Wysocki's claimed the \$750 that went to 5th

After he had finished, Ken Martin realized that it could be very close, especially with wife Lisa still tired from Rome. When I asked him if he would have pushed the last half mile or so a bit harder if he had known then just how close it was going to be, he said, "No. I would have had Lisa run faster."

Martin wasn't feeling all that great himself in the early going. "I felt rotten the first 2 miles. I was just pleased that they didn't pick it up any more because I felt that I was (already) going full speed:" Later, he wasn't sure whether the others slowed or he picked up, but he did feel better.

Quite a bit better, as it turned out. Actually, a lot of people ran very well, but because the prize money only went to married couples, many of the performances were overlooked and overshadowed, such as the perpetual olyumpian Domingo Tibaduza's 5th overall. However, it is interesting to not that the first 4 places overall were married couples as were 6 of the first 7. Obviously, the prize money made this group especially competitive. Yet the women had to be more than holding holding their own to contribute to combined times that were faster than all but one of the

all male teams The Keino/Mills team was 36th overall and their times weren't bad, 28:46 for Keino and 32:48 for Mills, but they didn't win their age group. They were beaten out by the Andre Tocco/Bruce Geddes team by just over 4 minutes. Ah, gold medalists don't get

no respect. Not in a race, anyway.

Division Results - Men
18 & Under: 1. Matt Mesner 26:23, 2. ige Zacten 36:33, 3. Darrell Steely 38:29. Open: 1. Carey Nelson 23:08, 2. Steve Bishop 23:12, 3. Farron Fields 23:22, 36-50: 1. Ron Jensen 27:52, 2. Jay Christie 29:52, 3. Jeffrey Adams 30:04. 51 & Over: 1. Don Gammie 29:12, 2. Juvenal Guerra

1. Don Gammie 29:12, 2. Juvenal Guerra 29:47, 3. David Shurlieff 33:40. Division Results - Women 18 & Under: 1. Carrie Garrison 28:27, 2. Maya Muneno 33:57. Open: 1. Monica Joyce 27:12, 2. Polly Plumer 27:57, 3. Anita

Johnson 30:22, 36-50; 1. Mindy Ireland 28:39, 2. Judy Kenley 32:50, 3. Zanne Klein 35:58, 51 & Over: 1. Marjorie Gilmore 35:13, 2. Atsuko Fujirnoto 37:56, 3. Keiko Takeda 40:33.

Partners Race

1. Ken and Lisa Martin 49:58 (\$3000), 2. Bill and Lisa Weidenbach 50:02 (\$1500), 3. Martin and Diane Brewer 50:17 (\$1250), 4. Martin and Diane Brewer 50:17 (\$1250), 4. Richard and Sue Lee 51:10 (\$1000), 5. Bob Brennand and Michael Sabre 52:05, 6. Tom and Ruth Wysocki 52:59 (\$750), 7. Marty and Diane Froelick 53:27, 8. Clyde and Wayne Matsumura 53:38, 9. Ron Gee and Beth Milewski 53:48, 10. Phil Torres and Randy Wilson 54:27. and Randy Wilson 54:27.



Billy Mills & Kip Keino

Father-Son Division Results

1. Michael (30:22) and Jarrod (30:15) Garritson 60:37. Father-Daughler Division Results
1. Carolyn (40:10) and Bob (29:14) Holguin 69:24. Mother-Daughter Division

1. Frances (34:12) and Catherine (32:33) Steinfeld

Brother-Sister Division 1. James (27:37) and Heather (35:26) Garritson

Brother-Brother Division 1. Clyde (26:06) and Wayne (27:32) Matsumura

Sister-Sister Division 1. Ann Marie (32:12) and Amy Jean (33:56) Shepardson 66:08.

Results

Cross Country

Valley Conference Cross Country

October 10. College of the Canyons.
The meet was held at College of the
Canyons in perfect running weather overcast skies. The course for Gremlins was 1.34 miles fand for all others was 2.34 miles. Newcomer Amy Skieresz posted a fine 17:08.88 in the Midget Firls Division. while Mark Lawson led the Midget boys with 15:02.28.

Boys Results Gremlin: 1. Devin Barshay 9:38.54, 2. Andy Conant 10:12.42, 3. Brian Harts 10:54.92, 4. Jordan Kohler 11:23.24, 5. Scott Gatherum 11:25.46, Bantam: 1. Adam Horst 19:27.29, 2. Renn Ortenberger 18:38.4, 3. Adam Eyre 19:38.9, 4. T.J. Conant 19:41.12, 5. Daryl Nowak 20:48.98. Midget: 1. Mark Lawson 15:02.28, 2. Cordell Gatherum 16:04.55, 3. Gerron Zeno 16:41.69, 4. Abraham Acuna 16:57.61, 5. Brian Lottman 17:12:68. Youth: 1. Michael Krentzin 15:24.47, 2. Shaun Gatherum 16:24.77, 3. Scott Scheirmann 16:31.3, 4. Ken Bond 17:13:32, 5. Virinder Dhillon 18:10.31. Intermediate: 1. Dale Hays 17:03.12, 2. Adam Platts 18:07.4.

Girls Resulta

Gremlin: 1, Jennifer Peralta 10:37.01, 2, Ann Kosoki 10:44.35, 3, Jennifer Colburn 10:46.81, 4, Katie Theis 11:04.43, 5, Mary Ann Parker 11:04.7, Bantam: 1, Alician Whelan 19:37.53, 2, Lisa Logan 20:26.43, 3, Stephany Lottman 21:06.79, 4, Kim Bleidberg Stephany Lottman 21:06.79, 4. Kim Bleidberg 21:08.09, 5. Maggie Holmes 23:02:36. Midget 1. Amy Skieress 17:08.88, 2. Samantha Read 18:02.53, 3. Liz Poduska 18:49.62, 4. Aubrey Tompkins 19:59.72, 5. Ana Sobonja 20:00.32. Youth: 1. Niki Kennerley 18:41.5, 2. Audrey Rumack 19:34.21, 3. Sarah Wietzel 19:58.43, 4. Hillary Salzman 21:33.75, 5. Noelle Loomis 21:54.4 Loomis 21:55.44.

Mariner Invitational

October 17. Garin Park, Hayward

Cos	ches Race-2 Mile.	
	Overali Results	
1	Ivan Huff (Paso Robles)	9:4
2	Lynn Mentze (Reed)	10.5
3	Mike Spenser (CastroVIy)	10.5
4	Larry Meredith(Montgmy)	10.5
5	Danny Delgado(ChrisBros)	11:0
6	Byron Choiniere (Carondit)	11:1
7	Ben Rosales (Montgomery)	112
8	Todd Saunders (CastroVly)	112
9	Keith Maurer (Piner)	112
10	Bob Canalas (Moreau)	11:40
11	Tom Torlakson (Antioch)	11:53
12	Bob King (Del Campo)	11:5
13	Doug Owyang (Oakland)	120
14	Raoul Perez (CastroVly)	120
15	Howard Edelman (Bev.Hills)	121
16	Dave Nolte (Reed)	121
17	Dennis Gray (Del Campo)	123
18	Walt Lange (Jesuit)	122
19	Bill Tillson (CollegePk)	122
30	Craig Staszkow (Moreau)	1231
21	Helen Lehman (El Cerrito)	
2	Phil Willder (Moreau)	1239
23	Tony Casillas (Logan)	12:48
1	Don Winters (Davis)	1251
5	Mike Ferguson (Moreau)	1256
6	Lee Webb (Logan)	1258
7	Pete Jensen (Castro VIy)	13:07
В	Will Uher (CastroVly)	13:23
9	Richard DeYoung (CastroVI)	13:25
	resident perioding (Casaovi)	13:28

30	Lou Encalada (Fairfield)	13:39
31	Susan Hawthorne (Hayward)	14:13
32	Terence Dugan (St.Joseph)	14:21
33	Ken Israel (Tokay)	14:28
34	Carl Meibergen (Reed)	14:39
35	Loretta Liustino (HolyNms)	15:08
36	Peter Brewer (CastroVly)	200000
37	Tom Alcott (Moreau)	15:11
38	Danny Devine (HalfMoonB)	15:13
39	Keith Conning (Berkeley)	15:26
33	neith Conting (Berkeley)	15:55

Golden Gate Park Cross Country Series

Octo	ober 17. San Francisco, 4 Mile.	
-	Overall Results - Men	
1	Dan Stefanisko	2050
2	Robert Herndon	20:54
3	Joe Greene	20.55
4	Peter Reilly	21.06
5	Mike Fox	2125
6	Richard Dale	2127
7	Matthew Greene	21.51
8	Michael German	22:08
9	Leon Shordon	22:09
10	Tim Halpine	2214
	Overall Results - Women	
1	Laruie Hollingsworth	23:12
2	Laurie Binder	23:53
3	Nora Doyle-Cooney	24:45
4	Nan Hall	24:48
5	Ingrid Smith	24:50
6	Marilyn Taylor	25:07
7	Beckle Simmie-Sesecker	25:14
8	Sue Vinella-Brusher	25:21
9	Jackie Chen	25:31
10	Bonnie Zapata	20:13

Bronco Invitational

October 24. San Dimas. Overall Results - Men's 8K

1 Mandla Kunene (Unat)
2 Beat Ammann (UCLA 'B') 2406 Pete Vicencio (UCI 'B') 2425 Ricky Martinez (UCI *B*) 24:30 Rob Wickstorn (Unat) Cam Matson (Pt.Loma) 24:36 24:38 Leonard Aceves (CSB) 24:41 Todd Strickland (UCLA 'B') 24:46 Eddie Toro (Unat) 24:48 Richard Erbes (Unat)

Team Scores:
1. UC Irvine 'B' 86, 2. Cal Poly Pomona 102, 3. CS
Bakersheld 127, 4. Point Loma 136, 5. UC San Diego

154, 6. USIU 162, 7. CSLA *B* 307. Overall Results - Women's 5K Beth McGrann (UCI) 1728 Krista Wendt (CPP) 17:32 Gretchen Lohr (CSLA) 17:34 Kris Katterhagen (CPSLO 'B') Sherri Minkler (CPSLO 'B') 17:41 17:45 Tessie Hartmann (Mira Costa) Kim Stewart (Unat) 17:52 17:55 Sherrie Roach (Running Exp) 1756 Sydney Thatcher (CPSLO 'B') Tammy Snyders (UCLA 'B') Team Scores:

1. Cal Poly SLO "B" 61, 2. UCLA "B" 96, 3. CSLA 114, 4. UC San Diego 147, 5. Cal Poly Pomona 167, 6. USIU 191, 7. USC 210, 8. Point Loma 304, 9. UC Riverside 330, 10. Azusa Pacific 372.



Buffy Rabbitt of UC Irvine wins the P.C.A.A.

PCAA CHAMPIONSHIPS At Irvine

At Irvine

MEN TEAM—1 UC Irvine, 22, 2
Fresno St., 63, 3, CS Long Beach, 66, 4
UC Santa Barbara, 140, 5, New Mexico
St., 145, 6, San Jose St., 147, 7, CS
Fullerton, 170, IND—1, Graves (UCI),
29,57, 2, Schumacher (CSLB), 30,06, 3,
Houlgate (UCI), 30,19, 4, Green (CSLB),
30,24, 5, LaForce (UCI), 30,29,
WOMEN, TEAM—1, UC Irvine, 20, 2,
San Diego St., 79, 3, Fresno St., 91,4, UC
Santa Barbara, 101, 5, CS Fullerton, 105,
6, CS Long Beach, 126, 7, Hawaii, 200, 8,
Pacific, 250, IND—1, Rabbitt (UCI),
16,51, 2, Harrington (UCI), 16,58, 3,
Bradley, SDS), 17,76, 4, McLaughlin
(UCI), 17,07, 5, Scott (CS Fullerton),
17,14

Fleet Feet **Cross Country**

Octo	ber 31, San Francisco.	
	Mon's Results	
1	Dan Stefanisko	20.41
2	Peter O'Reilly	20.47
3	Richard Dale	20.56
4	Robert Herndon	21.00
5	David Monroe	21:03
6	Ken Elingboe	21:11
7	Robert Murdock	21:14
8	Michael German	21:16
9	Tim Halpine	21:35
10	Matthew Greene	21:44

	Women's Results	
1	Janine Aiello	23:12
2	Laurie Binder	23:36
3	Nora Doyle-Cooney	24:15
4	Ingrid Smith	24:23
5	Nan Hall	24:35
6	Beckie Simmie-Kesecker	24:49
7	Marilyn Taylor	24:54
8	Joanie Carew	24.56
9	Jackie Chen	25.04
10	Robyn MacSwain	2511

Calif. Collegiate Athletic Ass'n Conference Cross Country Meet

October 31, CSU Northridge.

	Overall Results	
1	Benito Cruz (CSLA)	25:15
2	Robert Arsenault (CSLA)	25:38
3	Jesus Sandoval (CSLA)	2538
4	Wilbert James (CSUN)	25:56
	Mike Livingston (SLO)	25:57
5 6 7	Paul Ghidossi (SLO)	26:01
7	Anthony Williams (UCR)	26:01
8	Jose Alcaraz (UCR)	26.02
9	Jorge Castro (CSUN)	26:02
10	David Loud (Pomona)	26:03
11	Mike Miner (SLO)	26.07
12	Raul Serratos (UCR)	26:11
13	Anthony Young (CSLA)	26:14
14	Hebert Saravia (UCR)	26:15
15	Leonard Aceves (Bakersfield)	26:15
16	Mike Parrott (SLO)	26.17
17	Mark La Plant (CSLA)	26.19
18	Jim Chaney (SLO)	2620
19	Roman Acosta (CSLA)	2624
20	Freddy Arteaga (Pomona)	2629
21	Kent Lawrence (Pomona)	2629
22	Eric Aguirre (UCR)	2631
23	Derik Vett (CSUN)	26:32
24	Christopher Lugo (UCR)	26:46
25	Dana Costley (CSUN)	26.50
	Scores:	
1. C	al State LA 36, 2. Cal Poly SLO	56, 3, UC
River	side 63, 4. CS Northridge 87, 5.	Cal Poly
Pomona 110, 6. CS Bakersfield 139, 7. Chapman 225.		

photo by Bob Bright



Benny Cruz of Cal State L.A. wins C.C.A.A.

PAC 10 Cross Country Championships

November 2. Stanford Gold Course.	
Overall Results - Men	
1 Matt Giusto (Ariz)	30:33
2 Jacinto Navarrete (WSU)	30:39

photo by Keith Conning



Matt Guisto, Arizona senior from San Mateo



Marc Davis, Arizona frosh from San Diego placed sixth at PAC 10.

3	Chad Bennion (Oregon)	30:43
4	James Maxwell (Arizona)	30.52
5	Fredson Mayiek (USC)	31.02
6	Marc Davis (Arizona)	31.08
7	Marcelo Cascabelo (WSU)	31:08
8	Carleton Jones (Oregon)	31:12
9	Simon Gutierrez (Arizona)	31:13
10	Jason Flamm (Call)	31:14
11	Ray Griffin (USC)	3121
12	Chris Morgan (Arizona)	31:24
13	Karl Van Calcar (Oregon St)	3127
14	James Alborough (Stanford)	3129
15	Victor Santamaria (UCLA)	31:32
16	Brad Hudson (Oregon)	31:35
17	Bruce McDowell (Washington)	31:42
18	Matt Donnelly (Washington)	31:42
19	Beat Ammann (UCLA)	31:43
20	Paul Jaspers (UCLA)	31:43
21	Mark Dunbar (Oregon)	31:44
22	Marty Stroschein (WSU)	31:44
23	Seth Simonds (Oregon)	31:45
24	Peter Fonseca (Oregon)	31:46
25	Ralph Meyer (WSU)	31:48
Tean	n Scores:	

1. Arizona 32, 2. Oregon 71, 3. Washington State 94, 4. Washington 127, 5. UCLA 138, 6. USC 148, 7. Calibraria 155, 8. Standord 157, 9. Oregon State 232,

10. A	Irizona State 253.	
Over	all Results - Women	
1	Annette Hand (Oregon)	16:44
2	Liz Wilson (Oregon)	18:46
3	Penny Graves (Oregon)	16:54
4	Kirsten O'Hara (Cal)	17.06
5	Carol Gray (Stanford)	17:08
6	Lisa Johnson (Oregon)	17:13
7	Laurie Chapman (UCLA)	17:19
8	Melissa Sutton (UCLA)	17:32
9	Lisa Braun (WSU)	17:34
10	Zenny Koehler (WSU)	17.42
11	Laura Lamena (Arizons St)	17:43
12	Camilla Harron (Arizona)	17:43
13	Dawn Arrigoni (Ariz St)	17:44
14	Melanie Bloch (Stanford)	17:48
15	Laura Chapel (UCLA)	17:48
16	Annie Seawright (UCLA)	17:50
17	Karen Rayle (Oregon)	17:55
18	Tammy Snyders (UCLA)	17:57
19	Raelyn Emtman (WSU)	18:00
20	Laura Farias (Washington)	18.01
21	Kim Mathews (Arizona St)	18:01
22	Debbie Williams (UCLA)	18:02
23	Deanna Schiedler (Oregon)	1803
24	Susan Taylor (WSU)	1805
25	Mary Mendoza (Stanford)	18:06



Oregon coach Tom Heinonen and first place Annette Hand.

Team Scorea:
1. Oregon 29, 2. UCLA 64, 3. Washington State 91,
4. Arizona State 123, 5. Stanford 123, 6. California 142, 7. Washington 159, 8. Arizona 177, 9. Oregon

Santiago Oaks Cross Country 10K SCA/TAC 10K Cross Country Champs.

Nove	ember 7. Orange.		
	Overall Results		
1	Joe Fabris (19-29)	3905	
2	Arthur Hernandez (30-34)	39.59	
2	Jim Kelley (19-29)	40:15	
4	Dennis Slavin (19-29)	4208	
5	Larry Higginbotham (19-29)	43:04	
6	Bob McGeough (45-49)	44:06	
7	Bill Elam (45-49)	44.56	
8	Bill Crum (50-54)	45:09	
9	Gary Hefner (19-29)	47:01	
10	Thomas Leong (19-29)	47:13	
11	Don Van Dyke (50-54)	47:30	
12	David Mott (30-34)	47:37	
13	Wally Ingram (55-59)	47:41	
14	John Jaeger (40-44)	48:43	
15	Jeff York (19-29)	48:48	
16	Frank Ogawa (50-54)	49:08	
17	Greg Ward (19-29)	4926	
18	Hal Winton (55-59)	49:30	
19	Tom Frost (30-34)	4951	
20	Ron Lowy (40-44)	49:56	
Division Results - Men's Teams			
and the second of the second of the second			

Division Results - Men's Teams
29 & Under: A Running Experience (Jim Kelley, Larry
Higginbotham, Gary Heiner) 210:20, 30-39; 1, So.
Calif. Edison Runner's Club (Tom Frost, Gilbert Lemos, Steve Herfert) 2-40:53, 2, A Running
Experience Club (Steve McRae, Otto Hefner, Rich
Harris) 2'48:14:50-59; 1, Seniors Track Club A Team
(Bill Crum, Don Van Dyke, Wally Ingram) 2:40:20, 2
Seniors Track Club-B Team (Jim Scarborough,
Frank Ogswa, Hall Winnor) 2:45:22, 60:69; 1, Seniors
Track Club (Ray Gil, Stan Neufeld, Bob Herman)
2:55:15, 70 & Over: Seniors Track Club (Fred
Shanley, Dean Scoffeld, Ed Rumble) 3:42:36.

Division Results - Women's Teams

Division Results - Women's Teams 40-49: Seniors Track Club (Katherine Cook, Patricia Purit, Ethel Kleinsasser) 3:24:14.

NCAA Region 8 Cross Country Championships

November 14. Woodward Park, Fresno Overall Results - Men

Overall	Hesults - Men	
1	Matt Guisto (Arizona)	29:42
2	Jacinto Navarrete (WSU)	30:08
3	Chad Bennion (Oregon)	30:10
4	Karl VanCalcar (OregonSt)	30:14
5	James Maxwell (Arizona)	30:23
6	Gus Quinonez (UC Irvine)	30:29
7	Victor Santamaria (UCLA)	30:32
8	Fredson Mayiek (USC)	30:33
9	Ray Griffin (USC)	30:38
10	Bruce McDowell (Washington)	30:40
11	Jeff Smith (Arizona St)	30:44
12	Jason Ramm (Cal)	30:48
13	Timothy Swinfard (Arizona)	30:51
14	David Schumacher (LongBch St)	30:51
15	Steve Schadler (Stanford)	30:53
16	Marc Davis (Arizona)	30:53
17	Patrick Green (LongBch St)	30:54
18	Adam McAboy (Cal)	30:55
19	Atle Nacsheim (Washington)	30.56
20		
	Richard Graves (UC Irvine)	30:57
21 22	Eric Mastalir (Stanford)	30:58
23	Jim Frey (WSU)	31:01
24	Brad Hudson (Oregon)	31:02
25	Paul Jaspers (UCLA)	31:03
	Ernie Freer (Fresno St)	31:04
26	Steve Richards (Oregon)	31:05
27	Mark Mastalir (Stanford)	31:07
28	Matt Donnelly (Washington)	31:09
29	Scott Laforcer (UC Irvine)	31:10
30	Greg Houlgate (UC Irvine)	31:11
31	Aaron Ellison (Washington)	31:12
32	Stormy Shouman (Washington)	31:14
33	Simon Williams (Washington)	31:14
34	Mike Kramer (WSU)	31:15
35	Eric Reynolds (UCLA)	31:16
36	Hugo Cibrian (Fresno St)	31:17
H	Seth Simonds (Oregon)	31:17
38	Peter Vicencia (UC Irvine)	31:18
39	Glen Charanduk (Fresno St)	31:19
40	Simon Gutierrez (Arizona)	3120
41	Beat Ammann (UCLA)	3121
42	Dan Cohee (Long Boh St)	3122
43	Marc Dunbar (Oregon)	31:23
44	Peter Fonseca (Oregon)	3127
45	James Alborough (Stanford)	3128
46	Christopher Morgan (Arizona)	31:35
47	Ralph Meyer (Washington)	31:36
48	Stephen Imlay (UC Irvine)	31:43
49	Peter Pritchett (Oregon St)	31:44
50	Craig Blockus (Cal)	31:45

photo by Jim Reynolds



Kirsten O'Hara leads Penny Graves at NCAA Region 8.

Team Scores:

1. Arizona 72, 2. Washington 116, 3. UC Irvine 119, 4. Cegon 128, 5. Washington State 152, 6. UCLA 155, 7. Stanford 161, 8. Long Beach State 197, 9. California 211, 10. Fresno State 212, 11. USC 218, 12. Oregon State 242, 13. Portland 389, 14. UC Santa Barbara 394, 15. U.S. International 464, 16. San Diego 466.

	nogo roo.	
	Il Results - Women	
1	Annette Hand (Oregon)	16:1
2	Elizabeth Wilson (Oregon)	162
3	Penny Graves (Oregon)	163
4	Kirsten O'Hara (Cal)	16:38
5	Buffy Rabbitt (UC Irvine)	16:4
6	Elisabeth Johnson (Oregon)	16.5
7	Jill Harrington (UC Irvine)	16.5
8	Lisa Braun (WSU)	17:0
9	Laura LaMena (Arizona St)	17:0
10	Melissa Sutton (UCLA)	17:1
11	Laurie Chapman (UCLA)	17:1
12	Zenny Koehler (WSU)	17.1
13	Dawn Arrigoni (Arizona St)	172
14	Judy McGlaughlin (UC Irvine)	172
15	Annie Seawright (UCLA)	172
16	Debbie Williams (UCLA)	172
17	Karen Rayle (Oregon)	173
18	Cary Schwarz (WSU)	17:3
19	Elizabeth McGrann (UC Irvine)	173
20		17:3
	Deanna Schiedler (Oregon)	
21	Jennie Scott (CS Fullerton)	17:3
22	Molly Jagokson (USIU)	173
23	Kristen Hansen (Cal)	17:3
24	Lorraine Wilson (UC Irvine)	17:3
25	Maureen Bradley (SDSU)	17.4
26	Laura Farias (Washington)	17:4
27	Susan Taylor (WSU)	17.4
28	Laura Chapel (UCLA)	17.4
29	Melanie Bloch (Stanford)	17:4
30	Carlene Urrutia (Washington)	17.4
31	Janine Ogas (Fresno St	17:4
32	Janicka Peters (Washington)	17:4
33	Carol Gray (Stanford)	17:4
34	Wendy Neely (Stanford)	17:4
35	Jane Harron (Arizona)	17:5
36	Elizabeth Tyson (Oregon)	175
37	Laura Goodwin (Arizona)	17:5
38	Kim Stevens (Stanford)	17:5
39	Raelyn Emtman (WSU)	17.5
40	Nina Liahjell (Cal)	17:5
41	Nancy Brown (UCLA)	17.5
42	Jennifer Gillette (Washington)	175
43	Wendy Logsdon (Call)	17.5
44	Amy Dabul (UC Irvine)	180
45	Laura Johnson (Portand)	180
46	Debbie Granley (WSU)	180
47	Kara Olsen (Cal)	180
48	Ann Manning (Portland)	18.0
49	Jennifer Sheflo (SDSU)	18:0
50	Mary Mendoza (Stanford)	181
Toom	Cross	10.1

Team Scores: Oregon 29, 2, UC Irvine 68, 3, UCLA 79, 4. North of the Control 315, 14. UC Santa Barbara 377, 15. Oregon State

NCAA Div. III Western Reg.

At Crystal Springs, Belmont, Calif.

-1. College of Notre Dame, 47; TEAM.—1. College of Notre Dame, 4, 2. UC San Diego, 64; 3. Whitman (Wash.), 81; 4. Claremont-Mudd, 94; 5. Pomona-Pitzer, 119. Others included: 6. Occidental, 119; 8. Caltech, 263; 10. CS San Bernardino, 296. INDIVIDUAL.—1. Gutterrez (College of Notre Dame), 26:25; 2. Scott (Claremont-Mudd), 26:29; 3. Aparicio (College of Notre Dame), 26:34; 4. Edwards (Pomona-Pitzer), 26:54; 5. Zols. (UC San Diego), 26:57.

Women

TEAM—1. Claremont-Mudd, 48; 2. College of Notre Dame, 64; 3. Occidental, 71; 4. UC San Diego, 86; 5. Whitman (Wash.), 113. Others included 8. CS San Barnardino, 196; 10. Pomona-Pitzer; 300. 11. Cattech, 334.

INDIVIDUAL-1. Trimble (Occiden tal), 17:29; 2. Kivela (Claremont-Mudd), 17:46; 3. Sterling (Claremont-Mudd), 17:54; 4. McFayden (UC San Diègo), 18:04; 5. Cathcart (Occidental), 18:32. photo by Bob Bright



Sylvia Mosqueda of Cal State L.A. won the NCAA Division II Nationals.

NCAA Div. II National Champs.

At Evansville, Ind.

Men
TEAM—1 Edinboro (Pa.), 90, 2
Mankato St., 113; 3. South Dakota St., 116; 4 SE Missouri, 149; 5. Keene St. (N.H.), 156. Others included, 6. CS Los Angeles, 159, 7. Cal Poly SLO, 121; 8. CS Northridge, 228; 12. UC Riverside, 277; 15. CS Sacramento, 336.
INDIVIDUAL—1, C Cheruiyot (Mt. St. Mary s), 30.42; 2. P. Rono (Mt. St. Mary s), 30.43; 3. DeHaven (South Dakota St.), 30.44; 4. Palmer (Troy St.), 30.53; 5. Hanson (North Dakota St.), 30.59, Others included: 14. Livingston (CPSLO), 31:22; 15. Jekabsons (Humboldt St.), 31:23, 18. Saravia (UC Riverside), 31:29, 26. Castro (CS Northridge), 31:45; 29. Sandovál (CSLA), 31:50, 30. Cruz (CSLA), 31:51. Women

Women

TEAM—1 Cal Poly SLO, 53 (sixth straight title); 2 CS Los Angeles, 84; 3. Makato St., 119; 4. Liberty (Va.), 140; 5. CS Northridge, 141. Others included: 7. UC Davis, 148.

UC Davis, 148 INDIVIDUAL — 1. Mosqueda (CSLA), 16:57; 2. Moe (Seattle Pacific), 17:21; 3. Benzoni (Indiana, Pa.), 17:29, 4. Prieur (CPSLO), 17:35; 5. Arreola (CSN), 17:37 Others included 6. Hollingsworth (Sono-ma St.), 17:39, 8. Thatcher (UC Davis), 17:47, 11. Rollins (CSLA), 17:51; 12 DeBettencourt (CPSLO), 17:52; 15. Lohr (CSLA), 18:00, 18. Stehly (CPSLO), 18:11; 21. Minkler (CPSLO), 18:15.

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NCAA DIV. I National Champs.

AT Charlottesville, Va.

Men

Men
TEAM—1. Arkansas, 87 2 Dartmouth, 119: 2 Wisconsin, 184, 4. North Carolina St., 134; 6 Artzona, 244; 7. Notre Dame, 259; 8. Northern Artzona, 264; 9. Brown, 266; 10. Indiana, 273; 11. Clemson, 291; 12. Penn St., 304; 13. Nebraska, 311; 14. UC Irvine, 323; 15. Colorado, 385; 16. Bucknell, 386; 17. Georgetown, 387; 18. Texas, 394; 19. Rice, 411; 20. Providence, 428; 21. Montana, 472; 22. Washington, 481; NDDVIDUAL—1. Falcon (Arkansas), 29:21, 497; 2. Scherer (Michigan), 29:20,56; 3. Harry Green (Texas), 29:21,16; 4. Carter (Penn St.), 29:21,38; 5. Fry (Wisconsin), 29:23,26; 6. Dan Garrett (Notre Damel, 29:24,94; 7. Zindrakansas), 29:28,44; 8. Korir (Ilowa St.), 29:30,89; 9. Taylor (Virginia Tech), 20:20,50; 3. Paylor (Virginia Tech), 29:20,89; 9. Taylor (Virginia Tech), 29:20,80; 9. Schille (Resume), 20:23; 19.

(Arkansas), 29-28-44; 8. Korir (Iowa St.), 29-30.89, 9. Taylor (Virginia Tech.) 29-310.91, 10. Schille (Brown), 29-32-19. Others included: 11. Kempainen (Dartmouth), 29-35-26, 12. Navarrete (Washington St.), 29-35-66, 14-20. Matt Glusto (Arizona), 29-52-85, 21. Matt Clayton (San Diego St.), 29-65-64, 24. Graves (UC Irvine), 29-59-93, 25. Towawina (Northern Arizona), 30-01-16, 26. Van Calcar (Oreon St.), 30-01-93, 54. Whiteley (Brown), 30-28-90, 65. Quinonez (UC Irvine), 30-35-68; 72. Maxwell

(Arizona), 30:42:55; 76. Gutierrez (Arizona), 30:44:51; 81. Davis (Arizona), 30:49:90; 88. LaForce (UC Irvine), 30:53:54; 91. Quade (Arizona), 30:57:21, 118. Daren Stonerock (Northern Arizona), 118 Daren Stonerock (Northern Arizona), 31:20.42, 120. Peter Vicencio (UC Ir-vine), d. 31:22.59, 134. Mascorro (UC Irvine), 31:37.05, 159. Imlay (UC Irvine), 32:16.92, 171. Houlgate (UC Irvine), 32:48.80.

Women

Women
TEAM—1 Oregon, 98. 2. North
Carolina St., 101; 3. Yale, 116; 4. Texas,
143; 5. Texas El Paso, 150, 6. Wisconsin,
155; 7. Alabama, 163; 8. UC trvine, 216;
9. Arkansas, 222; 10. Wake Forest, 227,
11. Northern Arizona, 230, 12. Colorado,
249; 13. Clemson, 263; 14. Penn St., 304;
16. Rice, 372; 16. Kansas St., 405;
INDIVIDUAL—1 Betz (Indiana),
16: 10.85, ... 2. Goodman (Oklahuma),
16: 15.55; 3. Tulffay (North Carolina St.)
16: 17.36; 4. Ljungberg (Texas El Paso),

16: 15-5b; 3. Tuffey (North Carolina St.) 16: 17-36; 4. Ljungberg (Taxas El Paso), 16: 17-73; 5. Hand (Oregon), 16: 18-50; 6. S. Smith (North Carolina St.), 16: 19-88; 7. Harbaugh (North Carolina St.), 16: 20-33; 8. Delnoye (Taxas El Paso), 16: 21-38; 9. Huber (Villanova), 16: 22-93; 10. Leopold (Taxas), 16: 23-69.

(Texas), 16:23 69

Others included: 11 O'Hara (California), 16:26.95; 12 Graves (Oregon), 16:31.25; 15. Wilson (Oregon), 16:38.28; 18. Matava (Virginia), 16:45.49; 20. Rabbitt (Uc Irvine), 16:47.24; 21. Fevor (Wisconsin), 16:47.64; 43. McLaughlin (Uc Irvine), 17:07.65; 55. Harrington (Uc Irvine), 17:07.65; 55. Harrington (Uc Irvine), 17:18.41; 73. Rayle (Oregon), 17:34.29;81 Dabul (Uc Irvine), 17:40.81; 82. Schiedler (Oregon), 17:41.54, 99. Wilson (Uc Irvine), 17:52.20; 126. Van Zant (Uc Irvine), 18:30.60.



photo by Jim Reynolds

Kirsten O'Hara, top Californian at the NCAA Div. I Championships.

photo by Bill Leung, Jr.



Mark Dani, Community College State Champ.

7	Jill Hoffman (El Camino)	17:50
8	Deena Adams (San Jose)	17:56
9	Tracy Wright (Orange Cst)	18:05
10	Rachel Rossbach (Ventura)	18:12
11	Tessie Hartmann (MiraCosta)	18:22
12	Loratta Cruz (Sequoias)	18:27
13	Tracy Fitzgerald (Diablo)	18:36
14	Chris Hamilton (El Camino)	18:39
15	Cathy Hennelly (Cuesta)	18:40
16	Stephanie Haynes (S.Barb)	18:42
17	Chris Sientz (MiraCosta)	18:44
4.0	De-to- Outlier tolerates	4 10 7 4 4

18:55

19 Debbie Lies (Orange Cst)

photo by Bill Leung, Jr.



Janice Sellon, Community College State Champ.

20	Suzanne Cornley (West Vly)	18:55
21	Phyllis Delleney (SD Mesa)	18:56
22	Loi Curl (Orange Cst)	18:58
23	Robin Eager (Mira Costa)	19:03
24	Delinda Patino (Orange Cst)	19:04
25	Marsha Chaney (Cerritos)	19:09
Tea	m Scores:	

1. Orange Coast 62, 2. Mira Costa 68, 3. El Camino 80, 4. Mt. San Antonio College 103, 5. Cuesta 128, 6. Modesto 138, 7. Santa Rosa 175, 8, American River 184, 9. Porterville 199, 10. Foothill 211.

Road Racing

Moscow Marathon

76 California residents participated in the 1987 Moscow International Peace Marathon and 10K. Ranging in age from 3 to 75, these people were there not simply for the challenge of an athletic event but to have an impact on the end of world hunger. As members of World Runners, a global running club with its international offices in Santa Rosa, these Californians were part of a group of 166 people visiting the U.S.S.R. to promote a publicly committed partnership for the end of hunger between the U.S. and the Soviet Union.

Sent off in a special meeting with Senator Claiborne Pell of the Foreign Relations Committee, World Runners members arrived in Moscow, via FinnAir's flights from New York and Helsinki, 10:30 p.m. August New York and Helsinki, 10:30 p.m. August 7th, with hundreds of giveaway balloons, a tootball-field length of ribbon printed with hearts and greeting from Americans, 5,000 Hawaiian orchids, 200 copies of The Hunger Project's Ending Hunger book, 7,000 letters and valentines from American school children, 5,000 t-shirts saying "For the end of Hunger in English and Russian above merging U.S. and U.S.S.R. flags, and 18,000 cards imprinted with the following message:

*Greetings!

We are Americans, visiting the U.S.S.R. to participate in the Moscow International Peace Marathon and 10 Kilometer Runs, and to tour your beautiful country. As members of World Runners, an international running club dedicated to the end of hunger throughout the world, we bring you our goodwill, our friendship and our partnership in having all the world's

people live in harmony and dignity."
Peter Verbiscar-Brown, the Executive
Direct of World Runners, said, "We brought two full-sized American and Soviet flags, on poles. When the marathon began, World members were running with the flags but shortly into the race, a group of Soviet runners, going at about a 6 1/2 minute pace, took up the flags. Their commitment and diligence in carrying them was extraordinary. When one flag-bearer got ahead of another, the one ahead would wait so that the flags could continue their passage side-by-side and step-by-step. As soon as a flag-bearer got tired, someone was waiting right behind him to take the flag. These flags became a rallying point for the entire marathon. When the crowds along the route saw them coming, they would begin to cheer and applaud. The Soviet runners were shouting 'Za Mir, Za Mir' (for peace, for peace), and the people

on the sidelines would yell back "Za Mirl"
"As we approached Gorkey Park," said
Ted Ruffner of Clovis, who ran the
marathon with his wife, Lisa, "the crowds
were five deep. A Soviet runner pulled up next to me and asked me my name. told him. 'And your last name?' 'Ruffner.' He took my hand and held it in the air. 'Ted Raffner,' he yelled proudly. 'Americant'

Along the marathon and 10K routes (which paralleled the Moskva River, the Kremlin and Gorky Park), World Runners shook hands and exchanged hugs with Soviet runners and spectators, and traded their World Runners buttons for pins from Soviet running clubs,

Peggy Barron of Santa Rosa, brought up the rear of the 10K along with her husband,

Calif. State Community College Cross Country Champs.

November 21, Woodward Park,

	Overall Results - Men	
1	Mark Dani (Grossmont)	19:00
2	Angel Hernandez (Trade Tech)	19:10
3	Todd Trask (Santa Rosa)	19:43
4	U. Rivera (Long Beach)	19:47
5	George Kersh (Taft)	19:49
6	John Vance (Mt. SAC)	19:50
7	Steve Neubaum (Modesto)	19:52
8	Marcial Beltran (Fullerton)	19:53
9	Chris Bloxom (WestVly)	19:53
10	Rod Heskett (West Vly)	19:54
11	Fernando Baideras (San Jose)	19:55
12	Carter Yarborough (SD Mesa)	19:56
13	Kenrick Sealy (West VIy)	19:57
14	Greg Mislick (Monterey)	19:58
15	John Moya (Grossmont)	20:0
16	Jose Hemandez (Glendale)	20:01
17	John Domingue (West Viy)	20:02
18	Jim Sorensen (Rancho San)	20:04
19	Sean Tate (San Jose)	20:04
20	Darin Watkins (El Camino)	20:05
21	Marty Brenner (Cabrillo)	20:00
22	Nick Yray (West Viy)	20:10
23	Andy Davis (Grossmont)	20:1
24	Dennis Wilson (S.J. Delta)	20:12
25	John Ferdoroff (El Camino)	20:12
	m Scores:	
1 1	Vest Valley 41 2 Greement 7/	3 2 E

1. West Valley 41, 2. Grossmont 70, 3, El Camino 92, 4. San Diego Mesa 137, 5. Mt. San Antonio College 141, 6. Rancho Santiago 147, 7. Santa Rosa 161, 8. American R, 167, 9. San Jose 172, 10. Porterville 256

Overall Results - Women

anice Sellon (Mt. SAC) Carmon Maldanado (Mt. SAC) Debbie Sharp (Oxnard) 17:33 17:42 Ruth Vomund (Ventura) 17:43 Elizabeth Chavez (Modesto) Teri Gerbet (Ventura) 17:47 17:48

Dr. Roger Barron, her children Laura, 12, and Deborah, 14, Linda Chaput of Cotati, and her 12-year old daughter, Sarah. She said, "We finished the race in 1 hour and 47 minutes but out time was the least of our concerns. Just being a part of this event and interacting with the Soviet people was very, very moving. They have a tremendous sense of family and greatly appreciated all the families and children on the World Runners trip. During the 10K we constantly stopped to speak with people, to hand out our cards. Laura, Deborah and Sarah Chaput made friends among the Soviet young people they met and we have wonderful pictures of them talking to the soldiers lining the route, giving them

Deborah Barron, 14, reported, "We met quite a few teenagers in the U.S.S.R. They were all very interested in us, what we were doing there, and about the U.S. All of them spoke English. They told us kids there study at least two languages. They also had studied American history and seemed to know much more about our country than Americans know about theirs."

World Runners had brought 5,000 Moscow '87 t-shirts, gifts of Americans to the Soviets, to distribute at the end of the marathon, and Soviet officials gave the American group a tremendous amount of leeway in handing them out to runners. Tim Fox of Healdsburg, CA, there with his son Josh, 12, and his mother and stepfather, Audrey and Fred Lincoln, was in

charge of the t-shirt distribution.
"World Runners are experts in run logistics and taking care of runners and that's exactly what the Soviets let us do. They cleared a large space for us just past the finishing chutes with soldiers forming a human barricade, walling in the area. So runners would finish and then walk directly over to our volunteers who greeted the finishers with hugs, congratulations and tshirts. Also, in terms of race t-shirts, the Soviet Union isn't at all like the U.S. shirts are a great novelty there and so the runners were very appreciative."

After leaving Moscow, the group traveled south to Yalta, Yerevan, Tblisi and Baku. Sue Oaks, Assistant Director of World Runners, said, "in each city, World runners, in conjunction with the mayor's office, peace and sports committees, staged a run of between 2 and 5 kilometers. With less than two days notice, the Soviets graciously produced events that included cordoning off streets and re-directing traffic. publicity and media coverage, participation by local runners, and finishing ceremonies. A crowd of 5,000 people and a 30-piece band greeted the finishers in Yalta's Lenin Square. In Yerevan, Republic of Armenia, the run began in their huge sports stadium, whose electronic message board displayed the words "Welcome participants in Yerevan's run against hunger" in English and Russian. And in Tblisi, the race ended in Victory Park, whose war memorial is a monument to the devastation wrought by war rather than to its glories."

Given the success of this year's trip, and the plans by many of its participants to return for the 1988 Moscow Marathon, World Runners is expecting an even larger event next year. For information, call World Runners International office at (707) 545-5548, or write 2050 West Steele La., E-2, Santa Rosa, CA 95401.

Westwinds Triathlon

nber 7, McFerland (1K Swim, 38K Bike, 8K Run) Overall Results

Paul Gamino (26) 1:45:65 Brian Timmerman (22) 1:46:37

3	Rick Milich (26)	1:49.5
4	Jason Middleton (15)	1.502
5	Phillip Jordon (27)	1:51:30
6	Ron Lessley (30)	1:53:14
7	Jim Mitchell (32)	1:53:24
8	Scott Kress (27)	1:53:38
9	Allan Bradley (38)	1:54:40
10	Mike Toland (31)	1.55.18
11	Rick Hixon (34)	1:56:24
12	Rich Urison (28)	15626
13	David Partch (18)	1:57:19
14	Bob Dunlap (35)	1572
	Contract of Assets	

photo by Mike O'Haver



Westwinds Triathlon winners, Judi Thompson and Paul Gamino.

15	Ken Trone (27)	1.57:49
16	Jan Barglowski (20)	1:58:24
17	Cesar Romano (25)	1:58:48
18	Raymond Avina (28)	1:59:13
19	Robin Strand (35)	1:59:14
20	Kyle Lacey (21)	20007
Photo	lon Douglio Man	

14 & Under: 1. Rian Olson, 2. Steve Fleischer, 3. Canon Young, 15-18: 1, Jason Middleton, 2, David Partch, 3, Steven Dirske, 19-24: 1, Brian Timmerman, 2. Jan Bartglowski, 3. Kyle Lacey. 25-29: 1. Paul Gamino, 2. Rich Milich, 3. Phil Jordon. 30-34: 1. Ron Lessley, 2. Jim Mitchell, 3. Mike Toland. 35-39: 1. Allan Bradley, 2. Bob Dunlap, 3. Robin Strand. 40-44: 1. Ron Rodman, 2. David Jacobsen, 3. Kent elling, 45-49: 1, Arnold Buchanan, 2, Gary McCain, Mike Callagy. 50-54: 1. Jack Eberly, 2. Don Williams, 3. Howard Knost. 50 & Over: 1. Chris Denny, 2. Bruce Pfutzenreuter, 3. Bob Small. Division Results - Women

15-18; 1. Brady Bernitt. 19-24; 1. Susan James. 25-29; 1. Laura Lowe, 2. Debbie Raygoza, 3. Annette Gonzalez. 30-34; 1. Donna Lyles. 35-39; 1. Judi Thompson, 2. Vickey Rigby, 3. Becky Pullord, 40-44: 1. Connie Smith, 2. Jane Granskog, 3. Sherraine Sheldon, 45-49: 1. Elizabeth Saba.

Legg Lake 8K **Evening Run**

September 9, So, El Monte.

Division Results - Mon

19-24: 1. Steve Koriso 25:35, 2. Francis Ambris 31:07. 25-29: 1. Steve Corona 29:07, 2. Robert Franz 35:25, 30-34; 1. E. Serratos 28:27, 2. Jose Rodriguez 28:55, 3. John Chavez 32:05, 35-39: 1. Ron Chuja 35:07, 40-44: 1. Virgil Redman 31:19, 2. Juan Rivas 32:20, 3. Juan Aeou 33:20, 45-49; 1. Bob McGeough 28:33, 2. Ismael Gonzalez 38:25. 50-54: 1. Cliff Statba 32:22, 2. Carlos Vega 37:08. 55-59: 1. Wally Ingray 31:47, 2. Ed Fuffley 39:59. 65-69: 1. Wiley Nelson

Division Results - Women 15-18: 1. Darlene Flores 34:35: 30-34: 1. Doris Chung 45:11. 35-39: 1. Teresa Verdzo 39:32.

Legg Lake 5K **Evening Run**

September 10. So. El Monte. Division Results - Men 10-14: 1. Brent Ellingson 26:59, 25-29: 1. Jay White 19:23, 2. Amulfo Castillo 21:15; 3. Jose Bedoy 21:26. 40-44; 1. Mike Lalum 20:44, 2. Harold Ellingson 20:55, Dwight Smith 21:59, 45-49; 1. Jon McIntosh 21:42, 50-54; 1. Ben Bernal 22:48, 55-59; 1. Jim Maynard 23:20, 2. Ed Duffley 25:08, 65-69; 1. Wiley Nelson 26:51. Division Results - Women

19-24: 1. Lisa Gonzalez 26:13, 2. Patty Medina 32:20. 25-29: 1. Elizabeth Stevens 23:27, 2. Susan Archumbautt 26:31, 30-34: 1. Doris Chung 25:46.

Legg Lake 8K Momina Run

September 13, So. El Monte.

Divinion Results - Men

15-18; 1. Tommy Dorantes 32:40, 19-24; 1. Steve Grupenhagen 34:44, 30-34: 1. Jose Rodriquez 28:46, 2. Francisco Rubio 29:25, 3, Gary Miklovich 36:32, 35:39: 1. Ray Gonzales 36:15, 40-44: 1, Mike Mendez 31:48, 2. Cipriano Delgadillo 33:05, 3, Mike Lalum 34:27, 45-49: 1. Bob Ahrens 38:20. 50-54: 1. Cliff Stolba 32:05. 55-59; 1. Wally Ingram 32:11, 2. Emilio Chavez 37:23, 3. Ed Duffey 41:38. 65-69; 1. Wiley Nelson 46:17. 70-79: 1. Fraser MacMinn 42:06.

Division Results - Women 30-34: 1. Regina Schuetze 34:06. 48-44: 1. Theresa Riley 38:31, 50-54: 1. Dorothy Alvens 46:37.

Dave Odger Memorial

September 13. Oxnard, 10K.

	Overall Hesults	
1	Ramiro Valencia (15-19)	32:46
2	Brian Nelson (30-34)	3251
3	Jesus Morales (30-34)	34:29
4	Hans VanKoppen (30-34)	34:46
5	Vicente Zaragoza (30-34)	35:13
8	Gregory Bantista (25-29)	35:20
7	Salvador Paniagua (35-39)	3529
8	Charles McClung (40-49)	35:30
9	Scott Werve (14&U)	35:33
10	Arturo Frausto (40-49)	35:41
14	Brian Flick (20-24)	36:04
24	Fred Nagelschmidt (50 & O)	3822
30	Mimi Baranowski (35-39 F)	39.52
33	Kirby Haley (Wheelchair)	40:12
48	Gail Mark (25-29 F)	42:08
70	Donna Miller (30-34 F)	46:33
72	Kathy Heezen (20-24 F)	46:42
78	Claudine Contreras (15-19 F)	47.58
92	Anne Coy (40-49 F)	49:39
135	Marge Whitcomb (50&O F)	1:01:40

Legg Lake 8K **Evening Run**

September 16. So. El Monte. Division Results - Men

6-9; 1. Jose Becerra 34:50, 39-34: 1, Jose Rodriquez 28:13. 35-39: 1. Greg Murphy 32:12. 40-44: 1. Jarrett Williams 31:35, 2. Roy Parker 32:05, 3. Mike Lalum 34:55, 45-49: 1. Bob McGeough 28:20, 50-54: 1. Cliff Stolba 32;44, 2. David Rathasher 42:50, 55-59: 1. Wally Ingram 31:56, 2. Bruce Odon 34:55, 3. Ed Duffley 40:38, 65-69: 1, Wiley Nelson 45:27. Division Results - Women

30-34: 1. Nex Martinez 40:14, 2. Doris Chung 43:40. 35-39: 1. Judy Weka 37:07.

Edison 10K

Sept	ember 19. Ventura.	
	Overall Results	
1	Hans VanKoppen (30-39)	3529
2	Salvador Paniasua (30-39)	35.51
3	Bill Scobey (40-49)	37:40
4	Jim Monahan (30-39)	37:54
5	John Casso (30-39)	3828
6	Bill Frick (40-49)	38:54
7	Larry Plunkett (40-49)	3928
8	Ralph Casillas (30-39)	39:34
9	Keith Barnder (30-39)	39:53
10	Darren Odgers (19-29)	40:36

11 -	Fred Nagelschmidt (60&O)	4122
16	Pat Farrell (50-59)	43:44
23	Lissa Scobey (19-29 F)	44:48
24	Gail Mark (19-29 F)	45.48
29	Jason Stine (18&U)	50:43
34	Janelli Burns (30-39 F)	53:44

Apple Silicon Rally Facts

September 19. Cupertino, 10K & 5K. Overall Results - Men's 10K Daniel Gonzalez (25) Mt.View Kevin Jones (27) SLO Carmelo Rios (27) Fremont 29:58 3009 Overall Results - Women's 10K Nancy Ditz (33) Woodside 34:35 Sharlet Gilbert (36) Righmond 35/44 Peggy Lavelle (27) S.F. 38:18 Overall Masters Result Men: Jim Wisener (43) SanJose 3620 Carol Crooker (42) Aptos Overall Results - Men's 5K 42:30 Jay Marden (24) Fremont Charles Alexander (23) Mt.View 1420 Tim Gruber (27) Sunnyvale Overall Results - Women's 5K 1422 April Powers (29) Kentfield 1629 Melissa Martel (28) Oakland 17:00 Barbarta Meyers-Acosta(29) Overall Masters Results 17:16 John Galletta (43) S.F. 16:45 Women

Karen Walker (45) MenloPk

photo by Gene Cohn

22:30



Nancy Ditz, winner of Silicon Ralley 10K

Legg Lake 5K Evening Run

September 17. So. El Monte.

Division Results - Mon 6-9: 1. Bill del Toro 31:47. 10-14: 1. Troy Ellingson 23:24, 25-29: 1. Don Burton 17:31, 2. Pondiano Garcia 19:16, 3. Amuito Castillo 21:06. 35-39: 1. Guillemo del Toro 21:13, 2. Mike Lawsen 22:24, 40-44; 1. Jarrett Williams 18:37, 2. Redman 18:45, 3. Rivas 19:05, 50-54: 1. Ben Bernac 22:27, 2. Maury Whitaker 27:20, 55-59: 1. Jim Maynard 22:56, 2. Ed Duffley 25:59, 60-64: 1. Harry Lawsen 27:21. 65-69: 1. Wiley Nelson 29:17.

Division Results - Women 30-34: 1. Doris Chung 25:29, 35-39: 1. Theresa

Legg Lake 5K Moming Run

September 19, So. El Monte. Division Results - Men

Mariscal 20:53. 3.

19-24: 1. Art Gonzalez 18:16, 2. Manuel Macias 19:27. 25-29: 1. Vicenile Rivera 17:17, 2. Diego Mesa 17:24, 3. William Cottes 18:09. 30-34: 1. Jose Rodriguez 17:05. Vinian Lottes 18:09, 30-34: 1, Jose Hotonguez 17:05, 35-39: 1. Gustavo Bedoy 18:25, 2. Greg Murphy 18:45, 3. Ray Gonzales 21:36, 40-44: 1. Mike Latum 20:54, 2. Dwight Smith 21:34, 3. George Isor 21:52, 45-49: 1. Fred Glover 19:40, 2. Richard Corriveau 20:19, 3. Alfonso Villanueva 20:20. 50-54: 1. Frank Vasquez 19:49. 55-59: 1. Wally Ingram 17:07, 2. Ignacio

Doc Bruce 21:00. 60-69; 1. Carry Banuelos 20:08, 2. Wiley Nelson 26:58, 80 & Over: 1, Jacob Bishin 41:01. Division Results - Women

15-18: 1, Lisa Gutierrez 26:39, 19-24: 1. Carmon Sandoval 28:27. 30-34: 1. Wendy Bracamonte 22:35, 2. Doris Chung 25:57, 3. Liz Lopez 27:44. 40-44; 1. Georgina Nuttall 23:07. 45-49; 1. Margaret Shields 22:25, 2. Joey Hamp 30:54.

Bass Lake Classic Triathlon

Septem	ber 19. Basa Lake.	
317	Overall Results - Individuals	
1	Bryan Fahrenbach (30) Clovis	

September 10, basa Lake.		
	Overall Results - Individuals	· Company
1	Bryan Fahrenbach (30) Clovis	20242
2	Michael Meteyer (28) Oceansd	2:04:43
3	David Mackey (26) LongBoh	20529
4	Pete Kain (24) LosGatos	20805
5	Pete Wright (26) SanDiego	21024
6	Jeff Moffit, Fresno	211:43
7	Jim Mollerus (28) LosGatos	21200
8	Greg Kulper (30) GoldRiver	214:40
9	Brad Williamson	216:33
10	Wade Stock (26) Sausalito	217.06
11	Juli Brenning(27)Malibu	217:07
12	Dave Slothower (30) LosGat	217:10
13	Fred Villegas (9)	217:30
14	Guy Vannatta (21) Clovis	217,32
15	John Murphy (39) Sacto	1:36.55
16	Paul Grayson (11)	218:45
17	Dave Brady (41) SanDiego	21907
18	Rick Lowell (27) LosGatos	21909
19	David O'Neill (26) LasVegas	219.20
20	Alan Hanson (12)	21937
21	Stuart Smith (25) SanRamon	219.48
22	Robert Rainwater(37)Fresno	219.53
23	Peter Gallup (36) Clarent	22007
31	Francis Chin (24) LasVegas	220:30
25	Gary Davis (33) S.F.	220.42
25	George Demos (29) Bakersf	221.05
27	Dan Johnson (31) Sunnyvi	221:15
28	David Harger (28) Reno	22155
29	Walter Radioff (42) SanJose	22237
30	Jason Middleton(15)Bakersf	22238
31	Bruce Lin (16) LosAltos	22238
32	Barry Mansker (27) SanJose	223.02
33	Eric Childs (33) LosGatos	223:02
34	Robert Buckenberger(22)Fres	223:13
35	Jim Hartigan (30) Sacto	224:12
36	Missy LeStrange	224:36
37	Forrest Bond (44) Woodind	224:42
38	Jon Grisell (22)	224:45
39	Aaron Mann (27) DelMar	224:45
40	Rick Ferrell (28) SanJosa	226:14
	The state of the s	

41	Gordon Gould (43) Woodland	2:26:37
2	Paul Wood (38) Vancouver	22639
43	Bill Harris (30) SanDiego	226:49
44	Klaus-Peter Finke(26)Lemo	22655
45	Doug Woods (37) Vancouver	22659
46	Al Lipske (33) S.F.	227:16
47	Ian Ross (28) LosGatos	2:27:39
48	Raymond Avina (29) Coarsegd	22812
49	Eric Little (27) Clovis	228.17
50	Craig Phelan (35) Ketchum,ID Overall Results - Relay Teams	22832
1	Tem Bud Light	1:55:41
2	Miles, Bonnet, Rigor	20120
3	The Redeemed Team	20209
4	C.P.R.	203:49
5	Los Altos Masters	20559
6	Pony Express	20856
7	US 98 lm	20907
8	Berliner, Cohen, Blag	21245
9	Class Act	21519
10	Capitalist Dans	21000

Prefontaine Memorial Run

September 19. Coos Bay, Oregon.

	Overall Hesuita	
1	Edmund Spinney (34) Eugene	31:49
2	Stuart Scholl (33) CrescentC	32:24
3	Michael Ruffatto(32) Eugene	33:19
4	Jerry Durant (19) OregonCity	33:34
5	Paul Czech (24) Coquille	33:52
6	Rob Calley (17) Coguille	33:54
7	Scott Sheldon (19) OregonC	34:04
8	KC Rust (23) Coos Bay	34:22
9	Jason Young (16) No.Bend	34:31
10	John Price (29) Ashland	34:41
11	Dick Weeks (44) Eugene	34:47
12	Lance Tooke (17) Medford	34:49
13	Greg Fischer (31) Bellevue	34:51
14	Guy Waliman (17) Oakland	34:54
15	Nick Furman (33) Charleston	34:56
16	Jonathan Morse (17) Coquille	35:00
17	Ryan Burco (18) OregonCity	35:04
18	Will Sauer (23) Albany	35:05
19	Brent Goodman (16) Roseburg	3506
20	Glen Gardiner (15) Lakeside	35:09
21	Ken Bell (36) Eureka	3518
22	Steve Prince (26) SaltLkCity	3521
23	Jack Devereaux (19) Marola	35:22
24	Bob Bomar (16) Coos Bay	35:26
25	David Dutcher (21) Medford	35:27
	Division Results - Mon	

13 & Under: 1, Erik Anderson 41:58, 2. Andy Gunther 42.46, 3, Richard Paetz 43:10, 14:19; 1, Jerry Durant 33:34, 2, Rob Calley 33:54, 3, Scott Sheldon 34:04, 20-29; 1, Paul Czech 33:52, 2, KC Rust 34:22, 3, John Price 34:41, 30-38; 1. Edmund Spinney 31:49, 2. Stuart Scholl 32:24, 3. Michael Ruffatto 33:19, 40-49; 1. Dick Weeks 34:47, 2. Chuck Wall 36:46, 3. Edgar Kousky 37:09, 50-59; 1, John Hepner 37:48, 2, Bill McChesney 39:20, 3. Keith Fitch 40:10, 60-69; 1. Len Ramp 41:56, 2. Bob Macy 43:23, 3. Alfred Acord 44:35, 70 & Over: 1. Dan Bulkley 47:55, 2. Edward McKean-Smith 59:12.

Division Results - Women 13 & Under: 1. Michelle Weaver 46:21, 2. Amy Flora 46:44, 3, Jennifer Cox 51:14, 14-19; 1, Julie Crooks 41:49, 2. Dena Raddle 42:31, 3. Mully McArtor 43:34. 20-29: 1. Lisa Czech 37:36, 2. Terri Griffin 43:15, 3. Julie Myers 45:48. 30-39: 1. Alice Nickerson 38:05, 2 Kate Sharptes 40:29, 3. Annyta McNees 46:23, 40-49; 1. Susan Bradley 42:51, 2. Lori Schutt 46:12, 3. Donna Brown 48:32, 50-58; 1. Meg Tims 50:52, 2. Marcia McChesney 51:12, 3. Lorraine Sharman 57:41. 60-69: 1. Dawn Russell 1:01:07, 2. Betty Emmons 1:31:29, 3. Dixie Sheldon 1:32:22. 70 & Over: 1. Vivian

Legg Lake 5K **Evening Run**

September 23. So. El Monte. Division Results - Men

19-24; 1. Alex Espeniza 28:37, 2. David Nonez 30:57. 25-29: 1. Don Burton 29:23. 2. Jose Becett 33:25. 35. 39: 1. Jos Englebright 30:48. 40-44: 1. Alfredo Toras 31:24, 2. Mike Lalum 34:52, 3. Dwight Smith 40:54. 45-49: 1. Bob McGeough 28:50, 50-54: 1. Cliff Stolba 32:27. 55-59; 1. Wally Ingram 33:29, 2. Bruce Odon 35:15, 3. Ed Duffley 43:08. 65-69; 1. Wiley Nelson

Division Results-Women

30-34: 1. Doris Chung 44:28. 35-39: 1. Theresa

Legg Lake 5K **Evening Run**

September 24. So. El Monte. Division Results - Mon

6-9: 1. Jorge Contreras 25:54, 2. VIII swl Roeo 35:45. 10-14: 1. Pedro Rodrigues 20:41, 15-18: 1. Tracy Ellingson 33:52, 19-24: 1. Alex Espinosa 16:48, 25-29: 1, D. Costillo 20:58, 30-34: 1. Jose Rodrigues 16:59, 2. Gullermo del Toro 20:47, 3. Frank Gonzales 22:15.35-39; 1. Gustavo Bedoy 18:22, 40-44; 1. Jarrett Williams 18:35, 2. Mike Lalum 20:57, 3. Dwight Smith 21:31, 50-54; 1. Ben Bernal 22:27, 55-59; 1. Bruce Odon 21:04, 2.

Jim Maynard 24:52, 65-69; 1. Wiley Nelson 27:55. Division Results - Women

19-24: 1. Juana Valdez 22:33, 2. Denise Gonzales 22:59, 3. Kathleen Brownfield 23:33, 25-29: 1. Carmen Sandoval 29:13, 30-34; 1. Doris Chung 25:32, 35-39; 1. Theresa Veralizoo 23:08.

Legg Lake 8K **Evening Run**

September 26, So, El Monte,

Division Results - Men

10-14: 1. Duffee Brooks 35:27, 16-18: 1. Jonathan Brooks 31:08. 19-24: 1. Colin Brooks 33:02, 2. Tom Klane 34:05. 25-29: 1. John Aracijo 27:32, 2. Larry Hamilton 27:54, 3. Varcisco Rodriguez 34:27. 30-34: 1. Dave Smith 27:07, 2. Francisco Rabio 29:41, 3. Kevin Brooks 30:41, 35-39: 1, Charlie Von Etten 33:30, 2 Henry Mounglard 35:47. 40-44: 1, Chuck Foote 27:38, Jarrett Williams 30:46, 3. Virgil Redman 27:38. 45-49: 1. Ron Larson 35:54, 2. Bob Galen 38:07, 50-54: 1. Cliff Stalba 32:08, 55-59; 1. Joe Tyner 36:14, 65-69; 1. Wiley Nelson 47:27, 70-79; 1, Fred Miller 44:07.

Division Results - Women

19-24: 1. Leticia Serratos 48:11. 30-34: 1. Jerri Edwards 34:28, 2. Naomi Waka 35:59, 3. Doris Chung 43:06. 40-44: 1, Barbara Nickeme 40:08, 50-54: 1, Jane

YSI Vasona Park Wildlife Run

September 27, Loe Gatos. 10K.
The Fourth Annual YSI Vasona Park 10K Wildlife Run started off with a bangl In lieu of a starting pistol, a miniature cannon was fired, sending the 430 registered runners on their way along the two-loop 6.2 mile course.

The benefit fundraiser brought in approximately

\$5,000, which will be used to maintain the YSI Wildlife Rehabilitation Program at the Alum Rock Center. The race was underwritten by Cornish & Carey Realtors for the four consecutive year.

Bob Tapia, 28, led the runners to first-place finish in 32:44. Tapia was followed two minutes later by second-place finisher Greg Fischer, 31, with a time of 34:36. Ralph Lewis, 18, placed third in 34:56.

Jane Lee, 33, placed first for women with a time of 40:23, Judy Ruggle followed in 41:49 for second place. Third-place finisher was Judi Shade in 42:00.

Division Results - Mon

18 & Under: 1. Ralph Lewis 34:56, 2. John Acosta 36:40, 3. Chris Danna 37:47, 19-29: 1. Bob Tapia 32:44, 2. Craig Welch 35:06, 3. Carlos Sigeiros 37:39. 30-39: 1. Grag Fischer 34:36, 2. Sheldon Hutchison 35:43, 3. Don Kiety 36:48. 40-49: 1. David Himmelsberger 35:51, 2. Steve Lorenz 36:15. 3. Richard Herzog 36:37. S0-59: 1. Bob Farrington 39:27, Ephraim Romesberg 40:34, 3. Ray Mascia 41:18.
 & Over: 1. Bob Ross 45:32, 2. Norm Krieg 51:02, 3. Jan Nijssen Sr. 54:29.

Division Results - Women

DANISON RESULTS - Women

18 & Under: 1. Crystal Miks 45:24, 2. Becky Lorenz
50:01, 3. Kim O'Hara 51:37: 19-29: 1. Brigette
Duchaine 44:45, 2. Carclyn Arts 45:28, 3. Ingrid Duba
46:57, 30-39: 1. Jane Lee 40:23, 2. Judy Huggle 41:49,
3. Connie Mike 43:26, 40-49: 1. Judy Shade 42:00, 2.
Wendy Ferguson 51:40, 3. Bonnie Littlefield 51:48, 5059: 1. Elizabeth Ross 47:58, 2. Claire-Hinter gardi-Santos 49:14, 3. Diane Bromstead 49:56.

Legg Lake 5 Miler

September 30, So. El Monte.

Division Results - Mon

15-18: 1. Antonio Soria 37:07. 19-24: 1. Fred Sutalo 36:36. 30:34: 1. Jose Rodriquez 28:40, 2. Mark Odou 35:14. 35:39: 1. Manny Alvarez 34:13, 2. Vahram Ananessian 39:51. 40:44: 1. Jarrett Williams 31:53, 2. Ed Bourdin 32:44, 3. Mike Lalum 34:32, 45-49: 1. Fred Glover 34:01, 2. Vim Kelly 41:18, 55-59: 1. Aurelio Camacho 33:17, 2. Bruce Odou 34:26, 3. Daniel Mejia 37:22, 65-69: 1. Wiley Nelson 43:42, 2. Guzman 45:53 Division Results - Women

35-39: 1. Theresa Verduzco 38:03. 48-44: 1. Barbara Reukima 40:04, 2. Beatriz Salorio 43:57, 45-49: 1. Margaret Shields 39:25.

Legg Lake 5K **Evening Run**

October 1, So. El Monte.

Division Results - Mon

10-14: 1. Luis Vogel 38:28. 15-18: 1. Brent Parker 19:12. 19:24: 1. Martin Dominguez 19:51. 25:29: 1 . Jose Becerra 19:56. 30:34: 1. Luis Alvarado 17:16. 35:39: 1. Mike Jansen 22:34, 40-44; 1. Mike Lalum 20:52, 45-49; 1, Roman Sidza 20:37, 2, Richard Corriveau 21:47, 65-69: 1, Wiley Nelson 26:09, Racewalkers: 1, Jose Bedoy 37:19, 2. Luis Vogel 38:28.

Division Results - Women 30-34; 1. Doris Chung 27:09. 35-39; 1. Theresa

The Ultimate Runner

October 3, Jackson, Mf.

Despite temperatures, which never left the 40's, Fred Peterson, of Pittsburg, CA., finished high enough in the fifth running of The Ultimate Runner to go back home with some pocket money.

FOR RUNNERS RACE NUMBERS

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The 41-year-old Peterson finished fourth among 35 masters competitors in this five-event, road-racing extravaganza and garnered \$200 for his efforts. His 1,420 points left him 534 behind Ulfimate Runner male masters winner, David Oropeza, 41, of Phoenix, Az.

Peterson started the day with 115 other runners from 24 states and four countries with an 8 a.m. starting time at the 10K start. He ran a 36:50 before posting a 63.8 400 meters about an hour and a half later. That was followed by a 13.8 100 meters and a 5:29 mile before completing the day with a 3:07 marathon.

Ninety-eight runners finished the day including Ninety-eight runners mished the day including veteran Ultimate Runner Carlos Arellanes of Montobello, CA. Arellanes, who has visited this southern Michigan community at least three times in the past five years finished 29th out of 42 finishers in the men's open division.

He recorded a 39:05 10K; 70.0 400m; 14.7 100m; 5:55 mile; and a 3:46 marathon. His point total was 1,137. Overall Ultimate Runner Male was Roger Soler, 27,

of San Antonio, Tx., who repeated last year's effort. His point total was 2,295. Ultimate Runner Female was Nancy Kubasek of Bowling Green, Ch. The 30year-old Bowling Green State University law professor dethroned three-time winner, Ella Willis, 30,

Female Masters winner was Diane Palmason, 49, of Ottawa, Canada.

Apple Ridge Run

Oct	ober 3. Paradise. 3 Mi & 5 Mi.	
	Overall Results - 3 Mile	
1	Seth Roberts (25-29)	16:11
2	Andy Hafer (15-19)	17:11
3	Alan Woolard (20-24)	1727
4	Everett Riggle (50&0)	1808
5	Frank Condon (45-49)	18:08
6	Jack McKenna (40-44)	1820
7	Craig Schutz (35-39)	1823
8	Joshua Hubbard (14&U)	1823
9	Steve Bordin (30-34)	18:40
10	Steve Wattenberg (40-44)	18.59
	Division Results - Man's 2 kms	10/08

14 & Under: 1. Josh Hubbard 18:23, 2. Naham Meadowsong 21:22, 3. Todd Suissler 23:15, 15-19: 1. Andy Hafer 17:11, 2. Shawn Jordan 22:30, 3. Brian Dewey 30:37, 20-24: 1. Allen Woolard 17:27, 2. Michael Dewey 30.37, 20-24: 1. Allen Woolard 17:27, 2. Michael Pappas 23:09, 3. Eric Lund 24:18, 25-29: 1. Seth Robetts 16:11, 2. Jim Peplow 19:43, 30-34: 1. Steven Bordon 18:40, 2. James Broshears 20:25, 3. Mike Strasser 24:28, 35-39: 1. Craig Schultz 18:40, 2. Strasser 24:28, 0. Special 25:00, 3. Dick Long 22:17, 40-44: 1. Jack McKenna 18:20, 2. Steve Watenberg 18:59, 3. Thomas Walfher 20:50, 45-49: 1. Frank Condon 18:09, 2. Lines (Juhbard 20:24, 3. Michael 20:24, 2. June 18:40-42:24, 4. Michael 20:24, 4. Michael 20:24, 2. June 18:40-42:24, 4. Michael 20:24, 4. Michael 20:24, 2. June 18:40-42:24, 4. Michael 20:24, 4. 2. Lynn Hubbard 22:24, 3. Jim Antie 24:37. 50 & Over: 1. Everett Reggle 18:08, 2. Mort Ward 20:38, 3. Val Anres 24:10.

Division Results - Women's 3 Mile

14 & Under: 1, Sara Gates 21:35, 2. Daisy Stanhope 22:13, 3. Cara Wattenberg 22:51, 20-24: 1, Diana 22:13, 3. Gara Wattenberg 22:51, 20-24; 1. Diana Waytright 22:26, 2. Doanna Douglas 24:45, 3. Sharon Lydon 25:46, 25-29; 1. Debbie Wynbrandt 29:16, 2. Amy Shockley 31:57, 3. Kelly Smith 3:36; 30-34; 1. Dale Darrow 22:19, 2. Rosa Vaquera 22:56, 3. April Carter 23:50, 35-39; 1. Marilyn Meyers 22:57, 2. Cyndey Broshears 26:22, 3. Gloria Cancello 28:07, 40-44; 1. Joan Keanew 21:30, 2. Bath Wattenberg 40-44: 1. Joan Keeney 21:30, 2. Beth Wattenberg 24:36, 3. Lynette McGie 27:48, 45-49: 1. Connie Redondo 38:03. 50 & Over: 1. Mary Malane 25:56, 2 Joyce Hall 35:35, 3. Marjorie Carling 35:47.

OSC	Overall Results - 5 Mile	
1	David Larabee (20-24)	27:28
2	Neil Haggard (15-19)	2829
3	Michael Busbee (35-39)	29.07
4	Gary Towne (15-19)	2926
5	Patrick Kornder (20-24)	29:39
6	Nelson Cobio (30-34)	29:44
7	Scott Borges (35-39)	30:01
8	Bill Gardner (40-44)	30:23
9	Dale Green (20-24)	
10	Guy Malain (30-34)	30:59
	(anda)	3127

Division Results - Men's 5 Mile 15-19: 1. Neil Haggard 28:20, 2. Gary Towne 29:26, 3. Allen Robertson 32:17. 20-24: 1. David Larabee 27:28, Patrick Kornder 29:39, 3. Dale Green 30:59, 25-29;
 Dan Leitner 32:13, 2. Paul Wilson 41:22, 30-34;
 Nelson Cobb 29:44, 2. Guy Malain 31:27, 3. Edwin Hase 32:20, 35-39;
 Michael Busbee 29:07, 2. Scott Borgess 31:01, 3. Jon Hesse 31:54, 40-44; 1. Bill Gardner 30:23, 2. Brian Newell 33:29, 3. Richard Landess 34:54, 45-49; 1. Ray Darwin 31:40, 2. Jeff Dawes 35:18, 3. Clark Blair 37:45, 50 & Over: 1. Hardd Carling 31:29, 2. Bob Malain 32:09, 3. Marvin Mahar 32:45. Metzer 38:46.

Division Results - Women's 5 Mile

Division Besults - Women's 5 Mile 20-24: 1. Kathy Gooderham 37:48, 2. Mary Coacher 44:14, 3. Christine Casey 44:52, 25-29: 1. Lisa Cobb 33:47, 2. Ketry Jessen 37:28, 3. Terri Furlong 40:18. 30-34: 1. Victoria Smith 38:27, 2. Carrie Locke 38:27, 3. Peggy Prestridge 42:34, 35-39: 1. Sandi Anderson 40:03, 2. Carolyn Patania 40:52, 3. Sharon McKee 44:52, 40-44: 1. Susan Condon 39:05, 2. Tami Be Miller 41:64, 3. Shirley Goudy 45:32, 45-49: 1. Carolyn Ward 43:28. Carolyn Ward 43:28.

Harbor Sprint Triathlon

OC	tober 3. Morro Bay.	
	Overall Results	
1	Chris Hinshaw (24)	56:13
2	Dave Furbee (29)	58:35
3	Rick Conway (34)	59:08
4 5	Kenny Grose (25)	5923
5	Craig Lowrie (31)	1:00:10
6	David Sears-Koltko(29)	1:01:41
7	Toby Wroblicka (26)	1:03:11
8	Scott Kress (27)	1:03:29
9	Frank Mattingly (33)	1:03:46
10	Toby Kramasz (33)	1:03:56
11	Brian Friedmann (22)	1:03:57
12	David Partch (18)	1:04:11
13	Dante Quarante (26)	1:04:21
14	Butch Stinton (35)	1:04:35
15	Peter Newell (30)	1:04:40
16	Brad Fleener (26)	1:04:43
17	Mike Larbig (28)	1:04:58
18	John O'Sullivan (24)	1:05:17
19	James Klemens (22)	1.0526
20	Kevin Chaffee (34)	1.05:59
21	Rick Cormier (28)	1:06:04
22	Jerry Burch (23)	1:06:10
23	Alisa Goughnour (25)	1:06:16
24	Lance Hardy (25)	1:06:26
25	Craig Barbehenn (34)	1:06:39
	Division Boards Man	1.00.39

DWiscon Hesuria - Mich 18-29: 1. Chris Hinshaw, 2. Dave Furbee, 3. Kenny Gross, 30-39: 1. Rick Comway, 2. Craig Lowrie, 3. Frank Mattingly, 40-49: 1. Dave Howell, 2. Michael Selby, 3. Paul Allen, 50 & Over: 1. Ben Homer, 2. John Browning, 3. Vaughn Castle.

Division Results - Women

18-29: 1. Alisa Goughnour, 2. April Wagner, 3. Elizabeth Osborn. 30-39: 1. Margie Dana, 2. Val Seymour, 3. Lori Logan. 40-49: 1. Connie Smith, 2. Jackie Bloom, 3 Gudrun Fink. 50 & Over: 1. Elizabeth

Point-To-Point Fun Run

Oct	ober 3. So. San Francisco. 5K.	
	Overall Results - Men	
1	Bjorn Nilsson (FosterCity)	1527
2	Hank Rawson (Cupertino)	1529
3	Terry Milby (So.S.F.)	16:49
	Overall Results - Women	10.45
1	Isabelle Gasta (S.F.)	19:33
2	Gina Dellanina (Pacifica)	20:15
3	Dorbina Lim (So. S.F.)	2126
	Division Results - Men	2120

15 & Under: 1. Geraldo Guinto 20:36, 2. Aaron Brow 15 à brider : 1. Gefairo Guinto 2036, 2. Aaron Brown 27:53. 16-19: 1. Eric English 19:39, 20-29: 1. Terry Miby 16:49, 2. John Van Seeburg 17:14, 3. James Sullivan 18:51. 50-59: 1. Bill Bugler 18:09, 2. Philip Hager 18:12, 3. Elden Dellanina 22:12. 60 & Over: 1. John Guinee 24:34, 2. Freeman Hogan 29:20.
Division Results - Women

16-19: 1. Cathy Rodini 27:20. 20-29: 1. Isabelle Gasta 19-33, 2. Gina Dellarina 20:15, 3. Lorraine Stewart 22:04. 30-39: 1. Dorbina Lim 21:26, 2. Marie Rose Skifter 21:33, 3. Diana Mentzer 24:07. 50-59: 1. Kilko Baptista 23:23, 2. Roberta Carlson 25:54, 3. Sherla



Yumi Takahashi, women's winner of Perry's to Perry's Half Marathon.

Perry's to Perry's October 4. San Francisco, Half Marathon & BK. Half Marathon Results

To	p Three - Men	
1	Alan Lind (28) CO	14000
2	Gilbert Munoz (28) Watsonvl	1:10:09
3	Bill Langhout (29) R.Cordova	1:1123
	Top Three - Women	1:12:13
1	Yumi Takahashi (30) S.F.	
2	Carolyn Wollenberger (21)	125.52
3	loss Colembiologica (21)	12626
9	Joan Coleman (43) Sausilito	12806
1	Top Men's Master	
	Kenneth Giebel (40) SanMat	1:20:45
1	Top Women's Master	
100	Joan Coleman (43) Sauslito	12806
	8K Results	
Q.	Top Three - Men	
1	Don Paul (37) S.F.	24.58
2	Pete Carpenter (23) S.F.	25.42
3	Daniel Butterfield (30)	27:59
	Top Three - Women	5100
1	Molly Burke (20) S.F.	31:55
2	Vicki Chase (38) SanAnsel	32:33
3	Marion Irvine (57) S.F.	32:48
	Top Men's Masier	96,40
1	Russ Kieman (49) MillVly	29:43
	Top Women's Master	29,43
F	Marion Irvine (57) S.F.	32:48
	The second secon	32.48

Oktoberfest

October 4, Moraga, 5K & 10K Division Results - Men's 5K

Division Results - Men's 5K

12 & Under: 1. Bendan Renault 22:34, 2. Matt White
25:39, 3. Bobb Bonner 30:35, 13-19: 1. Robert Hibl
16:47, 2. Artie Huff 17:00, 3. Tim McCurdy 18:30, 2021. Don Lobby 5. 17:14, 2. David Sasek 18:36, 3.
Scott Geschke 18:46, 30:30: 1. Bob Ressmeyer 17:04,
2. Ron Kiyono 17:43, 3. Rich Coulitard 18:11, 40-48: 1.
Karl Romano 18:03, 2. Tim Quinty 18:19, 3. Roger
Sharpe 18:36, 50-59: 1. Danny Plouvier 19:58, 2.

George Contantino 20:46, 3. Big Al Kirkham 21:01 60. 68: 1. Jos King 19:06, 2. John Guines 25:20, 3. John Tait 34:12. 70 & Over: 1. Lawrence Viglienzone 35:37, 2. Marion Reich 45:54.

35.37, 2. Marion Reich 45.54.
Division Results - Women's 5K

12 & Under: 1. Eve Phillips 26:46, 2. Donna Reichardt
28:31, 3. Caroline Iritschi 29:46, 13-19: 1. Amy Tillson
22:26, 2. Caroline Iritschi 29:46, 3. Mary Ann Grubb
30:04, 20:29: 1. Sheri Opp 18:43, 2. Julie Ishaw 20:35,
3. Holly Dawson 23:54, 30-39: 1. Jeanne Krak 21:30,
2. Ruth Grimes 21:47, 3. Gretchen Denhee 24:41, 40-49: 1. Sharon Stafano 25:03, 2. Yvonne Barber 25:10,
3. Pat Wood 27:12, 50-59: 1. Mary Ann Perry 24:33, 2.
Velta Gill 25:16, 3. Mary Anderson 30:00, 60 & Over:
1. Marge Tait 34:11, 2. Corinee Treml 27:07, 3. Patt
Wood 27:07.

Division Results - Men's 10K

Division Results - Men's 10k 12 & Under: 1. Tony Martinez 49:28. 13-19; 1. Steve Etielgeorge 36:19, 2. Michael Clark 48:11. 30-39; 1. Byron Chunive 34:54, 2. Stephen Freitas 35:49, 3. Bill Malk 38:42, 40-49; 1. Michael Green 37:22, 2. Chris

Bil Malk 38:42: 40-49: 1. Michael Green 37:22; 2. Chris Larsen 39:07; 3. Frank Perry 39:15: 50-59: 1. Bill Tillson 39:39; 2. Don Hilderand 41:17; 3. William Grabowski 41:57; 60-69: 1. Del King 41:17; 2. John Nyser 46:17; 3. Gus Psara 69:10. 70 & Over: 1. Cere Muscarella 66:12; 2. Benjamin Levitan 84:20. Division Results - Women's 10K
12. & Under: 1. Veroncia Cruz 49:26; 2. Melody Bradford 53:00. 13-19: 1. Julie Timmerman 57:44: 20-29: 1. Kyle Mikune 41:47; 2. Lisa Bartels 48:10, 3. Christine Manning 48:11, 30-39: 1. Sharlet Gilbert 37:30; 2. Barbara Ginos 46:28; 3. Laurie McCoy 49:27; 40-49: 1. Shirley Matson 39:39; 2. Marylyn Phillips 49:18; 3. Alice Hill 51:53: 50-59: 1. Margaret Ghatge 48:48.



California Mile

October 4. San Francisco.

Division Results - Men

Gen. 1. Rod Dixon 5:06, 2. Dan Aldridge 5:10, 3. Steve Haase 5:21, 4. Toby Knepler 5:23, 5. Rod Berry 5:27. Veterans: 1, John Finch 6:43, 2. William Floodberg Veltrans: 1. John Finch 6:43, 2. William Floodberg 6:55, 3. Ken Allen 7:19. Sub-Masters: 1. Glyn Reynolds 5:20, 2. Devon Flynn 5:30, 3. Dessmond Knuckey 5:44. Masters: 1. Steve Ferraz 5:43, 2. Jim Hampton 5:54, 3. Harvey Franklin 5:59. High School: 1. Paul Butlet 5:37, 2. Andy Bupp 5:38, 3. Seih Kein 5:39. Mt. Dew Mountain Bike Open: 1. Mise Newton 4:10, 2. J. P. Morgen 4:12, 3. Richard Byrd 4:13, Heavyweight: 1. Larry Nolan 6:12, 2. Noah Rollins 6:35, 3. Steve Weeks 6:48. Middle School: 1. Paul Ward 6:13, 2. James Garritson 6:19, 3. Dino Daniele, 6:35 James Garritson 6:19, 3. Dino Daniels 6:35. James Garrison 6:19, 3. Dino Daniels 6:35. Elementary School: 1. Jarrod Garrison 6:51, 2. Gregbory Dukes 7:16, 3. Max Dukes 7:32. Corporate Relays: 1. Lockheed Corp. 4:24, 2. Syntex Corp. 4:32, 3. Lockheed Corp. 4:39. Media:Celebrity Relays: 1. Golden State Warriors 5:20, 2. KSOL Radio 5:23, 3. San Francisco Examiner 5:26. Mt. Dew Mountain Bike Dec Invite Special. Med. December 4:34, 2. Clark Bike Pro Invitational: 1. Ned Overend 3:34, 2. Clark

Natvick 3:38, 3, Joe Murray 3:41.

Division Results - Women

Open: 1. Maridca Puica 6:00, 2. Janine Aiello 6:09, 3.

Melissa Martel 6:10, 4. Carrie Garritson 6:32, 5. Melissa Martel 6:10, 4. Carrie Garritson 6:32, 5. Peggy Lavele 6:48, Velerans: 1. Marion Invine 8:19, 2. Peggy King 9:02, 3. Joan Riichier 11:05, Sub-Masters: 1. Marilyn Taylor 6:29, 2, Sue Bruchu 6:47, 3. Marilyn Acquistapace 7:27, Masters: 1. Gayle Murphy 8:07, 2. Susan Paris 9:09, 3. Sister Ann Rooney 10:08. High School: 1. Suzanne Daley 7:28, 2. Lena Deaton 7:38, 3. Shawna Hodges 8:19, Mt. Dew Mountain Bike Open: 1. Janis Coblectiz 5:04, 2. Joan Niisen 6:03, 3. Jan Shaw 8:30, Middle School: 1. Nika Horn 7:37, 2. Britteny Dukes 8:14, 3. Kari Horn 8:18. Elementary Jan Snaw 6:30, Middle School: 1, Pilica Horn 7:37, Z. Britteny Dukes 8:14, 3, Kari Horn 8:18. Elementary School: 1. Carrie Garritson 6:29, 2. Heather Garritson 7:35, 3, Wanda Dukes 7:45. Corporate Relays: 1, Hewlett Packard 6:01, 2, Lookheed 6:04, 3. Newyst 1, Howlett Packard 6,01, 2, Lockheed 6,04, 3, Lockheed 6,06, Media/Celebrity Relays: 1, KCBS Radio 6,11, 2, Non Nonsense All Stars 6,13, Corporate Relays/Mixed: 1, Mixed National Semi-Conductor 5,50, 2, IBM 5,52.

San Gabriel 10 Miler

October 4. So. El Monte.

Division Results - Mon

15-18: 1. Randall Little 1:09:05, 19-24: 1. Angel Hernandez 54:15. 25-29: 1. Rafael Morana 1:00:54 Jose Servin 1:01:42, 3. Mike Baron 1:09:09, 30-34: 1. Nelson Aviles 1:10:33, 2. Chris Christensen 1:13:47. 3. John Bigsoldier Sr. 1:43:22 35-39: 1. Gilbert Varela 1:21:47, 2. Valran Avanessian 1:48:00, 3. Armando Rodriguez 1:48:01, 40-44: 1, Joe Calhun 1:03:55, 2, Mike St. Andre 1:15:02, 3. Mike Lalum 1:17:18, 45-49: 1. E. Hampton 1:18:22, 2. Fred Glover 1:19:27, 3. Jon Mointosh 1:47:15, 50-54: 1. Carlos Leone 1:16:33, 2 Louis Simms 1:21:45.

Division Results - Women

35-39: 1. Donna Morin 1:21:47, 2. Connie Carson 1:35:15. 40-44: 1. Barbara Reukema 1:36:59. 45-49: 1. Margaret Shields 1:33:38.

Sacramento Marathon

Something old and something new highlighted the 11th annual Sacramento Marathon and Road Races. The something old was Dr. Craig Moore of Placerville, who won the men's marathon for the fourth time. The new was Pat Jung of Davis who not only captured her first marathon victory, but did so in her first run at that distance.

Dr. Moore changed his tactics to win this year's warm and humid race. In past wins he has gone to the front at the gun, usually blazing the first half and then hanging on for the win. This year he sat back, taking the lead at the 18 mile mark and coming home with an easy 2:32:02 win.

Leading much of the race was event record holder Adam Fereria of North Highlands. Adam's record mark was 2:20:32 back in October '80. Since that time his running career has been on the back burner until this year. He ran this event to show that he was back. However after pushing the pace for the first half, he began to tire, providing Moore with a fading target in the closing stages and finished

Pat Jung was a completely different story. The U.C. Davis student came to this run hoping just to finish her first 26 miler. After passing the half-way turnaround she discovered that she was the leading female. With nobody within a mile of her she kept a steady pace going during the second half for a 3:32

The half marathon titles were won by a pair of familiar names. The men's race was captured by John Root of Davis. He won with a 1:12:04 mark. John, white a good runner in his own right, is probably best known for his training partner. Nationally ranked Robyn Root not only trains with John but she is also

Chris Iwashi of Sacramento tuned up for her Detroit Marathon win by capturing the women's half. Chris, who has been profific in terms of number of races run and quality times all year, took the half in 1:23:49. Obviously a training run for Chris as her winning time was equal to her pace in taking the Motor City 26 miler.

The warm and humid condiditons took its toll of the times and the number of finishers. The winning marks in each race were the slowest in the history of the event. In the half there were about 800 finishers, par with last year, but the marathon was down to 150. One blessing to the runners though was the changes in the course. It still is a double loop, however some sunnyier section were dropped this year and shadler

Overall	Results -	Mare	tho

Overall Results - Marathon			
1	Taylor Carey (38)	21228	
2	Craig Moore (34)	23202	
3	Adam Ferreira (37)	237:46	
4	Chito Porath (24)	239:37	
5	John Kennedy (34)	249.26	
6	Steve Tredway (39)	2:51:40	
7	Larry Miranda (32)	2:59:13	
8	Ken Gaal (47)	2:59:24	
9	Robert Thomas (26)	25925	
10	Frnest Takahasi (42)	3:00:29	

Division Results - Men's Mara.

12 & Under: 1. David Mansdoorfer 3:57:10. 19-29: 1. Chito Porath 2:39:37, 2. Robert Thomas 2:59:25, 3. John McKew 3:25:23, 30-39: 1, Craig Moore 2:32:02, 2 Adam Ferreira 2:37:46, 3, John Kennedy 2:49:26, 40-49: 1, Ken Gaal 2:59:24, 2, Ernest Takahashi 3:00:29, 3. Dorsh Sanders 3:04:44, 50-58: 1. Bill Wood 3:50:02, Cy Weagle 3:59:00, 3. Sherman Welpton 5:06:27.
Wheelchair: 1, Taylor Carey 2:12:28.
Division Results - Women's Mars.

19-29; 1. Pat Jung 3:32:15, 2. Janet Soule 3:42:15, 3. Heather DeLong 4:06:32, 30-39; 1, Anna Rangel 3:37:42, 2, Beckie Bamberger 3:49:06, 3, Sharlene Kelley 4:24:51, 40-49; 1, Linda Elam 3:50:31, 50-56; 1, Erma Marak 4:24:51, 60 & Over: 1, Po Adams 4:54:20. Wheelchair: 1. Lestie Birdsell 3:50:41. Overall Results - Half Mans

1	John Root (38)	1:1203
2	Sean Crom (31)	1:1257
3	Mark Williams (35)	1:13:49
4	Ronald Souza (33)	1:14:49
5	Jim Schoenherr (35)	1:15:00
6	Mike Deatherage (33)	1:1507
7	J. Kevin Pedrotti (31)	1:15:57
8	Thom Pearman (25)	1:1628
9	Jim McElroy (36)	1:16:56
10	Bruce Fujimoto (31)	1:17:02
	Division Results - Men's Haff	

13-15: 1. Victor Storms 1:41:34, 16-18: 1. Robert Ruiz 1;32:16, 2. Gary Kobal 1;32:21, 3. Jeremy Fulwider 1:37:55, 19-29: 1. Thom Pearman 1:16:28, 2. Bruce Parr 1:18:25, 3. Craig McLoughlin 1:19:06, 30-39; 1. John Root 1:12:03, 2. Sean Crom 1:12:57, 3. Mark Williams 1:13:49, 40-49; 1. Perry Hayden 1:17:48, 2. Thomas Wright 1:20:18, 3. Peter Werbel 1:23:25.50-59: 1. Frederick Mattos 1:22:41, 2. Jeremiah Russell 1:27:31, 3. Paul Mitchell 1:28:25, 60 & Over: 1. Claude Belcourt 1:43:43, 2. Kenneth Mar 1:51:51, 3. Paul Camerer 2:02:13. Wheelchair: 1. Jim Schoenherr 1:15:00, 2. Thomas Chesley 1:53:47. Division Results - Women's Half

19-29: 1. Karen Lefebre 1:33:27, 2. Annette Moran 1:33:54, 3. Patricia Padia 1:37:46. 30-39; 1. Christine Iwahashi 1:23:48. 2. Suzette Moore 1:25:39. 3. Sara Lefebyre 1:28:42, 40-49: 1, Cynci Calvin 1:33:06, 2, Jackie Walker 1:39:30, 3. Joyce Bayne 1:42:04:50-58: 1. Kathy Iseri 1:51:29, 2. Dina Fields 1:52:33, 3. Liz Delmonte 1:57:53, 60 & Over: 1. Peggy Ewing 1:58:49.

Brass Pole Run

October 4. Cakland

The only thing unique that happened at this race is that the train came at 41:00 minutes and held those 6.15 minute 10Ker's up for 5 to 6 minutes less than a half mile from the finish. So when the train passed, it turned into a half mile race for those who had to

Overall Results - 10K

1	Stephan Adams (25) Concord	33:38
2	Joseph Schieffer (36) Concord	34:14
3	Lucio Perez (26) Concord	35:01
4	Dan Patterson (30) Concord	35:06
5	lan Reeve (19) Concord	35:52
6	Kelly Thompson (24) Concord	35:54
7	Deborah Lee (35) Concord	35:54
В	Arnold Grisham (45) Concord	35.55
9	Michael Plummer (29) Concord	36:08
10	Richard DeGlymes (39) Concord	36.12
11	Dale Hatakeyama (30) Concord	3625
12	Reggle Duhe (32) Concord	3627
13	Ken Scalmanini (42) Concord	37.01
14	Terry Buller (37) Concord	37:04
15	John Payne (35) Concord	37:15
16	Pedro Ayala (21) Concord	3721
17	Michele Harris (38) Concord	37:24
18	Greg Patison (35) Concord	3725
19	Torn Mota (48) Concord	37:57
20	Jeff Glick (30) Concord	37:58
21	Bruce Laurence (41) Concord	38:13
22	Richard Malkin (47) Concord	3826
23	Andy Assereto (34) Concord	38:33
24	Joe Hancock (49) Concord	38:35
3	Tony Chan (28) Concord	38.51
	Overall Results - 5K	
1	Mark Gregory (28)	1626
2	Robert Parks (36)	16.58
3	Michael Zygaczenkg (33)	17:38
4	Jemahl Lampley (17)	17:41
5	John Lockwood (18)	1819
6	Warren Gee (21)	1832
7	Clyde Niblett (35)	18:50
8	Mark Watson (33)	19:05
9	John Pation (17)	19.09

10	Helen Lehman (25)	19:11
11	Marilyn Petch (34)	19:40
12	Gary Valdez (40)	19:41
13	Efren Martin (25)	2000
14	John Martin (23)	2021
15	Glen Ozawa (25)	20:30
16	Jim Gallacher (52)	20:36
17	Richard Keyes (36)	20:47
18	Carole Stothers (24)	2051
19	Eddie Reed (43)	20:56
20	Roberto Haro (50)	21:02
21	Patrick Foster (12)	21:02
22	Jack Daniel (54)	21:03
23	Tom Curtis (53)	21:09
24	Gisələ Walker (32)	21:09
25	William Hall (55)	21:16

Harvest Fair 10K

October 4. Santa Rosa.

Division Results - Men

14 & Under: 1. Matt Sloat 38:41, 2. Todd Lambert 40:21, 3. Steven Guerrini 40:28. 15-18: 1. Todd Stevens 36:41, 2. Mike Holden 36:43, 3. Kevin Drisko 36:50, 19-24; 1. Tim Cummings 37:45, 2. Jason Bravos 38:29, 3. Darren Merker 39:22, 25-29; 1. Colin Davidson 31:39, 2. Alan Carlton 32:30, 3. Rudy Balli 34:10. 30-34: 1. Daniel McCullough 33:01, 2. Tim Stewart 33:58, 3. Andy Cavagnetto 34:19, 35-39: 1. Dan Donohous 33:59, 2. David Godsey 35:23, 3. Tadese Gebre-Hawariat 38:01. 40-44: 1. Craig Steele 735-97 (2014) 1-10-14 (2014) 1-10-14 (2014) 1-10-14 (2014) 1-15-14 Morton Gray 36:14, 2. Thomas Dubay 40:45, 3. Ken Goetzel 42:44, 60-64: 1. James Collins 43:05, 2. Herm Jensen 46:19, 3. Ted Ponseti 47:14. 65-69: 1. Roy Glassett 50:16, 2. Jack Kohl 58:16. Wheelchair: 1 Dave Groves 37:48, 2, Mike Demartin 41:14, 3, Jeff

Division Results - Women

14 & Under: 1, Nika Horn 42:20, 2. Sunshine O'Neal 46:58, 3. Kari Horn 48:57. 19-24: 1. Nora Doyle-Cooney 37:04, 2. Elizabeth Mosier 42:19, 3. Elizabeth Carlton 43:40, 25-29: 1. Mary Cilley 40:24, 2. Robin Stovall 40:34, 3. Terryanne Trumbull 40:40, 30-34: 1. Cindi Van Natta 37:29, 2. Nan Hall 38:21, 3. Dorothy Foster 39:38. 35-39; 1. Beckie Simmie-Kesecker 37:21, Deborah Ross 44:37, 3. Cheryl Clanton 44:38, 40-44: 1. Sandra Karas 45:14, 2. Reta Bartow 45:29, 3. Joyce Bennett 46:14, 45-49; 1, Karen Eberhardt 40:45, 2. Carol Kelly 47:14, 3. Sharon Marshall 51:12. 50-54; 1. Janet Buckendahl 40:48, 2. Elaine Frank 49:50, 3. Linda Ronchelli 49:59. 55-59: 1. Flo Hoffenberg 1:06:55, 60-64; 1. Lura Delanty 54:46, 65-69: 1. June Thompson 1:00:42, 70 & Over: 1. Liz Homey 1:17:01.

Philadelphia Half-Marathon

October 7. Philadelphia.

Division Results - Men 12-19: 1. Scott Black 1:20:52, 2. Barry Midkeff, Jr. 1:21:13, 3. Jonathan Koplovitz 1:22:40. Open: 1. Martyn Brewer 1:02:07, Mark Curp 1:02:12, 3. Jim Haughy
 1:02:16. 30-39: 1. Benji Burden 1:04:36,
 Chuck Crabb 1:05:27, 3. David Glidewell 1:05:41. 40-49: 1. Barry Brown 1:10:00, 2. Dane Dresonlany 1:10:49, 3. Glenn Myers 1:11:18. 50-59: 1. Norman Green 1:10:23, 2. Anthony Cerminaro 1:19:40, 3. Kirk Davies 1:19:45, 60 & Over: 1. Jack Start 1:27:44, 2. Bart Holm 1:31:03, 3. Edwin Tankins 1:32:11.

Division Results - Women

12-19: 1. Joan Kenley 1:33:20, 2. Carol Melendez 1:40:11, 3. Naimah Vadak 1:42:53. Open: 1. Sylvia Mosqueda 1:10:47. 30-39: 1. Rea Van Landeghen 1:12:44, 2. Lea Hayer 1:13:12, 3. Katy Laetsch 1:15:23, 40-49: 1. Elleen Shoulin 1:22:33, 2. Betsy Marshbarger 1:23:31, 3. Erlene Michener 1:25:35. 50-59: 1. Lisa Praskins 1:35:51, 2. Umme Dyson 1:38:15. 60 & Over: 1. Helen Dempsey 1:56:51, 2. Becky Yencharis 2:05:43.

Arthur Martinez Birthday Run

October 8. So. El Monte.

Division Results - Mon

19-24: 1. Martin Dominguez 19:19: 25-29: 1. Joe Giboy 16:29, 2. Don Burton 17:37, 30-34: 1. Jose Rodriquez 17:14. 35-39: 1. Manny Alvarez 20:18, 2. Jose Gonzalez 20:54, 3. Roy Gonzales 23:25. 40-45: 1. Barry Hamilton 21:40. 45-49: 1. Richard Carriveau 20:24, 3. Salvador Condez 23:44, 50-59: 1. Bruce Lin 19:29, 2. Carlos Vega 20:29, 3. Harold Scheswinski 24:11, 55-59; 1. Robert Cultiva 19:08, 2. Bruce Odon 20:36, 3. Ed Duffley 24:11, 65-69: 1. Wiley Nelson

Division Results - Women 35-39: 1. Verduzco, Teresa 22:33, 45-49: 1. Margaret Shields 23:14, 55-59: 1. Sumeije Onodera 27:10, 90-84: 1. Mary Ames 45:36.

Tustin Tiller Days

1541

16:48

16.55

17:16

17:31

17-34

17:44

1751

1756

17:56

18:17

18:31

18:48

1852

18:06 18:55

1856

19:05

1905

1954

2032

2238

23:32

25:55

2921 36:14

32.58

33:16

33:20

33:45

34:18

34:27

34:58

3820

36:41

37:04

37:17

3800

3811

38:17

38:39

38:53

3921

41:38

1200 43:36

44-45

46:15

48:06

49:18

49-40

October 10. Tustin. 5K & 10K, Overall Results - 5K

John Elders (25-29) Walt Hitt (35-39) Dan Morales (40-44) Marty Cooksey (30-34F) Brad Guiso (25-Ben Brown (30-34) Sevan Arizian (15-24) Don Irvine (35-39) Ray Hughes (45-49) John Lemar (25-29) Tim Clemente (25-29) Fran Delach (30-34) 13 Juvenal Herrera (50-59) Gustabo Bedoy (35-39) Rob Hogan (30-34) Stan Baker (45-49) Brad Gray (25-29) Larry DeAngelo (30-34) 19 Gene Pumphrey (60 & 0) 20 Steve Fahey (25-29) D'anne Jorgensen (25-29F) David Burnette (14 & U) 35 Mary Lou Johnson (14&UF) Carol Church (15-24 F) Linda Schmitt (35-39F) Penny Tyree (45-49F) Nellame Aschieris (50-59F) Lucile Adney (60&O F) Overall Results - 10K 156 Mark O'Brian (24 & U) Paul Cook (35-39)

Dave Cook (25-29) Tom Curtin (24 & U) Eric Winkler (24 & U) John Vulpo (25-29) Rich Valdez (35-39) Jorge Perez (25-29) Not Available Kia Sochoo (30-34) Sean Kelly (35-39) Steve Riddle (30-34) Jeff Ealey (25-29) Bobby Roberts (40-44) Louis Gonzales (25-29) Donnie Player (30-34) Don Howard (35-39) Eugene Spindler (40-44) Fred Bosley (30-34) Sam Mayo (50-59) Rajoh Smith (45-49) Georgina Reid (30-34F0 Bicky Gonzales (25-29F0 Dixie Madsen (50-59F) Joan Jeter (45-49F) Daniel Lujan (6080) Mary Ann Morris (35-39F0 Denise Severich (24&UF)

Gaye Sprout (40-44F0

12

15 16 17

18 19

63

Run for the Health of It

October 10. Valencia. 5K.

	Overall Results	
1	Frank Ebiner (28)	15.53
2	Mike Zaragoza (25) Valencia	16:22
3	Herman Rodriguez (36)	16:33
4	Jeff Kraft (22) Valencia	16.35
5 6 7	James Stephan (34)	16.48
6	Tom Pilarski (18) Valencia	17:12
	Troy Fortney (18) Valencia	17:17
8	Steve Neale (35)	17:35
9	Donald Gillman (43)	17:47
10	Phil Freilid (23)	17:56
11	Nick Trozzi (27) Valencia	17:59
12	Glenn Deines (41)	18:03
13	Graham Joyce (29)	18:23
14	Larry Stevens (39) Valencia	18:25
15	Rick Graf (32)	18:29
16	Rick McLaren (38)	18:34
17	Royce Smith (45)	18:39
18	Hugh Schenkel (21)	18:43
19	Bill Read (39)	18:44
20	Dan Bartlett (13)	18:54
21	Patrick Dellario (30)	18:58
22	Paul Norris (33)	19:02
23	Michael Froman (45)	19:04
24	Steve Mangum (39)	19:04
2	Kevin Cimarust (28)	19:05
26	Allen Worden (25)	19:09
27	Cheryl Nelson (29)	19:10
28	William King (40)	19.15
29	Michael Waldorf (40)	19:22
30	Adrian McKenzie (41)	19:29
31	Cord Massie (18)	19:30
32	Chad Markey (19) Valencia	19.35
33	Larry Banuelos (63)	19:39
34	Levi Locke (33)	19:44
35	Alexander Hill (44)	19:44
36	George Ekins (44)	19:45
37	Michael LeMaster (30) Valencia	19.45
36	Karen Callahan (30)	19.47
39	Jerry Withers (58)	19:49
40	Steve Weistling (39)	19:52

Division Results - Men's 5K 10 & Under: 1. Roy Johnston 21:24, 2. Kelly Thunderburk 22:28, 3. Scott Kelley 26:36, 11-14: 1. Dan Bartlett 18:54, 2. Bill Van Ness 21:01, 3. Jason Carter 21:51, 15-18: 1, Tom Pilarski 17:12, 2, Troy Fortney 17:17, 3, Cord Massie 19:30, 19-24: 1, Jeff Kraft 16:35, 2. Phil Freilid 17:56, 3. Hugh Schenkel 18:43. 25-29: 1. Frank Ebiner 15:53, 2. Mike Zaragoza 16:22. 3. Nick Trozzi 17:59. 30-34: 1. James Stechan 16:48, 2. Rick Graf 18:29, 3. Patrick Dellario 18:58. 35-39: 1. Herman Rodriguez 16:33, 2. Steve Neale 17:35, 3. Larry Stevens 18:25, 40-44; 1. Donald Gillman 17:47, 2. Glenn Deines 18:03, 3. William King 19:15. 45-49: 1. Royce Smith 18:39, 2. Michael Froman 19:15, 45-49:1. Royce Smith 18:39, 2. Michael Froman 19:04, 3. Jerry Van Meter 20:09, 50-54: 1. Chip Strange 19:54, 2. Roger Gelsinger 20:54, 3. Mel Rhoads 22:30, 55-59; 1. Jerry Withers 19:49, 2. Al Friedman 22:29, 3. George Palkiala 24:32. 50 & Over: 1. Larry Banuelon 19:39, 2. Maynard Mickelson 22:16, 3. Quincy Honaker 24:16. Racewellkere: 1. Tom Perry 41:52, 2. Leo Doyle 42:25, 3. Mike Riley 44:53.

Division Results - Women's 5K 10 & Under: 1. Marisa Bueno 22:49, 2. Monica Prelle 26:41, 3. Amber Husted 32:59, 11-14; 1. Trisha Orelly 20:48, 2. Krissy Carpenter 34:08, 3. Ginger Arnold 34:10, 15-18: 1. Michelle Bonfilio 24:03, 2. Maria Murelios 29:34, 3. Michelle Silva 33:36, 19-24: 1 Christine Pakkala 23:11, 2. Pilar Castano 24:16, 3. Beth Wells 24:29. 25-29: 1. Cheryl Nelson 19:10, 2 Jeanne Koch 23:10, 3. Gail Corary 24:12. 30-34: 1. Karen Callahan 19;47, 2. Susan Smolinski 21:50, 3. Rosie McNenny 22:37, 35-39; 1. Lynda Keegan 22:34, Annabella Hall 23:340, 3. Linda King 24:47, 40-44;
 Leslie Stepan 21:36, 2. Julie Andolsek 24:51, 3. Mary Reynolds 26:36, 45-49;
 Karen Morris 27:05, 2. Donna Canales 27:25, 3. Mary Procsal 28:11, 50-54; 1. Marjorie Gilmore 21:30, 2. Alice Ramirez 33:32, 3. Carolyn Hauser 36:35, 55-59; 1. Selma Mehlman 31:27, 2. Marilyn Vigil 34:48, 3. Mary Stevens 42:14, 60 & Over: 1. Neysa Pickens 34:54, 2. Mary Judd 41:52, 3. Irene Johnston 45:24. Racewalk: 1. Lorelei Rillo 35:58, 2. Jan Wilson 36:14, 3. Karen Sutton

Potrero 8K Scenic Scamper

October 10, San Francisco.

PACE	HILL LACIONITO	
1	Eddie Lanzarin (30-39)	25.56
2	Bob Cooper (30-39)	26.51
3	James Misener (18-29)	27:36
4	Marilyn Taylor (30-39)	30:10
5	Ken Klein (30-39)	30:22
6	Wally Lim (30-39)	30:29
7	Jack Winter (30-39)	31:45
8	Jim Mace (30-39)	32:34
9	Reed Colfax (14-17)	33:02
10	Elmer Jan (30-39)	33:06
11	Gregg Gomes (30-39)	33:12
12	Scottr Carr (18-29)	33:18
13	Big Al Kirkman (50-59)	33:49
14	James Rich	34:03
15	Steve Arcelona (40-49)	34:07
16	David Clark	3505
17	Lateef Shahid (40-49)	35:07
18	Dale Freeman (40-49)	35:07
19	Bea Churchman (18-29)	35:18
20	Philip Les (30-39)	36:06
300		

West Coast University 50-Miler

October 10 Fountain Valley

S.W.	Overall Results	
1	David Warady (30) Hunth Boh	5:5829
2	Bill Scobey (42) Ventura	6:01:11
2	Lion Caldwell (36) Whitvr, AZ	6.0927
4	Bob Karwasky (32) L.A.	6:44:37
5	Michael McMahan (39) LagBoh	6:48:34
6	Matt Bogdanowicz(18)Fremont	6:49:06
7	Ron Lowy (44) Temecula	6.51:10
8	Chris Ackerman(29)Pasade	6:54:53
9	Martin Foltz (30) NewptBch	7,00:00
10	Fred Nagelschmidt(63)Ventura	7:10:30
18	Susan Gimbel (40F) Orange	729:18
23	Kathy Pyclor (38) S.Ana	7:57:04
27	Karyn Kroliic(28)Carlsbad	823:26
30	Irma Hutton (41) Pasadena	8:29:31
53	Siga Gudmundsson(39)Seal	10:19:14

Heartland Hustle

October 10, Davenport, lows, 10K, The inaugural Heartland Hustle attracted a record 3,774 runners to downtown Davenport, lowa to set a mark for the largest field ever for a first-year 10K Mexican hero Arturo Barrios and Scotland's Liz Lynch McColgan, both owners of the current 10,000 meter loop course world bests, defeated strong fields to capture the \$10,000 first prize. Lynch, who was married only a week prior to the race to steeplechaser Peter McColgan, came within six seconds of winning a \$50,000 world record bonus put up by sponsoring Heartland Holdings, Inc., running 31:13. Pan American Games champion and Boulder Colorado resident Barrios finished in 27:59.2, just 18 seconds off his own world record.

Barrios and countryman Mauricio Gonzales, who

captured runnerup honors in 28:03, led a group of six through the halfway point in 14:02 consisting of Ashley Johnson, Steve Jones, Ed Eyestone and Mark Roberts. The two Mexicans then surged, running the fourth mile in 4:28 with Barrios pulling away over the last mile, Barrios, who has not lost a race in the U.S. in the past two years, had hoped to challenge his record. "It was too cold and windy. I was pushing the pace but it seemed like I wasn't moving because of the wind. It felt like I was going nowhere. Gonzales was followed across the line by U.S. World Champlonship team member Eyestone (28.33), Great Britain's Roberts (28.41), former lows State distance star Raf Wyns of Belgium (28.45) and South African native and former Bix winner John

The Heartland Hustle, under veteran race director Ed Forehich, who also directs the Quad Cities' other world class event, The Bix 7 in July, put together a field that lew have matched anywhere. In addition to the two near record setting efforts, there were

several other natable performances. Running his first race of the fall after sitting out the entire summer with an injury was former world marathon record holder (2:07:13) and two-time Chicago America's Marathon winner Steve Jones of Wales. Jone (28:50) held off a fast charging Jesus Herrera of Mexico City for seventh and was pleased. "I came here to run about 40 seconds behind the winner and that's right where I was so I'm happy.* Four-time New York City and Boston Marathon winner Bill Rodgers, running his last Heartland Husde as an open runner (he'll turn 40 December 23), won his age division in 29:40 over Kenyan Joseph Nzau (29:41) and Frank Shorter (31:59), who precedes Boston Billy as a Master October 31. Rodgers' performance was a new American single-age (39) record, breaking Barry Brown's mark by 37 seconds. Newlywed Lynch McColgan, who has had an

incredible year with personal bests in the 3000m and 5000m to complement her 10K road world record, surprised herself with her performance. "I've been planning my wedding for the last month and haven't been training as hard as I should have. It was just too cold to set a record today". The 22-year-old is a relative newcomer to the road racing scene and definitely thinks the Heartland Hustle course-which is relatively flat and features a lot of straighaways-could yield a world record. "It's a good course. On a day this course is perfect," she said.

Lynch McColgan shot out at the gun and pulled away from runnerup Francie Larrieu Smith at about a half mile into the race. Larrieu Smith, who finished 15th to Lynch McColgan's 5th place finish at the recent World Championships in Rome, was impressed with the Scot. "She ran a 4:43 first mile and that's pretty close to an all-out mile for me right now. I ran 4:53.* The 3-time Olympian still knocked two seconds off of her personal best running 32:12, "I kept hoping she would come back to me, but she's just in incredible shape." With her effort, the 42-year-old Olympian, who has only been running seven years, appears to be on larget for an assault on her World Masters Marathon record of 2:26:51 set this past May in London

Before the last few finishers had crossed the finish line in the first Heartland Hustle, Heartland Holdings, Inc. owner and race founder Tom Kupke was already making plans for the second. This was tremendous. We came very, very dose to a world record and Liz Lynch McColgan ran the second fastest 10K time ever by a woman. I couldn't be more pleased." He was pleased enough to announce next year's race date of Octobe 22 and added, there will be bonus money for Masters as wall in 1988*

The enthusiastic Kupke is also quick to share the credit for the Hustle. "The success of this first year race is due to race director Ed Forehlich's hard work and his army of volunteers. They pulled it off in fine fashion." Kupke who has been a runner for a year and a half and runs regularly with his wife and two children, continued, "The success of the Hustle also helps to put the Quad-Cities on the national running map. We're becoming a mecca of running. What other area has two fine races like the Bix 7 and the Heartland Hustle?*

Joining Heartland Holdings, Inc;, as sponsors were the City of Davenport, Quad City Times, KIIK Radio, Blackhawk Hotel, The Athlete's Foot, McDonald's and the Davenport Medical Center, while the 3000-member Cornbell Running Club served as

	Overall Results - Men	
1	Arturo Barrios (Boulder, CO)	27:50
2	Mauridio Gonzales (Mexico City)	28:03
3	Ed Evestone (SaltLakeCity,UT)	28:33
4	Mark Roberts (England)	2641
5	Raf Wyns (Belgium)	28:45
6	Ashley Johnson (BowlingGre)	28:48
7	Steve Jones (England)	28:50
8	Jesus Herrera (Mexico City)	28.53
9	John Wellerding (Louisville, KY)	29:35
10	Paul McCloy (Canada)	29:38
	Overall Results - Women	
1	Liz Lynch McColgan(Scotland)	31:13
2	Francie L. Smith (Dallas)	3212
3	Priscilla Welch (England)	32:43
4	Karen Lutzke (Chicago)	34:21
5	Gail Viola (Davenport)	35:49
6	Muriel Naumann (lowa City)	3629
7	Davia Gallup (Houston)	36:59
8	Pat Sykes (Cedar Falls)	37:37
9	Judy Hankemeier (Davenport)	37:41
10	Jane Booker (DesMoines)	38:40
	Sub-Masters Men (35-39)	
1	Bill Rodgers (Boston)	29.40

Joseph Nzau (Laramie, WY) Frank Shorter (Boulder)

2941

31:59

40-44: 1. Don Zile Des Moines. IA) 32:40, 45-49: 1. Vic Heckler (Chicago) 33:21, 50-54: 1. Bill Dugan (Dubuque, IA) 36:26, 55-59: 1. Leonard Hoffman (Tipton, IA) 39:03. 60 & Over: 1. Therin Kessinger 4250

40-44: 1. Nancy Kapheim (Davenport) 42:16. 45-49: 1. Diane Humphrey (Moline, IL) 40:34, 50-54; 1, Judy Kirchoffer (Waukesha, WI) 45:47, 55-59; 1, Eleanor Wallace (Rock Island, IL) 47:25, 60 & Over: 1. Mabel Velge (Rock Island, IL) 51:52.

Jim Frank Invitational

October 10, Carson City, NV.

The first annual Jim Frank Invitational was held at Mills Park in Carson City, Nevada. The course is flat and fairly fast winding throughout the park on grass, pavement, and dirt trails. There is a little gravel and sand in a couple of short spots. This made the course interesting and provided variety. Nearly all the opurse can be seen from two observation points so it was very popular with spectators and runners alike.

An open/jogger run kicked off the event and was then followed by four high school races. Despite being sandwiched between two competing local races (one held the same day and the other the next day) 101 runners took to the course in the open run. Runners

from nine schools competed in the high school division.

There was strong community support which provided a variety of refreshments after the race. The supporting sponsors financial assistance helped to provide many medals and awards to more than half of all the runners.

5K High School Results

Varsity Boys

20000000		
1	Kelly Dodge (Carson)	16:16
2	Joe Sertic (El Camino)	16:34
3	Chris Smith (Reno)	17:03
4	Steve Lentz (So. Tahoe)	17:11
5	Robbie Johnson (So. Tahoe)	17:12
6	Brent Foster (So. Tahoe)	17:17
7	Derek Cahill (Sparks)	1722
8	John Norris (So. Tahoe)	17:27
9	Jeff Bean (Carson)	1727
10	Aaron Chism (Reno)	17:28
Varei	ty Girls:	
1	Amber Young (Read)	19:49
2	Shelley Bessey (Read)	20:01
3	Tricia Uhart (Reed)	20:04
4	Linda Walsh (Reed)	20:10
5	Diona Lynch (Reed)	20:41
6	Stefani Jensen (So. Tahos)	20:44
7	Sarah Ward (Carson)	21:04
8	Jackie Theis (El Camino)	21:41
9	Rhonda Monroe (Reed)	21:47
10	Marissa del la Torre (Carson)	21:5
J.V. E		
1	Greg Wagner (Reno)	1827
2	Derek Bush (So. Tahoe)	1835
3	Fred Finn (So. Tahoe)	1836
4	Cephas Gartner (Rite Passage)	1851
5	George Navarro (So. Tahoe)	19:00
J.V. C	irto:	S. S
1	Terri Means (Reed)	2248
2	Tami Papka (Reed)	23:08
3	Rena Christenson (Reed)	23:48
4	Jennifer Hilke (Reed)	2429
5	Melanie Santana (Reed)	24:39
200	Overall Results - Invitational	57.00
1	Steve Pradere (25-29)	1609
2	Tim Powell (25-29)	16:58
3	David Amster (35-39)	17:12
4	Chris Bolduc (20-24)	17:31
5	Fred Cohan (19&U)	17:59
6	David Price (30-34)	18:19
7	Frank Condon (40-49)	1826
8	Gary Brooks (40-49)	18:34
9	Mike Longera (30-34)	18:44
10	Jerry Kelley (40-49)	1912
11	Gary Spicer (20-24)	1930

Brook Williams (20-24)

Continued next page

19:40

		1954
13	Mark Aragon (25-29)	2000102
14	Brian Smith (35-39)	20:05
15	Scott Schellin (19&U)	20:08
	Division Results - Men	

19 & Under: 1. Fred Cohan 17:59, 2. Scott Schellin 20:08, 3. Robert Smith 20:54, 20-24: 1. Chris Bolduc 20.00, 3, nobert Shillin 20.54, 20.24; 1, Chris Solidic 17:31, 2, Gary Spicer 19:30, 3, Brock Williams 19:40, 25-29; 1, Steve Pradere 16:09, 2, Tim Powell 16:58, 3, Mark Aragon 19:54, 30:34; 1, David Price 18:19, 2, Mike Longero 18:44, 3. Dwight Snodgrass 20:49, 35-36: 1, David Amster 17:12, 2, Brian Smith 20:05, 3. Bill Schultz 21:46, 40-49: 1, Frank Condon 18:26, 2.

Bill Schultz 21:46. 40-49: 1. Frank Condon 18:26, 2. Gary Brooks 18:34, 3. Jerry Kelley 19:12, 50-59: 1. Bill Brown 20:32, 2. George Soeje 23:12, 3. Tom Hughes 24:16. 60 & Over: 1. Fred Fallon 35:14. Division Results - Women 10 & Under: 1. Signe Hancock 28:47, 2. Jessica Dach 26:47, 3. Melinda Bean 29:14. 25-29: 1. Pam Ental 24:14, 2. Judy Carlson 26:36. 30-34: 1. Marianne Skidmore 21:09, 2. Paula Robehaud 22:22, 3. Cool Curr 23:19, 35-39: 1. Anne Piflock 22:29, 2. Sandi Steele 24:36, 3. Virnina Hensler, 26:55, 40-49: 1. Steele 24:36, 3, Virginia Hensler 26:55, 40:49: 1, Anne-Marie Soelje 22:33, 2, Donna Schellin 24:35, 3, Marcia Jensen 26:14:50:59: 1, Kitty Brown 24:28, 60 & Over: 1. Donetta Fallon 35:14.

Peppermill 15K PA/TAC Championships

October 11. Reno, NV.

October 11, Heno, NV.

It was a beautiful bright sunny Nevada day the morning of the race. 225 runners crowded the starting line. Temperatures about 50 degrees for the start. The best running field ever assembled in Reno.

Unfortunately last year's open winner, Miguel Tibaduiza and Jerry Puckett-Schmidt were only speciators. Miguel has been injured for a long time

and Jerry is pregnant. The gun sounded and the runners steaked down the slight incline heading towards the bike path. Smoothly the race settled on the gently curving and slightly undulating bike path. To the right the Truckee River flowed over sandbars. Brightly colored trees

shadowed the course. A pack of about twelve runners burst off the bike path at about 4.2 miles and hit the flat, straight streets of the Sparks warehouse district. The pack spread a little, and by the lime they reentered the blike path at 6.0 miles, six were still closely bunched. As they neared the finish, Reno's Peppermit Racers

Domingo Tibaduiza, Alan Dehlinger and Derrick May were running side-by-side. At the top of the final slight indine leading to the finish Domingo outlicked

slight indine leading to the finish Dominigo outsicklo Alan and Derrick and they finished in that order. The women's race was far less exciting, Johanna Reueke from Berkeley an Impala, led from the start and won easily by two minutes. Pacific Flyer Peggy Smyth was challenged by Richmond's Sharlet

Gilbert, but took second by a margin of 27 seconds.

Outstanding performances were put in by some of the older runners. Heilke Skaden-Pyser, 50, ran 1:05:16 and was the first Master woman. After the Pacific Flyer from Sacramento recovered her breath she was elated at her line finish.

Robert Malain, 60, of Redding ran an outstanding 60:51, and ever amazing Paul Roese, 70, of Auburn ran an outstanding 1:07:27.

The race was a great success and the awards were handed out at a fine banquet at the Peppermit

	Intinde energy was	
Hotel	Casino.	
	Overall Results	- ALCOHOL
1	Domingo Tibaduiza (37) Reno	46:10
2	Alan Dehlinger (26) Reno	4611
	Derrick May (32) Reno	46:13
3	Jeffrey Adkins (26) Martinez	46:22
4	Jerney Admis (20) mai brot	46:38
5	Robert Anex (28) MenloPk	47:05
6	Mark Hoefer (25) LoLkTahoe	47:48
7	Jeff Shaver (27) Sunnyvale	
8	Craig Steinmaus (25) Davis	47:58
9	Larry Lawson (34) Statline	48.08
10	Joaquin Leano (28) Reno	48.16
	Steven Pradere (26) Reno	48:37
11	Scott Steinmaus (27) RanCor	48:43
12	Scott Steirshaus (27) Trans-	48:47
13	Tom Borschel (30) Oakland	48:53
14	Daniel Lucas (24) Reno	48:5
15	Thomas Cushman (33) Chico	40.0

16	Jon Klinkman (27) FairOaks	49:11
	Jerry Jobski (43) SoLkTah	49:20
17	Jeffy Joosia (43) Docution	49:32
18	Sean Crom (31) Reno	
19	Denis O'Halloran (35) TahC	49:38
	Mike VanHorn (29) Lincoln	49:54
20	Mike VanHorn (29) Lincoln	53:41
40	Johanna Reneke (25) Berk	
53	Peggy Smyth (35) Sacto	55:41
	Sharlet Gilbert (36) Richmd	56:08
56	Sharlet Gilbert (30) Filoration	56:42
57	Ro Cardenas (25) Reno	777
58	Sandy Sup (28) Orangevl	56:49
- 100	THE PARTY AND TH	

Fleet Week Challenge

Octob	er 11. San Francisco. 5 Mile.	
	Overall Results - Men	
Date:	Robert Darling Jr;. (38)	25:33
2	David Monroe (24)	26:00
3	Mark Gregor (27)	26:01
3.	Overall Results - Women	
		2938
2 3	Meighan McGee (28)	30:27
2	Molly Burke (20)	31:15
3	Tanya Savory (28)	91,10
	Overall Masters Results	
Men:		PCT-44
1	Louis Marjon (42)	27:41
Wan		10000
1	Marty Maricle (54)	36:27
	Mon's Teams	
1	Presidio of S.F. (Members) Rober	t Darling Jr
100	Liegino M. C. L. Linguista	Diday Ding

Lon Kencannon, James Warmowski, Sam Rojas, Dan Smith

Port of S.F.: (Members) James Bloomer, Ken Grace, Mark Conrad, Ivan Graves, Pedro Reyes.

3 Pace Setters: (Members) Mark Miles, Lupe Gracis, Earl Devox, Alan Contreras, Jimmie Redus.

Women's Teams 1 U.S. Leasing #1: (Members) Karen Cottrell, Anne Halstead, Cheryl Meyer, Cecelia Jeungling. June Crawford.

2. U.S. Leasing #2: (Members) Kathleen Sheridan, Donna Fong, Laura Pitt, Maureen Hong-

Leung, Jan Pancallo.
3 Walker #1: (Members) Vickie Weber, Susan Schreiber, Barbara Shaw, Peggy Loechner, Kafileen Davis.

photo by Gene Cohn



Meighan McGee, Fleet Week overall women's winner.

Primo's to Primo's Runs

October 11. Danville.10K/5K/1/2 Mar

McHugh 50:59

Division Results - Women's 10K

9-13: 1. Melody Bradford 46:04, 2. Mercedes Munoz 54:35, 3. Lena Chavdarian 1:09:03, 14-18: 1. Annelie Tjernlund 1:07:37, 2. Carrie Curtin 1:22:02, 3. Tilfany Wentzel 1:22:11, 19-28: 1. Brenda Condon 43:33, 2. Mary Christie 45:07, 3. Mary Walsh 45:36, 30-39: 1. Melinda Morse 42:30, 2. Corinne Molis 44:24, 3 Allison Ryan 46:24, 40-49; 1, Diane Handley 45:32, 2, Lois Flemino 46:26, 3. Jane Colman 50:53, 50-59: 1. Barb Carlson 46:31, 2. Lynne Henze 50:44, 3. Anita Wall 55:37, 60 & Over: 1. Jeri Beetz 1:03:01, 2. Mary Delistraty 1:13:45.

Delistraly 1:13:45.

Division Results - Men's 5K
8 & Under: 1. Nathan Hess 29:25, 2. Patrick Gagen
30:12, 3. Jeffrey Hughell 31:08, 9-13: 1. Paul Zieba
22:35, 2. Andy Skrivanich 22:57, 3. Robert Rutter
23:16, 14:18: 1. John Falkenroth 21:11, 2. BJ Cheshnut
21:42, 3. Greg Yala 23:02, 19-29: 1. Bryan Mayberry
15:53, 2. Paul Chambers 17:18, 3. Bret Feinberg
18:32, 30-39: 1. Mike Hotton 16:51, 2. Alan Kolling
20:57, 3. Mark Bean 21:13, 40-49: 1. Ramsay Thomas
18:02, 2. Frie Sweddes 19:59, 3. Gill Cruz 20:04, 50-59: 20.57, 3. Mark Bean 21:13, 40-4er. 1. Hamsay I romas 16.02, 2. Eric Swegles 19.59, 3. Gill Cruz 20:04.50-59: 1. Hank Covell 24:02, 2. John Sugerik 26:14, 3. Norman Thomas 27:12, 50 & Over: 1. Willie West 31:53, 2. Hans Beetz 32:45, 3. Clark Morehouse

Division Results - Women's 5K 8 & Under: 1. Becky Bu :s 27:46, 2. Kristin Colt 34:23, 3. Stacey Canfield 36:08, 9-13: 1. Rachelle Knitzer 23:33, 2. Holly Froloff 24:18, 3. Kerri Harte 24:20. 14-18: 1. Suzie Ellison 21:17, 2. Jenny Coombs

photo by Gene Cohn



Robert Darling, Fleet Week overall winner.

21:20, 3. Donna Rosfeld 21:26, 19-29: 1. Lauri Lowers 21:31, 2. Anette Warnosh 23:48, 3. Laura Spargo 25:59. 30-39: 1. Marina Anderson 24:06, 2. Cheryl Garcia 25:22, 3. Sandi Balley 25:30. 40-49: 1. Dorothy Goulet 25:57, 2. Rebecoa Nielsen 26:59, 3. Anne Lyons 27:57. 50-59: 1. Mary Hurburt 35:02, 2. Colean Tovey 40:41, 3. Doris Morehouse 46:03, 60 & Over: 1, Helen Cameron 31:20, 2. Barb Turner 40:40, 3. Patricia Osborn 47:58.

Division Results - Men's Half Mara.

Division Results - Men's Half Mars.

14-18: 1. Peter Faeth 1:21:03, 2. Kevin Pearson 1:36:36, 3. Michael Colson 1:38:53, 19-29: 1. Michael Hagarty 1:12:57, 2. Greg Davis 1:19:48, 3. David Larson 1:22:04, 30-39: 1. Dwight Hendrix 1:13:51, 2. Barry Hampshire 1:18:04, 3. Eric Pugh 1:19:16, 40-49: 1. Bill Allman 1:16:10, 2. Searcy Barnett 1:16:46, 3. David Weamer 1:20:42:50-59: 1. Mel Hatch 1:31:14, 2. Dutch Nuyten 1:32:12, 3. Danny Plouvier 1:33:35, 60 & Over: 1. Steve Woishnis 1:39:20, 2. Don Wilgus 1:41:25, 3. Ulysses Ratti 1:54:12. Division Results - Women's Half Mars.

1:4125, 3. Ulysses Hatt 1:54112. Division Results - Women's Half Mara 14-18: 1. Jennikir Husland 2:13:52, 19-29; 1. Catherine Porter 1:22:49, 2. Cynthia Bailey 1:27:36, 3, Suzie Ames 1:35:10, 30-39; 1. Debbis Ingram 1:28:01, 2. Suzanne Johnson 1:33:11, 3. Mary Beisheim 1:34:42. 40-48: 1. Peggy Smith 1:36:02, 2. Judith Hooper 1:40:47, 3. Dianne Anderson 1:43:48. 50-59: 1. Alice

> Legg Lake Challenge

October 11. So. El Monte. Overall Results - Men

Rose 1:33:31.

Angel Hernandez (21) Max 14:39 14:40 Hugo Garcia (22) Guatemala Tyrus Deminter (24) L.A. Marce Gomez (28) L.A. 1502 1514 Anthony Williams (18) Mel Petersen (22) MorenoVly Richardo Medellin (28) Brea 1527 15:34 Not Available Mark Hammond (29) Claremont Leonardo Castrejon (26) L.B. 16:00 1806 16:19 Not Available Not Available 12 1627 Not Available 1637 Randall Little (18) LA. Jorge Ortega (28) Larry Higginbotham (26) L.B. Amaury Santana (26) Giendale Raul Chavez (34) SantaAna 16:45 1656 1657 1858 Manuel Castanon (40) LA. 19 Catarino Gonzalez (45) L.A. 17:03 20 Overall Results - Women 1754 Carmen Maldonado (20) LaPue Gayle Olinekova (34) TO Kristi Kidwell (27) Anaheim 18:15 1819 21.00 Jerri Edwards (30) L.B. 22:43 Beatrice Luna (35) L.A.

Carousel to Coaster

October 11, Santa Clara, 10K. Division Results - Men

11 & Under: 1. Jory Wilcox 42:32, 2. Noeh Dye 43:54, 3. Michael Seitchman 49:32. 12-16: 1. John Dames Michael Seitchman 49:32. 12-16: 1. John Dames
 35:49. 2. Cliff Pappadakis 36:14, 3. Paul Ward 37:21.
 17-29: 1. Pete Carpenter 31:46, 2. Stephan Adams
 22:14, 3. Michael Matthews 32:18, 30-39: 1. James
 Press 32:47, 2. Julios Ratti 33:30, 3. Tom Morris
 34:57, 40-49: 1. James Owen 36:18, 2. Richard Herzog
 36:24, 3. Jim Wissner 36:46, 50-59: 1. Bob Farrington
 36:57, 2 Roy Macris 40:77, 3. Ven Okube 42:15, 50 8. 36:24, 3. Jam Wissner 30:40. 38:53, 2. Ray Mascia 40:27, 3. Ken Okubo 42:15. 60 & Over: 1. Leo Gries 46:35, 2. Walter Jaye 55:46, 3. Bob Forster 59:25. Wheelchair: 1. Troy Durham 31:27. Division Results - Women

11 & Under: 1. Jennifer Silman 42:15, 2. Laura Moraine 48:53, 3. Andrea Torrez 49:29, 12-16: 1. Sunshine O'Neal 42:53, 2. Latanya Johnson 42:58, 3. Crystal & Crear 42-53, Z. Latarya Johnson 42-54, 3. Crystal Miks 43:13, 17-29: 1. Consulto Garcia 39:18, 2. Tanya Bolkin 44:21, 3. Julie Gutierrez 44:55, 30-38: 1. Gail Allen 39:46, 2. Danelle Leong 40:00, 3. Judy Riggle 40.54. 40.49: 1. Don Boyle 41:32, 2. Jo Feeney 42:28, 3. Linda Wimme4r 44:32, 50-59: 1. Connie Voigl 58:11, 2. Gisela Han 58:54, 3. Relma Sirita 1:01:11. 60 & Over: 1. Joy Johnson 57:14.

Twin Cities Marathon

October 11. Minneapolis to St. Paul. Blue crisp skies greeted runners who were

thinking of green crisp thousand dollar bills, as 7,000 runners took off in pursuit of \$200,000 at the Twin Cities Marathon.

When the proverbial dust had lifted, Marty Froelick from Colorado Springs, was the first to grab his portion of the prize money, with a 2:10:59 effort. Marty's former PR was

It was not an easy victory for Marty, as he did not pull away from his competition until late in the race. Paul Gompers of Illinois, ran an impressive 2:11:38 to nail down second place and beat a former PR of 2:15:28, while Mark Culp ran 2:11:45 to pick up third place money.

France's, Sylvie Bournet, said, "Bon Jour" to the talented ladies field as she beat her closest rival, Kim Rosenquist of Spokane by over 5 minutes. Sylvie, who ran a 2:30:11, beat her previous record, a 2:31:43 set at the London Marathon last year. Gail Kingma, also of Spokane, finished 3rd in

Both Froelick and Borunet picked up \$25,000 for their effort.

Kjell-Erik Stahl, Sweden's Master runner phenom, put aside an irregular heart beat to run for daylight and \$8,000 as he won the master's portion of the race. Laurie Binder lived up to pre race predictions by taking the ladies master's championship and the eight grand that went with it.

Race organizers were rewarded with a great day for running. At race time the temperature was in the high 20's and eased up into the 40's before the race was over. There was no wind to speak of and humidity was light. A ton of PRs were set in a day that race directors would kill for.

Bill Rogers and Katherine Switzer were on hand to help with the race's television coverage. They did an excellent job in keeping the Minnesota minds off the pennant fever that had gripped the town

Pillsbury has made a substantial commitment to this race, and has been rewarded by hugh crowds, a quality field. 7,000 entries and impressive local, state and national media coverage.

The Twin Cities Marathon has become

one of the "must run" marathons on many a runner's list. There is certainly a great many

	ons for its growing stature.	
Over	all Results - Men	
1	Marty Froelick (29) CO,25,000	210.59
2	Paul Gompers (23) IL,15,000	21138
3	Mark Curp (28) MO, \$10,000	211:45
4	Daniel Boltz (25) , \$8,000	2:13:24
5	Derek Froude (28) CO, \$6,000	21337
6	Jim Klein (25) AZ, \$5,000	21621
7	Tom Maxson (28) WI, \$4,000	2:17:44
8	Kjell Stahl (41) Swe, \$3000	218.01
9	Paul Pilkington(28) UT,\$2,000	21859
10	Steve Spence(25) PA, \$1,000	219:14
11	John Bowoen(31)CO	219:43
12	Rob Greer (28) WA	219.57
13	Bob Schlau (40) SC	220:46
14	Alemayehu Tulu(29)MN	220.56
15	Mark Bishop (30) TX	22131
Overal	I Results - Women	
1	Sylvie Bornet(27) Fr. \$25,000	230:11
2	Kim Rosenquist(29)WA,15,000	2:35:41
3	Gail Kingma(26)WA,\$10,000	236.02
4	Sue Schneider(31) MN,\$8,000	236:55
5	Lauire Binder(40)CA, \$6,000	241:15
6	Jane Welzel(32)MA, \$5,000	24204
7	Barbara Filutze(41)PA,\$4000	2.42.48
8	Mary Level (24) FL, \$3,000	24325
9	Joy Meyen (25) KS, \$2,000	2:43:44
10	Kristi Martin(29)MN, \$1,000	244:12
11	Kim Golf (26) RI	24450
12	Theresa VanStraten(30)WI	244.55
13	Mary Tracey (27) Tx	245:00
	A STATE OF THE PARTY OF THE PAR	

14	Kim Campo (32) CA	245:17
15	Karen McQuilkin (28) IN	2:45:31
Top Th	nee Wheelchair	
1	Bart Bardwoll (40) MN,\$1,000	20811
2	Tony Possehl (28) MN	208.11
3 Calif. N	David Eckstrom (32) MN	22614
21	Don Paul (37) S.F.	22412
37	Joachim Bechtle 43) S.F.	227:34
43	Robert Radnoti (29) Camarilo	228.48
116	Isaac Silva (28) Anahelm	2:40:09
189	Mehmet Akcan (38) S.F.	246:02
190	Brian Peterson(37)Rosevie	246:09
216	Fred Kiddy (53) PalmSprs	248:03
323	David Nelson(31)Berkeley	253:51
469	Steven Teslik (33) SanDiego	25850
518	Jim Dobbe (37) LongBch	3:00:41
520	Mark Roth(25) ElSegundo	3:00:49
536 638	Michael Victor(37)LongBch Ralph Hirt (49) CrescentC	3:01:41
642	Lauren Udden (37) L.A.	3:05:43
940	Isidor Garcia(40)SanJose	3:15:02
941	Niles Kvistad(38)Danville	3:15:02
1131	Jesse Conrad(32)Plestn	3:20:06
1157	John Lipman(36)S.F.	3:21:00
1229	Craig Simmons(38) Danvi	3:23:08
1271	James Monahan(32)Ventura	3:24:09
1304	Martin Brandt(39) MillVly	3:24:49
1592	Clifford Golenor(46) HacHts	3:32:33
1671	Steven Wheeler(35)LongBch	3:34:31
1712	Michael Moats(39)SantaMar	3.3526
1816	Lee Rasmussen(36)Plestn Libera Michael(57)Solvang	3:38:01
1880	Robert Buran(44) Yuqalpa	3:39:37
1961	Warrener Pait(62)S.F.	3:41:26
1967	David Jacobs(33)PalmSprs	3:41:32
2155	Wm McCormick(34)WalnutCk	3:46:33
2548	Paul Weber(51) Oceanside	3:56:39
2582	Donald Zeise(50)WestHis	3:57:29
2628	Steve Pettit(38)MissionV	3:58:45
2813	Joe Vreeman(42) Riverside	4.04:39
5	Women	aute
14	Laurie Binder(40)Oakland Kim Campo (32) SanDiego	241:15
16	Charlotte Thomas(30)S.Diego	248.00
20	Sarah Tabbutt(28)LaJolla	2.48:22
29	Judy Leydig(36)SanCarlos	25214
41	Claudia Morales(36)Anaheim	257:12
92	Cindy Seikkula(29)PlesntHI	3:16:32
135	Sandra Kiddy(50)PalmSprs	3:24:50
161	Donna Kippen(29) DelMar	3:28:14
175	Ruth Anderson(58)Oakland	3:31:25
188	Margaret Miller(61)TO	3:33:30
405	Nancy Thweatt(45)Escondo Joan Meyer(38)Escondido	3:35:08 3:57:30
406	Diane Wilson(43)Escondido	3:57:33
456	Valerie Johnson(48)S.Cruz	4:03:41
505	Lorie Goodman(30)NewptBch	4:08:59
667	Jane Janousek(33)Irvine	4:29:01
689	Judith Tiffany(44)Escondo Joyde Yee(42)PlayaDelRey	4:31:34
706		4:33:58
796	Linda Kvistad(35)Danville	4:58:23

Humboldt Redwood Marathon & Half

Janet Cassid(36)S Rosa

51227

October 11. Arcata.

The Humboldt Redwoods Marathon and Half Marathon took place on the Avenue of the Giants under dear skies and with cool temperatures.

Craig Moore (2:33:56) of Placerville, and Theresa McCourt (3:04:07) of Sacramento, both members of Buffalo Chips, repeated their 1986 wins in the 1987

Humbodf Redwoods Marathon.

Nan Harman (3:22:25) of Palos Verdes was the first Master Woman with Dan Trujillo (2:45:27) of Littleton, CO, winning the Men's Master title.

The Six Rivers Running Club, sponsors of the event, took the first three places in the Half Marathon with Greg Heistuman (1:12:16), James Washington (1:12:36) both of Arcata, and John Zinselmier (1:13:24) of Mad River finishing third and taking the Mon's Master tide,

First woman was Noreen Kelly (1:21:48) of Santa Clara. The Master's Woman title was won by Shelley Black (1:34:27) of Cupertino.

Over	all Results - Men's Marathon	
1	Craig Moore (34)	233.56
2	Michael Burton (26)	236.23
3	Stephen Weary (28)	2.42.47
4	Brain McGuire (29)	24254
5	Syl Pascale (38)	2.44:32

Overall Results - Women's Mara.	
Theresa McCourt (28)	3:04:07
2 Darlene Wallach (36)	3:04:55
Suzette Moore (30)	3:07:58
Nan Harman (40)	32225
5 Marcia Smith (33)	32229
Division Results - Men's Mara.	
20-29: 1. Michael Burton 2:36:23. 30-3	4: 1. Craig Moore
2:33:56, 35-39: 1. Syl Pascale 2:4	44:32. 40-44: 1.
2:45:27, 45-49; 1. Ulf Werner 2:5	4:47, 50-54: 1.
Woodbury Bunnell 3:06:12, 55-59:	1. Everett Riggle
2:56:21:60-64; 1. John Norberg 3:42:59	65-69: 1. Donald
Siok 3:35:33, 75-79: 1. Gerry Cullen 5:	26:21.
Divsion Results - Women's Mara.	
20-29: 1, Theresa McCourt 3:04:07.	30-34: 1. Suzette
Moore 3:07:58, 35-39: 1. Darlene Wal	lach 3:04:55, 40-
14: 1. Nan Harman 3:22:25. 45-49: 1.	Louise Rothman-
Riemer 3:51:30, 60-64; 1. Etta Palmer	4:34:06.
Overall Results - Men's Half Mara.	
Craig Heistuman (32)	1:1216
2 James Washington (33)	1:12:36
3 John Zinselmeir (40)	1:13:24
Kevin Pedrotti (31)	1:14:18
5 Jim Gibbons (43)	1:14:37
Overall Results - Women's Half	
Noreen Kelly (31)	121:48
Patti Mogni (33)	123:10
3 Diane Burger (29)	125.06
4 Jennifer Daniel (30)	129.08
5 Jill Buhler (23)	130.42
Division Results - Men's Half	
8 & Under: 1. Bodhi Fishman 1:27:1	
Balli 1:15:20, 30-34: 1. Greg Heistuma	
1. Thomas Eng 1:16:15. 40-44: 1.	
:13:24, 45-49; 1, Gene Gilligan 1:19:	
Deneux 1:25:03. 55-59: 1. Amil St. A	
60-64: 1. Allan Bellon 1:26:41, 65-69	LIACK KIRKOARIO

1:34:45, 70-74: 1. Bill Van Fleet 1:50:18. Division Results - Women's Half

18 & Under: 1. Amy Bergenski 2:01:01. 20-29: 1. Diane Burger 1:25:06: 30-34: 1. Noreen Kelly 1:21:48. 35-39: 1. Ann Lindsay 1:36:20. 40-44: 1. Shelley Black 1:34:27. 45-49; 1. Margaret Cooke 1:40:38, 50-54; 1. Jeanie Kayser-Jones 1:44:45, 55-59; 1. Mary Welz 1:47:23, 60-64: 1. Mary Storey 1:50:43.

Division Results - Women's 10K 17-29: 1, T, Coldinet 47:15, 30-39: 1, Maryann Truitt 39:46, 40-49: 1. Joan Sligar 41:50, 50-59: 1. Kathy Isen 48:30. 60-69; 1. Peggy Ewing 55:00. Overall Results - Men's 5K 1 Leonard Sperandeo Gregg Harris Don Hicks Artie Huff Tim Shannon Arnold Rivas Marc Lewis Kevin Cimini Craig Ottersen David Rodriguez Nathanm Wulf William Coughin Don Spickelmier Richard Ursin Carl Yamauchi Division Results - Men's 5K

16 & Under: 1. Artie Huff 16:38, 17-29: 1. Leonard Speandeo 15:45. 30-39: 1. Tim Shannon 16:40, 40-49: 1. Don Spickelmier 17:27. 50-59: 1. Rudy Schneider 18:50. 60 & Over: 1. Jimmy Low 20:30.

15:45

1554

1806

16:38

16:40

16:47

1650

1552

16.55

17:04

17:04

1727

	Overall Results - Women's 5K	
1	Patty Smith	1817
2	Jeanette Alfred	18.57
3	Lisa Boyle	19:04
4	Judy Walker	19:40
5	Vicki Pell	20:03
6	Patricia Padia	2029
7	Sarah Smith	20:34
8	Sue Bolley	2051
9	Karen Nordine	21:41
10	Jennifer Henry	21:53
11	Ann Brice	2226
12	Emily Sava	22:30
13	Susan Baptiste	23.08
14	Michelle Campbell	23:11
15	Joani Kapeckas	23:11
	Division Results - Women's 5K	

16 & Under: 1. Sarah Smith 20:34. 17-29: 1. Patty Smith 18:17. 30-39: 1. Lisa Boyle 19:04. 40-49: 1. Ann Brice 22:26. 50-59: 1. Mary Jane Dean 26:30. 60 & Over: 1. Joan Moses 31:20.

Zoo Zoom Races

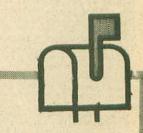
October 11. Sacramento, 10K & 5K.

	Overall Hesults - Men	
1	Steve Haase	31:34
2	Carl Stempel	31:49
3	Rich Hanna	32:46
3 4	Keith Maneval	33:01
5	Robert Coyle	33:56
6	Pete Flores	33:59
7	Vial	34:24
8	George Simmons	34:38
9	Chris Enfamie	34:39
10	Mike Ammon	34:44
11	Thom Pearman	35:13
12	Rick Edson	35:48
13	John Dahldorf	35:58
14	Barry Turner	36:01
15	Dave Markstrom	36:12
16	Tom Johnson	3621
17	Bob Lawrence	36:53
18	Mit Whaley	37:04
19	Tim Zytkoshkee	37:17
20	Randy Marx	38:00
	Division Results - Men's 10K	

16 & Under: 1. Rick Gregson 44:15, 17-29: 1. Steve Haase 31:34, 30-39: 1. Carl Stempel 31:49, 40-49: 1. Mike Ammon 34:44, 50-59: 1. Gene Stewart 43:55, 60-69: 1. Jim Eymann 53:05, 70 & Over: 1. Kenny King

Overall Results - Women's 10K

1	Maryann Truitt	39:46
2	- Kim Zetterberg	40:05
3	Joan Sligar	41:50
4	Kathy Douglas	43:16
5	Lynn Kyme	43:51
6	Bjorg Austreheim-Smith	44:02
7	Lucinda Breitkrautz	44:31
8	Molly Jacques	44:47
9	Dolores Bazua	44:56
10	Mary Briggs	45:38
11	Lisa Givens	45:49
12	Nancy Mansfield	46:07
13	Shirley Brown	46:18
14	Sally Monical	46:42
15	Marty Alexander	4651



Address Change?

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

CT&RN 4957 E. Heaton Fresno, CA 93727

Breakers & Butterflies

October 11. Pacific Grove, 10K. Division Results - Men

12 & Under: 1. Mark Breimhorst 42:50, 2, Tony Wilson 49:34, 18-29: 1. Troy Overton 34:56, 2. Brad Clinton 38:56, 3. Jos Hell 39:20, 30-39: 1. Jim Poulos 33:28, 2. Ron Parravano 34:45, 3. Mike Sosnowski 35:44, 40-49: 1. Jan Valencia 39:29, 2. Chuck Shadley 40:41, 3. John DiNapoli 43:56, 50-59: 1. Paul Baker 39:01, 2. Don Luce 41:50. 60 & Over: 1. Bob Wright 49:19, 2. Patrick Dundon 54:08. Heavyweight: 1. Paul Steinberg 43:25. Division Results - Women

13-17: 1. Nicole Dauphine 43:49, 2. Wendy Vining 19-17: 1. Nicole Daughnin 43-43, 2: Trello 7 hilling 49:34, 18-29: 1. Laura Sanchez 36:34, 2. Margaret Chung 42:21, 30-39: 1. Patty Selbicky 38:03, 2. Kabe Scott 41:02, 3. Julie Sigourney 41:17, 40-49: 1. Nellie Wright 39:37, 2. Gail Bernard: 42:23, 50-59: 1. Annie

Cuesta Spirit Biathlon

October 11. San Luis Obispo.

Although rain was predicted 378 (89.7%) of the 421 registered participants finished the race under bright sunshine. Winds were relatively quiet which was one factor leading to 15 class recordsout of the 22 classes that had registered participants. This is very significant when you realize only 6 records were broken last April. There are actually 24 classes.

Inere are actually 24 classes.

In the tightest battle for a class championship in our 7 event history Gerhardt/Harvey edged Roundy/Keitzer for first place in the men's team 34-class. Both registered identical times of 141.38.

Ray Webb, an experienced tri-athlete, established a new individual course record with a time of 1:29.15. This smashed the record of 1:32.36 set by Ken Kiss of record of 1:32.36 set by Ken Kiss of Camarillo last April. Ray's effort also beat the team course record of Bonzo Becker and Craig Lowrie, SLO, set in October 1985. Ray has finished 15th in the Japan triathion, and competed in the Hawaii ronman in addition to many other notable accomplishments. I'm not certain that many of us understand the significance of Ray's accomplishment. accomplishment.

accomplishment.
Dr. Carolyn Shank, professor of Recreation at Cal Poly is currently the only person holding records in more than one category. She changes team runners more kingular. often than she changes her bicycling shoes so we shouldn't rule her out of establishing another record in April.

Records were not just set on the course as the large group staying for the awards ceremony enjoyed seeing a record of approximately \$1400 worth of raffle prizes no issued to lucky numbers of pre-

bein	g issued to lucky mumber.	or prive
regi	stered competitors.	
	Overall Results	
1	Ray Webb (1st25-34)	12915
	Henley/Enzerink (1stTm O)	1:30.12
3	Hardy/fisher (2ndTm O)	1:31.24
4	Ryan/Ryan (3rdTmO)	1:31.51
5	Betancourt/Kirchert (4thTmO)	1:3211
6	Tomas Becker (2nd 25-34)	1:32:15
7	Preheim/Dobbs (5thTmO)	1:35.54
8	Robert Isaacs (3rd 25-34)	1:35.55
9	Ron Lessley (4th 25-34)	1:35.55
10	Jones/Hagy (6th Tm O)	1:35.55
	Bob Macy (1st 35-44)	1:36.02
11	Hal Jacobs (5th 25-34)	1:36.16
12	Chris Carroll (6th 25-34)	1:36.22
13	Ambruster/Ambruster(1 MX)	1:36.23
14		1:37.00
15	John Loomis (1st 20-24)	1:37.43
16	Fred Boos (2nd 20-24)	1:38.0
17	Jeff Jacobs (3rd 20-24)	1:38.48
18	Souza/Reynolds (7th TmO)	1:38.54
19	Roundy/Rachubka(1stTm80)	1:38.5
20	Eric Osgard (4th 20-24)	1:39.0
21	Bradley Cox (7th 25-34)	
22	Robert Rainwater(2nd 35-44)	1:39.0

23	Jan Kees Elsbach(8th 25-34)	1:39.09
24	Wagner/O'Sullivan(2nd MxO)	1:39.32
25	David Olcott (9th 25-34)	1:39.33
26	Dave Howell (1st 45-54)	1:39.34
28	Hennelley/Goughnour(1 Tm)	1:39.38
38	Gerhardt/Harvey(1st Tm 34-)	1:41.38
41	Dan Jenkins (1st 15-19)	1:41.43
43	Lindholm/Lindholm (1st PCT)	1:42.25
82	Waterbury/Shank (1st MxT80+)	1:43.42
75	Lucia Wanders (1st 20-24 F)	1:47.15
111	Lupe Eberly (1st 35-44 F)	1:51.08
133	Gus Meinalksnis (1st 55+)	1:54.15
136	Heidi Anderson (1st 25-34 F)	1:54.57
172	Mark Aceto (1st 14-)	201.24
182	Mardi Briggs (1st 45-54 F)	203.04
248		215.36
275	Monica Reardon (1st 15-19 F)	229.10
281	Kerry McQueary (1st 14- F)	23222
290	Emily Cletsoway (1st 55+ F)	251.38
COU	Limit Sissessial Live St. 11	



Dave Scott, 33, of Davis captures his sixth Bud Light Ironman Championship.

Bud Light Ironman Tri World Champs.

October 12 Kona, Hawaii.

October 12 Aona, Nawell.

Dave Scott, 33, of Davis, CA, clinched his sixth Bud Light Ironman Triathlon World Championship crown and \$15,000 in cash here in a time of 8 hours,

and \$1,5,000 in cash fee in a line of \$1,000 s.

34 minutes and 13 seconds (8,34.13).

Scott completed the 140.6-mile swim-bike-run course ahead of Martik Allen, 29, of Boulder, CO, who completed the course in a time of 8,45.19. Third place. was clinched by Greg Stewart, 30, of Geelong, Australia, in 8:58:53.

Scott's time was just over six minutes off his world record time of 8:28:37, which he established at last year's Bud Light Ironman Triathlon World Championships.

In the women's division, Erin Baker, 26, of Christchurch, New Zealand, eclipsed the women's record with a time of 9:35:25. Finishing in 26th place overall, Baker broke Paula Newby-Fraser's record of 9:49:13 set in 1986.

Sylviane Puntous, 26, of Kelowna, Canada, finished second in a time of 9:36:57, and Newby-Fraser, 25, took third with a time of 9:40:37.

Scott and Alien battled throughout the race until, with two miles left in the run, Scott passed Alien, who developed a severe leg cramp. Scott captured previous Bud Light Ironman titles in 1981, '82, '83, '84 and '86. During the 1985 event, he served as color commentator for "ABC's Wide World of Sports" telecast of the event.

A record number of particvipants-1,380representing 49 states (Wyoming was the only state without an entry) and 40 countries, started the triathlon, which features a 2.4-mile ocean swim, immediately followed by a 112-mile bike race and a 26.2-mile marathon run to the finish line. By the 17-hour course closure deadline, 1,240 athletes had crossed the finish line.

Professional athletes competed for more than

\$100.	000 in combined prize money and cast	1 DONUSES.
	Top 10 Men	
1	Dave Scott (Davis) \$17,400	8:34:13
2	Mark Allen (Boulder) 10,700	8:45:19
3	Greg Stewart(Geelong)7,700	8:58:53
4	Mike Pigg(Arcata)5,000	9:02:34
5	Ken Glah(Westchester)5000	9:05:17
6	Scott Tinley(Encinitas)3000	9:08:37
7	Nicholas Martin(PA) 2000	9:10:29
8	Todd Jacobs(ElPaso)1800	9:1258
9	George Hoover(DelMar)1600	9:15:53
10	Pauli Kluru(Finland)1400	9:16:00
	Top 10 Women	
1	Erin Baker(NZ) \$21,000	9:35:35
2	Sylviane Puntous(Can)12,000	9:36:57
3	Paula Fraser(Zimb)9000	9:40:37
4	Julie Wilson(WA) 5000	10:02:24
5	Sarah Springman(Eng)4000	10:08:25
6	Amy Alkman(TX) 3,000	10:10:37
7	Nancy Harrison(WA)2,000	10:14:00
A	Luanne Park (Chico) 1,800	10:19:09

Legg Lake 5K **Evening Run**

Beth Nelson (MA) 1,600

Terry Schneider(CA)1,400

10:24:19

October 15. So, El Monte.

Division Results - Men

19-24: 1. Martin Domingues 19-21. 25-29: 1. Don Burton 17:25, 30-34: 1. Nicolas Hernandez 17:59, 2. Mike Brownson 19:50, 35-39: 1. Joe Engelbrectt 18:49, 2. Brownson 18:03-358: 1. Soc Gonzales 20:49, 40-44: 1. Mike Lalum 20:17, 2. Harold Ellingson 21:04, 3. Barry Hamilton 18:49, 45-49: 1. Richard Carrareau 20:13, 50-54: 1. Carlos Vega 20:51, 55-59: 1. Bruce Odon 20:22, 2. Ed Sanchez 20:32, 3. Wayne Louse 23:59, 65-69; 1. Wiley Nelson 27:01.

23:56, 50-58; 1, viloy resoults - Vornen 30-34; 1, Doris Chung 26:36, 40-44; 1, Barbara Reukema 24:25, 50-54; 1, Dolores Vega 30:37.

The Autumn Run

October 17. Seal Beach. 10K.

October 17, Seal Beach. 10K.
Division Results - Men

14 & Underst. Robert Kyle 35:50, 2. Philip Parks
40:42, 3. Teddy Watson 46:31. 15-19: 1. Michael
Martinez 39:20, 2. John Montez 40:50, 3. Dan Walsh
41:04. 20-24: Mark Backes 33:48, 2. Graham Traylor
39:28, 3. Jim Milles 38:45, 25:29: Mike Navock 32:00, 2.
Kelley Jim 33:08, 3. David Mackey 33:23. 30-34:
Thom Vernon 31:00, 2. David Diaz 32:52, 3. Mike
Push 35:03, 35-39: Mark Hemphill 34:15, 2. Lorenze Inom Vernon 31:00, 2. David Diaz 32:52, 3. Mike Pugh 35:03, 35:39: Mark Hemphili 34:15, 2. Lorenzo Herrera 34:49, 3. Jesse Leyva 35:04, 40-44: Pablo Drobny 34:24, 2. Ben Jackson 36:23, 3. John Dischinger 36:47, 45-49: Jim Chenoweth 35:00, 2. George Wright 36:35, 3. Neal Chappell 36:42, 50-54: Ron Pattinson 35:12, 2. Bob Rica 38:44, 3. Bruce Lin 41:17, 55:56: Trans broad 40:30, 2. Datas Marks. 41:17, 55-59: Tracy brown 40:30, 2. Robert Matthews 41:38, 3. Lawren Schumaker 42:08, 60-64: Bob Herman 47:59, 2. Bernie Hodowski 55:41, 3. Lee Eldred 56:37, 65-69: Ed Hornung 44:00, 2. Ralph Liberts 53:52, 3. Marvin Rosenburg 54:05, 70 & Over: Eddie Lewin 42:48.

Eddie Lewin 42-43. Division Results - Women 14 & Under: Margarita Fernandez 49-48, 2. Cynthia Lasman 1:04-52, 3. Jacqueline Vazquez 1:07:16. 15-19: Rene Corbin 47:45, 2. Tarra Hassin 49-47, 3. Holly Walson 57-45, 20-24; Irene Stevens 43:02, 2. Melissa Value 57:93, 20-24; reins stevens 43:04; 2. Menssa Staley 43:36, 3. Carol Piccirillo 45:43, 25-29; Tammy Sargeant 37:55, 2. Jayne Lewis, 41:05, 3. Loretta Marietti 41:55, 30-34; Charmella Secrest 39:50, 2.

Leigh Morrow 40:37, 3. Jade Sackett 41:01, 35-39; Jeanie Libutti 38-43, 2. Lorranine Dischinger 41:25, 3. Gayle Maher 45:30. 40-44: Cheryl Allen 42:16, 2. Chris Zygielbaum 43:56. 45-49: Hwa Ja Andrade 48:24, 2. Carolyn Watkins 50:41, 3. Sheila Snapp 50.46, 50.54; Audrey Hauth 51:17, 2, June Watson 54:25, 3, Joan Goldberg 1:00:04, 55-59; Evie Reiten 48:39, 2, Connie Abang 56:40, 3, Beverly Queen

The Lion Run

October 17. So. Pasadena. 5K & 1 Ml.

For the second year in a row, the Liori Run ran through the hearts of all Marengo Bementary School kids, parents and friends. Before the 8:00 a.m. start of the 1 Mile Kids' Run, a supporting team of over 40 parent volunteers along with several Atzian Track Club members were positioned at the registration tables, along the race course, at the finish line, in the tabulation room and refreshment tables. This PTA team was guided under the experienced hand of Dr. Frank Meza and his wife, Dr. Tina Nevarrez, both members of the Atzlan Track Club. The Club not only supplied the necessary race equipment but several of its members volunteered their invaluable

Although a false start delayed the 1 Mile Race until 8:30 a.m., over 200 kids finished the race. All kids received blue ribbons and carnations from Junippers for their effort. At 9:00 a.m. 100 5K runners, including for their effort. At 9:00 a.m. 100 SK runners, including Mrs. Marsha Aguirre, the Principal took off. After leaving the front of Marengo, the determined runners an through the lovely free-lined attests of South Pasadena. Of course the South Pasadena Police Department under Commander Mike Ward and Agent Mark Miller showed its full support and monitored the helps in the sections as well as being inclumental. busier intersections as well as being instrumental in the course set up. The races both ended in the rear playground. For many kids it was the first experience

in a real finish line.

Waiting for the race tabulation and trophy announcements became fun time as runners and spectators alike enjoyed Mocha Mx Frozen Dessett, Kern's fruit juices, Bristol Farms oranges, Fromage Fras and received Yum Yum Donut coupons.

48 tophies were awarded in the Kids' 1 Mile and 31 to the EV Least. announcements became fun time as runners an

in the 5K. Happily, Marengo kids received many trophies. Mrs. Aguirre, Principal, finished the 5K at

The overall winners in the Kids' 1 Mile and their fime were: Norma Pantosa, 12, 6:26; Keith Richards, 12, 5:42.

The overall winners in the 5K and their time were: Sara Flores, 13, 20:01; Mike Trujillo, 25, 14:50.

Division Results - Men's 5K

12 & Under: 1. Pedro Rodriguez, 2. Alfredo Trujillo, 3. Eddie Rodriguez, 13-15: 1. Jose China, 2. Frasema Eddie Hoonguez, 3-1as 1. 3039 offinal, 2-1as 1. Additional Rodriguez, 3. Jason Marn. 16-18: 1. Craig Flanders, 2. Scott Jung, 3. Paul Florenco: 19-29: 1. Mike Trujillo, 2. Chad Pratt, 3. Denny Dillard, 30-39: 1. Ken Molfitt, 2. John Espinoza, 3. Alan Hodgson, 40-49: 1. Don Gillman, 2. Rich Campbell, 3. David Nuttau, 50-59: 1. Brookes Treidler, 2. Wendell Mortmer, 3. Nick Guido. Division Results - Women's 5K

13-15; 1. Sara Flores, 2. Juan Baltazar, 19-29; 1. Kathy Kanes, 2. Katie Brownfield. 30-39: 1. Sharon Kelly, 2. Laura Varon, 3. Patricia Meighan, 40-49: 1. Georgina Nattau, 2. Marcia Hudson, 3. Barbara

Division Results - Boy's 1 Mile 5 & Under: 1, Christopher Kuebler, 2, Frank Guevara III. 3. Josua Hauser, 6; 1. C.J. Goodyear, 2. Luis Rocha, 3. Charles Buttermor, 7; 1. Rigel Anderson, 2. Jared Kuebler, 3. David Rossi, 6; 1. Matthew Mayock, 2. Terrance Bronson, 3. Jeffrey Hsu. 9: 1. Ben Rossi Luke Pierce, 3. Michael Grant. 10: 1. George Villa.
 Mario Carrasco, 3. Ricardo Flores. 11: 1. Jaime Delatorre, 2. David Cook, 3. Marco Villa. 12: 1. Keith Richardson, 2. Ciro Ochoa, 3. Alfonso Trujillo

Richardson, Z. Ciro Denoa, 3, Arionso Trojeno.

Division Results - Gin's 1 Mile

5 & Under: 1. Christina Duarte, 2. Christy Grant, 3.

Wendy Garriott, 6: 1. Tansel Toprakci, 2. Lisa
Mayock, 3. Grady Stewart, 7: 1. Angelica McGahn, 2.

Lisa Tumer, 3. Rebecca Husman, 8: 1. Alicia Medina,
2. Celina DeLeon, 3. Christy Vasquez, 9: 1. Yesenria Santana, 2. Natalie Vasquez, 3. Serena Meyer, 10: 1. Veronica Ruiz, 2. Leticia Ruiz, 3. Lisa Martinez, 11: 1. Elizabeth Santana, 2. Elizabeth Barnes, 3. Loretta Vasquez, 12: 1. Norma Pantosa, 2. Maria Carrillo.

Palmdale Fall Festival

Oct	ober 17. Palmdale, 5K.			
1	Overall Results - 5K	1000		
2	Cory Sundeen (17) Ridgecrest Brian Lindsey (17) Redgecst	1627 1659		
3	Tony Whitmore (31) Lk Eliz.	17:02		
4	Frank Sakelarios (18) Lancst	17:06		
5	Richard Crowder (25) Lancst	1723		
6	John Berg (17) Lancaster	1752		
7	Richard Cooper (43) Lancastr	17:56		
8	Bobby Moldenhauer (17) Lanc	17:57		
9	Greg Hogan (34) Lancaster	1812		
11	Tom Estrada (38) Lancaster	18:50		
12	Truman Clark (51) Lancaster	1856		
13	Armando Arguello (30) Palmd	18:57		
14	Ken Hamrick (50) Palmdale	19:04		
15	Armando Hernandez (29) Lano Bruce Bryan (39) Newhall	1924		
17	Patrick Harlan (41) Saugus	19:35 19:46		
18	John Jacober (43) Palmdale	19:50		
19	Claudio Pagan (36) Palmdale	19:52		
20	David Craft (22) Palmdale	20:08		
21	Jean Harvey (15F) Lancaster	20:09		
22	Gregory Poteat (31) Palmdale	20:19		
23	Alan Brown (46) Lancaster	2022		
24	Kenneth Francis (41) Pearbls	2027		
25	Gil Stieglitz (32) Palmdale	20.42		
	Overall Results - Kiddie K			
1	Tim Michalski (8) Lancaster	4:10		
5	Kenneth Peterson (10) Palmd	4:17		
3	Robert Johnston (8) Palmdale	422		
4	Jeffrey Dix (10) Lancaster	429		
5	Kathleen Flanagan (12) OH	4.38		
6 7	Misha Black (12) QH	4:43		
8	Jennifer Brown (10) Lancastr	4:47		
9	Charles Kirkby (12) Palmdale Kim Brown (8) Lancaster	5:03		
10	Eric Burch (8) Palmdale	5:03		
	Overall Results - Hospital 5K	0.00		
1	George Berg (19) Lancaster	1605		
2	Mark Sobota (28) Palmdale	1628		
3	Todd Kerzie (18) Palmdale	16:33		
4	David Lucas (24) Rosamond	16.46		
5	Tony Whitmore (31) Lk.Eliz.	17:03		
6	John Berg (17) Lancaster	1723		
7	Richard Cooper (43) Lancastr	17:56		
8	Dennis Smith (41) Tehachapi	18:03		
9	Kevin Moore (28) Edwards	1803		
10	Mark Harvey (16) Lancaster Overall Results - Hospital 2 Mi Walk	18:04		
1	Bob Knapp (43) QH	2321		
2	Kendra Hamrick (10) Lancaster	26:11		
3	Alice Medina (10) Lancaster	26:11		
3 4	John Dermody (42) Lancaster	26.53		
5	Janice Schrier (46) QH	27:00		
6	Deanna Brown (48) Lancaster	27:15		
7	Susan Crimin (41) Lancaster	27:40		
8	Kathryn Crosier (27) Palmdale	27:56		
9	Miriam Grier (48) PV	28:04		
10	Jane Gordan (39) Lancaster	29:44		
	Overall Results - Hospital Kiddle K Justin Halloran (10) Lancaster	100		
1	Justin Harioran (10) Lancaster	4:01		
2 3	Jennifer Enstad (11) Lancaster	4:10		
4	Jayme Halloran (12) Lancaster Timmy Michalski (8) Lancaster	4:13		
5	Kathryn Ward (10) Lancaster	4:19		
6	Josellyn Clark (9) Green Vly	4:50		
7	Rhan Hull (10) Lancaster	4:56		
8	Julie Rhodes (10) Palmdale	4:57		
9	Joe O'Hem (8) Tehachapi	4:59		
10	Lora Greenfield (7) Lancaster	501		

Goblin's Gallop

Octo	ber 17. Atascadero, 10K.	
Over	all Results	
1	Tim Gallagher	36:44
2	Stanley Huff	36.55
3	Ken Kinsell	39.06
4	Louie Escobar	40:08
5	Tony Kedzior	40:11
6	Bill Winstanley	41:15
7	Jack Brown	44:13
8	Ed Riffel	4529
9	Francis Saporano	45:55
10	Michael Brink	46,00

Fullerton Nite Lite 10K Run

	ber 17. Fullerton.	
	all Results - Men	The same
1	Rob Arsenault (22)	30:16
2	Jesus Sandoval (22)	3026
3	Bob Adams (25)	30.52
4	Ramon Acosta (22)	30:53
5	Eugene Muslar (28)	31:16
6	Abel Mota (23)	31:19
7	Matt Blaty (26)	3122
8	James Scrensen (20)	31:23
9	Rich Medellin (28)	31:36
10	Mark Laplant (23)	31:48
11	Arturo Rodallegues (23)	31:53
12	Dan Davies (30)	31:57
13	Carlos Nav (20)	3209
14	Jorge Ortega (28)	3215
15	Rick Herr (21)	3217
16	Mark Obrien (23)	3220
17	John Araujo (29)	32:20
18	Bernie Brizvela (34)	3221
19	Trini Robles (24)	3228
20	Art Garza (22)	32:32
21	Vick Simonian (30)	32:36
22	Keith Olson (24)	32:45
23	Greg Neitzel (19)	3257
24	Guston Fieldhouse (21)	33:01
25	Richard Numrich (37)	33:09
Over	all Results - Women	
1	Carrie Garritson (10)	36.05
2	Harolene Walters (44)	37:32
3	Susan Griesbach (29)	37:54
4	Lorraine Ordaz (35)	38:38
5	D'anna Jorgensen (25)	39:05
6	Cedia Findlay (20)	39:46
7	Stacie Kennerly (24)	39:55
8	Charmella Secrest (32)	40:32
9	Cathy Owen (24)	41.00
10	Heather Garritson (6)	41:16
	ion Results - Men	36
	Under: 1, James Garritson 33:46, 2	2. Jarrod
	Seen 26-68 2 Dishard Carry \$1-52	

Garrison 36:50, 3. Richard Carey 41:53, 15-17; 1. Jose Zavala 34:11, 2. Troy Manzer 34:41, 3. Luis Escanuola 35:29, 18-24; 1. Jesus Sandoval 30:16, 2. Rob Arsenault 30:26, 3. Ramon Acosta 30:53, 25:29; 1. Bob Adams 30:52, 2. Eugene Muslar 31:16, 3. Matt Blaty 31:22, 30:39; 1. Dan Davies 31:57, 2. Bemie Brizvela 32:21, 3. Vick Simonian 32:36, 40-49: 1. Lee Gilbert 34:26, 2. Ernie Bacon 35:24, 3. Steven Cornish 35:44, 50-59; 1. Ted Alfarcon 36:37, 2. Juvenal Herrera 36:47, 3. Aurelio Camacho 39:45. 60 & Over: 1. Larry Banuelos 40:57, 2. Fred Fromm 45:38, 3. Manuel Maturino 49:47.

Division Results - Women

14 & Under: 1. Carrie Garritson 36:05, 2. Heather Garritson 41:16, 3. Megumi Takasaki 41:33: 15-17: 1. Imelda Nava 43:51, 2. Kristin Prince 45:13, 3. Sue Charles 47:48, 18-24: 1, Celia Findlay 39:46, 2. Stade Kennerly 39:55, 3. Cathy Owen 41:00, 25:29: 1. Susan Griesbach 37:54, 2. D'Anne Jorgensen 39:05, 3. Patricia Contreras 41:26, 30-39: 1. Lorraine Ordaz 38:38, 2. Charmella Secrest 40:32, 3. Patricia Burke 41:22, 40-49; 1. Harolene Walters 37:32, 2, Janio Estrick 47:19, 3. Ann Kernan 48:44, 50-59: 1. Carol Hemus 50:34, 2. Jeanne Hum 52:22, 3. Heidi Schroeder 53:04.

Men's Wheelchair: 1, Richard Jensen 37:05.

Bear Valley Biathlons

Octo	ber 17. Pinole.	
	Overall Results - Hare-Athon	
1	Glen Augustine/Warren Gee	48.5
2	Howard Worrell (32) Oakland	4920
3	John Gotelli (18) Davis	49:4
4	Eric Bohren (18) Berkeley	49.5
5	Pat Dolan/R. Dolan	49:5
6	Rich Sykes (28) S.F.	49.5
7	Brett Hall (22) Oakland	50.4
8	Nelson Brady (35) Napa	50:4
9	Mark Giblin (25) Felton	51:4
10	Alphonzo Jackson (45) Oakland	51:4
	Overall Results - Bear-Athon	
1	Colin Cooper (23) Berkeley	1:57:0
2	Michael Lotter (34) Aptos	1.58.11
4	C W 1200 C1 1	4.00.40

Chris Ward (28) S.Leandro

1:58:34

5	Lucio Perez (26) So. S.F.	1:59:22
6	Thom Trimble (28) Lafayette	1:59:46
7	Gene Fitzgerald/Mary Richard	20210
8	Stephen Freitas (37) Orinda	2023
9	Jeff Resnick (28) Pinole	202:34
10	Mike Conway (27) PleasantH	2082

ABWA Pathfinder Chapter 5K Run for Education

October 17. Fremont. Division Results - Men

13 & Under: 1, Todd Coleman 36:36, 14-19: 1. David Kipec 17:43, 2. Chester Labucay 18:56. 20-29: 1. Robert Grove 17:34, 2. Tom Thatcher 18:52. 30-39: 1. George Reagan 20:22, 2. Otto Zielke 20:37, 40-49: 1. Roger Zalldan 18:57, 2. Robert Jopin 21:22, 50 & Over: 1. Brian Roger 19:02, 2. Charlie Dickinson 23:38. Division Results - Women

13 & Under: 1. Jill O'Connor 39:53. 14-19: 1. Shelley Zantella 63:42. 20-29: 1. Gena Thomas 28:30, 2, Joan Dorman 30:05, 30-39; 1, Joyce Tanaka 23:31, 2, Victoria Leeliang 26:47. 40-49: 1. Barbara Zalldan 23:35, 2. Edna Niero 26:36, 50 & Over: 1. Jeannie O'Steen 31:00, 2. Florence Boss 32:32.

Victoria Avenue Slick Run

October 17, Riverside, 5K & 10K. Division Results - Men's 5K

12 & Under: 1. Rene Dawson 21:37, 2. Brian Fuentes 21:37, 3. Mondo Cuellar 21:38, 13-18: 1. Dan Callan 16:12, 2. Jeffery Johnson 19:21, 3. Reggie Davis 20:31. 19:24: 1. Jimmy Winn 16:03, 2. Richard Gostin 16:44, 3. Yoshikazo Tonomura 18:02: 25:29: 1. Mark Pasnky 15:47, 2. Brian Clary 16:18, 3. Tom Roggins 17:18, 30-34: 1. Gilbert Brooks 15:46, 2. Guy Wayne Buchanan 18:27, 3. Don Wallace 19:02, 35-39: 1. Mel Sanchez 16:57, 2. Mark Newton 18:22, 3. Jay Buchanan 18:41. 40-44: 1. Dave LaMonte 19:09, 2. Arturo Dassow 20:51, 3. Manuel Delgado 21:36, 45-49: 1. Noble Hill 18:08, 2. Manovch Lankarani 18:16, 3. Anthony Gomez 18:54. 50-54: 1. Frank Ogawa 19:06, 2. Ray Rosales 22:41, 3. Fred Belli 23:11. 55-59: 1. Ed Duffey 23:51, 2. Ralph Hannibal 32:53. 60-64: 1. Frank Ramos 20:34, 2. Bob Kock 21:16, 3. Mel Grantham 23:49, 65 & Over: 1. Karlis Smiltons 27:53.

Division Results - Women's 5K

12 & Under: 1. Abrey Carpenter 29:22, 2. Michelle Carpenter 29:55, 3. Jane Lopez 34:18, 13-18; 1. Meghan Surson 20:28, 2. Melisa Chanos 23:09, 3. Tasha Swift 24:57, 19-24; 1. Staci Schilling 19:26, 2. Cyndi Rogers 21:04, 3. Frances Fitzgerald 21:31, 25-29; 1. Kim Sneegas 24:49, 2. Julia Stockton 25:30, 3. Carol Smith 25:54, 30-34; 1. Ellen Coleman 18:55, 2. Kathy Smith 22:21, 3. Cynthia Shawsberg 24:32. 35-39; 1. Kathy Saucedo 22:16, 2. Kathy Taylor 22:23, 3. Marta Arbaugh 25:49, 40-44; 1. Carolyn Greywood 24:33, 2. Pamela Lankarani 26:34, 3. Sandy Okon 28:22. 45-49: 1. Bass Hopkins 28:11, 2. Cathy Wedel 28:26. 50-54: 1. Peggy Voss 30:55. 55-59: 1. Elfrieve Sarina 28:59, 2. Mary Hannibal 38:17. Division Results - Men's 10K

13-18: 1. Mike Brown 38:44, 19-24: 1. Tim Mulhall 36:21, 2. Robert Salle 40:01, 3. Curtis Westerfield 47:20. 25-29: 1. Gilbert Mata 33:29, 2. Vincent Salle 44:12, 3. David Schilke 44:35, 30-34: 1. Ramirez 40:33, 2, Bob Brunson 44:29, 3, Russel Evan 48:36, 35-39: 1, Danny Contreras 37:47, 2, Michael Spiro 38:23, 3, Joe Clapsadole 46:23, 40-44: 1, Mark Unrod 45:06, 2. Bob Palons 46:40, 3. Tom Slamer 52:20, 45-49: 1. Anthony Lopez 38:58, 2. Jess Mazcy 39:31, 3. Don Gregotg 42:22, 50-54: 1. Frank Ogawa 42:26, 2. Aaron Katz 51:20, 55-59: 1. Diock Bellis 43:37, 2. Bill Garton 55:38, 3. Ed Duffley 1:06:02, 60-64: 1. Bob Koch 46:25, 2. Allen Bergman 49:22, 65 & Over: 1. Karlis Smittens 1:06:52.

Division Results - Women's 10K 19-24: 1. Madelin Rasone 48:31, 2. Susan Sullivan 57:13. 25-29: 1. Janice Kelley 39:05, 2. Rosemary Cushman 1:08:18. 35-39: 1. Susan Fleming 54:46. 45-49: 1. Carol Ellestad 53:18. 50-54: 1. Dixie Grimes

Legg Lake 5K Moming Run

October 18, So. El Monte.

Division Results - Men

15-18: 1. Eddie Rodriguez 19:22. 18-24: 1. Barry Maynard 17:19, 2. Domo Infont 18:35. 25-29: 1. John Dryer 19:30, 2. Andrian Aguilat 22:59, 3. Phillip Conley 24:22, 35-39: 1, Ray Gonzales 22:32, 40-44: 1 Mike Lalum 20:41, 2. George Ison 21:12, 3. Dwight Smith 22:08. 45-49: 1. Bob McGengl 17:35, 2. Guilfermo Toranion 20:38. 50-54: 1. Booker Washington 19:57, 55-59: 1. Wally Ingram 19:13, 2. Ruben Esqueia 20:57, 65-69: 1. Wiley Nelson 27:09, 2. David Coker

Division Results - Women

10-14: 1. Sondra Starkey 24:28.

Modesto Mile

October 18. Modesto.

Division Results - Men

Elementary School: 1, Todd Tramble 5:51, 2, Lonnie Marshall 6:04, 3. Jose Espinoza 6:08. Junior High: 1. Dante Alvarez 5:13, 2, Jason Freeman 5:26, 3, James Taylor 5:28, High School: 1, Steven Eitelgeorge 4:33, 2, Kelly Ramirez 4:37, 3, Robert Hall 4:39, Open: 1, Leon Shardon 4:29, 2, John Lane 4:39, 3. Richard Johnson 4:40. Elite: 1. Bobby Rivera 4:15, 2. Matt Nolan 4:17, 3. Chuck Fanter 4:18. Master: 1. Jim Hampton 4:38, 2. Dan Murray 4:45, 3. John Semlen

Division Results - Women Elementary School: 1. Joanna Cerri 5:59, 2. Victoria Hall 6:19, 3. Jessica Hall 6:35, Junior High: 1. Courtney Cannizzaro 5:54, 2. Heather Mings 6:11, 3, Robyn Herskowitz 6:16. High School: 1. Stacy Srog 5:57, 2. Karen Farr 5:58, 3. Christy Bentley 6:00. Open: 1. Don'il Daubenberger 6:05, 2. Jill Looper 6:20, 3. Coleen Faughn 6:29. Bite: 1. Betty Chavez 5:08, 2. Cindi Van Nesta 5:27, 3. Dee Dee Grafius 5:34. Master: 1. Barbara Miller 5:53, 2. Gayle Murphy 6:16, 3. Aileen Tsukimura 6:28.

Corporate Results

1. Merced Color Press 14:30.1, 2. LLL Men-A 14:35.0, 3. LLL Men-B 15:29.9.

1. Richland Market 21:05.9.2. LLL 21.40.6.

1. LLL Coed 15:32.5, 2. Indy Electronics 17:15.5, 3. Major Sysoo 19:19.6.

Race Judicata

	24:58
Emeri Mitchell (20-29)	25:54
	26:18
Brian Mayberry (20-29)	26.59
Steve Meyer (20-29)	27:38
Eric Ivary (40-49)	27:57
Dean Harper (30-39)	2826
Terry Buller (30-39)	28.53
Steve Skinner (30-39)	29.40
Blaise Curet (20-29)	30:13
	30:33
Phillip Knudsen (30-39)	
Narc Paisin (40-49)	31:11
David White (40-49)	31:20
Stephen Harper (40-49)	31:35
Rich Bartke (50-59)	31:41
Aaron Persky (20-29)	32:06
Everett Billingslea (20-29)	3211
Linda Skinner (30-39)	3215
Bruce Oliver (50-59)	32:34
Robert Merritt (20-29)	32:38
Robert Bailey (20-29)	32:40
Johanna McKim (20-29)	32:44
Mike Painter (20-29)	32:47
	Eric Ivary (40-49) Dean Harper (30-39) Terry Buller (30-39) Stave Skinner (30-39) Blaise Curet (20-29) Robert Crocks (30-39) Phillip Knudsen (30-39) Narc Paisin (40-49) David White (40-49) Stephen Harper (40-49) Rich Bartke (50-59) Aaron Persky (20-29) Everett Billingslea (20-29) Linda Skinner (30-39) Bruce Oliver (50-59) Robert Merritt (20-29) Johanna McKim (20-29)

Hayward Half Marathon

October 18. Hayward.

CNe	rall Results	
1	Troy Durham (53) Hayward	1:04:11
2	Gilbert Munoz (28) Watsonvi	1:0921
3	Andrew Homan (23) Livermr	1:11:16
4	Charles Thompson (37) S.F.	1:11:40
5	Peanut Harms (36) LosAltos	1:1206
6	Terence Boynton (28) Cupert	1:12:34
7	John Sheehan (33) Mt.View	1:13:36
8	Ron Richardson (30) Cupert	1:13:42
9	Tony Munoz (33) Watsony	1:13:45
10	Julios Ratti (37) Oakland	1:14:30
11	Searcy Barnett (48) Oakland	1:15:56
12	Kerry Hickam (24) Sunnyvale	1:1612
13	Steve Tietz (31) SanJose	1:16:46
14	Michael Plummer (29) Newark	1:1656
15	Nathan Smith (31) Oakland	1:17:11
16	Mark Reis (28) Newark	1:17:16
17	Kevan Shelter (38) Oakland	1:17:44
18	Michael Morris (34) SanLor	1:17:49
19	Barry Starkey (28) SanLor	1:17:59
20	Jim Minami (43) Hayward	1:18:00
21	Tim Rostege (47) SanJose	1:18:08
22	Jerry Cvecko (33) PleasantH	1:18:20
23	Jim Wisener (43) SanJose	1:1826
24	Roger Zolldan (48) Fremont	1:18:30
25	Brian Gulan (24) SanJose	1:18:35
26	Jorge Mariscal (29) Freedom	1:1850
27	Pedro Avaia (21) Hayward	1:19:58
28	Agegnehu Gettie (33) Davis	12018
29	Mike Gama (28) Hayward	12056
30	Larry Nolan (29) Fremont	1:21:04

ESL Runaway

Octo	ber 18. Sunnyvale, 5K, 10K, 1 M.	
27.77	Overall Results	1 350
1	David Rivera (40)	15:44
2	Chris Nunez (30)	16:03
3	Danny Moon (40)	1612
4	Desmond Knuckey (30)	16:16
5	Pat Mitchell (30)	16:19
6	John Mendozo (20)	1621
7	Paul Gyorey (20)	1623
8	Russ Kinsch (14)	16:31
9	Ray Avalos (20)	1639
10	Jake White (40)	16:52
11	Richard Whitewater (40)	16.54
12	Howard Painter (30)	17:02
13	Daniel Elizondo (15)	17:04
14	Jim Leney (20)	17:06
15	Doug Riggle (30)	1727
16	Doug Stavolone (15)	17:37
17	Tom Warfel (30)	17:39
18	Thomas Hastings (40)	17:41
19	Shawn McFadden (20)	17:47
20	Greg Burks (40)	17:51
	Overall Results - 10K	
1	James Cunningham (40)	33:24
2	Douglas Capen (20)	33:50
3	Paul French (20)	34:32
4	David Fergus (30)	34:38
4 5	David Rivera (40)	34:55
6	Ramos Ignacio (20)	35:01
7	Jeff Holmes (30)	3508
8	Tom Morris (30)	35:10
9	Danny Moon (40)	35:19
10	Jim Elam (20)	35:41
11	Michael Clark (30)	35:44
12	Gary Heidinger (30)	36.07
13	Rob Thomas II (20)	36:15
14	Daniel Garcia (30)	36:19
15	David Bazan (15)	3621
16	Michael Paddy (30)	36:24
17	Jamie Bupp (30)	36:32
18	Nek Butterfield (30)	36:36
19	Bert Johnson (40)	36:39
30	Michael Gormley (20)	36:48
200	Overall Results - 1 Mile	30.40
1	Tiki Ann Wilcox (14&U)	4:32
2	Greg Kato (14&U)	525
3	Javier Avila (14 & U)	528
4	Jennifer Silman (14&U)	5:35
-	Andrea Torres (14 & 10	5.35

City of Lawndale Runs

October 18. Lawndale, 5K & 10K, Division Results - Mon's 5K

13 & Under: 1. David Overfield 19:59, 2. Alex Dederer 20:00, 3, Jake Dederer 24:57, 14-18: 1, Christian Morrow 17:59, 2, John Wingo 20:37, 3, William Magner 20:50, 19-24: 1, Fernanda Vasquez 15:26, 2, Dean Ashimine 18:15, 3, Don Ashimine 18:52, 25-29: 1, Tony Burciago 17:06, 2. Abel Salazar 19:32, 3. Jose Gomez 20:20:30-34: 1. Crist Melvin 16:34, 2. Dan Takahashi 17:15, 3. Mike Hinton 19:37: 35-39: 1. Greg Morrow 18:01, 2. Dennis Trueblood 18:10, 3. James Rogers 18:57. 40-44: 1. Juan Cabeza 17:06, 2. Manny Burro 17:44, 3, Takashi Suto 20:15, 45-49; 1, Ron Werner 17:55, 2, Luis Varga 19:07, 3, Don Culton 20:52, 50-54; 1, Frank Greene 19:03, 2, Jim Scarborough 20:24, 3, Paul Armstead 21:00, 55-59; 1. Paul Sauce Nick Guido 24:10, 3, Robert Kruse 24:24, 60-64: 1, Tom Leedham 20:33, 2, Meredith Eick 20:48, 3, James Elliott 31:16, 65 & Over: 1, Phil Jones 22:34, 2. Fraser MacMinn 25:33, 3. Dean Scofield 26:48.

Division Results - Women's 5K 13 & Under: 1. Jessica Reifer 20:40, 2. Faye Henry 22:36, 3. Jenniler Cohen 22:40, 19-24; 1. Lisa Johnson Yee 24:39, 2. Sylvia Ferry 25:38, 3. Jenna White 26:36. 25-29: 1. Linda Salalia 19:41, 2. Rosie Martnez 27:25, 3. Cheryl Nakata 30:13, 30-34; 1. Jane Vitti 24:33, 2. Dianne Takao 26:23, 3. Rosie Morgan 28:28. 35-39: 1, Julia Dederer 21:16, 2, Karen Funes 23:30, 3, Leonore Gottardt 28:12, 40-44: 1. Barbara Painter 24:11, 2. Mrssela Olson 29:12, 3. Diane Hartley 29:57 45-49: 1. Diana Gonzales 23:54, 2. Janet Shanta 25:18, 3. Jean Fernandez 34:05, 50-54; 1. Gena Johnson 30:06, 2. Barbara Larsh N.T. 55-59; 1. Hatsumi Sueishi 32:29, 2. Dolores Withers 33:38. 60-64: 1. Evelyn Johnstone 29:59.

Division Results - Men's 10K 13 & Under: 1. Kevin Fay 44:40, 2. Robert Gillam 1:00:33, 3. Sam Harang 1:19:16, 14-18; 1. Juan Chavez 33:16, 2. Steven Poore 42:45, 19-24; 1. Rick Dodson 30:52, 2. Jeff Olson 32:28, 3. Daniel Watts 43:02. 25-29: 1. Vio Bello 35:39, 2. David Forre 36:17, 3. Brian Bloom 36:47, 30-34: 1. Dale Frank 33:43, 2. Victor Laverdiere 33:36, 3. Joe Purden 35:57, 35-39; 1. Jim Flanigan 34:58, 2. Mark Freiburghouse 40:06, 3. Norman Saw 42:53, 40-44; 1. Jack McDowell 33:45, 2. Salvador Gonzalez 35:17, 3. Dan Ashimine 35:18. 45-49: 1. Catarino Gonzalez 33:59, 2. Ron Weemer 38:13, 3, Mick Richards 38:24, 50-54: 1, Ron Poston 36:34, 2. John Ghini 37:44, 3. Robert Lyons 37:44. 55-59: 1, Bob Vitale 42:47, 2, Jack Bennett 43:43, 3, Lou Cordero 48:17, 50-54; 1, Milo Sather 41:50, 2, Tom

Leedham 42:27, 3. Jack Green 43:13, 65 & Over: 1. John Hales 52:46.

Division Results - Women's 10K 19-24: 1. Lori Torry 42:51. 25-29: 1. Alice Laverdiere 40:09, 2. Linda Salafia 42:29, 3. Lerk Kellner 47:39. 30-34: 1. Maria Robles 50:36, 2. Barbie Herrera 56:05, Aplene Ishikawa 56:41, 35-39; 1, Janice Held 54:52,
 Patty Davis 1:03:05, 40-44; 1, Karine Handsaker 46:59, 2. Cynthia Marran 51:49, 3. Nicole Chaput 54:26. 45-49: 1. Liz Bennett 50:54, 2. Mateel Johnson 1:05:39, 50-54: 1. Janet Witte 1:10:11, 55-59: 1. Claire Aukerman 1:08:42, 2. Virginia Marsh N.T.

Legg Lake 5K Evening Run

October 22, So. El Monte.

Division Results - Mon

6-9: 1. Jason Reukema 27:42, 10-14: 1. Glen Reukema 36:08. 15-18: 1. Pedro Mazdaleno 17:13, 2. Troy Ellingson 21:30. 19-24: 1. Rick Nolder 15:50.25-29: 1. Jim Granados 20:15. 30-34: 1. Chris Murphy 25:01. 35-39: 1. Irv Ray 16:54, 2. Not Available 19:54, 3. Eddie Rivas 21:03, 40-44: 1. Jarrett Williams 19:39, 2. Mike Laium 21:30. 45-49: 1. Robert McGeough 17:55, 2. Richard Corriveau 20:44. 55-59: 1. Wally Ingram 20:29. 2. Leo Prado 20:32.

Division Results - Women 30-34: 1. Doris Chung 24:14. 40-44: 1. Barbara

Alhambra Runs

October 24. Alhambra, 10K & 5K. Division Results - Men's 10K 17 & Under: 1. Chris Reyes 39:43, 2. Birth Tran 42:21, 3. Sundar Natarajan 44:24, 18-24: 1. Mario Lopez 41:14, 2. Osvaldo Munoz 42:31, 3. Ray Mosack 48:57. 25-29; 1. Pete Peterson 39:22, 2. Robert Arias 42:29, 3. Kevin Cimarusii 43,56, 30-34; 1, Marcius DeLaCruz 38:01, 2, Unger Ling 41:01, 3, Romeo Elia 43:49, 35-39; 1, Frank Meza 38:40, 2, Jeff Wilson 40.03, 3, Jerry Lawrence 40.59, 40.44; 1, Phil Ryan 36:32, 2, Alex Meade 39:00, 3, Rafael Garcia 39:15, 45-49; 1, Gary Riley 39:48, 2, Dave Arntson 40:20, 3, 49-95: 1, Cary Hery 35:46, 2: Dave Prinson 40:20, 3 Gary Yanagi 47:17, 50-54: 1, Parker Williams 40:42, 2, Sam Mayo 41:27, 3, Sam Gee 44:15, 55-60; 1, Orville Bingley 50:38, 2, Antonio Aguilar 55:10, 3, Louis Vega 55:35, 61 & Over: 1, Tom Leedham 46:07.

Division Results - Women's 10K 18-24: 1. Fabiola Zelaya 53:35, 2. Maria Adamo 54:56. 25-29: 1, Theresa Allain 47:46, 2. Lisa Correnti 54:56, 3. Mary Stordal 55:08. 30-34: 1. E. Rodarte 52:22, 2. Janet Harman 58:40, 35-30; 1. Loraine Garcia 57:57, 2. Mary Delaney 59:34, 3. Lori Ulloa 1:04:30, 48-44; 1. Barbara Reukema 49:55, 2. Nagncy McPherson 1:02:45, 45-49: 1. Elaine Murphy 48:12, 2. Cookie Petrie 50:17.

Division Results - Men's 5K

17 & Under: 1. Carl Amones 26:19, 2. David Salem 29:05. 18-24: 1. Mike Rogers 16:25, 2. John Tralecanty 16:44, 3. Tom Mayer 18:27, 25-29; 1. Gilbert Cortez 18:02, 2. Diego Mesa 19:01, 3. Nick Trozzi 19:15. 30 34; 1. George Mason 17:42, 2. Luis Alvarado 18:10, 3. Steven Heyl 19:58, 35-39; 1. Walt Hitt 18:52, 2. Jerry Lawrence 19:44, 3. Gustavo Bedoy 19:50, 40-44; 1. Luis Bedoy 21:36, 2. Gary Lee 21:37, 3. Don Joseph 24:52:50-54: 1. Booker Washington 20:53, 2. George Marrett 22:04, 3. Cliff Larkins 22:14. 55-60: 1. Bob Perry 23:14, 2. Remy Burkel 23:26, 3. Allan Bangs 24:59. 51 & Over: 1. Larry Banuelos 20:54, 2. Tom Leedham 22:48, 3. Wally Taylor 25:09.

Division Results - Women's 5K 17 & Under: 1. Maria Murelius 30:26: 18-24: 1. Andrea Alarcon 24:44, 2. Juana Valdez 25:11, 3. Cathy Vaughn 25:26, 25-29; 1. Cynthia Woo 25:02, 2. Janet bos 25:57, 3. Elaine Fong 26:03, 30-34: 1. Doris Chung 26:43, 2. Maria Heredia 28:20, 3. Dayna Perkins 31:07, 35-39; 1. Joan Elvin 23:33, 2. Elsa Aguirre 23:55, 3. Irma Saenz 26:00. 40-44: 1. Georgina Nuttall 24:35, 2. Maria Rodriguez 25:22, 3. Kathy Bates 28:09. 45-49: 1. Muriel Cipov 27:44, 2. Mary Trinnaman 30:43, 3. Barbara Dabul 35:25. 50-54: 1 Shirley Chadwick 27:57, 2. Norma Martin 36:01. 55-60: Elaine Herlert 29:42, 2. Selma Mahlman 33:52. 61 & Over: 1. Hortense Carrillo 32:09, 2. Lucy Byers 36:09.

Running Is For The Birds

October 24. Huntington Beach, Overall Results - Men's 10K

1	Dave Smith	32:48
2	Larry Higginbotham	34:11
2 3 4 5	Mark Hemphili	34:15
4	Jim Whitson	34:23
5	Peter McKenney	34:38
	Overall Results - Women's 10K	
1	Sue Griesbach	37:50
2	Kelly Babcock	3820
3	Georgina Ried	40:44
4 5	Heather Dibbin	4120
5	Dana Strizak	4200
	Overall Results - Men's 5K	
1	Greg Long	15:15
2 3 4	Eric Gumby	15:47
3	Pat Hernandez	1552
	Mark Hsvard	16:14
5	Alan Renolds	1622
	Overall Results - Women's 5K	
1	Sherri Fox	18:30
2	Candice Hansen	1924
3	K. Draper	20:13
12345	Karen Harris	20:15
5	Pat McMorrow	21:13

Sri Chinmoy 3 Mile Race ·

October 24. Santa Barbara. Overall Results David Carl (Reebok) 1535 17:08 Eric Durak Kemp Aabert 17:31 John Patterson 17:38 Dick Kentro (SBAA) 1901 Bill Rupp (SBAA) 19:49 Russell Medley 20:33 Stephanie Welch (SBAA) 20:47 Paul David 20:50 Ron Boorman (SBAA) 2406 Gene Welch (SBAA) John Conion 2425

Patsy Simioni (SBAA)	2427
Tony Smith	2428
Peter Jenkins	2635
Ethel Byers (SBAA)	29.52
Grace Schweitzer (SBAA)	3202
Division Results - Men	

Under 50:

1. David Carl 15:35, 2. Eric Durak 17:08, 3. Kemp Aaberg 17:31. 50 & Over: 1. Ron Boorman 21:50, 2. Gene Welch 24:05, 3. John Conlon 24:25.

Division Results - Women

1. Stephanie Welch 20:47, 2. Patsy Simioni 24:27, 3. Ethel Byers 29:52. 50 & Over: 1. Grace Schweitzer

The Twilight's Last Gleaming Cross Co. Challenge

October 24, Ventura.

The Twilight's Last Gleaming Cross Country
Challenge, held in and around Arroyo Verde Park is no ordinary running race. The average runner would choose to pass on a race with such attributes as steep hills, winding trails, a narrow gate, a barking dog and more steep hills. Then three nights of rain turned to mud what wasn't washed away.

All these challenges made the second running of this race all the more enjoyable for sixty-six hardcore runners. After coming over a hundred miles, some were even disappointed it wasn't pouring rain during the race.

Last year's third place finisher came determined to improve his position this year. Making his move on the last steep hill, Alan Reynolds from Mammoth Lakes thought he had the race under control, but Goleta's Dan Lowery charged the downhill and ran away over the last mile for a 33 second win. Lowery's time of 25:04 for the four miles didn't match last year's incredible 24:08 by Mike Smith, but was good enough to set a record in the 30-35 age group All runner-up Reynolds could say was "Maybe I shouldn't have run that other race this morning." In the women's race, the course became the winner as Mary Ryzner from Santa Barbara led most of the way then suddenly disappeared off the course. At the finish a surprised Mimi Baranowski crossed first. Last year's Ventura College Cross Country star set a new 36-41 age group record by two minutes, about the same distance she finished ahead of Ryzner, who had added almost an extra mile to her run. Some justice prevailed as Ryzner won her 30-35 age group, but only by seven seconds.

Several other runners returned from last year to repeat their wins in the race's odd age divisions. Ken Gerry from Camarillo won 36-41 with a record 26:02 Arturo Frausto from Santa Paula, now running for Oxnard College, repeated in 42-47, and Steven Sayward from Oxnard and Santa Clara High School improved over three minutes from his 12-17 win last year with a 28:24. Last year's 48-53 runner up, Horst Lutz from Thousand Oaks, had to improve two minutes to take his division.

Other new course records were set by Janine Jarris of Santa Barbara, lowering her 18-23 division's record by three minutes to 33:05. Oxnard's 8-year old Heather Busby joined, Irvine's 8-year old Andy Smiley as the race'

s youngest competitors. On the opposite end of the age spectrum. Dave Waco came from Culver City to knock a wopping fourteen minutes off the 54-59 age standard.

There was no team competition this year, but it most certainly would have been wen by Team Brooks. Jonathan, Kevin and Colin Brooks finished in

	just bening the teaders and were joined of old brother Duffee in proving the Brooks	
	ers suited a team division.	
TO SEC	Overail Results	
1	Dan Lowery(30-35)Goleta	2504
2	Alan Reynolds(24-29)MamLk	25:37
3	Ken Gerry (36-41)Camarillo	28:02
4	Arturo Frausto(42-47)S.Paula	26:26
5	Todd Castor(24-29)Oxnard	26:31
6	Greg Hart (30-35) L.A.	27:00
7	Bradley Cox (30-35)S.Barb	28:11
8	Stephen Sayward(12-17)Oxn	28:24
9	Donald Schick(36-41)CanyCo	28.3
10	Wayne Stanfield(36-41)Camar	28:35
18	Mimi Baranowski(36-41F)Vent	31:35
24	Kathy Sanders(36-41F)NewbPk	31:51
25	Janine Jarris(18-23F)Goleta	33:50
30	Mary Ryzner(30-35F)S.Barb	33:42
22	Adrienne Vlerick(24-29F)S.Bar	33:56

Andrea Torrez (14 & U)

Firetrails Fifty

By Dick Collins

October 24. Castro Valley.

Light rain fell on the course for the two days before the race after six months of dry weather. This rain settled the dust and softened up the course, and when race day dawned with clear skies, there were ideal conditions for record-breaking performances, and that's what we had.

Dan Williams, our course record holder and defending champion, set a fast pace with Doug Schrock right on his heels. Ann Trason, coming back from an injury and DNF at Western States, was running third in a

Dan pulled away from Doug after a few miles and gradually increased his lead. At the half-way point his time was identical to 1986, but he picked it up on the return leg of the out and back course setting a new record of 6:55:36. This was about 15 minutes faster than last year. Doug Schrock was second in 7:16:55 and Ann Trason finished third overall in 7:31:24, which is also a course record by almost 1-1/2 hours.

George Zimmerman, a past winner, was 4th and 1st Masters in 7:41:19, while Everett Riggle set a new 50+ record of 8:04:42.

Melinda Creel, who has won several trail ultras, was 2nd woman and 10th overall in 8:19:58.

The whole race went well and the aid stations and the people manning them came in for much praise by

This race has gone from 11 finishers to 48 finishers. in two years, and we will probably keep a limit of 60 runners to maintain our low-key profile.

	Overall Results	
1	Dan Williams	6.55:36
2	Doug Schrock	7:16:56
3	Ann Trason	7:31:24
4	George Zimmerman	7:41:19
5	Bob Livingston	7:54:30
6	Tom Ulik	8.00.40
7	Everett Riggle	8:04:42
8	Phil Penna	81120
9	Jim Butera	8.15.45
10	Melinda Creel	81958
11	Chuck Smith	8.1958
12	Fred Zalokar	82812
13	Dan Labrecque	8.28.42
14	Patrick Shaughnessy	8:35:30
15	Roger Dike	8-39-08

Hawthorne Rotary

October 24. Hawthorne, 5K & 10K.

	CAGLESS HEARTER - 2K	
1	Dean Lofgren (28)	15:46
2	Filbert Mars (27)	16.02
3	Ed Mora (31)	16:06
4	Juan Chavez (17)	1632
5	Paul Marcel (38)	16:40
6	Paul Ciani (24)	16.51
7	Richard Miller (38)	17:01
8	John Adams (29)	17:16
9	Greg Tardaguila (29)	17:16
10	Marcelo Vizuerte (14)	1723
	Division Results - Men's 5K	

14 & Under: 1. Marcelo Vizuerte 17:23, 2. Jesus Ortiz 18:22, 3. Mario Rocha 18:44, 15-19: 1. Juan Chavez 16:32, 2. Joe Lara 17:46, 3. Jeff Weiser 18:56, 20-24: 1. Paul Ciani 16:51, 2. Dean Ashimine 18:01, 3. Bill Newman 19:38, 25-29: Dean Lotgren 15:46, 2, Filbert Mars 16:02, 3. John Adams 17:16, 30-34: 1. Ed Mora 18:06, 2 Earl Battey 19:21, 3. Kim Hunter 19:50. 35-39: 1. Paul Marcel 16:40, 2. Richard Miller 17:01, 3. Jerry Sommers 17:27. 40-44: 1. Manny Burrola 17:31, 2. Art Detomaso 17:58, 3. Ralph Behringer 18:50, 45-49: 1. Ron Werner 17:40, 2. Joe Madas 19:55, 3. Bill Miller 20:34, 50-54; 1. Jack Larson 18:23, 2. Robert Lyons 18:29, 3. Frank Greene 18:43, 55-59; 1. Paul Lyons 16.29, 3. Fram Greene 16.43, 55-39; 1. Paul Saucedo Jr. 19.05, 2. Jerry Withers 19:33, 3. Leroy Carter 20:01.60-64; 1. Gene Puphrey 19:29, 2. Avery Bryant 20:10, 3. Dan Sayer 22:41, 65-69; 1. Reese Walton 25:42, 70 & Over; 1. Eddie Howard 24:04, 2. Dean Scofield 27:05, 3. Fred Shanley 27:31.

Division Results - Women's 5K

14 & Under: 1. Brandy Ferrate 26:32, 2. Jennifer Dumlao 33:41, 3. Renee Chaput 39:47, 15-19: 1. Chantal Grayson 21:00, 2. Kyndall Stovall 22:38, 3. Angela Fletcher 23:09, 20-24:1. Holly Ackley 18:24, 2. Stacy Kamiyama 19:49, 3. Lety Royes 23:43, 25-29: 1. Linda Salafia 19:25, 2. Denise Karnes 21:10, 3. Adina Gutierrez 25:47, 30-34; 1, Wendy Bracamonte 22:31, 2, Bonnie Diaz 26:14, 3, Robin Domino 26:04, 35-39; 1, Luarel Hyde 23:11, 2, Michelle Johnston 24:18, 3. Mattie Longsworth 25:09, 40-44: 1. Sue Reinhardt 19:52, 2. Mary Martin 21:15, 3. Chive Horiguchi 23:59. 45-49: 1. Hwaja Andrade 22:46, 2. Penelope Coy 24:17, 3. Janet Shanta 25:11. 50-54: 1. Jeri Phillips 28:01, 2. Beverly Smith 30:06. 55-59: 1. Sumi Onodera 26:05, 2. Jean Windishar 28:02, 3. Charmion Burns 32:55.

	Overall Heading - 10K	
1	Rich Brown (23)	3129
2	Stephen Harris (33)	32:44
3	Ed Aval (36)	32:59
4	Ernie Briuela (31)	33:21
5	Mark Silva (25)	35:04
6	Kie Soohoo (31)	36:05
7	Greg Amano (24)	36:10
8	Mark Gross (34)	36:11
9	Quinn Wildman (26)	36:14
10	Gerardo Guzman (29)	3620
	Division Results - Mon's 10%	

15-19: 1. Ascencion Alooso 38:05, 2. Shaun Dunnick 40:58, 3. Tom Tucker 48:54, 20-24: 1. Rich Brown 31:29, 2. Greg Amano 36:10, 3. Steve Grupenhagen 37:01, 25:29: 1. Mark Silva 35:04, 2. Quinn Wildman 36:14, 3. Gerardo Guzman 36:20, 30-34: 1. Stephen Harris 32:44, 2. Ernie Briuela 33:21, 3. Kie Sochoo 36:05, 35-39; 1, Ed Avol 32:59, 2, Nabor Gomez 37:18, 3, Noel Lanier 37:33, 40-44; 1, Ken Price 36:56, 2, Daniel Hay 37:12, 3. Jim Hafford 37:52. 45-49: 1. Robert Neill 39:40, 2. Chuck Hall 40:44, 3. Tony Martinez 42:01, 50-54; 1, Jack Whitcomb 38:09, 2. Frank Valentin 39:09, 3. Frank Vasquez 40:29. 55-59: 1. Patrick Devine 37:22, 2. Bob Vitale 43:25, 3. Rudy Senczyszyn 45:31, 60-64; 1, Milo Sather 43:40, 2, Flavio Bisignano 59:40, 3, Floy Ivie 1:01:13, 70 & Over: 1, Dutch Benedetti 47:27, 2, Fraser MacMinn 51:42

Division Results - Women's 10K 15-19: 1, Cindy Marks 53:28, 20-24: 1, Diane Dandurand 42:35, 2. Silvia Flint 46:38, 3. Nena Velasco 1:00:11, 25-29: 1, Tina Harris 43:27, 2, Tracy Thomas 46:55, 3, Vickie Shriver 50:44, 30-34: 1 Jeanne Kawashima 39:20, 2. Carrie Wenger 44:35, 3. Naomi Waka 45:42, 35-39: 1. Kay Wilmot 49:45, 2. Cynthia Denuno 50:27, 3, Teresa Ramon 52:01, 40-44: 1. Karin Handsaker 46:53, 2. Dorothy Sparks 51;21, 3. Marilyn Clark 52;30, 45-49; 1. Cecily Parke 43:08, 2. Kathryn Owen 45:39, 3. Deanna Holleman 46:10.50-54: 1. Barbara Larsh 1:05:10, 2. Janet Witte 1:12:56. 55-59: 1. Claire Aukerman 1:05:50. 65-69: 1. Rose Kash 1:13:20

Waterfront Runs

Octobe	r 25. S. F. 10 Mr. & 5K.	
	Overall Results - Men's 10 Mile	
1	Jay Marden (24) Fremont	4750
2	Mark Conover (27) SLO	48:02
3	Derrick May (32) Reno	48:04
4	Alan Dehlinger (26) Reno	48.19
5	Kevin Jones (27) SLO	48:48
6	Jeffrey Adkins (26) Martinez	49:10
7	Robert Anex (28) Menio Park	4926
8	Camelo Rics (28) Fremont	49:38
9	Domingo Tibaduiza (37)	49:41
10	Joe Rubio (24)	49:44
11	Juan Ramirez (21)	50:13
12	Robbie Wright (24)	50:16
13	Jeff Shaver (27) Sunnyvale	5022
14	Thomas Cushman (34) Chico	5024
15	Pete Carpenter (23) S.F.	50:31
16	Scott Steinmaus (26) Hayward	50:39
17	Colin Davidson (27) RohnertPk	50:46
18	Mark Hoefer (25) So.Lk.Tahoe	50:58
19	Charles Alexander (23)	51.06
20	Jose Aispuro (26) Aptos	5120
	Overall Results - Women's 10 Mile	
1	Patti Gray (24) Pleasanton	56,47
2	Peggy Smythe (35) S.Anselmo	57:33
3	Johanna Reneke (25) Berkeley	57:46
4	Laurie Binder (40)	5825
5	Elleen Bickard (29)	59:05
6	Sandy Sup (28) Orangevale	59:16
7	Jill Perry (23)	1:00:04
8	Catherine Porter (24)	1:00:29
9	Christine Iwahashi (32) Sact	1:00:30
10	Rossy Cardenas (25)	1:00:46
11	Catherine Roberts (20)	1:00:55

12	Kathleen D'Onofrio (25) Mento	1:01:07
13	Allison Orufino (26)	1.01:19
14	Judy Leydig (36) SanCarlos	1.0122
15	Peggy Lavelle (27)	1:01:31
16	Heike Skaden (25) FairOaks	1:01:32
17	Jackie Chen (25) S.F.	1:01:39
18	Joan Colman (43) Sausalito	1:01:45
19	Bev Marx (33) Fair Oaks	1:02:09
20	Listie McMullin(36)Oakland	1.0226
	Division Results - Men's 10 Mi.	

19 & Under: 1. Davin Markham 55:28, 2. Donald Witzel 1:03:25, 3. Sean Collins 1:05:54, 20-24: 1. Jay Marden 47:59, 2. Joe Rubio 49:44, 3. Juan Ramirez 50:13, 25-29: 1. Mark Conover 48:02, 2. Alan Dehlinger 48:19, 3. Kevin Jones 48:48, 30-34: 1. Derrick May 48:04, 2. Thomas Cushman 50:24, 3. Jeff Clark 52:22, 35-39: 1. Domingo Tibaduira 49:41, 2. Don Paul 52:00, 3. Robert Darling 52:59. 35-39: 1. Raymond Tarketa 55:13, Joseph Schieffer 55:21, 3. Lon Kincannon 55:36.
 40-44: 1. Bill Sevald 52:15, 2. Steve Ferraz 53:25 Jerry Jobski 54:27, 45-49: 1. David Rivera 53:39, 2. Jeff Wall 56:34, 3. Jon MacPherson 57:26. 50-54: 1, John Finch 58:56, 2. Roger Bryan 59:28, 3. Roger Daniels 1:00:38, 55-59; 1. Morton Gray 1:01:08, 2. Geoff Bardsley 1:04:10, 3. Don Hildebrand 1:05:14. 60 & Over: 1. Robert Malain 1:03:58, 2. Ray Piva 1:04:17, 3. Don Lucero

Division Results - Women's 10 Mi.

 Munder: 1. Jaime Teevan 1:39:17, 2. Laurie Colins
 1:41:33. 20-24: 1. Patti Gray 56:47, 2. Jill Perry
 1:00:04, 3. Catherine Porter 1:00:29. 25-29: 1 Johanna Reneke 57:46, 2. Eileen Bickard 59:05, 3 Sandy Sup 59:16, 30-34: 1. Christine Iwahash 1:00:30, 2. Bev Marx 1:02:09, 3. Yumi Takahashi 1:02:42, 35-39: 1. Peggy Smythe 57:33, 2. Judy Leydig 1:01:22, 3. Leslie McMulin 1:02:26, 40:44; 1. Laurie Binder 58:25, 2. Joan Colman 1:01:45, 3. Gail Rodd 1:07:14. 45-49: 1. Marjorie Timberlake 1:04:32, 2. Birthe Kirsch 1:09:06, 3. Karen Scannell 1:11:04, 50-54; 1, Heidi Skaden 1:08:18, 2, Joan Reiss 1:09:54, 3, Alice Rose 1:10:35, 55-59; 1, Ruth Anderson 1:15:29, 2. Ann Kenville 1:26:49, 3. Sue Gray 1:27:37. 60 & Over: 1. Jaclyn Caselli 1:22:35, 2. Kit Pickles 1:26:36, 3. Liese Rapozo

Overall Results - Men's 5K 1 Robert Avin (22)

	Howart Main (PP)	1021		
2	Thomas Sershen (37) SanAnsel	16.57		
3	Neil Denatale (25)	- 17:11		
4	Mark Greenough (33)	17:18		
5	Duane Isham (33) S.F.	1723		
6	Stephen Allegra (27) Novato	17.52		
7	Frederick Stout (37) S.F.	1812		
8	Adam Lucarelli (24)	1815		
9	Jim Oesterle (41)	1825		
10	Paul Castillo (32)	1839		
	Overall Results - Women's 5K			
1	Christine Benning (32) Napa	1635		
2	Patricia Pickett (33) Tiburon	19.49		
3	BZ Churchman (26)	20:14		
4	Eloisa Naranuo (24)	21:51		
5	Cynthia Sobrero (30) CorteMad	22.07		
6	Kate Thornton (43) S.F.	22:08		
7	Karen Robert (27)	2235		
8	Nelda Williams (38)	2254		
9	Irene Fernandez (24) Hayward	23:01		
10	Michele Cobble (25) S.F.	23:07		
Division Results - Men's 5K				
Elladore t Mallhow Honeity 10-26 2 Paul France				

19:34, 3. Vincent Tang 19:43. 20-24: 1. Robert Avin 16:21, 2. Adam Lucarelli 18:15, 3. Dave Mohr 19:29. 25-29: 1. Neil Denatale 17:11, 2. Stephen Allegra 17:52, 3. John Aver 19:16. 30-34: 1. Mark Greenough 17:18, 2. Duane Isham 17:23, 3. Paul Castillo 18:39. 35-39: 1 Thomas Sershen 16:57, 2. Frederick Stout 18:12, 3. Ed Willard 18:43. 35-39: 1. Peter Carroll 21:46, 2. Jim Stephens 22:05, 3. Steve Hays 22:33, 40-44; 1. Jim Sephens 22:05, 3. Sleve halps 22:33, 40-44; 1. Jim Oesterle 18:25, 2. Ross Bogert 18:53, 3. Larry Heffman 20:03, 45-49; 1. Mike Stoops 21:31, 2. Tom Eggert 22:39, 3. Ray Walden 22:55, 50-54; 1. Roy Richey 19:53, 2. Joe Tucci 20:17, 3. Leo McMillan 20:21, 55-59; 1. Donald Pickett 19:56, 2. Bill Wright 21:44, 3. Gail Wetzork 22:40. 60 & Over: 1. Wyndham Henshaw 23:39, 2. William Kawai, Sr. 27:08, 3. J.W. Cdeman 31:59.

Division Results - Women's 5K 9 & Under: 1. Betina Garrison 25:01, 2. Helen Montanez, 3. Carrie Lee 30:23. 20-24: 1. Eloisa Naranuo 21:51, 2. Irene Fernandez 23:01, 3. Joy Bautista 24:10. 25-29: 1. BZ Churchman 20:14, 2. Karen Robert 22:35, 3. Michele Cobble 23:07, 30-34: 1. Christine Benning 1635, 2. Patricia Pickett 19:49, 3. Cynthia Sobrero 22:07, 35-39: 1. Nelda Williams 22:54, 2. Margol Tucci 23:55, 3. Evelyn Ray 25:13. 40-44: 1. Kate Thornton 22:08, 2. Crystal Davis 25:52, 3. Leonor Murillo 26:57.

45-49: 1, Gail Bahr 25:12, 2, Lorelle Ray 30:29, 3, Nancy Gothard 38:34, 50-54: 1, Velta Gill 24:17, 2 Aloha Auerbach 26:25, 3, Geri Briggs 26:50, 55-59; 1. Mary Malain 24:54, 2, Joan Loyd 25:44, 3, Dorothy Christiansen 31:35, 50 & Over: 1, Maureen Bickens 29:55, 2. Terry Achelis 35:26.

The Any Mountain

October 25. Cupertino. 10K. & 10 Mi.

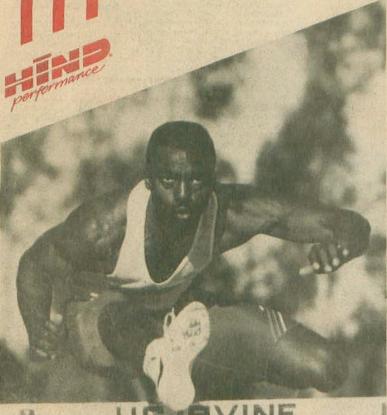
	Overall Results - 10K	
	Dennis Kurtis (33) SanJose	31:04
	Joe Stermitz (30) Saratoga	31:10
	Paul French (29) Cupertino	32:48
	Curtis Karbowski (30) SanJose	33:27
	Gerhard Behrens (28) S.Clara	33:40
	Gary Balchin (22) Sussex	35:21
	Richard LaCampagne(33)SJose	35:59
	Thomas McGrath (34) SanJose	36:16
	Graciano Najera (29) SJose	36:21
0	Carlos Siqueiros (30)SJose	36:39
1	Armand Olivier (29) LosGatos	37:24
2	Joseph Bartoloni (33) Atwater	37:26
3	Troy Durham (53) Hayward	37:31
4	Tim Duffy (40) Stanford	37:54
5	Jorge Gonzalez (36) SanJose	38:10
6	Victor Gajewski (24) Sunnyvl	38:12
7	Vincent Lucia (29) SanJose	38:26
8	Terrance Simada (21) SanJose	38:37
9	Susan Spach (30) Cuperting	38:49
0	Ken Masurat (29) SanJose	39:00
	Overall Results - 10 Mile	
	Casey Reiking (30) S.Clara	54:16
	Jeff Stein (27) Sunnyvale	56:26
1	Willis McCarthy (32) Saratoga	1:01:35
	Artemio Agustine(24)SJose	1:02:56
	Kerry Hickam (24) Sunnyvl	1:03:19
	Mike DeSalvo (31) Cupertino	1:04:13
10	Mark Lyon (32) Campbell	1:04:23
	Steve Vasquez (22) Fremont	1:04:48
	Jeff Degarmo (32) Wichita	1.05:05
0	Roger Zolldan (40) Fremont	1.05:11
1	Rod MacKinley (48) Saratoga	1:05:19
2	Jack Wheeler (45) Milpitas	1:05:20
2	Jose Garcia (38) Gilroy	1:05:37
4	Rich Herzog (43) LosAltosH	1.05.55
4 5	Tim Souza (27) San Jose	1.06.02
6	Don Kientzy (37) SanJose	1:06:09
7	Joann Dahlkotter(34)P.A.	1:05:16
8	Michael Gormley (25) Sunyv	1:06:41
9	Albert Gardia (41) Sunnyvale	1:08:51
0	Buc Yates (31) S.Clara	1:06:56
		AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TO THE PERSO

Kmel Montster Chase

October 30, San Francisco, 5K. Overall Results - Men David Ottaway (28) Oakland 14:47 Glyn Reynolds (32) Oakland Michael Levangie (22) W.Lk.VII) 14-54 15:08 Overall Results - Women Leslie McMullin (36) Oakland 17:43 Julie Thomas (24) CastroVIv 1822 Sharon Swann (36) MenloPk 18.42 Overall Results - Men's Master John Galletta (43) S.F. 1656 John Swyer (48) Larkspur Gene Thibeault (41) Loomis 17:46 1756 Overall Results - Women's Master Vicki Pierpoint (44) 2100 Marlys Hayden (49) Sausaito 21:50 Lucreecia Fontes (53)

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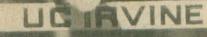












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