

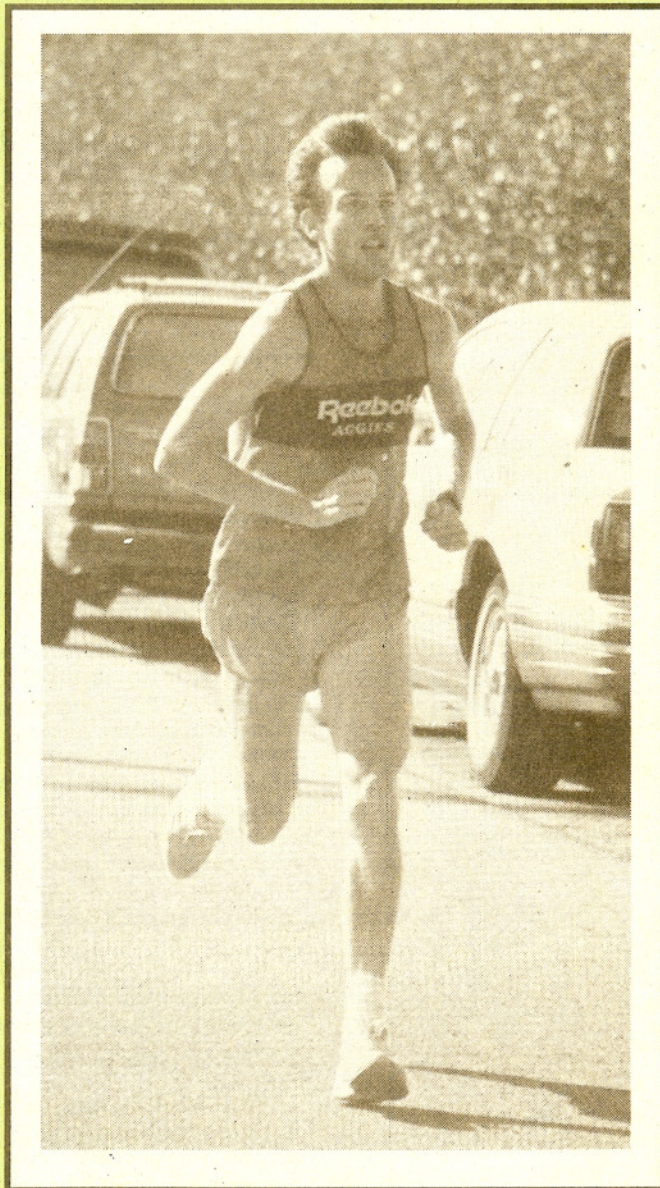
JANUARY 1992

ISSUE NO. 175

CALIFORNIA

Running News

- ✓ "Weight is More Than a Matter of Willpower"
- ✓ Alhambra Moonlight 8K
- ✓ Orange County Marathon
- ✓ Schedule
- ✓ Lots of Results



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CALIFORNIA Running News

Bill Cockerham
Editor & Publisher

Judy Cockerham
Production/Advertising Manager

Elaine Fraley
Production Assistant

Jack Leydig
Schedule Editor

Richard Lee Slotkin
Long Distance Editor

Nancy Clark
Nutrition

PHOTOGRAPHERS: Gene Cohn, Rich Gardner, Kenneth Lee, Kirby Lee, Bill Leung Jr., Elaine Rosenfield, Richard Lee Slotkin.

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(209) 255-4904
FAX (209) 255-4904
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FROM THE EDITOR

HAPPY NEW YEAR to all of our friends and faithful readers. I hope you enjoyed a peaceful Christmas with friends and family. I spent my holidays recovering from the surgery I told you about in the November/December issue. I am doing very well and am anxious to get back to school and get back on top of the magazine.

In spite of the operation recovery, I still managed to serve as the Kinney Cross Country Western Regional Meet Director. I was forced to learn the art of "delegation" while working behind the scenes. I want to express my appreciation to the 150 officials and the 1500 runners who made this meet a great event. In twelve years of hosting this event in Fresno, this was the first time it rained, yet the event came off as one of the smoothest ever. Congratulations to the many cross country champions crowned not only in this meet but the many other championship events. See results in this issue.

One distressing item I noticed for the first time at the Kinney meet. Several people paid theirs and others entry fees with bad checks. I am not talking about a simple "insufficient funds" bad check. We've all miscalculated our balance before. I am talking about people who used checks from de-

funct, closed checking accounts. These are people who knowingly used a phony check to pay entry fees, then received t-shirts, program packets, participated in the race, had complete results mailed to them plus all the other benefits belonging to an entrant. This is flat-out stealing. Most of these phony checks were written by parents for their kids entry fee. What kind of a message does that send a youngster?

I thought our sport -- the people in our sport -- were above such dishonest behavior. Fortunately there are only a few bad apples in an otherwise deliciously rich barrel. I would be interested to learn if other meet directors have encountered this problem and if anyone has any suggestions to remedy the situation.

See you at the Sunkist Invitational Indoor and the Mt. SAC Relays. Meanwhile, lets make 1992 our best year yet. We can start on that right now.

ON THE COVER: MARK CONOVER winning the Oktoberfest 4 Mile in Baywood Park. See result section

Photo by Elaine Rosenfield

SCHEDULE

By Jack Leydig

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

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

January 1 (Wednesday):

San Francisco: DSE 1991 Hangover Run, 3.53 Mi., Golden Gate Bridge (Lower Parking Lot), 10 a.m. Info: (415) 978-0837.

Carmel: Rio Resolution Run, Distance, Location & Time TBA. Info: (408) 624-4112.

Sacramento: Resolution Run 5 & 10K, Promenade Shopping Center (7465 Rush River Dr.), 10 a.m. Race ready Management, P.O. Box 1295, West Sacramento 95605. (916) 372-7367.

So. El Monte: San Gabriel River 5K, 10K & 1 Mi., New Year Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 4 (Saturday):

So. El Monte: San Gabriel River 5K, 10K & 1 Mi., Cougar Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: LVTC 50/25 Mile Series, 10 & 20 Mi. Runs, Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 382-3496.

Richmond: The Great Escape, 2 & 5 Mi., Pt. Pinole Regional Shoreline, 10 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Bakersfield: Hart Park Fun Run & 10-Mile LAFR, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

January 5 (Sunday):

So. El Monte: San Gabriel River 5K, 10K & 1 Mile Bass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Single & Double Muni Pier Runs, 1.25 & 2.47 Mi. (0.875 Kids' Run), Dolphin Club (502 Jefferson), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

Woodside: Kings Mountain Ascent, 7 Mi. & Half-Marathon, Huddart County Park (1100 Kings Mountain Rd.), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

January 11 (Saturday):

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

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. Fox Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

Las Vegas, NV: LVTC 50/25 Mile Series, Make-Up Run (All Distances), Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 382-3496.

Redding: Record Searchlight Half Marathon, 10K & 2 Mi., Caldwell Park, 10 a.m. Randy Jensen, P.O. Box 944206, Redding 96099. (916) 241-3215.

Rio Bravo: Doin' 92 in the Fog, 5 & 10K and 1 Mi. Fun Run, Lake Ming, 9 a.m./5 & 10K, 10 a.m./1 Mi. Victim-Witness Auxiliary of Kern County, P.O. Box 1694, Bakersfield 93302 (Attn: Fun Run) (805) 326-3053.

Bakersfield: LAFR 14-Miler, 4 p.m. Ba-

kersfield T.C., P.O. Box 6581, Bakersfield 93386.

Irvine: Orange County Half Marathon & 5K, Woodbridge High School, 8 a.m. OCHM, P.O. Box 1984, Costa Mesa 92628. (714) 841-5883.

Canoga Park: Wildlife 5K, 22330 Sherman Way, 8 a.m. Bikesport-Wildlife Run, 22330 Sherman Way, Canoga Park 91303. (818) 716-6900.

January 12 (Sunday):

Oakland: Dr. Martin Luther King, Jr. Birthday Run, 5K/10K, Lake Merritt (Sailboat House, 568 Bellevue), 9 a.m. Anthony Charles, 2401 - 67th Ave., Oakland 94605. (510) 636-1664.

French Camp: Cal-10 Race, 10 Mi., San Joaquin General Hospital (5 Mi. south of Stockton, Mathews Rd. off I-5), 9 a.m. Richard DuBois, 3939 N. Pershing Ave., #5 Stockton 95207. (209) 952-9523.

So. El Monte: San Gabriel River 5K, 15K & 1 Mi. L.A. County Runs, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Tempe, AZ: Arizona Marathon, Marathon Relay & 5K, 3rd St. & Ash, 7:15 a.m./5K, 8 a.m. Arizona Marathon Festival, 2801 W. Medlock, Phoenix, AZ. 85017. (602) 246-7697.

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School (E. Market & Hillside), 10 a.m. Info: (415) 978-0837.

January 18 (Saturday):

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

Palo Alto: East-West Shrine 5K/10K Run, Stanford Stadium, 9 a.m. City of Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. Sunset Runs, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213)

SCHEDULE

949-0394.

Las Vegas, NV: LVTC 5 Mi. Championship, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

San Francisco: DSE Rainbow Falls 5K, Golden Gate Park (Transverse & Kennedy Dr.), 10 a.m. Info: (415) 978-0837.

Bakersfield: LAFR 16-Miler, 4 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Highland: East Highlands Ranch YMCA 5 & 10K and Half Marathon, 8:15 a.m./H-M, 8:20 a.m./5 & 10K. Highland YMCA, 6620 Palm Ave., Highland 92346. (714) 864-8296.

Spunky Canyon: Spunky Canyon Ultra, 40.5 Mi., 35 Mi. north of Los Angeles, 6 a.m. Scott Butler/Santa Clarita Runners, 31820 Mt. Shadow Rd., Acton 93510.

January 19 (Sunday):

San Francisco: San Francisco Zoo Run, 3 Mi. & 7 Mi., Herbst Rd. off Skyline Blvd., 8 a.m./7 Mi., 9 a.m./3 Mi. Terri Quinn, Special Events, S.F. Zoo, #1 Zoo Rd., San Francisco 94132. (415) 753-7173.

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. Creek Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Miami, FL: Miami Mile & 5K, 9 a.m. Info: (305) 759-5990.

Saugus: Spunky Canyon Ultra 40.5 Miles (Southern Calif. Ultra Series), 6 a.m. Scott Butler (805) 274-0400.

Lakewood: McDonald's/Lakewood Half Marathon, 7:30 a.m. (213) 633-4185.

January 20 (Monday):

So. El Monte: Legg Lake Martin L. King Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

January 25 (Saturday):

Santa Cruz: Santa Cruz County Speical Olympics Super Bowl Sunday Fun Run, 3K & 10K, Silicon System on Delaware Ave., 8:30 a.m./3K, 9 a.m. Special Olympics, 809 Bay Ave., Capitola 95010. (408) 479-5288.

So. El Monte: Legg Lake Sunset Loop Run, 0.75 Mi., 5K, 5.4 Mi. 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera

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90660. (213) 949-0394.

Bakersfield: Dr. Daley Round Mountain 50K, Adolphus & Mandy, 6 a.m. Info: (805) 399-2215.

San Diego: Balboa Hospital 10K, Naval Hospital, 7:30 a.m. Info: (619) 532-7256.

January 26 (Sunday):

Redondo Beach: Redondo Beach Super Bowl Sunday 10K Run/5K Walk, 8 a.m. Chamber of Commerce (213) 376-6913.

San Francisco: San Francisco Half Marathon, Golden Gate Park, JFK Dr. & Stow Lake Dr., 8:30 a.m. Pamakid Runners (415) 681-2323.

San Diego: Super Run XI, 10K, South of Hilton, 7:30 a.m. Info: Kathy Loper (619) 298-7400.

So. El Monte: Legg Lake P.R. Anniversary Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Green Valley A.C. 10K & 2 Mi., Sunset Rd. (GVAC), 8 a.m. Info: GVAC (702) 454-6000.

San Francisco: DSE Mission Rock Run, 3.5 Mi., 3rd St. & Mission Rock, 10 a.m. Info: (415) 978-0837.

Sonoma: Supermile, 8:30 a.m. Sonoma County Women Against Rape, P.O. Box 1426, Santa Rosa 95402. (707) 545-7270.

Santa Ana: The Super Bowl Stampede,

Distance TBA, Crazy Horse Steakhouse, 8 a.m. Info: Race Promotions, P.O. Box 795, Dana Point 92629. (714) 661-6062.

Redondo Beach: Redondo Beach 10K Run & 5K Walk, 8 a.m./10K, 8:10 a.m./5K Walk. Race Central, P.O. Box 828, Rialto 92377. (310) 376-6913.

January 31 (Friday):

Pt. Reyes: Winter Running Camp (3 days), Jan. 27 Deadline, Christian Team Ministries, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

February 1 (Saturday):

Jean, NV: Las Vegas Marathon & 5-Person Team Relay, begins 3 Mi. west of Jean on State Road 161, 7:30 a.m. Las Vegas International Marathon, P.O. Box 81262, Las Vegas, NV 89180. (702) 878-8414.

So. El Monte: Legg Lake Sunset Winter Run, 0.75, 5K, 5.4 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Pt. Reyes: Limantour Split 10 Mi. & Half Split (Coastal Challenge Series), Limantour Beach (parking lot), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Bakersfield: Bakersfield T.C. 10K & Half-Marathon, Bakersfield College (Gym), 8 a.m. Leslie King, Bakersfield T.C., P.O. Box 6581,

SCHEDULE

Bakersfield 93386. (805) 872-9554.

Los Angeles: The YMCA 5K Relay (5x5K), Griffith Park, 8 a.m. Info: Walt Walston, YMCA, 625 So. New Hampshire Ave., Los Angeles 90005. (213) 351-2233.

Agoura Hills: The Great Race of Agoura, 2K, 5K & 10K, Agoura High School, 7:30 a.m. "Great Race", 5699 Kanan Rd., Agoura Hills 91301. (818) 889-1664.

Chinese Camp: Orient Express, 4 Mile & 1 Mile, 9 a.m./1 Mi. & 10 a.m./4 Mi. Eddie Zoma RC. (209) 532-7974 or (209) 384-1727. Orient Express, P.O. Box 78, Sonora 95370.

Cathedral City: Desert Princess Duathlon, 5K-30K-5K. Time TBA. Greg Klein and Brenda Clark (619) 320-1341.

February 2 (Sunday):

Davis: Davis Stampede, 5K, 10K & Half Marathon, Davis High School (14th St.), 9 a.m. A Change of Pace, 221 "G" St., Suite 205, Davis 95616. (916) 757-6017.

Ventura: SCA/TAC 30K Championships, Mission Park, 8 a.m. Team Inside Track, 1410 E. Main St., Ventura 93001. Gary Tuttle: (805) 643-1104.

So. El Monte: Legg Lake Dancing Crane Run, 0.75 Mi., 5K, 5.4 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Windmill Run, 6.5 Mi., Golden Gate Park (Kennedy Dr. at Ocean Beach), 10 a.m. Info: (415) 978-0837.

Saugus: Santa Clarita Runners Women's 5K Run/Walk, Pico Canyon, 8:30 a.m. Karen Callahan, 20601 Jay Carroll Dr., Saugus 91350. (805) 296-0138.

February 8 (Saturday):

So. El Monte: San Gabriel River Falcon Run, 5K, 10K & 1 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Las Vegas, NV: Sweatin' Sweethearts 10K, Silver Bowl (near Russell Rd. & Boulder Hwy.), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

Placerville: Tenth Annual Lover's Run. 9 a.m. Children's run (1/2 mile 8&u, 1 mile, 12&u) at 8:30 a.m. 5K, 5K walk, 10K and 1/2 marathon. Lover's Run, New Morning, 6765 Green Valley Rd., Placerville 95667 (916)

622-5551.

Muir Beach: John Muir Monumental, 5K & 7.2 Mi. (Coastal Challenge Series), 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Sacramento: Jedediah Smith Ultra Classic, 50K & 100K, Gibson Ranch, 6 a.m./100K, 8 a.m./50K. Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Death Valley: Death Valley Trail Marathon & Half-Marathon, Time TBA (Limited Entry). Enviro-Sports, Box 1040, Stinson Beach 94970. (415) 868-1829.

Champoeg State Park, OR: 30 K Championship, Western Division, 30K, 20K & 10K Run and 10K Race Walk, 10 a.m. Greg and Diana Harestad (503) 642-3653. ORRC, 6395 SW 190th Ave., Aloha, OR 97007.

February 9 (Sunday):

Long Beach: Long Beach Marathon, Time TBA. Long Beach Marathon, 1825 Redondo Avenue, Long Beach 90804. (213) 494-2664.

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

So. El Monte: Legg Lake Crow Run, 0.75 Mi., 5K, 5.4 Mi. 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: San Dieguito Half Marathon, San Dieguito Park, 8 a.m. Info: Kathy Loper (619) 298-7400.

Brisbane: "Where the Hell is Brisbane" Run, 5 Mi., Brisbane Yacht Harbor, 10 a.m. Info: (415) 978-0837.

Sacramento: Jedediah Smith Ultra Classic, 50 Mi., Gibson Ranch, 8 a.m. Norman Klein, 11139 Mac River Ct., Rancho Cordova 95670. (916) 638-1161.

February 15 (Saturday):

San Juan Bautista: Mission 10 Mile, 5K, Mission Plaza, 10 a.m./10 Mi., 10:15 a.m. Jim Pleyte, Hollister Rotary, 514 Monterey, Hollister 95023. (408) 637-1618.

Huntington Beach: The Great American Adventure Run, 2.8 & 4.8 Mi. X-Country, Cen-

tral Park West, 8 a.m./2.8 Mi., 8:30 a.m./4.8 Mi. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

So. El Monte: Legg Lake Sunset Valentine Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Dragon Run, 5K, Balboa Park, 7:30 a.m. Info: In Motion (619) 268-5882.

Las Vegas, NV: LVTC 2 & 5 Mi., Tule Springs (Floyd R. Lamb State Park), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

Ft. Cronkhite: Tennessee Valley Waltz, 5 Mi. & 10 Mi., (Coastal Challenge Series), near Rodeo Lagoon, 9 a.m. Team Challenge, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

Porterville: Sweetheart's 10K Run & 5K Run/Walk, Los Robles Elem. School (500 E. Mulberry), 8 a.m. Benny Sorensen, Porterville Parks & Leisure Services, P.O. Box 432, Porterville 93258. (805) 782-7461.

Caliente: LAFR 22-Miler, 7:30 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Boulder Oaks: Pacific Crest Trail 50-Miler (Southern Calif. Ultra Series), 6 a.m. Trent Small (619) 297-2535.

February 16 (Sunday):

Oakland: Valentine Day Run/Walk, 5K/10K, Lake Merritt (Sailboat House, Bellevue Ave.), 10 a.m. American Heart Assoc., P.O. Box 5157, Oakland 94605. (510) 632-9606.

So. El Monte: Legg Lake Sweetheart Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: DSE Roller Coaster Run, 3 Mi. & Kids' Run, Mountain Lake Park (west end), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

La Selva Beach: Bay View Cross Country 10K, 9:30 a.m. Gary Eggers, c/o Monterey Bay Academy, 783 San Andreas Rd., La Selva Beach 95076. (408) 728-5709.

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

SCHEDULE

February 17 (Monday):

So. El Monte: Legg Lake President's Run, 660 Yd., 2.7 Mi., 8K, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

February 22 (Saturday):

Chino: City of Chino Triathlon, 5K Run, 17K Bike, 75m Swim, Location TBA, 8 a.m. Glenn Benham, City of Chino, 13220 Central Avenue, Chino 91710. (714) 627-7577.

Sun City: Bess James 10K, 8 a.m. Info: Kathy Loper (619) 298-7400.

Las Vegas, NV: LVTC 5K, Sunset Park (Sunset & Eastern), 9 a.m. Info: Las Vegas T.C. (702) 382-3496.

Bakersfield: LAFR 12-Miler, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Pedro: San Pedro Bay 15K Relay and 5K/10K Run, Doubletree Hotel, Time TBA. Info: W2 Promotions (310) 828-4123.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Sunset Rain Run, 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Seaside, OR: Trail's End Marathon & 8K Race, 9 a.m./Mara. & 9:10 a.m./8K. ORRC, P.O. Box 549, Beaverton, OR. 97075-0549.

February 23 (Sunday):

So. El Monte: Legg Lake Green Grass Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Mardi Gras 10K, South of Hilton, 7:30 a.m. Info: Dave Thompson (619) 236-0842.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry St., 10 a.m. Info: (415) 978-0837.

Oakland: Lake Merritt Joggers & Striders' Couples Relay, 2x5K (Male/Female teams),

Lake Merritt (Old Boathouse-1520 Lakeside Dr.), 9 a.m. E. Blair, 3136 California St., Oakland 94602. (510) 601-7887.

Stockton: Jackets Runs, 2 Mi. & 10K, Louis Park, 9 a.m./2 Mi., 9:30 a.m./10K. Richard Johnson/Jackets Run, 9875 N. Davis Rd., Stockton 95209. (209) 477-0943.

February 29 (Saturday):

So. El Monte: Legg Lake 099'ers Sprint Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Martinez: Martinez to Port Costa Brickyard Run (and Back). 10 a.m. Rankin Park. 8.4 mile. Luka Sekulich, 1485 Darlene Dr., Concord, CA 94520.

Las Vegas, NV: LVTC 2 Mi., 5 Mi., & 25K, Tule Springs (Floyd R. Lamb State Park), 8 a.m. Info: Las Vegas T.C. (702) 382-3496.

Ripon: Almond Blossom Run, 8K and 1 Mi., Mauvis Stouffer Park (Manley Rd.), 8:30 a.m./8K, 8:45 a.m./1 Mi. Jeannie Rudd, P.O. Box 537, Ripon 95366. (209) 599-3026.

Bakersfield: Hart Park Fun Run, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Ojai: Ojai 5 & 10K, Sarzotti Prk (510 Park Rd), 8:15 a.m./5K, 9 a.m./10K. Info: (805) 646-7213.

Sierra Del Oro: Chad Zeller Memorial 1K, 5K & 10K, 2600 Green River Rd., 10 a.m. CARGO, P.O. Box 2800, Corona 91720. (714) 272-9440.

March 1 (Sunday):

Santa Cruz: Great Chowder Chase, 4.5 Mi., Third & Beach Sts., 8:45 a.m./Men, 9:30 a.m./Women. Santa Cruz Park & Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

So. El Monte: Legg Lake Sunset Eagle Run, 0.75 Mi., 5K, 5.4 Mi., 10 Mi., 4 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Riv-

era 90660. (213) 949-0394.

Los Angeles: Los Angeles Marathon, Time TBA (20,000 Limit, New Entry Procedure, Don't Delay) L.A. Marathon, 11110 W. Ohio Ave., Suite 100, Los Angeles 90025. (213) 444-5544.

San Francisco: DSE Kennedy Drive Run, 4.7 Mi. (& Kids' Run), Golden Gate Park (South Side of Polo Fields), 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

March 7 (Saturday):

Chico: Bidwell Classic Half-Marathon, Bidwell Park, 9 a.m. David Welch, P.O. Box 1182, Chico 95927. (916) 342-9214.

Sausalito: Run for the Seals, 4 Mi., Rodeo Beach Lagoon (Ft. Cronkhite, Marin Headlands), 9 a.m. California Marine Mammal Center, GGNRA, Marin Headlands, Sausalito 94965. (415) 331-SEAL.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Green Grass Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

March 8 (Sunday):

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th Ave. & Clement, 10 a.m. Info: (415) 978-0837.

Bakersfield: CAHPERD Runs, Location TBA, 8 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Napa: Napa Valley Marathon, Rosedale & Silverado Trail, 7 a.m. Napa Valley Marathon, 1325 Imola West, Napa 94559. (707) 255-2609.

San Jose: San Jose Mercury News 10K (& 5K Walk), Park Ave. & Almaden Blvd., 9:15 a.m. Mercury News 10K, c/o Public Relations, San Jose Mercury News, 750 Ridder Park Dr., San Jose 95190. (408) 920-5851.

Torrance: Tom Sullivan St. Patrick's Day 10K, Elite Racing (714) 548-4897.

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SCHEDULE

March 14 (Saturday):

San Francisco: Irish Sprint & Stride, 4.46 Mi., Lake Merced (Sunset Parking Lot), 10 a.m. Info: (415) 953-0793.

So. El Monte: San Gabriel River 10 Mi., 5K and 1 Mi. USA Run & SCA/TCA 10 Mile District Championships, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: St. Patrick's Day 10K, South of Hilton, 7:30 a.m. Info: Jim Cerveny (619)298-7400.

March 15 (Sunday):

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 978-0837.

Fremont: Run for Recreation, 10K & 2 Mi., Central Park Swim Lagoon (Parking Lot), 8:30 a.m. Liz Mauro, Recreation Dept., 3375 Country Dr., Fremont 94537. (510) 791-4324.

Sacramento: Pocket Pursuit Biathlon, 5K Run, 30K Bike, 5K Run, Individuals & Relays, Promenade Shopping Center, 8 a.m. Promenade Chiropractors, 7485 Rush River, #750, Sacramento 95831. (916) 422-2225.

So El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. St. Patrick's Day Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

March 21 (Saturday):

So. El Monte: Legg Lake 5K Jack Bishin 91st Birthday Run & 5K SCA/TAC District Championship, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carmel: Serra's Run, 10K, Carmel Mission, 9 a.m. John Donnelly, 2992 Lausen Dr., Carmel 93923. (408) 626-1142.

March 22 (Sunday):

San Francisco: DSE Beach Esplanade Run, 6 Mi., Balboa & Great Hwy., 10 a.m. Info: (415) 978-0837.

Stanford: Fifty-Plus Runners Assoc. 8K Run & 3 Mi. Walk, Stanford Univ. Stadium, 8:30 a.m./3 Mi., 9 a.m./8K. Fifty-Plus R.A., P.O. Box D, Stanford 94309. (415) 723-9790.

Fairfield: NorCal Duathlon Series #1, 5K

Run, 30K Bike, 5K Run, Individuals & Relay. Solano College, 8 a.m. A. Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

So. El Monte: San Gabriel River 5K, 10K & 1 Mi. Spring Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

March 28 (Saturday):

Morgan Hill: Wildflower Run, 5 & 10K (& 2K for 12 & Under), Live Oak High School (1505 E. Main), 9 a.m. Info: Marilyn (408) 779-1345.

So El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Sport Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Diego: Junior Carlsbad (12 & Under), 1 Mi., State & Elm, 8 a.m. Info: Tim Murphy (619) 275-5440.

March 29 (Sunday):

San Francisco: DSE Double Lake Merced Run, 9.2 Mi. (& Kids' Run), Sunset Blvd. Parking Lot, 9:30 a.m./Kids' Run, 10 a.m. Info: (415) 978-0837.

San Francisco: Houlihan's to Houlihan's 12K, (to S.F. Aquatic Park), Time TBA. Rho-dyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

So. El Monte: Legg Lake 5K, 5.4 Mi., 10 Mi. & 0.8 Mi. Wolf Run, 8:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Carlsbad: Carlsbad 5000, State & Elm, 7:30 a.m./Open, 9:15 a.m./Invit. Info: Tim Murphy (619) 275-5440.

Looking Ahead

(Marathons, Relays, Important Dates, Major Events, Etc.)

Apr. 4 (Sat.): Sacramento: American River 50 Mile, 6 a.m. Fleet Feet, 1730 Santa Clara Dr., #3, Roseville 95661. (916) 537-7177.

Apr. 12 (Sun.): San Francisco: Bonne Belle Women's Classic, 5 & 10K, Golden Gate Park (Academy of Sciences), Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

Apr. 20 (Mon.): Hopkinton, MA: Boston Marathon, noon. Boston Marathon, P.O. Box 1992, Hopkinton, MA 01748. (508) 435-6905. Qualifying Times.

✓ **Apr. 26 (Sun.): Carmel:** Big Sur International Marathon, Pfeiffer Big Sur State Park to Carmel (on Hiway 1), 7 a.m. BSIM, Box 222620, Carmel 93922. (408) 625-6226.

May 3 (Sun): Weott: Avenue of the Giants Marathon & 10K. Avenue of the Giants Marathon, Dept. R, 281 Hidden Valley Rd., Bayside 95524.

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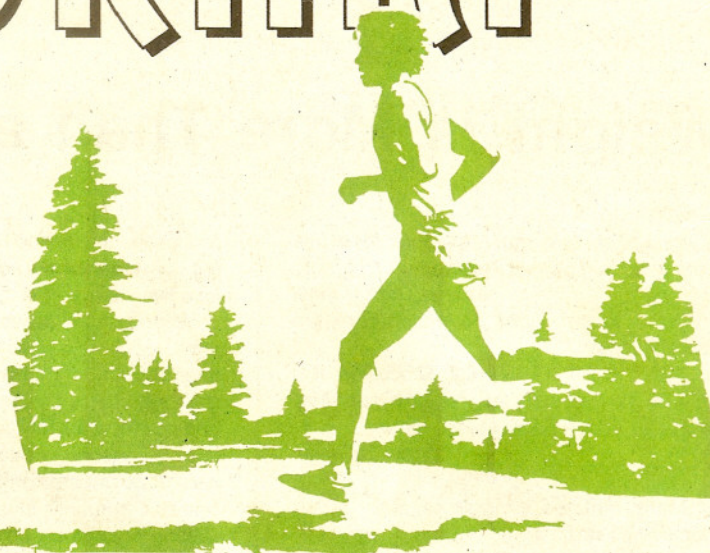
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THE ATHLETE'S KITCHEN

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



Weight is More Than a Matter of Willpower

"The coach told me I have to lose five pounds before I get my uniform."

College Track Runner

"I have to cut eight pounds before the wrestling match."

High School Wrestler

"I hate my love handles—but no matter how hard I diet, I can't seem to lose them."

Master Swimmer

Many athletes struggle to meet either coach-imposed, sport-imposed or self-imposed weight goals. They think that weight is merely a matter of willpower. By simply restricting their caloric intake, they will be able to whittle their bodies into the desired sylph-like shape. Right?

Wrong. Any lean athlete who has tried to lose 2-3 pounds, to say nothing of 10-12, knows how hard it is to lose weight, especially if she/he has no extra fat to lose. Weight is more than a matter of will. Weight, like height, is largely under genetic control. When it comes to height, you can't demand yourself to grow six inches. Yet, you may demand yourself to lose a ridiculous amount of weight, overlooking the fact that Mother Nature designs each of us with a unique body. A body sometimes fits the mold of a sylphlike ballet dancer, a tall basketball player, or a solid football player. You can achieve small changes to this mold, but you can't completely remodel yourself.

Certainly, the athlete who overeats can lose excess flab. But if you are an already lean athlete who is struggling to drop below a natural weight, you face health risks such as lowered metabolic rate, reduced intake of vitamins, minerals and protein (the nutrients needed to invest in top performance), cessation of regular menstrual periods for women (and consequent loss of bone mass that may contribute to stress fractures and future osteoporosis), binge eating, food obsessions and equally important, a feeling of failure if you are unable to meet your goal. One young skater, depressed by her repeated failures at weight

reduction, questioned her own self-worth asking "Why can't I do something as simple as lose five pounds???"

Based on the assumption that *normal eating + regular exercise = natural weight*, athletes should be at their healthy weight if they eat three meals per day, snack appropriately and eat food for fuel rather than for psychological reasons. Athletes who dislike their natural weight are confronted with a long term battle, commonly thwarted by weight gain. Dieting creates an abnormal, uncomfortable physiological state. The deprivation and denial associated with dieting commonly backfires into food binges and eating orgies as the empty fat cells seemingly scream for food. As most dieters attest, if you want to gain weight, go on a crash diet!

Clearly, reducing diets don't work. Despite the billions of dollars spent each year by ever-hopeful dieters, effective and long-lasting weight loss treatments are nonexistent. Only about 5% of participants in weight loss programs keep off the lost weight over the long term. Yet to hear the advertisements for Nutri-Systems, Weight Loss Clinics, Jenny Craig and the rest of the 13,000 weight reduction programs, you'd think that weight was simply a matter of will. It's not! Genetics strongly influences weight, as can stress and psychological factors.

Ethical questions arise: Should genetically stocky athletes be discouraged from sports that favor thinness? Should a coach cut an aspiring figure skater from the competitive circuit if she develops from a spindly youngster into a robust woman? Should a sports nutritionist help a wrestler drop fifteen pounds to qualify for a lighter weight class? What about the aerobics instructor who struggles to maintain her thirty pound weight loss and currently values a low weight more than her health?

Although some athletes are between a rock and a hard spot when it comes to meeting the weight demands of their sport, others self-impose unreasonable demands. Perhaps it's time to create an accepting sports system

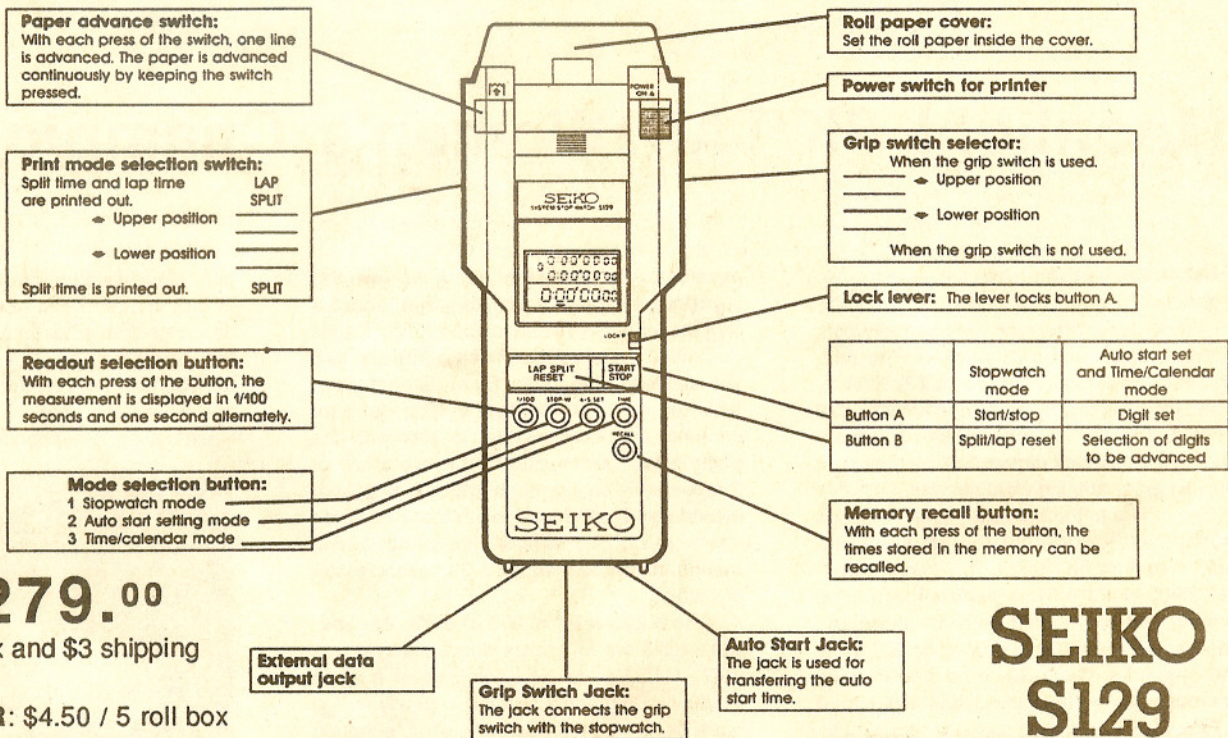
that readily accommodates athletes as designed by Mother Nature—some thin, some short, some tall, some stocky? Or better yet, perhaps we should all work to establish a new cultural value system that accommodates a variety of physiques with no stigma placed on the person with fat thighs or love handles. Rather than being critical of the heavy-set athlete, perhaps we can look beyond weight and recognize that the extra fat may either be genetic or be a symptom of life stresses which trigger over-eating for food's calming, drug-like effects. We need to offer the heavier person extra encouragement, rather than a questioning glance that heightens their body shame.

On a more global level, the ethical issues regarding weight reduction were recently addressed by Dr. David Garner in the *Journal of the American Dietetic Association* (October, 1991). Dr. Garner, eating disorders expert and chief of the Psychiatry Department at the University of Michigan, cautions that weight reduction programs create more negative than positive results. Although we cannot deny that weight reduction for an obese or overweight person can reduce the risks of high blood pressure, heart disease, diabetes and numerous health problems, repeated failure to lose weight and/or maintain weight loss also contributes to both physical and mental health problems. Granted, the diet industry thrives on the yo-yo dieter who loses weight only to regain it. But the 95% failure rate raises serious questions regarding the validity of these programs and their ethical standards. It is time for all of us, lean and heavy alike, to accept the fact that weight is more than a matter of willpower?

Nancy Clark, MS, RD is nutritionist at Boston-area's SportsMedicine Brookline. Her popular books The Athlete's Kitchen ('81; \$7) and Nancy Clark's Sports Nutrition Guidebook ('90; \$16.50) are available through NESP, P.O. Box 252, Boston, MA. 02113.

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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'20 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / LAP
1-0:00'07 06
   0:00'07 06
2-0:00'09 03
   0:00'01 97
3-0:00'11 11
   0:00'02 08
4-0:00'13 15
   0:00'02 04
    
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Applications

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ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

Moonlight 8K/TAC Women's Championship

October 27. Alhambra.

It was *almost* a dark and stormy night in Alhambra. It certainly was dark by the 7 p.m. start and there was a brisk wind. The rain, however had stopped about a half hour earlier and wouldn't reappear for another 27 or 28 minutes. Then it *would* be dark and stormy, just like a Hitchcock movie. So far, though, it was just great running weather.

Coming up to the start line, Lynn Jennings already held the WR for the 8K but if she could drop just one tenth of a second from that 25:02 mark on this perfect-for-running evening, not only would there be the glory, there would be a 100 kilodollar bonus. How little Alhambra, CA 91801 was able to raise that much money for this oddball-distance of



LYNN JENNINGS

Photo by Richard Lee Slotkin

a women's race is a story by itself, as Leisure Services Director Bill Kinman somberly assured me. But, he also assured, the bucks really were there.

They were there at the mile mark in 4:43--way below that 5:03+ pace for a 25:02--but the course was slightly downgrade. And,

Jennings, who had blown to a lead while the starter's gun was still smoking, had about a 30 yard lead. Only local favorite Kathy Kanes had made even a show of going with her, and you see where she was. Even that notorious fast-starter, Sylvia Mosqueda, didn't go after Jennings, but was content to stay with the pack. Smart move, too. That rare show of forbearance on the part of Mosqueda got her a 3rd overall, compared to 6th last year when she went out with wire-to-wire leader Elaine van Blunk, not to mention a 39 second faster clocking.

The bucks--all 100,000 of them. Ah, yes--were still there at 2 miles where the split was 9:42, a 4:51 pace. Still going down a slight grade, though, and a tailwind to gently nudge a few seconds from each mile. And, although it had rained on and off all day, it had, as we have seen, stopped just before the 7 p.m. start, leaving just the cool, clear air.

And, for now, the tailwind.

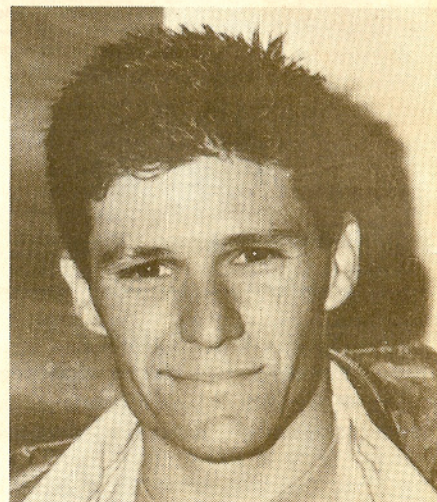
"I knew if I was going to try to win the race it was going to be a solo effort." It sure was. At two miles Jennings led by more than 40 yards. Chasing her were Mosqueda, Leslie Lehane, Libbie Johnson, Anne Marie Letko and Kanes. Kanes, in trying to go with Jennings, or, at least, keep within reach, didn't do either, but she did get well out ahead of the rest of the pack. Now she was paying for it and would soon be gone.

So was Jennings as far as everyone else was concerned. Yet, just past the 2 mile marker, Jennings slowed just a bit. It wasn't fatigue or injury. Probably the lack of company.

Unfortunately, she was past the turnaround, a very appropriate term because now Jennings had the wind in her face and the grade was up. Yet, her split at 3 miles was 14:53, a 4:58 pace, still plenty good enough if she has a kick in the last .97. The lead is at least 60 yards and things are looking good.

Yep, the bucks are *still* there. So, why is she slowing again? "Oh, for a lot of reasons," Jennings said later with no further elabora-

tion. "At 4 miles I realized I was on pace (but in that last .97 I just couldn't go any faster." Jennings then allowed as how the grade and the wind didn't help: "It was probably a factor." Coming from New England, she said, the rest of the weather was a plus but, ". . . it wasn't going to happen today."



JIM ORTIZ

Photo by Richard Lee Slotkin

So it didn't. Jennings crossed the finish line in 25:23, not even close. Just looking at the numbers it appears that she flat out died in that last .97. She didn't; she ran very well, but the wind, grade and lack of the patter of tiny feet behind her all combined to stifle her. Yet, for all her slowing she was almost 40 seconds ahead of second place Letko and she was the only one under 26 minutes.

Sylvia Mosqueda, who is from nearby San Gabriel, held off Lehane and took 3rd which was, as noted above, a major improvement over her appearance here last year. Looks like that move to Oregon is paying off.

Prize money started at \$5000 for 1st place and went all the way down to \$250 for 12th place, a real spread-the-wealth program.

continued next page...

ROAD RACE SPOTLIGHT

Orange County Marathon

November 3. Irvine.

They wanted to go big time in Orange County with their marathon. For over a year they went at it, lining up sponsors and elite runners, setting up a flat course to guarantee fast times, contracting with a first class hotel and attending to the thousand and one details associated with a 26 mile point-to-point event which encompassed two or three different cities.

To some extent they succeeded. They produced a fairly smoothly run race with an exciting finish. On paper, at least, they had some good folks out there too. But, there were deficiencies, some rather glaring. For example, there were no split cal-

ers anywhere on the course, not even at Mile 1. And the results. Ah yes, the results. The race was on November 3rd and I didn't get a set of results until the 23rd; and they had to Federal Express them to get them to me by then. Sure, I had the top ten or so men and women, which had been duly posted after the race, but that was all. Presumably results for the age groups existed but the finish line people wouldn't give them out.

Why? I have no idea. Ask them.

There were other annoyances such as the VIP section, which was closed to even the elite runners until someone made a near violent protest on their behalf. No one else could partake of that luxury, though, except

a bunch of non-runners who happened to be associated with the sponsors. OK, it's their money, but the sight was an insult to the people who ran 26.2 miles under an 80 degree sun. Anyway, once the race was under way and things were sorted out, it settled down to a 4 man affair: Rich McCandless and miler Mike Skinner, running his first marathon, both wearing pink shorts and representing Brooks, plus Peter Fonseca and Danny Gonzales.

For about the next 15 miles it was the Brooks Brothers and Fons and Gonz shifting back and forth but holding in a

continued next page...

Last to cash in, literally, was Laura Lamena-Coll, 12th place in 26:56. Ten minutes after the women were sent off a mob of about 1100 humans of heterogenous gender-and age-followed. This was the open race, of course; the one that would *make* some money rather than cost some. For them, it was, alas, a dark and stormy night because some 18 or 19 minutes into it, the rain returned and this time to stay, with an occasional heavy burst and an even less occasional very short respite.

A somewhat water-logged Jim Ortiz was the first to reach shore—I mean—the finish line. Ortiz had been running second most of the way but caught the leader at about 3 1/2 miles, in other words, on the way back, going uphill and into the wind. Said the former Bruin distance runner, "We ran together for about a half mile and then I made a little move, surged for about 20 yards. Then I heard him fading; after about 400 yards I didn't hear him anymore."

Ortiz's 1st mile split was all of three seconds faster than Jennings at the same spot. His finishing time was 24:37 so he must have held out a little better at least. Well, there was no \$100,000 waiting for him; not even \$5000. Just a nice placque, some congratulations and a 5 minute interview with me. Not too inspiring, huh?

Lisa Presedo should have been in the TAC race. At 27:10 she would have been 14 sec-

onds out of the money, but she was almost two and a half minutes ahead of second place in the open race. Possibly, had she run the TAC event, she might have found enough of a kick to get ahead of the four women between her and a payday. She only needed 2 seconds to beat one of them and 5 more seconds would have gotten her by yet another. In any case, Presedo received the same reward as did Ortiz: A placque, some congratulations and a waterlogged coiffure. But no interview with me. By that time it really was a dark and stormy night, and like the race itself, I was history.

Overall Results

TAC Women's Championship

1. Lynn Jennings (31) 25:23, 2. Anne Marie Letko (22) 26:01, 3. Sylvia Mosqueda (25) 26:11, 4. Leslie Lehane 26:14, 5. Libbie Johnson (26) 26:26, 6. Alisa Hill (26) 26:33, 7. Kristen Russell (26) 26:34, 8. Nicole Burk 26:39, 9. Inge Schuurmans (28) 26:41, 10. Kathleen Bowman (30) 26:45.

11. Jeanne Lasee-Johnson (34) 26:54, 12. Laura Lamena-Coll (25) 26:56, 13. Kathleen Smith (25) 26:59, 14. Brenda Webb (37) 27:04, 15. Maria Trujillo (32) 27:09, 16. Diane Bussa (29) 27:17, 17. Karen Hoffman (24) 27:25, 18. Lynn DeNinno (29) 27:31, 19. Gladees Prieur (25) 27:32, 20. Jennifer Thatcher (26) 27:45.

Division Results - Men's Open 8K

Overall Winners: 1. James Ortiz 24:37, 2. Tony Williams 24:47, 3. Jim Triplett 24:51. **17 & Under:** 1. Ramon Gomez 27:21, 2. Binh Gomez 27:53, 3. Danny Gomez 28:26. **18-24:** 1. George Marquez 25:36,

2. Basilio Damian 25:58, 3. Armand Crespi 26:10. **25-29:** 1. James Ortiz 24:37, 2. Tony Williams 24:47, 3. Keith Iovine 25:08. **30-34:** 1. Jim Triplett 24:51, 2. Scott Mayfield 25:59, 3. Yehuda Packer 26:03. **35-39:** 1. Keith Witthauer 25:39, 2. George Mason 25:41, 3. Jose Gomez 26:16. **40-44:** 1. Joe Alvarado Jr. 26:51, 2. Donald Ocana 27:20, 3. Bill Sumner 27:48. **45-49:** 1. Don McCarthy 28:10, 2. Gene Ball 28:40, 3. Ken Desmet 28:42. **50-54:** 1. Mauro Rodriguez 29:38, 2. Brian Fernee 30:14, 3. Byron McIntosh 31:18. **55-59:** 1. Sonny Monioz 29:22, 2. Peter Faust 31:40, 3. Kenneth Calvin 32:32. **60-64:** 1. Aurelio Camacho 32:14, 2. Patrick Devine 34:08, 3. Bob Vitale 35:56. **65-69:** 1. Larry Banuelos 36:01, 2. Sam Quang Banh 38:02, 3. Roy Murano 44:04. **70 & Over:** 1. Bill Dietrich 43:55, 2. Dutch Benedetti 45:34, 3. Eddie Howard 47:16.

Division Results - Women's Open 8K

Overall Winners: 1. Lisa Presedo 27:10, 2. Liliana Mendoza 29:36, 3. Jenean Sorrells 29:45. **17 & Under:** 1. Rebecca Villegas 30:05, 2. Maria Lopez 31:44, 3. Michelle Delgado 32:47. **18-24:** 1. Liliana Mendoza 29:36, 2. Jenean Sorrells 29:45, 3. Grace Padilla 29:55. **25-29:** 1. Lisa Presedo 27:10, 2. Mary Shelton 30:45, 3. Sandra Rodriguez 30:53. **30-34:** 1. Karen Samsonoff 31:01, 2. Rosie Duenas 31:50, 3. Marie Romero 32:16. **35-39:** 1. Jennie Cole 34:45, 2. Lois Classen 35:26, 3. Maryann Schewe 36:06. **40-44:** 1. Michele Tiff 30:38, 2. Gloria Santilan 34:28, 3. Claudia Morales 35:01. **45-49:** 1. Carmen Connolly 35:16, 2. Judy Kewley 35:58, 3. Suzanne Duff 42:18. **50-54:** 1. Gina Faust 33:17, 2. Patt McCurdy 37:28, 3. Judith Miller 47:21. **55-59:** 1. Irene Olberz 36:05, 2. G. Delgado 50:09, 3. Norma Martin 54:31. **60-64:** 1. Lupe Castane 48:13. **70 & Over:** 1. Mary Schudy 1:05:47. ♦

ROAD RACE SPOTLIGHT

Orange Co. Marathon continued

tight little pack, McCandless usually holding the front position, but never by more than a step.

There was talent besides these guys. But by 5 miles, after a pair of stubborn no-names were reeled in, no one else was in it. In fact, at about 7 minutes into the race Dan Aldridge, Carmelo Rios and Sam Sitonik, part of what was then the third pack, were just *fifteen yards* ahead of the first two women, Cindy James and Janice Klecker; and Angelica de Almeida was just 15 yards behind those two.

Ahead of this group, the second pack, the most prominent were Antoni Niemczak, Matt Ebner and Sammy Rotich. And in the lead pack, besides the Brooks Brothers, Fons and Gonz, there were Bill Weidenbach, Canadian Peter Williams, Finnish Fourni Kortelainen and a couple of Mexicans. Uh, yeah; just a couple of Mexicans. Well, I'll tell you a bit more about them later.

And, finally, at this point, the whole parade was led by the pair of no-names. They were way the heck out in front—one was over 100 yards and the other about 30 yards behind him.

So, there was enough talent to keep things interesting, but with three women breathing down the necks of the third pack of elites it didn't look as though they had made a good investment with the talent money.

Eventually, inevitably, attrition took its toll. Ebner, Sitonik, Weidenbach and Williams were taken out by the heat; it went over 80 before it was over. Rios, who had been icing a bad wheel all the night before, had to exit when it wouldn't stand up to the pounding; Niemczak went out with stomach problems. And they there was Polin Belisle.

Polin Belisle is from Belize and claims to have represented that Central American nation at the Seoul Olympics. I've seen him run in the mid-2:30's in the Western Hemisphere Marathon for the past two years and was quite surprised to see him

come across the finish line at Long Beach this year in a dazzling 2:17 and change. Turns out, according to my sources, he was seen on a course monitor tape cutting the course and was subsequently DQed. To make sure that didn't happen in this race, a course official tailed him on a bicycle. At 7 miles he was seen to drop out. When approached by the biker, he claimed a twisted ankle and declined assistance because, he said, friends were nearby in a car. The official took his tear-off name tag, thereby DQing

looked pretty good for the man from Hayward.

Only problem was he was running 5:20 miles.

And about a hundred yards back Marcelino Crisanto was running sub fives. And so was his homeboy from Mexico City, Gumercindo Olmedo. These were the Mexicans I mentioned earlier and they had been together, side-by-side, for a long time; but it was win' time and Crisanto, owner of a 2:12 PR, compared to Ol-



him. We didn't see any more of Belisle.

What we did see, all through the race, were two young ladies materializing out of thin air to cheer on two especially favored runners. The lucky guys were McCandless and Gonzales and their wives were going above and beyond the call of their nuptial vows.

And so it went until only the Brookses, Fons and Gonz were left. Then, that party too began to break up.

First to fade was Gonzales at 15 miles, then Skinner a few minutes later and, finally, at about 17 miles, and rather suddenly, Fonseca fell back. For another 4-1/2 miles McCandless owned the lead outright, at times running so far ahead that it was difficult to identify who was in second. At 23 miles it

"Fons, Gonz and the Brooks Brothers"—Left to right: MIKE SKINNER, PETER FONSECA, RICH McCANDLESS and DANNY GONZALES

Photo by Richard Lee Slotkin

medo's 2:15, had just a little more salsa in him.

It was hot, about 80 degrees by then, and it was getting to McCandless just as it had gotten to several of the others.

It didn't seem to be bothering the two Mexicans, though.

continued next page...

ROAD RACE SPOTLIGHT

Mile 24 and another 5:20 mile for McCandless, Crisanto was 80 yards back, not exactly breathing on McCandless's shoulder, and with only a mile and a quarter to go McCandless had no need to panic. But Crisanto, and Olmedo behind him, were in overdrive and McCandless was almost plodding.



MARCELLINO CRISANTO --
"Meditating or adjusting a contact lens?"

Photo by Richard Lee Slotkin

By mile 25 Crisanto was 10 yards back and now it was time to panic. McCandless tried to push the pace, but it was truly too little, too late. A minute later, Crisanto went past McCandless and opened up almost as big a lead as he had just overcome. A little later Olmedo also passed McCandless. Not quite the blowout that Crisanto handed him, just six seconds when they finished. Cri-

santo's time was 2:15:58, Olmedo's 2:16:40.

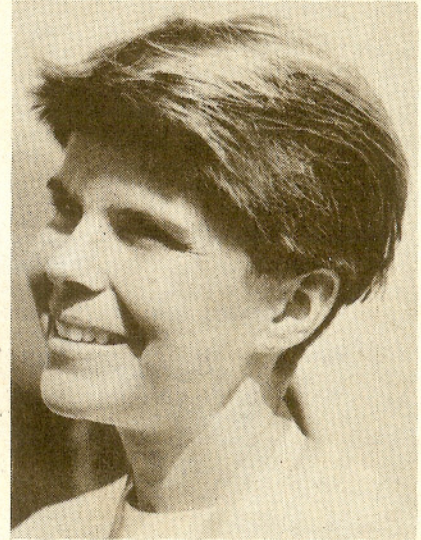
Rotich managed to pick off Fonseca for 4th, Skinner held on for 5th and Gonzales, who made such a good race of it, lost interest and shined the whole thing off at 24 1/2 miles.

Janice Klecker was the favorite in the women's division, but coming from Minnesota where, "I'm used to running in 40 degree weather and long-sleeved T-shirts," she should have been just wilting under that hot sun. She also should have been feeling the PR she ran at the Twin Cities Marathon just weeks earlier. Yet, at about the half marathon point, she passed Cindy James, the only one with a serious chance to beat her. Klecker held her pace, the 6 minute miles she had planned, and expanded the lead to almost a minute when she crossed the finish line in 2:35:09. And in yet another annoying glitch, Klecker was directed to the wrong side of the island-divided road, so she didn't get the honor of breaking the tape, which was waiting for her on the other side of the street. Because of the shrubbery on the island, almost no one saw her finish, including a flock of highly ticked off photographers. It was especially disappointing because that, for all practical purposes, was the women's race. Almeida had been long gone, dropping out at 7 miles. So third place went to local favorite--yes, she really is; they all like her down there--Leslie Lewis, who was 8-1/2 minutes behind James. The next seven all broke three hours but none of them were under 2:50.

So, despite all the glitches it turned out to be a pretty good affair with that exciting finish. Orange County has the potential to be a major event but it still needs some work. A little less sponsor control would be a good start. And, putting some money into acquiring elites who are ready to give them their money's worth wouldn't hurt any, either.

Division Results - Men

Overall Winners: 1. Marcellino Crisanto 2:15:58, 2. Gumercindo Olmedo 2:16:40, 3. Rich McCandless 2:16:46. **18-24:** 1. Dan Golindo 2:42:36, 2. Daniel Dozal 2:44:37, 3. Rod Stahl 2:50:56. **25-29:** 1. Mark Boynton 2:27:37, 2. Steve Strehlow 2:39:19, 3. Salomon Mendoza 2:40:12. **30-34:** 1. Isaac Silva 2:44:01, 2. Marty Horan 2:46:11, 3. Wolfgang Resch 2:54:22. **35-39:** 1. Enrique Alvarez 2:39:50, 2. Kie Soohoo 2:55:20, 3. Jim Perry 2:55:39. **40-44:** 1. John McAndrew 2:47:13, 2. Rand Bitetti 2:57:58, 3.



"Six minutes per mile should do it."
JANIS KLECKER

Photo by Richard Lee Slotkin

Jeff Thompson 2:58:19. **45-49:** 1. Norman Weinstein 2:56:32, 2. Charles Morton 3:03:24, 3. Dorsh Sanders 3:07:25. **50-54:** 1. Sheldon Nankin 3:05:15, 2. Paul Kearns 3:05:44, 3. Ron Navarrette 3:12:33. **55-59:** 1. Charles Constantín 3:20:41, 2. Ted Martinez 3:24:52, 3., Leroy Kim 3:26:26. **60-64:** 1. John Lockhart 3:45:16, 2. Alan Carlisle 3:46:12, 3. Leslie Nesbitt 3:47:59. **65-69:** 1. Raymond Penkert 3:34:49, 2. Norman Rubel 6:01:11. **70 & Over:** 1. Al Clark 5:57:33.

Division Results - Women

Overall Winners: 1. Janice Klecker 2:35:09, 2. Cindy James 2:36:05, 3. Leslie Lewis 2:44:30. **18& Under:** 1. Jennifer Vilar 6:16:10. **18-24:** 1. Deborah Gingras 3:32:35, 2. Carolyn Collman-Kyle 3:37:45, 3. Marni Ryti 3:42:06. **25-29:** 1. Kristi Kyles 3:14:46, 2. Judy Myers 3:30:52, 3. Tere Hemond 3:33:14. **30-34:** 1. Mary Button 2:58:15, 2. Frances O'Neil 3:02:21, 3. Robin Cannon 3:20:27. **35-39:** 1. Jennifer Rabinowitch 3:07:41, 2. June Gessner 3:17:21, 3. Charmella Secrest 3:20:33. **40-44:** 1. Kathy Pycior 3:56:53, 2. Susan Cody 3:57:42, 3. Floerchinger-Franks 4:04:26. **45-49:** 1. Valerie Henning 3:34:08, 2. Nancy Mustard 3:36:24, 3. Pamela Galbraith 3:46:17. **50-54:** 1. Rebecca Bolton 3:45:34, 2. Dixie Madsen 4:11:45, 3. Carol Jones 4:25:15. **55-59:** 1. Harez Phillips 4:45:45, 2. Marlene Zamberlin 7:18:53. **60-64:** 1. Teresa Ramirez 6:12:06, 2. Joyce Ashinghurst 6:41:45.

RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Shoes & Spokes Run

No Date Available. Roeding Park, Fresno. 6 Mi. & 2 Mi.

Division Results - Men's 6 Mile

Overall Winners: 1. Joe Carnegie 30:25. 19-24: 1. Stan Beremejo. 25-29: 1. Dave Lennon. 30-34: 1. Steve Jawal. 35-39: 1. Jim Hartig. 40-44: 1. Gordon Keller. 45-49: 1. Mark Haymond. 50-54: 1. Juan Sobenes. 60-69: 1. Van Freir. Wheelchair: 1. Rafael Ibarra.

Division Results - Women's 6 Mile

Overall Winner: 1. Stacey Buenher. 19-24: 1. Lisa York. 25-29: 1. Mary Ann Alvarez. 30-34: 1. Tanis Wilgenburg. 35-39: 1. Judy Case. 40-44: 1. Karen Lynch. 45-49: 1. Mary Ann Barroso. 50-54: 1. Glenda Morgan. 55-59: 1. Sydney May Loo. 60-69: 1. Dorothy Thomas.

Division Results - Men's 2 Mile

Overall Winner: 1. Jose Santiago 9:55. 13 & Under: 1. Dustin Robinson 12:48. 14-18: 1. Rudy Diaz 10:11. 19-24: 1. Scott Curtis 10:03. 25-29: 1. Marvin Ashcroft 10:59. 30-34: 1. John Robinson 10:14. 35-39: 1. Michael Miles 10:30. 45-49: 1. Isaac Melo 11:47. 50-54: 1. Bob Perry 11:40. 55-59: 1. Frank Delgado 11:34. 60-69: 1. Joseph Rhoan 16:16. 70 & Over: 1. Leon Alonzo, Sr. 15:14. Racewalker: 1. Jim Walters. Wheelchair Paraplegic: 1. Eric Johnson 15:20. Wheelchair Quadaplegic: 1. Eddie Ash 18:07.

Division Results - Women's 2 Mile

Overall Winner: 1. Kathy Hildebrand 12:32. 13 & Under: 1. Jessica Byrd 13:27. 14-18: 1. Staci Coombes 17:03. 19-24: 1. Celeste Archuleta 16:46. 25-29: 1. Nancy Gala-meau 13:07. 30-34: 1. Debra Robinson 14:42. 35-39: 1. Katherine Medina-Gross 16:04. 40-44: 1. Lesley Wingert 13:35. 45-49: 1. Sharon Shaw 14:15. 50-54: 1. Pat Caffrey 18:27. 55-59: 1. Theanne Woodruff 16:37. 60-69: 1. Carmen Valenzuela 32:36. 70 & Over: 1. Laura Rothaas 28:07.

Legg Lake Runs Frog Leg Runs

September 8. So. El Monte. 5K.

1. Paul Bateman (44) 18:07. 2. Fidel Diaz (35) 18:22. 3. Bob Staley (44) 19:22. 4. Bob King (43) 20:41. 5. Bruce Odou (63) 22:11.

Evening Run

September 12. So. El Monte. 5K.

1. Arthur Martinez (43) 20:12. 2. Bill Coomes (51) 21:26. 3. Bruce Odou (63) 21:55.

Spirit Runs

September 15. So. El Monte. 5K.

1. Stephen Davis (38) 17:07. 2. James Wilson (36) 21:43. 3. Bruce Odou (63) 22:08.

Evening Run

September 19. So. El Monte. 5K.

1. Bruce Horiguchi 18:10. 2. Fidel Diaz (35) 18:44. 3. Marc DeLaCruz (35) 18:52. 4. Jason Dominguez (22) 19:55. 5. Frank Vanderbaan (45) 20:15.

Roadrunners Run

September 21. So. El Monte. 5K.

1. James Sackett (42) 18:55. 2. Gerald Werner (45) 19:53. 3. Arthur Martinez (43) 20:34. 4. Froy Vasquez 21:43. 5. Ruben Esqueda (61) 21:46.

Indian Summer Run

September 22. So. El Monte. 5K.

1. Arthur Martinez (43) 20:47. 2. Karen Barreras 25:16. 3. Dennis Sauers (45) 26:20.

Evening Run

September 26. So. El Monte. 5K.

1. Vicente Rivera (32) 17:30. 2. Ramon Rangel 18:50. 3. Arnulfo Rangel 18:54.

Apricot Runs

September 28. So. El Monte. 5K.

1. Joe Engelbrecht (41) 20:54. 2. Dan Kissell 23:59. 3. Rao Paladugu (63) 24:28.

San Gabriel River Runs

September 29. So. El Monte. 5K & 10 Mi.

Overall Results - 5K
1. Jim Moore (32) 18:29. 2. Kathy Reid (35) 22:22. 3. Mike Lalum (47) 24:37.

Overall Results - 10 Mile
1. Michale Griffith (42) 62:48. 2. Joe San Paolo (40) 64:56. 3. Jim Pivonka (40) 71:42.

Avocado Run

October 3. So. El Monte. 5K.

1. Arnulfo Rangel (23) 18:56. 2. Jose Anda (41) 20:32. 3. Arthur Martinez (43) 20:47.

Evening Health Run

October 5. So. El Monte. 5K.

1. Bruce Odou (63) 23:19. 2. Tom Kutrosky (56) 26:57. 3. Wiley Nelson (69) 27:50.

Evening Sprint Run

October 6. So. El Monte. 5K.

1. Arthur Martinez (43) 19:25. 2. Ken Ga-nezer (38) 19:58. 3. Dick Haas (43) 20:17.

Sunset Run

October 10. So. El Monte. 5K.

1. Steve Selvidge 19:31. 2. Arthur Martinez (44) 20:17. 3. Carlos Casillas (35) 22:42.

Sunset Stream Run

October 12. So. El Monte. 5K.

1. Louis Pedroza 20:02. 2. Terry Beckwith (41) 21:53. 3. Jay White (33) 22:27.

Sunset Run

October 13. So. El Monte. 5K.

1. Tony Sanchez (19) 16:26. 2. Herman Sanchez (44) 17:25. 3. Richard Moore (58) 22:20.

Sunset Cloud Run

October 25. So. El Monte. 5K.

1. Jim Pivonka (40) 20:21. 2. Carlos Casillas (35) 25:54. 3. Anthony Lucero 25:55.

Full Moon Biathlon

By Ilene Gerardi

September 22. Desert Shores.

On what turned out to be the last day of summer, the Fourth Annual Full Moon Biathlon heated up the streets of Desert Shores. One hundred seventy runners took off on the 5K run under a clear blue sky and warm sun. Rick Gosse led the individual runners into the transition area in 16:34 with Bruce Balch, Danny Murphy, Stefan Zander all within 17 seconds. The women's race was even closer, Jill Roberts leading in 21:50 followed by Amy Fredericks, Catherine Masterson, and Kathleen Maginnis all within 8 seconds! After blasting the run, 154 runners donned helmets, gloves and (some changed their shoes) before jumping on their bicycles; the other 16 runners tagged their eager relay partners who quickly sped onto the course.

Three laps, 12.4 miles, and only 27 minutes, 49 seconds later, Bruce Balch claimed his fourth Full Moon Biathlon victory with Danny Murphy only 15 seconds behind. Stefan and Rick finished third (46:18) and fourth (46:20) less than two minutes later. Amy Fredericks led the women's race by peddling 86 seconds faster than the next closest woman, Clarisse (Chuck) Mayer who finished third (59:04) while Kathleen and Catherine finished fourth (59:35) and fifth (59:38) in a close race for first place in their age division.

After the exhilarated and exhausted biathletes finished the event, stories were exchanged, training strategies re-thought, and carbohydrates replenished (thanks to the Beach Cafe). Prizes were generously donated by several local businesses: Battistas, Bicycle Depot, Bicycle King, Las Vegas Athletic Club, Peloton Sports, The Running Store, and Triathlete Sports and Cyclery. Brightly colored tank tops were presented to all entrants and Las Vegas Tri-Sports' homemade plaques were awarded to the top three finishers in each age division.

Kingsbury Summer Biathlon

September 29. Sacramento.

Division Results - Men

Overall Winners: 1. Barry Schmitt 20:11. 2. Bob Johnston 21:38. 3. John Disney 21:40. 14 & Under: 1. Gus Aiton 27:32. 2. Jonathan Felts 29:15. 3. Dan Lowell 32:00. 15-19: 1. Shane Felts 35:37. 20-29: 1. Barry Schmitt 20:11. 2. Bob Johnston 21:38. 3. Dan Franek 22:06. 30-39: 1. John Disney 21:40. 2. Scott Robertson 21:59. 3. Mike Stafford 24:50. 40-49: 1. Tom Windsperger 28:49. 2. Chuck Marqueling 29:11. 3. Bill Lowell 33:43. 50 & Over: 1. Mike Frane 28:07. 2. John Soubier 32:00. 3. Jerry Calkins 34:41.

Division Results - Women

Overall Winners: 1. Holly Beatie 25:02. 2. Coleen Terez 26:10. 3. Carol Schick 31:47. 20-29: 1. Coleen Terez 26:10. 2. Fei Tsai 33:51. 3. Mia Elder 34:03. 30-39: 1. Holly Beatie 25:02. 40-49: 1. Carol Schick 31:47. 2. Betty Swart 31:54. 3. Janet Seiler 36:03. 50 & Over: 1. Mary Norckauer 35:05. 2. Claudine Simpson 37:46. 3. Jacqueline Kelly 40:55.

Dam Tough Run

September 29. Lake Isabella. 38.6 Mile.

Division Results - Men's Relay

13-19: 1. Erasto Medrano/Armando Lara/Derek Mitchell/Kevin Stratton 5:01:53. 2. Richard Rivera/Juan Umana/Freddie Lopez/Trevor Bossaert 5:42:13. 20-29: 1. Jeff Wrou/Brian Fitzgerald/Rick Torres/Steve Brown 3:44:11. 2. Anthony Fredette/Brian Williams/Scott Smith/Carl Hatley 4:44:19. 3. Sean Halpin/Shane McDonald/Mike Marler/Dennis Darling 5:02:41. 30-39: 1. Alfredo Vallejo/Joel Sanchez/Jose Gomez/Genaro Gonzales 3:38:07. 2. Victor Carrillo/Ali Hufane/Carlos Navarro/Steve Keyes 3:52:28. 3. Vicent Graves/Michael Figueroa/Joe Morgan/Jim Mulhall 3:58:40. 40-49: 1. Andrew Mitchell/Eric Kajiwara/Mike Mumford/Tom Miller 4:47:58. 2. Dennis Burge/Robert Dow/Tom Marshall/Ron Going 4:50:56. 3. Dave LeClair/Dyke Reese/Bob Davis/Tom Buck 6:02:02. 50-59: 1. Gilbert Varela/Robert Davison/Ray Perzelis/Paco Licea 4:46:17. 60-69: 1. Robert Cullings/Efrain Sanchez/Harold Willis/Eugene Black 5:14:48.

Division Results - Women's Relay

20-29: 1. Christine Brown/Alison Pontius/Sharon West/Sheila Logan 4:48:31. 2. Patricia Flores/Nikki Rhinesmith/Michele Tudor/Hope Flores 5:12:09. 20-29: 1. Elizabeth Kirkegaard/Virginia Feyh/Melissa Kirkegaard/Jill Ballog 5:50:45. 30-39: 1. Brenda Villeneuve/Andrea McDonald/Tammy Jones/Genevieve Mattar 5:03:48. 2. Cathy Kaspersky/Jackie Burhans/Rita Stumps-Coy/Diane Eastman 5:07:15. 3. Carrie Julian/Andrea Wall/Kristi Fitts/Susan Skabelund 5:28:27. 40-49: 1. Diane Lucas/Kathy Rindt/Jo Kajiwara/Jerry Mumford 5:04:31. 2. Carmen Connolly/Margo Koss/Maria Rodriguez/Barbara Ruekema 5:20:11. 3. Mardi Briggs/Carol Weston/Dale Roseberry/Becky Whitehead 6:04:50.

Division Results - Mixed Relays

20-29: 1. Bill Barnett/Karen Barnett/Carey Angel/Mike LeFebvre 4:55:14. 2. Bill Steers/Tim Horton/Karen Kuffa/Linda Adams 5:35:46. 30-39: 1. Sue Keintz/Chuck Lewis/Debra Campbell/Nancy Webster 6:20:08. 2. Dawn Saidat/Ted Fiske/Gary Jones/Sally Mann 6:33:02. 40-49: 1. Marie Fields/Pablo Martos/Ernie Shaw/Maria Gomez 5:07:12.

RESULTS

2. Emma Williams/David Burciaga/Julie Salazar/Hector Manchaca 5:24:08, 3. Lee Denham/Perry Gorham/Mike Thompson/Juanita Alcantera 5:42:55. 50-59: 1. Rhio Gillon/Jerry Ross/Sonja Novoa/Melba Reyes 6:23:08.

Division Results - Men's Ultra

20-29: 1. John Grosse 5:51:17, 2. Chuck Campbell 6:28:37, 3. Patrick Lynch 6:38:43. 30-39: 1. Brent Backus 4:41:40, 2. Jaime Ortiz 4:54:51, 3. Rob McNair 5:24:16. 40-49: 1. Bob Ulloa 5:36:58, 2. James Akers 5:38:14, 3. Dave Harvey 6:11:05. 50-59: 1. Fred Kiddy 5:04:12, 2. Freddy Perez 5:37:52, 3. Gary Miller 6:36:47.

Division Results - Women's Ultra

20-29: 1. Kelley Duerkel 6:03:28, 2. Leslie Estep 7:12:21. 30-39: 1. Beth Bugosh 6:11:06, 2. Pam Smith-Jordan 7:12:20, 3. Kristin Leaf-James 8:33:15. 40-49: 1. Irma Hutton 6:44:44, 2. Cherine Fanning 7:27:37, 3. Jewell Chapman 8:40:38. 50-59: 1. Sandra Kiddy 5:12:29, 2. Patty Landis 7:46:52.

Kingsbury Summer Biathlon

October 5, Visalia.

Division Results - Men

Wheelchair: 1. Danny Hernandez 26:52, 2. Gary Peterson 45:30. 16-19: 1. Dustin Ruber 21:33. 20-29: 1. Ron Jones 19:56, 2. Bo Valdez 23:09, 3. Kyle McCarty 28:39. 30-39: 1. Barry Miller 23:01, 2. T. Casey Garvey 24:17, 3. Ron Brezina 24:42. 40-49: 1. Mark Cornejo 23:07, 2. Robert Stephenson 23:13, 3. Ray Hernandez 23:41. 50-59: 1. Mike Frame 24:50, 2. Lee Miller 27:02, 3. Jim McNiece 27:18.

Division Results - Women

Wheelchair: 1. Becky Guerrero 40:01, 2. Sherry Jenkins 57:51. 16-19: 1. Teresa Nelson 25:25. 20-29: 1. Nora Benavides 28:15, 2. Anne Fleming 28:51, 3. Carolyn Romero 29:54. 30-39: 1. Holly Beatie 22:03, 2. Connie Parsons 32:03. 40-49: 1. Dora Peterson 32:16.

Dual at the Dam Duathlon

October 5, Millerton Lake State Park.

Overall Results - Duathlon

1. Pony Express (Mixed) 1:09:39, 2. Jeff Moffit (25-29) 1:12:17, 3. Matt Capelouto (20-24) 1:12:41, 4. Arthur Ramos (20-24) 1:13:34, 5. Bob Humpal (35-39) 1:14:11, 6. Tweedle Dee/Tweedle Dum (Men) 1:14:26, 7. Mark McAdams (25-29) 1:14:53, 8. Eddie Kolofor (40-44) 1:14:55, 9. Erik Bost (15-19) 1:15:34, 10. Kevin Cimini (30-34) 1:16:18.
11. Baldemar Betancourt (35-39) 1:16:33, 12. Blake Chaffee (30-34) 1:16:52, 13. Kim Debban (35-39) 1:17:06, 14. Rocky Sanchez (15-19) 1:17:21, 15. Eadric Bressel (20-24) 1:17:46, 16. Richard Conway (35-39) 1:18:00, 17. Jonathan Wykoff (20-24) 1:18:33, 18. Patrick Phillips (35-39) 1:19:50, 19. Steve VonFurstenrecht (20-

24) 1:20:04, 20. David Bremel (30-34) 1:20:13.

Golden Valley Series

Final Point Totals for 3 Event Series

Division Results

Boys 15-19:

Josiah Jones 20, Erik Bost 10, Ben Mercer 9, Rocky Sanchez 9, David Green 8, Danny Shubin 7, Eric Kalkowski 6.

Women 20-24:

Cathy Norbutas 10, Kristina Johnson 10, Lisa Smith 9, Wendy Hopper 9, Laura Terrazas 8, Jennifer Williams 7.

Men 20-24:

Ryan Huckabay 20, Steve Von Furstenrecht 19, Jonathan Wykoff 10, Matt Capelouto 10, David Silva 9, John Armour 9, Arthur Ramos 9, Daniel Hamlin 8, Eadric Bressel 8, Bob Kersey 7, Brook Claibourne 7, Dennis Guertin 6, Shawn Smith 6, Corbin Souza 6, Anthony Brantley 5, Jon Ishikawa 5, Nathan Heck 5, Nathan Trout 5, Steve Schapansky 4, Michael Sanchez 4, Tom Hart 2, Rodney Ketner 2, David Ruch 2, Victor Lopez 1.

Women 25-29:

Kim Creighton 10, Jane Salano 10, Melanie Menezes 9, Leslie Rivers 9, Kay Yoong 9, Leigh Yonago 8, Eleanor Noordberg 7, Emily Bair 6.

Men 25-29:

Jeff Moffit 20, Mark McAdams 16, Greg Grunner 10, Bryan Hughes 9, Ryan Iwanaga 8, Craig Kriehoff 8, Thomas Barano 8, Jon Yonago 7, Robert Kleidon 6, Ben Davis 5, Tanner Tingey 5, Simon Thomas 4, Gary Byrd 4, Ben Bettencourt 3, Martin Olson 3, Stephen Kepler 2, Craig Welch 2, Barry King 1, Chip Keyes 1.

Women 30-34:

Barbara Gibeau 29, Maleah Castle-Chaffee 20, Susan Gerhardt 13, Rita Gedney 9, Jean Grimes 8, Michelle Zenda 8, Katie Wood 8, Denise Griglio 8, Cathie Summerford 5, Donna Johnston 4.

Men 30-34:

David Bremel 21, Blake Chaffee 16, Dave Slothower 10, Louis Gamino 10, Kevin Cimini 10, Roy Ervin 9, Chuck Ishii 9, Mike West 8, Darryl Metz 8, Cliff Dimond 8, Bob Sano 7, Patrick K. Monahan 6, Doulgas Elliot 6, Jim Schoenduve 6, Brian Bressel 6, John Seivert 5, Michael Johnson 5, James Trunick 5, Mark Lantrip 4, Toby Logan 4, Harri Knuutinen 3, Brett Perrin 3, Richard McKnight 3, David Mull 2, J. Kevin Grant 2, Raymond Yee 2, Jon Graves 1, Mark Pires 1.

Women 35-39:

Dorothy Morse 27, Jane Johnson-Russell 25, Ann Phillips 18, Sharon Brown 16, Missy LeStrange 10, Corinne Talkin 6.

Men 35-39:

Richard Conway 27, Patrick Phillips 22, Kim Debban 17, Rayn Wood 16, Mark Prendergast 13, Jeff Olson 10, Bob Humpal 10, Baldemar Betancourt 9, Steve Grusis 8, Mark Lopshire 6, Bryan Bird 4, Scott Garrison 4, Chriss Rusch 4, Terry Miller 3, David Newstead 3, Gerald Gross 2, Greg Martinez 2, Steve Brum 2, Murad Sunap 1, Dale Flud 1, Terry Earls 1.

Women 40-44:

Karen Lynch 30, Connie Smith 17, Vickie Rigby 9, Carol Weston 9, Paula Speidel 8, Yolanda Gay 8, Marilyn Williams 7.

Men 40-44:

Steve Meunier 22, Lowell Jones 20, Eddie Kolofor 20, Michael Mason 13, Frank Ergin 9, Curt Haury 9, Jun Amano 9, Tim Lavelle 8, Mike Alexander 7, Robert Rodriguez 6, Terry Creager 6, Albert Valencia 5, Bill Talkin 4, Michael Comerford 4, Edward Weston 4, Todd Waldner 2, Wayne Cagle 1.

Women 45-49:

Mardi Briggs 20, Linda Winter 9.

Men 45-49:

Dan Montague 29, Ronald Thomsen 18, Norman Wykoff 17, Frank Ortega 8, Floyd Redmon 7, Mike Rogge 7, Thomas Clark 7, Charles Keen 6, James Merson 4.

Women 50-54:

Becky Whitehead 10.

Men 50-54:

Larry Owens 29, Forrest Robinson 10, Robert Smith 10, John Scholl 9, Lavell "Red" Hamblin 9, Jack Sorensen 8, Laurence Walton 7.

Men 55-59:

Chris Denny 28, John Browning 24, Tommy Upton 10, Frank Russell 9.

Men 60-64:

Chuck Freuler 29, John Griffin 10.

Women 65+:

Raye Johnson 10.

Men 65+:

Franz Weinschenk 30.

Golden Anniversary Air Show 10K Run

October 5, Castle Air Force Base, Merced.

Overall Results

1. Fred Villegas 34:08, 2. Steve Giesecke 34:45, 3. Erik Amundson 36:49, 4. Louis Phillips 36:53, 5. Tom Diehl 37:41, 6. Curt Royer 37:58, 7. Dick Domant 39:12, 8. Louis Francavilla 39:55, 9. Ken Schwisow 40:07, 10. Del Botting 40:15.

Division Results - Men

Overall Winner: 1. Fred Villegas 34:08. 19-29: 1. Erik Amundson 36:49, 2. Louis Francavilla 39:55, 3. Matthew Sidener 41:18. 30-39: 1. Fred Villegas 34:08, 2. Steve Giesecke 34:45, 3. Tom Diehl 37:41. 40-49: 1. Louis Phillips 36:53, 2. Curt Royer 37:58, 3. Dick Domant 39:12. 50-59: 1. Ken Schwisow 40:07, 2. Tom Materson 44:21, 3. Gerald Haywood 45:41. 60 & Over: 1. Richard Fosse 43:13, 2. Charlie Rogers 44:29.

Division Results - Women

Overall Winner: 1. Lisa Hunter 41:24. 19-29: 1. Cheryl Ramirez 55:39, 2. Karen Nichols 65:07. 30-39: 1. Lisa Hunter 41:24, 2. Susan Neal 46:43, 3. Deborah Arguelo 49:43, 40-49: 1. Pam Royer 44:48, 2. Barbara Duenes 47:34, 3. Jean Schwisow 47:41. 50-59: 1. Barbara Neyens 57:29. 60 & Over: 1. Pat Loring 65:28.

Harbor Heritage Race

October 5, Newport Beach. 5K.

Division Results - Men

12 & Under: 1. Matthew Elmers 18:06, 2.

Luis Henniger 21:12, 3. Gary Lunde 22:43. 13-15: 1. Trent Bryson 19:01, 2. Chris Ketchem 19:51, 3. Tyler Beardslee 20:13. 16-18: 1. Jared Overton 16:27, 2. Bob Lutz 16:58, 3. Casey Maze 17:00. 19-24: 1. Sean O'Hara 15:01, 2. Michael Galindo 15:39, 3. Rod Stahl 16:23. 25-29: 1. Ralph Garibaldi 14:26, 2. Jon Hurler 15:07, 3. Mark Smith 15:15. 30-34: 1. John Brady 16:22, 2. Jesus Padilla 16:44, 3. William Clapham 17:01. 35-39: 1. John Koningh 14:50, 2. David Parsel 15:09, 3. Enrique Alvarez 15:42. 40-44: 1. Al Siddons 17:47, 2. Bob Langston 17:50, 3. Mike Tuffley 17:54. 45-49: 1. Ron Ogilvie 16:49, 2. Bill Theriault 18:12, 3. Frank Marshall 18:44. 50-59: 1. Ed Donoghue 17:30, 2. Dave Hurler 19:35, 3. Gary Smith 20:18. 60-69: 1. Paul Saucedo 19:35, 2. Robert Kay 22:22, 3. Bill Leboeug 23:33. 70 & Over: 1. Bill Nice 24:02, 2. Phil Jones 24:10, 3. Leonard Burke 32:16.

Division Results - Women

12 & Under: 1. Salina Diaz 22:33, 2. Jamie Swerberg 22:33, 3. Tamara Araya 23:07. 13-15: 1. Erin O'Keefe 21:41, 2. Jennifer Romesser 21:58, 3. Piper Archibald 23:08. 16-18: 1. Gwen Twist 21:01, 2. Ashley Duncan 22:57, 3. Laura Thomsen 23:35. 19-24: 1. Buffy Rabbitt 16:41, 2. Rosalinda Garcia 19:25, 3. Laura Chapel 19:29. 25-29: 1. Kirsten O'Hara 18:01, 2. Denise Bigelow 20:01, 3. Tracy Jernegan 21:45. 30-34: 1. Donna Lameire 20:29, 2. Lesley Hawthorne 21:43, 3. Nina Matthews 22:03. 35-39: 1. Jani Wilson 22:49, 2. Marilee Algie 23:09, 3. Nancy McGoodwin 23:46. 40-44: 1. Cheryl Thiel 20:42, 2. Charlene Wilson 20:58, 3. Ann Fordiani 21:57. 45-49: 1. Carolee Walters 20:45, 2. Suzie Klein 21:03, 3. Sue Robbins 23:06. 50-59: 1. Etta Zinn 24:16, 2. Terri Kerwatt 25:08, 3. Mary Bradbury 25:44. 60-69: 1. Millie Malmillan 42:31, 2. Joan Gunn 42:59, 3. Lorraine Mims 51:03.

Strawberry Canyon Run

October 5, Berkeley. 5.5 Mile.

Overall Winners

Men: Andrew Boudreau (21) Berkeley 34:02.
Women: Char Leavitt (33) Berkeley 43:35.

Sacramento Marathon

October 6, Sacramento. Full & Half Marathons.

Overall Results - Full Marathon

1. Taylor Carey (42) Sacramento 2:03:43, 2. Gary Grilliot (27) Merced 2:35:57, 3. Willie Roy (37) Sacramento 2:40:09, 4. Raymond Taketa (39) San Francisco 2:50:12, 5. Craig Newport (45) Orangevale 2:51:48, 6. Uwe Obenland (19) Fair Oaks 2:52:30, 7. Sean Dugan (25) Chico 2:55:23, 8. Bruce Aldrich (35) Sacramento 2:56:19, 9. Benny Medina (50) Santa Rosa 2:56:27, 10. Rae Clark (39) Camino 2:56:51.

11. Allan Stanbridge (44) Burlingame 2:57:58, 12. Orville Fisher (32) Napa 2:58:42, 13. Craig Cocchi (26) Huntington Beach 2:59:43, 14. Sharlet Gilbert (40 F) Richmond 3:00:41, 15. Mike Hughes (31) Irvine 3:01:12, 16. Timothy Martin (43) Arca-

RESULTS

ta 3:01:51, 17. Robert Johnson (21) Reno 3:01:54, 18. Martin Griffin (31) Stateline 3:02:40, 19. Jim Drake (51) Sacramento 3:04:03, 20. Dorsh Sanders (48) Bakersfield 3:04:59.

21. Carol Rewick (19 F) San Francisco 3:05:36, 22. Milton Diaz (31) Grand Forks 3:06:02, 23. Bert Lundy (37) Marina 3:07:03, 24. Vernon Oakes (46) Carmichael 3:08:48, 25. Thomas Winter (43) Sacramento 3:10:20, 26. Edward Russell (32) Chatsworth 3:11:00, 27. Charles Kratochvil (38) Woodland 3:11:55, 28. Michael Knight (45) Kingsport 3:12:52, 29. Larry Fambrough (47) Bakersfield 3:14:14, 30. Vance Roget (37) Modesto 3:14:39.

31. Jeff Padilla (41) Orange 3:14:59, 32. Lager Feldschlosschen (32) Sacramento 3:15:24, 33. James Robertson (44) Sacramento 3:16:34, 34. Jeffrey Bristow (42) San Juan Capistrano 3:16:38, 35. Glenn Bailey (43) Sacramento 3:16:57, 36. Scott Koster (31) Monterey 3:17:34, 37. Michael Norris (37) Carmichael 3:18:00, 38. Bob Uloa (42) Porterville 3:18:01, 39. Mario Garza (25) San Francisco 3:18:15, 40. Bob O'Connor (42) San Jose 3:18:29.

41. Glen Davies (29) Pleasanton 3:18:40, 42. Stephen Griffey (31) Sacramento 3:19:27, 43. Randy Thiele (35) El Toro 3:19:37, 44. Bill Yawn (45) Reno 3:20:27, 45. S. Thomas (32) Santa Rosa 3:22:39, 46. Larry Wise (49) Reno 3:23:18, 47. Christopher Knafelc (20) Lafayette 3:23:47, 48. Eric Enemark (22) Stanford 3:24:06, 49. Web Chadwick (50) Sacramento 3:25:01, 50. David Hamel (32) Atwater 3:25:19.

Division Results - Men's Full Marathon
Masters: 1. Taylor Carey 2:03:43, 2. Craig Newport 2:51:48, 3. Benny Medina 2:56:27.
Wheelchair: 1. Taylor Carey 2:03:43. 19-24: 1. Uwe Obenland 2:52:30, 2. Robert Johnson 3:01:54, 3. Christopher Knafelc 3:23:47. 25-29: 1. Gary Grilliot 2:35:57, 2. Sean Dugan 2:55:23, 3. Craig Cocchi 2:59:43. 30-34: 1. Orville Fisher 2:58:42, 2. Mike Hughes 3:01:12, 3. Martin Griffin 3:02:40. 35-39: 1. Willie Roy 2:40:09, 2. Raymond Taketa 2:50:12, 3. Bruce Aldrich 2:56:19. 40-44: 1. Allan Stanbridge 2:57:58, 2. Timothy Martin 3:01:51, 3. Thomas Winter 3:10:20. 45-49: 1. Craig Newport 2:51:48, 2. Dorsh Sanders 3:04:59, 3. Vernon Oakes 3:08:48. 50-54: 1. Benny Medina 2:56:27, 2. Jim Drake 3:04:03, 3. Web Chadwick 3:25:01. 55-59: 1. Ted Vincent 3:41:39, 2. Louis Simms 3:43:51, 3. Jack Pons 4:43:08. 60-64: 1. Bill Wood 3:42:41. 65-69: 1. George Billingsley 3:43:51. **70 & Over:** 1. Stephen Woishnis 4:09:32, 2. Grant Eldridge 5:07:35.

Division Results - Women's Full Marathon
Masters: 1. Sharlet Gilbert 3:00:41, 2. Su Collier 4:17:55, 3. Joan Risse 4:24:01. 19-24: 1. Carol Rewick 3:05:36, 2. Marcia Lunday 3:50:32, 3. Christine Sublett 4:02:38. 25-29: 1. Sydney Stephan 3:39:09, 2. Lisa Black 3:54:24, 3. Linda McFadden 3:59:00. 30-34: 1. Kate Vause 3:52:37, 2. Laurie Miller 3:56:06, 3. Stephanie Tibaduza 4:06:15. 35-39: 1. Loretta

Cundith 4:18:58. 40-44: 1. Sharlet Gilbert 3:00:41, 2. Su Collier 4:17:55, 3. Joan Risse 4:24:01. 45-49: 1. Charlene Florence 4:24:56, 2. Inez Moreno 4:48:05. 50-54: 1. Janice Knafelc 5:05:01, 2. Sandy Becker 5:07:34.

Overall Results - Half Marathon
Masters: 1. Rory Cooper (31) Sacramento 1:05:46, 2. Erich Ackermann (23) SLO 1:08:03, 3. Neil Madgwick (28) Auckland 1:08:17, 4. Octavio Favela (24) San Jose 1:08:48, 5. Ted Cotti (29) Ojai 1:10:18, 6. John Dahl (19) Sacramento 1:10:48, 7. Bob Lux (35) Modesto 1:11:06, 8. Fernando Casas (29) San Jose 1:12:43, 9. Ben Bruno (16) Chico 1:12:50, 10. Chris Houde (31) Carmichael 1:13:39.

11. Brian Robinson (22) Davis 1:14:23, 12. Luis Pinon (26) Pleasanton 1:15:07, 13. Michelle Cuke (30) Weimar 1:15:08, 14. Dwight Miller (34) Fair Oaks 1:15:10, 15. Gabriel Sandoval (44) Roseville 1:15:25, 16. Dennis Rinde (32) Orangevale 1:16:11, 17. Chris Enfante (39) Elk Grove 1:16:17, 18. Kevin Pedrotti (35) Gold River 1:16:21, 19. Marc Parlange (29) Davis 1:16:32, 20. Peter Kalmar (34) Sacramento 1:16:42.

21. Scott Winfield (30) Arcata 1:16:49, 22. Bruce Fujimoto (35) Sacramento 1:17:01, 23. Tim Twietmeyer (32) Auburn 1:17:40, 24. Urbano Luna (40) Dixon 1:17:55, 25. Tim Frawley (43) Sacramento 1:17:55, 26. Gregory Coit (35) Cameron Park 1:18:05, 27. Michael White (35) Pollock Pines 1:18:07, 28. Ronald Souza (37) Citrus Heights 1:18:41, 29. John Fernandez (26) San Jose 1:18:49, 30. Les Glasgow (40) Novato 1:19:00.

31. Robert Miller (35) Sacramento 1:19:32, 32. Michael Wilhelm (40) Sacramento 1:19:42, 33. Stacey Madgwick (26) Auckland 1:19:44, 34. Alfredo Ortiz (26) Stockton 1:20:28, 35. Carlos Casillas (29) Rancho Cordova 1:20:31, 36. Charles Bernick (36) Sacramento 1:20:34, 37. Ken Kelly (33) Cupertino 1:20:39, 38. Troy Turner (28) West Sacramento 1:20:58, 39. Walt Kohnert (45) Pacifica 1:21:00, 40. Steve Tredway (43) Manteca 1:21:20.

41. Steven Duke (33) Stateline 1:21:24, 42. Larry Snider (49) Portland 1:21:29, 43. Brian Peterson (41) Sacramento 1:21:54, 44. David Emery (33) Winters 1:22:05, 45. Douglas Mull (27) Folsom 1:22:55, 46. Mark Pine (18) Shingle Springs 1:23:28, 47. Mark Samuelson (38) Cool 1:24:09, 48. Tom Dubos (32) Rocklin 1:24:14, 49. Jeffrey Hollister (33) Sacramento 1:24:37, 50. Bob Muschek (28) San Diego 1:24:46.

Division Results - Men's Half Marathon
Masters: 1. Gabriel Sandoval 1:15:25, 2. Urbano Luna 1:17:55, 3. Tim Frawley 1:17:55.
Wheelchair: 1. Rory Cooper 1:05:46, 2. Ben Bruno 1:12:50, 3. Chris Houde 1:13:39. 9-12: 1. John Pizzo 1:36:12, 2. Stephen Murschel 1:49:22, 3. Matthew Polly 2:11:53. 16-18: 1. Mark Pine 1:23:28, 2. Jonathan Meyers 1:42:05. 19-24: 1. Erich Ackermann 1:08:03, 2. Octavio Favela 1:08:48, 3. John Dahl 1:10:48. 25-29: 1. Neil Madgwick 1:08:17, 2. Ted Cotti 1:10:18, 3. Fernando Casas 1:12:43. 30-34: 1. Dwight Miller

1:15:10, 2. Dennis Rinde 1:16:11, 3. Peter Kalmar 1:16:42. 35-39: 1. Bob Loux 1:11:06, 2. Chris Enfante 1:16:17, 3. Kevin Pedrotti 1:16:21. 40-44: 1. Gabriel Sandoval 1:15:25, 2. Urbano Luna 1:17:55, 3. Tim Frawley 1:17:55. 45-49: 1. Walt Kohnert 1:21:00, 2. Larry Snider 1:21:29, 3. Harold Hartin 1:27:23. 50-54: 1. Hoernkus Blancmange 1:29:04, 2. Walter Spiller 1:29:34, 3. Dennis Hampton 1:30:33. 55-59: 1. Alex Derieux 1:24:54, 2. Tom Walsh 1:27:09, 3. Paul Mitchell 1:31:27. 60-64: 1. Thomas Marshall 1:33:10, 2. Doug Moore 1:48:14, 3. Richard Couvillon 1:48:31. 65-69: 1. Frank Cunningham 1:38:53, 2. Bob Burns 1:55:32, 3. Jim Eymann 1:57:49. **70 & Over:** 1. Paul Reese 1:46:32.

Division Results - Women's Half Marathon
Masters: 1. Nouria Harris 1:36:50, 2. Jan Levat 1:37:15, 3. Jacqueline Blum 1:43:12. 16-18: 1. Naomi Didion 1:48:09, 2. Nikki Ozawa 2:21:02. 19-24: 1. Jill Newman 1:24:52, 2. deanna Dugdale 1:32:35, 3. Jennifer Johnson 1:39:42. 25-29: 1. Stacey Madgwick 1:19:44, 2. Linda Casillas 1:27:27, 3. Beckie Starsky 1:33:44. 30-34: 1. Michelle Cuke 1:15:08, 2. Jan Bresnahan 1:34:37, 3. Jill Lovatt 1:35:09. 35-39: 1. Kate Ashbourne 1:25:04, 2. Gwen Gallanty 1:25:40, 3. Teresa Rooney 1:37:28. 40-44: 1. Jan Levat 1:37:15, 2. Toni Mounts 1:43:53, 3. Joyce Bayne 1:44:08. 45-49: 1. Nouria Harris 1:36:50, 2. Jacqueline Blum 1:43:12, 3. Karen Prucha 1:48:23. 50-54: 1. Khartoon Tudhope 1:46:05, 2. Audrey Veirs 1:52:39, 3. Chiyo Shingu 1:57:41. 55-59: 1. Kathryn Walters 2:24:31. 60-64: 1. Liz Demonte 1:56:06, 2. Jean LaFever 2:04:45, 3. Bernice Brucker-Vincent 2:20:24. 65-69: 1. Po Adams 2:12:45.

Toronto Marathon

October 6, Toronto, Ontario.

Division Results - Marathon

Men:

1. Christian Bloor (29) Seminole, FL. 2:18:04, 2. Carey Nelson (28) Vancouver 2:18:17, 3. Rosario Lo Presti (28) Milan, Italy 2:19:24, 4. Michael Petrocci (36) Welland 2:21:07, 5. Clive Hamilton (30) Kitchener 2:22:46, 6. Mike Dyon (35) Mississauga 2:24:15.

Master Men: 1. John Campbell (41) Auckland, NZ 2:29:58, 2. Bob Knuckey (43) Cataract 2:32:49, 3. Aaron Ramial (40) London 2:43:43.

Women:

1. Carole Rouillard (31) Beauport 2:35:28, 2. Regina Joyce Bonney (34) Wynnwood, WA. 2:43:10, 3. Laura Lynn (41) Goulais River 2:44:33, 4. Laura Deward (34) Grand Rapids, MI. 2:44:35, 5. Michele Hallett (27) Oakland, ME. 2:46:52, 6. France Levasseur (31) St. Foy 2:48:06.

Master Women: 1. Laura Lynn (41) Goulais River 2:44:33, 2. Anne Emmett (42) Whitby 3:07:53, 3. Linda Leonard (42) Kalamazoo, MI. 3:09:02.

Overall Results - The Glaxo 10K

Men:

1. John Castellano (25) Scarborough

29:29, 2. Steve Boyd (28) Kingston 29:32, 3. Hussein Adani (21) Toronto 29:37, 4. Doug Cronkite (29) Mississauga 29:39, 5. Alain Boucher (28) Kanata 29:45.

Women:

1. Alison Wiley (27) Toronto 33:55, 2. Cindy New (35) Montreal 36:10, 3. Kimberley Webb (27) Etobicoke 36:34, 4. Liz Jones (26) Vancouver 36:47, 5. Kerri Richards (32) Etobicoke 37:07.

California Mile

October 6, San Francisco.

Division Results - Men

Open & Elite: 1. Marc Olesen (Canada) 5:14.9, 2. Michael Smith (Oakland) 5:18.9, 3. Brad Hobbrook (Pacific Grove) 5:28.5, 4. Edvardo Esponda (Petalduma) 5:33.6, 5. Steffen Matthes (Potsdam, Germany) 5:36.3. **Mt. Bike Pro Invit.:** 1. Glen Winkel (Sacto) 3:21.2, 2. Sean Bragstad (S.F.) 3:22.4, 3. Andrew Paulin (Santa Cruz) 3:33.4, 4. Nathan Lloyd (San Rafael) 3:36.6, 5. Ceser Chavez (San Jose) 3:37.9. **Mt. Bike Open:** 1. Mark Logan (Sausalito) 3:44.8, 2. Tim Gradshaw (San Ramon) 3:53.9, 3. John Gledmild (Santa Cruz) 3:57.8, 4. Conn Pilling (Kentfield) 3:58.2, 5. Jimbei Suzuko (Oakland) 3:58.6. **Masters:** 1. Harvey Franklin (Oakland) 5:31.0, 2. Ramsay Thomas (Lafayette) 6:01.5, 3. Jim Hampton (Foster City) 6:15.1, 4. Searcy Barnett (Oakland) 6:18.0, 5. Lyle Freeman (Garderville, NV) 6:19.3. **Veterans:** 1. Gene Gilligan (Nevada City) 6:45.9, 2. Bob Schuck (San Jose) 6:54.6, 3. John Finch (Portola Valley) 7:04, 4. Leon Souza (Redwood City) 7:19.2, 5. Bob Ward (Greenbrae) 7:32.3. **Sub-Masters:** 1. Devon Flynn (S.F.) 5:40.7, 2. Brian Davis (Livermore) 5:47.3, 3. Bill Devine (Crystal Bay, NV) 5:51.9, 4. Greg Smyers (Berkeley) 5:53.2, 5. Kent Thompson (El Sobrante) 5:53.7.

High School: 1. Jason Balkman (Sarotoga) 5:50.4, 2. Nat Lopez (Tiburon) 5:55.4, 3. Sean Buscay (Carson City, NV) 6:14.0, 4. Tim Logan (Garderville, NV) 6:14.7, 5. Gary Tanka (San Bruno) 6:21.0. **Middle School:** 1. Noah Dye (Fresno) 6:12.8, 2. Beebe Rutledge (San Carlos) 6:31.2, 3. Tony Lum (Daly City) 7:17.2, 4. Dustin Marzoff (Lodi) 7:22.4, 5. Dustin Littledale (Fontana) 7:39.0. **Elementary School:** 1. Alex Barne (Newark) 8:23.3, 2. Sean Narzoff (Lodi) 8:38.8, 3. Michael Jacobson (Vacaville) 9:00.9, 4. Christopher Tiran (Vacaville) 9:08.7, 5. Ryan Buckley (San Anselmo) 9:27.5.

Relays Open: 1. Lockheed 4:23.8, 2. Pacific Telesis-I 4:44.3, 3. Monte Vista Matadors 5:03.5, 4. Major Legal Service 5:39.6. **Heavyweight:** 1. Mike Kenny (Sunnyvale) 6:28.8, 2. Noah Rollins, Jr. (Oakland) 7:00.4, 3. Rod Linhares (Foster City) 7:09.1, 4. Sean Lindtrou (S.F.) 7:12.3, 5. Dennis Hurd (S.F.) 7:21.9. **Upper Veteran:** 1. Arnold Knepper (Corte Medera) 7:49.4, 2. Arnold DeLaRusa (Hayward) 8:08.7, 3. Don Pickett (Tiburon) 8:23.9, 4. Vicente Caselis (Richmond) 8:36.1, 5. Al Long (San Rafael) 9:01.3.

RESULTS

Division Results - Women

Open & Elite: 1. Deb Devine (Crystal Bay, NV) 7:28.0, 2. Paige Milam (Walnut Creek) 7:40.0, 3. Kim Nelson (S.F.) 7:52.6, 4. Amy Norton (Palo Alto) 7:52.9, 5. Noel Orlando (Santa Cruz) 8:19.8. **Mt. Bike Open:** 1. Brenda Green (Vacaville) 4:54.4, 2. Cynthia Mounsen (N/A) 5:17.7, 3. Karen Francis Blau (San Carlos) 5:27.6, 4. Jennifer Morris (Mill Valley) 5:52.3, 5. Tiffany Estrella (Hayward) 8:12.3. **Veterans:** 1. Carolyn Passmore (S.F.) 10:09.0, 2. Betty Bickart (San Jose) 11:23.0, 3. Joan Richter (Los Gatos) 11:47.2. **Sub-Masters:** 1. Ellen Lucas (Gardnerville, NV) 7:13.7, 2. June Donovan (Sun Valley, ID) 7:35.2, 3. Mary Wons (Hayward) 7:53.0, 4. Judy Aly (S.F.) 8:21.2, 5. Lois Allen (S.F.) 8:49.8. **Masters:** 1. Elaine Pierce (S.F.) 8:11.9, 2. Phyllis Nabhon (S.F.) 9:13.9, 3. Phyllis Miller (Pleasant Hill) 9:25.3, 4. Jackie Rhodes (Napa) 9:52.1, 5. Edna Nerio (San Jose) 10:51.6. **High School:** 1. Ann Tahtinen (Crystal Bay, NV) 7:26.9, 2. Alisha Lopez (Richmond) 8:05.4, 3. Amy Miller (Minden, NV) 8:27.3, 4. Neara Grabbs (S.F.) 8:35.7, 5. Kristy Chin (Walnut Creek) 8:37.6. **Middle School:** 1. Andrea Rutledge (San Carlos) 7:27.8, 2. Amber McCrea (Santa Clara) 7:59.7, 3. Jennifer Hansen (San Jose) 8:37.8. **Elementary School:** 1. Ashley McCrea (Santa Clara) 8:54.9, 2. Alice Pierce (S.F.) 11:19.3. **Coed Relays:** 1. Pacific Telesis - 2 5:04.5, 2. Lloyds of San Mateo 5:13.9, 3. KSOL 6:08.4, 4. Gold's Gym 6:18.9, 5. John McKean CPA's 6:29.2.

Soledad Mission Run/Walk

October 6. Soledad. 5K & 10K.

Overall Results - 5K

1. Gilbert Munoz 21:21, 2. Larry Beach 24:04, 3. Valencia 24:07, 4. Robert Forbes 27:02, 5. Randy Sweet 27:09, 6. Annie Conneau 28:47, 7. Paula Ramirez 28:52, 8. Christopher Beck 32:51, 9. Ralph Nonella 33:47, 10. Grace Jaime 33:53.
11. Francisco Zamora 35:28, 12. Laura Cazares 35:47, 13. Jay Wyse 36:29, 14. Danny Ramirez 37:07, 15. Kristine Metres 37:08.

Overall Results - 10K

1. Francisco Avila 34:34, 2. Sean McCormick 34:51, 3. John Thierfelder 36:42, 4. Keith Hedlund 36:43, 5. David Diaz 36:50, 6. Tom Johnson 37:24, 7. Jean-Paul Mazaud 38:13, 8. Terry Uebelhart 38:19, 9. Bob Tarozzi 38:51, 10. Michael Viland 39:46.
11. Adolfo Orozco 39:57, 12. Cruz Salazar 40:22, 13. Toby Rodriguez 40:50, 14. Randy Jordan 41:09, 15. David Nelson 41:19.

John L. Bailey Memorial Run

October 12. Las Vegas, NV. 5K.

Overall Results

1. Frank Plasso (31) Henderson, NV. 15:36, 2. Michael Svalberg (31) San Diego

15:37, 3. Dan Winterroth (31) Las Vegas, NV. 16:00, 4. Grover Prowell (38) Las Vegas, NV. 16:25, 5. Kurt Barry (27) Las Vegas, NV. 16:28, 6. Rob Yasek (29) Henderson, NV. 16:41, 7. Jim Hoben (37) Las Vegas, NV. 16:44, 8. Jeff Demeny (31) Las Vegas, NV. 16:50, 9. Kellie Archuletta (29) Las Vegas, NV. 16:55, 10. Steven Rausch (26) Las Vegas, NV. 17:13.

11. Adam Chan (20) Las Vegas, NV. 17:19, 12. Tony Gerardi (45) Las Vegas, NV. 17:21, 13. John Barragan (19) Las Vegas, NV. 17:34, 14. Gebreyes Getachen (42) Las Vegas, NV. 17:41, 15. Joe Carter (28) Las Vegas, NV. 17:49, 16. Jason Salisbury (16) Las Vegas, NV. 17:49, 17. Steve Minagil (39) Las Vegas, NV. 17:53, 18. James Rapp (34) Las Vegas, NV. 17:53, 19. Breck Bennion (28) Las Vegas, NV. 17:59, 20. Mario Sanchez (46) Henderson, NV. 18:05.

Running is for the Birds

October 12. Huntington Beach. 5K & 10K.

Overall Results - 10K

Men: 1. Jon Butler 31:46, 2. T.J. Lentz 32:26, 3. Jeff Geslin 34:31, 4. Tony Delmonte 34:50, 5. Steve Lind 35:01.
Women: 1. Andrea Ward 36:55, 2. Sue Vrana 40:44, 3. Sally Adam 41:18, 4. Theresa Hilliker 41:30, 5. Annette Barnett 41:34.

Overall Results - 5K

Men: 1. James Maynard 16:27, 2. Howard Keeley 17:32, 3. Jim Steffes 17:54, 4. Peter Badartscher 18:01, 5. Jeff Wright 18:19.
Women: 1. Sherri Hall 18:09, 2. Leslie Lehman 21:06, 3. Joana Arcos 21:53, 4. Cynthia Woo 22:48, 5. Debbi Loyo 23:17.

Fourth Street Mile

October 13. San Rafael.

Defending champion Dan Aldridge of Santa Rosa outpaced 25-year-old Joe Carnegie of Fresno on the third and final lap to win the men's open race at the fourth annual Fourth Street Mile in downtown San Rafael.

The 35-year-old Aldridge, former cross country coach at Sonoma State University, was clocked at 4:08.72, breaking the course record of 4:09.20 he set last year. Mike Stone, 22, of Rohnert Park finished third in 4:12.57.

The fun run and afternoon block party featured 11 different races followed by musical entertainment. San Rafael's Downtown Merchants Association sponsored the event as a benefit for Easter Seals under the direction of Don Swartz of New George's night club.

Stephanie Best, 21, of Menlo Park edged Melissa Martel-Accetta by an inch at the finish line to capture first place in the women's open event preceding the men's final.

Best, a recent Cornell graduate participating in her first road race since high school, recorded a 4:45.24 mile to shatter the 5:01.25 course record Martel-Accetta set a year ago. Originally from New Orleans, Best trails with Stanford coach Brooks Johnson in preparation for 1992 U.S. Olympic trials.

Martel-Accetta, 30, a graduate student in natural resources at Humboldt State University, ran a 4:45.56 mile. The third and fourth-place finishers, Rae Stiger, 25, of Moraga and 22-year-old Trish Stone of San Francisco, also recorded times under the previous record.

In the combined men's veterans, masters and sub-masters race, 34-year-old Devon Flynn of San Francisco had a winning time of 4:31.40. Jim Hampton, 45, of Foster City took second (4:34.27), and Kent Thompson, 30, of El Sobrante came in third (4:35.68).

Marilyn Acquistapace, 43, of Point Richmond successfully defended the women's veterans, masters and sub-masters title, and 15-year-old Marika Paez of San Rafael won the high school mile.

Division Results - Men

Overall Winners: 1. Dan Aldridge 4:08.72, 2. Joe Carnegie 4:09.34, 3. Mike Stone 4:12.57. **Walters' Mile Relay:** 1. Peppers Bar & Grill 5:53.69, 2. New George's 5:56.65, 3. Fourth Street Tavern 6:06.83. **Veterans, Masters, Sub-Masters Mile:** 1. Devon Flynn 4:31.40, 2. Jim Hampton 4:34.27, 3. Kent Thompson 4:35.68. **6-8th Grade:** 1. Jason Bankr 1:35.16, 2. Drew Gall 1:49.73. **3-5th Grade:** 1. Matthew Greenberg 1:35.27, 2. Alec Greenwald 1:36.35, 3. Sean Hennessy 1:46.92. **Kindergarten-2nd Grade:** 1. Danny Lynch 1:53.87, 2. Bryan Swanson 1:56.00, 3. Ben Hecht 1:59.26. **Business/Merchant Team Mile Relay:** 1. General Services Life Insurance 4:41.19, 2. New George's 5:16.27, 3. Projects Gallery 5:50.08. **Wheelchair:** 1. Nils Jorgensen 11:19.65, 2. Henrik Hartz 11:20.56, 3. Chris Cook 15:15.47.

Division Results - Women

Overall Winners: 1. Stephanie Best 4:45.24, 2. Melissa Martel-Accetta 4:45.56, 3. Rae Stiger 4:56.16. **Veterans, Masters, Sub-Masters Mile:** 1. Marilyn Acquistapace 6:00.50, 2. Janet Hecht 6:59.67, 3. Sandra Hinck 7:12.93. **6-8th Grade:** 1. Marissa Diaz 1:58.88, 2. Neelie Joyce 2:11.77, 3. Michelle Hennessy 2:19.17. **3-5th Grade:** 1. Sarah Clary 1:47.66, 2. Arielle Webb 2:00.72. **Kindergarten-2nd:** 1. Lauren Hennessy 2:12.46, 2. Alana Paskett 2:15.68. **High School:** 1. Marika Paez 6:20.23, 2. Heather Burke 6:31.59, 3. LeeAnne Pinnelli 7:44.38.

Fleet Feet 10K Challenge

October 13. San Francisco.

Division Results - Men

Overall Winners: 1. Mike McManus 32:40, 2. Christopher Jackson 33:27, 3. Joseph Karnes 33:33. **13 & Under:** 1. Nathan Woodside 51:07, 2. Johnvil Gas 56:21, 3. Luke Swartz 58:43. **14-19:** 1. David Atkins 37:26, 2. Peter Johnson 37:48, 3. Thomas Baldwin 41:03. **20-29:** 1. Mike McManus 32:40, 2. Christopher Jackson 33:27, 3. Joseph Karnes 33:33. **30-39:** 1. Bill Randall 33:39, 2. Jim Bendis 34:58, 3. George Riley 35:10. **40-49:** 1. Tony Burke 34:00, 2. Lon Kincannon 36:33, 3. Jeff May 37:53. **50-59:** 1. Alex Vago 39:13, 2. Bernie Hollajaw 40:01, 3. Andy Anderson 40:19. **60 & Over:** 1. Geoff Basdsley 43:11, 2. Vicente Caselis

45:30, 3. Don Lucero 46:03.

Division Results - Women

Overall Winners: 1. Tracy Miller 39:36, 2. Sharlet Gilbert 41:03, 3. Cynthia Jeong 42:23. **13 & Under:** 1. Olivia Degenkolb 1:09:12, 2. Erica Fries 1:24:33. **14-19:** 1. Heather Schlicher 1:00:57, 2. Maricela Roman 1:04:18, 3. Shannon Allen 1:14:06. **20-29:** 1. Tracy Miller 39:36, 2. Cynthia Jeong 42:23, 3. Lisa Brower 43:12. **30-39:** 1. Susanne Rundberg 42:54, 2. Margie Spano 43:27, 3. Denise Bianchi 44:23. **40-49:** 1. Sharlet Gilbert 41:03, 2. Connie Miks 43:55, 3. Karen Hyink 46:30. **50-59:** 1. Hisae Reichel 53:25, 2. Bev Parks 55:10, 3. Carma Rodriguez 55:26. **60 & Over:** 1. Josie Smith 1:04:38, 2. Mary Chu 1:09:13, 3. Carlene Hosea 1:20:01.

Mt. Burdell Challenge

October 13. Novato. 5K & 10K.

Division Results - Men's 5K

14 & Under: 1. Brian Chiara 21:02, 2. Brendon O'Reilly 21:33, 3. Flynn McClanahan 21:58. **15-19:** 1. Timothy Darnell 19:35, 2. Young Zhou 23:12, 3. Triston Appleton 23:47. **20-29:** 1. Brad Stompe 20:36, 2. David Stompe 22:34, 3. Shawn Campas 23:15. **30-39:** 1. Matt Marchand 18:36, 2. Tom Guerin 21:15, 3. Gregory Miller 21:19. **40-49:** 1. Jerry Neal 18:49, 2. Jason March 20:42, 3. Michael McCartney 21:06. **50-59:** 1. Walt Venum 21:39, 2. J.T. Schaffler 24:24, 3. Ralph Harms 24:24. **60 & Over:** 1. Irwin Herlihy 26:31, 2. W. Scharringhausen 29:48.

Division Results - Women's 5K

14 & Under: 1. Rebecca Jordan 24:05, 2. Shaunna Anderson 24:42, 3. Mollie Misakani 25:14. **15-19:** 1. Jenny Lovejoy 29:24, 2. Natasha Nichols 31:42, 3. Jenny Ito 32:44. **20-29:** 1. Jocely Finch 21:48, 2. Tami Madison 23:24, 3. Rebecca D'Aoust 23:42. **30-39:** 1. Janet Calmels 23:38, 2. Susie Van Buskirk 24:01, 3. Debbie May 27:45. **40-49:** 1. Susanne Calmels 28:13, 2. Judith Gottlieb 28:17, 3. Diane Major 28:49. **50-59:** 1. Jan Haas 33:33, 2. O. Scharringhausen 34:20, 3. Marcia Lodge 35:00. **60 & Over:** 1. Els Tuinzing 32:57.

Division Results - Men's 10K

14 & Under: 1. Jonathan Genat 42:26. **15-19:** 1. Chris Viau 45:13, 2. Dylan Clark 51:22. **20-29:** 1. Alan Reynolds 40:43, 2. Steve Shapiro 43:31, 3. Mike Queirolo 47:28. **30-39:** 1. Bradford Bryon 42:30, 2. Mark Bollinger 42:51, 3. Kurt Ryan 43:52. **40-49:** 1. Don Scioli 44:15, 2. Donn DeAngelo 44:53, 3. Mickey Fredrick 47:16. **50-59:** 1. Roger Major 49:14, 2. Norman Ciampi 52:56, 3. Dominic Gara 55:36. **60 & Over:** 1. Ivan Tomasi 56:56, 2. Charles Hartman 57:45, 3. Sam Hirabayashi 58:44.

Division Results - Women's 10K

14 & Under: 1. Jenny Eckert 57:53, 2. Moriah Underhill 58:10, 3. Heather Scott 1:52:00. **15-19:** 1. Kirsten Nelson 1:01:09, 2. Tricia Marsui 1:02:43, 3. Marisa Harlan 1:05:02. **20-29:** 1. Catherine Kelly 49:28, 2. Nancy Camera 51:13, 3. Kellian Orr

RESULTS

1:02:39. 30-39: 1. Nancy Michaud 54:46, 2. Michelle Roulier 55:57, 3. T.J. Campbell 56:46. 40-49: 1. Jane McClure 56:23, 2. Meredith Misakian 58:32, 3. Jody Jeppson 59:06. 50-59: 1. Katie Martin 1:02:38, 2. Gail Graser 1:06:39.

Skyclimb 91

October 13. Salinas. 7.5 Mile.

Division Results - Men

Overall Winners: 1. Jim Scattini 49:11, 2. Brad Holbrook 49:22, 3. Matt Wilkinson 51:51. Under High School: 1. Eric Jones 1:07:14, 2. Nell Gibeau 1:07:46. High School: 1. Jarrod Westerlund 1:00:48, 2. Frank Kinnaman 1:08:10, 3. Jeffrey Thayer 1:12:59. 19-29: 1. Jim Scattini 49:11, 2. Brad Holbrook 49:22, 3. Matt Wilkinson 51:51. 30-39: 1. Gus Hernandez 56:33, 2. Jefferson Seay 57:56, 3. Kevin Stobridge 59:54. 40-49: 1. William Kunz 53:17, 2. Mike Dove 54:12, 3. Jan Valencia 55:06. 50-59: 1. Richard Leutzinger 56:46, 2. John Ancheta 1:01:06, 3. Adolfo Orozco 1:03:51. 60-69: 1. Carlos Jimenez 1:24:48. 70 & Over: 1. Pierre DelFausse 1:29:10, 2. Albert Jarschke 1:32:03. Wheelchair: 1. Marc Lieberman 56:22, 2. Bryce Hori 1:02:54. Clydesdale: 1. Bob Barber 1:04:12, 2. Ben Faus 1:07:58, 3. Paul Steinberg 1:08:46.

Division Results - Women

Overall Winners: 1. Laura Sanchez 56:43, 2. Carol Boyd 57:21, 3. Patty Selbicky 59:23. 19-29: 1. Carol Boyd 57:21, 2. Lisa Silva 1:14:47, 3. Lisa Anderson 1:39:23. 30-39: 1. Laura Sanchez 56:43, 2. Patty Selbicky 59:23, 3. Marla Trujillo 1:00:04. 40-49: 1. Debbie Neel 1:09:48, 2. Sally Walters 1:17:17, 3. Haze Thompson 1:17:40. 50-59: 1. Gloria Dake 1:21:14, 2. Judy Nielsen 1:32:40. Clydesdale: 1. Anita Williams 1:35:34.

Legg Lake Runs

Stop Hate Crime Run

October 19. So. El Monte. 5K.

1. Joseph Fleming (42) 20:04, 2. Mike Lalum (47) 25:43, 3. Tom Kutrosky (56) 28:19.

Sunset Orange Run

October 20. So. El Monte. 5K.

1. Mike Lalum (47) 24:40, 2. Wiley Nelson (69) 27:03.

Alhambra Moonlight Run SCA/TAC Grand Prix Series Championships

October 26. So. El Monte. 8K.

Overall Results - Teams

1. Pico Rivera A.C. (40+ Men) (Ocana/Sanchez/Cabeza) 1:24:43, 2. 099er's Pico Rivera A.C. (Open) (Figuerola/Martinez/Apodaca) 1:34:46, 3. 099er's Pico Rivera A.C. (50+) (Monioz/Camacho/Vasquez) 1:35:18, 4. Senior T.C. (70+) (Howard/Scofield/Benedetti) 2:25:28, 5. 099er's Pico Rivera A.C. (30+ Women) (Miller/Salinas/Salinas) 2:29:53.

Moonlight Run

October 27. So. El Monte. 5K.

1. Frank Ganezer (38) 21:59, 2. Arthur Martinez (44) 23:29.

Big Apple Run

October 19. Springville. 5K & 4.2 Mile.

Overall Results - 5K

1. George Rivera (14-16) 16:28, 2. Salvador Guzman (17-20) 16:39, 3. Juan Sanchez (17-20) 17:36, 4. Ismael Sanchez (14-16) 17:54, 5. Rey Sanchez (14-16) 18:28, 6. Ray Barus (30-39) 19:53, 7. Robert Tafoya (40-49) 20:21, 8. Pablo Hernandez (14-16) 20:26, 9. Jauan Sanchez (40-49) 20:38, 10. Butch Lewis (14-16) 21:04.

11. Ruben Lopez (40-49) 21:08, 12. Richard Christenson (30-39) 21:09, 13. Juan DeJesus (14-16) 21:57, 14. Mark Phillips (30-39) 21:57, 15. Andrew Gomez (40-49) 22:06, 16. Chuck Hevener (40-49) 22:22, 17. Lorenzo Alvarado (13&U) 22:31, 18. Mel Elliott (60-69) 22:32, 19. Terry Manning (50-59) 23:25, 20. Oscar Ruiz (14-16) 23:34.

Overall Results - 4.2 Mile

1. Joe Carnegie (21-29) 23:57, 2. Michael Young (30-39) 23:59, 3. Alvaro Ortiz (17-20) 25:12, 4. Ruben Hernandez (14-16) 25:31, 5. Chris Haddeow (21-29) 25:45, 6. Larry Fambrough (40-49) 26:27, 7. Jess Hernandez (21-29) 26:53, 8. Rafa Ruiz (17-20) 27:08, 9. Art Silva (21-29) 27:11, 10. Lawrence Burghardt (50-59) 27:32.

11. Scott Hillman (30-39) 28:00, 12. Phillip Aguire (30-39) 28:04, 13. Dan Greaney (30-39) 28:59, 14. Bill Peck (50-59) 29:12, 15. Bruce Kelly (30-39) 29:32.

Bulletin Run

October 19. Manteca. 2 Mi. & 10K.

Division Results - Men's 2 Mile

Overall Winner: 1. Nick Nickols 10:20. 12 & Under: 1. Jeremy Lariosa 14:21, 2. Jeremy Stone 14:58, 3. Jesse Corralejo 15:34. 13-18: 1. Anthony Mascorro 11:09, 2. Rudy Hverta Jr. 11:57, 3. JoJo Aguilar 12:12. 19-29: 1. Anthony Torres 12:42. 30-39: 1. Nick Nichols 10:20, 2. Daniel Garcia 10:38, 3. Richard Cueras 11:06. 40-49: 1. Frank Miranda 11:30, 2. Fernando Pasquel 12:25, 3. Timothy Stone 13:58. 50-59: 1. Joseph Valdez 15:18, 2. Carl Tilton 16:26. 60 & Over: 1. Payson Taylor 15:25, 2. Sheridan Holland 15:26, 3. Don Osborn 18:41.

Division Results - Women's 2 Mile

Overall Winner: 1. Liz Lariosa 12:46. 12 & Under: 1. Liz Lariosa 12:46, 2. Rosa Aguilar 13:24, 3. Angelina Poulos 15:01. 13-18: 1. Jennifer Poulos 14:19, 2. Desiree Poulos 14:20, 3. Sarah Clark 22:42. 19-29: 1. Janet Fries 17:01, 2. Gina Coleman 17:21. 30-39: 1. Rosemarie Scoles 16:11, 2. Joann Tilton 16:26, 3. Sally Mantya 16:50. 40-49: 1. Marie Guzman 18:06, 2. Jeanette Clark 19:18, 3. Helen Carroll 21:26. 60 & Over: 1. Velma Scarborough 25:25.

Division Results - Men's 10K

Overall Winner: 1. Richard Johnson 34:56. 13-18: 1. Matt Kent 46:11, 2. Jeff Crispin 46:11. 19-29: 1. Richard Johnson 34:56, 2. Edward Rael 38:24, 3. Garth Stapley 50:02. 30-39: 1. Clyde Diag 39:06, 2. Geoff Grinols 40:25, 3. Dennis Lund 41:56. 40-49: 1. Paul Field 39:02, 2. Bob Devin 41:32, 3. Pi Yar-

man 42:38. 50-59: 1. Joseph Torres 42:10, 2. Clark Herzog 41:50, 3. Bill Thieme 46:41. 60 & Over: 1. Chuck Holmes 54:20.

Division Results - Women's 10K

Overall Winner: 1. Nancy Wright 50:26. 19-29: 1. Brenda Williams 1:00:24. 30-39: 1. Nancy Wright 50:26, 2. Nancy Meyer 52:15, 3. Jill Rome 52:47.

The Eagle 5000

October 19. Christ College, Irvine.

Division Results - Men

Overall Winners: 1. Mark Junkermann 14:36, 2. John Koningh 14:43, 3. Eugene Mustar 15:11. 14 & Under: 1. Kevin Molle 21:12, 2. Michael Terrell 23:20, 3. Matt Terrell 26:07. 15-19: 1. Chad Heaton 16:25, 2. James Buckley 17:07, 3. Eric Strand 18:48. 20-24: 1. Alfonso Medina 16:23, 2. Erik Rees 16:28, 3. Tim Bryan 16:31. 25-29: 1. Curt Hughes 15:36, 2. Alex Miroshnichenko 16:01, 3. Terry Sedgwick 16:30. 30-34: 1. Antonio Munoz 15:53, 2. Bryan Wilkins 16:07, 3. Ken Cabral 16:49. 35-39: 1. Rob Slick 16:40, 2. Kirk Fitzek 17:45, 3. Scott McKenzie 18:18. 40-44: 1. Steve Kellmyer 17:28, 2. Mark Newton 17:35, 3. Jim Heller 19:09. 45-49: 1. John Hutchins 21:31, 2. Mike Lalum 23:13, 3. David Seib 23:16. 50-54: 1. Glen Shook 18:54, 2. Jim Roundtree 22:01, 3. Darryl Wold 23:24. 55-59: 1. John Strand 22:47, 2. Jim Buckley 28:53. 60 & Over: 1. John Watcher 25:41, 2. Charles Hoger 26:33, 3. B.W. McQuarrie 27:39.

Division Results - Women

Overall Winners: 1. Kathleen Smith 16:37, 2. Sheri Hall 17:53, 3. Genevieve Graff 18:01. 15-19: 1. Therese Fricke 19:49, 2. Dana de Vaney 21:24, 3. Monica Turner 23:05. 20-24: 1. Amber Coley 18:08, 2. Renee Carroll 21:23, 3. Michelle Negron 22:50. 25-29: 1. Stacey Cabral 18:51, 2. Anne Krieger 24:33. 30-34: 1. Carrie Henderson 23:21. 35-39: 1. Goregine Ried 20:08, 2. Bev Andrew 26:22, 3. Phyl Barger-McKinlee 27:42. 40-44: 1. Charlene Wilson 20:23. 45-49: 1. Jan Luedtke 27:46. 50-54: 1. Judy DeMeno 25:09, 2. Dorothy Strand 28:36, 3. Mabe Watcher 31:17.

Firetrails Fifty

By Dick Collins

Our 9th edition of the Firetrails Fifty was overshadowed by the Great Oakland Fire on the very next day. The fire started very near our course near the Steam Trains aid station. During our race, several of our runners saw helicopters getting water from a reservoir right next to our trail.

The fire was extinguished, but embers remaining were blown into a conflagration by a hot, dry strong wind on Sunday. The damage to homes in the hilly, forested area was almost too much to comprehend. In alternate years, we preceded the stock market plunge in 1987, we raced four days after the Loma Prieta earthquake in 1989, and now a catastrophic fire on the next day in 1991. I am wondering what could happen in 1993.

As far as our race went, our field doubled from any previous year because of two

things: the requirement that a runner had to qualify to enter the Western States lottery, and the inclusion of the race in the Northern California Ultra Gran Prix Series. We had 98 entrants, 90 starters and 75 finishers.

Carl Anderson and Dow Mattingly took the early lead and were on a blistering race early. Carl made the 25-mile turnaround in 3:13, which is a new record and slowed very little as the day became warmer. His finishing time was 6:44:38.

Race record holder Dave Scott had to run hard to hold second place from Tom Wright, who set a new masters race record.

Gard Leighton was the first 50-59 finisher, missing the race record by eight seconds. Richard Laine, again, finished first in the 60-69 age group.

Melinda Creel won the women's race in a near race record time of 8:21:09. Joan Giniel was the 1st masters' finisher ahead of Linda Elam, and Shirley Church was our first and only 50+ finisher.

One disturbing aspect of the race was the apparent appearance of "environmental terrorists" (Dave Horning's term) at several points on the trail. Ribbons were removed or moved to other locations to mis-direct the runners, and flour markings were brushed out. This caused some runners to go off course and lose time. This seems to be a recurring theme for races, as the Stanford Centennial Race suffered the same problems. Race directors will have to build in contingency methods to keep their courses properly marked. Runners can also help themselves to overcome this sort of problem.

Local runners can pre-run the course. Other runners can carry course maps or descriptions with them. On an out and back course, runners could pay close attention to the course so they can find their way back even with altered trail markings.

The volunteers, who are the backbone of every race, did a fine job and there were many comments about the good aid stations.

Next year will mark the 10th edition of the race and we hope to have an even better race.

Overall Results

1. Carl Anderson (31) 6:44:38, 2. Dave Scott (34) 7:16:41, 3. Tom Wright (47) 7:22:50, 4. Jim Scott (31) 7:28:36, 5. Dow Mattingly (40) 7:32:36, 6. Dan Williams (42) 8:03:30, 7. Gard Leighton (57) 8:03:56, 8. Bob Butsic (45) 8:06:04, 9. Hollis Lenderking (41) 8:15:04, 10. Melinda Creel (34 F) 8:21:09.

11. Frank Ruona (46) 8:39:45, 12. Errol Jones (41) 8:42:59, 13. George Hall (40) 8:44:02, 14. Jeff Pescar (41) 8:44:58, 15. Leslie Mattingly-Vitale (38) 8:48:44.

Hawthorne Rotary Runs

October 19. Hawthorne. 5K & 10K.

Division Results - 5K

Overall Winners: 1. Scott Shean 16:06, 2. Armand Crespo 16:28, 3. Ron Combs 16:29. 10 & Under: 1. Michael Hales 21:52,

RESULTS

2. Jaime Martinez 24:02, 3. Christian Guzman 24:37, 11-13: 1. Agustin Gaytan 17:53, 2. Vicente Guerrero 18:14, 3. Devon Murray 19:28, 14-16: 1. Sebastian Cortes 17:56, 2. Jose Torres 18:25, 3. Enrique Uicab 19:03, 17-19: 1. Martin Valdez 17:44, 2. Humberto Tapia 18:12, 3. Marcus Barbee 18:15, 20-24: 1. Armand Crespo 16:28, 2. Ron Combs 16:29, 3. Chris Johnson 17:23, 25-29: 1. Scott Shean 16:06, 2. Daniel Zepeda 17:21, 3. Carlos Plascencia 18:33, 30-34: 1. Gerardo Guzman 16:44, 2. Dan Takahashi 16:55, 3. Bob Wilder 17:06, 35-39: 1. Takashi Yagisawa 16:42, 2. Chris Melvin 16:57, 3. Samuel Gardner 17:28, 40-44: 1. Geoff Guerrero 17:26, 2. Tom Williams 17:47, 3. Salvador Gonzalez 17:49, 45-49: 1. Donald Gillman 18:00, 2. Randall Shelley 19:03, 3. Bobby Roberts 19:05, 50-54: 1. Catarino Gonzalez 17:09, 2. Bill Little 19:11, 3. Oscar Rosales 19:19, 55-59: 1. Gustav Woerner 22:16, 2. Joe Anderson 22:17, 3. Martin Carranza 24:36, 60-64: 1. Milo Sather 21:25, 2. Bob Vitale 21:28, 3. Craig Nason 23:59, 65-69: 1. Avery Bryant 21:04, 2. Luis Cordova 25:31, 3. Rodrigo Cabezas 27:48, 70 & Over: 1. Heinz Gruber 31:14, 2. Denn Scofield 33:21, 3. Jack Bishop 46:40.

Division Results - Women's 5K

Overall Winners: 1. Katie Cunningham 18:14, 2. Carrie Wenger 18:54, 3. Regina Eron 19:43, 10 & Under: 1. Cherilyn Hales 28:54, 2. Erika Endigo 34:55, 3. Veronica Riglick 35:54, 11-13: 1. Cynthia Alvarado 24:34, 2. Miki Katagami 25:01, 3. Alicia Neely 25:08, 14-16: 1. Amy Carlson 24:05, 2. Uju Ojako 26:04, 3. Nubia Guerrero 26:46, 17-19: 1. Elsa Sanchez 20:50, 2. Kendra Ossey 21:33, 3. Karla Cabrera 21:36, 20-24: 1. Regina Eron 19:43, 2. Srihith Gresthaphun 22:45, 3. Irlanda Mendez 23:39, 25-29: 1. Anne Kassman 19:49, 2. Susan Schneider 21:11, 3. Lori Kuriki 22:57, 30-34: 1. Carrie Wenger 18:54, 2. Maggie Lippon 23:16, 3. Teri Tsosie 23:56, 35-39: 1. Katie Cunningham 18:14, 2. Denise Peck 21:10, 3. Connie Ballenger 26:48, 40-44: 1. Tobey MacQuid 22:07, 2. Jill Bennett 24:06, 3. Hideko Katagami 25:16, 45-49: 1. Cyndy Burgess 25:26, 2. Trina Gonzales 25:28, 3. Mahilyn Brown 32:20, 50-54: 1. Bobbi Gold 23:06, 2. Mildred Harrison 26:51, 3. Judy Stevens 26:57, 55-59: 1. Greta Jones 26:42, 2. Ann Martin 27:20, 3. Louise Smith 32:08, 60-64: 1. Trudy Wadman 27:13, 2. Verian Bryce 30:11, 3. Valera Braun 33:24.

Division Results - Men's 10K

Overall Winners: 1. Tyrus Deminter 30:29, 2. Kevin Broady 30:39, 3. Hector Lopez 32:07, 14 & Under: 1. Jorge Rodriguez 44:12, 2. Joel Carlson 53:12, 15-19: 1. Michael Mazza 34:11, 2. Chris Crowell 35:48, 3. Julio Castro 36:46, 20-24: 1. Hector Lopez 32:07, 2. Hose Hernandez 34:57, 3. Eric Merk 36:01, 25-29: 1. Tyrus Deminter 30:29, 2. Kevin Broady 30:39, 3. Fernando Vasquez 33:10, 30-34: 1. Javier Lara 33:21, 2. Roni Benmoha 35:38, 3. Jorge Plascencia 36:43, 35-39: 1. John Fujii 33:57, 2. James Curry 35:06, 3. Jesus Mo-

rales 35:16, 40-44: 1. Frankie Dowey 38:49, 2. Luis Martin 40:28, 3. Jose Ramirez 41:53, 45-49: 1. Juan Cabeza 36:44, 2. Robert Neill 41:00, 3. Dan Crosser 41:30, 50-54: 1. Charles McClung 37:09, 2. Robert Weinman 41:19, 3. Joe Nunes 43:37, 55-59: 1. Leroy Kim 40:06, 2. John Martin 45:09, 3. John Berry 54:28, 60-64: 1. Pat Devine 43:24, 2. Lew Hankins 45:34, 3. Ellis Revens 46:51, 65-69: 1. Daniel Lujan 51:26, 2. Myer Miller 56:23.

Division Results - Women's 10K

Overall Winners: 1. Dolly Boden 41:20, 2. Linda Werner 42:02, 3. Jennie Cole 43:14, 20-24: 1. Ellen Wallace 43:46, 2. Leslie Rezonico 50:41, 3. Stephanie Gould 51:43, 25-29: 1. Dolly Boden 41:20, 30-34: 1. Linda Werner 42:02, 35-39: 1. Jennie Cole 43:14, 2. Beverly Gibbs 51:32, 3. Frankie Herschler 53:03, 40-44: 1. Kris Kingsbur 53:08, 2. Rita O'Brien 54:43, 3. Cathy Plantenga 57:35, 45-49: 1. Linda King 43:14, 2. Corrine Schratz 48:53, 65-69: 1. Betty Keel 1:04:04.

Overall Results - Men's 5K Walk

1. Keith Ward 24:06, 2. Richard Lenhart 24:07, 3. Daniel Thompson 26:00, 4. Marty Daro 35:32, 5. Don Gambrell 37:31. **Overall Results - Women's 5K Walk**

1. Brenda Long 26:51, 2. Cheryl Kincaide 32:45, 3. Barbara Porter 36:30, 4. Holly Osborne 36:51, 5. Donna Stanton 37:38.

Baldy Peaks 50K

October 19. Mt. Baldy.

Two years in a row of excellent weather. It was warmer this year and therefore there were no course records. Two of our past winners were present and they showed the result of a lot of work over the summer. Both Rob McNair and Dick Tufts came through with excellent runs. Rob was ahead through the entire run and Dick pulled up from as far back as sixth. Vicki DeVita was never challenged for first place, running 15 to 20 minutes behind last year's pace at the first time through the Notch. The rest of the run was at almost the same pace as last year.

The course is the same gruesome adventure with the same trail and mountain provided for the four years. The run starts at Dee Hansen's house at 5000 feet, descending in a mile and a half to 4200 feet. A course that starts downhill can't be all bad. The next 6 1/2 miles remind many of the start of Waschatch with a climb to 10,064 feet. The delightful tour takes the runner across a pastoral stream, through a fern glade, up a ski slope and into the big trees. The views over the valley begin to be spectacular. Over the narrows (don't look down, because you may go there), across the catwalk and Baldy appears. Joe Franko greets the runners as they head toward the Notch and aid (11.36 miles). Four more miles downhill brings them to Manker at 6200 feet. More food and goodies provided by the Assistance League and PowerBars are spread for the hungry. The direction is now up again toward the Sierra Club Cabin only 2 3/4 miles away. Why is it that even the fastest

runners take 50 minutes to do this distance and the slowest two hours? Then up to Baldy again to say hi to Joe a second time. Back to the Notch and up to Thunder Mtn. and back (this distance now 25.92 miles). More food and goodies as the runner follows known trails down to the Ice House where it all began in the morning. The course is a little long, ends on a slight uphill, and for the more sedate runner, usually in less than 13 hours. In fact, times on this course are very comparable to those on S.J.T. Could this run be the first 50K to be a qualifier for one of our 100 mile runs? Most of the finishers would be in agreement that it would be a worthy test of conditioning for such runs. It is promoted as one percent flat and the rest scenic. It is also thought to be the toughest 50K in the U.S.

Overall Results

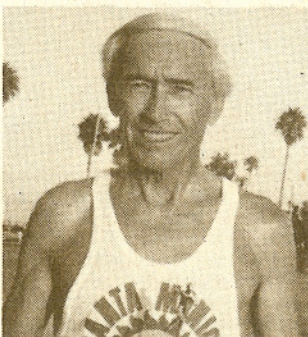
1. Rob McNair (37) 6:29:19, 2. Dick Tufts (47) 6:35:40, 3. Steve Rohde (37) 6:35:43, 4. Chip Parsons (37) 6:40:18, 5. Mark Marcelli (32) 6:55:00, 6. Jerry Mitchell (37) 7:13:00, 7. Baz Hawley (49) 7:35:30, 8. Jim Akers (47) 7:53:15, 9. Jim Pellon (41) 8:08:28, 10. Vicki DeVita (38) 8:08:28.

11. Gary Miller (54) 8:15:40, 12. Bob Kingery (47) 8:18:10, 13. Howard Lewis (33) 8:19:10, 14. Damon Kelliher (29) 8:20:15, 15. John Swallow (50) 8:22:00, 16. Dale Peacock (49) 8:27:38, 17. John Ingro (57) 8:28:54, 18. Bill Mack (38) 8:29:30, 19. Greg Kidman (43) 8:35:50, 20. Bill Dickey (52) 8:40:00.

Ray Williams Memorial Race

October 19. La Playa Stadium, Santa Barbara CC.

Marcel Diraison of France, and now a member of the Santa Monica Track Club, was the winner of the 7th annual Ray Williams 5000 meter race for runners 60 and over, which is held at the La Playa Stadium



MARCEL DIRAISON

at Santa Barbara City College.

This TAC-sanctioned event, sponsored by Club West under the direction of Lloyd E. Albright of Santa Barbara, is the closing feature of the club's yearly Masters Meet. Entailed for the winner are a take-home

replica of the Perpetual Trophy, plus the inscription of his name of the latter, which, if won any three times, becomes his permanent possession. This three-times win was accomplished in 1989 by Dr. Boyce Jacques of Reno, Nevada. Single year winners were Ed Stotsenber of Malibu, Ray Gil of Lompoc, and John Holoubec, also of Lompoc.

Ray Williams, who died in 1984, was a retired U.S. Government physicist who held numerous national and world titles in the mile, 1500 and 5000 meters.

Wenmat Classic Runs

October 19. Sacramento. 5K & 10K

Overall Results - 5K

1. Jeffrey Scott (29) 15:26, 2. Rich Govi (39) 16:12, 3. Scott Babb (17) 17:16, 4. Joe Podoll (14) 17:36, 5. Christian Ladd (24) 18:12, 6. Rick Reyes (40) 18:58, 7. Bob Morgan (31) 19:25, 8. Sammy Trujillo (45) 19:28, 9. Patrick Downey (46) 19:48, 10. Todd Mirell (18) 19:52.

11. Barry Vogel (35) 19:53, 12. Jeff Hagen (44) 20:01, 13. Booth Borcherding (30) 20:13, 14. Arnold Utterback (45) 20:48, 15. Mike Miller (49) 20:58, 16. Phil Eubanks (44) 20:58, 17. Robin Ward (50) 21:00, 18. Michael Otten (52) 21:03, 19. Larry Loesch (37) 21:04, 20. Ryan Starr (21) 21:20.

21. Edwin Berry (56) 21:21, 22. Martin Jaime (28) 21:31, 23. Russell Nakata (35) 21:43, 24. William Graham (34) 22:01, 25. Michael McKee (42) 22:02.

Overall Results - 10K

1. Ken Rhoades (17) 33:36, 2. Don Hicks (31) 33:45, 3. James Nelson (28) 33:51, 4. Thom Pearman (29) 35:22, 5. Ronald Souza (37) 35:56, 6. Bill Jensen (25) 36:10, 7. John Kennedy (38) 36:13, 8. Del Barbray (39) 36:33, 9. Orville Fisher (32) 37:53, 10. Philip Deacon (18) 37:58.

11. Ken Takao (31) 38:04, 12. Armando Ayala (25) 38:26, 13. Larock Feldspar (32) 38:31, 14. Ronald Nageotte (42) 38:34, 15. Phil Coleman (37) 38:47, 16. Alfonso Lopez (29) 38:58, 17. Larry Morrison (43) 39:14, 18. Mark Miller (32) 39:24, 19. Kim Isham (39) 39:28, 20. Doug Essary (46) 39:32.

21. Les Glidden (39) 39:56, 22. Mike Peldszus (40) 39:57, 23. James Frost (24) 39:58, 24. David Ragsdale (52) 40:22, 25. Steve Weibel (30) 40:22.

Mt. Diablo Classic Triathlon

October 19. Antioch.

Overall Results

1. Ken Dobbepuhl (42) Concord 2:36:18, 2. Paul Solon (38) Tiburon 2:37:11, 3. John Munoz (36) Clayton 2:39:15, 4. Chris Huxley (23) Rohnert Park 2:39:59, 5. Tom Torlakson (42) Antioch 2:41:32, 6. Scott Adams (21) Cupertino 2:47:13, 7. Tim Pontarelli (29) Walnut Creek 2:47:35, 8. Bob VanYliet (46) Antioch 2:50:54, 9. Chuck Ishii (30) Redwood City 2:51:37, 10. William Fratt (29) San Francisco 2:53:25.

11. Doug Marshall (36) San Ramon 2:55:06, 12. Steve Gregg (34) Oakland

RESULTS

2:55:42, 13. Lee McKinley (30) Alamo 2:55:45, 14. Peter Meuleners (33) Livermore 2:58:20, 15. Tracy Achelis (37) So. Lake Tahoe 2:58:29, 16. Colin Anderson (22) Santa Cruz 3:00:40, 17. Pete Denove (Alamo) 3:00:53, 18. Denis Honeychurch (45) Suisun 3:01:31, 19. Palmer Jackson (27) San Francisco 3:01:31, 20. Mark Ramirez (36) San Ramon 3:01:43.

Overall Results - Teams

1. Team Stone Jason Conway (Pleasant Hill) 2:43:05, 2. Team Aaron Price Walker (Walnut Creek) 2:43:58, 3. Team Goulding Hauke Lawson (Martinez) 2:44:38, 4. Team Guerrero Billups Healey (Concord) 2:48:44, 5. Team Halverson Allendorf (San Francisco) 2:52:28.

Overall Results - Run-Walk

1. Cynthia Jeong (27) Concord 57:19, 2. Steve Cunningham (42) Walnut Creek 57:45, 3. Kim Denton (26) Chico 1:02:23, 4. Don Sweeney (44) San Ramon 1:04:16, 5. Dave Waco (59) Livermore 1:05:31.

Coors Light Biathlon

October 20, San Diego.

Overall Results - Men

1. Ken Souza (26) Boulder, CO. 1:09:51, 2. Michael Tobin (27) Seattle, WA. 1:10:21, 3. John Groulx (24) Oceanside 1:10:28, 4. Mac Williamson (26) Del Mar 1:11:52, 5. Chris Willis (32) St. Helena 1:12:14, 6. Greg McNeil (23) Ojai 1:12:30, 7. Eoin Fahy (32) San Diego 1:12:33, 8. Bob Persell (26) Oceanside 1:13:53, 9. Scott Pesch (24) Encinitas 1:14:11, 10. Roger Matherly (24) Laguna Niguel 1:14:53.

Overall Results - Women

1. Madeline Tormoen (29) Colorado Springs, CO. 1:16:59, 2. Liz Downing (32) Vancouver, WA. 1:17:55, 3. Donna Peters (29) Seattle, WA. 1:18:33, 4. Joan Hansen (33) Tucson, AZ. 1:22:10, 5. Nancy Riedel (27) Carlsbad 1:25:23, 6. Janet Christiansen (30) San Diego 1:25:25, 7. Shelley Tozer (29) Bend, OR. 1:26:38, 8. Marilynn Mayo (29) San Diego 1:28:43, 9. Joan Roehrig (27) Seal Beach 1:28:50, 10. Wendy Becker (26) Seattle, WA. 1:29:51.

Division Results - Men

16-19: 1. David Yao 1:28:54, 2. James Meono 1:29:34, 3. Chris Gervais 1:32:23, 20-24: 1. Kyle Bailey 1:16:23, 2. Colin Spooner 1:15:44, 3. Rick Kalinowski 1:18:18, 25-29: 21. Bob Persell 1:13:53, 2. Steve Moon 1:15:35, 3. Brent Allen 1:16:27, 30-34: 1. Eoin Fahy 1:12:33, 2. Robert Bistodeau 1:15:50, 3. Timothy Becker 1:16:53, 35-39: 1. Jon Spar 1:16:35, 2. Kim Ullie 1:18:06, 3. Robert Wiegand 1:18:11, 40-44: 1. Frank Shorter 1:15:53, 2. John Leffler 1:18:49, 3. Clive Dawson 1:19:12, 45-49: 1. Joe Jacobson 1:20:42, 2. Mike Rogge 1:26:48, 3. Norman Gautreau 1:27:39, 50-54: 1. Curt Curtis 1:28:11, 2. Michael Raggatt 1:30:13, 3. Chuck Strickland 1:31:04, 55-59: 1. Don Rowan 1:47:16, 2. John Strand 1:52:02, 3. Daniel Dickey 1:56:16, 60-78: 1. Morton Gray 1:30:33, 2. Dick Robinson 1:33:12, 3. Hal Sullivan 1:37:44.

Division Results - Women

16-19: 1. Heather White 1:35:28, 2. Emily Kauffman 1:43:55, 20-24: 1. Stephanie Lucero 1:32:59, 3. Julie Rodriguez 1:41:47, 25-29: 1. Nancy Riedel 1:25:23, 2. Marilynn Mayo 1:28:43, 3. Wendy Becker 1:29:51, 30-34: 1. Janet Christiansen 1:25:25, 2. Tedde Crossen 1:33:38, 3. Kathy Barton 1:35:08, 35-39: 1. Alison Goss 1:35:11, 2. Linda Whitehurst 1:39:20, 3. Kathryn Crabb 1:42:49, 40-44: 1. Angela Davis 1:36:16, 2. Patricia Parker 1:39:24, 3. Patricia Carpenter 1:49:23, 45-49: 1. Michelle Hall 1:37:18, 2. Mardi Briggs 1:38:33, 3. Carmen Johnston 1:55:54, 50-54: 1. Gillian Ackland 1:48:44, 2. Bonnie Gabriel 1:53:45, 3. Mary Hack 2:02:18.

Division Results - Teams

Men:

16-50: 1. Begovich/Guardado 1:16:09, 2. Abbs/Ochoa 1:20:32, 3. Cereghino/Singson 1:22:09, 51-70: 1. Barnes/Varano 1:12:36, 2. Ketchen/Milligan 1:15:31, 3. Conner/Henderson 1:18:03, 71 & Over: 1. Lovelady/Share 1:22:41, 2. Faketty/Faketty 1:23:39, 3. Davis/Gardner 1:25:45.

Women:

16-50: 1. Carr/Carr 2:01:17, 51-70: 1. Shere/Ziamba 1:25:02, 2. Paris/Swanson 1:37:19, 3. Bennett/Parker 1:38:17, 71 & Over: 1. Stoner/Zucker 1:36:10, 2. Hohler/Mahaffey 1:39:09.

Mixed:

16-50: 1. Blaes/Kosai 1:27:17, 2. Achtenhagen/Sasaki 1:52:00, 51-70: 1. Gaston/Waters 1:18:50, 2. Hedges/Nitti 1:20:33, 3. Bermudez/Cheney 1:27:35, 71 & Over: 1. Kimura/Walsh-Kimura 1:24:07, 2. Brier/Brier-Capps 1:32:21, 3. Young/Young 2:33:44.

Humboldt Redwoods Marathon

October 20, Humboldt.

Division Results - Men's Marathon

Overall Winners: 1. Steven Ware 2:38:48, 2. William Stone 2:40:57, 3. Kurt Bonnette 2:44:23, 20-29: 1. Cristofer Garvin 2:51:15, 2. Brad Driver 2:57:45, 3. John Cosmos 3:04:22, 30-34: 1. Kurt Bonnette 2:44:23, 2. Scott Winfield 2:45:28, 3. Lawrence Berg 2:52:35, 35-39: 1. William Stone 2:40:57, 2. Michael Ignatius 2:45:45, 3. Dane Hart 2:49:12, 40-44: 1. Steven Ware 2:38:48, 2. Kenny Warde 2:51:39, 3. Frederic Wilson 2:58:27, 45-49: 1. Leon Devoid 3:04:27, 2. Albert Moreno 3:24:40, 3. Gary Freer 3:24:50, 50-54: 1. Sam Vandenberg 3:08:17, 2. Ellsworth Pence 3:12:56, 3. Philo Short 3:32:11, 55-59: 1. John Wagner 3:30:23, 2. George Crandell 3:38:06, 3. Lane Brennan 3:59:39, 60-64: 1. Marvin Johnson 3:48:30, 2. John Farley 4:02:04, 65-69: 1. Julius Velin 4:10:09.

Division Results - Women's Marathon

Overall Winners: 1. Kimberly Bruyn 2:46:16, 2. Renee Punzi 3:20:31, 3. Kathryn Purnal 3:25:02, 20-29: 1. Kathryn Purnal 3:25:02, 2. Lisa Haworth 3:28:47, 3. Alison Kisch 3:29:06, 30-34: 1. Kimberly Bruyn 2:46:16, 2. Renee Punzi 3:20:31, 3. Barbara Engel 3:35:28, 35-39: 1. Jan Hampshire 3:29:21,

2. Jerri Mariott 3:37:16, 3. Connie Beardsley 3:39:49, 40-44: 1. Linda Eglin 3:37:15, 2. Cecilia Chase 3:47:51, 3. Janice Biermann 3:49:37, 45-49: 1. Jessie Stratton 3:35:23, 2. Inez Drixellius 4:01:54, 3. Lois Purgalis 4:20:04, 50-54: 1. Marge Dunlap 3:35:44, 2. Carolyn Hitter 3:56:21, 3. Carol Wallace 4:24:26.

Division Results - Men's Half Marathon

Overall Winners: 1. John Moreno 1:07:07, 2. Randy Accetta 1:07:24, 3. Mel Petersen 1:08:06, 6-19: 1. Ben Fordham 1:29:32, 2. Jason Crow 1:48:42, 3. Brandon Nugent 1:51:11, 20-29: 1. Randy Accetta 1:07:24, 2. Mel Petersen 1:08:06, 3. John Hancock 1:10:00, 30-34: 1. Jeff Shaver 1:09:29, 2. John Novitsky 1:10:58, 3. Louis Garcia 1:11:52, 35-39: 1. John Moreno 1:07:07, 2. Gilbert Uresti 1:14:29, 3. Gil Machado 1:14:51, 40-44: 1. James Milton 1:10:01, 2. David Stancliffe 1:10:32, 3. Gabriel Sandoval 1:14:22, 45-49: 1. David Weamer 1:19:29, 2. Dick Chimenti 1:19:59, 3. Jim Longwith 1:21:19, 50-54: 1. Tim Rostege 1:15:04, 2. Timothy Jordan 1:17:00, 3. Jon Macpherson 1:19:03, 55-59: 1. Alex Derieux 1:24:08, 2. Hal Jackson 1:29:47, 3. Robert Hudson 1:30:34, 60-64: 1. Carl Ellsworth 1:24:48, 2. Bill Stowell 1:34:08, 3. Ephraim Romersberg 1:38:03, 65-69: 1. Robert Kay 1:41:11, 2. Rex Morton 1:44:04, 3. Howard Powers 1:49:32, 70-74: 1. Paul Reese 1:48:17, 2. Joseph Norris 1:52:39, 3. Charles Swingrover 2:58:44, 75-79: 1. John Holoubek 1:48:33, 80-84: 1. Mel Shine 2:04:43, 2. Thomas Cullen 2:41:10.

Division Results - Women's Half Marathon

Overall Winners: 1. Diana Fitzpatrick 1:17:25, 2. Melissa Martel-Accetta 1:17:25, 2. Melissa Martel-Accetta 1:20:32, 3. Christine Iwahashi 1:21:59, 6-19: 1. Cheryl Lease 1:53:58, 20-29: 1. Paula Smith 1:25:44, 2. Carol Parise 1:33:37, 3. Eileen Conroy 1:34:32, 30-34: 1. Diana Fitzpatrick 1:17:25, 2. Melissa Martel-Accetta 1:20:32, 3. Sharon Powers 1:26:02, 35-39: 1. Christine Iwahashi 1:21:59, 2. Kim Rupert 1:26:02, 3. Patty Howell 1:26:41, 40-44: 1. Linda Mantynen 1:23:54, 2. Dee Dee Grafius 1:25:56, 3. Kate O'Neill 1:26:35, 45-49: 1. Susan Henderson 1:24:17, 2. Carol Flexer 1:25:14, 3. Nelly Wright 1:25:32, 50-54: 1. Barbara Miller 1:27:50, 2. Judy Grombridge 1:30:44, 3. Joan Ulyot 1:31:09, 55-59: 1. Myra Rhodes 1:44:59, 2. Joanne Kambry 1:48:58, 3. Mary Welz 1:52:03, 60-64: 1. Marion Irvine 1:29:56, 2. Lois Cook 2:17:18, 3. Lyn Hayes 2:33:43, 65-69: 1. Kit Pickles 2:06:39, 2. Rosalind Novick 4:00:09, 75-79: 1. Kathryn Corbett 4:05:28.

Junvenile Diabetes Count Down 90's

October 20, Santa Monica, 5K & 10K.

Division Results - Men's 10K

Overall Winners: 1. Barry Kelly 33:04, 2. Unknown Runner 34:17, 3. Steve Schuman 34:35, 19-24: 1. Unknown Runner 34:17, 2. Teollio Morales 37:54, 3. Yasuo Akiba 38:25, 25-29: 1. Steve Schuman 34:35, 2. Gary Peterseil 34:48, 3. Chad Pratt 34:52.

30-34: 1. Barry Kelly 33:04, 2. Jim Hoque 36:04, 3. Bruce Thomson 36:22, 35-39: 1. Rafael Antonio 37:32, 2. Steve Marques 38:48, 3. Mich Avant 40:11, 40-44: 1. Terry Smith 40:54, 2. Dick Held 42:45, 3. Robert Curtis 42:51, 45-49: 1. Duane Saterlund 44:59, 2. Tom Gawley 45:26, 3. Stuart Sidwell 45:31, 50-54: 1. George Kingsley 38:50, 2. Roger Meyerstein 46:18, 3. Willie Holling 49:13, 55-59: 1. Vic Gainer 42:28, 2. George Gonzalez 42:56, 3. George Davis 44:29, 60-64: 1. Jerry Withers 44:26, 2. Larry Haun 47:31, 3. Herb Jaffe 54:06, 65-69: 1. Stanley Neufeld 47:21.

Division Results - Women's 10K

Overall Winners: 1. Christi Bach 37:31, 2. Victoria Cook 39:44, 3. Heidi Heitkamp 43:32, 18 & Under: 1. Courtney Rooker 1:03:49, 19-24: 1. Kristen Neubauer 43:56, 2. Kris Toberman 46:30, 3. Jennifer Lawrence 49:22, 25-29: 1. Christi Bach 37:31, 2. Victoria Cook 39:44, 3. Meg Gallo 49:23, 30-34: 1. Heidi Heitkamp 43:32, 2. Hoega Oberto 48:23, 3. Laura Herrera 50:02, 35-39: 1. Carla Watkins 47:02, 2. Cora Fischman 49:21, 3. Susan Leslie 50:36, 40-44: 1. Cathie Peters 44:37, 2. Adell Williams 46:43, 3. Annette Miller 54:26, 45-49: 1. Janice Osborne 56:33, 50-54: 1. Marilyn Clark 52:18, 2. Martha Ryan 58:02, 55-59: 1. Atsuko Fujimoto 55:52, 65-69: 1. Doris Gordon 53:51.

Division Results - Men's 5K

Overall Winners: 1. David Olds 15:09, 2. Chris Fisher 16:18, 3. Luis Hernandez 16:27, 18 & Under: 1. Rico Alfaro 21:18, 2. Miguel Figueroa 22:00, 3. James DeVita 23:20, 19-24: 1. Chris Fisher 16:18, 2. Masa Hasegawa 16:47, 3. Andrew Roth 16:55, 25-29: 1. Luis Hernandez 16:27, 2. Randy Forbes 18:22, 3. Chris Johnson 19:00, 30-34: 1. David Olds 15:09, 2. Alfred Zinn 17:37, 3. Nick Trozzi 18:45, 35-39: 1. Carl Allen 17:35, 2. David Frankenthal 19:42, 3. Roger Wiesenaer 20:40, 40-44: 1. Jesus Figueroa 17:23, 2. Philip Gnesin 20:31, 3. Mark McCaleb 20:35, 45-49: 1. Ellis Jones 22:08, 2. Charles Norris 23:01, 3. Sheldon Gilman 26:25, 50-54: 1. Neil Doherty 17:40, 2. Jim Davis 22:57, 3. Don Lum 25:34, 55-59: 1. Ed Pelletier 21:05, 2. Tom Steele 24:17, 3. Kerne 26:04, 60-64: 1. Leonard Walts 21:43, 2. Martin Lipp 23:39, 3. Leon Siff 27:51, 65-69: 1. Robert Moody 30:07, 70 & Over: 1. Jack Mehman 26:40, 2. Jacob Bishin 49:15.

Division Results - Women's 5K

Overall Winners: 1. Michelle Keim 19:21, 2. Tammy Richmond 21:18, 3. Naz Arain 21:20, 18 & Under: 1. Lori Carlson 22:59, 2. Jessie Yager 24:08, 3. Tricia Bradshaw 24:09, 19-24: 1. Michelle Keim 19:21, 2. Naz Arain 21:20, 3. Elizabeth Ren 25:54, 25-29: 1. Tammy Richmond 21:18, 2. Sylvia Mendoza 24:38, 3. Gaylaine Lecours 25:03, 30-34: 1. Jacquelyn Victoria 23:51, 2. Mary Horan 24:10, 3. Susan Valone 24:43, 35-39: 1. Nancy Lovendosky 22:06, 2. Terrie Cave 25:01, 3. Barbara Wachsmann 26:15, 40-44: 1. Joy Blevins 22:48, 2. Leisette Verelst 26:37, 3. Sharon Anton 28:29, 45-49: 1. Fran Smith 24:36, 2. Penny Huber 24:41,

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3. Cindy Klinger 26:19. 50-54: 1. Judy Scharf 27:59, 2. Barbara Whitebitch 32:29, 3. Marilu Lee 35:56. 55-59: 1. Rozanne Knudson 29:12, 2. Rita Hathorn 30:58, 3. Dolores Lofgren 38:26. 65-69: 1. Helen Dick 23:47.

Grizzly Runs

October 20. Garden Valley. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Curt Feenstra 16:52, 2. Nelson Cobb 17:15, 3. Michael Rennie 18:53. 10 & Under: 1. Ryan Hall 31:56, 2. Tim Edwards N.T. 11-13: 1. Matt Coit 26:41, 2. Jeff Brown 35:32. 14-18: 1. Michael Rennie 18:53, 2. Chris Moll 25:09, 3. Jason Marler 30:36. 19-29: 1. Sam Jensen 20:18. 30-39: 1. Curt Feenstra 16:52, 2. Nelson Cobb 17:15, 3. John McBeth 19:35. 40-49: 1. Dick Pine 20:04, 2. Ken Dyer 20:21, 3. Dirk Koon 20:48. 50-59: 1. Neil Moore 23:53, 2. Kean Reed 28:38. 60 & Over: 1. Mort Ward 19:11.

Division Results - Women's 5K

Overall Winners: 1. Angela Tanghetti 19:03, 2. Virginia Nicholson 23:30, 3. Michelle Pedroni 24:23. 10 & Under: 1. Stacy Gorin 32:08, 2. Rayna Flynn N.T., 3. Jennifer Smith N.T. 11-13: 1. Sierra Dyer 25:37, 2. Kacia Linde 30:37, 3. Leann MacGregor 34:19. 14-18: 1. Suzanne Moll 27:20, 2. Jean Matousek 31:28, 3. Tanya Hibbard N.T. 19-29: 1. Angela Tanghetti 19:03, 2. Karen Hiemke 29:57. 30-39: 1. Michelle Pedroni 24:23, 2. Katherine Beilby 28:03, 3. Cynthia Sturges 33:09. 40-49: 1. Katherine O'Conner 25:38, 2. Lea Landry 29:17, 3. Debbie Lind 32:06. 50-59: 1. Virginia Nicholson 23:30, 2. Frances Mattson 28:02, 3. Mary O'Donnell 32:24. 60 & Over: 1. Gery Sullivan 34:45.

Division Results - Men's 10K

Overall Winners: 1. Dirk Feehstra 34:43, 2. Greg Coit 37:10, 3. Mike Buzbee 38:02. 13 & Under: 1. Kurt Hall N.T. 14-18: 1. Matt Wehily N.T., 2. Art Turney N.T. 19-29: 1. Raul Arechiga 41:51, 2. Robert Lenz N.T., 3. David Woodworth N.T. 30-39: 1. Dirk Feenstra 34:43, 2. Greg Coit 37:10, 3. Mike Buzbee 38:02. 40-49: 1. Bruce Von Borstel 39:59, 2. Herb Tanimoto 43:06, 3. Bob Hall N.T. 50-59: 1. Bill Nicholson 43:38, 2. Stan Wagner N.T., 3. Bruce Larsen N.T. 60 & Over: 1. Richard Shumway N.T., 2. Rod Carveth N.T.

Division Results - Women's 10K

Overall Winners: 1. Cindy Melton 44:17, 2. Barbara Schoener 48:23, 3. Brenda Ruedy 49:16. 13 & Under: 1. Elyse Martin 56:35, 2. Shelly Gorin N.T. 19-29: 1. Cindy Melton 44:17. 30-39: 1. Barbara Schoener 48:23, 2. Brenda Ruedy 49:16, 3. Loretta Condit 49:21. 40-49: 1. Scooter Peirera 55:02, 2. Judy Lang 57:11, 3. Christine Powell-Miller N.T. 50-59: 1. Carol Bolton 57:48, 2. Linda Hansen N.T.

Mulberry's Grape Escape

October 20. Livermore. 5K & 10K.
Division Results - Men's 5K

Overall Winners: 1. Steve Zirkelbach 15:59, 2. Ric Clair 21:14, 3. Brian Davis 16:48. 6-13: 1. Matthew Patton 23:11, 2. Nathan Martin 23:49, 3. Joaquin Delgado 24:08. 14-19: 1. Adam Ozarski 18:29, 2. Matt Brady 18:54, 3. Mike Petty 19:07. 20-29: 1. Steve Zirkelbach 15:59, 2. Ric Clair 21:14, 3. David Elstrun 17:01. 30-39: 1. Brian Davis 16:48, 2. W.J. Macor 17:35, 3. Jeff Cowling 17:56. 40-49: 1. David Fursh 16:53, 2. Jim Reitz 18:00, 3. Dan Alarid 19:21. 50-59: 1. Tom Kaiser 19:44, 2. Rolf Nebelung 19:49, 3. Norris Edson 22:22. 60 & Over: 1. Walter Eneidi 26:13, 2. Norman Thomas 29:15, 3. Wayne Zimmermann 29:53.

Division Results - Women's 5K

Overall Winners: 1. Melinda Villar 20:27, 2. Catherine Venables 21:21, 3. Holly Noack 23:25. 6-13: 1. Monique Donahue 28:45, 2. Anna Fortner 29:27, 3. Jenny Wilson 30:22. 14-19: 1. Catherine Venables 21:21, 2. Kirsten Drake 23:52, 3. Heidi Kish 32:15. 20-29: 1. Kathleen Kelton 26:07, 2. Debbie Hansen 26:15, 3. Lisa Besso 26:31. 30-39: 1. Melinda Villar 20:27, 2. Holly Noack 23:25, 3. Susan Calderon 23:40. 40-49: 1. Nancy Walker 23:55, 2. Jackie Marr 23:56, 3. Carol Turner 26:03. 50-59: 1. Maj-Britt Moberand 25:58, 2. Suzanne Sedgley 26:28, 3. Joan Gonzales 27:10. 60 & Over: 1. Ruth Levitan 35:09, 2. Carolyn Matthews 36:10, 3. Geneva Humphrey 40:50.

Division Results - Men's 10K

6-13: 1. Cameron Fortner 51:08, 2. Ronnie Purl 51:13, 3. Eric Hanau 53:21. 14-19: 1. Chad Donahue 43:49. 20-29: 1. Michael Gagne 33:54, 2. Alex Ramirez 35:41, 3. James Owen 38:09. 30-39: 1. Michael Plummer 34:46, 2. Gian Gross 37:51, 3. Timothy Olson 38:43. 40-49: 1. Charles Verutti 37:15, 2. Frank Hagerty 38:25, 3. Bob Hockey 38:26. 50 & Over: 1. Jerome Lewis 43:32, 2. Marmion Hays 43:40, 3. Rich Deyoung 45:18. 60 & Over: 1. Jess Chavez 46:17, 2. Lloyd Anderson 48:00, 3. Joe Kinder 49:15.

Division Results - Women's 10K

14-19: 1. Angela Zobel 51:22. 20-29: 1. Alejandra Aguirre 41:25, 2. Kristin Webster 46:42, 3. Jennifer Klepperich 52:21. 30-39: 1. Donna Goldberg 40:37, 2. Beatriz Prado 45:27, 3. Tracy Achelis 46:31. 40-49: 1. Judy Xelowski 45:19, 2. Sandi Bohner 48:14, 3. Karen Hyink 48:59. 50-59: 1. Chiyo Shingu 54:02, 2. Marlene Kinser 59:13. 60 & Over: 1. Peggy Hansen 1:05:19, 2. Paulette Parsons 1:18:03.

Ojai Valley Run 'n Ride

October 20. Ojai. 5K & 10K.

Overall Results - 10K

1. Jose Iniquez (25) 31:16, 2. Gordon Christie (30) 32:06, 3. Gus Quinonez (25) 32:56, 4. Gregg Horner (37) 33:30, 5. Ketting (37) 33:37, 6. Rick Thompson (33) 38:23, 7. Craig Goodwin (34) 38:28, 8. David Sasske (26) 38:46, 9. Brian Marsoun (26) 38:52, 10. Greg Bantista (30) 39:06. 11. Bruce Yoshinara (37) 39:11, 12. Juan Flores (25) 39:33, 13. Art Jimenez (41) 39:48, 14. Dan Vigil (22) 39:52, 15. Marty

Malley (29) 39:59, 16. Michael Frank (34) 40:21, 17. Darren Rodgers (24) 40:24, 18. Mike Fikstad (44) 40:26, 19. Jim Lewis (36) 40:27, 20. Nicholas Lefferts (33) 41:15.

Overall Results - 5K

1. Gordan Christie (30) 15:21, 2. Steve Brown (27) 15:37, 3. Pedro Gutierrez (22) 15:55, 4. Gary Tuttle (44) 16:36, 5. Arthur Jimenez (41) 16:58, 6. Alfonso Ventura (28) 17:52, 7. Tim Finley (40) 18:05, 8. Ruth Vomund (33) 18:15, 9. Jim Monahan (37) 18:44, 10. Joseph Juarez (41) 19:00. 11. Joe Howell (44) 19:40, 12. Joase Basie-lo (26) 19:42, 13. William Dexter (34) 19:43, 14. Sheila Logan (22) 20:09, 15. Jane Hold-en (40) 20:13, 16. Ted Rye (34) 20:18, 17. John Delvua (33) 20:27, 18. Brad Robinson (24) 20:30, 19. Marueen Horner (33) 20:42, 20. Felipe Torres (45) 20:50.

Red Ribbon Run

October 20. Menlo Park. 8K.

Division Results - Men

Overall Winners: 1. Eddie Lanzañin 25:22, 2. Ronald Goossens 26:14, 3. Brock Hinzmann 26:33. 12 & Under: 1. Stephen Sahur 39:26, 2. Miguel Garcia 40:34, 3. Andre Sweet 41:43. 13-18: 1. Demetrio Aguilera 34:08, 2. Christopher Schulz 37:58. 19-29: 1. Ronald Goossens 26:14, 2. Todd Parker 26:52, 3. Amol Saxena 28:29. 30-39: 1. Eddie Lanzañin 25:22, 2. Brock Hinzmann 26:33, 3. Glenn Carpenter 27:02. 40-49: 1. James Press 26:57, 2. James Moyles 26:59, 3. William Hughet 27:32. 50-59: 1. Brian Vickery 29:50, 2. Leon Souza 31:08, 3. Gregory Tensen 32:16. 60-69: 1. Ed Reyna 35:36, 2. Mark Ricaud 37:06, 3. Don Anhorn 39:20. 70 & Over: 1. Hutch Thurston 46:15, 2. Donald Mullennix 54:16.

Division Results - Women

Overall Winners: 1. Joann Dahekoetter 31:28, 2. Carolyn Schultz 32:21, 3. Marilyn Cornel 32:55. 13-18: 1. Cyndi Lee 35:15, 2. Sarah Bupp 39:12, 3. Maricela Roma 40:35. 19-29: 1. Carolyn Schuetz 32:21, 2. Marilyn Cornel 32:55, 3. Stacia Rashid 36:04. 30-39: 1. Joann Dahlkoetter 31:28, 2. Donna Troyna 33:23, 3. Cindi Ruiz 33:40. 40-49: 1. Bea McIntosh 33:36, 2. Kathy Frank 36:19, 3. Carole Mawson 37:16. 50-59: 1. Diane Bromstead 39:44, 2. Marilyn Elmer 39:55, 3. Roberta Carlson 43:25. 60-69: 1. Marge Kalmanson 44:56.

Long Beach Low Tide Runs

October 26. Long Beach. 4 Mile.

Blustery winds and torrents of rain didn't deter two hundred and fifty hardy souls from hitting the sands of Long Beach for the 1991 Low Tide Runs. Leading the men's field in a fine time considering the adverse conditions was Darryl Jewell in 20:49. He was challenged by Long Beach City middle distance standout, Francis O'Niell (20:56), who finished second in the South Coast Conference finals twenty-four hours earlier, and Bill Lind (21:06) of team runners high.

Annette Barnett (26:27) led the women

finishers, edging out Bev Gustard (26:40), who was experiencing weather typical of her native England, and Laura Held (26:53). Two time Olympic silver medalist in rowing, Joan VanBlom, finished fourth in 26:57.

Age group highlight included finishes by husband and wife, 65 year old Antoinette (35:51) and 70 year old Anthony Hill (41:30).

Overall Results - Men

1. Stephen White 22:27, 2. Paul Sheldon 22:55, 3. Dave Brunken 22:56, 4. Sean Smith 22:58, 5. Robert Cranny 23:26, 6. Robert Nieto 23:34, 7. Kelly McCarty 26:19, 8. Steve Kashynski 27:43, 9. Steve Hildrith 28:23, 10. Brad Lewis 30:08. 11. Jon Mayer 32:41, 12. Kyle Osti 36:35, 13. James Kelley 21:49, 14. Jose Fuentes 22:58, 15. Larry Higinbotham 23:24.

Overall Results - Women

1. Tamara Araya 32:46, 2. Philippa Valdez 35:01, 3. Jacque Mitchell 38:57, 4. Michelle Greening 31:00, 5. Beverly Gustard 26:40, 6. Amelia Valinsky 29:30, 7. Cilene Scott 33:48, 8. Cindy Aiken 29:13, 9. Heather McVickar 29:43, 10. Dolores Veltrano 30:56. 11. Jennifer Mitchell 32:53, 12. Jane Montero 35:16, 13. Annette Barnett 26:27, 14. Laura Held 26:53, 15. Loretta Fogle 28:26.

Liberty Runs

October 26. Bellflower. 5K & 10K.

Division Results - Men's 5K

13 & Under: 1. Donald Perry 21:15, 2. Daniel Miller 21:54, 3. David Peifer 22:18. 14-18: 1. Phil Nakhla 18:50, 2. Jeremy Petronella 19:47, 3. Diego Gonzalez 19:59. 19-24: 1. Tony Sanchez 16:17, 2. Efrain Vargas 16:48, 3. Giovanni Garcia 17:40. 25-29: 1. Fernando Vasquez 15:41, 2. Scott Shean 15:57, 3. Abe Varughese 18:33. 30-34: 1. Gerardo Guzman 16:52, 2. David Dennis 17:06, 3. Walter O'Brian 17:12. 35-39: 1. Carl Allen 17:00, 2. Walter Veliz 17:33, 3. Christopher Garcia 18:11. 40-49: 1. Tom Schade 18:53, 2. Randal Shelley 19:03, 3. Gary Ratcliffe 20:04. 50-59: 1. Catarano Gonzalez 17:01, 2. Booker Washington 19:28, 3. Bob Blum 20:41. 60 & Over: 1. Jack Green 23:24, 2. Bob Herman 24:22, 3. Thomas Young 26:36.

Division Results - Women's 5K

143 & Under: 1. Jennifer Wilson 32:14, 2. Katie Pearson 36:05, 3. Michelle Wilson 37:08. 14-18: 1. Poppin 23:39, 2. Rosanna Edmonds 25:44, 3. Michele Mackey 26:12. 19-24: 1. Kelly Oswald 33:09, 2. Dia Munoz 40:04, 3. Adriana Munoz 40:26. 25-29: 1. Adrienne Trader 19:48, 2. Tressie Gibbs 22:56, 3. Gabriela Aceves 23:32. 30-34: 1. Mary Button 17:58, 2. Liz O'Cull 24:00, 3. Veronica Montero 26:05. 35-39: 1. Erica Lansdown 19:31, 2. Pamela Penton 23:36, 3. Julie Leopold 24:01. 40-49: 1. Donna Jones 26:42, 2. Ratrika Rowland 27:09, 3. Patricia Arredondo 30:10. 50-59: 1. Ginnie Mains 24:38, 2. Dolores Vega 26:51, 3. Nancy Green 28:27. 60 & Over: 1. Ginette Hentschel 34:18.

Division Results - Men's 10K

13 & Under: 1. Salvador Campos 43:14. 14-

RESULTS

18: 1. Paul Woodward 38:34, 2. Robert Reyburn 40:40, 3. Jamin Teague 40:50. 19-24: 1. Jose Olivas 34:17, 2. Luis Ruiz 35:46, 3. Peter Hirez 39:04. 25-29: 1. Pablo Pintor 34:27, 2. Moises Hernandez 34:57, 3. Hector Arroyo 36:22. 30-34: 1. Javier Lara 33:02, 2. Michael Hamer 36:21, 3. Carl Kinnoin 36:21. 35-39: 1. Jesus Morales 35:03, 2. Roger Linfield 35:38, 3. Neil Klein 37:20. 40-49: 1. Paul Maier 35:35, 2. Mickey Depalo 36:47, 3. Mike Blakely 37:26. 50-59: 1. Carlos Valle 36:37, 2. Bart Coventry 36:43, 3. Leroy Kim 40:04. Wheelchair: 1. Raymond Stewart 21:58, 2. Monty Zmuda 22:16, 3. George Gentry 32:16.

Division Results - Women's 10K

14-18: 1. Claudia Leonardo 57:23. 19-24: 1. Marjorie Turk 49:55. 25-29: 1. Lynne Schonder 48:39, 2. Veronica Ortega 49:32, 3. Carmen Sandoval 1:00:03. 30-34: 1. Diana Kirkham 46:46, 2. Maria Moralez 48:30, 3. Brenda Monroe 49:19. 35-39: 1. Barbara Moses 50:09, 2. Sue Rogers 51:31, 3. Teresa Chavez 53:55. 40-49: 1. Ann Tack 49:58, 2. Kathy Eimen 51:37, 3. Delia Wolfe 56:12. 50-59: 1. Joyce Deboer 55:35, 2. Joyce Seneski 1:01:10.

TAC/USA Masters 10K Cross Country Run

October 26. Louisville, Kentucky.

Team Results

40-49: 1. Victory Athletic Club #1, Louisville, KY. 2:59:12, 2. Cincinnati Athletic Ass'n., Cincinnati, OH. 3:09:26, 3. Wolfpack Track Club, Columbus, OH. 3:10:35. 50-59: 1. Boston Athletic Ass'n., Boston, MA. 3:12:19, 2. Bob Schul RT, Dayton, OH. 3:14:18, 3. Victory Athletic Club, Louisville, KY., 3:21:31.

Division Results - Men

40-44: 1. Swag Hartel 34:49, 2. Ignacio Jimenez 35:09, 3. Bob Ullrich 35:25. 45-49: 1. Don Coffman 35:55, 2. Rich Davis 37:01, 3. Keith Meiklerred 37:08. 50-54: 1. Kirk Randall 36:57, 2. Chuck Keating 37:17, 3. Ken Prior 37:54. (Calif. Runners) 13. Jim Temples 40:45, 17. Conrad Will 41:37. 55-59: 1. David Pitkethly 38:32, 2. Bill Olrich 38:52, 3. John Hurley 39:32. (Calif Runner) 7. Joseph Wilson 42:44. 60-64: 1. Charles Cheek 42:34. 65-69: 1. Roland Anspach 46:14, 2. John Cahill 53:31, 3. Ben Johnson 55:41. 70-74: 1. Ed Buckley 49:51, 2. Norman Hansen 52:09. 75-79: 1. Dudley Healy 55:55.

Division Results - Women

55-59: 1. Rose Taylor 49:45, 2. June Brumley 57:53, 3. Mary Hansford 1:04:18. 60-64: 1. Billie Murphy 54:01.

Nevada Days Run

October 26. Las Vegas, Nv. 5K.

Overall Results

1. Jesse Austin (24) Las Vegas 16:28, 2. Dave Chairez (32) Henderson 16:34, 3. Rob Yasek (29) Henderson 16:46, 4. Jim Holben (37) Las Vegas 16:51, 5. Carlos Muzoz (42) Las Vegas 16:59, 6. Steve Jennings (31) Las Vegas 17:13, 7. Kellie Archuleta

(29) Las Vegas 17:30, 8. Craig Nelson (24) Las Vegas 17:45, 9. Tom Curry (50) Las Vegas 17:48, 10. Gebreyes Getach (42) Las Vegas 18:04.

11. Gregory Collins (28) Las Vegas 18:06, 12. Michael Bernstein (41) Las Vegas 18:17, 13. Daniel Musgrove (31) Las Vegas 18:24, 14. Alex Huxford (23) Boulder City 18:37, 15. Mario Sanchez (46) Henderson 18:38, 16. Dick Ashley (50) West Hartford, CT. 18:39, 17. Patrick Pain (26) Las Vegas 18:52, 18. Michael Constan tin (36) Henderson 19:02, 19. John Casey (44) Hong Kong 19:07, 20. Charles Chandler (36) Las Vegas 19:13.

21. David Pearce (32) Las Vegas 19:26, 22. Clyde Horner (48) Las Vegas 19:30, 23. Gary Culver (38) Las Vegas 19:32, 24. Paul Riss (22) Las Vegas 19:33, 25. Santiago Gallardo (21) Las Vegas 19:34.

Software Publishing Biathlon

October 27. Coyote Hellyer Park, San Jose. (12 Mi. Bike, 5 Mi. Run)

Division Results - Men

Overall Winners: 1. Brad Kearns (26) Cool 51:00, 2. John Groulx (24) Oceanside 51:09, 3. Bayliss Nolan (33) Fremont 51:33. 16-19: 1. Jose Morales 1:02:42, 2. Erik Bost 1:04:35, 3. Stuart Taylor 1:11:44. 20-24: 1. Tom Hart 57:07, 2. Scott Adams 59:08, 3. Peter Gavin 1:01:02. 25-29: 1. Bob Persell 55:33, 2. Joseph Brunetti 57:39, 3. Robert Kleidon 59:52. 30-34: 1. Kenny Leader 58:07, 2. Tim Kurreck 58:08, 3. Steven Chavez 1:00:18. 35-39: 1. Kevin Loop 1:00:24, 2. Eric Childs 1:01:20, 3. Willie Roy 1:02:16. 40-44: 1. Guy McKenzie 1:00:17, 2. Louis Phillips 1:02:31, 3. Jun Amamo 1:02:50. 45-49: 1. Chuck Osborn 1:04:10, 2. Barney Colangela 1:07:05, 3. Hector Chavez 1:08:21. 50-54: 1. Roland Samuelson 1:04:19, 2. Jack Sorensen 1:04:59, 3. Dick Rebozzi 1:07:23. 55-59: 1. Norm Nieberlein 1:07:19, 2. Mike Laramie 1:11:10, 3. Jack Riley 1:14:20. 60 & Over: 1. Richard Brunner 1:30:56. Elite Open: 1. Brad Kearns 51:00, 2. John Groulx 51:09, 3. Michael Scannell 51:35. Elite Masters: 1. Alex Bryner 59:01, 2. Rick Niles 59:22, 3. Wayne Glusker 59:41.

Division Results - Women

Overall Winners: 1. Susan Latschaw (30) Oakland 56:25, 2. Shari Rodgers (26) Los Altos Hills 1:00:06, 3. Susan Burrus (29) Los Altos Hills 1:01:53. 16-19: 1. Heather Brendlen 1:11:28, 2. Aisha Lopez 1:14:52, 3. Carolyn Yang 1:23:35. 20-24: 1. Stacia McInnes 1:06:01, 2. Kathy Jensen 1:12:19, 3. Robyn Shaver 1:12:52. 25-29: 1. Susan Burrus 1:01:53, 2. Kate Sweetman 1:05:46, 3. Terri Handy 1:07:40. 30-34: 1. Katie Wood 1:07:20, 2. Lois Edblad 1:14:52, 3. Lucy McAllister 1:15:56. 35-39: 1. Claudia Alcamo 1:18:10, 2. Patty Harris 1:18:22, 3. Fran Conry 1:18:42. 40-44: 1. Kathy Frank 1:13:38, 2. Jacklyn Litman 1:14:03, 3. Kaye Provini 1:16:32. 45-49: 1. Kay Johnson 1:39:51, 2. Patricia Deasy 1:47:59. 50-54: 1. Irene Halverson 1:22:51, 2. Pat Vorreiter

1:25:48, 3. Carolyn Lettween 1:35:52. 60 & Over: 1. Chris Cleveland 1:42:18. Elite Open: 1. Susan Latschaw 56:25, 2. Shari Rodgers 1:00:06, 3. Laurie Samuelson 1:02:14. Elite Masters: 1. Sharon Swann 1:05:09, 2. Noelle Waddel 1:13:03, 3. Louise Apichell 1:18:22.

Team Results - Men

Elite (89): 1. Bayliss Nolan 51:33, 2. Michael Battin 52:17, 3. Vanderburg Hyde 54:58. (91): 1. Gyorey Wilson 59:33. (92): 1. Vargas Feist 54:45, 2. Carroll-Toschi 57:40, 3. Sarge Prime 57:45. Coed (94): 1. Gerhardt Wong 58:25, 2. Chambers Anderson 1:05:25, 3. Marley Marley 1:06:55.

Team Results - Women

Open: 1. Troyna Hutchinson 1:07:14, 2. Elisabeth Sofes 1:19:32, 3. Lee Kriss 1:24:19.

Alamo Alumni Run

October 27. San Francisco. 5 Mile.

Division Results - Men

Overall Winners: 1. Pat Porter (32) Alamosa, CO. 23:14, 2. Jay Marden (28) Fremont 23:49, 3. Robert Anex (32) Davis 24:20, 4. Mike McManus (26) San Francisco 24:23, 5. Dan Franek (26) San Francisco 24:30, 6. Jim Kaspari (30) 24:39, 7. John Moreno (36) Pacifica 24:41, 8. Michael Smith (24) Oakland 24:51, 9. John Hancock (27) Stockton 24:55, 10. Dennis Kurtis (37) San Jose 24:56. 39 & Under: 1. Pat Porter 23:14, 2. Jay Marden 23:49, 3. Robert Anex 24:20. 40-49: 1. Bill Rodgers 24:57, 2. Frank Shorter 25:42, 3. James Tracy 26:32. 50 & Over: 1. Tim Rostege 28:13, 2. David Budington 29:51, 3. Bill Masterson 30:11.

Division Results - Women

Overall Winners: 1. Nancy Ditz (37) Woodside 26:39, 2. Pattisue Plumer (29) Palo Alto 27:56, 3. Betsy Swan (26) Woodside 29:55, 4. Stacey Wainwright (23) Merced 31:46, 5. Deborah Martin (25) San Francisco 31:59, 6. Sharlet Gilbert (40) Richmond 32:06, 7. Helene Wieting (22) Benicia 32:54, 8. Kate Fitzgerald (32) Chicago, IL. 34:54, 9. Virginia De La Puente (27) Point Richmond 35:58, 10. Kristine Gallagher (45) Gainesville, FL. 36:03. 39 & Under: 1. Nancy Ditz 26:39, 2. Pattisue Plumer 27:56, 3. Betsy Swan 29:55. 40-49: 1. Sharlet Gilbert 32:06, 2. Kristine Gallagher 36:03, 3. Melanie Warner 36:33. 50 & Over: 1. Ceis Wildin 39:33, 2. Joyce Small 45:48, 3. Jean Schore 47:10.

Halloween Fun Run

October 27. Larkspur. 5 Mile.

Overall Results

Men: 1. Bruce Phinney (San Rafael) 27:45, 2. Paul Berensmeier (Lagunitas) 28:25. Women: 1. Yuni Takahasi (San Rafael) 32:38, 2. Lynn May (Larkspur) 32:49.

Octoberfest Run

October 27. Los Osos.

Division Results - Men

Overall Winners: 1. Mark Conover 18:52, 2. Brent Griffiths 19:11, 3. Sean Seley 20:05. 8 & Under: 1. Timothy Felix 27:33, 2. Lindsey

Burrell 41:33, 3. Mark Maier 43:19. 9-11: 1. Danny Moore 28:24, 2. Matt Maier 32:15, 3. Clancy Meyer-Gilbride 32:21. 12-14: 1. Ronnie Buchanan 23:01, 2. Raul Solis 23:57, 3. Jay Karl 25:53. 15-19: 1. Adrian Zamudio 22:25, 2. David Thorpe 24:39, 3. Gil Wright 28:57. 20-29: 1. Brent Griffiths 19:11, 2. Sean Seley 20:05, 3. Greg McNeil



JOANIE CAREW

Photo by Elaine Rosenfield

20:39. 30-39: 1. Mark Conover 18:52, 2. Paul Lee 20:42, 3. Leo Lenting 20:53. 40-49: 1. Gary Silva 21:44, 2. Brian Waterbury 22:47, 3. Tim Finley 22:58. 50-59: 1. Dave Howell 26:48, 2. Ivan Ricci 27:34, 3. Rollin Strolman 28:30. 60 & Over: 1. Bill Winstanley 29:37, 2. Bill Colnam 32:06, 3. Walt Erickson 35:31.

Division Results - Women

Overall Winners: 1. Joanie Carew 24:22, 2. Marlayna Madrugra 24:27, 3. Mary Cooper 24:43. 9-11: 1. Stephanie Felix 33:39, 2. Kara June 33:51, 3. Trisha Yngelmo 33:52. 12-14: 1. Aubree Swart 29:02, 2. Kelsey Gilbride 33:25, 3. Sara Schuh 34:50. 15-19: 1. Lauren Jefferson 25:22, 2. Laura McIntosh 30:03, 3. Charlie Duval 33:04. 20-29: 1. Joanie Carew 24:22, 2. Marlayna Madrugra 24:27, 3. Staci Blair 26:01. 30-39: 1. Mary Cooper 24:43, 2. Teri Rose 27:25, 3. Kathy Shaw 27:32. 40-49: 1. Denise Youngman 31:38, 2. Terri Jurisich 31:45, 3. Vicki Mello 32:26. 50-59: 1. Cil Boulton 38:00, 2. Eleanor Ricci 47:17.

Coyote Hills Race

October 13. Fremont. 3.5 Mi. & 7 Mi.

Division Results - Men

13 & Under: 1. Paul Ratto 23:54, 2. Scott Olson 24:55, 3. Jeff Wilson 25:55. 14-18: 1. Patrick Bendzick 19:50, 2. Paulo Cardoso 21:00, 3. Amandeep Singh 21:08. 19-29: 1. Jerry Losson 24:07, 2. Robert Browning 29:13, 3. Craig Gilmore 33:06. 30-39: 1. David Iremonger 22:04, 2. Paul Ratto

RESULTS

22:45, 3. Sam Aragon 22:47. 40-49: 1. Michael Niemiec 20:05, 2. Dan Gahrn 26:10, 3. David Allen 27:15. 50-59: 1. Archie Mackan 22:32, 2. Skip Wortiska 28:10, 3. James Jacobus 28:14. 60 & Over: 1. Kenneth Morgan 27:26, 2. Ulysses Ratti 31:51.

Division Results - Women

13 & Under: 1. Christine Whitaker 26:36, 2. Jenny Wilson 34:08, 3. Michelle Whitaker 37:19. 14-18: 1. Tara McDonald 22:35, 2. Jocelyn Manuel 27:08, 3. Denise Cortez 28:55. 19-29: 1. Marci Balletto 32:14, 2. Denise Rodriguez 34:08, 3. Kelly Anderson 34:21. 30-39: 1. Chenger Mehmedhos 23:34, 2. Yvonne Murray 24:08, 3. Johanna Lang 27:09. 40-49: 1. Elaine Hutsiniller 28:30, 2. Gwen McGrath 28:36, 3. Erika Legar 29:36. 50-59: 1. Gloria DeVall 31:23, 2. Ray Zehnder 35:04, 3. Margarita Flood 49:05. 60 & Over: 1. Viola Kull 54:10.

Fort Ord Half Marathon

November 2. East Garrison, Fort Ord.

Division Results - Men

Overall Winners: 1. Neil Hersey 1:12:56, 2. Jim Scattini 1:14:09, 3. John Smith 1:17:18. 16-19: 1. Sokhorn Chhith 1:30:14, 2. Jeffrey Yarrid 1:45:58. 20-29: 1. Neil Hersey 1:12:56, 2. Jim Scattini 1:14:09, 3. Todd Farrington 1:21:08. 30-39: 1. John Smith 1:17:18, 2. Dave Jenkins 1:18:12, 3. Rob Erlich 1:18:34. 40-49: 1. Jim Barker 1:28:59, 2. Manuel Magdaleno 1:30:58, 3. Edward Buckley 1:32:57. 50-59: 1. Jay Cook 1:27:49, 2. Bob Bebermeyer 1:30:27, 3. Dave Watts 1:48:48. 60-69: 1. Peter MacFarlane 2:04:18. 70 & Over: 1. Pierre Delfausse 2:09:44.

Division Results - Women

Overall Winners: 1. Staci Blair 1:34:30, 2. Nicole Ludwig 1:37:51, 3. Betty Stephenson 1:37:59. 16-19: 1. Georgia Baxter 2:05:59. 20-29: 1. Staci Blair 1:34:30, 2. Nicole Ludwig 1:37:51, 3. Liisa Nichols 1:39:35. 30-39: 1. Betty Stephenson 1:37:59, 2. Toby Bonar 1:54:14, 3. Mary Connell 2:01:33. 40-49: 1. Carol Schwender 1:50:39, 2. Jennifer Leszczynski 2:01:01, 3. Bev Souza 2:20:02. 50-59: 1. Gloria Dake 1:57:16, 2. Judith Nielsen 2:07:37, 3. Gerri Psick 2:19:21. 60-69: 1. Barbara Neyens 2:15:37.

Santa Barbara Half Marathon

November 2. Santa Barbara.

Overall Results

1. Jose Iniguez (25) Solvang 1:06:17, 2. Gordon Christie (30) Santa Barbara 1:06:29, 3. Alan Scharu (31) San Diego 1:07:55, 4. David Olds (30) Los Angeles 1:08:14, 5. Adolfo Lopez (32) Santa Maria 1:08:58, 6. Dennis Kurtis (38) San Jose 1:08:58, 7. Stephen Barlow (30) Santa Maria 1:10:15, 8. Steve Brown (27) Ventura 1:10:34, 9. Dan Streble (28) Cardiff 1:10:43, 10. Glenn Madden (31) Santa Barbara 1:10:48.

11. Jerry Hernandez (27) Torrance 1:11:20, 12. Pedro Gutierrez (22) Santa Barbara 1:11:26, 13. Craig Thornley (37) Tempe

1:11:45, 14. Steven Ware (40) Riverside 1:12:17, 15. Fernando Vasquez (28) Downey 1:12:24, 16. Gary Flacke (27) Santa Barbara 1:12:54, 17. Peter Hopkins (28) Santa Barbara 1:13:16, 18. Gus Hermes (28) Santa Barbara 1:14:52, 19. Jussi Hamalainen (45) Agoura Hills 1:14:59, 20. Andy Ligeti (30) Agoura Hills 1:15:25.

21. Jose Luis Servin (32) Huntington Park 1:15:31, 22. Luis Pinon (27) Pleasanton 1:15:46, 23. Refugio Servin (22) Huntington Park 1:15:56, 24. Harry Harris (36) Santa Monica 1:15:59, 25. Arthur Jimenez (41) Ventura 1:16:01, 26. Ken Kiss (31) Santa Barbara 1:16:28, 27. Donald Faith (37) Carpinteria 1:16:45, 28. Scott Coe (31) Pomona 1:16:48, 29. Takashi Yagisawa (37) Los Angeles 1:16:49, 30. Russ Cobb (33) Santa Barbara 1:17:29.

Division Results - Men's Half Marathon

18 & Under: 1. Aaron Burch 1:18:32, 2. John Getskow 1:28:55, 3. Nicholas Alonzer 1:40:42. 19-24: 1. Pedro Gutierrez 1:11:26, 2. Refugio Servin 1:15:56, 3. Eric Middleton 1:23:43. 25-29: 1. Jose Iniguez 1:06:17, 2. Steve Brown 1:10:34, 3. Dan Streble 1:10:43. 30-34: 1. Gordon Christie 1:06:29, 2. Alan Scharu 1:07:55, 3. David Olds 1:08:14. 35-39: 1. Dennis Kurtis 1:08:58, 2. Craig Thornley 1:11:45, 3. Harry Harris 1:15:59. 40-44: 1. Steven Ware 1:12:17, 2. Arthur Jimenez 1:16:01, 3. Brian Waterbury 1:17:44. 45-49: 1. Jussi Hamalainen 1:14:59, 2. Dennis Trafecanty 1:21:11, 3. Mike Uema 1:21:32. 50-54: 1. James O'Leary 1:22:48, 2. Jim Kennett 1:24:23, 3. Byron Melendy 1:29:14. 55-59: 1. William Dodson 1:33:07, 2. Ben Bernal 1:36:17, 3. George Gonzalez 1:37:30. 60-64: 1. Charley Penrose 1:45:46, 2. Murray McCracken 1:48:32, 3. Jack Perrodin 1:53:10. 65-69: 1. Fred Nagelschmidt 1:37:56, 2. Ray Gil 1:41:28, 3. Mas Sadahiro 1:54:12. 70 & Over: 1. Frank Dawson 2:15:24.

Division Results - Women's Half Marathon

18 & Under: 1. Stefanie Woodmansee 1:38:26, 2. Ashley Caro 1:39:42, 3. Rachael Jones 1:41:37. 19-24: 1. Helena Kvapil 1:33:43, 2. Angela Lilley 1:34:31, 3. Ameret Reed 1:35:18. 25-29: 1. Kristen Peers 1:26:38, 2. Alice Drum 1:27:03, 3. Melissa Marsted 1:28:14. 30-34: 1. Ruth Vomund 1:19:26, 2. Susan Morris 1:20:47, 3. Elizabeth Milewski 1:22:14. 35-39: 1. Jani Johnson 1:20:21, 2. Mary Ryzner 1:25:10, 3. Deborah Flores 1:35:25. 40-44: 1. Sandra Marshall 1:25:59, 2. Mimi Baranowski 1:34:10, 3. Sharon Grant 1:37:37. 45-49: 1. Suzie Klein 1:37:14, 2. Dede Kelly 1:39:14, 3. Kate Silsbury 1:45:33. 50-54: 1. Bobbi Gold 1:48:15, 2. Joanne Barker 1:48:42, 3. Barbara Camp 1:49:15. 55-59: 1. Vera Pahl 2:07:37, 2. Chris Sidles 2:10:31, 3. Kathryn Walters 2:27:11. 65-69: 1. Margie Withrow 2:06:21.

Division Results - Men's 5K

Overall Winners: 1. Peter Mogg 15:55, 2. Gary Tuttle 16:17, 3. James Knox 16:38. 14 & Under: 1. Marcus Castro 16:49, 2. Marco Abrego 23:40, 3. Ryan VanWagner 36:21. 15-18: 1. Andi Alvarez 19:05, 2. Mike Baum 24:02. 19-29: 1. James Knox 16:38, 2. Dar-

ren Odgers 18:10, 3. Douglas Howie 18:15. 30-39: 1. Peter Mogg 15:55, 2. John Henderson 17:29, 3. Chris Patnaud 20:56. 40-49: 1. Gary Tuttle 16:17, 2. Steven Bushey 18:56, 3. Duane Rich 19:26. 50-59: 1. John Patterson 20:05, 2. Alan Jackson 22:37, 3. Norman Comeaux 23:09. 70 & Over: 1. Paul Gilbert 37:38.

Division Results - Women's 5K

Overall Winners: 1. Janet Norem 18:20, 2. Suzy Hermes 18:35, 3. Susan Pappalardo 19:47. 14 & Under: 1. Erin Spaulding 22:12, 2. Laura Greenfield 24:17, 3. Katey Feeley 25:09. 15-18: 1. Melissa Buttner 23:49, 2. Aurora Seneris 27:53. 19-29: 1. Suzy Hermes 18:35, 2. Susan Pappalardo 19:47, 3. Joanne Ajay 24:17. 30-39: 1. Janet Norem 18:20, 2. Patricia Graham-Lewis 22:18, 3. Susan Goff 22:45. 40-49: 1. Gretchen Gudaz 28:13, 2. Karola Jenkins 28:17, 3. Kathleen Joly 30:01. 50-59: 1. Sandy Comeaux 25:36, 2. Mollie Davies 26:27, 3. Ginny Duffield 27:54. 60-69: 1. Shige Sasaki 44:02.

South Valley YMCA Coyote Creek Run

November 2. San Jose. 10K.

Overall Results - Men

1. Anoelopoulos (29) 34:06, 2. Bagley (35) 35:23, 3. Duffy (24) 35:34, 4. Cowling (32) 36:03, 5. Lilly (44) 36:32, 6. Hernandez (33) 36:39, 7. DeLaRoche (37) 36:44, 8. Burke (45) 37:27, 9. Tanaka (45) 37:41, 10. Blake (34) 37:45.

Overall Results - Women

1. Edmonds (23) 41:12, 2. Chapman (25) 46:47, 3. Lykins (38) 47:49, 4. Medearis (26) 47:51, 5. Gaubatz (27) 48:16, 6. Yuen (26) 48:24, 7. Hutchinson (47) 48:31, 8. Silva (25) 49:18, 9. Bromstead (55) 50:25, 10. Toffey (31) 50:57.

American Diabetes Association Run

November 2. Las Vegas, NV. 4 Mile.

Division Results - Men

Overall Winners: 1. Dan Winterroth 21:18, 2. Stefan Zander 22:43, 3. Stephan LaForge 22:53. 10 & Under: 1. Ryan Horn 26:02, 2. Matthew Fisher 28:59, 3. Ryan Kayser 29:39. 11-14: 1. Jeremy Brown 28:05, 2. Christopher Woolf 28:53, 3. James Lubinski 37:57. 15-18: 1. Ryan Beaman 31:54, 2. Randy Cagburn 37:00. 19-24: 1. Adam Chan 23:08, 2. Michael Fitzgerald 29:26, 3. Robert Williams 33:04. 25-29: 1. Stefan Zander 22:43, 2. Stephan LaForge 22:53, 3. Francisco Alejandro 28:26. 30-34: 1. Dan Winterroth 21:18, 2. James Rapp 23:54, 3. Rob Niiken 24:40. 35-39: 1. Steve Minagil 24:01, 2. Randy Morton 24:33, 3. Gary Culver 25:32. 40-44: 1. Fred Doubell 25:17, 2. Michael Naylor 25:42, 3. Dan Hawbaker 26:29. 45-49: 1. Gary Smith 28:00, 2. Douglas O'Hair 28:21, 3. William Evans 29:42. 50-54: 1. Michael Reago 26:37, 2. Owen Smyth 28:29, 3. Dennis Smith 29:52. 55-59: 1. Roy Nelson 28:08, 2. Roger Za-

mora 38:36, 3. Bill Hebner 45:48. 60-64: 1. Robert Bronke 31:36, 2. Tommy Hodges 33:57. 65-69: 1. Menas Tashjian 33:27, 2. Jaime Mendez 1:09:57.

Division Results - Women

Overall Winners: 1. Teri Busby 24:58, 2. Julie Kyriacou 26:02, 3. Kathleen Maginnis 28:39. 10 & Under: 1. Julie Kyriacou 26:02, 2. Jessie Ness 33:37, 3. Jenna Morton 41:50. 19-24: 1. Cody Schumacher 32:26, 2. Debra Stefanik 35:04, 3. Patricia Beck 37:26. 25-29: 1. Josephine Choe 34:32, 2. Carol Morton 34:50, 3. Traycee Evans 34:54. 30-34: 1. Kathleen Maginnis 28:39, 2. Lisa Marie Zabricki 30:07, 3. Ernie Rambo 30:56. 35-39: 1. Teri Busby 24:58, 2. Sally Pelham 30:10, 3. Phyllis Palmer 30:54. 40-44: 1. Robin Stevens 29:31, 2. Rosalie Clark 32:42, 3. Debra Kovarik 33:03. 45-49: 1. Judi Mayo 33:45, 2. Susan Rankin 38:18, 3. JoAnn Rathjen 38:22.

Legg Lake Green Tree Run

November 2. So. El Monte. 8 Mile & 5K.

Overall Results - 8 Mile

1. Arthur Martinez (44), 2. Bobby Brown (49).

Overall Results - 5K

1. Armando Hernandez 17:27, 2. Mitchell Soto 17:47, 3. Usel Olmos 18:20, 4. Robert Gonzales 18:39, 5. James Armstrong 19:54.

Miwoks Runs

November 2. Marin County. 50 Mi., 58K+ & 28K Trail Runs.

Overall Results - 50 Mile

1. Gary Hilliard (37) Corte Madera 6:22:30, 2. Miles Krier (39) Healdsburg 7:44:50, 3. Ken Preston (39) Sausalito 8:54:30, 4. Joe Livak (50) Reno 9:13:38, 5. Frank Huebsch (44) Vallejo 9:36:37, 6. Randy Havre (37) Kahaluu, HI. 9:39:40, 7. Tracy Veach (49) Reno 10:17:03, 8. Howard Daniel (58) Oakland 10:18:39, 9. Douglas Anderson (25) Pebble Beach 10:19:04.

Overall Results - 58K+

1. Guy Palmer (32) San Rafael 5:19:30, 2. Roger Dike (37) Sacramento 5:31:18, 3. Wolfgang Polak (41) Sunnyvale 5:40:40, 4. Eldritch Gosney (50) Vallejo 5:55:22, 5. John Clark (49) Citrus Heights 5:56:27, 6. El Burro (52) Palo Alto 6:58:15, 7. Richard Niten (43) Millbrae 8:57:00, 8. John Voorhes (45) San Jose 8:57:00.

Overall Results - 28K

1. Mark Oslund (27) Davis 2:00:20, 2. Tane Abbott (28) San Francisco 2:03:00, 3. Avenger Scott (28) San Francisco 2:03:30, 4. Garrett Wynne (21) Berkeley 2:05:15, 5. John Schuck (39) Palo Alto 2:17:36, 6. Martin Fryer (30) Pt. Richmond 2:15:27, 7. Michael Lentz (31) Richmond 2:19:50, 8. Lee Lambert (36) Los Angeles 2:20:08, 9. Jim McCormick (39) San Francisco 2:22:38, 10. Pamela Horton (48) Santa Rosa 2:23:10.

RESULTS

TAC/Regional Cross Country Championships

November 2, Crystal Springs XC Course, Belmont.

Overall Results - Open Men

1. Jim Sapienza (30) 31:34, 2. Mike Stone (22) 31:35, 3. Dan Grimes (33) 32:05, 4. Jason Lienau (22) 32:20, 5. Mieke Spencer (26) 32:25, 6. Miguel Tibaduiza (35) 32:30, 7. Jim Kaspari (30) 32:35, 8. Robert Anex (32) 32:47, 9. Jose Alsipuro (30) 32:53, 10. Alan Delinger (30) 33:04.

11. Charles Alexander (27) 33:16, 12. Scott Pierce (24) 33:31, 13. Mike McManus (22) 33:44, 14. Steven Lopez (22) 34:03, 15. John Moreno (35) 34:05, 16. Aram Pedram (25) 34:17, 17. Terence Boynton (32) 34:20, 18. Joe Rubio (28) 34:31, 19. Ray Cook (29) 34:33, 20. Rod Denzine (31) 34:36.

Masters: 1. Domingo Tibaduiza (41) 33:02, 2. Charles Thompson (41) 34:33, 3. David Furst (45) 35:38.

Seniors: 1. Sal Vasquez (51) 36:30, 2. Tim Rostege (51) 38:32, 3. Bill Meinhardt (50) 39:02.

Super-Seniors: 1. Bob Malain (64) 45:08, 2. Richard Laine (61) 45:13, 3. Howard Powers (66) 58:01.

Overall Results - Open Women

1. Sabrina Han (23) 21:29, 2. Rae Ann Stigler (25) 22:08, 3. Christine Boyd (30) 22:17, 4. Diana Fitzpatrick (33) 22:21, 5. Michelle Nielson (30) 22:24, 6. Lura Damiano (34) 22:52, 7. Eileen Vukicevich (32) 22:57, 8. Laura Bruess (31) 22:58, 9. Jeannie Urness (29) 23:17, 10. E. Brennan-Erler (30) 23:23.

11. Robyn Berry (27) 23:26, 12. Laura Sanchez (30) 23:30, 13. Patricia Stone (23) 23:30, 14. Bev Marx (37) 23:31, 15. Heike Mansoor (29) 23:33, 16. Betsy Swan (26) 23:33, 17. Lisbet Engberg (27) 23:42, 18. Pam Allie-Morrill (28) 23:48, 19. Sarah Krakoff (26) 23:50, 20. Kristin Jacobs (26) 23:51.

Masters: 1. Linda Mantynen (43) 24:56, 2. DeeDee Grafius (42) 25:11, 3. Irene Herman (42) 27:12.

Seniors: 1. Barbara Miller (52) 25:18, 2. Heidi Skaden (54) 28:15, 3. Barbara Robben (57) 33:13.

Super-Seniors: 1. Ruth Anderson (62) 31:36, 2. Kit Pickles (66) 35:22.

Wunderlich Long and Short Course Runs

November 2, Woodside.

Overall Results - Long Course

1. Tim O'Rourke (33) Menlo Park 1:06:51, 2. Nick Nickols (31) Menlo Park 1:07:58, 3. Ken Gregorich (33) Oakland 1:11:30, 4. Alfred Bogenhuber (52) San Mateo 1:13:29, 5. John Borden (33) Palo Alto 1:14:49, 6. Steve Murphy (30) Sunnyvale 1:18:06, 7. John McMullin (38) Pacifica 1:19:19, 8. Mark Cavallaro (23) Los Altos 1:20:05, 9. M. Stewart (53) Cupertino 1:20:23, 10. Brad Christie (35) Castro Valley 1:20:38.

Overall Results - Short Course

1. Blake Tresan (26) Mill Valley 33:48, 2. Chuck Ishii (30) Redwood City 34:39, 3. Richard Herzog (47) Los Altos Hills 37:10, 4. Doug Sheaffer (45) Sunnyvale 37:35, 5. Denny Gonsalves (36) Belmont 37:36, 6. Mary Hull (26) Portola Valley (26) Portola Valley 40:10, 7. Matt Luedecke (25) Oakland 40:11, 8. David Small (22) San Ramon 40:59, 9. David Kanney (37) Redwood City 44:48, 10. Paul D'Anna (38) Belmont 44:43.

Coors Light Biathlon Championships

Nov. 3, Santa Fe, N.M.

Division Results - Men

Overall Winner: 1. Michael Tobin 1:19:39, 2. John Groulx 1:20:13, 3. Ken Souza 1:21:50, 19 & Under: 1. Jeff Kitchen 1:31:08, 2. Hugh Murray 1:34:27, 3. Brett Masayesa 1:35:10, 20-24: 1. A. Mergler 1:28:46, 2. Theodore Thome 1:30:51, 3. Jan Francke 1:32:09, 25-29: 1. John Desrosiers 1:26:28, 2. Doug Vickerman 1:26:58, 3. Shawn McCloud 1:27:32, 30-34: 1. Mark Muggleton 1:23:14, 2. Michael Smith 1:23:41, 3. Edin Fahy 1:24:39, 35-39: 1. Brian Stauffer 1:25:40, 2. Chris Welch 1:27:01, 3. Lyle Amer 1:28:54, 40-44: 1. Keith Woodward 1:25:52, 2. Rob Benedetti 1:26:49, 3. Frank Shorter 1:28:52, 45-49: 1. Skip Hamilton 1:27:20, 2. Web Loudat 1:31:48, 3. Joe Whillock 1:31:51, 50-54: 1. John Conti 1:39:43, 2. David Giles 1:42:54, 3. Jack Sorensen 1:42:58, 55-59: 1. Ronald Gavette 1:42:29, 2. John Newman Jr. 1:43:00, 3. Tom Purkiss 1:44:41, 60 & Over: 1. Dick Robinson 1:47:14, 2. Morton Gray 1:48:15, 3. Rolla Colson 1:49:26.

Division Results - Women

Overall Winner: 1. Liz Downing 1:29:50, 2. Sally Grand 1:31:18, 3. Gail Viola 1:32:03, 16-19: 1. Kim Dean 1:53:24, 2. Heather White 1:57:28, 3. Lisa Schertel 1:58:15, 20-24: 1. Amy Pierce 1:53:10, 2. Jennifer Niblick 2:03:44, 3. Anne Pedersen 2:09:05, 25-29: 1. Ann Cernicek 1:39:50, 2. Wendy Harris 1:40:17, 3. Laura Stuart 1:41:09, 30-34: 1. Janet Christiansen 1:39:07, 2. Pamela Trainer 1:39:50, 3. Robin Steele 1:41:03, 35-39: 1. Kirsten Whetstone 1:35:10, 2. Amy Williams 1:36:56, 3. Kris Skiles 1:44:00, 40-44: 1. Diane Ito 1:42:09, 2. Sharon Swann 1:46:50, 3. Colleen Isdale 1:48:26, 45-49: 1. Ellouise Morse 1:57:08, 2. Patricia Parker 1:57:21, 3. Suzanne Fisher 2:01:18, 50-54: 1. Joe Ann Goltra 1:51:19, 2. Martha Young 2:01:59, 3. Patricia Arnone 2:02:15, 55-59: 1. Joyce Franks 3:12:55, 60 & Over: 1. Betty Skipp 2:29:47, 2. Barbara Dougan 2:32:30, 3. Diane Ogilvie 2:47:48.

Almond Bowl

November 3, Chico, 3 MI. & 6 MI.

Division Results - Men's 6 Mile

13 & Under: 1. Darin Boyd 41:36, 14-17: 1. Lane Carlson 34:32, 2. Chris Duclos 35:00, 3. Adam Doris 35:29, 18-24: 1. John Quade 29:30, 2. Roger Dix 30:18, 3. Chris Pressman 30:53, 25-29: 1. Anthony Daquisto 31:55, 2. Shawn Smallwood 32:04, 3. Erik

King 36:49, 30-34: 1. Greg Meadows 35:22, 2. Scott Smith 35:44, 3. Todd Smith 37:38, 35-39: 1. Tom Cushman 30:22, 2. Mike Mangas 32:28, 3. Michael Buzbee 34:42, 40-44: 1. John Diezsi 36:12, 2. Mark Rincon 36:15, 3. Daniel Toy 37:17, 45-49: 1. James Ballantyne 34:50, 2. Bill Gardner 36:54, 3. Skip Lees 36:56, 50-54: 1. Don Richey 40:30, 2. Joe Gazzigli 40:35, 3. Tom Masterson 42:04, 55-59: 1. Michael McGie 37:11, 2. Fred Thoele 37:44, 3. Les Fredrickson 39:49, 60-69: 1. Harry Daniell 41:51, 2. Cy Weagle 44:17, 3. Marvin Metzger 45:04, 70 & Over: 1. Grant Eldridge 53:48.

Division Results - Women's 6 Mile

13 & Under: 1. Megan Kellison 49:02, 16-24: 1. Megan Sheehy 36:20, 2. Nancy Meadows 39:26, 3. Nicole Letourneau 40:28, 25-29: 1. Susie Blake 35:31, 2. Liz Mosier 39:30, 3. Annarene Weidhofer 42:50, 30-34: 1. LuAnne Park 35:58, 2. Sara Freitas 38:37, 3. Micki Kelch 38:37, 35-39: 1. Lauren Wright 38:46, 2. Rebeca Franco 39:01, 3. Eileen McIntyre 40:38, 40-44: 1. Robin Aikin 40:23, 2. Joan Keeney 42:08, 3. Victoria Fisci 42:11, 45-49: 1. Cynci Calvin 39:48, 2. Ginny Heimann 45:42, 3. Susan Condon 46:07, 50-54: 1. Lucia Khan 45:41, 2. Maile Locke 52:06, 3. Johanna Rowland 52:39, 55-59: 1. Mary Weiz 48:47, 2. Cindy Maderos 51:18, 3. Ruth Jessen 1:00:39, 60-69: 1. Marcia Worden 52:48.

Division Results - Men's 3 Mile

9 & Under: 1. Brian Larson 19:12, 2. Justin Tyler 20:53, 3. Joshua Rice 25:45, 10-13: 1. Caleb Anderson 16:40, 2. Chuck Halbauer 17:10, 3. Clinton Wattenberg 17:53, 14-17: 1. Nate Root 16:49, 2. Ricky Paniagva 18:16, 3. Steve Mygrant 18:17, 25-29: 1. Kerry Moretti 15:21, 2. Scott Young 15:37, 3. Michael McNeley 17:09, 30-34: 1. Bill Elliott 14:57, 2. Raul Higgins 15:30, 3. Bob Hastings 16:25, 35-39: 1. Dane Hart 15:51, 2. Tom Olson 16:29, 3. Michael Clarke 16:37, 40-44: 1. Warren Coleman 17:44, 2. Douglas Govan 17:48, 3. Warren Halbauer 18:59, 45-49: 1. Jim Souza 17:15, 2. Rod Cooper 17:40, 3. Jack McKenna 17:55, 50-54: 1. Robert Ross 18:20, 2. Dave Duddleston 18:55, 3. Glenn Reed 18:57, 55-59: 1. Gary Hollinger 22:04, 2. Carl Waters 23:57, 3. Phil Witt 24:52, 60-69: 1. Mel Sullens 20:39, 2. Jim Sullivan 23:16, 3. Herman Romero 23:56, 70 & Over: 1. Charles Weis 26:11, 2. Lawrence Viglienzow 33:27.

Division Results - Women's 3 Mile

9 & Under: 1. Michelle Turner 21:58, 2. Leslie Murray 22:03, 3. Amber Neves 24:09, 10-13: 1. Kristen Williamson 18:28, 2. Kristie Williams 18:40, 3. Jami Urban 19:21, 14-17: 1. Amy Halbauer 17:58, 2. Christy Bill 18:55, 3. Sally Pyle 19:02, 18-24: 1. Kim Nemanic 17:20, 2. Lisa Evanhoe 18:54, 3. Jean Schlais 19:41, 25-29: 1. Shelly Koistin 21:54, 2. Karin Fitzhugh 23:25, 3. Suzanne Schryver 25:14, 30-34: 1. Linda McDonald 19:05, 2. Jill Cartwright 19:37, 3. Sue Karmar 20:24, 35-39: 1. Bernadette Phillips 18:44, 2. Kim Swayze 19:19, 3. Carolyn Neves 20:17, 40-44: 1. Marie Ramey-Billings 20:40, 2. Sherry Hite 22:25, 3. Ann Clemens 23:33, 45-49: 1. Andrea Matthews

20:06, 2. Jessie Stratton 20:13, 3. Marijke Valencia 20:38, 50-54: 1. Marge Dunlap 20:54, 2. Carol Wall 25:09, 3. Mimi Mitchell 31:23, 55-59: 1. Theresa Henneman 23:00, 2. Betty Best 25:12, 3. Joan Sullens 26:14, 60-69: 1. Geri Sullivan 34:17, 2. Joan Wilson 39:14, 3. Juanita Robinson 39:22, 70 & Over: 1. June Bock 29:24.

Apple Hill Harvest Run

November 3, Placerville, 8 Mile & 3.6 Miles.

Division Results - Men's 8 Mile

Overall Winners: 1. Ty Nickel 43:32, 2. Dwight Miller 43:50, 3. Andrew Freguson 44:01, 5-14: 1. Ryan Nickel 52:25, 2. Michael Rennie 55:12, 3. Joe Maehler 71:22, 15-19: 1. Phillip Deacon 49:33, 2. Ben Zelin-sky 87:30, 20-29: 1. Ty Nickel 43:32, 2. Anthony Kowalski 46:42, 3. Rich Polli 47:37, 30-39: 1. Dwight Miller 43:50, 2. Andrew Ferguson 44:01, 3. Don Hicks 44:53, 40-49: 1. Lyle Freman 47:17, 2. Tim Frawley 47:43, 3. Lodin Harry 48:57, 50-59: 1. Jerry Lyerly 51:23, 2. Bill Nicholson 54:05, 3. Sam Vandenberg 54:54, 60-69: 1. Marvin Johnson 61:36, 2. Richard Shumway 71:10, 3. Paul Frye 75:07.

Division Results - Women's 8 Mile

Overall Winners: 1. Jeannie Urness 48:40, 2. Becky Kenny 49:58, 3. Heidi Seivert 52:49, 5-14: 1. Michelle Winiacki 66:53, 15-19: 1. Victoria Orlando 124:54, 20-29: 1. Jeannie Urness 48:40, 2. Heidi Saivert 52:49, 3. Rachel Procter 55:05, 30-39: 1. Becky Kenny 49:58, 2. Joan Gregg 55:53, 3. Mercedes Amaya 56:11, 40-49: 1. Patricia Story 59:35, 2. Jan Bleiweiss 61:22, 3. Lilly Frawley 64:12, 50-59: 1. Lynne Hurrell 65:17, 2. Janet Jamieson 72:05, 3. Karen Diekmeyer 73:10, 60-69: 1. Tami Moyers 69:41, 2. Peggy Ewing 75:31, 3. Po Adams 78:20.

Division Results - Men's 3.6 Miles

Overall Winners: 1. Kurtis Akabori 18:52, 2. Brian Peoples 19:17, 3. Rick Meinicoe 20:38, 12 & Under: 1. Evan Lehrman 26:39, 2. Ned Dwyer 26:53, 3. David Glodoski 26:54, 17-29: 1. Kurtis Akabori 18:52, 2. Brian Peoples 19:17, 3. Matthew Romersa 20:45, 30-39: 1. Jay Aliff 21:02, 2. Gib Cosio 22:14, 3. Andy Harris 22:49, 40-49: 1. Rick Meinicoe 20:38, 2. Bob Henderson 22:32, 3. Jim Geary 23:02, 50-59: 1. Michael Otten 24:33, 2. Richard Wietrick 26:12, 3. Tony McMullen 26:52, 60-69: 1. William Toombs 29:52, 2. Jim Eymann 30:21, 3. Robert Miller 31:53, 70 & Over: 1. Paul Fischer 30:50.

Division Results - Women's 3.6 Miles

Overall Winners: 1. Patty Smith 22:38, 2. Susan Vaughn 23:35, 3. Pamela Allenby 24:56, 12 & Under: 1. Tasman Dwyer 28:13, 2. Shelly Gorin 28:14, 3. Elyse Martin 28:49, 17-29: 1. Patty Smith 22:38, 2. Susan Vaughn 23:35, 3. Debbie Donald 26:08, 30-39: 1. Pamela Allenby 24:56, 2. Allison Orofino 25:48, 3. Jody Bryan 26:47, 40-49: 1. Marlene Hanson 18:33, 2. Cathy Rohn 27:00, 3. Penny Lehrman 28:01, 50-59: 1. Virginia Micholson 28:30, 2. Heidi Johnson 28:53, 3. Karen Purvis 29:53, 60-69: 1.

RESULTS

Carlene Hosea 39:19, 2. Evelyn Wahnsiedler 44:39.

Heart and Sole Run

November 3. Sonora. 2 Mi. & 6.2 Mi.

Division Results - Men's 6.2 Mile

Overall Winners: 1. Bob Loux 35:00, 2. John Caughey 35:42, 3. Steve Tague 36:36. 10-13: 1. Noah Dye 37:34, 2. Mark Mosson 50:44, 3. Kevin Pettway 57:47. 14-19: 1. Unknown 41:54, 2. Paul Mueller 48:40. 20-29: 1. Bill Hermon 37:45, 2. Mathew Camacho 39:17, 3. Israel Davis 40:47. 30-39: 1. Bob Loux 35:00, 2. John Caughey 35:42, 3. Steve Tague 36:36. 40-49: 1. Ron Ferrell 38:35, 2. Phil Murphy 39:09, 3. John Evans 39:12. 50-59: 1. Bob Myers 45:34, 2. Bill Hartman 45:39, 3. Coyote Indian 47:51. 60-69: 1. Wally Anker 56:55, 2. Vic Lyons 57:55. 70 & Over: 1. Ernie Klann 1:11:28.

Division Results - Women's 6.2 Mile

Overall Winners: 1. Lisa Hunter 43:04, 2. Sandra Maurer 45:47, 3. Dale Buckstaff 46:26. 20-29: 1. Brenda Fraguero 51:22, 2. Katrine McIntyre 57:49, 3. Jayne Wyatt 59:16. 30-39: 1. Lesa Hunter 43:04, 2. Sandra Maurer 45:47, 3. Dale Buckstaff 46:26. 40-49: 1. Pam Royer 47:45, 2. Nadine Neufeld 50:07, 3. Donna Reese 53:24. 50-59: 1. Jo Sullivan 51:07, 2. Gloria DeVall 1:02:02, 3. Janet Royer 1:07:53. 60-69: 1. Margarete Styskel 50:59.

Division Results - Men's 2 Mile

Overall Winners: 1. Bryan Boatman 11:31, 2. Kevin Desrosiers 12:00, 3. Randy Rogers 12:24. 14-19: 1. Bryan Boatman 11:31, 2. Kevin Desrosiers 12:00, 3. Dylan Howland 12:42. 20-29: 1. Randy Rogers 12:24, 2. Rudy Dennis 26:05. 30-39: 1. Kevin Carpenter 12:53, 2. Don Foster 14:06, 3. Greg Applegate 14:26. 40-49: 1. Scott Dye 12:48, 2. Reg Robinette 14:14, 3. Ken Kamerman 14:54. 50-59: 1. Ernest Mena 18:41, 2. Duke Duquette 18:41, 3. Bill McCredy 19:35. 60-69: 1. Chris McIntyre 19:02, 2. Joseph Yrigoven 19:29, 3. Albert Minieta 22:50. 70 & Over: 1. Gordon McHugh 17:31.

Division Results - Women's 2 Mile

Overall Winners: 1. Susan Creedon 15:09, 2. Melissa Lancaster 15:15, 3. Donna Caldwell 15:19. 9 & Under: 1. Laura Comazzi 19:34, 2. Sarah Dunn 20:05, 3. Holly Jacobson 20:31. 10-13: 1. Melissa Lancaster 15:15, 2. Tami Midstokke 17:00, 3. Nichole Waring 17:33. 20-29: 1. Laurie Rucker 15:27, 2. Erika Ventura 18:29, 3. Mari Lopez 28:05. 30-39: 1. Susan Creedon 15:09, 2. Lori Presley 15:28, 3. Gwen Taylor 16:28. 40-49: 1. Donna Caldwell 15:19. 50-59: 1. Alisia Siren 19:39, 2. Louise Ripley 21:18, 3. Carole Longeway 25:01. 60-69: 1. Joy Scott 22:26, 2. Viola Kull 24:58, 3. Eleanor Powers 25:23. 70 & Over: 1. Faye Mathews 28:41.

Marina Breakers

November 3. Marina del Rey. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Bob Leetch 15:07, 2. Paul Perrone 15:15, 3. Ariel Galvan 15:30.

13 & Under: 1. Joe Hasegawa 23:11, 2. Ricardo Santacruz 25:14, 3. Jeff Tomlinson 26:28. 14-18: 1. Jose Santana 17:00, 2. Cederick Wright 17:46, 3. Sebastian Cortez 18:29. 19-24: 1. Paul Perrone 15:15, 2. Gab Sanchez 16:10, 3. Ron Combs 16:39. 25-29: 1. Bob Leetch 15:07, 2. Ariel Galvan 15:30, 3. Dave Fleishman 18:09. 30-34: 1. Mike McAlister 16:37, 2. John Belton 16:42, 3. Alfred Zinn 17:55. 35-39: 1. Mike Morrison 18:59, 2. Jude Schreiner 20:53, 3. Roger Easterbrook 21:08. 40-44: 1. Derek McIver 17:03, 2. Tom Williams 17:52, 3. Steve Tomasini 18:53. 45-49: 1. John Gonzalez 18:43, 2. Chris Pratt 21:52, 3. Jerry Katzman 23:44. 50-54: 1. Tom Rodda 20:24, 2. Martin Bohan 22:40, 3. Gilbert Soto 23:20. 55-59: 1. Vic Gainer 19:59, 2. Richard Rodgers 21:20, 3. Joe Anderson 24:33. 60-64: 1. Milo Sather 21:52, 2. Ralph Furness 24:28, 3. Bob Edwards 26:58. 65-69: 1. Allen Flagg 33:00.

Division Results - Women's 5K

Overall Winners: 1. Lisa Hunter 17:25, 2. Loi Coker 19:15, 3. Jenny Pedersen 19:28. 13 & Under: 1. Jesenia DeLaRosa 24:46, 2. Megan Dibiasi 32:37. 14-18: 1. Maria Lopes 20:10, 2. Ana Lucero 32:25, 3. Disenia Paez 33:22. 19-24: 1. Lisa Hunter 17:25, 2. Becky Rogoff 19:30, 3. Kim Huey 20:23. 25-29: 1. Jenny Pedersen 19:28, 2. Tammy Richmond 21:27, 3. Darleen Ranck 21:54. 30-34: 1. Pam Fix 20:50, 2. Cindy Fox 21:10, 3. Lisa Foux 26:23. 35-39: 1. Terri Bercier 24:50, 2. Susan Lee 25:51, 3. Patti Fielding 28:20. 40-44: 1. Loi Coker 19:15, 2. Catherine Owen 20:54, 3. Nancy Cummings 25:10. 45-49: 1. Fran Smith 25:09, 2. Robbie Sharp 25:13, 3. Jovanka Ruby 25:27. 50-54: 1. Helen Geoffrin 27:45, 2. Anne Geller 28:26, 3. Patricia Downing 37:53. 55-59: 1. Grace Burham 39:14, 2. Charline Kenney 58:38, 3. Charlotte Johnson 58:39. 60-64: 1. Sumiye Leonard 27:22, 2. Dora Vallarta 37:16, 3. Kazuko Seike 49:22. 70-74: 1. Helen Kettingolivier 49:20.

Division Results - Men's 10K

Overall Winners: 1. Angel Roman 32:06, 2. Steven Berry 33:17, 3. Angelo Decollibus 33:25. 13 & Under: 1. Michael Chalekson 46:23, 2. Willis Taylor 52:48, 3. David Hart 59:12. 14-18: 1. Enrique Villagrana 35:00, 2. Benjamin Villa 35:14, 3. Gamaliel Gomez 35:46. 19-24: 1. Henry Loo 35:18, 2. Melges Scott 35:36, 3. Luis Reygoza 37:03. 25-29: 1. Angel Roman 32:06, 2. Ricardo Gutierrez 35:17, 3. Jack Youngren 35:51. 30-34: 1. Steven Berry 33:17, 2. Angelo Decollibus 33:25, 3. Ruben Ledesma 35:37. 35-39: 1. Rafael Antonio 37:55, 2. Dya-Singh Khalsa 38:02, 3. Jeffrey Schwedock 38:49. 40-44: 1. Hal Katen 36:09, 2. Jesus Figueroa 36:34, 3. Adaberto Mendoza 36:54. 45-49: 1. Heriberto Landa 37:06, 2. Richard Hillestad 37:29, 3. John Roy 40:51. 50-54: 1. Joseph Bird 37:11, 2. Bill Trebilcock 38:44, 3. Tom Hanson 39:23. 55-59: 1. Claude Bruni 42:45, 2. Rex May 49:00, 3. Armand Maistera 49:42. 60-64: 1. Bob Vitale 45:15, 2. Jerry Withers 45:20, 3. Barton Crawford 53:11. 65-69: 1. Marcel Diraison 42:40, 2. Keith Davies 46:10. 70-74: 1. Manuel Lara

48:11, 2. Mel Schewe 58:31. 75-79: 1. Sal Amato 1:19:18.

Division Results - Women's 10K

Overall Winners: 1. Christi Bach 37:52, 2. Val Markmasin 41:06, 3. Marygail Brauner 41:27. 13 & Under: 1. Leanna Moody 1:09:06, 2. Maile Fulton 1:29:32. 14-18: 1. Janet Bailon 43:55, 2. Stephanie Juarez 44:27, 3. Maria Garcia 44:36. 19-24: 1. Renee Waymire 42:35, 2. Heidi Stitt 50:13, 3. Mari Gomez 50:19. 25-29: 1. Christi Bach 37:52, 2. Val Markmasin 41:06, 3. Anne Kassman 41:45. 30-34: 1. Karen Spell 45:59, 2. Ashley Dodge 47:02, 3. Vicki Cutting 47:36. 35-39: 1. Charlotte Senseny 41:57, 2. Joanne McGrath 45:51, 3. Wendy Bracamonte 46:40. 40-44: 1. Marygail Brauner 41:27, 2. Rita Corbin 48:32, 3. Jan Book 51:27. 45-49: 1. Karin Handsaker 45:11, 2. Terry Koch 52:38, 3. Patricia Richards 53:25. 50-54: 1. Joan Trebilcock 50:16, 2. Christina Maury 52:33, 3. Joy Curry 52:57. 55-59: 1. Lorraine Seidmeyer 49:23, 2. Louise Smith 1:11:51, 3. May Musenga 1:13:09.

Minnie Ripperton Runs

November 3. Los Angeles. 5K & 10K.

Division Results - Men's 5K

Overall Winners: 1. Eugene Muslar 15:14, 2. Nolan Smith 15:15, 3. Tino Aquino 15:43. 12 & Under: 1. Chris Smith 21:15, 2. Anthony Taylor 24:55, 3. Klite Jackson 33:19. 13-19: 1. Samuel Orellana 15:49, 2. David Rodriguez 16:12, 3. Sam Morales 17:18. 20-29: 1. Tino Aquino 15:43, 2. Antonio Carreno 16:06, 3. Victor Carrillo 17:34. 30-39: 1. Eugene Muslar 15:14, 2. John Araujo 16:48, 3. Samuel Gardner 16:56. 40-49: 1. Nolan Smith 15:15, 2. Conrad Brooks 17:25, 3. Salvador Gonzalez 17:44. 50-54: 1. George Cohen 17:51, 2. Booker Washington 19:06, 3. Robert McAlpine 19:27. 55-59: 1. P. Alexander 20:26, 2. Cornelius Lino 21:13, 3. Melvin Hilliard 24:42. 60-64: 1. Tony Yarbrough 20:28, 2. George Burnett 21:24. 65-69: 1. Milton Bassett 22:37, 2. John Daly 28:33. 70 & Over: 1. Eddie Howard 27:10, 2. George Feinstein 27:11.

Division Results - Women's 5K

Overall Winners: 1. Leanna DeGazon 19:28, 2. Marie Deary 20:30, 3. Terri Boykins 21:52. 12 & Under: 1. Melissa Cala 26:40, 2. Hannah Cooper 27:28, 3. Dawiece Prince 31:03. 13-19: 1. Leanna DeGazon 19:28, 2. Dakhia Mayberry 21:58, 3. Genevieve Debose 22:41. 20-29: 1. Cynthia Bowser 23:51, 2. Tarita Clay 24:36, 3. Sharon Humphrey 25:47. 30-39: 1. Marie Deary 20:30, 2. Terri Boykins 21:52, 3. Phyllis Martin 22:21. 40-49: 1. Martha Darby 24:48, 2. Janet Coleman 28:40, 3. Shirley Ing 28:57. 50-54: 1. Fan Chien 32:36, 2. Jo Isabel-Jones 33:51, 3. Joann Bally 35:33. 55-59: 1. Atsuko Fujimoto 24:50, 2. Rozanne Knudson 28:54, 3. Pearl Webster 36:27. 60-64: 1. Agnes Lyles 42:03, 2. Grace Sayles 42:35. 65-69: 1. Rosetta Stuckey 39:05, 2. Precilla Williams 42:56.

Division Results - Men's 10K

Overall Winners: 1. Tyrus Deminter 31:22, 2.

Jose Villanueva 34:09, 3. Robert Goodwin 34:49. 12 & Under: 1. Roy Jones Jr. 1:01:24, 2. Wendell Austin 1:05:31, 3. Escott Jackson 1:37:34. 13-19: 1. Jose Villanueva 34:09, 2. Daniel Garcia 39:48, 3. Henry Mensivar 46:03. 20-29: 1. Tyrus Deminter 31:22, 2. Eligio Sanchez 38:59, 3. Tomas Munoz 43:00. 30-39: 1. Alfonso Hernandez 36:03, 2. Jorge Plascencia 37:40, 3. Eric Parker 37:43. 40-49: 1. Robert Goodwin 34:49, 2. Echo Edmonson 38:35, 3. Ronald Crittendon 39:23. 50-54: 1. Nelson Crader 39:51, 2. Joe Nunes 44:29, 3. John Miller 47:14. 55-59: 1. Louis Simms Jr. 47:08, 2. Ha Dean 56:25, 3. NC Johnson 58:43. 60-64: 1. John Racely 43:24, 2. Steve Pinkney 56:48. 65-69: 1. James Lewis 54:26. 70 & Over: 1. Clyde Alling 52:59, 2. Eddie Lewin 54:16.

Division Results - Women's 10K

Overall Winners: 1. Andr Ward 36:54, 2. Vickie Ford 43:30, 3. Arzenia Redcross 45:44. 20-29: 1. Sheila Matthews 48:11, 2. Angela Garrett 52:03, 3. Dina Bizarro 57:41. 30-39: 1. Andr Ward 36:54, 2. Vickie Ford 43:30, 3. Arzenia Redcross 45:44. 40-49: 1. Sally Greer 53:51, 2. Susan Thibodeaux 54:04, 3. Norma Jackson 56:33. 50-54: 1. Joyce Woods 1:08:34, 2. Ethel Jennings 1:29:22, 3. Claudette Jones 1:32:26. 55-59: 1. Katie Catron 1:27:02, 2. Loni Harkless 1:27:47. 60-64: 1. Annie Winborne 1:27:04, 2. Helen Stevenson 1:42:10.

The Great Race

November 3. Stanford. 10K.

Division Results - Men

Overall Winners: 1. Frances Gailson 32:05, 2. Ronald Goossens 32:30, 3. Dave Mackey 32:49. 12 & Under: 1. Andrew Jeffery 50:23, 2. Eric Pulse 1:02:46. 13-18: 1. Jushin Sears 39:25, 2. Justin Rodriguez 44:05, 3. Jason Crow 47:21. 19-29: 1. Steve Goettelmann 33:56, 2. Charlie Case 34:27, 3. Patrick Mann 34:57. 30-39: 1. Frances Gailson 32:05, 2. Ronald Goossens 32:30, 3. Dave Mackey 32:49. 40-49: 1. Jim Reitz 35:18, 2. Charlie Verutti 35:39, 3. Steve Schur 36:33. 50-59: 1. Brian Vickery 38:41, 2. Leon Souza 40:08, 3. Brian Peacock 40:43. 60-69: 1. Ed Reyna 45:18, 2. Myron Gananian 45:26, 3. Oscar Platas 46:44. 70 & Over: 1. Ralph Silver 56:28, 2. Hutch Thurston 57:10, 3. Donald Mullennix 1:10:35.

Division Results - Women

Overall Winners: 1. Donna Okino 37:43, 2. Karen Rowen 38:07, 3. Mary Tracey 39:01. 13-18: 1. Cyndi Lee 44:51, 2. Jessica Levine 46:47, 3. Luci O'Connell 47:05. 19-29: 1. Maria Sachs 39:42, 2. Laura Weylman 41:37, 3. Dede Trimble 42:01. 30-39: 1. Donna Okino 37:43, 2. Karen Rowen 38:07, 3. Mary Tracey 39:01. 40-49: 1. Michael Schuch 40:25, 2. Bea McIntosh 43:07, 3. Kathy Frank 44:53. 50-59: 1. Mary Ann Sullivan 50:40, 2. Bev Parks 51:39, 3. Gwen Whittey 51:56. 60-69: 1. Annie Sievert 1:09:54, 2. Robert Gex 1:16:57. 70 & Over: 1. Peggy Pridmore 1:05:44. ♦

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2nd Annual Run

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Carbo Loading Dinner (don't forget T-Shirt swap)	\$12.00	<input type="checkbox"/>
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LIABILITY WAIVER: In consideration of my accepting this entry, I, the undersigned, intended to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release all rights and claim for damages I may have against representatives of the Los Cabos Clinic Foundations and against any sponsors or officials, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race, and my physical condition has been verified by a licensed medical doctor. I will additionally permit the free use of my name and picture in broadcasting, telecasts, et cetera in perpetually.

Signature in Full _____ Date _____

(Waiver must be signed by all entrants or by their parent or guardian if under 18 years of age)

