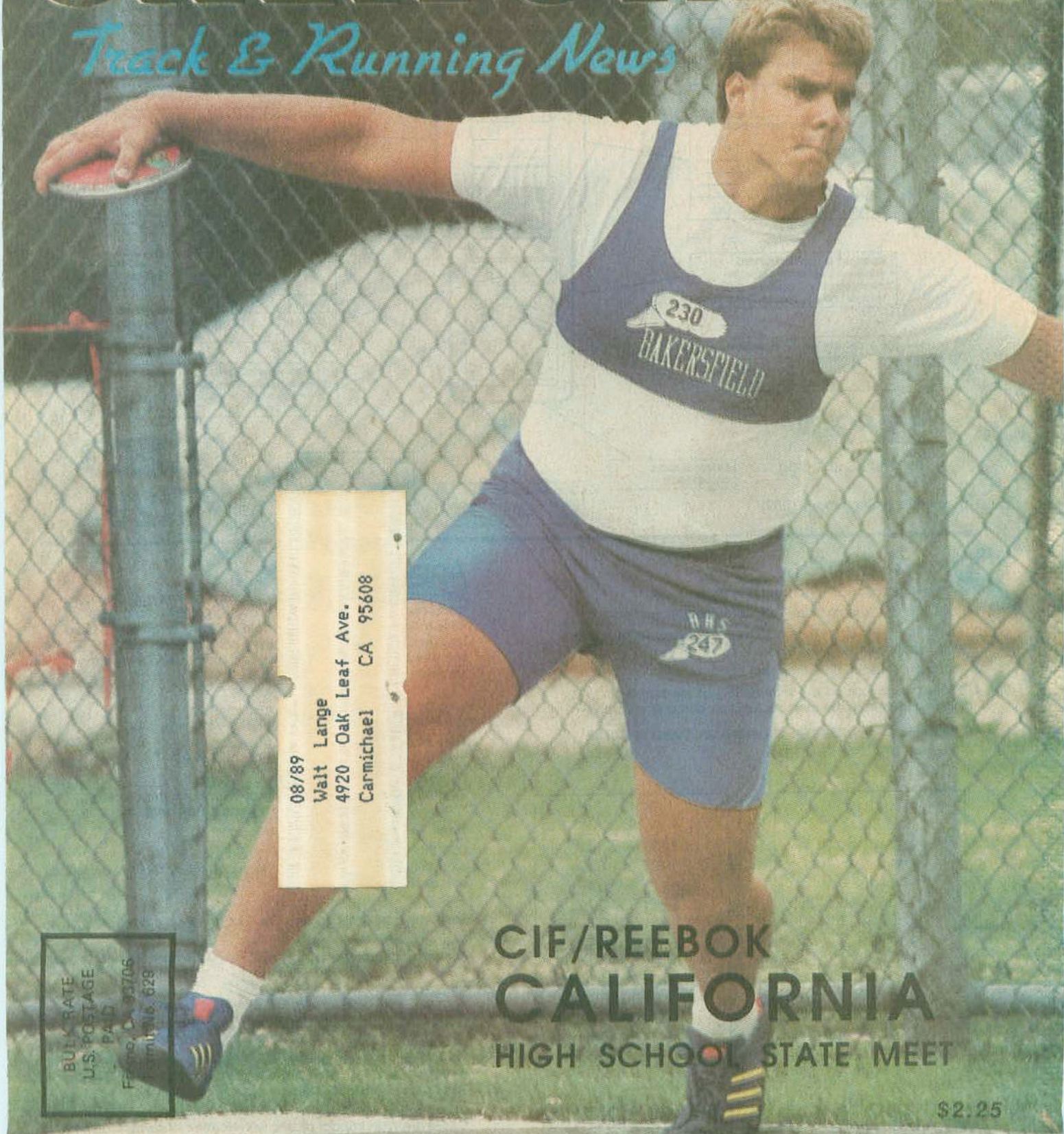


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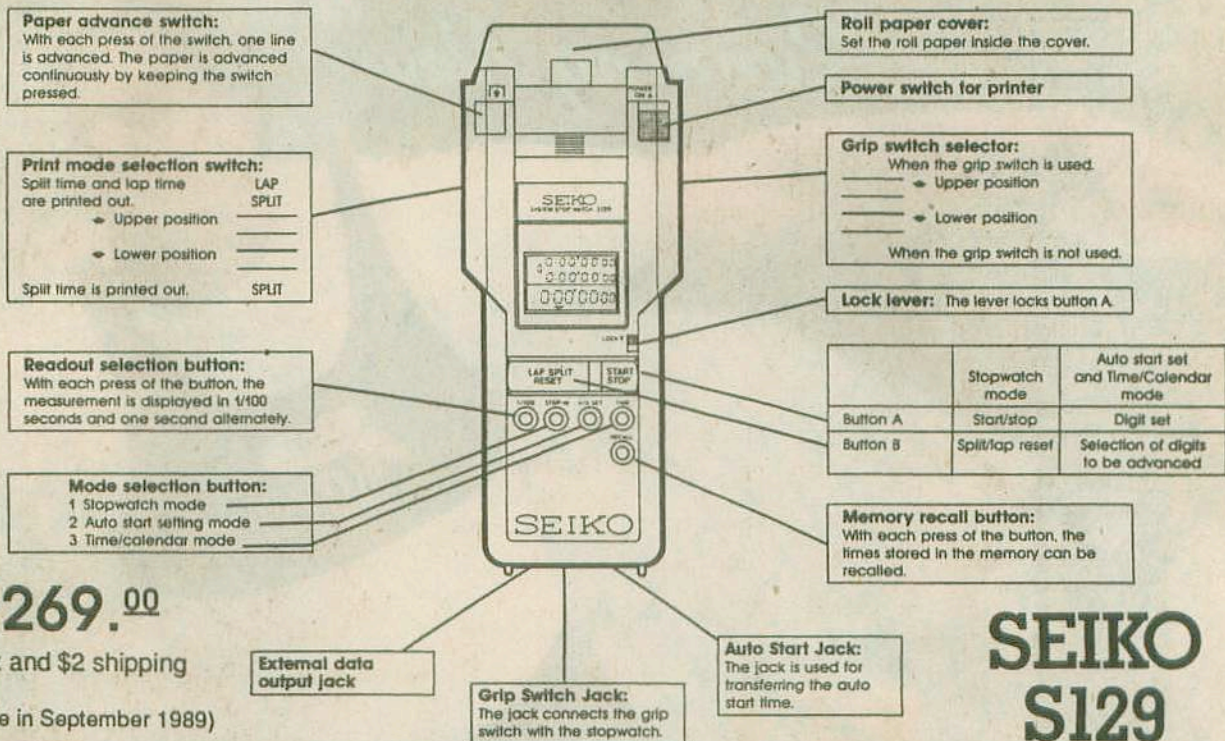
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1989  3 28
START 17:06
SPLIT
1-0:00'19 13
2-0:00'23 41
3-0:00'21 69
4-0:00'23 14
5-0:00'24 60
6-0:00'26 11
7-0:00'27 58
8-0:00'29 21
9-0:00'33 78
10-0:00'37 18
    
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1989  3 28
START 17:07
SPLIT / 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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The Seiko Digital Quartz Printing Stopwatch is a multipurpose hand-held timing system that provides a printed record of all time measurements — even rapid successive times. It is used for a variety of timing and training applications in sports, recreation and fitness activities, and for industrial work time samples and laboratory testing.

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FROM THE EDITOR

It definitely lived up to expectations! As always, the California High School State Track and Field Championships was a bang-up way to end the season.

The Reebok-sponsored event came off without a hitch; they do know how to put a quality meet on at Cerritos College.

What an exciting and grand climax to the season. Sure, there are other big meets after this weekend's competition, but the big marbles for the majority of California's athletes are at the State Championships!

As we've done for the past decade, we've tried to match the quality of the State Meet with that of our coverage of the championship event. I think you'll find the State Meet feature by Keith Conning and Doug Speck to be the most comprehensive coverage of any such event by any publication—complete results, a write-up of the event and a photo of each winner!

I hope you enjoy this special issue. It was fun to be there on June 2 and 3 and, now, we've enjoyed bringing the event, in print, to you.

See you there next year.



For awhile, it looked like the meet officials had made an error when they disqualified **SHELLEY TAYLOR** (on the infield) in the 1600 for colliding with **KAREN HECOX** (prone and astonished in lane 2), but the TV production proved the officials were correct in their disqualification. **BETH BARTHOLOMEW** breezes by for second place. Hecox got up to finish third.

Fine Flicks by Don Gosney

ON THE COVER: Derrick Stevens (Bakersfield High School) -- winner of the discus throw at the CIF/Reebok California High School State Meet. Complete coverage begins on page 22. (Photo by Bill Cockerham)

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.

July 1 (Saturday):

Walnut Creek: Station to Station 4.1 & 7.3 Mi., Sugarloaf Recreation area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antloch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

San Rafael: Marin County Fair 10K & Kids' Mile, Marin County Civic Center, 8 a.m./1 Mi., 8:30 a.m. Lindsay Browne: (707) 792-1097.

Folsom: Tri-For-Fun, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxburgh, c/o 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Los Angeles: Sri Chinmoy Peace Mile Race (a 4-Mile Run and 2-Mile Walk), Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Brownsville: Mountain Run for American Cancer Society, 5/10/15K, Foothill Community Bank, 8 a.m. Mary Lovejoy, 159 Star Route, Brownsville 95919. (916) 675-2126.

July 2 (Sunday):

Hayward: Sertoma Classic 10K & Fun Run, Hayward Air Terminal (Golf Course & Hesperian), 9 a.m. Ned Pabst, 10344 W. Luyola Dr., Los Altos 94022. (408) 735-2960.

So. El Monte: Legg Lake 5K Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

San Francisco: Run/Walk for the Environment, 4.3 Mi. Run & 2 Mi. Walk, Presidio (Crissy Field), 8:30 a.m./2 Mi., 9 a.m. Valerie Stratta-Bolanos, c/o L.I.F.E., 450 Taraval St., #231, San Francisco 94116. (415) 751-4199.

San Rafael: Marin County Fair 10K & Kids' Mile, Civic Center, 7:30 a.m./Mile, 8 a.m. Marin County Fair Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 499-6400.

Callstoga: Great Callstoga Footrace, 8K & 1.5 Mi. Fun Run, Napa County Fairgrounds, 1401 Oak St., 8:30 a.m. Silverado Striders R.C., 1325 Imola Ave., West, Napa 94559. (707) 255-8705.

North Fork: Chainsaw Ridge Run, 10K & 2 Mi., 7:30 a.m. John Somerville, 53963 Dogwood Dr., North Fork 93643. (209) 877-2882.

July 4 (Tuesday):

San Francisco: DSE Peak Busters Benefit, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Phil Haber: (415) 668-2830.

Redwood City: Fourth of July Parade Run, 5K, downtown, Time TBA. Bill Wooten, Redwood City Parks & Recreation Dept., 1400 Roosevelt Ave., Redwood City 94061. (415) 780-7256.

Milpitas: Firecracker 10,000 (10K), 8:30 a.m. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

San Ramon: Run San Ramon Independence Classic, 5 & 10K, Central Park (Bohlinger & Alcosta), 8 a.m./5K, 8:30 a.m. Rick Reed, Parks & Community Services, 2220 Camino Ramon, San Ramon 94583. (415) 866-1410.

Palo Alto: Great Palo Alto Chili Chase 5K, Mitchell Park Community Center, Time TBA. Contact: (415) 329-2380.

Kenwood: Kenwood Footrace, 10K & 3K Fun Run, White Church (off Warm Springs Rd.), 7:30 a.m. Kenwood Footrace, P.O. Box 237, Occidental 95465. (707) 829-9493.

Tracy: Tracy 10K, 5K and 1 Mi. Run/Walk,

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SCHEDULE

Lincoln Park (East & Eaton), 8 a.m. Bob Milliron, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Willits: Family Footrace, 2 Mi., 10 a.m. Jim Gibbons, P.O. Box 1262, Willits 95490. (707) 459-6142.

Atwater: Run for Independence, 2 & 5 Mi., 8 a.m./2 Mi., 8:10 a.m. Ralston Park. Fourth of July Committee, P.O. Box 4, Atwater 95301. Ed Vaila: (209) 726-2287 or 358-7235.

Mt. Shasta: Mt. Shasta 4th of July Run, Distance TBA, Time TBA. Dr. Jim Parker, 828 Pine St., Mt. Shasta 96067.

Newhall: Independence Day Classic, 5000 Meters, Newhall Park, 9 a.m. SCR's, P.O. Box 800298, Santa Clarita 91380. Greg Michaud (805) 296-6115, or SCR Hotline (805) 274-0400.

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercade, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

La Palma: La Palma ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. La Palma Rec. & Community Services, 7821 Walker St., La Palma 90623. (714) 522-6740.

Torrance: Spirit of America 5K and Kiddy K Run, Wilson Park at Jefferson, 8 a.m. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 214-1797.

Laguna Niguel: Taylor Woodrow 5 & 10K and 3K Walk in the Parks, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453 or 831-9622.

So. El Monte: San Gabriel River 3 Mile Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Coronado: Coronado Half-Marathon, and 2 Mi., 7th & G Sts., 6:30 a.m. Contact: Kathy Loper (619) 437-4667.

Fairfield: Fairfield 4th of July Run for Independence 5 & 10K, Laurel Creek Park, Cement Hill Rd., 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-81345.

Pacifica: Pier to Park 10K & 5K Fun Run, Roberts Rd. (5KO, Municipal Pier (10K), 8:45 a.m./5K, 9:15 a.m. Pacifica Recreation, 170 Santa Maria Ave., Pacifica 94044. (415) 875-7380.

Arcata: Northern California Fourth of July Jubilee Runs, 3K & 10K, Arcata Plaza, 9:30 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Huntington Beach: Parade 8K Run, Civic

Center (Yorktown Ave. & Main St.), 8:30 a.m. Phil Beukema (714) 631-8700.

Santa Cruz: Firecracker 10K Race, Harvey West Park, 8:30 a.m. Santa Cruz Park & Rec. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Pittsburg: Pittsburg Delta Festival Fun Run, 1 & 5 Mi., Buchanan Park (Harbor & Buchanan) 9 a.m. Info: 415/439-7756.

July 6 (Thursday):

Agoura: Paramount Ranch Cross Country 2 & 3 Mile Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.

July 7 (Friday):

Los Angeles: Aztlan Sunset Indian Run, 5K, Elysian Park, 6 p.m. Aztlan Track Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

July 8 (Saturday):

Rio Vista: Brannan Island "Out-Back" Triathlon, 900 Yd. Swim, 3.8 Mi. Run, 14 Mi. Bike, Brannan Island State Rec. area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxbrugh, c/o 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Camarillo: High-Tech Trek, 5 & 10K and 1 1/4 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m. Rufo Quemuel, Hightech Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

So. El Monte: Legg Lake Summer Morning 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Felton: Race Through the Redwoods, 10K & 2 Mi., downtown Felton, 9 a.m. Info: Carrie (408) 335-9193.

San Clemente: San Clemente Ocean Festival 5K, San Clemente Pier, 7:30 a.m. Info: George Gilbert (619) 275-5440.

July 9 (Sunday):

San Francisco: San Francisco Marathon, 7 a.m. City of San Francisco, Box 27557, San Francisco 94127. (415) 681-2323.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 6 p.m..

Oakland: Oakland Double 10K Classic & 5K Express, 14th St. & Broadway, (PA-TAC 20K

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Championships), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park (I-780, Columbus Pkwy. exit), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Rancho Cordova: American River Parkway Foundation Run, 5 & 10K, Kilgore Rd., 7:30 a.m. Rick Summers, P.O. Box 2501, Rancho Cordova 95741. (916) 635-8131.

Sacramento: Buffalo Chips Running Series. 5 & 10K. Information: (916) 488-6580.

Bakersfield: Bakersfield Track Club Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Carlsbad: Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach (Tamarack & Pacific Coast Hwy.), 7 a.m. Sara Drapkin, city of Carlsbad, 1200 Elm St., Carlsbad 92008. (619) 434-2856.

San Diego: Great Earth Run & Walk, 10K &

2 Mi., Balboa Park, 7:30 a.m. Contact: Lyn Lacey (619) 236-0842.

So. El Monte: Legg Lake 5K Run for Life, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

L.A. Area: Star Festival 5K Run, Pacific Square Plaza, Time TBA. Contact: (213) 323-0163.

San Clemente: San Clemente Ocean Festival 10K Beach Run, San Clemente Pier, 7:30 a.m. Info: George Gilbert (619) 275-5440.

July 11 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #3, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Recr. & Parks District, 405 Galaxy Ave., Bakersfield 93308. Paul Press or Melinda Duplantis: (805) 392-2000.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Contact: Travis Burleson (619) 259-9442.

July 14 (Friday):

Ashford, WA: Washington Centennial Relay Marathon. Mt. Ranier to the Pacific. 163 miles, 11 person teams, 6-10 p.m. staggered starts. Jack Lawson, Box 17086, Seattle WA. 98107. (206) 782-6547.

July 15 (Saturday)

Sacramento: Eppie's Great Race, 5.8 mi. run, 12.5 mi. bike, 6.3 mi. paddle. William Pond Recreation Area, 8 a.m. Kathleen Barber, Parks & Recr., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

Santa Rosa: Wildman Biathlon, 10K Run, 800 Yd. Swim, 3.3 Mi. Run, Annadel State Park (Hiway 12), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Luis Obispo: RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. between Hwy. 101 & Los Osos Valley

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SCHEDULE

Rd.), 8:30 a.m. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

San Diego: Spirit of San Diego 8K & 1 Mi., Balboa Park, 7:30 a.m. Contact: Kathy Loper (619) 437-4556.

Fountain Valley: 2nd Annual Run for the Hills, 7K Nature Run/Racewalk & Stride, 7:50 a.m./Walk & Stride, 8 a.m. Mile Square Park, OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

July 16 (Sunday):

Palo Alto: Bay to Breakfast 5 & 10K, Time TBA. Contact: (415) 329-2380.

Occidental: Occidental Country Run 10K and 3K Run/Walk, Harmony Union School (Bohemian Hwy & Graton Rd.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park, 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Newport Beach: Bastille Day 8K, Le Meridien Hotel, 8 a.m. United Cerebral Palsy Ass'n., 3020 W. Harvard, Santa Ana 92704. (714) 557-5100.

San Clemente: Fiesta 5000, c/o The Bank of San Clemente, 300 So. El Camino Real Blvd., San Clemente 92672. (714) 492-1131 or (619) 275-5440.

So. El Monte: Legg Lake 5K Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Ontario: National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 a.m. Info: (714) 989-6512.

Lake Tahoe: Tahoe Series 5 & 10K, Donner Ski Ranch, 9 a.m. Info: Mark Cardin. (916) 587-1192.

San Francisco: DSE Golden Gate Park Women's Festival 10K (men welcome), Golden Gate Park (South Side Polo Fields), 10 a.m. Info: (415) 668-2830.

Garberville: Benbow Lake Triathlon, 1.5K Swim, 27K Bike, 10K Run, Benbow Lake, Time TBA. David Banducci, College of the Redwoods, Eureka 95501. (707) 443-8411, x722.

July 18 (Tuesday):

Bakersfield: Bakersfield T.C. 5K Handicap

Run #3, 7 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

July 20 (Thursday):

So. El Monte: Legg Lake 5K Carrera de Noche, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 22 (Saturday):

San Francisco: Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

July 23 (Sunday):

Seattle: U.S. West Marathon. University of Washington, Husky Stadium. U.S. West Marathon, 101 Elliott Ave. West, Suite 430, Seattle, WA. 98119. (206) 285-0316.

Santa Cruz: Wharf to Wharf Run, 6 Mi., 8:30 a.m. (Limited to first 12,000 pre-reg.). Wharf to Wharf Run, Box 307, Capitola 95010.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse, 14th & Lakeside Dr.), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Oxnard: Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Time TBA. Teresa Peters, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

Big Bear Lake: Big Bear Triathlon Series #2, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Meadow Park, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

Mill Valley: Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore), 8 a.m./Men, 8:45 a.m./Women. Tamalpa Runners, Jim Myers, P.O. Box 1713, Mill Valley 94942. (415) 383-3961. Raceday Reg. Only.

Marin City: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, 2-Person Relay (one member does both 5K runs, one does 30K bike). Location & Time TBA. RhodyCo Productions, 2939 California St., San Francisco 94118. (415) 387-2178.

Reno, NV: Pyramid Lake Triathlon Relay, 1K Swim, 30K Bike, 10K Run, 9 a.m. Mark Coleman, Friends of Pyramid Lake, P.O. Box 8947, Reno, NV 89507. (702) 746-2649.

Truckee: Donner Lake Triathlon, 1.5K Swim, 40K Bike, 10K Run, West End Beach, 8:30 a.m. A Change of Pace, 1260 Lake

Blvd., Davis 95616. (916) 757-2012.

San Francisco: DSE Mission Rock Run, 3.5 Mi., Third & Mission Rock, 10 a.m. Info: (415) 668-2830.

Arcata: Mad River Race, 2 Mi. & 15K, Water District Park #4 (Warren Creek Rd. off West End Rd.), 10 a.m./2 Mi., 10:45 a.m.

Canyon Country: Running Wilde Downhill Mile, 8 a.m. College of the Canyons parking lot, corner of Valencia Blvd., & Rockwell Canyon. Running Wilde Sports, P.O. Box 1515, Canyon Country 91351. (805) 274-0400.

San Francisco: Summer of Love 50K, low-key tour of San Francisco & Marin, 1632 Haight St., 7 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

July 25 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #4, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Rec. & Parks District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000, Paul Press.

July 27 (Thursday):

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Race Central, 245 S. Riverside Ave., P.O. Box 828, Rialto 92376. (714) 874-5870.

So. El Monte: 1. Legg Lake 5K Good Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

July 29 (Saturday):

Johnsville: Gold Rush Ultra-Marathon, 50K (PA-TAC Championships), Plumas Eureka State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mammoth: Mammoth Snowcreek Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

Hayward: Bay Area Ultrarunners 24-Hour Track Run, Time TBA. Jim Skophammer (415) 994-6128(h), (415) 397-5000(wk).

So. El Monte: San Gabriel River 12K Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Coto de Caza: A Mid Summer Night's Dream, 5K Run/Stride, 12K Run, 1 Mi./Walk Trabuco Canyon, 5 p.m./5K, 5:45 p.m./12K, 7 p.m. Dream Run, Coto de Caza, One Coto de Caza Dr., Coto de Caza 92679. (714) 858-2600.

Gilroy: Gilroy Garlic Festival Runs, 5 & 10K,

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Gavilan College, 7:30 a.m. Gilroy Garlic Festival Runs, P.O. Box 2311, Gilroy 95021.

July 30 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi., Aquatic Park (Fisherman's Wharf), 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Courtland: Pear Fair 5 & 10 Mile, Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95960. (916) 776-1627.

Sparks, NV: Striders Fun Relay, 20K (3-person teams), Cottonwood Park, 7:30 a.m. Ski Pisarski, P.O. Box 21171, Reno, NV 89515. (702) 849-0419.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 0.5 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run, Sinsheimer Park, Time TBA. John Rogers, c/o SLO Recreation Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7300.

San Diego: Lions-Padres 10K & 2 Mi., J< Stadium, 7 a.m. Contact: Jim Reed (619) 239-7264.

Walnut Creek: The Seven C's 7K, Heather Farms (301 N. San Carlos Dr.), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803.

(415) 841-1190.

San Francisco: DSE North Embarcadero Run, 6.25 Mi., Embarcadero & Berry, 10 a.m. Info: (415) 668-2830.

August 1 (Tuesday):

Bakersfield: Summer Triathlon #5, 10 Mi. Bike, 5K Run, 400m Swim, 6 p.m. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

August 2 (Wed.):

So. El Monte: Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 5 (Saturday):

San Rafael: Marin Triathlon, 600 Yd. Swim, 5K Run, 10 Mi. Bike, McNear's Beach City Park (off Pt. San Pedro Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-

6453.

Tracy: California Dry Bean Festival Fun Run, 5 & 10K, 1 Mi. Kids Run, 7:30 a.m./Kids 1 Mi., 8 a.m./5&10Km 9 a.m./1 Mi. Run-Walk. Bob Milliom, 2529 Tracy Blvd., Tracy 95376. (209) 832-0287.

Squaw Valley: Squaw Valley USA Mountain Run/Walk, 3.6 Mi., Tram Bldg., 9:15 a.m./Walk, 9:30 a.m./Run. Holly Beate Far, Image Promotions, P.O. Box 2575, Olympic Valley 95730. (916) 758-8802.

Bakersfield: Hart Park Fun Run, 7 a.m. Contact: Randy Brown (805) 834-9130.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park, 936 E. El Segundo Blvd., 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

So. El Monte: Legg Lake 099'ers 8K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mammoth Lakes: Highest 5 & 10K Run in California. (elevation 7600' to 8000') 8 a.m. Mammoth Lakes Lions Club, PO Box 17, Mammoth Lakes 93546 or call Bill Rolls (619) 935-4512/home or (619) 934-8553/work.

San Diego: Ocean Beach 10K & 2K, Newport at Abbott, 7 a.m. Chris Veldekamp (619)

ALAMEDA RUN for the PARKS — 10K

SECOND ANNUAL 2 MILE WALK

Sunday, August 13, 1989 9:00 am

T.A.C. sanctioned and certified race to benefit the Alameda Recreation and Park Department

FEATURES:

- NEWLY DESIGNED T-shirt to all registered runners and walkers.
- Two trips to Hawaii for two.
- Refreshments at the finish—Stroh's Beer, Safeway Fruit, Mothers Cookies, Pepsi, Pripps Plus, Kissle, Kashi.
- Flat, fast loop course with a beautiful view of the San Francisco skyline.
- Split times each mile, big digital clock at the finish.
- Computerized race results. "Total Race Systems".
- "Jazzercise" warm-up and aid stations.
- Chili cook-off to follow awards ceremony.



AWARDS:

- Merchandise awards to every 10th finisher in 10K race.
- Merchandise awards to the top three finishers in each division in the 10K race.
- Team awards to City and Run Club with most entrants.
- Robert Crown Memorial Award to first male & female from Alameda in the 10K race.
- Team Award to winning military team.

DRAWINGS:

- Top three individual age division finishers in the 10K race eligible for drawing for one of two tickets to Hawaii for two. Must be present to win.

- Random drawing from among all other registered runners and walkers for the second trip. Must be present to win.

PRE-REGISTRATION:

- PLEASE PRE-REGISTER. Entries are limited to the first 3,000 runners. Entry fee \$10.00 to pre-registered entry postmarked before JULY 31. Please include a 4"x10" self-addressed stamped envelope for your race packet to be mailed to you.
- Mail entry before July 31, 1989, to Room 201, City Hall, Alameda, CA 94501. Make checks payable to Run for the Parks

RACE DAY REGISTRATION:

- Entry fee \$12.00 at South Shore Shopping Center between 7 a.m. and 8:15 a.m.

RACE RESULTS:

- Race results will be mailed to all runners.

INFORMATION:

- Contact Alameda Recreation and Park Department, Room 201, City Hall, Alameda, CA 94501 (415) 748-4565.

AGE DIVISIONS:

- 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over, and wheelchair. All divisions for men and women.

ALAMEDA RUN for the PARKS

| | | | | |
|--|---|---|---|--|
| SEX <input type="checkbox"/> M/F LAST NAME <input type="text"/> | DATE OF BIRTH <input type="text"/> / <input type="text"/> / <input type="text"/> STREET <input type="text"/> | AGE <input type="text"/> ON RACE DAY CITY <input type="text"/> | <input type="checkbox"/> 2 MILE WALK <input type="checkbox"/> 10K RUN <input type="checkbox"/> WHEELCHAIR (10K) | <div style="border: 1px solid black; padding: 5px; text-align: center;">For Official Use Only</div> STATE <input type="text"/> ZIP <input type="text"/> CLUB/TEAM <input type="text"/> PHONE <input type="text"/> |
| CLUBS/TEAMS MUST PRE-REGISTER BY JULY 31st | | | | |
| I AM EMPLOYED BY THE CITY OF: <input type="text"/> | | | | |
| I WOULD LIKE TO RECEIVE INFORMATION ABOUT ISLAND CITY RUNNERS <input type="checkbox"/> | | | | |

WAIVER: In consideration of your accepting my entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims against to persons and organizations affiliated with the race, T.A.C., the officials, Harsh Investments Corp., South Shore Merchants Council, South Shore APS, the City of Alameda, the Bureau of Electricity, the County of Alameda, the State of California, Island City Runners any and all sponsors of the race, volunteers and committee members while participating in or traveling to the Run for the Parks, August 13, 1989. I further attest that I am physically fit and sufficiently trained for this event.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date

Road Race Management
Race Director's Meeting
And Trade Exhibit
November 10-12, 1989
Washington, DC

Road Race Management, the professional journal for race directors, is hosting its seventh annual widely-acclaimed race director's meeting and trade exhibit. This is the must-attend conference you've heard so much about. The conference is designed for directors of races of all sizes and individuals with a keen interest in the sport of long distance running.

A brochure listing the faculty and workshops for 1989 is available. Past panelists have included Fred Lebow, Ollan Cassell, Jane Dolley, Henley Gibble, Don Kardong, Harold Tinsley, Amby Burfoot, and many other luminaries in the sport.

Here's what attendees have said:

"I have returned to Colorado with many new ideas as well as clarification on many pressing issues in road racing."

Nancy Hobbs

Colorado Triple Crown of Racing
Colorado Springs, CO

"I had a great time at your November conference. It was everything I imagined it would be--a small high-quality meeting of first-class people."

Amby Burfoot

Editor, Runner's World
Emmaus, PA

"Attending this event was more than I expected."

Valerie Johnson

Director, Wharf to Wharf Race
Capitola, CA

If you wish to receive information on the 1989 Road Race Management Race Director's Meeting and Trade Exhibit, please fill out and return the form below. Remember, attendance is limited.

Please send me a brochure on the 1989 Road Race Management Race Director's Meeting on November 10-12, 1989 in Washington, DC.

Name (please print): _____

Organization/affiliation: _____

City/State/Zip: _____

Phone: _____

Check here if you would like to receive information on the Trade Exhibit.

Mail to: Road Race Management, Race Director's Meeting, 1201 S. Eads St., Suite 2A, Arlington, VA 22202

RI7

SCHEDULE

226-8888.

San Diego: Run for the Animals, 10K & 2 Mi., Seaport Village, 7:30 a.m. Mike McCarty (619) 531-6041.

Irwindale: Bud Light L.A. Sprint Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Santa Fe Dam, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

El Cerrito: El Cerrito Hillside Run, 4 Mi., 7007 Moeser Ln., Time TBA. Info: Jack Coakley (415) 530-1939.

August 6 (Sunday):

Larkspur: Asher Clinic Couples Relay, 2x2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Circle, Larkspur 94939. (415) 461-8233.

San Francisco: Team San Francisco's Vancouverun, 5 & 10K and 5K Walk, Golden Gate Park (South side of Polo Fields), 8 a.m. Team San Francisco, Attn: Bob Puerzer, 2215-R Market St., #519, San Francisco 94114. (415) 552-1406.

Pacific Grove: YWCA's Women's 5K Walk & 10K Run, Ocean View Blvd., 9 a.m. (Women only), YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

San Clemente: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, c/o 5966 La Place Ct., #100, Carlsbad 92008. (619) 438-8080.

San Francisco: DSE Roller Coaster Run, 3 Mi. and Kids' 0.6 Mi., Mountain Lake Park (west end), Lake & 12th Ave., 10 a.m. Info: (415) 668-2830.

August 8 (Tuesday):

Bakersfield: Darryl Easter Memorial Summer Handicap 5K Series, Approx. 1/2 Mile east of Hart Park (on Alfred Harrell Hwy.), 7 p.m. Randy Brown: (805) 834-9130.

August 10 (Thursday):

So. El Monte: Legg Lake 5K Evening Cougar Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 12 (Saturday):

Asbury Park, NJ: National TAC Sr. Women's 10K Championships, Time TBA. Phil Benson, Box 2287, Ocean, NJ 07712. (201) 531-4156.

Petaluma: Stride for Life, 3 & 10K Run, 3K Walk, Walnut Park, 8 a.m. Petaluma Valley Hospital Foundation, Attn: Robert Brown,

P.O. Box 5124, Petaluma 94953. (707) 778-7441.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

San Diego: MADD Run for Fiscal Fitness, 10K & 2Mi., Balboa Park, 7:30 a.m. Toni Deal (619) 272-8316.

Green Valley Lake: "Hot August Days" Green Valley Lake Triathlon, 0.4K Swim, 10.5 Mi. Bike, 3.5 Mi. Run, Time TBA. Jim Allison, 33180 Green Valley Lake Rd., P.O. Box 422, Green Valley Lake 92341. (714) 867-7757.

August 13 (Sunday):

San Mateo: San Mateo County Fair Run, Distance TBA, County Fairgrounds (So. Delaware & E. 25th Ave.), Time TBA. Jaime Rupert, c/o San Mateo County Fairgrounds, 2495 S. Delaware St., San Mateo 94403. (415) 574-FAIR.

Alameda: Alameda Run for the Parks, 10K Run, 2 Mi. Walk, Southshore Shopping Center, 9 a.m. Alameda Rec. & Park Dept., Room 201, City Hall, Alameda 94501. (415) 522-4100, x227.

Healdsburg: River of No Return Pentathlon, 800 Yd. Swim, 10 Mi. Canoe, 0.3 Mi. Portage, 9.3 Mi. Run, 22 Mi. Bike, Vineyard Plaza Shopping Center, 8 a.m. (2-Person Teams). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Quincy: Feather River Classic Run, 5K & 10 Mi., Pioneer Park & Pool, 8:30 a.m. Roger Steward, Central Plumas Rec. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Covelo: Blackberry Festival Footrace, 5 & 10K, Commercial & Howard St., 7:45 a.m./walkers, 8:15 a.m./runners. Covelo Community Library, P.O. Box 491, Covelo 95428. (707) 983-6594.

San Francisco: DSE Windmill Run, 6.5 Mi., Wilhelmina Windmill (JFK Drive, Golden Gate Park), 10 a.m. Info: (415) 668-2830.

Lake Tahoe: Tahoe Series 5 & 10K, Northstar (main parking lot), 9 a.m. Info: Mark Cardin (916) 587-1192.

Arcata Area: Freshwater Race, 2 Mi. & 10K, 2872 Freshwater Rd., 10 a.m. Info: Ellsworth Pence: (707) 445-9442.

Ventura: Ventura Triathlon, 0.5 Mi. Swim, 18 Mi. Bike, 4 Mi. Run, Ventura State Beach, Time TBA. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

SCHEDULE

August 15 (Tuesday):

Bakersfield: Summer Triathlon #6, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Charles Freeman (619) 280-5000.

August 16 (Wed.):

San Francisco: Manufacturers Hanover Corporate Challenge, 3.5 Mi., 6 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

August 18 (Friday):

Palo Alto: Pizza Hut TGIF 5 & 10K, 6:30 p.m. Contact: (415) 329-2380.

August 19 (Saturday):

Antloch: Golden Triangle Triathlon, 0.75 Mi. Swim, 18 Mi. Bike, 6 Mi. Run, Central Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

East Sacramento: Susan B. Anthony Women's 5K Run & 2K Walk, Glenn Hall Park, 8:30 a.m./2K, 9 a.m./5K. Contact: Dennis Grandy (916) 454-0198.

West Covina: Steamboat Tri-Al, 0.5 Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Bonelli Park, Time TBA. John A. Mory, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Manitou Springs, CO: Pikes Peak Ascent 7 a.m. (1500 limit) See marathon listing below (Aug. 20).

Susanville: Susanville Main Street Mile, 1 Mi., 10 a.m. Jim Reichle, 105 Park, Susanville 96130. (916) 257-2294.

Tahachapi: Tehachapi 5 & 10K, Time TBA. Info: (805) 822-3370.

Grover City: The Dune Runs, 5 & 10K, 9 a.m. Info: (805) 481-0158.

August 20 (Sunday):

Manitou Springs, CO: Pikes Peak Marathon, 7 a.m. (1000 Limit) *Note:* Ascent Only race on Aug. 19. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

San Francisco: Presidio 10, 10 Mi., Presidio Parade Grounds, 9 a.m. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

San Francisco: Hook & Ladder 10K, Gold-

en Gate Park (Rainbow Falls/JFK Dr.), 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122. (415) 753-0880.

Redwood Shores: Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Bros/Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

Hayward: Hayward Zucchini Run, 10K & 2 Mi., 9 a.m. Roxann Kasparian, Eden YMCA, 951, Palisade, Hayward 94542. (415) 582-9614.

Scotts Valley: Pioneer Days 10K, Kids' 1/2 Mi, King's Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m./Kids' Run, 9 a.m. Pioneer Days 10K, P.O. Box 66928, Scotts Valley 95066. (408) 438-1010.

Sacramento: Rainbo Bread Ironkids Triathlon, (7-10) 100m Swim, 5K Bike, 1K Run, (11-14) 200m Swim, 10K Bike, 2K Run, Time TBA. Traksports Management Group Int'l., P.O. Box 69095, St. Louis, MO 63169. (314) 241-8100.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Location & Time TBA. Contact: Randy Brown (805) 834-9130.

Big Bear Lake: Big Bear Triathlon Series #3, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: America's Finest City Half-Marathon, Pt. Loma, 7 a.m. Neil Finn, P.O. Box 3879, San Diego 92103. (619) 297-3901.

San Francisco: DSE Lake Merced Run, 4.6 Mi., Sunset Blvd. Parking Lot, 10 a.m. Info: (415) 668-2830.

Bear Valley: Bear Foot Race 10K Fun Run, Bear Valley Ski Resort (7,000 Ft.), 9 a.m. Paul Peterson: (209) 753-2834.

McKinleyville: Hammond Bridge Half-Marathon & 2 Mi., High School track, 9 a.m. Buzz Webb: (707) 839-3518.

August 22 (Tuesday):

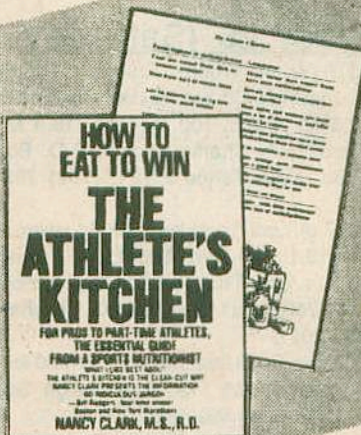
Bakersfield: Darryl Easter Memorial Summer Handicap 5K Series, Approx. 1/2 Mile east of Hart Park (on Alfred Harrell Hwy.), 7 p.m. Randy Brown: (805) 834-9130.

August 24 (Thursday):

So. El Monte: Legg Lake Evening Turtle Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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SCHEDULE

August 25 (Friday):

Coronado: SWOS 10K, 8 a.m. Sean O'Conner. (619) 437-4556. Note: Military Only.

August 26 (Saturday):

So. Lake Tahoe: World's Toughest Triathlon (National Ultra Course Masters Championship), 2.5 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (702) 782-9723.

Lodi: City of Lodi Triathlon. (1000y swim, 5 mile bike, 3.1 mile run). Lodi Lake, Turner Road. 9 a.m. Lodi Triathlon, 801 S. Fairmont #5, Lodi 95240 or call Dr. William C. Henshaw (209) 334-2021.

Bishop: Mule Run Ultra 50K, 7 a.m. (300 limit). Bill & Cheri Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

August 27 (Sunday):

Foster City: Run Your Plaque Off, 10K Run & 5K Stride, Sea Cloud Park (Pitcairn Dr.), 9 a.m. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403. (415) 345-5714.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse at 14th & Lakeside), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

San Francisco: Jazz Beat 5K, Golden Gate Park (So. Side of Polo Fields), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Bodega Bay: Bodega Bay to Breakers 8K Run/Walk, Bodega Marine Laboratory, 9 a.m. Sherry Fitzsimmons, P.O. Box 247, Bodega Bay 94923. (707) 875-2065.

Merced: Watermelon Run, Distance TBA, Time TBA. Merced TC Newsletter, 221 East 19th, Merced 95340.

Pismo Beach: Pismo Beach-Sea Venture Triathlon, 1.5K Swim, 40 K Bike, 10K Run, Pismo Pier, Time TBA. Sea Venture Hotel, 100 Ocean Ave., Pismo Beach 93449. (805) 773-4994.

San Francisco: DSE Stern Grove Run, 4 Mi., 33rd Ave. & Wawona, 10 a.m. Info: (415) 668-2830.

August 31 (Thursday):

So. El Monte: Legg Lake 5K Evening Deer Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Huntington Beach: Sunset in the Park, 2.8 & 4.8 Mi. cross-country runs, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

September 2 (Sat.):

Sausalito: Puffin Power, 4 & 7 Mi., Rodeo Lagoon (GGNRA, Ft. Cronkhite, Marin Headlands), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

Lompoc: Park to Park 8 Mile Run, Miguelito Park to La Purisima Mission State Park, 8 a.m. Russ & Lisa Norcutt: (805) 736-6168.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park, 936 E. El Segundo Blvd., 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

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

San Diego: 4-Mile Cross-Country, Balboa Park, 7 a.m./women, 7:30 a.m./men. Keith Jeffers: (619) 452-7382.

September 3 (Sun.):

Livermore: Went's Cellar to Cellar Run, 10K, Time TBA. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 668-2243.

Crescent City: Crescent City Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 4 Mi. Run, Time TBA. Mike Mathews, 1500 Dundas Rd., Crescent City 95531. (707) 464-3976, 464-5698.

South El Monte: San Gabriel River 3 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

September 4 (Mon.):

Pinole: Miniman Triathlon, 250 Yd. Swim, 2 Mi. Run, 10 Mi. Bike, Pinole City pool (Simas Ave. & Pinole Valley Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Lodi: Field & Fair Day Run, 10K, Time TBA. Info: (209) 333-6782.

Auburn: Average Joe Biathlon, 6.1 Mi. Run, 7.45 Mi. Bike, Bowman Elementary School, 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Sacramento: Doug Pope's Run for the Children, 5 Mi. Run & 3 Mi. Walk, & Kids' Half Mile,

Glen Hall Park, 8:30 a.m./Kids' Run, 9 a.m. Doug Pope or Steve Cippa, 50 Fullerton Ct., Sacramento 95825. (916) 446-6800.

South El Monte: Legg Lake 8K Labor Day Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

September 8 (Friday):

Tahoe City: Pepsi of Reno-Tahoe 72-Miler, Commons Beach (1 lap on road around Lake Tahoe), 6 a.m. Toni Belaustegui, 75 Mt. Rose St., Reno, NV 89509. (702) 329-6697.

September 9 (Sat.):

Beryessa: Berryessa Biathlon, 1.25 Mi. Swim, 24 Mi. Bike, (Northern California Biathlon Championship), Putah Creek Resort, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Tracy: Tracy 5 & 10K and 1 Mi., Dr. Powers Park (Tracy Blvd. & Lowell), 8 a.m. Bob Million, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Tahoe City: North Shore Challenge, 1/2-Mi. Swim (Lake Tahoe), 5 Mi. Run, 18 Mi. Bike, Skylandia Beach, 10 a.m. TCPUD Dept. of Parks & Recr., P.O. Box 33, Tahoe City 95730. (916) 546-7248.

South El Monte: Legg Lake 099'ers Road Runners 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Rd., Pico Rivera 90660. (213) 949-0394.

Irvine: Pridemark Realtors 5 & 10K and 1 Mile Fun Run/Walk, Airport Business Center (Sky Park Blvd. South & Main St.), 7:30 a.m./10K, 8:20 a.m./5K, 9:30 a.m./1 Mile. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

San Diego: Penasquitos Town Center 5K, near Mt. Carmel High School, 7:30 a.m. Dennis McClanahan: (619) 437-4667.

September 10 (Sun.):

San Francisco: Run for Hope 10K, Golden Gate Park (Polo Fields), 9 a.m. Run For Hope, Pacific Energy & Resources Center, Ft. Cronkhite, Bldg. 1055, Sausalito 94965. (415) 331-1942.

Oakland: Run/Walk for Friends, 5 & 10K, Lake Merritt (sailboat house, 568 Bellevue), 9 a.m. Friends of Oakland Parks & Recr., 1520 Lakeside Dr., Oakland 94612. (415) 273-3494.

Los Gatos: YSI Vasona Park 10K Wildlife Run & 5K Stride, 8:30 a.m./10K, 8:45 a.m. Youth Science Institute, 296 Garden Hill Dr.,

SCHEDULE

Los Gatos 95030. (408) 356-4945.

Pleasanton: Heritage Days Run, 5 & 10K and 2 Mi. Walk, Hacienda Business Park, Time TBA. Fleet Feet, 4247 Rosewood Dr., Pleasanton 94566. (415) 847-9255.

Santa Rosa: Annadel Loop, 7 Mi., Cobblestone Trailhead (Channel Dr.), 8 a.m. Alec Isabeau, 2900 St. Paul Dr., #219, Santa Rosa 95405. (707) 525-1808.

San Diego: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. U.S.T.S., c/o 5966 La Place Ct., #100, Carlsbad 92008. (619) 438-8080.

Don Pedro Lake: Don Pedro Triathlon, 1.5K Swim, 35K Bike, 10K Run, Time TBA. Don Pedro Triathlon, c/o Pedro Recr. Agency, P.O. Box 160, LaGrange 95329. (209) 852-2396.

South El Monte: San Gabriel River 3 Mile Frog Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

September 15 (Fri.):

Palo Alto: Moonlight Run, 9 p.m. Info: (415) 329-2380. (Palo Alto Recr. Dept.)

September 16 (Sat.):

Squaw Valley: Pacific Crest Trail 50K, 25K & 25K Relay and 12K, Squaw Valley Inn to Donner Pass, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sausalito: The Great Headlands Race, 6 Mi., Fort Barry (rifle range), GGNRA, 10 a.m. Headlands Center for the Arts, 944 Fort Barry, Sausalito 94965. (415) 331-2799.

Bass Lake: Bass Lake Classic Triathlon, 1500m Swim, 40K Bike, 10K Run, Pines Resort, Time TBA. Bass Lake Chamber of Commerce, P.O. Box 126, Bass Lake 93604. (209) 642-3676.

Pico Rivera: Sunset 5 & 10K Run/Walk, 5 p.m./5K, 5:30 p.m. Info: Mike Collier (213) 949-5648.

September 17 (Sun.):

San Francisco: Hoy's Sports 10,000 Meter Classic, Golden Gate Park (JFK Dr. & Stow Lake Dr.), 9 a.m. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-4697.

Oakland: Aztac Run for Education, 5 & 10K, Lake Merritt (boathouse), 9 a.m. Rosario Flores, 1900 Fruitvale Ave., #1-B, Oakland 94601. (415) 261-7839.

Albany: People Chase 5 & 10K and Kid's 1 Mi., Golden Gate Fields racetrack, 9 a.m.

Carolyn Pugh, 848 Stannage Ave., Albany 94706. (415) 527-6195.

Walnut Creek: Walnut Festival Runs, 5 & 10K, Heather Farms Park, 8:30 a.m. Walnut Festival, P.O. Box 3408, Walnut Creek 94598. (415) 938-6766.

San Jose: Willow Glen Founders Day 10K, Willow Glen Elem. School (Lincoln & Minnesota), 8:30 a.m. Steve Murphy, P.O. Box 8644, San Jose 95155.

Pacific Grove: Monterey Bay 10K Run for the Beacon, Lover's Point Park, 9 a.m. Will Franke, c/o Beacon House, P.O. Box 301, Pacific Grove 93950. (408) 372-2334.

Sacramento: Buffalo Stampede 10 Miler, plus 3 Mi. & Kids' 1/2-Mi., Rio Americano High School, 8 a.m./10 Mi., 8:10 a.m./3 Mi., 9:45 a.m. George Parrott, 1988 University Park Dr., Sacramento 95825. (916) 488-6580.

Sacramento: Sacramento Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capitol steps, Time TBA. Steve Cippa, c/o 2408 J Street, Sacra-

mento 95816. (916) 442-3338.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Time TBA. Randy Brown: (805) 834-9130.

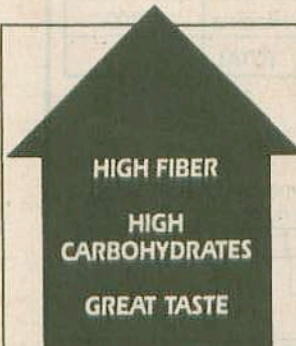
Malibu: Bikesport Malibu Triathlon, 0.5 Mi. Swim, 18 Mi. Bike, 5 Mi. Run, Zuma Beach, Time TBA. Michael Epstein, P.O. Box 9122, Calabasas 91302. (818) 880-4915.

South El Monte: Legg Lake 5K Spirit Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Philadelphia, PA: National TAC Masters Half-Marathon Championships, Time TBA. Mark Stewart, P.O. Box 43111, Philadelphia, PA 19129. (215) 636-4975.

September 23 (Sat.):

Pacific: Fog Fest Five Run/Stride, 5 Mi., Sharp Park School, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.




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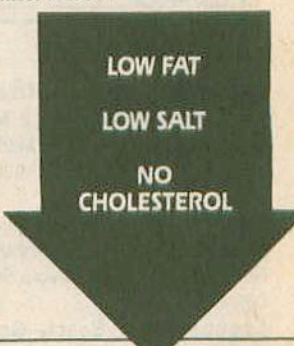
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Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

South El Monte: Legg Lake 099'ers Chapparal 8K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Laguna Hills: Beach Games 8K, Time

TBA. Beach Games 8K, P.O. Box 795, Dana Point 92629. (714) 861-6062.

San Diego: Rancho San Diego 5K, Jamaica at Campo, 7:30 a.m. Info: Kathy Loper (619) 437-4556.

San Diego: Balboa 8-Mile (& 3 Mi), Balboa Park, 7 a.m. Info: Bill Gookin (619) 578-9456.

SCHEDULE

September 24 (Sun.):

Portland, OR: Portland Marathon, 5 Mi. & 2 Mi. Kids Run, 8 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR. 97076-4040. (503) 226-1111

San Francisco: Bridge to Bridge Run, 8 Mi. & 5K, Ferry Bldg., 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Santa Clara: Carousel to Coaster 10K Run (& 5K Stride), Great America Amusement Park, 9 a.m. City of Santa Clara Parks/Recr. Dept., 1500 Warburton Ave., Room 103, Santa Clara 95050. (408) 984-3223.

Rio Vista: Brannon Island Splash, Dash & Splash, 900 Yd. Swim, 4.1 Mi. Run, 450 Yd. Swim, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Merced: Gateway to Yosemite Triathlon, Distance TBA, Time TBA. Merced Track Club News, 221 E. 19th, Merced 95340.

Lake Isabella: Dam Tough Run, 38.6 Mi. (relay or ultra-marathon), 7 a.m. Lake Isabella Chamber of Commerce, P.O. Box 567, Lake Isabella 93240. (619) 379-5236, mornings.

South El Monte: Legg Lake 5K Indian Summer Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 494-0394.

Bonita: Bonita Half-Marathon & 5K, Plaza Bonita, 7 a.m. Info: Lyle Cummings (619) 280-7731.

Pittsburgh, PA: National TAC Masters 10K Road Championships, Time TBA. William Phelps, 73 Elmore Rd., Pittsburgh, PA 15221. (412) 647-3021.

September 30 (Sat.):

Newark: Run for Education 5 & 10K, Coyote Hills Regional Park, 8 a.m. Jeanne Brophy, 5465 Black Bird Dr., Pleasanton 94566. (415) 462-1600.

Grass Valley: Bear Fair Races & Quad-rathlon, 100m, 400m, 1500m on track and 5K X-C, Bear River High School, 5 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Fountain Valley: West Coast University 50-Miler, Mile Square Park, 6:30 a.m. (Sept. 1 deadline; 12-Hour time limit). Lee Prable, West Coast Univ., 550 S. Main St., Orange 92668. (714) 953-2700, (213) 532-5043/H.

SCHEDULE

October 1 (Sunday):

San Francisco: Alcatraz Challenge Triathlon, 1.5 Mi. Swim, 1 Mi. Run, 20 Mi. Bike, 14.8 Mi. Run, Alcatraz Island (Rocky Beach), Time TBA. Sally Bailey, 10 Camelford Ct., Moraga 94556. (415) 376-3468.

Danville: Primo's to Primo's Half-Marathon, 5 & 10K, 7:30 a.m. Janet Kinney, 643 San Ramon Valley Blvd., Danville 94526. (415) 837-1800.

Palo Alto: Run for the Animals, 9 a.m. Info: (415) 329-2380. (Palo Alto Recr. Dept.).

Santa Cruz: Santa Cruz Sentinel Triathlon, 1 Mi. Swim, 23 Mi. Bike, 10K Run, Main Beach, 8 a.m. Alice Helmer, Santa Cruz Sentinel, Box 638, Santa Cruz 95061. (408) 423-4242, x301.

South El Monte: San Gabriel River 10 Mile Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Coronado: Leukemia Coronado Bridge Run, 6.5 Mi. & 3 Mi. Walk, 7:45 a.m. In Motion, 2204 Garnet Ave., Suite 203, San Diego 92109. (619) 483-9501.

East Meadow, NY: National TAC Masters 25K Championships, Time TBA. Jack Dowling, 25-47 Beech St., East Meadow, NY 11554. (516) 579-7466.

Sacramento: Sacramento Triathlon, 1.5K Swim, 40K Bike, 10K Run, Capitol steps, Time TBA. Steve Cippa, c/o 2408 J Street, Sacramento 95816. (916) 442-3338.

State Park (Channel Dr. entrance), 10 a.m. Bruce Wolfe, 46 Craig, Piedmont 94611. (415) 652-7871.

Oct. 8 (Sun.): Weott: Humboldt Redwoods Marathon & Half-Marathon, Dyerville Bridge, 2 Mi. north of Weott in Humboldt Redwoods State Park, 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 443-1226 for questions: (707) 442-6463 for info.

Oct. 8 (Sun.): St. Paul, MN: Twin Cities Marathon (Nat'l TAC Masters Championships), Time TBA. Gary Iverson, 1200 Town Square, 445 Minnesota St., St. Paul, MN 55101. (612) 291-1822.

Oct. 14 (Sat.): Wrightwood: Angeles Crest 100 Mile Endurance Run, 5 a.m. Ken Hamada, 370 W. Colorado St., Arcadia 91006. (818) 447-0584.

Oct. 22 (Sat.): Clayton: Mt. Diablo Relay, 47 Mi., 7-person teams (limit 100 teams), circle Mt. Diablo counterclockwise, Time TBA. John Mercurio, 2832 St. Joseph Dr., Concord 94518. (415) 685-6759.

Oct. 28 (Sat.): Folsom Lake: Sierra Nevada Endurance Run, 52.4 Mi., 7 a.m. Delmar Fralick, Box 5299, El Dorado 95630.

Nov. 4 (Sat.): Cancun Caribbean Run. 10K. Sports Am, PO Box 6069, Salt Lake City, UT 84106 (801) 583-6281.

354-5660, 395-4311, or 356-0453.

July 8: Sacramento: Western Regional Masters Championships. American River College. Michael Holzang, P.O. Box 255131, Sacramento, CA 95865. (916) 482-7881.

July 13: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 16-20: San Luis Obispo: Sky Jumpers Vaulting Camp. Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119.

July 20: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 20-23: San Diego: TAC/USA National Masters Championships. San Diego State. Dave Pain (619) 582-3316.

July 27: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 27-Aug. 6: Eugene, OR: VIII World Veterans Championships Masters World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Tom Jordan (503) 687-1989.

August 3: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Harmatz, (415) 354-5660, 395-4311 or 356-0453.

August 5: Santa Monica. Southern California TAC. Santa Monica Community College. Skip Stolley, 825 16th #B, Santa Monica, CA 90403 (213) 432-7655.

August 6: Westwood: Jack-in-the-Box Invitational (replaces Pepsi Invitational) Drake Stadium at UCLA. 3:30 p.m. Call for ticket information (213) 825-5368. Also available at all Ticketron locations.

August 10: Los Gatos All-Comer Track Meets (see August 3 entry above for information).

September 16: Northern California Seniors Track Classic (Submasters & Masters, ie. 30-plus). UC Berkeley. 8:30 a.m. Contact Jim Johnson, 1026 Murchison Dr., Millbrae 94030 (415) 697-1889.

Looking Ahead

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

Oct. 7 (Sat.): Santa Rosa: U.S. Individual Orienteering Championships, Annadel

Track Schedule

June 29-July 2: Region 14 TAC Junior Olympic Championships. Ratcliffe Stadium, Fresno. (Qualify to TAC Nationals in Spokane, WA.) For information call Diane Sperling (209) 434-1286 days, Andrew Canidate (209) 435-0368, after 6 p.m.

July 6: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Harmatz (415)



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KEEPING PACE

By MARK WINITZ



Recover and Win

Conventional Wisdom Says That What You Eat Determines How You Perform. But What You Eat Also Dictates How Well You Recover.

No doubt, you've heard it before. If you want to be a successful competitor, you have to put in the training. If your goal is an Olympic gold medal or to merely place high in your local championship—maybe, it's just keeping

"...Supplementation of an athlete's regular diet with the proper nutrients can speed and enhance recovery after hard training bouts or competition."

active, fit, and healthy—you need to strike the right balance between activity (training) and non-activity (rest and recovery). If you're like most highly motivated athletes, you place greater emphasis on the active part: How many workouts did I get in this week? How many miles did I run or cycle? How much weight did I bench press? But a growing pool of knowledge among athletes, coaches, trainers, and researchers is telling us that the other part—rest and recovery—is of equal or greater importance in athletic excellence.

The athletes that can recover faster and more efficiently from hard competition or training, undoubtedly, have an advantage. They can train more consistently and at a

higher level than their competitors or peers. They can compete more frequently, and pop back into their regular training regime after competing more quickly than others who don't recover so well. And they have more energy to do the other activities in their lives outside of their sport.

Recovery Factors

Many factors contribute to the ability to recover from hard physical activity. An individual's general fitness level, genetic make-up, age, training regime, mental outlook and *nutritional habits* all play a major role. Some factors, such as your age, are beyond your control. So, you accept that fact and, hope-

position of Performance Nutrition's supplements places a premium on naturally occurring "foods" that have been scientifically proven to reduce lactic acid buildup in the muscles of endurance athletes, and thus reduce recovery time. During activity certain nutrients have been proven to spare lean muscle breakdown, thus reducing metabolic stress and making it that much easier to hit the road, track, weight room, gym, court, or field the next day.

Performance Nutrition has carefully added an array of proven, metabolically natural recovery-promoting elements to their formulas. And now a rapidly growing group of top athletes are discovering that they can safely and effectively boost their recovery abilities, and subsequently train and compete at a higher level, by adding these completely safe and non-steroidal supplements to a healthy diet.

A Boon For Billy

Boston's Bill Rodgers is one such athlete who has recently started using Performance Nutrition's products as an adjunct to his nutritional regime. America's best known male distance runner is now a top-ranked masters (over 40 years old) competitor. He knows that as he gets a bit older, he can no longer get away with merely raiding the ice box for any combination of fast foods to fuel the 100-mile weeks that he still puts in.

"These products should be particularly useful for endurance athletes," notes Rodgers. "For a masters runner they might come in really handy since we don't recover as well as younger people."

Recovery is becoming an increasing top priority for the 4-time winner of the Boston and New York marathons who relies on weekly massages and easy swimming in the pool after hard workouts to avoid injury and loosen up muscles and tendons. His diet, too, is carefully monitored to replenish reserves that can easily be diminished by twice-daily work-

continued next page...

KEEPING PACE

outs. Although Bill has received some (perhaps over-exaggerated) notoriety as a junk food addict, he maintains that this image isn't the whole story.

"I eat a good diet," he points out. "I may eat some junk food, but I make sure that I eat a whole lot of good food too. There is no way that I could have done the type of training and racing that I've accomplished over the years on a terrible diet."

Now, amidst still-frequent racing, constant travel, professional appearances and commitments, television commentating, and the like, Rodgers believes his need for the right dietary supplement beyond his normal eating is more important than ever before. Especially since his 15 years of racing, including many marathons, have admittedly taken their toll in wear and tear.

"I've always looked at nutritional supplements asking the question what else can you do in terms of diet to help you recover," Bill re-

lates. "But I felt that physiologists really hadn't gotten the word out to us, or really didn't know, what high-mileage, endurance athletes really needed. Was it enough to have just a high quality diet, or did you need a little extra iron, magnesium, and other things?"

Performance Nutrition has obviously provided Bill with enough promising, new evidence to prompt him to give their supplements a true test.

Rodgers' anticipation was exactly what distance runner Chris Fox had displayed two months before. Over those two months Fox's hopeful expectation turned to belief, as he turned new personal records (indeed, new American records) following his introduction to Performance Nutrition's *Nitroplex*. A big breakthrough came for Chris at the Nike Cherry Blossom 10-Mile race in Washington, D.C. last April 2nd. In a truly class field he captured 4th place. His time of 45:50 was seven seconds behind the winner, Brian Sheriff.

More significantly, it was a new American road record for 10 miles, and a 30-second personal best for the rapidly improving young runner. But his showing at Cherry Blossom wasn't the only thing that Fox was enthusiastic about.

"It was a really hard Sunday race," he says, "yet I was working out hard again on Wednesday. And I wasn't doing it [returning to hard training] because I was making my body do it. I just recovered so well...I didn't get sore."

Hastened Recovery

Traditional training wisdom in distance running dictates that a competitor should take at least one day of easy running or total rest for each mile run in the race before returning to hard training. That means Fox should have required 10 easy days following Cherry Blossom's 10 miles before jumping back into speed work. He bounced back into

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KEEPING PACE

his normal training routine in two days. What made the difference? Fox was unequivocal in his answer.

"I have to feel that *Nitroplex* is responsible," he said. "That's the only real big change that I've made in my training. I just haven't been sore since I've started drinking it."

Both Fox, and his coach Greg Shank, agree that Chris has certainly been more consistent in both his training and racing since discovering Performance Nutrition's line.

"A year ago Chris was able to do three hard workouts in our 10-day training cycle," says Shank, who keeps impeccable records on each of his elite athlete's workouts. "Now he can do four hard workouts in 10 days. He's doing hard workouts two days apart now that he used to do three days apart with soreness."

Endurance athletes aren't the only ones who have reported rapid gains with these new products. For power weight lifters, recovery is a key factor in their ability to consistently do the kind of workouts necessary for building lean muscle mass. And muscle is what top lifters primarily rely upon to excel in their sport.

This year Jay Kreis, the strength coach at Middle Tennessee State University, helped produce two NCAA champions in the sport of power lifting: At the 1989 NCAA championships Middle Tennessee's Jonathon Gobbles topped the 123-pound division and Todd Suttels did the same in the 132-pound division. Suttels was also voted most valuable lifter in the lightweight category at the meet.

Performance Nutrition played a role since the lifters, both sophomores, relied on the supplements heavily during ten weeks of intensive training leading up to the NCAA Championships.

Safe, Legal and Effective

According to Kreis, who has participated in international weight lifting conferences and tours in Russia and Bulgaria as well as in the U.S., these lifters are able to gain very superior training advantages by using *Nitroplex* to reduce tissue damage and decrease recuper-

ation time. And they do it in a completely safe, legal, and nutritionally sound manner. For example, recovery between daily workouts is so profound that the lifters are able to intensively work the same muscle groups day after day with positive effects. They're able to go beyond traditional training wisdom and programs that limit the volume of muscular work simply because their muscles can tolerate more stress than previously thought possible. They directly attribute this higher training level to the lean muscle-building properties, enhanced recovery traits, and anti-oxidant protection provided by Performance Nutrition's supplements.

"I stress two things in my athletes' programs," remarks Kreis. "A well-prepared program, and an insider's view of restoration and recovery. If I have an insight on how I can get my athletes to train hard today and then come back tomorrow, then we're going to get stronger by the end of the week. And those weeks add into months, and months add into a period of time where we're very competitive. I think the longer we use these [Performance Nutrition] products, the more phenomenal our improvements are going to be.

"The benefits of *Nitroplex* as an ergogenic aid have been invaluable in the development of our athletes," Kreis summarizes. "I think it is going to be very valuable to other athletes who are involved in maximal performance, whether it be absolute strength, strength that requires repeated starting, or explosive, reaction-type strength."

Testimonials like these certainly provide promising evidence that the right nutritional supplement, used by motivated athletes who are on a sound training program, and who eat well-balanced meals, can indeed make a difference in performance. As athletes of all types become more sophisticated about the important significance of recovery in their athletic pursuits—whether at the professional, collegiate, or recreational level—they will benefit all the more from nutritional formulations that are on the leading edge of athletic science. No doubt, as more studies are done,

additional information is gathered from athletes using these supplements, and the results applied to new and better nutritional formulations, we will see a dramatic rise in athletic potential and achievement.

According to Gary Lewellyn, one of Performance Nutrition's founders, the company intends to be right there in the forefront. Already they are enhancing their products, based on the latest scientific research and feedback from athletes who use the supplements.

"I don't know of anybody around who will have the product quality and efficiency of our supplementation program," says Lewellyn. "We're being contacted almost daily now from schools, professional athletes, and teams who are interested in our supplements and want to try them out. We're really excited about that."

This article originally appeared in Active America Magazine which premiered recently as the official publication of "Ben-Gay Active America Day." The 4-color, 64-page magazine features a variety of running and fitness related articles, including an additional feature article by Mark Winitz on Performance Nutrition's products. Copies of Active America are available by sending \$2 to cover postage and handling to Dean Reinke Publications, 400 N. New York Ave., Suite 102, Winter Park, FL 32789, (407) 647-2918.

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

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Research has shown that the 45% Branch Chain Amino Acid profile provided by Nitroplex is optimal for promoting positive Nitrogen balance, muscular growth and reduced metabolic stress.

The formula contains a dense profile of energy generating Ergogens, Medium Chain Triglycerides and a unique triad of carbohydrates. The triad combines carbohydrates of varying molecular weights and metabolism to create an energy synergy for glycogen storage and replenishment. It provides fructose, which enhances liver glycogen four times greater than glucose polymers alone; maltodextrin, a medium length complex carbohydrate and amylopectin, a starch. This particular combination provides the muscles with a smooth release of fuel - which

produces an evenly sustained high energy level throughout training or competition - without undesirable insulin spikes.

Nitroplex blends quickly and smoothly with juice, water or milk and makes a rapidly assimilated, nutritious, non-bloating, high performance drink that tastes delicious and satisfies perfectly.

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Glycoflex is a quick energy performance drink for athletes who require sudden sustained high energy endurance levels for aerobic and anaerobic competition.

Glycoflex combines a unique triad of carbohydrates to create an energy synergy for glycogen storage and replenishment. The AMR carbohydrate triad of Fructose, Maltodextrin and Amylopectin, provides the muscles with a smooth release of fuel - producing an evenly sustained high energy level throughout training or competition - without the insulin spikes created by improper carbohydrate use.

Glycoflex further potentiates energy levels and recuperation by providing select Krebs Cycle intermediates. These intermediates play a crucial role in ATP

(energy) production for maximum endurance.

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Nitrobol is the ultimate tablet supplement for performance nutrition.

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THE ATHLETE'S KITCHEN

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



Cholesterol Confusion: Eggs and Your Health

Eggstra! Eggstra! Read all about it! Eggs have less cholesterol than formerly thought!

Perhaps you read this nutrition news when the Egg Industry gleefully announced that eggs have 25% less cholesterol than previously reported: 210 milligrams cholesterol per large egg, as compared to 270. The lower cholesterol is due, in part, to new chicken feeds and breeding practices; part due to more precise analytical measures. The combined changes result in lower cholesterol eggs--news that may crack smiles on the faces of Egg-lovers Anonymous.

"...The concern over the cholesterol content of eggs...overshadows the good aspects--their excellent nutritional value."

What does this news mean to you, a health-conscious, but perhaps skeptical, consumer? Can eggs now fit into your heart-healthy diet? Or should they still be banned to the hen house? Let's look at the whole story.

*Many people erroneously believe that the cholesterol that we eat goes directly into the bloodstream and from there, directly into the artery walls. In actuality, the fate of dietary cholesterol is much more complicated. According to Dr. Donald McNamara, cholesterol researcher at the University of Arizona, the amount of cholesterol that you eat may have little bearing on the amount of cholesterol in your blood. About 80% of the cholesterol that's in your body is made by your body. The major determinant of that blood cholesterol level is the type of fat that you eat, rather than how much cholesterol you eat. Whereas the majority of our bodies can either produce less cholesterol or excrete more if we eat a high cholesterol diet, about one-third of the population are "non-compensators". That is,

their bodies lack a normal regulatory response to high dietary cholesterol intakes. If you're among that 1/3 of the population, then you should be careful about your dietary cholesterol intake. Otherwise, you might want to look at the bigger culprit--saturated fat.

*Saturated fat is found in animal foods such as greasy hamburgers, pepperoni, chicken skin, butter, cheese and other fatty animal products. It's also found in a few vegetable sources, such as the coconut and palm oils commonly used in commercially baked goods, crackers and granolas. Whereas controversy exists as to the value of restricting dietary cholesterol, there's no doubt that restricting dietary fat--especially saturated fat--does lower blood cholesterol. If you reduce your intake of these saturated fats, or replace them with polyunsaturated fats (corn, safflower oils) and/or monounsaturated fats (olive, canola oils), you may actually lower your blood cholesterol.

*Dietary cholesterol is found only in foods of animal origin; it's a part of cell walls. In eggs, the cholesterol is found only in the yolk; egg whites are cholesterol-free. Traditionally, the American Heart Association has recommended that we limit our intake of eggs to three yolks per week, and our total dietary cholesterol intake to 300 mg. per day. Eggs have gotten a strict limit, because they are among the richest sources of dietary cholesterol; yet, they are low in saturated fat:

Food: Cholesterol / Saturated Fat

| | | | |
|----------------------------|--------|---|-------|
| 1 large egg: | 210 mg | / | 2 gm |
| 4 oz. roast chicken: | 85 | / | 1.5 |
| 4 oz. roast beef: | 95 | / | 3.5 |
| 1 c. whole milk or yogurt: | 35 | / | 5 |
| 1 c. skim milk or yogurt: | 0.5 | / | trace |
| 1 c. gourmet ice cream: | 90 | / | 15 |

Some health professionals question the value of this "across the board" recommendation to restrict eggs. They believe the statement should more appropriately focus upon

restricting saturated fat. Cholesterol compensators (i.e., the two-thirds of the population who metabolically adjust to high dietary cholesterol) may be able to thrive just fine on 300-500 milligrams cholesterol per day (like our grandfathers who bragged about eating two eggs for breakfast every day of their long and healthy lives). It's the non-compensators--with elevated blood cholesterol that stays high despite a lowfat diet--who should restrict their intake of 200-300 mg. per day.

*The concern over the cholesterol content of eggs generally overshadows their good aspects--their excellent nutritional value. Eggs are an inexpensive source of high quality protein with all the essential amino acids, as well as many vitamins and minerals. They are a nutrient-dense food that is appropriate for weight-conscious athletes, since eggs provide life-sustaining nutrients with minimal calories.

*When it comes to whether or not eggs can fit into your sports diet, the bottom line is: Know your number! If you are an egg lover with normal blood cholesterol (200 mg/dl), the chances are you can healthfully include low-fat egg-meals in your meal plan. Rather than having eggs for breakfast, I recommend that you make them a part of either lunch or dinner, as a replacement for chicken, fish or meat. That way, you can plan a high carbohydrate breakfast, such as cereal, that fuels your muscles better than would a protein-rich eggs. Plus, you'll be less tempted to eat the real health culprits that generally accompany egg-type breakfasts: bacon, sausage, buttered toast and hash-browns. Those foods are saturated with saturated fat and should be limited in everyone's diet!

Nancy Clark, MS, RD, is nutritionist at Boston-area's Sports Medicine Brookline. Her popular book The Athlete's Kitchen is available by mail-order only. Send \$7 to New England Sports Publications, P.O. Box 252, Boston, MA 02113. ♦

MEDICAL NOTES FOR RUNNERS

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

Achilles Tendinitis

ACHILLES TENDINITIS is one of the most severe and disabling injuries an athlete can get. The Achilles tendon is the largest tendon in the body and, therefore, absorbs a great deal of stress and strain. The Achilles is attached to the massive calf muscles, the gastrocnemius and soleus, and inserts into the back of the heel bone, the calcaneus. The main muscle for the calf actually crosses two joints, that being the knee and the ankle. Technically, one could say it crosses three joints; the knee, the ankle, and the foot joint—the subtalar. That means that it can get injured easier or more likely because any abnormal motion in anyone of these joints could put additional strain on the muscle or tendon. Muscles both absorb and produce energy. The calf muscle absorbs a great deal of energy when running, especially when running on the ball of the foot. The tendon also absorbs the energy, and excessive energy absorption, along with vibration which takes place, causes the connective tissue in the tendon, the collagen tissue, to break down. Degeneration is the long term effect, and there may be actual death of a portion of the tendon—which is called necrosis. Scar tissue is the end result, and gristle forms in the tendon. Initially, there may be problems with the covering of the tendon itself, which is called the sheath. The sheath of the tendo Achilles is very vascular - has a great deal of circulation. Therefore any abuse to the tendon causes inflammation and swelling. The sheath is loose and fatty. However, with chronic overuse and stiffness, which is continually abused, the sheath becomes hard, fibrous, and gristly.

What to Do.

If you notice that you have stiffness in the tendo Achilles, start stretching. Strengthen the muscles in the front of the leg and stretch those in the back of the leg. You can take Aspirin and do a lot of ice massage. Change your shoes if the heel is too low, and take a look at your running shoe style. If the

problem persists or continues, and you have stiffness and pain after running, which eventually become stiffness and pain during running, you are in trouble. If there is mostly just a slight area of inflammation and discomfort, you probably have a problem in the sheath. If, however, the whole tendon is swollen and it seems to be that not only the covering of the tendon but the tendon itself is involved - you have a problem with the tendon. This could be central necrosis or a partial rupture.

Conservative treatment is that of physical therapy with ultrasounds and galvanic stimulation, as well as anti-inflammatory medication. Natural homeopathic medicines can be used, as well as stronger, nonsteroidal anti-inflammatory pills. Cortisone should not be used. The tendon sheath, however, can be injected with various biologic homeopathic preparations without any chance of degeneration of the tendon. Although Cortisone relieves the symptoms, Cortisone injections



"Achilles...the largest tendon in the body absorbs a great deal of stress and strain."

into the tendon can cause necrosis or damage to the tendon. A judiciously placed Cortisone injection along the sheath, along with an enzyme called Wydase and some local anesthetic, may take care of the lesion but has to be done with great accuracy since, if the Cortisone goes into the tendon, once again, damage could be done. If you have had any injection, you should take it easy for two to three weeks to allow the tendon to heal.

Tendo Achilles that are caused by normal

motion, such as excessive pronation, might respond to an orthosis as part of the treatment. Tendons that are injured as a result of overuse will need to have reduced activity while healing takes place. Tendon problems which are secondary to excessive stress might respond to some form of a rubber heel, such as a Viscolas heel; and those tendons which fail to respond to any form of conservative treatment will need surgery. Simple surgery is that of releasing the tendon sheath itself and removing the abnormal tissue. More advanced surgery is that for necrosis or partial rupture of the tendon and involves taking out the bad tissue and repairing it.

What Are The Results of Surgery?

I can recall no patient who had tendo Achilles surgery that did not go back to the sport. Some of them, however, went back to reduced levels of participation than prior to when they had any Achilles tendon problems at all. The most successful case I had was a well known Bay Area runner, who was involved in the Levi's Ride and Tie. About a year after he had surgery on both tendo Achilles, he took fifth place in the Ride and Tie and, the next year, won it. We have had other success stories. We have had those, however, who have had to give up running after a year or two since the problem came back again.

If you have a tendo Achilles problem, don't mess around with it - get a consultation and do preventative treatment. If the problem persists, you need help. I hope the above outline helps you make appropriate decisions. For further information, you can get a copy of the section on tendo Achilles injuries in my new textbook, *Sports Medicine of the Lower Extremity*.

Best of Luck.



1989 CIF / REEBOK CALIFORNIA HIGH SCHOOL STATE MEET

Complete with spills, thrills, and chills, there are few competitions in all of high school athletics that can quite compare with the California State High School Track & Field Championships! The overall level of competition in the sport in California is better than any other state in the Union, with the 1989 State Meet exceeding the expectations of most close followers of the sport. After sitting through some recent qualifying meets with wave-after-wave of races, one is left with the feeling after the Saturday Evening State Finals competition of somehow wanting more. There is always next year...but for now, it was a great affair, the 1989 State Championships at Cerritos College.

(10.64) was also very dangerous, with Willie Clark (Wheatland) also an interesting commodity off his successes in the far north and a 10.4w best.



CURTIS CONWAY-100m
Fine Flicks by Don Gosney

The smoking started early in this event on Friday. Hawthorne had set the sprint tone for the weekend in the Prelims by cranking 40.24 (the #4 prep time ever) in the 400 meter relay event. Wind was a factor in the sprints on Friday. Clark bested Haymon in Heat 1 10.70w-10.77w (+2.81 meters per second). In Heat 2 Barry Smith fell flat to the ground out of his starting blocks at the firing of the gun and the race was eventually recalled. Barry took a heck of a spill as his blocks slipped and one wondered how he could come back. The Mission athlete is obviously a very, very tough young man, as he proved during the rerun, rocketing down the track (wind legal +1.81 mps) to pull away from Stallworth (10.51) and Alexander (10.56) (both lifetime bests), with a 1989 National High School leading 10.41. Conway showed he really meant business this weekend with a 10.48 (wind +1.86) heat 3 win, with Jeff Laynes riding a 2.59 mps gust to a 10.43w heat 4 win over Burks (10.69w).

The Finals run at 6:55 p.m. on Saturday

featured all of the intensity that marks this meet. Hawthorne had blown up in the 400 meter relay final and the Cougar cause needed a boost. All of the main actors discussed above were present and it was going to be a classic run. A real cooker it was, with Curtis Conway's respectable start in Lane 4 probably deciding the outcome. In his 10.48 heat win Curtis gave a meter away to the field in the first 20 before charging to his comfortable win. In the finals Conway was out even with the field, and he, Laynes (lane 6), and Barry Smith (lane 5) battled furiously down the track before the determined Cougar leaned in ahead with a 10.42-10.48 win over Laynes with Smith third at 10.55 (wind +1.94). Conway, the All-American quarterback, who is USC bound, showed tenacity in the tradition of Henry Thomas, Travis Hannah, and the other greats who have pulled it out when all seemed almost lost for Coach Kye Courtney's crew. Chris Alexander was 5th for the Cougars in the race here, assuming the favorite's role for next year as the highest finishing underclass athlete in the competition.

Finals

| | |
|-----------------------------|-------|
| Curtis Conway (Hawthorne) | 10.42 |
| Jeff Laynes (Oakland) | 10.48 |
| Barry Smith (Mission) | 10.55 |
| James Stallworth (Tulare) | 10.67 |
| Chris Alexander (Hawthorne) | 10.68 |
| Willie Clark (Wheatland) | 10.70 |
| Kiyoshi Moody (Castle Park) | 10.75 |
| Glen Reyes (Orange Glen) | 10.76 |
| Donovan Burks (Washington) | 10.93 |

Heat #1: (Wind +2.81) 1. Willie Clark (Wheatland) 10.70, 2. Leslie Haymon (Edison) 10.77, 3. Erik Allen (Hawthorne) 10.79, 4. Doug Boyd (Lincoln) 10.88, 5. Mark Ricks (Fairfax) 10.94, 6. Anthony Austin (Los Banos) 11.01, 7. Eric Brandon (Oceanside) 11.26. Heat



BARRY SMITH-200m

Photo by Bill Cockerham

#2 (Wind +1.42) 1. Barry Smith (Mission) 10.41, 2. James Stallworth (Tulare) 10.51, 3. Chris Alexander (Hawthorne) 10.56, 4. Orland Birdsong (Bericia) 10.81, 5. Kevin Copeland (Dorsey) 10.90, 6. Terence Hill (Oak Grove) 10.94, 7. Marvin Samuels (Livermore) 10.97. Heat #3 (Wind +1.86) 1. Curtis Conway (Hawthorne) 10.48, 2. Glen Reyes (Orange Glen) 10.71, 3. Pete Hargraves (Bishop Montgomery) 10.80, 4. Rich Lacey (Moresau) 10.86, 5. Terry Bowen (Madera) 11.00, 6. Eric Richardson (Valley) 11.01. Heat #4 (Wind +2.59) 1. Jeff Laynes (Oakland) 10.43, 2. Donovan Burks (Washington) 10.69, 3. Kiyoshi Moody (Castle Park) 10.70, 4. Tim Martin (San Clemente) 10.77, 5. Anthony Crouts (Yerba Buena) 10.96, 6. Courtney Tripps (Clayton Valley) 11.06, 7. Jeff Harlow (Woodland) 11.15.

▲ 200 Meters

The 200 meters featured the same kind of intensity and quality running as the 100. Barry Smith (Mission), with a 21.22 best, had defeated all the state's top dashmen in a big Arcadia showdown, a meet in which Curtis Conway (21.04 later in the season) was held back with illness. Jeff Laynes (21.38), James Stallworth (21.2), Willie Clark (21.3), and a strong supporting cast would make this another super run. Friday's qualifying set up a great final. Conway (21.03w +2.14) took Heat 1 over Leslie Haymon (Edison, Fresno) (21.55w), fine Hawthorne soph Erik Allen (21.59w +2.59) won Heat 2, Barry Smith rolled to a 21.17w Heat 3 win (+2.20), with Laynes (21.48w) outlanding Clark (21.49w) in heat 4 (+2.34). The finals run here was very important in the battle for individual and team glory. All-American spots would be decided in this race and the Hawthorne hopes still sat on the shoulders of Mr. Conway. Haymon was in Lane 3, Laynes sat in Lane 4, Conway 5, Smith 6, with Allen in 7. Smith charged out like a man possessed, passing the 100 meter point off the turn in an amazing 10.71 Barry had a definite lead entering the straightaway, with Conway closest. The run over the final 100 was a classic, with the very strong and determined Conway edging ever so close to the equally powerful San Franciscan. The finish line finally came up with Smith less than a meter ahead. The 20.82 winning docking by Smith (wind +1.73) is a 1989 National High School leader, and one of the fastest run in this competition. Conway finished in 20.89 for 2nd, Laynes

continued next page...

MEN'S RESULTS

By DOUG SPECK

▲ 100 Meters:

The geographic diversity of good sprinters in California has never been quite so amazing. Seven sections were represented in the State Finals run! A curious mixture of the quick and strong would meet here. Jeff Laynes (Oakland) had come south and defeated the best at Arcadia with his State-leading 10.56 (a mark that had stood until the fireworks this weekend). Barry Smith (Mission, San Francisco) was representing his City's section nicely with a 10.60 best, while James Stallworth (Tulare) had a 10.46w in defeating Laynes at the Fresno Relays. Leslie Haymon (Edison, Fresno) had rushed past Stallworth 10.64-10.65 when James leaped to celebrate near the end in the Central Section finals. Donovan Burks (Washington, LA) looked good in a 10.73 L.A. City win. The Hawthorne duo of Curtis Conway (10.44w) and Chris Alexander

21.29 for 3rd, and Allen racing his finest ever, a 21.53 for 4th (and assuming the favorite's role for 1990 as the highest placing underclass athlete). With Keith Pouncey's third in the hurdles, the success here, and the always strong 1600 meter relay group still to step on the track, the situation had gone from tragedy to glory for Hawthorne once again.

Finals

| | |
|-------------------------------|-------|
| Barry Smith (Mission) | 20.82 |
| Curtis Conway (Hawthorne) | 20.89 |
| Jeff Laynes (Oakland) | 21.29 |
| Erik Allen (Hawthorne) | 21.53 |
| Andre Green (Long Beach Poly) | 21.55 |
| Willie Clark (Wheatland) | 21.62 |
| Leslie Haymon (Edison) | 21.76 |
| Russell White (Crespi) | 21.83 |
| Napoleon Kaulman (Lompoc) | 21.96 |

Heat #1 (Wind +2.14) 1. Curtis Conway (Hawthorne) 21.03, 2. Leslie Haymon (Edison) 21.55, 3. Donovan Burks (Washington) 21.83, 4. Jeff Fordan (University City) 22.16, 5. Orland Birdsong (Bericia) 22.16, 6. Teranos Hill (Oak Grove) 22.37, 7. Clint Primm (Vallejo) 22.50. **Heat #2 (Wind +2.45)**

1. Erik Allen (Hawthorne) 21.59, 2. Marvin Smauels (Livermore) 21.82, 3. Tom Cook (Merced) 21.83, 4. Eric Brandon (Oceanside) 22.24, 5. Robert Anderson (Jordan) 22.31, 6. Brian Adams (Bakersfield) 22.32. **Heat #3 (Wind +2.20)** 1. Barry Smith (Mission) 21.17, 2. Andre Green (Long Beach Poly) 21.67, 3. Glen Reyes (Orange Glen) 21.75, 4. Simon Jones (Washington) 21.76, 5. Digone Hewson (Albany) 22.31, 6. Brian Adams (Bakersfield) 22.32. **Heat #4 (Wind +2.34)** 1. Jeff Laynes (Oakland) 21.48, 2. Willie Clark (Wheatland) 21.49, 3. Russell White (Crespi) 21.64, 4. Napoleon Kaulman (Lompoc) 21.71, 5. Aaron Turner (Pittsburg) 21.92, 6. Eric Worrel (Monte Vista) 22.50.

▲ 400 Meters

Beno Bryant (Dorsey, LA) had been the first Californian behind Albert Ransom (Montebello, Denver, CO) at Arcadia, and



BENO BRYANT--400 Meters

Fine Flicks by Don Gosney

had exploded to a fine 46.63 in the L.A. City

Finals, with Roosevelt Langston (Dominguez, Compton) 47.29, Simon Jones (Washington, LA) 47.51, Tony Borquez (Alemany, Mission Hills) 47.70, Jeff Ingalls (Agoura) 47.89, and David Stone (Arroyo Grande) 47.90 looking good during the latter part of the season. Langston (48.21), Bryant (48.40), Jones (48.74), and Borquez (48.80), were heat winners on Friday with it taking 49.03 to make the field of nine final.

Bryant continued his dominance of the event statewide in the finals, cruising comfortably through 11.5 and 11.2 first two 100 meter segments (22.7 at the 200), then separating himself from the pack around the south turn, racing by the 300 meter point in 34.7 (3rd 100 12.1). The University of Washington-bound tailback in football had moved to a five meter lead by the time he rolled through the homestretch 100 meters in 12.9 in recording a 47.52 clocking that had him win comfortably over Langston's 48.00.

Finals

| | |
|--------------------------------|-------|
| Beno Bryant (Dorsey) | 47.52 |
| Langston Roosevelt (Dominguez) | 48.00 |
| Jeff Ingalls (Agoura) | 48.18 |
| Tony Borquez (Alemany) | 48.62 |
| Scott Bruan (Palo Alto) | 48.82 |
| Jerrad McClaudie (Centennial) | 49.23 |
| Simon Jones (Washington) | 49.26 |
| Jerome Gross (Hoover) | 49.27 |

Heat #1: 1. Langston Roosevelt (Dominguez) 48.21, 2. Scott Bruan (Palo Alto) 48.86, 3. Curtis Shearer (Silver Creek) 49.32, 4. Shon Ellerba (Crenshaw) 49.34, 5. Digone Hewson (Albany) 49.56, 6. Paul Scott (McAteer) 50.86. **Heat #2:** 1. Beno Bryant (Dorsey) 48.40, 2. Jeff Ingalls (Agoura) 48.58, 3. Jerome Gross (Hoover) 48.92, 4. Wallace Henry (James Logan) 49.35, 5. Larry Evans (Vallejo) 49.91, 6. Aarme Kala (Reedley) 51.14, 7. Jeff Speech (Riordan) 51.56. **Heat #3:** 1. Simon Jones (Washington) 48.74, 2. David Stone (Arroyo Grande) 49.12, 3. Marcus Jackson (Valley) 49.58, 4. Ryan Kori (Fortuna) 49.68, 5. Tommy Griffin (Los Altos) 49.74, 6. Art Hernandez (Montgomery) 50.20, 7. Keith Jones (Edison) 51.51. **Heat #4:** 1. Tony Borquez (Alemany) 48.60, 2. John Floyd (Locke) 48.83, 3. Jerrad McClaudie (Centennial) 49.03, 4. Glenn Tipton (Oakland) 49.31, 5. Chris Dodge (Redwood) 50.08, 6. Michael Zimmerman (Oakland) 50.95, 7. Tom Brown (Castle Park) 53.84.

▲ 800 Meters

This event was the equal of any in the meet in quality. There was a fine crew back in the State from last year's championship run and some athletes had really developed over two laps this season. Amazing Carpinteria junior Coley Candaele had added 800 meter success to his 1600 meter running this campaign, racing past the Southern Section's best on the homestretch in a 1:51.58 State qualifying race win (after a 4:10.54 1600 earlier in the evening). Doug Nichols (Edison, Huntington Beach) picked up the event quickly this season, having a 1:51.94 best, with Morgan Bateman (Crescenta Valley, La Crescenta) 1:52.37, Francis O'Neill (San Pasqual, Escondido) 1:52.40, and Troy Collins (Hemet), at 1:52.54 looking good from the South. Returning State runner-up Gordon Johnson (Piedmont) had run 1:52.2 and

seemed totally recovered from the mono that held him back this winter, and Egan Titus (Clovis) looked strong in a Central Sec



GORDON JOHNSON--800m

Fine Flicks by Don Gosney

tion 1:53.11 win.

Candaele took Friday's Heat 1 in 1:53.61, progressively building through a 55.7 final 400 with 28.2 and 27.5 200's. Ian Hunter (Prospect, San Jose) looked very good in a 1:53.82 Heat 2 win, Bateman took Heat 3 at 1:53.57 over Francis O'Neill's 1:53.82, with Gordon Johnson looking strong over the final half lap in an easy 1:54.31 final heat win.

Saturday's finals included two athletes who had run heats over 800 and 1600 meters on Friday and a very tough 1600 final some forty minutes before this race on Saturday. Francis O'Neill, the 1600 winner in 4:08.67 and Coley Candaele, 3rd in 4:09.01, both had good reason to be pushed before the 800 final started. Surprisingly, it was O'Neill who went out and did most of the pacework in this event. Taking the lead down the backstretch after the group cut for the pole on the one-turn stagger, O'Neill led through a 26.5 200 split, and had Gordon Johnson closest through the 400 at 54.7. Johnson and Doug Nichols were closest as O'Neill took the race through a 1:23.3 600, with few moves to affect the overall placings in the tight pack up that point. The San Diego Section star O'Neill amazingly still had a two meter lead as the group started the homestretch run. It was Johnson who had the most left down the final 100 meters, moving wide and powering past O'Neill about halfway through the final straightaway in moving to a 1:51.88 win. O'Neill had kept the pace going from 600 to 700 meters, covered in 14.5 around the south turn, but Johnson accelerated to 14.1 for the final 100 meters and left the San Diegan some three meters to the rear. Johnson's comeback from mono, which left him pretty zonked from the end of cross country (he was too ill to run in the State harrier meet) through the start of this

year, seemed obviously very complete.

Finals
Gordon Johnson (Piedmont)

1:51.88



FRANCIS O'NEILL--1600m

Fine Flicks by Don Gosney

| | |
|----------------------------------|---------|
| Morgan Bateman (Crescent Valley) | 1:52.79 |
| Graig Magness (Santa Teresa) | 1:53.08 |
| Doug Nichols (Edison) | 1:53.14 |
| Coley Candaele (Carpinteria) | 1:53.81 |
| Titus Egan (Clovis) | 1:53.82 |
| Dan Held (Santa Rosa) | 1:54.28 |
| Ian Hunter (Prospect) | N.T. |

Heat #1: 1. Coley Candaele (Carpinteria) 1:53.61, 2. Graig Magness (Santa Teresa) 1:54.57, 3. Jonathan Stember (Jesus) 1:56.54, 4. Keir Scott (Hamilton) 1:58.30, 5. Leon Rountree (Bishop O'Dowd) 1:58.81, 6. Paul Scott (McAteer) 2:00.19. **Heat #2:** 1. Ian Hunter (Prospect) 1:53.82, 2. Titus Egan (Clovis) 1:53.92, 3. Doug Nichols (Edison) 1:54.11, 4. Dan Held (Santa Rosa) 1:54.60, 5. Art Martin (El Capitan) 1:55.30, 6. James Warhaver (Fairfield) 1:58.03, 7. Dan Glasband (North Hollywood) 2:09.34. **Heat #3:** 1. Morgan Bateman (Crescenta Valley) 1:53.57, 2. Francis O'Neill (San Pasqual) 1:53.82, 3. Jeff Holland (Siena) 1:55.44, 4. Garry Martin (Oroville) 1:56.57, 5. Darrin Tara (Clayton Valley) 1:57.86, 6. Paulos Yonas (Roosevelt) 1:58.69, 7. Kenzie Bostic (University) 2:01.28. **Heat #4:** 1. Gordon Johnson (Piedmont) 1:54.31, 2. Troy Collins (Hemet) 1:55.23, 3. Chris Marley (Banning) 1:56.52, 4. Carlos Sanchez (Madera) 1:57.50, 5. Jason Jackowski (Mira Mesa) 1:58.41, 6. Albert Morales (Independence) 2:00.46, 7. Tim Walker (Oakland Tech) 2:01.44.

▲ 1600 Meter

The four lap event would be another very hot one! Some fine milers had hooked up in some very good competitions thuster this spring, with a big final showdown assured here. Carpinteria's Coley Candaele, only a junior, had steadily improved, and took the Southern Section qualifying affair in 4:10.54 with a big 58.7 final 400. Todd Lewis (Burbank), 2nd in that race at 4:11.94, Mike Nielsen (Mater Dei, Santa Ana) 4:12.24, Louis Quintana (Arroyo Grande), the nation's best soph miler at 4:12.24, and Francis O'Neill (San Pasqual, Escondido)

continued next page...

4:12.89, also looking very good. Lewis had won the Arcadia showdown against all of the above runners in 4:11.20. O'Neill was noteworthy in that he won an 800-1600-3200 triple in the San Diego Section finals. Candaele edged O'Neill 4:14.46-4:14.82 in Friday's Heat 1 with Eli Ricca (Arcata) looking good in 4:15.50 in 3rd. Lewis chummed a 59.0 final 400 in his 4:12.66 Heat 2 win with Quintana (4:13.00) following closest.

Saturday evening's finals run was one of the first of the evening and drew a great deal of attention. Particular interest was drawn to Lewis's potential to take the big kick out of Candaele with a tough early pace. Todd was one of the section's top cross country athletes while Candaele toiled for the championship Carpinteria football team as a quarterback and defensive back (where he picked up All-State honors). It was Francis O'Neill who jumped to the front as the race headed around the first turn, as the prancing San Diegan (I do not think his heels ever touch the ground at any point in his stride) took the pack through 29.8-61.6 200 and 400 meter splits. Quintana was closest through a 1:33.3 600 with Candaele pulling up into second after Francis took the pack through a 2:05.7 800. Continuing the tempo of 31 and 32 second 200's O'Neill led through 1000 meters at 2:37.6 and 1200 in 3:09.3. The tempo really did not change much around the first turn of the last lap, with Lewis the first to make a big move, charging down the backstretch into the lead as the race headed into the final turn. Todd had charged the 200 from the 1200 to 1400 in 29.6. With 150 meters to go Lewis had a 2 meter lead over O'Neill, a margin Todd held until the San Pasqual start launched a furious sprint down the final stretch and colared the Burbank athlete before edging ahead to a 4:08.67 win. Candaele came on with a big rush right at the end, nipping Lewis 4:09.01-4:09.02 and taking a big spill after leaning at the tape.

Finals
 Francis O'Neill (San Pasqual) 4:08.67
 Coley Candaele (Carpinteria) 4:09.01
 Todd Lewis (Burbank) 4:09.02
 Mike Nielsen (Mater Dei) 4:11.56
 Louie Quintana (Arroyo Grande) 4:12.40
 Jorge Rodriguez (Fairbrook) 4:12.57
 Eli Ricca (Arcata) 4:13.74
 Danny Jordan (Verice) 4:15.48
 John Mumm (Nevada Union) 4:26.72

Heat #1: 1. Coley Candaele (Carpinteria) 4:14.46, 2. Francis O'Neill (San Pasqual) 4:14.82, 3. Eli Ricca (Arcata) 4:15.50, 4. Danny Jordan (Verice) 4:16.46, 5. Matt Ringler (Homestead) 4:16.46, 6. Navidad Gaona (Belmont) 4:18.82, 7. Max Guardiola (Tulare) 4:19.08, 8. Ed Lavelle (Corona del Mar) 4:20.56, 9. James Johnson (Jesuit) 4:20.95. **Heat #2:** 1. Todd Lewis (Burbank) 4:12.66, 2. Louie Quintana (Arroyo Grande) 4:13.00, 3. Mike Nielsen (Mater Dei) 4:15.05, 4. Jorge Rodriguez (Fairbrook) 4:16.15, 5. John Mumm (Nevada Union) 4:16.94, 6. Jose Pedraza (Roosevelt) 4:16.99, 7. Clay Biddle (Mt. Carmel) 4:18.07, 8. Brian Gastelum (Birmingham) 4:18.66, 9. Andy Price (Santa Rosa) 4:20.20, 10. Shon Wilson (Bullard) 4:23.37.

▲ 3200 Meter

Bryan Dameworth (Agoura), a fine junior runner, had handled the state's best at Arcadia, running 9:03.62, with David Welsh



DAVID WELSH-3200m
Fine Flicks by Don Gosney

(Jesuit, Sacramento), 3rd in that race, coming back to record a nation-leading 8:23.11 3000 in winning handily at Mt. SAC. David has dangerous speed, recording a 1:53.90 800 along the way this season. The usual crew of sub-9:10 Southerners were along for the ride.

Mike Williamson (1000 Oaks), a steady strong 9:07.41 runner, moved right to the front here, towing a pack including Dameworth, Welsh, Jimmy Rodriguez (Santa Ana Valley), and Martin Morales (Wilson, LA) through 65.2-2:13.3-3:20.4-4:28.0-5:36.1 lap splits. After the six lap post (6:46.0) Williamson had Dameworth, Welsh, and Rodriguez catch up and set the contest up for a big final 400. At the bell in 7:57.6, Welsh was the first to make a move, edging away to a five meter lead as the group headed around the first turn on the final circuit. Dameworth tried to mount a big sprint with 300 meters to go, moving up to Welsh's shoulder with a half a lap to go, but Dave, the latest of Coach Walt Lange's Jesuit distance stars, powered away during a 28.5 final 200 (last 400 60.5) on his way to an 8:58.08 win. Dameworth finished 2nd to end a fine season in 9:00.27 with Williamson 3rd in 9:04.91.

Finals
 David Welsh (Jesuit) 8:58.08
 Bryan Dameworth (Agoura) 9:00.27
 Mike Williamson (Thous Oaks) 9:04.91

| | |
|---------------------------------|---------|
| Jimmy Rodriguez (Santa Ana Vly) | 9:05.96 |
| Kevin Berkowitz (Hayward) | 9:05.58 |
| Robert Nelson (Muir) | 9:03.20 |
| Abe Valdez (Camarillo) | 9:12.27 |
| Rob Scott (San Ramon) | 9:12.83 |
| Martin Morales (Wilson) | 9:13.04 |
| Craig Lawson (Granada Hills) | 9:13.51 |
| Jeff Hughley (Santana) | 9:14.26 |
| Juan Romero (Arvin) | 9:15.78 |
| Jason Lindholm (Eureka) | 9:17.89 |
| Peter DeLaCerde (Granada Hills) | 9:23.48 |
| Obed Aguirre (San Fernando) | 9:24.83 |
| Ron Ames (Yreka) | 9:25.35 |

▲ 110 Meter H H

John Prudenti (Justin-Siena, Napa) had put together a super senior year thus far. He smoked the best in the rest of the state in a 14.09 Arcadia Invite win and had romped over all competition in the Sac-Joaquin Section with a 13.6w clocking along the way. William Henry (Arroyo Grande), 2nd in last year's State affair, looked like the best of the rest with a 14.29 best with Keith Pouncey capable of helping Hawthorne's team cause mightily off his 14.19w-14.32 bests.

Prudenti (14.09 +1.91), Henry (14.14 +2.00), Pouncey (14.45 +1.45), and Ray Johnson (Vacaville) (14.44w +2.48) were heat winners. In the finals, Prudenti was out



WILLIAM HENRY-110HH
Fine Flicks by Don Gosney

well and in control of the race through three flights of hurdles, but started tangling with the barriers over the fourth set and Henry and Pouncey moved ahead. Continuing to have all kinds of balance problems (he dipped hurdles, 4, 6, and 8 along the way), Prudenti was performing real magic in staying in the race as Henry and Pouncey were on the way to very solid efforts. Clearing the final barrier cleanly, Prudenti closed down on Henry and Pouncey right at the tape. Unless you were right on the finish it was a tough one to sort out, but Henry was very happy after the finish, feeling he had won. The Arroyo Grande athlete was the winner, but by the narrowest of margins. The examination of the Accutrack photo had Henry 14.05 in 1st, Prudenti 14.06 in 2nd (we believe his first loss of the

outdoor season), and Pouncey 3rd in an excellent 14.07. The points earned here by Pouncey and later by Erik Allen in the 200 were the insurance the Cougars needed for the team championship after the 400 meter relay problems.

Finals
 William Henry (Arroyo Grande) 14.05
 John Prudenti (Sierra) 14.06
 Keith Pouncey (Hawthorne) 14.07
 Ray Johnson (Vacaville) 14.45
 Greg Green (Garrey) 14.40
 Greg Rojas (Gilroy) 14.60
 Eric Bell (Castle Park) 14.84
 Anthony Jennings (Claremont) 14.91
 Mario O'Connor (Escondido) 14.86

Heat #1 (Wind +1.91) 1. John Prudenti (Sierra) 14.09, 2. Greg Green (Garrey) 14.52, 3. Mario O'Connor (Escondido) 14.71, 4. Robert Huggins (Bakersfield) 14.98, 5. Jamal Bush (Wilson Long Beach) 15.02, 6. William Childs (Reese) 15.32, 7. Irwin Lincoln (DeAnza) 15.48. **Heat #2 (Wind +2.00)** 1. William Henry (Arroyo Grande) 14.14, 2. Greg Rojas (Gilroy) 14.57, 3. Eric Bell (Castle Park) 14.65, 4. Tyrone Thompson (Modesto) 14.93, 5. Curtis Hawkins (Carson) 14.96, 6. Josh Fallon (East Nicolaus) 15.29, 7. Ken Jett (St. Mary's) 15.66. **Heat #3 (Wind +1.42)** 1. Keith Pouncey (Hawthorne) 14.45, 2. Pete Simmons (Oak Grove) 14.82, 3. Jim Farmer (Clovis West) 14.90, 4. Carlo Calosia (Carson) 15.14, 5. Jeff Haines (Poway) 15.35, 6. Eddie Wong (Lincoln) 15.58, 7. Jason Ruckleschier (Amador Valley) 15.65. **Heat #4 (Wind +2.48)** 1. Ray Johnson (Vacaville) 14.44, 2. Anthony Jennings (Claremont) 14.47, 3. Keary Johns (San Fernando) 14.72, 4. Willie Parryman (Lamoore) 14.82, 5. Jim Zapfen (Gilroy) 14.97, 6. Erickson Grant (Oakland) 15.11, 7. Chris Antone (Monte Vista) 15.79.

▲ 300 Meter IH

John Prudenti (Justin-Siena, Napa) led the field here also, having the state's fastest clocking of 37.38 in winning and defeating most of the top challengers in the Arcadia meet. William Henry (Arroyo Grande) 37.51, Charles Brown (Channel Islands, Oxnard) 37.72, Tom Cook (Merced) 37.75, and Rocky Morris (A. Hill, San Jose) 37.78 were willing challengers.

Henry (37.90), Prudenti (37.81), Brown (38.00), and Morris (37.76) took the heats on Friday. After the disappointment in the highs earlier in Saturday's finals, one would expect Prudenti to be racing like a man possessed. Showing real aplomb, the Sierra senior kept his cool in the finals, racing a disciplined step pattern that had him a part of the pack during the three hurdles on the backstretch (6.1 seconds to the first barrier, 4.1 and 4.2 step down splits between the next two), with his 4.1 and 4.3 for the barriers around the turn putting he and the very loose-running Rocky Morris out ahead of the pack. Morris stayed even as the event started down the homestretch, with Prudenti only gaining a touch of momentum off hurdle #7 that he carried into the finish to win 37.28-37.50. For the record, Prudenti was 4.4-4.4-4.6 and 1.5 for the last three hurdles and the run-in. Charles Brown finished with a rush, as usual, moving up to 3rd in 37.60.

continued next page...



JOHN PRUDENTI—300m IH
Photo by Bill Cottles/Action Photo

Finals

| | |
|--------------------------------|-------|
| John Prudenti (Siena) | 37.28 |
| Rocky Morris (Andrew Hill) | 37.50 |
| Charles Brown (Channel Island) | 37.60 |
| Tom Cook (Merced) | 37.78 |
| Tom McGuirk (St. Ignatius) | 38.04 |
| Edward Caba (Long Beach Poly) | 39.04 |
| Christopher Roulter (Carson) | 39.06 |
| Dexter Monroe (Patrick Henry) | 39.42 |
| William Henry (Arroyo Grande) | 39.43 |

Heat #1: 1. William Henry (Arroyo Grande) 37.90, 2. Greg Rojas (Gilroy) 39.12, 3. Thomas Smith (Pittsburg) 39.17, 4. Louie Muniz (Woodbridge) 39.56, 5. Ignacio Sanchez (Lindsay) 40.25, 6. Philip Simpson (Dorsey) 40.66. **Heat #2:** 1. John Prudenti (Siena) 37.81, 2. Tom McGuirk (St. Ignatius) 38.37, 3. Willie Perryman (Lemoore) 39.31, 4. Mario O'Connor (Eacondido) 39.40, 5. Matt Sokol (Montgomery) 39.86, 6. Mike Fuhriher (Palmdale) 41.02. **Heat #3:** 1. Charles Brown (Channel Island) 38.00, 2. Christopher Roulter (Carson) 38.99, 3. Dexter Monroe (Patrick Henry) 39.11, 4. Erickson Grant (Oakland) 39.63, 5. Josh Fillion (East Nicolaus) 40.77, 6. Mike Pollard (Clovis West) 42.32, 7. Robert Scott (James Logan) 44.19. **Heat #4:** 1. Rocky Morris (Andrew Hill) 37.76, 2. Tom Cook (Merced) 38.11, 3. Edward Caba (Long Beach Poly) 38.24, 4. Anderson Crenshaw (Fremont) 39.46, 5. Benny Lewis (Mira Mesa) 39.90, 6. Jason Silverek (Santa Rosa) 40.44, 7. Eddie Wong (Lincoln) 40.82.

▲ 400 Meter Relay

This was really a strange one. The slowest time to get into the finals from Friday's heats was 41.95. That means nine teams ran that time or faster. In Saturday's finals only one team ran faster than that 41.95 clocking. You can almost cut the tension before this first running event in Saturday's finals with a knife, with the results obviously indicative of the nervousness associated with the athletes involved.

Hawthorne set the tone for the meet in Friday's heat 1, as Chris Alexander, Anthony Smith, Erik Allen, and Curtis Conway

blazed a 40.24 twelve meter win over Oakland's 41.17. Good stick work, with the best thusfar this season between Allen and Conway, assisted the Cougars to the #4 prep clocking ever in the event. This clocking was .01 faster than the group's Southern Section 40.25 and established a new California State best (at 40.24-40.25-40.64-40.66 the Cougars have at least the four fastest clockings ever by a Golden State squad). Dominguez raced 41.90 to win heat 2, Dorsey (LA) (with a 41.1 seasonal best) 41.65 in heat 3, with Washington (LA) (41.22 seasonal best) looking good in a 41.55 heat 4 run.

When the squads lined up for the 6:05 pm final, all eyes were, of course, on Hawthorne in lane 5. Chris Alexander who would later run fifth in the 100 meter finals, and had run 10.56 in Friday's prelims, runs a great lead-off, powering off the top of the turn and screaming past the other teams into the hand-off. Anthony Smith, a 24-4 1/2 long jumper and 10.86 100 man runs a solid back-stretch, but today there was big trouble at the first exchange, as Smith appeared to take off too early and had to slow to receive the baton from Alexander and stay in the zone. It appeared that Conway could handle any anchor runner if close, but the second exchange was real tragedy. Soph Erik Allen, later 4th in the 200 at 21.53 and with a 10.71w 100 best, also left too early and the baton was exchanged out of the second zone. Conway brought the Cougars up to second behind Long Beach Poly's 41.82 winning time, but the Cougars were disqualified with the out of the zone second pass. A sure thing seemed lost and Hawthorne would really have to buckle down from here in to take home another State Team Championship. The pressure really showed for all the teams in this event, with interestingly, only the Andre Green anchored winning Long Beach Poly squad (41.82) beating their time from the prelims.



LONG BEACH POLY—400m Relay
Fine Flicks by Don Gooney

Finals

| | |
|-----------------|-------|
| Long Beach Poly | 41.82 |
| Oakland | 41.96 |
| Dorsey | 41.99 |
| Muir | 42.28 |
| Lynwood | 42.35 |
| Washington | 42.36 |
| Dominguez | N.T. |

Heat #1: Hawthorne 40.24, 2. Oakland 41.17, 3. Lynwood 41.79, 4. Lincoln Prep 42.48, 5. Canoga Park 42.62, 6. Richmond 42.98, 7. Merced 43.05. **Heat #2:** 1. Dominguez 41.90, 2. Carson 42.19, 3. Mcrea 42.39, 4. Bakarsfeld 42.45, 5. Vallejo 43.14, 6. Pittsburg 43.24. **Heat #3:** 1. Dorsey 41.65, 2. Muir 41.95, 3. Tulare 42.40, 4. Lincoln 43.15, 5. Valley 43.37, 6. James Logan 43.56. **Heat #4:** 1. Washington 41.55, 2. Long Beach Poly 41.92, 3. Edison 41.95, 4. Oak Grove 42.62, 5. Wheatland 42.75, 6. Poway 43.06, 7. Mcrea 43.63.

▲ 1600 Meter Relay

At the end of a long evening of action, a very good group lined up for this event. Hawthorne had battled back from the disaster in the 400 meter baton event to have won the team title once again. With six consecutive championships in this particular event, Coach Kye Courtney's crew seemed to be more than interested in just a high placing. Most of the Cougar main actors had been held back at least part of the season with minor ailments, but the 3:13.05 squad anchored by Curtis Conway had to be the event favorite. Pasadena (3:13.39), Washington (LA) (3:15.45) and others were waiting in the wings. LA Dorsey had run 3:14.38 in the City meet. The point to note in the 3:14.38 was that it was run without sophomore Lamont Warren, who won the Class B title in the LA Section at 48.07, and who would certainly aid the Don cause at State. Conway anchored a Hawthorne 3:16.34 heat 1 win with a comfortable 48.9 leg with Chris Alexander (2nd leg 47.6) and Ismael Delpino (48.9 3rd) looking good. Beno Bryant anchored Dorsey with a 48.8 in their

home in 49.0 in their 3:17.78.



DORSEY—1600m Relay
Fine Flicks by Don Gooney

home in 49.0 in their 3:17.78. The men's 1600 meter relay was the final race of the evening on Saturday and put a great cap on the Meet. Hawthorne switched the order for the finals, with Delpino leading off. His 49.6 put the Cougars in the front third of the nine team pack. Chris Alexander did his usual fine job on the second leg for the six time defending champions, furiously pumping his arms near the end of a 47.4 leg that gave his squad a narrow lead. It was on the third leg that Dorsey took over with (we assume) Warren moving away to an eight meter lead by the end of that segment with a 48.4 split to the 50.0 leg run by Kevin Galin for Hawthorne. What a set up! The State champion in the 400, Beno Bryant, with a 46.63 best, against the State 100 meter champion, Curtis Conway, who had split as fast as 45.8 this season in the one lapper. This was Conway's eighth race of the weekend, with this anchor effort Bryant's fourth 400 meter effort in two days. You would not have known that either had run a step before this in the last two days the way the two track and gridiron stars ran. Bryant kept Curtis at bay for the first 200 meters, with the Hawthorne flash edging up by the beginning of the final straightaway. About halfway down the homestretch one could sense that Curtis was not going to catch Bryant, and the

continued next page...

CIF / Reebok California State Meet

Dorsey anchor runner took his team to a three meter win 3:12.21-3:12.68. Corway had split 45.8 with Bryant 46.4. The two anchor runners embraced after the event's close in a show of respect that kind of symbolized for everyone what a magnificent evening of competition this had been for all in attendance.

Finals

| | |
|---------------|---------|
| Dorsey | 3:12.21 |
| Hawthorne | 3:12.68 |
| Pasadena | 3:16.73 |
| Fairfield | 3:17.03 |
| Edison | 3:18.05 |
| Washington | 3:18.44 |
| Muir | 3:18.94 |
| Patrick Henry | 3:19.00 |
| Oakland | 3:19.69 |

Heat #1: 1. Hawthorne 3:16.34, 2. Fairfield 3:17.30, 3. Henry 3:18.90, 4. Oakland 3:19.03, 5. Crenshaw 3:21.26, 6. Fortuna 3:21.61, 7. Santa Teresa 3:29.18. Heat #2: 1. Dorsey 3:16.29, 2. Muir 3:17.66, 3. Edison 3:23.35, 4. Mira Mesa 3:28.35, 5. Wheatland 3:36.32. Heat #3: 1. Pasadena 3:16.70, 2. Edison 3:17.84, 3. Carson 3:23.00, 4. DeAnza 3:23.41, 5. Seaside 3:24.66, 6. Lemoore 3:25.48, 7. Valley 3:28.35. Heat #4: 1. Washington 3:17.78, 2. San Bernardino 3:19.33, 3. Morse 3:22.29, 4. Bakersfield 3:27.84, 5. Vallejo 3:30.89, 6. Lincoln 3:33.89.

▲ High Jump

A good field of jumpers performed here. Southerner Mark Wilson (Charter Oak, Covina), despite jumping most of the season with a variety of leg ailments, had jumped 7-1, with Northerners Kevin Keane (DeLaSalle, Concord) and Jim O'Sullivan (Drake, San Anselmo) bests of 7-0 1/4. Santa Rosa's Gabe Marville upset the North 7-footers in the North Coast Section finals at



MARK WILSON—High Jump
Photo by Bill Cockerham

7-0. Big competitions this spring had seen Keane as the first Californian at Arcadia and O'Sullivan take Wilson at Mt. SAC.

Nine qualified at 6-8 for the finals, with the above foursome a part of that group. The jumping started at 6-4 with seven of the nine jumpers successful through 6-8, and only O'Sullivan of the "gang of four" needing two efforts at that height. Wilson took three

jumps to clear 6-7, with Keane, Marville, and Paul Maloney (St. Vincent, Petaluma) having clean records (no misses) through 6-8. All the seven-footers passed at 6-9 with Maloney clearing that height on his second trial (a clearance that would later be good for 4th place). At 6-10 Marville continued without a miss while Wilson also was over on his first attempt. Keane cleared on try number two while Maloney and surprisingly O'Sullivan missed three times. O'Sullivan slipped into a tie for 5th with Ruben Hendrix of South Bakersfield off his clearance at 6-8. The three athletes left, Keane, Marville, and Wilson, all passed 6-11 and tried again at 7-0. All missed their first attempt, with Wilson timing the kick up of his heels as they passed over the crossbar on his second trial perfectly to sneak over that height. Keane and Marville missed their next two tries. Wilson had the bar moved to 7-2 1/4, a height he thought would give him the national lead (he was mistaken, as the national leader is really 7-2 1/2), but the UCLA-bound Charter Oak athlete missed there twice and called it a night.

Finals

| | |
|------------------------------------|------|
| Mark Wilson (Charter Oak) | 7-0 |
| Gabe Marville (Santa Rosa) | 6-10 |
| Kevin Keane (DeLaSalle) | 6-10 |
| Paul Maloney (St. Vincent) | 6-9 |
| Jim O'Sullivan (Sr. Francis Drake) | 6-8 |
| Ruben Hendrix (So Bakersfield) | 6-8 |
| Joe Buchanan (San Marcos) | 6-8 |
| Bobby Robinson (Cabrillo) | 6-6 |
| Kimani Haaziq (Las Plumas) | 6-4 |

Finalists: 1. (tie) Paul Maloney (St. Vincent), Jim O'Sullivan (Sr. Francis Drake), Mark Wilson (Charter Oak) 6-8, 4. (tie) Ruben Hendrix (South Bakersfield), Bobby Robinson (Cabrillo), Kevin Keane (DeLaSalle), Gabe Marville (Santa Rosa) 6-8, 8. (tie) Joe Buchanan (San Marcos), Kimani Haaziq (Las Plumas) 6-8.

▲ Pole Vault

Anyone who can set a personal record at a respectable height at Cerritos College deserves to win a Championship competition. The gusting winds here can switch directions on a moment's notice and the westerlies wrap around the huge cement seating area opposite the vault runway and do some strange things. Flags 100 meters apart can blow the opposite direction, making exact timing in an event like the vault very interesting.

Anyway, in Friday's qualifying there were the usual number of frustrating performances. Fifteen-foot plus vaulters Brian Chase (Granite Hills, El Cajon) and Dan Wheeler (Nevada Union, Grass Valley) were non-qualifiers when all they could clear was 14-0, with 15-6 jumper Tim Post (Modesto) a scratch before the qualifying even started. Nine athletes cleared 14-4 to qualify for the finals.

The first three placers in the finals did some good vaulting. Everyone in the field, except for Brad Maberry (Bakersfield) who ended up 9th at 13-8, cleared 14-2. 15-4 performer Eric Whitcomb (Valencia, Placentia) and Tim Camillo (Luzinger, Lawndale) tied for 7th when they cleared 14-2 but could

not negotiate 14-8. Six remained in the competition as the bar moved from 14-8 to 15-2. Sean Rogan (Irvine), who improved vastly during the final part of the season,



JIM LAWRENCE—Pole Vault
Photo by Bill Cockerham

ended up 6th at 14-8 on misses, as three of the six left could not negotiate 15-2. Jeremy Moore (Yreka) and Greg Sheets (Taft, Woodland Hills) tied for 4th at 14-8 on misses. At 15-2 Greg Wiler (Rolling Hills, RH Estates), was over on his second attempt, and on their final efforts, Wes Stephens (Orange Glen, Escondido) and Jim Lawrence (Del Mar, San Jose) were over 15-2. Stephens came into the meet with a 14-6 best, with Wiler 15-1, and Lawrence hopefully somewhere on the all-time top ten list of the state's most successful vaulting school (Del Mar) with his 15-3 pr. After requiring three trials at 14-8 and 15-2 Lawrence surprised with a first effort 15-6 clearance, enough to win when neither of the other two vaulters could negotiate that height.

Finals

| | |
|--------------------------------|------|
| Jim Lawrence (Del Mar) | 15-6 |
| Greg Miller (Rolling Hills) | 15-2 |
| Wes Stephens (Orange Glen) | 15-2 |
| (tie) Jeremy Moore (Yreka) | 14-8 |
| (tie) Greg Sheets (Taft) | 14-8 |
| Sean Rogan (Irvine) | 14-8 |
| (tie) Eric Whitcomb (Valencia) | 14-2 |
| (tie) Tim Camillo (Luzinger) | 14-2 |
| Brad Maberry (Bakersfield) | 13-8 |

Finalists: 1. (tie) Greg Sheets (Taft), Greg Miller (Rolling Hills), Tim Camillo (Luzinger) 14-4, 4. (tie) Sean Rogan (Irvine), Jeremy Moore (Yreka), Jim Lawrence (Del Mar) 14-4, 7. (tie) Wes Stephens (Orange Glen), Eric Whitcomb (Valencia) 14-4, 9. Brad Maberry (Bakersfield) 14-4.

▲ Long Jump

This event was one of a group of field events that started at 5 p.m. on Saturday and one special performance here was very simply the best by a prep athlete during the outdoor season in the entire nation! The State had a good group of jumpers this year with six athletes over 24', some with and some without the benefit of aiding wind. Jerome Price (University, San Diego) had bested all the State's top jumpers behind Dion Bentley at Arcadia at 24-4 3/4, with the only top absentee from that affair, James Stallworth (Tulare) sitting back while recording a fine 24-7 3/4 win in the Central Section finals.

The jumpers always go slightly nuts at this facility on Friday in the State prelims. The event starts before any of the running



JAMES STALLWORTH—Long Jump
Fine Flicks by Don Goanay

events and the jumpers have a lot of attention. Short Rague Balina of DeLaSalle in Concord started things off in flight #2 with a big legal personal best of 23-10 1/4 (wind +1.42 meters per second). Derril White (Monroe, Van Nuys) improved about a foot and a half in that same flight with a 23-8 1/2 wind-aided third effort. Derrick Smith (Wheatland) cranked 23-11 1/2 (+.78) on his second effort, with Rich Lacey (Mo-

continued next page...

raau, Hayward) improving to a fine 24-6 3/4 (+.01). Tom Brown (Castle Park, San Diego) showed he is for real with a 23-10 (+.01), with Jerome Price (University City, San Diego) sailing 24-6 1/2 (+.00) in qualifying. A somewhat surprising result from this day's efforts came from James Stallworth (Tulare). The Central Section champion at 24-7 3/4, a legal jump in which he sat back, Stallworth tossed all the event form sheets out the window on his first effort here. With a wind of +.01 Stallworth sailed an amazing 25-5 1/2 and took down the oldest record on the State Meet books, Jerry Proctor's 25-4 1/2 from 1967. A very tall athlete, Stallworth is quick, powerful, and is capable of keeping his body airborne for a long time.

Saturday's weather did not break as the greatest. As one of a number of field events scheduled to begin at 5 p.m., athletes were faced with some substantial winds and temperatures below 70 degrees. The two horizontal jump runways on the west side of the Carritos facility are strangely protected from the winds that sail in from the west and wrap around the huge concrete west side bleachers. But this was a fine group of athletes and the time to sort out championships! Through most of the first round jumps were uneventful, with Tom Brown leaping 23-10 1/4 (+.00) and Jerome Price edging into the lead at 24-0 1/4 (+1.45). With not much else happening in the meet before the running events spectator attention was naturally drawn to James Stallworth as he prepared for his first effort this day. James had pr'd over 100 meters at 10.51 the day previous and certainly has no shortage of speed. But no one was quite prepared for James' first effort here today. Good speed and take-off were followed by Stallworth's "hitch-kick" form and a lot of time in the air. The jump seemed very special and after landing, Stallworth let everyone know it was one of those efforts that you see only once in a great while, throwing his fist in the air as soon as he turned around and saw where he had landed. James really landed very close to end of the pit. Upon measurement, the distance was an amazing 26-4 3/4, aided by a wind of +1.31 meters per second, well under the allowable of 2.00 mps. This effort took down the old National Interscholastic Record of 25-9 1/2 set by Gerald Hardean of Edison in Fresno from 1972 and a pending 26-1 effort by Dion Bentley of Penn Hills in Pittsburgh this season. Stallworth's mark is the #3 prep mark ever, behind Carl Lewis's 26-8 1/4 from 1979 and Charles Smith (Las Vegas, Nevada) 26-5 1/2 in 1984. Both Lewis and Smith achieved their marks in meets other than high school affairs, so Stallworth will be listed in the National Federation Rule Book.

It was neat here to not see the other jumpers fold up their tents because of Stallworth's Beamesque effort. Bob Beamon had effectively destroyed the rest of the field mentality in the 1968 Olympics at Mexico City when he jumped 29-2. Anthony Smith (Hawthorne) jumped 23-11 1/2 (+1.43) on his second effort, a mark that

would hold up for 5th place. Stallworth amazingly came back on his second to jump 26-4 (+1.14). Jerome Price improved to 24-7 3/4 (+.83) on his 3rd jump for 2nd. Stallworth sailed 25-2 1/2 (+1.68) on his 3rd jump, added a 22-10 1/2 (+.00) on his fourth, and called it an evening. Tom Brown improved to 24-6 1/4 (+1.32) for 3rd with Rich Lacey out to 24-2 1/2 (+1.03) for fourth.

It was a performance like Stallworth's that makes the effort worthwhile that one goes to attend such an affair as this.

Finals

| | |
|--------------------------------|-----------|
| James Stallworth (Tulare) | 26-4 3/4 |
| Jerome Price (University City) | 24-7 3/4 |
| Tom Brown (Castle Park) | 24-6 1/4 |
| Rich Lacey (Moreau) | 24-2 1/2 |
| Anthony Smith (Hawthorne) | 23-11 1/2 |
| Darril White (Monroe) | 23-4 |
| Rague Bolina (DeLaSalle) | 23-2 3/4 |
| Derrick Smith (Wheatland) | 23-1 1/2 |
| Russell White (Crespi) | 23-1 1/4 |

Finalists: 1. James Stallworth (Tulare) 25-5 1/2, 2. Rich Lacey (Moreau) 24-6 3/4, 3. Jerome Price (University City) 24-6 1/2, 4. Anthony Smith (Hawthorne) 23-11 3/4, 5. Derrick Smith (Wheatland) 23-11 1/2, 6. Rague Bolina (DeLaSalle) 23-10 1/4, 7. Tom Brown (Castle Park) 23-10, 8. Darril White (Monroe) 23-9 1/2, 9. Russell White (Crespi) 23-4 1/4.



LENNY MCGILL--Triple Jump
Photo by Bill Cockerham

▲ Triple Jump

A very, very fine group competed here. Six came into the meet with bests of over 49'. Some great jumping took place in Friday's qualifying, where 6th place was 49-1 1/2. Interestingly, there were some switches in order, but the athletes with the best nine marks from Section competition were the nine who qualified for Saturday's finals. The State best marks list underwent quite a revision in Friday's jumping. DeAndre Roberson (West Bakerfield) sailed out to 50-9 1/4 (wind +1.54 mps) on his first jump in the second to last flight to take the state lead away from Lenny McGill (Orange Glen, Es-

condido) (50'4"). Russell White (Crespi, Encino) was out over 50' for the first time in his long and successful track career on his first effort in the final flight, jumping 50-6 (+1.11).



BRENT NOON--Shot Put
Fine Flicks by Don Gasney

McGill put them all away in the qualifying with a 51-2 (+.82) jump on his second effort in the trials. Poupet Singbandith (Magnolia, Anaheim), a native of Laos, in his second year of jumping, was 4th at 49-7 3/4 (+.01), and he had jumped 50-3 earlier in the season.

Action in Saturday's finals did not heat up until the second round, where Roberson jumped 50-4 (+1.31). McGill answered on the very next jump with a 51-1 1/4 (+1.40). Third place in the finals ended up at 48-7 (Russell White). Roberson threw a little bit of a scare into McGill on his last effort with a personal best of 50-11 1/4 (+.00). McGill seemed to take an interesting approach to the event. After his 50-6 lead-off on Friday, he passed his last two efforts. On Saturday, Lenny had a foul, a 51-1 1/4 eventual winning effort, and four fouls. The winner's weekend consisted of two fair efforts!

Finals

| | |
|---------------------------------|-----------|
| Lenny McGill (Orange Glen) | 51-1 1/4 |
| DeAndre Roberson (WBakerfield) | 50-11 1/4 |
| Russell White (Crespi) | 48-7 |
| Mario Fisher (Bakersfield) | 48-6 1/2 |
| Patrick Scott (Wilson Long Bch) | 48-3 3/4 |
| Carl Mack (Davis) | 47-9 3/4 |
| Phouphet Singbandith (Magnolia) | 47-2 1/4 |
| Hga Gabe (Quartz Hill) | 46-11 1/4 |
| Jamal Bush (Wilson Long Beach) | 44-8 1/4 |

Finalists: 1. Lenny McGill (Orange Glen) 51-2, 2. DeAndre Roberson (West Bakerfield) 50-9 1/4, 3. Russell White (Crespi) 50-8, 4. Phouphet Singbandith (Magnolia) 49-7 3/4, 5. Mario Fisher (Bakersfield) 49-4 1/2, 6. Jamal Bush (Wilson Long Beach) 49-1 1/2, 7. Carl Mack (Davis) 48-3 1/4, 8. Hga Gabe (Quartz Hill) 48-0, 9. Patrick Scott (Wilson Long Beach) 47-10 1/4.

▲ Shot Put

Brent Noon (Fallbrook) is one of the great eleventh graders ever in the event, recording a 68-9 1/4 that easily led the nation for the season. A respectable group had developed

behind the San Diego Section athletes, with Joe Bailey (Wilson, Long Beach) 62-11 1/2, Joe Hicks (San Bruno, Hollister) 62-1, and Matt Wiley (Hemet) 60-2 out beyond 60'.

The placement of the shot ring at Carritos on the south end of the main field is a nice step, giving many more than just the "die-hard" weight fans a chance to view the great athletes that come through this competition. Brent led off Friday's qualifying at 62-8, had someone within two feet (for once) when Joe Bailey threw 60-10 1/4 on his second toss, and responded with a 66-7 1/2 second effort to lead qualifying. Hicks threw 60-1 and Wiley 59-10 on Friday.

Noon wandered over to the shot ring on Saturday probably a little disappointed with his 5th place in the discus. A 65-0 1/2 lead-off throw by Noon effectively ended the competition as Bailey opened up at 57-3 3/4 for second through one effort for the finalists. Brent sailed them out to 65-8 1/2, 64-0 1/2, foul, 66-1 1/2, and 65-8 1/2 on the rest of his throws to win easily. Bailey improved to 62-6 1/2 on his final toss for 2nd as the Long Beach Wilson completed an interesting year athletically in which he was also awarded All-Section honors in water polo. Noon left the 68-4 State Meet record by Brian Blutreich (Capistrano Valley) from 1985 for the next year here. For the record Brian also has the All-Time Golden State best of 69-6 1/2. Yes, the challenges are there for Brent's senior year.

Finals

| | |
|--------------------------------|-----------|
| Brent Noon (Fallbrook) | 68-1 1/2 |
| Joe Bailey (Wilson Long Beach) | 62-8 1/2 |
| Joe Hicks (Hollister) | 60-3 3/4 |
| Matt Wiley (Hemet) | 58-4 1/2 |
| Marc Harisay (Piedmont Hills) | 57-2 1/2 |
| Greg Thurston (Edison) | 56-10 1/2 |

Finalists: 1. Brent Noon (Fallbrook) 65-7 1/2, 2. Joe Bailey (Wilson Long Beach) 60-10 1/2, 3. Joe Hicks (Hollister) 60-1, 4. Matt Wiley (Hemet) 59-10, 5. Marc Harisay (Piedmont Hills) 57-8, 6. Roger Johnson (Abwater) 57-7 3/4, 7. Keith Jones (Hoover) 57-0 1/2, 8. Jason Ford (Casa Roble) 57-0, 9. Greg Thurston (Edison) 56-3 3/4.

continued on page 31...



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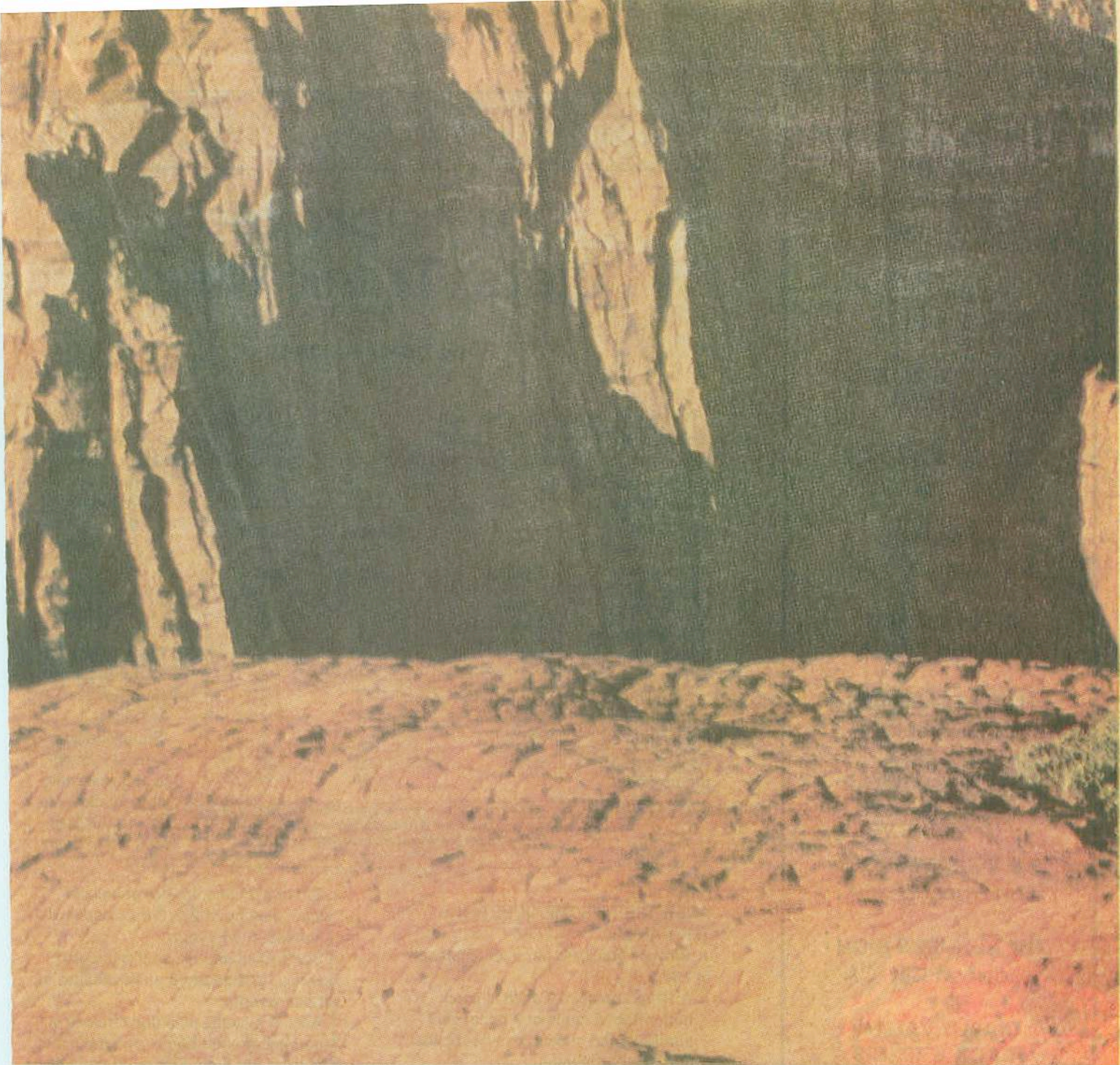
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An Improved State Track Meet

by DONN B. KIRK

In my opinion, the California High School State Track and Field Meet ranks behind only the Olympics and the U.S. Olympic Trials. However, it could become an even better meet by minor modifications in WHO qualifies for the meet.

The adjacent box outlines the current qualifying system by Section, and the proposed new system.



ANSWERS TO SOME QUESTIONS THAT ARISE:

1. Why 27 qualifiers per event instead of 28?

A: Three heats of 9 each is much better than 4 heats of 7 because it shortens and makes less-hecktic the first day of the meet.

2. Why not take the best 27 marks from the Section Meets?

A: Three reasons...

-It is important for every Section to be represented to keep this a

STATE Meet.

-Weather conditions vary greatly from one Section Meet to the next.

-Wind conditions can be drastically different in various Section Meets.

3. What advantage does the proposed system have?

A: A lot...

-Statewide competition is maintained while coming a lot closer to having the best athletes in every event

-Small Sections are not penalized when they have 2 or 3 outstanding athletes in an event.

-Some Sections excel in particular events, and deserve more athletes in those events.

-A lot of athletes who don't belong in the Meet are left home, and the better athletes get their chance to compete.

The most important thing to do is to elevate the California State Meet to the highest level possible.

| Section | Number of Qualifiers per Event | |
|---------------|--------------------------------|----------|
| | Current | Proposed |
| Northern | 1 | 1 |
| Sac-Joaquin | 3 | 2 |
| North Coast | 4 | 2 |
| Oakland | 1 | 1 |
| San Francisco | 1 | 1 |
| Central Coast | 3 | 2 |
| Central | 3 | 2 |
| Los Angeles | 4 | 2 |
| Southern | 5 | 2 |
| San Diego | 3 | 2 |
| Other | 0 | 10* |
| | 28 | 27 |

*10 best marks in each event in Section Meets after filling 17 automatic qualifiers; limit of 9 total qualifiers from any Section in each event; ties (if any) for 10th qualifier settled by coin flip.



▲ Discus

A good group of nine throwers with bests of over 180 feet gathered for the State competition. Derrick Stevens (Bakersfield), a UCLA-bound All-State tackle in football, had won the big Arcadia showdown here with a mark that still led the state, 189-10, with John Gallagher (Palm Desert) 2nd there at 189-8. John Hurley (Rio Linda) had thrown 186-4 up north, with Jamie Presser (Cupertino) 186-2, Brent Noon (Fallbrook) 185-4,



DERRICK STEVENS—Discus
Fine Flicks by Don Gosney

James Novella (Palmdale) 184-3, John Fowler (Los Altos) 182-1, Robert Clarke (Walnut) 181-5, and Matt Karsevar (Clovis) 181-2 having fine seasons. In qualifying, Clarke put the first throw out over 180 and 180-11 on his second toss in flight five. Noon threw 181-2 on his first throw in the last flight, with Gallagher answering with an impressive 190-4 on his second throw with that group. Stevens threw 182-8 on his third toss in the final flight, with Gallagher improving to 190-10 on his final throw on Friday. Novella, Fowler, Presser, and Hurley were non-qualifiers.

On Saturday Matt Karsevar started the show with a 179-2 first throw with amazing Robert Clarke (he's only 5-10 and 175 pounds) improving his best out to 183-1 on his first effort. Noon was 175-6, Stevens 173-1, and Gallagher 178-9 to finish out a relatively quiet first round. Clarke was 181-1 on his second toss with Stevens powering 188-2 in that same round to take the lead. Gallagher could only answer on the very next toss with a 173-7. Clarke threw 180-3 on his fifth toss with Noon 178-5 in that same round. Those and a 178-4 by Stevens on his fifth throw were the only efforts by anyone over 175' during the final four rounds. Stevens ended up the winner at 188-2, Clarke 2nd at 183-1 with Karsevar and Gallagher's opening efforts good for 3rd and 4th.

Finals

| | |
|-------------------------------|-------|
| Derrick Stevens (Bakersfield) | 189-2 |
| Robert Clarke (Walnut) | 183-1 |
| Matt Karsevar (Clovis) | 179-2 |
| John Gallagher (Palm Desert) | 178-0 |
| Brent Noon (Fallbrook) | 176-5 |
| Greg Hodel (Don Lugo) | 170-6 |
| Jason Ford (Casa Roble) | 170-6 |
| Jason Sineros (James Logan) | 167-2 |
| Jon Frank (Bakersfield) | 165-6 |

Finalists: 1. John Gallagher (Palm Desert) 190-10, 2. Derrick Stevens (Bakersfield) 182-8, 3. Brent Noon (Fallbrook) 181-2, 4. Robert Clarke (Walnut) 180-11, 5. Greg Hodel (Don Lugo) 171-0, 6. Jason Ford (Casa Roble) 169-0, 7. Jon Frank (Bakersfield) 168-9, 8. Matt Karsevar (Clovis) 168-4, 9. Jason Sineros (James Logan) 167-11.

▲ Team Scoring

One of high school athletics most amazing dynasties continued here this weekend. Hawthorne High School, under coach Kye Courtney and staff, has won six of the last seven California State Men's High School Track & Field Championships. The only year they missed on the men's side since 1982, in 1986, they made up for it by taking the women's title. Prime Ticket announcer Vic Holchak indicated that during his travels in Europe last summer, while covering the Grand Prix track circuit, he was grilled by the East German National Coaches for information on the sprint coach at Hawthorne High in California and his program. In case you have not been keeping track of things, the Commies do their homework in this sport. It is interesting to note that, to our knowledge, Coach Courtney has never been involved in any national level coaching assignments, or the like, but he is well-known behind the Iron Curtain. Anyway, here it was apparent who the best team was this weekend. The Cougars continue to have enough depth to really goof up in a spot or two and still come out on top. Last year, it was a 400 meter relay group that false-started in League action, a few years ago it was Henry Thomas out with an appendectomy, and this year, it was a short relay group that was going to win by 10 meters that could not get the stick around. The story of this year's success is told in the event summaries above, but just keep in mind that athletes such as Chris Alexander, Anthony Smith, and Eric Allen will be back to lead the Cougar crew in 1990. I am sure many of us will be at Cerritos College the first week in June to watch the next edition of the Cougar dynasty.

Team Scores:

| |
|--|
| 1. Hawthorne 40, 2. Dorsey 26, 3. Oakland 22, 4. San Pasqual and Justin Siena 18, 6. Orange Glen and Mission 16, 8. Bakersfield, Tulare and Agoura 14. |
|--|

WOMEN'S RESULTS

By KEITH CONNING

▼ 100 METERS

Five state meet finalists returned from last year—senior Angela Burnham (Rio Mesa, Oxnard) won the 1986 state meet in 11.78, had a hamstring injury in 1987, and won in 1988 in 11.52. Also returning were junior Inger Miller (Muir, Pasadena), second



ANGELA BURNHAM — 100 & 200
Fine Flicks by Don Gosney

in 11.71; senior Chris Williams (Vallejo), fifth in 12.22; senior Annette Coleman (Carlmont, Belmont), eighth in 12.40; and senior Debra Hamilton (Locke, Los Angeles), ninth in 12.50.

Burnham (11.52) and Miller (11.53), entered the meet with the top times in the nation. Senior Charlotte Vines (San Marcos, Santa Barbara) had the eighth best time of 11.89.

The state meet record of 11.42 was set by Sharon Ware (Berkeley) in 1980.

In the trials for running events, there were four heats in each event (except the 1600 and 3200). The heat winners in each heat advanced to the finals along with the five non-winning runners with the fastest times. Burnham, the Southern Section champion

at 11.52, won the first heat in 11.41. The wind reading was +5.73, which is over the allowable limit of 2.0 meters per second. Thus, Ware's record still stands.

Miller, second in the Southern Section at 11.53, won heat two in 11.38 (+5.61 mps). Williams, third in the Sac-Joquin Section at 12.41, who has been bothered by a knee injury, failed to qualify.

Vines, third in the Southern Section at 11.89, won heat three in 11.88 (+3.82 mps). Hamilton, third in the Los Angeles Section at 12.31, was second in 12.06.

Coleman, the Central Coast Section champion at 11.92, won heat four in 11.82 (+3.33 mps).

In the final Burnham defeated Miller by .15–11.31 (+3.66 mps) to 11.46. Burnham became the first three time winner. Ware won twice in 1980 and 1981. Coleman placed third in 11.66 and Vines was fourth in 11.71.

"I was most worried about the 100," said Burnham to Lonnie White (*Los Angeles Times*). "I knew that it was important to get out of the blocks well."

Finals (Wind +3.66)

| | |
|--------------------------------|-------|
| Angela Burnham (Rio Mesa) | 11.31 |
| Inger Miller (Muir) | 11.46 |
| Annette Coleman (Carlmont) | 11.86 |
| Charlotte Vines (San Marcos) | 11.71 |
| Joslyn Mack (St. Francis) | 12.01 |
| Felice Lipscomb (Santa Monica) | 12.01 |
| Deedee Small (Dorsey) | 12.15 |
| Debra Hamilton (Locke) | 12.20 |
| Tami Gray (Compton) | 12.22 |

Heat #1 (Wind +5.73) 1. Angela Burnham (Rio Mesa) 11.41, 2. Tami Gray (Compton) 12.04, 3. Leann Tinkshell (Locke) 12.12, 4. Nitra Young (Tulare) 12.27, 5. Miyoshi Williamson (Merced) 12.39, 6. Joy Polk (Oakland) 12.43, 7. Ansey Mitchell (Rancho Conejo) 12.65. Heat #2 (Wind +5.81) 1. Inger Miller (Muir) 11.38, 2. Joslyn Mack (St. Francis) 11.98, 3. Deedee Small (Dorsey) 12.06, 4. Chris Williams (Vallejo) 12.22, 5. Angela Sullivan (Serra) 12.22, 6. Chivahne Tanner (Holy Names) 12.24. Heat #3 (Wind +3.82) 1. Charlotte Vines (San Marcos) 11.89, 2. Debra Hamilton (Locke) 12.06, 3. Kerani Stewart (Yuba City) 12.07, 4. Francine Wade (Hilltop) 12.13, 5. Keisha Criswell (Fresno) 12.29, 6. Adrienne Hopper (Bishop O'Dowd) 12.51, 7. Kristen Burnett (Branham) 12.52. Heat #4 (Wind +3.33) 1. Annette Coleman (Carlmont) 11.82, 2. Felice Lipscomb (Santa Monica) 12.07, 3. Angela Gmney (University City) 12.09, 4. Faldia Howard (San Fernando) 12.20, 5. Tike Jackson (Bakersfield) 12.26, 6. Lisa Parker (Bishop O'Dowd) 12.30, 7. Dalia Jones (Lincoln) 12.85.

▼ 200 Meters

Three state meet finalists returned from last year: senior Angela Burnham first in 23.45, junior Inger Miller third in 23.73, and senior Chris Williams (Vallejo), fourth in 24.48.

Burnham (23.49), Miller (23.62), and senior Annette Coleman (Carlmont, Belmont) (24.15) entered the meet with the first, second and fourth best times in the nation.

The state meet record of 23.19 was set by Sherri Howard (Kennedy, Granada Hills) in 1980.

Burnham, the Southern Section champion at 23.49, won the first heat in 23.76

continued next page...

CIF / Reebok California State Meet

(+2.52). Miller, second in the Southern Section at 23.84, won the second heat in 23.71 (+2.78). Williams, third in the Sac-Joaquin Section at 25.09, failed to qualify.

Junior Tanya Dooley (Bret Harte, Altaville), the Sac-Joaquin Section champion at 24.17, who failed to qualify for the final last year, won the third heat in 24.37 (+4.39).

Coleman, the Central Coast Section champion at 24.15, won heat four in 24.45 (+2.72) mps.

In the final, Burnham defeated Miller by 30-23.56 to 23.86.

Finals

| | |
|-----------------------------|-------|
| Angela Burnham (Rio Mesa) | 23.56 |
| Inger Miller (Muir) | 23.86 |
| Annette Coleman (Carlmont) | 24.15 |
| Angela Rolfe (Dorsey) | 24.45 |
| Taminika Terry (Muir) | 24.61 |
| Tanya Dooley (Bret Harte) | 24.75 |
| Tamika Bradford (Dominguez) | 24.84 |
| Lania Brice (Tokay) | 24.90 |
| Cela Taylor (Encinal) | 25.07 |

Heat #1 (Wind +2.52) 1. Angela Burnham (Rio Mesa) 23.76, 2. Lania Brice (Tokay) 24.83, 3. Linda Williams (Blair) 24.92, 4. Leann Tinkshell (Locke) 25.18, 5. Lesa Parker (Bishop O'Dowd) 25.51, 6. Mia Labuvitz (San Diego) 25.69, 7. Shomone Chason (Edson) 26.09. Heat #2 (Wind +2.78) 1. Inger Miller (Muir) 23.71, 2. Angela Rolfe (Dorsey) 24.32, 3. Chris Williams (Vallejo) 24.91, 4. Michelle Barga (Fremont) 24.97, 5. Angela Kimmey (University City) 25.26, 6. Chivanne Tanner (Holy Names) 25.41, 7. Tracey Smith (West Valley) 26.02. Heat #3 (Wind +4.39) 1. Tanya Dooley (Bret Harte) 24.37, 2. Taminika Terry (Muir) 24.62, 3. Janice Nichols (Bakersfield) 25.12, 4. Nicole Johnson (Antioch) 25.62, 5. Marsha Domingo (Los Angeles) 25.72. Heat #4 (Wind +2.72) 1. Annette Coleman (Carlmont) 24.45, 2. Tamika Bradford (Dominguez) 24.73, 3. Cela Taylor (Encinal) 24.82, 4. Tika Jackson (Bakersfield) 25.00, 5. Angela Sullivan (Serra) 25.01, 6. Joy Polk (Oakland) 26.77.

▼ 400 Meters

Five State meet finalists returned from last year—senior Angela Rolfe (Dorsey, Los Angeles) first in 54.26; junior Tanya Dooley (Bret Harte, Altaville) second in 54.72; senior Roslyn Mack (St. Francis, Mountain View) fourth in 55.68; senior Keshia Marvin (Hawthorne) fifth in 55.92; and senior Jeanie Stewart (Duarte) seventh in 56.35.

Rolfe had also won in 1987 in 53.55. Five Californians are among the national leaders: senior Angela Burnham (Rio Mesa, Oxnard) first in 54.09, Rolfe second in 54.39, freshman Janice Nichols (Bakersfield) third in 54.47, Stewart sixth in 54.89, and Dooley eighth in 55.02.

The state meet record of 52.39 was set by Denean Howard (Kennedy, Granada Hills) in 1982.

Nichols, the Central Section champion at 54.47, won the first heat in 55.37.

Stewart, the Southern Section champion at 54.99, won the second heat in 55.89.

Rolfe, the Los Angeles Section champion at 54.53, won the third heat in 55.71. Marvin, second in the Southern Section at 55.25, was second in 56.30.

Dooley, the Sac-Joaquin Section champion at 55.02, won the fourth heat in 55.94.

In the final, Rolfe won for the third straight time in 53.97, the fastest time in the nation this season. Rolfe is the first three-time winner of this event. Choo Choo Knighten (Locke, Los Angeles) won in 1984 and 1985. Denean Howard (Kennedy, Granada Hills) won in 1980 and 1982.



ANGELA ROLFE—400 Meters
Photo by Bill Cottles/Action Photo

Finals

| | |
|------------------------------|-------|
| Angela Rolfe (Dorsey) | 53.97 |
| Tanya Dooley (Bret Harte) | 55.12 |
| Jeanie Stewart (Duarte) | 55.15 |
| Shani Freeman (Crawford) | 55.77 |
| Shelly Tochuk (Westminster) | 55.81 |
| Cela Taylor (Encinal) | 55.93 |
| Keshia Marvin (Hawthorne) | 56.12 |
| Kim McAllister (Locke) | 56.19 |
| Janice Nichols (Bakersfield) | 57.43 |

Heat #1: 1. Janice Nichols (Bakersfield) 55.37, 2. Kim McAllister (Locke) 56.07, 3. Cela Taylor (Encinal) 56.10, 4. Rachel Doug (Ganessa) 57.95, 5. Melissa Stevenson (Point Loma) 59.36, 6. Maryann Clark (Galileo) 60.34. Heat #2: 1. Jeanie Stewart (Duarte) 55.89, 2. Roslyn Mack (St. Francis) 56.68, 3. Keshia Marvin (St. Bernard) 57.04, 4. Malanie Clarke (El Camino Real) 58.11, 5. Shirley Terrill (Vallejo) 58.69, 6. Melissa Mannion (San Leandro) 60.55. Heat #3: 1. Angela Rolfe (Dorsey) 55.71, 2. Keshia Marvin (Hawthorne) 56.30, 3. Michelle Barga (Fremont) 57.16, 4. Allison Ding (Mt. Carmel) 57.64, 5. Tiffany Johnson (Kennedy, Richmond) 59.08, 6. Keshia Brown (Merced) 59.36, 7. Melissa Flynn (Clovis) 62.55. Heat #4: 1. Tanya Dooley

(Bret Harte) 55.94, 2. Shani Freeman (Crawford) 56.24, 3. Shelly Tochuk (Westminster) 56.34, 4. Camille Mayo (Los Angeles) 57.26, 5. Lemecia Strom (Silver Creek) 57.76, 6. Stacey Johnson (Antioch) 57.99, 7. Christine Royal (Chester) 58.42.

▼ 800 Meters

Two state meet finalists returned from



KIM TONEY—800 Meters
Fine Flicks by Don Gosney

last year: senior Kathy Roldan (Mt. Whitney, Visalia) first in 2:12.11 and senior Tarsha Handy (Archbishop Mitty, San Jose) second in 2:12.60.

Junior Kim Toney (Atascadero) (2:11.23), sophomore Becky Spies (Livermore) (2:11.6), and Roldan (2:12.16), entered the meet with the fourth, fifth, and seventh fastest times in the nation. The national leader was senior Trina Edmond (Central, Aurora, CO) at 2:10.3.

The state meet record of 2:04.91 was set by Trena Hull (Compton) in 1984.

Toney, the Southern Section champion at 2:11.23 won heat 1 in 2:15.65.

Spies, the North Coast Section champion at 2:13.91, defeated fellow sophomore Nicole Teter (West Valley, Cottonwood), the Northern Section champion at 2:20.0, in heat 2 by .01 — 2:11.14 to 2:11.15. Handy, second in the Central Coast Section at 2:14.73, was fourth in 2:15.78, the seventh

best time in the heats.

Roldan, the Central Section champion at 2:16.79, won heat 3 in 2:15.11.

Senior Persephone (in Greek mythology, the daughter of Zeus and Demeter, abducted by Hades (Pluto) and made his wife) Lowery (Norco), fourth in the Southern Section at 2:14.49, won heat 4 in 2:16.43.

In the final, Toney won in 2:09.33, the second fastest time in the nation this season.

The new national leader is senior Sandra Burke (Boys & Girls, Brooklyn, NY) at 2:09.2.

Finals

| | |
|----------------------------------|---------|
| Kim Toney (Atascadero) | 2:09.33 |
| Kathy Roldan (Mt. Whitney) | 2:11.18 |
| Becky Spies (Livermore) | 2:11.60 |
| Nicole Teter (West Valley) | 2:11.65 |
| Tarsha Handy (Archbishop Mitty) | 2:14.99 |
| Persephone Lowery (Norco) | 2:15.40 |
| Sharia Moses (Ramona) | 2:16.18 |
| Laurinda Mulhaupt (Cajon Valley) | 2:16.22 |
| Gina Westby (Torrey Pines) | 2:20.00 |

Heat #1: 1. Kim Toney (Atascadero) 2:15.65, 2. Dina Moore (Harbor) 2:17.00, 3. Michelle Rodda (Vacaville) 2:17.79, 4. Lori Miller (North Bakersfield) 2:18.48, 5. Keri Woolheater (Casa Grande) 2:22.65, 6. Gretchen Scheibel (Orange Glen) 2:23.32, 7. Christine Frasulo (Franklin) 2:27.98. Heat #2: 1. Becky Spies (Livermore) 2:11.14, 2. Nicole Teter (West Valley) 2:11.15, 3. Sharia Moses (Ramona) 2:15.19, 4. Tarsha Handy (Archbishop Mitty) 2:15.78, 5. Ramona Pena (Washington) 2:19.87, 6. Norma Cuellar (Redwood) 2:24.00, 7. Melissa Guidi (El Camino Real) 2:32.24. Heat #3: 1. Kathy Roldan (Mt. Whitney) 2:15.11, 2. Laurinda Mulhaupt (Cajon Valley) 2:15.38, 3. Gina Westby (Torrey Pines) 2:16.44, 4. Emily Chilton (Golden Sierra) 2:17.39, 5. Jeanine Crain (Carondelet) 2:17.54, 6. Janette Reed (Foothill) 2:21.81, 7. Joy Preston (North Hollywood) 2:27.50. Heat #4: 1. Persephone Lowery (Norco) 2:16.43, 2. Trisha Phillips (Locke) 2:18.27, 3. Natalie Gage (Oakdale) 2:19.84, 4. Adria Ibarra (Eschop O'Dowd) 2:21.03, 5. Charity Stowell (Mt. Carmel) 2:21.36, 6. Katrina Jacobs (Oakland) 2:21.93.

▼ 1600 Meters

Two state meet finalists returned from last year—senior Kira Jorgensen (Rancho Buena Vista, Vista) first in 4:49.54 and senior Beth Bartholomew (Fremont, Sunnyvale) fifth in 4:59.84.

Jorgensen had also won in 1987 in 4:45.98.

Jorgensen (4:53.66), junior Karen Hecox (South Hills, West Covina) (4:53.90), and senior Rayna Cervantes (Montebello) (4:55.60) entered the meet with the third, fourth, and sixth best times in the nation. Cervantes was not entered in this event. The national leader was junior Megan Thompson (Hazelwood Central, St. Louis, MO) at 4:47.27.

In the 1600 there were two heats. The top three finishers in each heat along with the three non-placing runners with the fastest times advanced to the final.

The state meet record of 4:39.92 was set by Polly Plumer (University, Irvine) in 1982.

Bartholomew, the Central Coast Section champion at 4:57.4 won heat one in 4:55.36. Hecox, second in the Southern Section at 5:01.45, was second in 4:55.59.

continued next page...



KIRA JORGENSEN—1600 Meters
Fine Flicks by Don Gosney

Jorgensen, the San Diego Section champion at 4:58.28, won heat two in 4:55.44.

In the final, Jorgensen won for the third straight year in 4:49.55, the second fastest time in the nation this season. Jorgensen becomes the second three-time winner. Plummer won in 1980, 1981, and 1982. Megan Thompson (Hazelwood, Central, St. Louis, MO) is the national leader at 4:47.58. Bartholomew was second in 4:51.59, the third fastest time in the nation. Hecox was third in 4:55.48. Freshman Shelley Taylor (Edison), the Southern Section champion at 4:59.25, was disqualified for colliding with Hecox near the finish.

Said Taylor to Barbie Ludovise (*Los Angeles Times*): "I know I didn't do anything 'cause I was in front of her. I remember seeing her fall out of the corner of my eye. I do remember her hitting me. I don't really care about (not getting) the medal or the recognition, it's knowing that I didn't do anything that's so upsetting."

Said Hecox: "I'm not even sure what happened. She just came from behind me, she hit me from behind. It all happened so fast, it's hard to say."

| Finals | |
|-------------------------------------|---------|
| Kira Jorgensen (Rancho Buena Vista) | 4:49.55 |
| Beth Bartholomew (Fremont) | 4:51.59 |
| Karen Hecox (South Hills) | 4:55.48 |
| Rosetta Hunter (Locke) | 4:58.28 |
| Sarah Riley (Campolindo) | 4:58.80 |
| Evie Barry (Santa Teresa) | 5:00.77 |
| Lori Miller (North Bakersfield) | 5:07.98 |
| Lisa Lopez (Balboa) | 5:15.34 |

Heat #1: 1. Beth Bartholomew (Fremont) 4:55.38, 2. Karen Hecox (South Hills) 4:55.58, 3. Evie Barry (Santa Teresa) 4:58.83, 4. Lisa Lopez (Balboa) 5:08.20, 5. Janette Vollmer (Fl. Bragg) 5:06.85, 6. Mira Hombacher (Rancho Buena Vista) 5:07.50, 7. Nicole Robbins (Hesperia) 5:09.98, 8. Melissa Freberg (California) 5:10.74, 9. Jennifer Hewitson (Bellevue) 5:11.53. Heat #2: 1. Kira Jorgensen (Rancho Buena Vista) 4:55.44, 2. Shelley Taylor (Edison) 4:58.77, 3. Lori Miller (North Bakersfield)

5:04.25, 4. Sarah Riley (Campolindo) 5:05.16, 5. Rosetta Hunter (Locke) 5:06.43, 6. Bernice Santoyo (Mt. View) 5:09.94, 7. Michele Ferguson (Piner) 5:11.56, 8. Nikki Shaw (Fillmore) 5:11.88, 9. Maria-Solorio (Overfelt) 5:13.24.

▼ 3200 Meters

Four of the top ten finalists from last year returned—senior Rayna Cervantes (Montebello) second in 10:18.80, senior Kira Jorgensen (Rancho Buena Vista, Vista) fourth in 10:25.55, senior Jamie Park (Santa Barbara) sixth in 10:48.77, and senior Rachel Lewis (Santa Catalina, Monterey) tenth in 11:01.96.

Cervantes (10:32.89), Park (10:34.71), and Jorgensen (10:34.7+) entered the meet



RAYNA CERVANTES—3200 Meters
Fine Flicks by Don Gosney

with the fourth, fifth, and sixth best times in the nation.

The state meet record of 10:08.14 was set by Cory Schubert (Del Mar, San Jose) in 1983.

There were no heats in the 3200. The finals were held on Saturday, June 3.

Cervantes, third in the Southern Section at 10:44.18, won in 10:32.95. Lewis, the Central Coast Section champion at 11:00.3, was second in 10:36.18. Sophomore Deena Drossin (Agoura), second in the Southern Section at 10:41.37, was third in 10:36.67. Park, fourth in the Southern Section at 10:48.32, was fourth in 10:40.74. Jorgensen, the San Diego Section champion at 10:55.59, was fifth in 10:42.34.

| Finals | |
|------------------------------|----------|
| Rayna Cervantes (Montebello) | 10:32.95 |

| | |
|-------------------------------------|----------|
| Rachel Lewis (Santa Catalina) | 10:36.18 |
| Deena Drossin (Agoura) | 10:36.67 |
| Jamie Parks (Santa Barbara) | 10:40.74 |
| Kira Jorgensen (Rancho Buena Vista) | 10:42.34 |
| Mira Hombacher (Rancho Buena Vista) | 10:43.18 |
| Martha Pinto (Katella) | 10:58.13 |
| Alva Dancoel (Mills) | 10:58.53 |
| Sarah Riley (Campolindo) | 11:04.28 |
| Michele Ferguson (Piner) | 11:04.25 |
| Eva Beit (El Dorado) | 11:07.66 |
| Tina Gorbet (Lassen) | 11:08.41 |
| Malee Ferguson (LaJolla) | 11:13.89 |
| Barbie Sittman (Pacer) | 11:18.89 |
| Maryann Martinez (Foothill) | 11:19.46 |



FELICE LIPSCOMB—100mHH
Fine Flicks by Don Gosney

▼ 100m Low Hurdles

Four state meet finalists from last year returned: sophomore Keri Sanchez (Santa Teresa, San Jose) second in 13.99, junior Felice Lipscomb (Santa Monica) third in 14.04, senior Latanya Davenport (Locke, Los Angeles) fifth in 14.33, and senior Andrea Swift (Benicia) eighth in 14.82.

Lipscomb (13.84), junior Kwani Stewart (Yuba City) (13.93), Davenport (14.09), senior Kim Young (Madera) (14.14+), and senior Aldora George (Upland) (14.21) entered the meet with the second, third, sixth, seventh, and ninth best times in the nation.

The state meet record of 13.34 was set by Janeene Vickers (Pomona) in 1987.

Swift, the North Coast Section champion at 14.38, won the first heat in 14.35 (+2.21 mps). Young, the Central Section champion at 14.58, scratched. George, second in the Southern Section at 14.24, did not run.

Davenport, the Los Angeles Section champion at 14.1, won heat two in 13.95 (+1.33 mps), her seasonal best. Sanchez, the Central Coast Section champion at 14.15, was second in 14.17.

Stewart, the Sac-Joquin Section champion at 13.80, won heat three in 14.00 (+2.93 mps).

Lipscomb, the Southern Section champion

at 13.88, won heat four in 13.94 (+3.57 mps).

In the final, Lipscomb won in 13.69 (+1.16 mps), the fastest time in the nation this season. Stewart was second in 13.76, and Sanchez was third in 14.07.

| Finals | |
|---|-------|
| Felice Lipscomb (Santa Monica) | 13.69 |
| Kwani Stewart (Yuba City) | 13.76 |
| Keri Sanchez (Santa Teresa) | 14.07 |
| Kim Dill (Poway) | 14.31 |
| Nicole Redmond (Hogan) | 14.33 |
| Andrea Swift (Benicia) | 14.41 |
| Dedi Stuart (Long Beach Poly) | 14.51 |
| Latanya Davenport (Locke) | 14.55 |
| Heat #1 (Wind +2.21) 1. Andrea Swift (Benicia) 14.35, 2. Erin Blunt (San Pasquel) 14.77, 3. Britt Anderson (Palo Alto) 14.79, 4. Traci Ciapponi (Chico) 15.25, 5. Christine Lewis (Dorsey) 15.89. | |
| Heat #2 (Wind +1.33) 1. Latanya Davenport (Locke) 13.95, 2. Keri Sanchez (Santa Teresa) 14.17, 3. Dedi Stuart (Long Beach Poly) 14.40, 4. Kam Warner (West Bakersfield) 14.84, 5. Caity Stark (San Pasquel) 14.98, 6. Keys Allen (James Logan) 15.86, 7. Michelle Silva (Valley) 16.75. | |
| Heat #3 (Wind +2.93) 1. Kwani Stewart (Yuba City) 14.00, 2. Kim Dill (Poway) 14.36, 3. Jackie Foreman (Locke) 14.78, 4. Kristi Paaso (Los Altos) 14.81, 5. Lawanna Adams (Oakland) 15.84, 6. Julie Tingle (Agoura) 16.31, 7. Ashley Scharff (San Ramon) 17.63. | |
| Heat #4 (Wind +3.57) 1. Felice Lipscomb (Santa Monica) 13.94, 2. Nicole Redmond (Hogan) 14.38, 3. Julieta Pabli (Ygnacio Valley) 14.52, 4. Latice House (Riverside Poly) 14.58, 5. Tasha Turner (Narbonne) 14.62, 6. Shelly Dutarer (Clovis) 15.51, 7. Michele Anderson (McKee) 16.72. | |

▼ 300m Low Hurdles

One state meet finalist returned from last year: sophomore Keri Sanchez (Santa Teresa, San Jose) second in 43.15.

Sanchez (42.88), senior Michelle Dodson (Cajon, San Bernardino) (42.89), junior Shaniqua Campbell (Alta Loma) (43.18), and senior Kristi Paaso (Los Altos) (43.23) entered the meet with the third, fourth, eighth, and ninth best times in the nation. Campbell did not qualify.

The state meet record of 40.26 was set by Janeene Vickers (Pomona) in 1987.

Dodson, the southern Section champion at 43.02, won the first heat in 43.64.

Sanchez, the Central Coast Section champion at 42.88, won heat two in 44.44. Stewart, third in the Sac-Joquin Section at 44.63, was second in 45.39.

Freshman Twila Sims (Lompoc), third in the Southern Section at 43.84, won heat three in 43.88. Paaso, second in the Central Coast Section at 43.23, was third in 44.82.

Sophomore Tanya Smith (Cordova, Rancho Cordova), the Sac-Joquin Section champion at 43.80, won heat four in 44.18.

In the final, Sims won in 42.54, the fastest time in the nation this year. Sanchez was second in 42.60, which ties Tonja Buford (Meadowdale, Dayton, OH) for the second fastest time in the nation. Dodson was third in 43.50, and Smith was fourth in 43.60.

| Finals | |
|-----------------------------|-------|
| Twila Sims (Lompoc) | 42.54 |
| Keri Sanchez (Santa Teresa) | 42.60 |
| Michelle Dodson (Cajon) | 43.50 |
| Tanya Smith (Cordova) | 43.60 |

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CIF / Reebok California State Meet

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|-------------------------------|-------|
| Kwani Stewart (Yuba City) | 43.86 |
| Kristi Paaso (Los Altos) | 44.24 |
| Shannon Wiebelhaus (Rio Mesa) | 44.32 |
| Britt Anderson (Palo Alto) | 44.99 |
| Edwina Ammonds (Roosevelt) | 46.96 |



TWILA SIMS—300 Low Hurdles
Photo by Bill Cockerham

Heat #1: 1. Michelle Dodson (Cajon) 43.64, 2. Britt Anderson (Palo Alto) 44.52, 3. Edwina Ammonds (Roosevelt) 44.78, 4. Debra Hamilton (Locke) 45.66, 5. Michelle Silva (Valley) 45.80, 6. Glona Whipple (Elna) 47.05, 7. Nancy Romweber (Piedmont) 47.56. Heat #2: 1. Kari Sanchez (Santa Teresa) 44.44, 2. Kwani Stewart (Yuba City) 45.30, 3. Shannon Bryant (Sonora) 45.81, 4. Christy Boyd (Foothill) 45.99, 5. Kim Dill (Poway) 47.13, 6. Christal Lewis (Dorsey) 47.69. Heat #3: 1. Twila Sims (Lompoc) 43.88, 2. Shannon Wiebelhaus (Rio Mesa) 44.68, 3. Kristi Paaso (Los Altos) 44.82, 4. Kathy Hannon (Granada) 46.16, 5. Erin Blunt (San Pasqual) 46.23, 6. Felina Means (Van Nuys) 47.03, 7. Nacia Dougherty (Lowell) 49.33.

▼ 400 Relay

Hawthorne won last year in 47.10. They had won five of the six state meets.

Hawthorne (46.46), Muir (Pasadena) (46.46), Rio Mesa (Oxnard) 47.03, Bakersfield (47.04+), and Locke (Los Angeles) (47.34+) entered the meet with the second, seventh, eighth, and tenth best times in the nation.

The state meet record of 45.13 was set by Berkeley in 1981.

St. Bernard (Playa Del Rey), fourth in the Southern Section at 47.74, won heat one in 48.28.

Muir (Pasadena), second in the Southern Section at 46.46, won heat two in 46.78. St. Francis (Mountain View), the Central Coast Section champion at 47.86, was second in 47.27. Bakersfield, the Central Section champion at 47.37, was third in 47.94.

Rio Mesa (Oxnard), third in the Southern

Section at 47.03, won heat three in 47.47.

Hawthorne, the Southern Section champion at 46.46 won heat four in 47.37. Locke, the Los Angeles Section champion at 47.2, was second in 47.51.

In the final, Muir (Pasadena) won in 46.46, which tied their season best.

"We came through tonight and it started with our sprint relay victory" said Inger Miller (Muir) to Lonnie White. "That really gave us the push we needed to the end."

St. Francis was second in 47.27, Hawthorne was third in 47.42, and Rio Mesa was fourth in 47.53.

| | |
|---------------|-------|
| Finals | |
| Muir | 46.46 |
| St. Francis | 47.27 |
| Hawthorne | 47.42 |
| Rio Mesa | 47.53 |
| Dorsey | 47.78 |
| Locke | 47.88 |
| St. Bernard | 47.89 |
| Bakersfield | 48.25 |
| Santa Monica | 48.32 |

Heat #1: 1. St. Bernard 48.28, 2. Santa Monica



MUIR 400 Relay Handoff
Photo by Bill Cockerham

48.32, 3. Bishop O'Dowd 48.38, 4. Morse 48.57, 5. Oakland 49.76, 6. Washington 50.05. Heat #2: 1. Muir 46.78, 2. St. Francis 47.66, 3. Bakersfield 47.94, 4. Cordova 49.13, 5. Holy Names 49.37, 6. San Pedro 50.19, 7. Chico 51.56. Heat #3: 1. Rio Mesa 47.47, 2. Dorsey 47.56, 3. Mt. Carmel 48.81, 4. Clovis 48.93, 5. Vallejo 49.28, 6. Mount Pleasant 49.35, 7. Clayton Valley 50.54. Heat #4: 1. Hawthorne 47.37, 2. Locke 47.51, 3. Edison 48.75, 4. Patrick Henry 48.77, 5. Independence 49.28, 6. Merced 49.76, 7. San Ramon 50.45.

▼ 1600m Relay

Hawthorne won last year in 3:47.32. Muir (Pasadena) (3:47.47), Hawthorne

(3:47.78), Rio Mesa (Oxnard) (3:48.66), and St. Francis (Mountain View) (3:49.83) entered the meet with the third, fourth, fifth and ninth best times in the country.

The state meet record of 3:37.71 was set by Kennedy (Granada Hills) in 1981.

St. Francis, the Central Coast Section champion at 3:50.33, won heat one in 3:51.07.

Archbishop Mitty (San Jose), second in the Central Coast Section at 3:53.42, won heat three in 3:53.73. Rio Mesa, the Southern Section champion at 3:48.66, was second in 3:54.73.

Locke (Los Angeles), the Los Angeles Section champion at 3:56.99, defeated Hawthorne, third in the Southern Section at 3:50.65, by .01 in heat four—3:49.83 to 3:49.84.

In the final, Hawthorne won in 3:46.59, the third fastest time in the nation this season.

"It feels good to be done and to finish the season in such a fitting way," said Angela Burnham (Rio Mesa) to Lonnie White.

"My ultimate goal here tonight was to defend my state titles and to run my race and not worry about the other runner."

| | |
|------------------|---------|
| Finals | |
| Hawthorne | 3:46.59 |
| Muir | 3:47.04 |
| St. Francis | 3:48.59 |
| Locke | 3:51.51 |
| Rio Mesa | 3:52.14 |
| Archbishop Mitty | 3:52.32 |
| Ganesha | 3:53.22 |
| Mt. Carmel | 3:56.05 |
| Duarte | 3:58.44 |

Heat #1: 1. St. Francis 3:51.07, 2. Ganesha 3:55.36, 3. San Pasqual 3:56.44, 4. Del Campo 3:59.53, 5.



HAWTHORNE 1600m Relay Team
Fire Flicks by Don Gasney

Northgate 4:06.78, 6. Oakland 4:10.68. Heat #2: 1. Muir 3:53.19, 2. Duarte 3:54.81, 3. Mt. Carmel 3:55.28, 4. Carondelet 3:59.60, 5. Edison 4:00.06, 6. Fremont 4:01.00, 7. Hamilton 4:18.15. Heat #3: 1. Archbishop Mitty 3:53.73, 2. Rio Mesa 3:54.73, 3. Vallejo 3:57.04, 4. Kennedy, Richmond 3:57.31, 5. Clovis 3:59.82, 6. West Valley 4:04.52, 7. Washington 4:12.13. Heat #4: 1. Locke 3:49.83, 2. Hawthorne 3:49.84, 3. Bakersfield 3:57.81, 4. Bishop O'Dowd 4:02.41, 5. Merced 4:02.42, 6. Hoover 4:04.65, 7. Washington 4:15.22.



CRISSY MILLS—High Jump
Photo by Bill Cockerham

▼ High Jump

Three state meet finalists returned from last year: junior Crissy Mills (Campbell Hall, North Hollywood) first 5-10, senior Marilyn Cragin (Miraleste, Rancho Palos Verdes) third 5-8, and senior Melanie Clarke (El Camino Real, Woodland Hills) ninth 5-4.

Julie Ann Broughton (Woodland) (6-2 1/4), Mills (5-10 3/4), senior Lori Svoboda (El Dorado, Placentia) (5-10 3/4), and junior Lori Merles (Chatsworth) entered the meet with the first, eighth, and tenth best jumps in the nation.

The state meet record of 6-2 was set by Latrese Johnson (Clovis) in 1985.

Mills, the Southern Section champion at 5-8, won with a jump of 6-0. Mills jumps (o-clearance, x-miss): 5-2 pass, 5-4 o, 5-6 o, 5-7 pass, 5-8 o, 5-9 pass, 5-10 o, 5-11 xxx, 6-0 xo, 6-2 1/4 xxx.

Broughton, the Sac-Joaquin Section champion at 6-0, placed second at 5-11. She missed three times at 6-0. Svoboda, second in the Southern Section at 5-6, was third at 5-10.

| | |
|-------------------------------|------|
| Finals | |
| Crissy Mills (Campbell Hall) | 6-0 |
| J.C. Broughton (Woodland) | 5-11 |
| Lori Svoboda (El Dorado) | 5-10 |
| Cindy Harmon (Oak Ridge) | 5-8 |
| Lori Merles (Chatsworth) | 5-6 |
| Karis Gardner (Sierra) tie | 5-6 |
| Melanie Clarke (El CamRd) tie | 5-6 |
| Jackie Hurt (Anahy) | 5-4 |
| Marilyn Cragin (Miraleste) | 5-4 |

Finalists: 1. (tie) Lori Merles (Chatsworth), Lori Svoboda (El Dorado), Crissy Mills (Campbell Hall) 5-8, 4. (tie) Cindy Harmon (Oak Ridge), JC Broughton (Woodland) 5-6, 6. (tie) Marilyn Cragin (Miraleste), Melanie Clarke (El Camino Real) 5-6, 8. Karis Gardner (Sierra) 5-6, 9. Jackie Hurt (Anahy) 5-5.

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▼ Long Jump

One state meet finalist returned from last year, senior Annette Coleman (Carlmont) fifth at 18-1 3/4.

Coleman (20-0) and sophomore Juliana Yendork (Walnut) (19-9) entered the meet



JULIANA YENDORK—Long Jump and Triple Jump

Photo by Bill Cockerham

with the second and fourth best jumps in the nation.

Yendork had competed for Ghana in the Seoul Olympics. She placed 27th at 17-8 1/2 in the long jump qualifying on September 28, 1988.

The state meet record of 20-9 3/4 was set by Wendy Brown (Woodside) in 1984.

In the trials, Coleman, the Central Coast Section champion at 19-10, jumped 20-7, the longest jump in the nation this season. Yendork, the Southern Section champion at 19-9, was second at 20-6 1/2, the second best jump in the nation.

In the final, Yendork won with a leap of 20-2 1/2 (+2.5 mps). Yendork's series: 20-2 1/2 (+2.5 mps), 19-7 3/4 (+1.0 mps), pass, 19-1 1/2 (+2.2 mps), pass, 19-8 1/4 (+0.5 mps). Coleman placed second at 19-3 1/2 (+3.00), and had a best legal jump of 18-5 (+1.5 mps). Marieke Veltman (Leland, San Jose), third in the Central Coast Section at 18-10 1/2, was third at 18-10.

| Finals | |
|----------------------------------|----------|
| Juliana Yendork (Walnut) | 20-2 1/2 |
| Annette Coleman (Carlmont) | 19-3 1/2 |
| M Veltman (Leland) | 18-10 |
| Keri Sanchez (Santa Teresa) | 18-0 |
| Amey Mitchell (Rancho Cotate) | 18-5 1/4 |
| Rochelle Johnson (Patrick Henry) | 18-2 1/2 |
| Yolanda Burton (McAteer) | 17-5 3/4 |

| | |
|----------------------------|----------|
| Nedra Dillon (Mission Bay) | 17-5 3/4 |
| Tarnel House (Hoover) | 17-3 |

Finalists: 1. Annette Coleman (Carlmont) 20-7, 2. Juliana Yendork (Walnut) 20-6, 3. Nedra Dillon (Mission Bay) 18-10 3/4, 4. Rochelle Johnson (Patrick Henry) 18-10, 5. Yolanda Burton (McAteer) 18-9 3/4, 6. Keri Sanchez (Santa Teresa) 18-8 3/4, 7. M Veltman (Leland) 18-8, 8. Tarnel House (Hoover) 18-6, 9. Amey Mitchell (Rancho Cotate) 18-5.

▼ Triple Jump

Two state meet finalists returned from last year: sophomore Keri Sanchez (Santa Teresa, San Jose) third at 39-9 1/2, and senior Rochelle Johnson (Patrick Henry, San Diego) fifth at 38-7.

Sophomore Juliana Yendork (Walnut) (41-9 1/2), Johnson (40-6 3/4), Sanchez (40-1 1/2), junior Lisa Fager (Mission Viejo) (39-11), and Krystal Kirkland (Hesperia) (39-11 1/2) entered the meet with the first, fifth, seventh and ninth best jumps in the nation. Fager did not qualify for the meet.

The state meet record of 42-10 1/2 was set by Wendy Brown (Woodside) in 1984.

Yendork, the Southern Section champion at 41-4, jumped 42-6 3/4 in the trials, the longest jump in the nation this season. She became the No. 3 all-time high school performer.

In the finals, Yendork won with a hop, step and jump of 41-10. Yendork's series: foul, 41-6 3/4 (+0.5 mps), 41-10 (+1.0 mps), 38-6 3/4 (+1.0 mps), 41-1 (+1.8 mps). Kirkland second in the Southern Section at 39-10, was second. Sanchez, the Central Coast Section champion at 38-7 1/2, was third at 38-11 1/2 (+1.9 mps). Johnson, the San Diego Section champion at 39-8 1/4, was fourth at 38-7 1/2 (+1.5 mps).

| Finals | |
|--------------------------------|-----------|
| Juliana Yendork (Walnut) | 41-10 |
| Krystal Kirkland (Hesperia) | 39-5 1/4 |
| Keri Sanchez (Santa Teresa) | 38-11 1/2 |
| Rochelle Johnson (Pat. Henry) | 38-7 1/2 |
| Angel Carver (Washington) | 38-5 3/4 |
| Heidi Brooks (Atascadero) | 38-1 |
| Kristi Paaso (Los Altos) | 37-7 3/4 |
| Stefanie Hant (Ygnacio Valley) | 37-7 3/4 |
| Lisa Leslie (Morningdale) | 36-5 3/4 |

Finalists: 1. Juliana Yendork (Walnut) 42-6 3/4, 2. Stefanie Hant (Ygnacio Valley) 39-3 1/2, 3. Krystal Kirkland (Hesperia) 38-10, 4. Lisa Leslie (Morningdale) 38-8 3/4, 5. Keri Sanchez (Santa Teresa) 38-4 1/4, 6. Rochelle Johnson (Patrick Henry) 38-3 3/4, 7. Heidi Brooks (Atascadero) 38-2, 8. Kristi Paaso (Los Altos) 37-0, 9. Angel Carver (Washington) 37-9 1/4.

▼ Shot Put

Two state meet finalists returned from last year: junior Angela Arrington (Palmdale) sixth at 42-1, and sophomore Tanisha Huddleston (Merced) eighth at 40-11 1/4.

Junior Dawn Dumble (Bakersfield) (48-9) and junior Melissa Weis (Bakersfield) (47-10 1/2) entered the meet with the first and third best throws in the nation. Dumble did not qualify this year, because she injured her knee earlier in the season.

The state meet record of 52-7 1/2 was set by Natalie Kaaiwahia (Fullerton) in 1983.

Arrington, the Southern Section champion at 43-5 1/2, failed to qualify for the finals. She fouled three times.

In the final, Weis, the Central Section champion at 47-10 1/2 won with a throw of 44-1. Senior Jennifer Via Via (Madison, San Diego), the San Diego Section champion at 42-8 1/2, placed second at 41-6 1/2. Senior Shannon Parker (St. Francis, Mountain View), the Central Coast Section champion at 42-2, was third at 41-4 1/2. Huddleston, third in the Sac-Joaquin Section at 39-8, was fourth at 40-3 1/4.

| Finals | |
|--------------------------------|----------|
| Melissa Weis (Bakersfield) | 44-1 |
| Jennifer Via Via (Madison) | 41-6 1/2 |
| Shannon Parker (St. Francis) | 41-4 1/2 |
| Tanisha Huddleston (Merced) | 40-3 1/4 |
| Beverly Oden (Irvine) | 40-0 1/2 |
| Christy Bruno (North Monterey) | 39-9 3/4 |

Finalists: 1. Melissa Weis (Bakersfield) 43-3 1/2, 2. Christy Bruno (North Monterey) 42-3 3/4, 3. Danyl Mitchell (Vallejo) 41-6 1/2, 4. Shannon Parker (St. Francis) 41-6 1/4, 5. Tanisha Huddleston (Merced) 41-3, 6. Mary Guinan (Hesperia) 40-10 1/4, 7. Jennifer Via Via (Madison) 40-9 1/2, 8. Beverly Oden (Irvine) 40-9, 9. Miki Tosi (Morro) 39-10 3/4.



MELISSA WEIS—Shot Put and Discus
Fine Flicks by Don Gosney

▼ Discus

Four state meet finalists returned from last year: junior Melissa Weis (Bakersfield) first 159-7, senior Jenny Peters (Gunn, Palo Alto) third at 154-8, senior Allison Franke (Canyon) sixth at 145-6, and senior Debbie Cembellin (Amador Valley, Pleasanton) eighth at 139-6.

Junior Dawn Dumble (Bakersfield) (170-11), the No. 6 all-time high school performer, senior Candy Roberts (Don Lugo, Chino) (167-6), Weis (165-4), and Franke (160-6) entered the meet with the first, third, fourth, and sixth best throws in the nation. Dumble,

the 1987 state meet champion and second in 1988, did not qualify this year because of an injury.

The state meet record of 172-11 was set by Leslie Deniz (Gridley) in 1980.

Weis, the Central Section champion at 159-7, won for the second straight year with a throw of 168-0, the third best throw in the nation this season. Weis' series: 162-4, 150-1, foul, 152-0, 165-8, and 168-0.

Roberts, second in the Southern Section at 152-2, finished second at 161-2. Franke, the Southern Section champion at 153-11, was third at 158-1. Cembellin, the North Coast Section champion at 155-6, was fourth at 150-8. Peters, the Central Coast Section champion at 152-0, was fifth at 148-1.

"I'm happy that I was consistent," said Franke to Barbie Ludovise (*Los Angeles Times*). "I mean, I'd like to have won of course, but I'm satisfied."

| Finals | |
|----------------------------------|--------|
| Melissa Weis (Bakersfield) | 168-0 |
| Candy Roberts (Don Lugo) | 161-2 |
| Allison Franke (Cyn. Anaheim) | 158-1 |
| Debbie Cembellin (Amador Valley) | 150-8 |
| Jenny Peters (Gunn) | 148-1 |
| Julie DeJarlais (Las Lomas) | 142-11 |
| Christine Oleksow (Monte Vista) | 140-8 |
| Katie McCandless (Watsonville) | 139-2 |
| Suzy Joist (Immanuel) | 127-0 |

Finalists: 1. Melissa Weis (Bakersfield) 163-9, 2. Candy Roberts (Don Lugo) 155-6, 3. Debbie Cembellin (Amador Valley) 154-7, 4. Allison Franke (Canyon, Anaheim) 151-10, 5. Julie DeJarlais (Las Lomas) 145-9, 6. Christine Oleksow (Monte Vista) 144-4, 7. Katie McCandless (Watsonville) 143-2, 8. Jenny Peters (Gunn) 142-4, 9. Suzy Joist (Immanuel) 140-0.

▼ Team Scoring

Muir (Pasadena) won their second team competition with 38 points. They also won in 1985 in Sacramento. Muir was led by sprinter Inger Miller, who contributed points in four events. Second place went to Rio Mesa (Oxnard) with 26 points, including 20 by Burnham. Santa Teresa (San Jose) was third with 25 points, including 24 by Sanchez.

1. Muir (Pasadena) 38 points—16 Miller (2nd in 100, 2nd in 200), 2 Terry (5th in 200), 10 (1st in 400 relay), 8 (2nd in 1600 relay).

2. Rio Mesa (Oxnard) 26 points—20 Burnham (1st in 100, 1st in 200), 4 (4th in 400 relay), 2 (5th in 1600 relay).

3. Santa Teresa (San Jose) 25 points—24 Sanchez (3rd in 100LH, 2nd in 300LH, 4th in LJ, 3rd in TJ), 1 Barry (6th in 1600).

PREP NOTES

By KEITH CONNING

Central Section Central Area

May 11. Hanford HS--James Stallworth (Tulare) won the 200 in 21.44.

Kathi Roldan (Mt. Whitney, Visalia), who is bound for UCLA, ran her 400 leg on the 1600 relay in 55.7.

Sac-Joaquin Section Subsection II

May 19. American River College, Sacramento--Senior David Welsh (Jesuit, Carmichael) won the 1600 in 4:13.89 with his usual finishing kick.

"I think they're starting to figure out my strategy," Welsh said to Don Bosley (*Sacramento Bee*). "But I don't think I'll ever lose the kick. The kick's a mental thing with me."

"It's an obvious tactic to use against him, going out early and trying to wear him down," Jesuit coach Walt Lange said. "I think you might see the people down south try that (at the state meet)."

Sac-Joaquin Section Subsection III

May 19. Vallejo--Senior John Prudenti (Justin-Siena, Napa) won the 110 high hurdles in 13.6.

Carl Mack (Davis) triple jumped 48-6.

Kwani Stewart (Yuba City) defeated Nicole Redmon (Hogan, Vallejo) in the 100 low hurdles--13.8 to 14.1. Michelle Silva (Valley, Sacramento) placed third in 14.2.

Stewart also won the 300 low hurdles in 43.9.



J. C. BROUGHTON

Fine Flicks by Don Gosney

Senior J.C. Broughton (Woodland) high jumped 6-2 1/4, equal to the second best jump in California high school history.

Latrese Johnson (Clovis) set the California high school record of 6-2 3/4 in 1985. Wendy Brown (Woodside) cleared 6-2 1/4 in 1984.

Central Section

May 19. Bakersfield--Leslie Heyman (Edison, Fresno) won the 100 in 10.64.

Tulare won the 4x100 in 41.6.

James Stallworth (Tulare) long jumped 24-7 3/4.

Roberson (West, Bakersfield) defeated Fischer (Bakersfield) in the triple jump--48-11 1/4 to 48-4 3/4.

Stevens (Bakersfield) threw the discus 185-2.

Freshman Janice Nichols (Bakersfield) set a new meet record of 54.47 in the 400 meters. The old meet record of 56.17 was set by Mitchell (Bakersfield) in 1986.

The Bakersfield girls' 400 relay team of Nichols, freshman Tike Jackson, sophomores Kawana Caddell and Takisha Thomas set a new meet record of 47.37. The old meet record of 47.71 was set by Edison (Fresno) in 1986. Edison placed second in 48.07.

The Bakersfield girls' 1600 relay team of Caddell, Thomas, Jackson, and Nichols set a new meet and section record of 3:51.83. The old meet record of 3:54.45 was set by Madera in 1984. The old section record was 3:53.44.

Melissa Weis (Bakersfield) set a new meet record of 47-10 1/2 in the shot put. The old meet record of 46-7 3/4 was set by Dawn Dumble (Bakersfield) in 1988. Dumble was unable to compete this year because of a knee injury.

Weis threw the discus 159-7.

Boys Teams: 1. Bakersfield 72, 2. Tulare 58, 3. Clovis West 46, 4. Edison 42, 5. Lemoore 39, 6. Madera 29.

(The top three advance to State Meet).

100: 1. Haymon (Edison) 10.64, 2. Stallworth (Tulare) 10.65, 3. Bowen (Madera) 10.94. 200: 1. Haymon (Edison) 21.70, 2. Stallworth (Tulare) 21.71, 3. Adams (Bakersfield) 22.21. 400: 1. Wilson (Redwood) 49.57, 2. Keia (Reedley) 49.74, 3. Jones (Edison) 49.77. 800: 1. Titus (Clovis) 1:53.11, 2. Yonas (Roosevelt) 1:54.71, 3. Sanchez (Madera) 1:55.40.

1600: 1. Guardiola (Tulare) 4:15.71, 2. Wilson (Bullard) 4:22.09, 3. Samanego (McFarland) 4:24.0. 3200: 1. Cardenas (Sanger) 9:26.66, 2. Romero (Arvin) 9:26.85, 3. Baxter (Fresno) 9:33.93. 110m HH: 1. Perryman (Lemoore) 14.41, 2. Farmer (Clovis West) 14.48, 3. Huggins (Bakersfield) 14.91. 300m IH: 1. Perryman (Lemoore) 38.99, 2. Sanchez (Lindsay) 39.05, 3. Pollard (Clovis West) 39.87.

400R: 1. Tulare 41.61, 2. Bakersfield 41.99, 3. Edison 42.4. 1600R: 1. Edison 3:20.56, 2. Lemoore 3:21.02, 3. Bakersfield 3:21.47. HJ: 1. Barrowman (North) 6-8, 2. Hendrix (South) 6-6, 3. Beasley (Clovis West) 6-6. PV: 1. Garcia (Coalinga) 14-3, 2. Sexton (Clovis) 14-0, 3. Mayberry (Bakersfield) 13-6.

LJ: 1. Stallworth (Tulare) 24-7 3/4, 2. Bailey (Foothill) 22-10 1/2, 3. Chapman (Tulare) 22-10. TJ: 1. Roberson (West) 48-11 1/4, 2. Fischer (Bakersfield) 48-4 3/4, 3. Lawsonson (Clovis West) 46-1 1/4. SP: 1. Jones (Hoover) 56-3 1/2, 2. Smith (Clovis West) 56-0, 3. Falcon (Reedley) 55-3. DT: 1. Stevens (Bakersfield) 185-2, 2. Frank (Bakersfield) 172-7, 3. Carseyer (Clovis) 171-5.

Girls Teams: 1. Bakersfield 89, 2. Hoover 39, 3. Clovis 38, 4. Roosevelt 31, 5. North 28, 6. Madera 23.

(The top three advance to the State Meet).

100: 1. Jackson (Bakersfield) 12.26, 2. Young (Tulare) 12.41, 3. Criswell (Fresno) 12.43. 200: 1. Nichols (Bakersfield) 24.94, 2. Jackson (Bakersfield) 25.10, 3. Chisom (Edison) 26.06. 400: 1. Nichols (Bakersfield) 54.47, 2. Ammonds (Roosevelt) 57.24, 3. Flynn (Clovis) 57.50. 800: 1. Roldan (Mt. Whitney) 2:16.79, 2. Cuellar (Redwood) 2:17.41, 3. Miller (North) 2:19.90.

1600: 1. Roldan (Mt. Whitney) 5:06.20, 2. Miller (North) 5:06.86, 3. Cuellar (Redwood) 5:07.08. 3200: 1. Martinez (Foothill) 11:30.0, 2. DeLatorre (Roosevelt) 11:42.6, 3. Calabrese (Clovis West) 11:46.0. 110 LH: 1. Young (Madera) 14.58, 2. Warner (West) 15.16, 3. Duttarar (Clovis) 15.16. 300 LH: 1. Sperling (Clovis West) 46.14, 2. Duttarar (Clovis) 46.22, 3. Ammonds (Roosevelt) 47.35.

400R: 1. Bakersfield 47.37, 2. Edison 48.07, 3. Clovis 48.56. 1600: 1. Ba-

kersfield 3:51.83, 2. Clovis 3:57.63, 3. Edison 4:02.3. HJ: 1. Lowndes (Hoover) 5-5, 2. Gardner (Sierra) 5-5, 3. McKeighen (Sierra) 5-3. LJ: 1. Young (Tulare) 17-9 1/4, 2. House (Hoover) 17-9, 3. Young (Madera) 17-8 3/4.

TJ: 1. Caddell (Bakersfield) 38-2 1/4 (AMR), 2. House (Hoover) 37-11, 3. Ammonds (Roosevelt) 37-4 1/2. SP: 1. Weis (Bakersfield) 47-10 1/2, 2. Carmora (McFarland) 37-3 1/2, 3. Lovett (Sanger) 36-0. DT: 1. Weis (Bakersfield) 159-7, 2. Jost (Immanuel) 127-11, 3. Rhodes (Reedley) 127-0.



EDWINA AMMONDS

Photo by Bill Cockerham

North Coast Section 3A

May 19, 20. Bailey Field, Santa Rosa JC--Julita Patil (Ygnacio Valley, Concord) won her 100 low hurdle heat in 14.2.

Amey Mitchell (Rancho Cotate, Rohnert Park) set a new meet record of 19-0 (legal) in the long jump. The old meet record of 18-10 1/2 was set by Robyne Johnson (Berkeley) in 1981.

Debbie Cembellin (Amador Valley, Pleasanton) threw the discus 144-7 in the trials and 142-6 in the finals.

North Coast Section 2A

May 19, 20. Sonoma State University, Rohnert Park--Gordon Johnson (Piedmont) won the 800 in 1:52.7.

Eli Ricca (Arcata) won the 1600 in 4:15.2.

Julie DeJarlais (Las Lomas, Walnut Creek) threw the discus 141-6 1/2 in the trials, which is a new school record.

"I'm pretty excited," DeJarlais said to Darrell Moody (*Contra Costa Times*). "I threw with only one full spin instead of three. I felt really good. I could tell it was going to be my day. It was the best set I've had ever."

"This gives me a really good feeling. I thought if I didn't get 140 this week that I wouldn't get it."

"I hope she (Debbie Cembellin) (Amador Valley, Pleasanton)) sees this and realizes I'm right there. She may have the coaching, but I have the the power."

PREP NOTES

San Francisco Section

May 20. Laney College, Oakland—The field event trials were held at McAteer on May 18, but the running events were held across the bay in Oakland because the McAteer track was not usable.

Boys Teams: 1. McAteer 125, 2. Lowell 120, 3. Lincoln 95, 4. Galileo 73 1/2, 5. Mission 45, 6. Washington 28 1/2, 7. Balboa 7, 8. Wilson 1. (The winner qualifies for the State Meet).

100: 1. Smith (Mission) 11.3 (Note: the race was 10 meters long). **200:** 1. Smith (Mission) 21.66. **400:** 1. Scott (McAteer) 49.45, 2. Cagle (Lincoln) 50.15. **800:** 1. Scott (McAteer) 2:01.38.

1600: 1. Mitchell (Galileo) 4:34.97. **3200:** 1. Donohoe (Lowell) 10:26.3. **1100H:** 1. Wong (Lincoln) 15.44. **3000H:** 1. Wong (Lincoln) 39.15MR. **400R:** 1. Lincoln 42.8 ht. 2. Mission 43.4 ht. **1600R:** 1. Lincoln 3:31.67. **HJ:** 1. Lewis (Lincoln) 6-2. **PV:** 1. Lyons (McAteer) 10-0.

LJ: 1. Rutherford (McAteer) 21-7 1/2. **TJ:** 1. Leung (Washington) 42-11 1/4. **SP:** 1. Aissa (Washington) 44-1. **DT:** 1. Villar (Galileo) 141-5 1/4.

Girls Teams: 1. Lowell 125, 2. McAteer 115, 3. Washington 88, 4. Lincoln 66, 5. Galileo 37, 6. Balboa 26.

100: 1. Burton (McAteer) 13.4 (Race was 10 meters long). **200:** 1. Burton (McAteer) 25.56. **400:** 1. Clark (Galileo) 1:01.92. **800:** 1. Pena (Washington) 2:17.1.

1600: 1. Lopez (Balboa) 5:14.78MR. 2. Pena (Washington) 5:15.41. **3200:** 1. Pena (Washington) 11:54.7. **100LH:** 1. Anderson (McAteer) 16.63. **300LH:** 1. Dougherty (Lowell) 47.64.

400R: 1. Washington 52.58. **1600R:** 1. Lowell 4:55.71. **HJ:** 1. Jules (McAteer) 5-1. **LJ:** 1. Burton (McAteer) 18-8 1/2w (breaks City Meet record held by Gigi Hurley, Lincoln, 18-5, 1979), 2. Carver (Washington) 17-0.

TJ: 1. Carver (Washington) 37-11 1/4MR. 2. Burton (McAteer) 37-2. **SP:** 1. Coker (Lincoln) 32-1 1/4. **DT:** 1. Byrde (Galileo) 99-11.

Central Coast Section Region II

May 20. San Jose City College—The St. Francis (Mt. View) girls' 400 relay team won in 48.14 and the 1600 relay team won 3:53.69.

M. Veltman (Leland, San Jose) long jumped 18-11 1/2. Jenny Peters (Gunn, Palo Alto) threw the discus 140-6 1/4.

Central Coast Section Region III

May 20. Independence High School, San Jose—Pete Simmons (Oak Grove, San Jose) won the 110 high hurdles in 14.03.

Kerri Sanchez (Santa Teresa, San Jose) won the 100 low hurdles in 14.17, the long jump at 19-9, and the triple jump at 39-3 1/4.

Central Coast Section Region IV

May 20. Soquel—Katie McCandless (Watsonville) threw the discus 144-7.

Oakland Section

May 25. Laney College.

Boys Teams: 1. Oakland 199, 2. Castlemont 101, 3. Skyline 67, 4. Fremont 20, 5. Oakland Tech 16, 6. McClymonds 14. (Winners advance to State Meet).

100: 1. Laynes (Oakland) 10.88. **200:** 1. Laynes (Oakland) 21.84. **400:** 1. Tipton (Oakland) 50.05. **800:** 1. Walker (Oakland Tech) 2:01.73.

1600: 1. Perez (Oakland) 4:28.00. **3200:** 1. Perez (Oakland) 10:13.32. **1100H:** 1. Grant (Oakland) 15.55. **3000H:** 1. Grant (Oakland) 38.93.

400R: 1. Oakland 41.64. **1600R:** 1. Oakland 3:23.35. **HJ:** 1. Hawkins (Oakland) 5-10. **PV:** (not contested).

LJ: 1. Grant (Oakland) 21-2 1/2. **TJ:** 1. Hawkins (Oakland) 42-5 1/2. **SP:** 1. Cooper (Castlemont) 47-3 1/2. **DT:** (Not Contested).

Girls Teams: 1. Oakland 207, 2. Skyline 100, 3. Oakland Tech 51, 4. Fremont 35, 5. Castlemont 23, 6. McClymonds 6. (Winners advance to State Meet).

100: 1. Polk (Oakland) 12.7 ht. **200:** 1. Polk (Oakland) 26.50. **400:** 1. Lewis (Oakland) 58.15. **800:** 1. Jacobs (Oakland) 2:29.39.

1600: 1. Asefaha (Oakland) 5:47.06. **3200:** 1. Said (Oakland) 13:02.99. **100LH:** 1. Adams (Oakland) 15.94. **300LH:** 1. Crockett (Oakland) 48.59.

400R: 1. Oakland 49.21. **1600R:** 1. Oakland 4:12.11. **HJ:** 1. Shavies (Oakland Tech) 5-2. **LJ:** 1. Cleary (Skyline) 15-10 3/4.

TJ: 1. Cleary (Skyline) 33-9 3/4. **SP:** 1. Gammon (Skyline) 36-5. **DT:** (not contested).

Central Coast Section

May 25. San Jose City College—Joe Hicks (San Benito, Hol-

lister), a senior, threw the shot put 62-1.

John Fowler (Los Altos), a senior, defeated Jamie Presser (Cupertino), also a senior, in the discus—182-1 to 181-0.

Annette Coleman (Carimont, Belmont), a senior, won the 100 in 11.92 wind-aided and the 200 in 24.15 (legal).

Roslyn Mack (St. Francis, Mt. View) ran the 400 meters in 55.63.



ANNETTE COLEMAN

Photo by Bill Cockerham

Beth Bartholomew (Fremont, Sunnyvale) defeated Evie Barry (Santa Teresa, San Jose) in the 1600 meters—4:57.4 to 5:00.38.

Keri Sanchez (Santa Teresa, San Jose) won the 100 low hurdles in 14.15.

Sanchez set a new meet record of 42.88 in the 300 low hurdles. The old meet record of 43.5 was set by Roberta Eccles (Gunderson, San Jose) in 1983. Kristi Paaso (Los Altos) placed second in 43.23.

St. Francis (Mt. View) won the 400 relay in 47.86.

St. Francis set a new meet record of 3:50.33 in the 1600 relay. The old meet record of 3:54.6 was set by Carlmont (Belmont) in 1981. Mitty (San Jose) placed second in 3:53.42.

Coleman defeated Sanchez in the long jump—19-10 wind-aided to 19-5 wind-aided.

Sanchez triple jumped 38-7 1/2.

Jenny Peters (Gunn, Palo Alto) set a new meet record of 152-0 in the discus. The old meet record of 149-0 was set by Durschlag (San Carlos) in 1982.

Boys Teams: 1. Riordan 46, 2. Oak Grove 43, 3. Los Altos 34, 4. Bellarmine and Gilroy 24, 6. Gunn 21, 7. Monte Vista, Santa Cruz, and Santa Teresa 18, 10. Fremont 16.

(The top three advance to the State Meet).

100: 1. Hill (Oak Grove) 10.86, 2. Crouts (Yerba Buena) 10.95, 3. Brandon (Oceana) 11.06. **200:** 1. Hill (Oak Grove) 21.93, 2. Warrall (Monte Vista) 22.16, 3. Brandon (Oceana) 22.32. **400:** 1. Shearer (Silver Creek) 48.74, 2. Griffin (Los Altos) 49.14, 3. Speech (Riordan) 49.36. **800:** 1. Magness (Santa Teresa) 1:53.33, 2. Hunter (Prospect) 1:53.39, 3. Engler (Bellarmine) 1:55.49.

1600: 1. Ringer (Homestead) 4:18.83, 2. Engler (Bellarmine) 4:22.71, 3. Wynn (St. Francis) 4:25.05. **3200:** 1. Brown (Gunn) 9:26.3, 2. Waxman (San Mateo) 9:27.9, 3. Rodriguez (San Lorenzo Valley) 9:28.1. **1100H:** 1. Simmons (Oak Grove) 14.60, 2. Zapieri (Gilroy) 14.77, 3. Rojas (Gilroy) 14.82. **3000H:** 1. Morris (Hill) 37.78, 2. McGuirk (St. Ignatius) 38.37, 3. Rojas (Gilroy) 38.38.

400R: 1. Riordan 42.28, 2. Oak Grove 42.41, 3. Santa Cruz 42.72. **1600R:** 1. Riordan 3:19.90, 2. Santa Teresa 3:20.79, 3. Seaside 3:22.00. **HJ:** 1. Days (Palo Alto) 6-8, 2. LeVain (Gunn) 6-7, 3. Gabriel (Mt. View) 6-7. **PV:** 1. Lawrence (Del Mar) 15-0, 2. Kappen (Los Gatos) 14-4, 3. Lasquette (Mt. Pleasant) 14-0.

LJ: 1. Jones (Santa Cruz) 22-9, 2. Bush (Willow Glen) 22-8, 3. Nguyen (Fremont) 22-7 1/2. **TJ:** 1. Nguyen (Fremont) 47-1 1/2, 2. Rucker (Riordan) 46-9, 3. Hill (Riordan) 45-10. **SP:** 1. Hicks (Hollister) 62-1, 2. Harisay

(Piedmont Hills) 59-2, 3. Fowler (Los Altos) 56-0. **DT:** 1. Fowler (Los Altos) 182-1, 2. Presser (Cupertino) 181-0, 3. Gonzales (Gunderson) 176.7.

Girls Teams: 1. St. Francis 62, 2. Santa Teresa 52, 3. Fremont 38, 4. Carimont 34, 5. Los Altos 24, 6. Mitty 19, 7. Santa Catalina 16, 8. Branham and Mt. Pleasant 14, 10. Palo Alto 13 1/2.

(The top three advance to the State Meet).

100: 1. Coleman (Carimont) 11.92w, 2. J. Mack (St. Francis) 12.20, 3. Burnett (Branham) 12.52. **200:** 1. Coleman (Carimont) 24.15, 2. R. Mack (St. Francis) 24.94, 3. J. Mack (St. Francis) 24.99. **400:** 1. R. Mack (St. Francis) 55.63, 2. Barga (Fremont) 56.84, 3. Strom (Silver Creek) 58.31. **800:** 1. Bartholomew (Fremont) 2:14.27, 2. Handy (Mitty) 2:14.73, 3. Moore (Harbor) 2:16.03.

1600: 1. Bartholomew (Fremont) 4:57.4, 2. Barry (Santa Teresa) 5:00.38, 3. Lewis (Santa Catalina) 5:02.10. **3200:** 1. Lewis (Santa Catalina) 11:00.3, 2. Kaiser (Seaside) 11:13.6, 3. Dancel (Mills) 11:16.3. **100LH:** 1. Sanchez (Santa Teresa) 14.15, 2. Paaso (Los Altos) 14.87, 3. Anderson (Palo Alto) 14.91. **300LH:** 1. Sanchez (Santa Teresa) 42.88, 2. Paaso (Los Altos) 43.23, 3. Anderson (Palo Alto) 44.53.

400R: 1. St. Francis 47.86, 2. Independence 49.49, 3. Mt. Pleasant 49.50. **1600R:** 1. St. Francis 3:50.33, 2. Mitty 3:53.42, 3. Fremont 3:59.01. **HJ:** 1. Campagna (Mt. View) 5-6, 2. Johnson (Menlo-Atherton) 5-5, 3. Raquinio (King City) 5-5. **LJ:** 1. Coleman (Carimont) 19-10, 2. Sanchez (Santa Teresa) 19-5, 3. Veltman (Leland) 18-10 1/2.

TJ: 1. Sanchez (Santa Teresa) 38-7 1/2, 2. Paaso (Los Altos) 37-2, 3. Baird (Monte Vista) 36-7 1/4. **SP:** 1. Parker (St. Francis) 42-2, 2. Bruno (North Monterey Co) 41-10, 3. Latu (San Mateo) 39-9. **DT:** 1. Peters (Gunn) 152-0, 2. McCandless (Watsonville) 138-3, 3. Rush (Milpitas) 134-1.

Sac-Joaquin Section

May 26. Modesto Junior College, Modesto—Senior John Prudenti (Justin-Siena, Napa) won the 110 high hurdles in 14.16 and the 300 intermediate hurdles in 37.60.

Carl Mack (Davis) triple jumped 48-11 1/4.

Tanya Dooley (Bret Harte, Altaville) defeated LaNia Brice (Tokay, Lodi) in the 200—24.17 to 24.70.

Dooley also won the 400 in 55.02.

Kwani Stewart (Yuba City) defeated Nicole Redmon (Hogan, Vallejo) in the 100 low hurdles—13.80 to 14.00. Michelle Silva (Valley, Sacramento) placed third in 14.08.

Tanya Smith (Cordova, Rancho Cordova) won the 300 low hurdles in 43.80.

Senior J.C. Broughton (Woodland) high jumped 6-0.

Connie Spesert (Vintage, Napa) threw the discus 140-0 1/4.

Boys (top three advance to State Meet).

100: 1. Austin (Los Banos) 10.93, 2. Harlow (Woodland) 10.97, 3. Richardson (Valley) 11.06. **200:** 1. Cook (Merced) 21.86, 2. Bryan (Placer) 22.07, 3. Primm (Vallejo) 22.23. **400:** 1. Bryan (Placer) 48.40, 2. Jackson (Valley) 48.79, 3. Evans (Vallejo) 48.87. **800:** 1. Holland (Justin-Siena) 1:53.86, 2. Warhaver (Fairfield) 1:55.23, 3. Stember (Jesuit) 1:56.00.

1600: 1. Welsh (Jesuit) 4:19.40, 2. Mumm (Nevada Union) 4:20.15, 3. Joshua (Jesuit) 4:20.17. **3200:** 1. Leader (Bella Vista) 9:28.61. **1100H:** 1. Prudenti (Justin-Siena) 14.16, 2. Johnson (Vacaville) 14.40, 3. Thompson (Modesto) 14.65. **3000H:** 1. Prudenti (Justin-Siena) 37.60, 2. Cook (Merced) 37.75, 3. Parham (Hogan) 38.43.

400R: 1. Valley 42.42, 2. Merced 42.65, 3. Vallejo 42.87. **1600R:** 1. Fairfield 3:18.60, 2. Valley 3:19.01, 3. Vallejo 3:21.26. **HJ:** 1. Miller (Fairfield) 6-8, 2. Donaldson (Ceres) 6-6, 3. Brown (Fairfield) 6-6.

PV: 1. Wheeler (Nevada Union) 15-2 1/2, 2. Post (Modesto) 15-0, 3. Burnett (Manteca) 14-9. **LJ:** 1. Johnson (Grant) 23-1, 2. Satcher (Hogan) 22-11 3/4, 3. Archer (Center) 22-11. **TJ:** 1. Mack (Davis) 48-11 1/4, 2. McCann (Tokay) 47-9, 3. Smith (Fairfield) 47-2 1/2. **SP:** 1. Johnson (Atwater) 57-3 1/4, 2. Ford (Casa Roble) 57-0, 3. LaRock (Oak Ridge) 54-7 1/4.

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PREP NOTES

DT: 1. Ford (Casa Roble) 169.5, 2. Hurley (Rio Linda) 169-2, 3. Herron (Bayer) 159-5.

Girls (top 3 advance to State Meet).

100: 1. Stewart (Yuba City) 12.0, 2. Williamson (Merced) 12.40, 3. Williams (Vallejo) 12.41. 200: 1. Dooley (Bret Harte) 24.17, 2. Brice (Tokay) 24.70, 3. Williams (Vallejo) 25.09. 400: 1. Dooley (Bret Harte) 55.02, 2. Terrel (Vallejo) 56.93, 3. Brown (Merced) 57.84. 800: 1. Chilton (Golden Sierra) 2:14.54, 2. Rodda (Vacaville) 2:14.79, 3. Gage (Oakdale) 2:15.17.

1600: 1. Holman (Nevada Union) 5:10.1, 2. Davidson (Bret Harte) 5:10.3, 3. Hudson (Bella Vista) 5:10.83. 3200: 1. Belt (El Dorado) 11:26.5, 2. Sittman (Placer) 11:27.9, 3. Pritchard (Vacaville) 11:28.61. 110LH: 1. Stewart (Yuba City) 13.80, 2. Redmon (Hogan) 14.00, 3. Silva (Valley) 14.08. 300LH: 1. Smith (Cordova) 43.80, 2. Silva (Valley) 44.50, 3. Stewart (Yuba City) 44.63.

400R: 1. Cordova 48.50, 2. Vallejo 49.3, 3. Merced 49.37. 1600R: 1. Vallejo 3:56.38, 2. Del Campo 3:58.19, 3. Merced 4:00.12. HJ: 1. Broughton (Woodland) 6-0, 2. (Ike) Harmon (Oak Ridge) and Barker (Colfax) 5-6. LJ: 1. Scott (Cordova) 18-9, 2. Lewis (Mesa Verde) 17-6 1/2, 3. Atkinson (Hapa) 17-4 1/4.

SP: 1. Mitchell (Vallejo) 41-6 3/4, 2. Taylor (Burbank) 41-1 1/2, 3. Huddleston (Merced) 39-8. DT: 1. Spessert (Vintage) 140-0 1/4, 2. Halcrow (Vintage) 132-5 1/4, 3. Kaihiwa (Loretto) 131-2.

Northern Section

May 26, Chico State--Willie Clark (Wheatland), which is located outside Beale Air Force Base, won the 200 in 21.3.



NICOLE TETER

Photo by Bill Cockerham

Nicole Teter (West Valley, Cottonwood) won the 400 in 55.6. She decided to concentrate on the 800 in the State Meet.

Boys (winner advances to the State Meet).

100: 1. Clark (Wheatland) 10.6. 200: 1. Clark (Wheatland) 21.3. 400: 1. Zimmerman (Orland) 48.4. 800: 1. Marin (Croville) 1:56.2.

1600: 1. Luna (Corning) 4:23.6. 3200: 1. Ames (Yreka) 9:18.6. 1100H: 1. Filson (East Nicolaus) 14.9. 300H: 1. Filson (East Nicolaus) 38.6.

400R: 1. Wheatland 42.4. 1600R: 1. Wheatland 3:22.6. HJ: 1. Hazik (Las Plumas) 6-8. PV: 1. Moore (Yreka) 14-6.

LJ: 1. Smith (Wheatland) 23-1. TJ: 1. Perkins (Biggs) 45-3 1/4. SP: 1. Siegal (Enterprise) 52-7 1/2. DT: 1. Rogers (Paradise) 151-1.

Girls (winner advances to the State Meet).

100: 1. Smith (West Valley) 12.6. 200: 1. Smith (West Valley) 25.8. 400: 1. Teter (West Valley) 55.6, 2. Royal (Chester) 57.6. 800: 1. Teter (West Valley) 2:20.0.

1600: 1. Look (Nova) 5:06.2. 3200: 1. Gorbet (Lassen) 11:08.0. 100LH: 1. Ciapponi (Chico) 15.2. 300LH: 1. Whipple (Etna) 46.6.

400R: 1. Chico 50.3. Mile: 1. West Valley 4:03.6. HJ: 1. Oxford (West Valley) 5-4. LJ: 1. Messina (Modoc) 18-6 1/2.

TJ: 1. Jackson (Chico) 36-5 3/4. SP: 1. Woolery (West Valley) 34-8 1/2. DT: 1. Mello (Enterprise) 124-6.

North Coast Section Meet of Champions

May 28, 29, Edwards Stadium, Univ. of Calif.--Senior Gabe Manville (Santa Rosa) set a new meet record of 7-0 in the high jump. The old meet record of 6-10 1/4 was set by David Swanson (Analy, Sebastopol) in 1982. Manville became the third high jumper in the North Coast Section to clear 7-0 this season. This is the first time that there has been more than one 7 foot high jumper in a season.

Senior Cela Taylor (Encinal, Alameda), bound for Cal State Northridge, won the 400 meters in 55.73.

"The wind killed me," said Taylor to Eldredge McCready (*Oakland Tribune*). "Coming into the curve, there was a strong cross wind." The wind readings were as high as -6 meters per second.

Senior Andrea Swift (Benicia) won the 100 low hurdles in 14.38 with a +1.2 meter per second wind. She had run 14.28 in the trials into a -1 meter per second wind.

"I wanted to win so bad," said Swift to Darrell Moody (*Contra Costa Times*). "I want to medal in both events (hurdles and 100) this year."

"I hit a couple of hurdles again in the 100s, but I kept on going. I wish I could have run a 14.0. I'm going to break that at state. There will be more competition, and I may be chasing somebody. I think I can run in the 43's if I get things straightened out. I'm still stuttering sometimes (before the hurdles)."

Sophomore Amey Mitchell (Rancho Cotate, Rohnert Park) long jumped 19-1 3/4 with a +1.8 meter per second wind. Mitchell had attended her grandmother's funeral in Atlanta, Georgia on Thursday and had arrived at San Francisco Airport on Friday morning. Her long jump trial took place on Friday afternoon.

Senior Debbie Cembellin (Amador Valley, Pleasanton) defeated senior Julie DeJarlais (Las Lomas, Walnut Creek) in the discus--155-6 to 140-5.

"What's nice about what I did today is that it placed me where I want to be for next week," said Cembellin to Dennis Miller (*The Herakl*).

"It gives me a lot of confidence for next week," said Cembellin.

Boys (Top four qualify for the State Meet).

100: (+2.5mps) 1. Laccay (Moreau) 10.91, 2. Birdsong (Benicia) 10.91, 3. Aaron Turner (Pittsburg) 11.15, 4. Marvin Samuels (Livermore) 11.26. 200: (+5.2) 1. Birdsong (Benicia) 22.35, 2. Turner (Pittsburg) 22.48, 3. Samuels (Livermore) 22.63, 4. Newson (Albany) 22.83. 400: 1. Katri (Fortuna) 48.58, 2. Newson (Albany) 48.64, 3. Henry (Logan) 48.66, 4. Dodge (Redwood) 49.12. 800: 1. Johnson (Piedmont) 1:53.16, 2. Held (Santa Rosa) 1:54.95, 3. Rountree (O'Dowd) 1:55.14, 4. Tara (Clayton Valley) 1:55.33.

1600: 1. Ricca (Arcata) 4:20.96, 2. Price (Santa Rosa) 4:21.73, 3. Alwood (Castro Valley) 4:21.89, 4. Mamo (Berkeley) 4:23.56. 3200: 1. Berkowitz (Hayward) 9:18.14, 2. Lindholm (Eureka) 9:21.62, 3. Nelson (Foot Hill) 9:22.82, 4. Scott (San Ramon) 9:29.07. 1100H: 1. Ruckteschler (Amador Valley) 15.00, 2. Jett (St. Mary's) 15.11, 3. Anlone (Monte Vista) 15.13, 4. Lincoln (De Anza) 15.14. 300H: 1. Scott (Logan) 39.51, 2. Smith (Pittsburg) 39.65, 3. Sokol (Montgomery) 39.93, 4. Silverek (Santa Rosa) 40.46.

400R: 1. Pittsburg 42.3, 2. Richmond 42.7, 3. Logan 42.7, 4. Moreau 43.0. 1600R: 1. Logan 3:20.68, 2. Pittsburg 3:20.80, 3. De Anza 3:21.75, 4. Fortuna 3:22.07. HJ: 1. Manville (Santa Rosa) 7-0, 2. O'Sullivan (Drake) 6-10 1/2, 3. Keane (DeLaSalle) 6-8, 4. Maloney (St. Vincent) 6-7. PV: 1. Daily (Ygnacio Valley) 14-6, 2. Freeman (DeLaSalle) 14-3, 3. Betts (Fortuna) 14-0, 4. Lenzen (Logan) 13-9.

LJ: 1. Laccay (Moreau) 23-2 1/2w, 2. Wright (Hayward) 22-3 3/4w, 3. Simon (Newman) 22-5 1/2w, 4. Wright (Hayward) 22-3 3/4w. TJ: 1. Thornton (Encinal) 47-8 1/4w, 2. Brown (De Anza) 46-0 1/4, 3. Keane (DeLaSalle) 45-4 1/4w, 4. Kermion (Campolindo) 44-9 1/2. SP: 1. Gomes (Montgomery) 55-9 1/2, 2. Sineros (Logan) 53-7 1/2, 3. Loggins (Moreau) 53-3 1/2, 4. Younger (Eemnyson) 52-6 1/2. DT: 1. Sineros (Logan) 170-5, 2. Krieger (Northgate) 169-4, 3. Truehill (Tenneyson) 158-8, 4. Greer (Concord) 155-4.

Girls (The top four advance to the State Meet).

100: (+1.5) 1. Parker (O'Dowd) 12.49, 2. Tanner (Holy Names) 12.74, 3.

Mitchell (Rancho Cotate) 12.77, 4. Hopper (O'Dowd) 12.92. 200: (+4.1) 1. Taylor (Encinal) 25.83, 2. Parker (O'Dowd) 26.38, 3. Tanner (Holy Names) 26.49, 4. N. Johnson (Antioch) 26.65. 400: 1. Taylor (Encinal) 55.73, 2. S. Johnson (Antioch) 57.39, 3. Mannion (San Leandro) 58.13, 4. T. Johnson (Kennedy-R) 58.17. 800: 1. Spies (Livermore) 2:13.91, 2. Woodheater (Casa Grande) 2:17.13, 3. Crain (Carondelet) 2:17.67, 4. Ibarra (O'Dowd) 2:18.00.

1600: 1. Riley (Campolindo) 5:05.05, 2. Freeberg (California) 5:07.24, 3. Volmer (Fl. Bragg) 5:09.48, 4. Ferguson (Piner) 5:09.65. 3200: 1. Riller (Campolindo) 11:13.40, 2. Zwagerman (Tamaulipas) 11:28.11, 3. Wedum (San Leandro) 11:21.05, 4. Ferguson (Piner) 11:30.43. 100LH: (+1.2) 1. Swift (Benicia) 14.38, 2. Allen (Logan) 14.89, 3. Patel (Ygnacio Valley) 15.14, 4. Scharif (San Ramon) 15.29. 300LH: 1. Swift (Benicia) 44.76, 2. Romweber (Fremont) 45.76, 3. Boyd (Foothill) 45.84, 4. Hannon (Granada) 46.05.

400R: 1. O'Dowd 48.87, 2. Holy Names 49.27, 3. San Ramon 50.09, 4. Clayton Valley 50.28. 1600R: 1. Carondelet 4:00.23, 2. Kennedy-R 4:00.75, 3. O'Dowd 4:01.51, 4. Eureka 4:04.91. HJ: 1. Hurt (Analy) 5-7, 2. Bndell (Eureka) 5-6, 3. Sandberg (Amador Valley) 5-5, 4. Dial (College Park) 5-4. LJ: 1. Mitchell (Rancho Cotate) 19-7 3/4, 2. Hanf (Ygnacio Valley) 18-2w, 3. Horn (Acadianes) 18-1 1/2w, 4. Romweber (Piedmont) 17-0 1/2w.

TJ: 1. Hanf (Ygnacio Valley) 37-5 1/4w, 2. Hannon (Granada) 36-9 1/4, 3. Mitchell (Rancho Cotate) 36-5 1/4w, 4. Doyk (California) 36-3w. SP: 1. DeJarlais (Las Lomas) 39-1, 2. Hombberger (Del Norte) 37-4 1/4, 3. Leatham (Logan) 37-0 1/4, 4. Hilaire (Pittsburg) 36-9 1/2. DT: 1. Cembellin (Amador Valley) 155-6, 2. DeJarlais (Las Lomas) 140-5, 3. Leatham (Logan) 135-1, 4. Garcia (Amador Valley) 132-3.

Prep Notes

From Doug Speck

"Great Southwest"

The 1989 "Great Southwest" Track & Field Classic was held on May 27th at Arizona State University's fine track facility. The Meet annually gathers top athletes from Arizona, West Texas, New Mexico, Colorado, Utah, Nevada, and Southern Californians who have had their season and prior to the Meet date. A number of very fine athletes competed in the 1989 affair and a few Southern Californians were able to make the competition. Mike Terry (El Modena, Orange), the fine sophomore, was 7th in the 800 Meters at 1:56.8 behind the winning 1:53.3 of Stanford-bound Mark Hochstetler (Payson, Arizona). Mike Tansley (Dana Hills) was 4th in the 3200 at 9:32.7 behind the winning 9:15.6 of Brandon Rhoads (Timpview, Provo, Utah). Joretha Williams (Pomona) was 2nd over 400 meters at 57.5, with Lenell Miller (Northglenn, Colorado) the winner at 56.2.

Oakland's Coach Dave Ponas

Coach Dave Ponas, who has run one of the nation's most successful prep Track and Field programs at Oakland High School, is being laid off due to big budget cutbacks in the Bay area school district. The Oakland program has had a number of the State's top athletes in a wide range of events in recent years, with the success of the team, which includes eight of the last nine Oakland Athletic League Championships, a tribute to the efforts of Ponas and his coaching staff. Coach Ponas is credentialed to teach in the area of Physical Education and is working on a minor in Science. Anyone with knowledge of a position or opening that one of the State's finer Coaches in the sport could fill can get in touch with Dave at 3727 14th Ave. Oakland, CA 94602 or at home at (415) 530-4544.

Southern Section Masters Meet

May 26, Cerritos College.

Boys Results:

100: 1. Conway (Hawthorne) 10.66, 2. Alexander (Hawthorne) 10.78, 3. Martin (San Clemente) 10.91. 200: 1. Conway (Hawthorne) 21.04, 2. White (Crespi) 21.82, 3. Allen (Hawthorne) 21.69. 400: 1. Langston (Dominguez) 47.29, 2. Borquez

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PREP NOTES

(Alemany) 47.70, 3. Ingalls (Agoura) 47.89. 800: 1. Candaele (Carpinteria) 1:51.56, 2. Nichols (Edison) 1:51.94, 3. Collins (Hemet) 1:52.53.
1600: 1. Candaele (Carpinteria) 4:10.54, 2. Lewis (Burbank) 4:10.77, 3. Nielson (Mater Dei) 4:12.44. 3200: 1. Dameworth (Agoura) 9:07.24, 2. Williamson (Thousand Oaks) 9:07.41, 3. Rodriguez (Santa Ana Valley)



BRYAN DAMEWORTH (left) & JIMMY RODRIGUEZ
Fine Flicks by Don Gosney

9:08.16. 110HH: 1. Henry (Arroyo Grande) 14.29, 2. Pouncy (Hawthorne) 14.32, 3. Greene (Garey) 14.44. 300H: 1. Henry (Arroyo Grande) 37.51, 2. Brown (Channel Island) 37.72, 3. Cabs (LB Poly) 38.69.

400R: 1. Hawthorne (Alexander, Smith, Allen, Conway) 40.25, 2. Long Beach Poly 41.45, 3. Dominguez 41.63. 1600R: 1. Hawthorne 3:13.43, 2. Pasadena 3:15.26, 3. San Bernardino 3:15.26. HJ: 1. Wilson (Charter Oak) 7.0, 2. Anderson (Riverside North) 6-8, 3. Garcia (St. Anthony) 6-8. PV: 1. Whitcomb (Valencia) 15-4, 2. Camillo (Leuzinger) 14-8, 3. Wiler (Rolling Hills) 14-4.

LJ: 1. Duff (Edwanda) 23-7 1/2, 2. Smith (Hawthorne) 23-5 1/4, 3. White (Crespi) 23-4 1/4. TJ: 1. White (Crespi) 49-7, 2. Higa (Quartz Hill) 48-9 1/4, 3. Bush (LB Wilson) 48-9. SP: 1. Bailey (LB Wilson) 62-11 1/2, 2. Wiley (Hemet) 58-9 1/2, 3. Bustamonte (Schurr) 57-4 1/4. DT: 1. Gallacher (Palm Desert) 189-3, 2. Nevelle (Palmdale) 184-3, 3. Clark (Walnut) 181-0.

Girls Results:

100: 1. Burnham (Rio Mesa) 11.52, 2. Miller (Muir) 11.53, 3. Vnnes (San Marcos) 11.89. 200: 1. Burnham (Rio Mesa) 23.49, 2. Miller (Muir) 23.84, 3. Terry (Muir) 24.84. 400: 1. Stewart (Duarte) 54.99, 2. Marvin (Hawthorne) 55.25, 3. Tochluk (Westminster) 55.77. 800: 1. Toney (Atascadero) 2:11.23, 2. Taylor (Edison) 2:13.10, 3. Mulhaupt (Capistrano Valley) 2:13.61.

1600: 1. Taylor (Edison) 4:59.25, 2. Hecox (South Hills) 5:01.45, 3. Shaw (Fillmore) 5:01.93. 3200: 1. Hecox (South Hills) 10:41.23, 2. Drossin (Agoura) 10:41.37, 3. Cervantes (Montebello) 10:44.18. 100LH: 1. Lipscomb (Santa Monica) 13.88, 2. George (Upland) 14.24, 3. Tingle (Agoura) 14.43. 300LH: 1. Dodson (Cajon) 32.02, 2. George (Upland) 43.50, 3. Sims (Lompoc) 43.84.

State Meet Scoring by Section

Donn Kirk, the author of the *California State Track Meet*, has calculated the points scored by each section and the points per qualifier in the boy's competition. The Southern Section again dominated in scoring points.

| Section | Pts | Section | Pts/Qual |
|---------------|------|---------------|----------|
| Southern | 205 | Southern | 41 |
| San Diego | 61 | Oakland | 22 |
| Central | 43.5 | San Diego | 20.3 |
| Sac-Joaquin | 43 | San Francisco | 16 |
| North Coast | 35.5 | Central | 14.5 |
| Central Coast | 33 | Sac-Joaquin | 14.3 |
| Los Angeles | 32 | Central Coast | 11 |
| Oakland | 22 | North Coast | 8.9 |
| San Francisco | 16 | Los Angeles | 8 |
| Northern | 5 | Northern | 5 |
| | 496 | | |

400R: 1. Hawthorne 46.46, 2. Muir 46.46, 3. Rio Mesa 47.03. 1600R: 1. Rio Mesa 3:48.66, 2. Muir 3:48.93, 3. Hawthorne 3:50.65. HJ: 1. Mills (Campbell Hall) 5-8, 2. Svoboda (El Dorado) 5-6, 3. Bauer (Foothill) 5-4. LJ: 1. Yendork (Walnut) 19-9, 2. Leslie (Morningside) 18-1 1/4, 3. McDonald (Mater Dei) 17-10 1/4.



INGER MILLER

Photo by Bill Cottles/Action Photo

SP: 1. Arrington (Palmdale) 43-5 1/2, 2. Oden (Irvine) 41-3 3/4, 3. Briggs (Edison) 41-2 1/2. DT: 1. Franke (Anaheim Canyon) 153-11, 2. Roberts (Don Lugo) 152-2, 3. Meadors (Kern Valley) 144-6. TJ: 1. Yendork (Walnut) 41-4, 2. Kirkland (Hesperia) 39-11w, 3. Leslie (Morningside) 38-2 1/2w.

Los Angeles City Section

May 26. Los Angeles.

Boys:

Team Scores: 1. Dorsey 66, 2. Carson and Washington 59, 4. University 27, 5. Banning 26, 6. El Camino Real 22, 7. Eagle Rock 20 1/2, 8. Chat-

sworth, Locke, Los Angeles and Van Nuys 20.

Boys Individual:

100: 1. Burks (Washington) 10.73, 2. Bryant (Dorsey) 10.87, 3. Copeland (Dorsey) 11.01. 200: 1. Burks (Washington) 21.72, 2. Jones (Washington) 21.89, 3. Anderson (Jordan) 22.08. 400: 1. Bryant (Dorsey) 46.64, 2. Jones (Washington) 47.61, 3. Ellerbe (Crenshaw) 48.47. 800: 1. Mantley (Banning) 1:54.35, 2. Scott (Hamilton) 1:55.19, 3. Boalio (University) 1:56.46.

1600: 1. Jordan (Venice) 4:16.43, 2. Gastelum (Birmingham) 4:17.28, 3. Gaona (Belmont) 4:17.78. 3200: 1. Lawson (Granada Hills) 9:11.63, 2. Morales (Wilson) 9:12.91, 3. Aguirre (San Fernando) 9:17.87. 110HH: 1. Hawkins (Carson) 14.7, 2. Johns (San Fernando) 14.8, 3. Childs (Reseda) 14.9. 300H: 1. Roulier (Carson) 38.53, 2. Crenshaw (Fremont) 39.23, 3. Colosie (Carson) 39.58.

400R: 1. Dorsey 41.1, 2. Washington 41.3, 3. Carson 41.8. 1600R: 1. Dorsey 3:14.36, 2. Washington 3:15.46, 3. Carson 3:20.75. HJ: 1. Alexander (University) 6-6, 2. Anthony (Carson) 6-5, 3. Bowling (Canoga Park) 6-4. PV: 1. Hernandez (Poly) 14-3, 2. Sheets (Taft) 14-0, 3. Chauhan (Taft) 13-9.

LJ: 1. Shah (Dorsey) 22-6 1/2, 2. White (Morroe) 22-4, 3. Roulier (Carson) 22-1. TJ: 1. Alexander (University) 45-11, 2. Anderson (Jordan) 45-7, 3. Morris (Banning) 44-10. SP: 1. Whitfield (Banning) 62-3 3/4, 2. Bernard (Taft) 52-0 1/2, 3. Brown (Washington) 51-9 1/2.

Girls Results:

Team Scores: 1. Locke 102, 2. Dorsey 62, 3. El Camino Real 27, 4. Van Nuys 22, 5. Washington 20, 6. Chatsworth 16, 7. Los Angeles 12, 8. Belmont 10, 9. Grant 9, 10. Crenshaw, Franklin and Wilson 8.

100: 1. Rolfe (Dorsey) 12.09, 2. Tinkshell (Locke) 12.18, 3. Hamilton (Locke) 12.31. 200: 1. Rolfe (Dorsey) 24.81, 2. Tinkshell (Locke) 25.21, 3. Small (Dorsey) 25.68. 400: 1. Rolfe (Dorsey) 54.53, 2. McAllister (Locke) 56.4, 3. Mayo (Los Angeles) 56.69. 800: 1. Phillips (Locke) 2:19.17, 2. Frausto 2:22.54, 3. M. Galdi (El Camino Real) 2:24.57.

1600: 1. Hunter (Locke) 5:04, 2. Trujillo (Belmont) 5:19.18, 3. Ortega (Garfield) 5:22.29. 3200: 1. Hunter (Locke) 11:17.7, 2. Gomez (Wilson) 11:32.1, 3. Segura (Lincoln) 11:46.24. 100LH: 1. Davenport (Locke) 14.1, 2. Turner (Narbonne) 14.4, 3. Foreman (Locke) 14.9. 300LH: 1. Hamilton (Locke) 45.19, 2. Davenport (Locke) 45.98, 3. Means (Van Nuys) 46.18.

400R: 1. Locke 47.2, 2. Dorsey 47.4, 3. Washington 49.1. 1600R: 1. Locke 3:56.99, 2. Crenshaw 4:00.78, 3. Washington 4:06.37. HJ: 1. Clarke (El Camino Real) 5-6, 2. Mertes (Chatsworth) 5-6, 3. Beauchamp (Grant) 5-5. LJ: 1. Christian (Dorsey) 18-3 1/4, 2. Noel (Washington) 17-7 1/4, 3. Means (Van Nuys) 17-7. SP: 1. McConshy (Van Nuys) 37-10 3/4, 2. Mertes (Chatsworth) 36-9 1/4, 3. Bryant (Bell) 36-0.

TRACK SPOTLIGHT

BRUCE JENNER BUD LIGHT CLASSIC

by MARK WINITZ

May 27, San Jose City College.

Before long the Bruce Jenner Classic will have to be renamed the Bruce Jenner-Steve Scott Classic. In the 11-year history of the meet, Scott has dominated the

they head off to other environs: TAC Nationals, followed by the European circuit, and the World Cup in Barcelona, Spain come September for the fortunate ones.

Although only half a dozen individual middle and long distance events were on the 26-event schedule—none longer than 3,000 meters—the action gave us an early

him, but just gave him a little too much. It's just a matter of getting a little more strength and a little more speed. Steve runs the last 200 better than anyone."

University of California Berkeley's Dave Ottaway's 3:42.73 just missed the NCAA Championships qualifying standard of 3:42.20.

● **Men's 3,000.** Olympic steepler Brian Abshire (Sacramento, CA) looks healthy and fit, as he employed his favorite front running tactics to rapidly gain an advantage on the pack, pulling Matt Giusto (Foster City, CA) with him through a windy 4:12 mile.

"When he (Giusto) went around me with a lap to go I was quite happy because I figured that I'd let him work this lap," Abshire commented. "He seemed to let up a little on the last turn and with 100 to go I just dug."

Final results showed a very strong all-CA top three: Abshire (7:52.72), Giusto (7:52.93), and ex-Stanford All-American Marc Olesen (7:57.2) who ran a superb final 800 in his second track race following pre-Olympics injury (both Giusto and Olesen are concentrating on the 5,000). Scott came back 30 minutes after his 1,500 win to place 6th in 8:02.5.

● **Men's Masters Mile.** Mission Viejo's Wilson Waigwa followed his 4:05 at Modesto S&W with an unchallenged 4:11.6 here in a race that had him removing his spikes minutes before the start due to a last-minute officials' declaration that the race would be a 1,500 (the track is marked metrically). But a mile it was, and ex-Stanford star Duncan MacDonald (2nd, 4:17.99) demonstrated he's in shape in his first mile as a master. MacDonald, now practicing medicine as an anesthesiologist in Hawaii, indicated that he would be back for the World Veterans Games in Eugene next month. "But getting here is expensive," he stated. "Right now, there's not enough money available on the (masters) circuit to pay expenses."

As for Waigwa, who ran a 58-second initial lap before being slowed by wind, quietly remarked that he hopes to go sub-4 this summer.

● **Women's 800.** Cuba's Ana Quirot showed why she is ranked #1 in the world as her 2:00.43 thumped Diana Richburg (2:00.97) and Essie Washington (2:01.62) in a fast field. CA's multi-distance talent Sylvia Mosqueda (2:04.25) was 7th and Rose Monday (NT) was 10th.

● **Women's 3,000.** After Canada's Lynn Williams stepped off the track with several laps remaining having twisted her ankle slightly on the rail, PattiSue Plumer was left to solo the lead.

"I was really tired today because last night was my very last final in (Stanford's) law school forever," related Plumer, who won handily in 8:58.34. Brenda Webb (9:12.57) was a distant second. "I wanted someone to work with today," said PattiSue. "I knew I would have a hard time running alone because my head's just not here right now."

With law school pressure behind her, look for Plumer to do well this summer.

● **Women's PA-TAC Grand Prix 3,000.** Robyn Root jetisoned out the front from the start, building a comfortable margin, leaving Patti Gray, and ex-University of Oregon teammates Alison Orofino and Rosa Gutierrez to work on each other for second with two laps remaining. A battle ensued over the last 75 meters among the three-soms.

Behind Root's 9:40.61, Orofino clocked 9:42.6, Gray 9:42.64, and Gutierrez 9:43.62.

"I decided that I might as well ease back with a commanding lead," Root admitted, who won the Pacific Sun 10K two days later. "But when I looked back they were close. I figured that being all together, they would be pulling each other on and closing with me, which they did."

RESULTS

MEN

200: 1. Henry Thomas 20.42, 2. Butch Reynolds 20.46, 3. Lucius Miller 20.65. 400: 1. Mark Howe 45.21, 2. Antonio Pettigrew 45.48, 3. Roberto Hernandez 45.90. 1500: 1. Steve Scott 3:39.33, 2. Jeff Atkinson 3:39.70, 3. Tim Hacker 3:39.79, 4. Richie Martinez 3:41.06, 5. Maurice Smith 3:41.43. 3000: 1. Brian Abshire 7:52.72, 2. Matt Giusto 7:52.93, 3. Mark Olesen 7:57.43, 4. Angelo Carosi 7:58.07, 5. Brian Diemer 7:58.97.

110 HH: 1. Jack Pierce 13.36, 2. Courtney Hawkins 13.42, 3. Robert Reading 13.45. Shot Put: 1. Randy Barnes 70-2 1/2, 2. Gregg Taitais 68-5, 3. Augie Wolf 68-2 1/4. Discus: 1. Mike Buncic 222-3, 2. Wolfgang Schrirot 220-0, 3. Luis Delis 218-0.

Javelin: 1. Katsuro Mizoguchi 287-5 (meet record, old record 275-7, Mizoguchi, 1987), 2. Rosal Bradstock 252-3, 3. Duncan Alwood 251-11. Long Jump: 1. Mike Powell 29-0 3/4, 2. Larry Myricks 27-7 1/4, 3. Kevin Smith 25-1 1/4. Pole Vault: 1. Kory Tarpenning 18-8 1/4, 2. Doug Fraley 18-8 1/4, 2. Greg Duplantis 18-4 1/2.

WOMEN

100: 1. Dawn Sowell 10.93, 2. Esther Jones 11.09, 3. Tina Theagwan 11.19. 800: Ana Quirot 2:00.43, 2. Diana Richburg 2:00.97, 3. Essie Washington 2:01.62. 3000: 1. PattiSue Plumer 8:58.34, 2. Brenda Webb 9:12.57, 3. Leah Pells 9:16.47. 100 Hurdles: 1. Linda Tolbert 12.79, 2. Jackie Humphrey 13.01, 3. Lavonna Martin 13.05. 400 Hurdles: 1. Jackie Joyner-Kersey 57.15, 2. Victoria Fulcher 57.55, 3. Kathy Freeman 57.79. High Jump: 1. Yolanda Henry 6-2 3/4, 2. (tie) Christine Fink and Jan Woltschlag 6-0 3/4, 4. Beth Vidskovits 6-0 3/4. Long Jump: 1. Sheila Hudson 21-11 1/2, 2. Terri Tumer 21-4 1/4, 3. Jennier Innis 21-2 3/4.



Left to right: JEFF ATKINSON, TIM HACKER & STEVE SCOTT.

Fine Flicks by Don Gosney

men's mile and metric mile. Under mostly sunny, mild, breezy conditions, the man from Leucadia, CA who has accumulated close to 125 sub-4s was gunning for his eighth consecutive 4-lap victory in San Jose. And about 300 athletes, including three dozen Seoul Olympians, were gathered for the first stop (and only U.S. stop) on this year's IAAF Mobil Grand Prix track and field tour. An estimated 8,500 spectators turned out at the typically windy San Jose City College track to watch their favorite stars before

glimpse at what and who to watch in the coming months:

● **Men's 1,500.** Although Scott, now 33, has decided to move up in distance to the 5,000, he's not quite ready to give up his present specialty. Why should he? A tight pack at the half (1:59.7) had Scott and Jeff Atkinson running in their usual spots near the back, before patiently moving up, and jamming the last 200. This time, it was Scott's edge—in 3:39.33 to Atkinson's 3:39.7. Both looked in excellent form, with Atkinson just a little off in sharpness.

"I couldn't bring it around," said Jeff. "Out of the turn I thought I could close on

continued next page...

OTHER EVENTS

Men's PA-TAC 400: 1. Bernard Chatman 47.39. Women's PA-TAC 3000: 1. Robyn Root 9:40.61, 2. Alison Crofting 9:42.60, 3. Pat Gray 9:42.64, 4. Rosa Gutierrez 9:43.62, 5. Nancy Berenson 9:53.64, 6. Karon Scholte 10:03.07, 7. Laura Sanchez 10:05.17, 8. Susan Purney NT. Men's 40+ 400: 1. Stan Whitney 50.38. Men's 50+ 200: 1. Marty Adamson 24.22. Men's 60+ 100: 1. Bonnie Stevens

PAC-10 Championships

by MARK WINITZ

May 27, Stanford University.

The distance running events played a secondary role in the final outcome as both UCLA's men's and women's teams won their third straight Pac-10 Conference titles—mainly on their strengths in the sprints, hurdles, relays, and weight events. However, the Bruins' Laura Chapel assisted her squad by placing 3rd in both the 800 and 1,500.

Slow times in the distances were routine. The University of Arizona's sophomore Marc Davis, who won the men's 5,000 in 13:56 and ran a world-leading 13:32 at Mt. SAC seems to be the shining light on the distance end. The former Kinney cross country high school champion from San Diego, at 19 years old, could have a promising future.

Futures, however, are unpredictable in the young collegiate distance ranks, particularly among the women. Here-today-gone-tomorrow is becoming a major concern in the track and cross country departments of major universities. That's why some, such as Stanford, are encouraging distance running walk ons and cutting automatic scholarships. If you want financial help at Stanford—where academic costs can run to \$20,000 per year—you have to earn it by performing consistently in big meets.

Men's Results

100: 1. K. Williams (UCLA) 10.65, 2. Brooks (UCLA) 10.67, 3. (tie) Olivier (A) and Knox (A) 10.70, 5. Dyer (A) 10.71. 200: 1. Olivier (A) 21.32, 2. Knox (A) 21.53, 3. Brooks (UCLA) 21.62, 4. Dyer (A) 21.74, 5. Hall (W) 21.91. 400: 1. S. Lewis (UCLA) 45.87, 2. Marsh (UCLA) 46.41, 3. Hannah (USC) 46.48, 4. Weigaldt (O) 46.90, 5. Stevenson (UCLA) 47.38. 800: 1. Okaah (USC) 1:48.72, 2. Strang (S) 1:49.91, 3. Herron (A) 1:49.93, 4. Jamerson (W) 1:51.89, 5. Walsh (O) 1:52.28.

1500: 1. Ouade (A) 3:50.22, 2. Foster (O) 3:50.98, 3. Dalton (O) 3:51.10, 4. Ottaway (S) 3:51.81, 5. Cushing-Murray (UCLA) 3:52.30. 3000 Steeplechase: 1. Stroschein (WSU) 8:37.07, 2. Lopez (O) 8:39.73, 3. Naesheim (W) 8:40.24, 4. Price (WSU) 8:46.33, 5. Miller (S) 8:48.52. 5000: 1. Davis (A) 13:56.19, 2. McDowell (W) 13:57.85, 3. Guo (WSU) 14:14.01, 4. Hjort (W) 14:18.19, 5. Ortiz (UCLA) 14:20.13. 10,000: 1. Guo (WSU) 29:45.56, 2. Mayiek (USC) 29:47.43, 3. Morgan (A) 29:56.14, 4. Hudson (O) 29:57.87, 5. Santa-Maria (UCLA) 30:04.35.

110H: 1. Reading (USC) 13.65, 2. Li (WSU) 13.79, 3. Kolooures (S) 14.15, 4. Gray (O) 14.19, 5. Hall (W) 14.23. 400 IH: 1. Porter (USC) 49.55, 2. Wright (O) 51.00, 3. MacDonald (WSU) 51.21, 4. Balkou (A) 52.22, 5. Hale (W) 54.36. 400R: 1. USC (Fuller, Holmes, Hannah, Henley) 40.44, 2. Washington 40.48, 3. California 40.87, 4. Washington State 40.88, 5. Oregon DQ. 1600R: 1. UCLA (Stevenson, Marsh, Brooks, Lewis) 3:08.12, 2. Oregon 3:12.02, 3. Arizona 3:12.17, 4. Stanford 3:12.38, 5. Washington 3:15.60.

HJ: 1. Young (O) 7-3 1/4, 2. Harris (C) 7-3 1/4, 3. Hopkins (S) 6-10 3/4, 4. Young (A) 6-10 3/4, 5. (tie) Thomas (W) and Allen (W) 6-8 3/4. TJ: 1. Harris (C) 54-0, 2. Berry (O) 53-10 1/4, 3. Williams (O) 53-2 1/4, 4. Anderson (UCLA) 52-6, 5. Harper (USC) 51-11. PV: 1. Bums (C) 17-6 1/4, 2. Johans

Johnson (UCLA) 2:08.50, 3. Chapel (UCLA) 2:09.89, 4. Hackett (A) 2:10.74, 5. Holmen (O) 2:12.32. 1500: 1. Noll (USC) 4:26.66, 2. Smyth (A) 4:27.26, 3. Chapel (UCLA) 4:29.05, 4. Johansen (O) 4:29.18, 5. DoNascimento (WSU) 4:30.16. 3000: 1. Robertson



GREGG TAFRAULIS

Fine Flicks by Don Gosney

12.98. Men's 65+ 100: 1. Payton Jordan 13.06. Master's Mile: 1. Wilson Weigra 4:11.7. Corporate Relay: 1. Lockheed 6:01.24. Special Olympics 100: 1. Mark Relyea 14.73.



BRIAN ABSHIRE (left) & MATT GIUSTO

Photo by Mark Winitz



MONICA TAYLOR (left) and TONYA SEDWICK

Fine Flicks by Don Gosney

son (WSU) 17-0 3/4, 3. Battinger (UCLA) 17-0 3/4, 4. Lehman (USC) 16-4 3/4, 5. O'Connor (UCLA) 16-0 3/4. LJ: 1. Barry (O) 26-4 1/4, 2. Anderson (UCLA) 25-11 1/2, 3. Baker (UCLA) 25-8, 4. Hickerson (S) 25-0 3/4, 5. Smith (C) 25-0.

JT: 1. Roberson (W) 238-4, 2. Skipper (O) 222-8, 3. Burnevaz (UCLA) 220-11, 4. Huff (A) 218-2, 5. Wikston (WSU) 214-10. HT: 1. Wilson (UCLA) 224-8, 2. Billingsley (WSU) 223-0, 3. Finch (O) 213-5, 4. McGee (O) 213-5, 5. Unland (WSU) 204-3. SP: 1. Trahan (A) 64-10, 2. Wilson (UCLA) 64-0 1/2, 3. Bergreen (UCLA) 62-5 3/4, 4. Blutreich (UCLA) 61-4, 5. Boggess (S) 59-8 1/2. DT: 1. Blutreich (UCLA) 194-9, 2. Thompson (UCLA) 192-7, 3. Wilson (UCLA) 190-4, 4. Wilson (W) 189-6, 5. deSouza (O) 183-7.

Team Scores: 1. UCLA 153, 2. Oregon 118, 3. Arizona 108, 4. Washington State 72, 5. USC 62, 6. Washington 55, 7. California 41, 8. Stanford 37.

Women's Results

100: 1. C. Smith (UCLA) 11.69, 2. R. Williams (O) 11.74, 3. Gaines (S) 11.77, 4. Stapleton (W) 12.20, 5. Rogers (C) 12.30. 200: 1. Williams (O) 23.61, 2. Sedwick (UCLA) 23.78, 3. Taylor (USC) 23.89, 4. C. Smith (UCLA) 24.50, 5. Alvaranga (C) 24.74. 400: 1. N'Drin (WSU) 53.01, 2. Sedwick (UCLA) 54.09, 3. Alvaranga (C) 54.24, 4. Setterholm (O) 55.42, 5. Church (O) 55.83. 800: 1. Bannon (WSU) 2:07.47, 2.



JENNIFER ASHE

Fine Flicks by Don Gosney

(WSU) 9:26.79, 2. Smyth (A) 9:27.48, 3. Wilson (O) 9:30.01, 4. Sieger (C) 9:38.80, 5. Evans (W) 9:39.65, 5000: 1. Robertson (WSU) 16:34.14, 2. Wilson (O) 16:37.86, 3. Wessell (O) 16:38.66, 4. Han (C) 16:42.17, 5. Droughon (W) 16:47.73, 10,000: 1. Ashe (UCLA) 35:42.02, 2. Saraceno (O) 35:57.03, 3. Buresh (W) 36:06.44, 4. Scherz (WSU) 36:07.56, 5. Reese (W) 37:23.14.

100LH: 1. Vickers (UCLA) 13.66, 2. N. Thompson (UCLA) 14.02, 3. T. Smith (UCLA) 14.09, 4. N. Williams (UCLA) 14.16, 5. Deatz (USC) 14.38, 400LH: 1. Vickers (UCLA) 55.89, 2. Maxie (USC) 58.06, 3. Koeliner (USC) 59.06, 4. DeCoux (USC) 59.66, 5. Schwein (W) 59.89, 400E: 1. UCLA (Smith, Vickers, Sedwick, C. Smith) 45.05, 2. USC (Maxie, Brooks, Chapin, Taylor) 45.21, 3. Washington 45.72, 4. California 46.06, 5. Oregon 46.34, 1600R: 1. USC (Maxie, Koeliner, Chapin, Taylor) 3:36.54, 2. UCLA (C. Smith, J. Johnson, Sedwick, Vickers) 3:37.33, 3. Washington State 3:41.58, 4. Oregon 3:42.73, 5. California 3:49.35.

LJ: 1. Sedwick (UCLA) 20-7 3/4, 2. McKinney (O) 20-3, 3. Edwards (S) 20-0 1/2, 4. Schwarz (A) 19-10 3/4, 5. Mitchell (C) 19-10 1/4, HJ: 1. Vidakovits (C) 5-10 3/4, 2. Lockhart (A) 5-8 3/4, 3. (be) Roberts (O) and Kinsella (A) 5-8 3/4, 5. Carrasco (USC) 5-8 3/4, JT: 1. Selman (USC) 176-10, 2. Sanford (W) 176-4, 3. Perreault (A) 166-4, 4. Wheeler (S) 165-6, 5. Allen (O) 164-1, TJ: 1. McKin-



MIKE HARRIS

Fine Flicks by Don Gosney



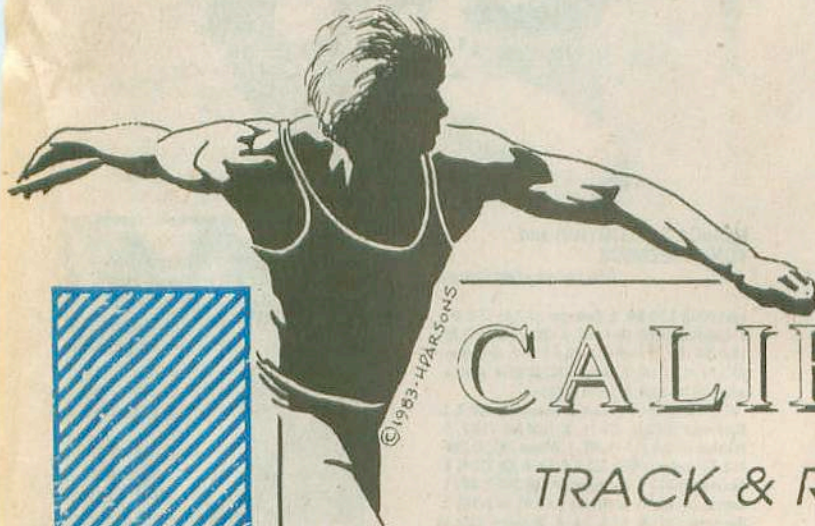
JANEENE VICKERS

Fine Flicks by Don Gosney

ney (O) 41-4 1/4, 2. Tasker (W) 40-8 1/4, 3. Henlon (S) 39-7 1/4, 4. McKendree (A) 39-1 1/4, 5. Edwards (S) 39-0 1/2.

3P: 1. Garrett (A) 53-4 1/2, 2. Pappas (S) 51-0 3/4, 3. Larson (UCLA) 50-1 1/4, 4. Brotherton (A) 49-6 1/4, 5. Millet (UCLA) 49-4 1/2, DT: 1. Garrett (A) 198-4, 2. Larson (UCLA) 180-6, 3. Millet (UCLA) 176-3, 4. Brotherton (A) 187-5, 5. Pugh (A) 163-2.

Team Scores: 1. UCLA 161, 2. Oregon 100, 3. Arizona 79, 4. USC 57, 5. Washington State 52 1/3, 6. Washington 44, 7. Stanford 42 2/3, 8. California 41.



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PA-TAC NOTES

By JOHN MANSOOR

UPCOMING CHAMPIONSHIPS

| Race | Date | Divisions |
|--------------------------|----------|---------------|
| Oakland Double 10K | July 9 | All Divisions |
| Gold Rush 50K | July 29 | All Divisions |
| Susan B. Anthony 5K | Aug. 19 | All Women |
| Hoy's Sports 10K Classic | Sept. 17 | Open Women |
| Silver State 15K | Oct. 8 | All Divisions |
| Examiner Cross Country | Oct. 28 | All Divisions |
| Foundation 30K | Nov. 12 | All Divisions |
| Davis Turkey Trot | Nov. 18 | All Men |
| Cal International | Dec. 3 | All Divisions |

Listed below are the updated standings for the Pacific Grand Prix through the Russian River 8K. There has been some outstanding competition in all the championships thus far, particularly though, in the masters event at the Pacific Sun 10K. Look for more excellent performances in the upcoming Championships.

Grand Prix Standings

Open Women

| Name/ Club/ Total |
|--------------------------------|
| 1 Terry Puckett Flyers 80 |
| 2 Bev Marx Flyers 41 |
| 3 Rosay Cardenas Flyers 40 |
| 4 Joan Colman WVTC 36 |
| 5 Chris Iwahashi Chips 31 |
| 6 Hilary Naylor Impalas 29 |
| 7 Robyn Root Nike Coast 24 |
| 8 Barbara Acosta Ryans 23 |
| 9 Peggy Smyth Flyers 23 |
| 10 Rosa Gutierrez Ryans 22 |
| 11 Laura Sanchez Flyers 22 |
| 12 Barbara Frank Flyers 21 |
| 13 Nan Hall GSFTC 20 |
| 14 Susan Putney Aggies 19 |
| 15 Lorena Ferreira Woodside 18 |
| 16 Karen Scholte Ryans 18 |
| 17 Irene McLoughlin 17 |
| 18 Sue Vanella-Brusher 16 |
| 19 Dabbi Waldner 15 |
| 20 Donna McKannon Woodside 14 |
| 21 Donna Hinshaw Impalas 13 |
| 22 Janine Ajello Impalas 12 |
| 23 Christine Noll 12 |
| 24 Eileen Brennan Impalas 11 |
| 25 Sandy Sup Ryans 10 |
| 26 Peggy Lavelle Impalas 10 |
| 27 Juana Stavolone WVTC 9 |
| 28 Vicki Bigelow Highland 9 |
| 29 Linda VanHousen Woodside 8 |
| 30 Susan Horstmeier Woodside 8 |
| 31 Vicki Chase WVTC 7 |
| 32 Beckie Smees Chips 6 |
| 33 Pat Falsone Impalas 6 |
| 34 Melanie Gilbertson 5 |
| 35 Gail Rodd WVTC 5 |
| 36 Connie Kondo Chips 4 |
| 37 Birthe Kirsch Impalas 4 |
| 38 Ramona Lopez Ryans 3 |
| 39 Tina Toona 3 |

| |
|--------------------------|
| 40 Linda Mantynen 2 |
| 41 Heidi Skaden Flyers 2 |
| 42 Nelly Wright Flyers 1 |
| 43 Mary Matteson 1 |

Open Men

| Name/ Club/ Total |
|--------------------------------|
| 1 Alan Dehinger Flyers 70 |
| 2 Juan Rameriz Reebok 61 |
| 3 Joaquin Leano Flyers 57 |
| 4 Tom Borschel Reebok 56 |
| 5 Jose Aspuro Aggies 52 |
| 6 Tim Gruber Aggies 52 |
| 7 Miguel Tibaduiza Flyers 48 |
| 8 Domingo Tibaduiza Flyers 47 |
| 9 Marty Higginbotham Flyers 46 |
| 10 Rob Anex Aggies 40 |
| 11 Jon Kirkman Flyers 37 |
| 12 Lynn Mentzer Flyers 37 |
| 13 Mark Hoefler F Feet 35 |
| 14 Dennis Rinde Flyers 33 |
| 15 John Hancock Reebok 30 |
| 16 Carmelo Rios Aggies 30 |
| 17 Jeff Shaver Aggies 28 |
| 18 Thomas Schmitt Reebok 27 |
| 19 Charles Alexander Aggies 23 |
| 20 Craig Steinmaus Reebok 22 |
| 21 Mike McManus Flyers 21 |
| 22 Rich Langford 14 |
| 23 Dan Stefanisko Reebok 14 |
| 24 Bill Sevald Excelsior 13 |
| 25 David Frank Aggies 10 |
| 26 Robert Herndon Reebok 10 |
| 27 Carl Stempel Reebok 10 |
| 28 Luiz Coufinho 9 |
| 29 Steve Haase Reebok 9 |
| 30 Steve Ferraz Excelsior 8 |
| 31 Kevin Osterberg Aggies 8 |
| 32 Scott Steinmaus Reebok 8 |
| 33 Richard McCann Flyers 6 |
| 34 Rick Bruess 4 |
| 35 Mark Graves 3 |
| 36 Antonio Scardina 3 |
| 37 Tim Williams Flyers 3 |
| 38 Ray Cookl Flyers 2 |
| 39 Denis O'Harroran Aggies 2 |
| 40 Tim Waalen Flyers 1 |
| 41 Steve Zrkelbach 1 |

Master Men

| Name/ Club/ Total |
|-----------------------------|
| 1 Bill Sevald Excelsior 54 |
| 2 David Furst WVJ&S 35 |
| 3 Jerry Jobaki Excelsior 34 |
| 4 Steve Ferraz Excelsior 32 |
| 5 Jim Gibbons Tamalpa 27 |

| |
|---------------------------------|
| 5 James Press Excelsior 27 |
| 7 Robert McLennan Tamalpa 25 |
| 8 Jon MacPherson Tamalpa 22 |
| 9 Frank Ruona Tamalpa 20 |
| 10 Chris Thomas Tamalpa 17 |
| 11 Sal Vasquez WVJ&S 14 |
| 12 Alan Stanbridge Excelsior 13 |
| 13 Robert Lindsey Flyers 12 |
| 14 Wayne Whiting Flyers 10 |
| 15 Jim Minami Golden Bay 6 |
| 16 George Mason WVTC 5 |
| 17 Jim Reitz 5 |
| 18 Dale Kraus WVJ&S 4 |
| 18 Gabriel Sandoval WVJ&S 4 |
| 18 Tim Rostege WVJ&S 4 |
| 18 Tom Robinson Excelsior 4 |
| 22 Daryl Beardall Tamalpa 1 |

Master Women

| Name/ Club/ Total |
|---------------------------------------|
| 1 Joan Colman WVTC 54 |
| 2 Hilary Naylor Impalas 41 |
| 3 Juana Stavolone WVTC 25 |
| 4 Linda Mantynen 23 |
| 5 Pat Falsone Impalas 22 |
| 6 Laurie Binder Impalas 20 |
| 7 Kathy Kennedy Highland Striders 18 |
| 8 Nelly Wright Flyers 17 |
| 8 Vicki Chase WVTC 17 |
| 10 Margie Lindsey Flyers 16 |
| 10 Vicki Bigelow Highland Striders 16 |
| 12 Heidi Skaden Flyers 12 |
| 13 Birthe Kirsch Impalas 11 |
| 14 Cynci Calvin 10 |
| 14 Barbara Miller Unat 10 |
| 14 Gail Rodd WVTC 10 |
| 17 Eve Pell Tamalpa 9 |
| 18 Karen Scannell Impalas 7 |
| 19 Toni Belauslegui 6 |
| 19 Madeyn Moon WVJ&S 6 |
| 19 Alice Rose Nor Cal 6 |
| 22 Joan Ulfvot WVTC 5 |
| 23 Laury Fisher WVTC 4 |
| 23 Mary Lou Quinlo 4 |
| 25 Elynn Blair Nor Cal 3 |
| 26 Jackie Caselli Nor Cal 2 |
| 27 Kit Pickles Nor Cal 1 |

Senior Women

| Name/ Club/ Total |
|--------------------------------------|
| 1 Heidi Skaden Flyers 18 |
| 2 Vicki Bigelow Highland Striders 16 |
| 3 Birthe Kirsch Impalas 12 |
| 4 Eve Pell Tamalpa 10 |
| 5 Ruth Anderson NorCal 4 |
| 6 Elynn Blair NorCal 2 |
| 6 Marion Irvine Tamalpa 2 |
| 6 Karen Scannell Impalas 2 |
| 9 Jackie Caselli NorCal 1 |
| 9 Kay Willoughby Tamalpa 1 |
| 9 Alice Rose NorCal 1 |

Senior Men

| Name/ Club/ Total |
|-------------------------------|
| 1 Daryl Beardall Tamalpa 30 |
| 2 Frederick Mattos Flyers 8 |
| 3 Jim Bevins 6 |
| 3 Roger Bryan WVJ&S 6 |
| 3 Tom Mota WVJ&S 6 |
| 3 Everett Riggle Chico RC 6 |
| 7 Ken Noel WVJ&S 2 |
| 7 Carlos Saloiver 2 |
| 9 Bernard Hollander Tamalpa 1 |
| 9 David Ragsdale Chips 1 |
| 9 Dave Bauer WVJ&S 1 |

Supersenior Men

| Name/ Club/ Total |
|--------------------|
| 1 Dave Stevenson 1 |
| 1 Ray Stewart 1 |
| 1 Boyce Jacques 1 |

Supersenior Women

| Name/ Club/ Total |
|---------------------------|
| 1 Jackie Caselli NorCal 3 |

PA-TAC Open Track and Field Championships

by KAREN LOCKE

June 2-3, Diablo Valley College, Pleasanton.

This meet served as the Western Regional Open Track and Field Championships. The winner of each event qualified for the 1989 Regional Track and Field Championships to be held July 22, 1989 in Chicago, Illinois.

Here are the highlights of the middle and long distance running events:

Women's 3,000m Grand Prix Final. Going into the race, Robyn Root was leading the T&F Grand Prix after her victory at Jenner the week before (see related article). Allison Orofino took second at Jenner, Patti Gray third.

Root, again, led through most of the race here, pushing the pace with Cal-Berkeley sophomore Sabrina Han. Gray and Orofino went with her. Robyn and Sabrina pulled ahead with one half mile to go. With 200 meters left, Sabrina outkicked Robyn, 9:36.96 to 9:37.67. Gray came in third to tie for overall Grand Prix points with Orofino. Former University of Oregon standout Rosa Gutierrez followed for 5th. Final Grand Prix standings: 1-Sabrina Han (not eligible for Grand Prix); 2-Robyn Root (\$400), 3-Patti Gray and Allison Orofino (tie, each \$150), 5-Nancy Benson (\$50).

Men's 1,500m. Stanford's Bill Crowley left the field behind at 1,000 meters. Steve Schadler and Steve Pradere battled for 2nd place but couldn't reel in Crowley (3:48.84). Schadler (3:50.78) second, Pradere (3:51.25) third. Prize money had to be split between Schadler and Pradere. They tied with 14 G.P. points each. Although Crowley was not eligible for prize money, he is eligible for the Western Regional squad. Final Grand Prix standings: 1-Schadler and Pradere (\$300), 3-Gary Lewis (\$100), 4-Leonard Sperandio and Paul Thomas (\$50 each).

3,000 Steeplechase. Carmelo Rios, Dan Aldridge, and David Frank looked easy the first 1,200 meters. Carmelo pulled away, Frank and Aldridge running second and third. Frank began to fade. Rios, running

continued on page 54...

RESULTS

TRACK & FIELD

UCLA - USC Dual Meet

May 1, UCLA

Men's Results

100: 1. Brooks (UCLA) 10.41w, 2. Holmes (USC) 10.57, 3. Fuller (USC) 10.64. 200: 1. Watts (UCLA) 20.67, 2. Brooks (UCLA) 20.75, 3. Fuller (USC) 22.23. 400: 1. Lewis (UCLA) 45.1, 2. Hannah (USC) 45.4, 3. Stevenson (UCLA) 47.5. 800: 1. Okash (USC) 1:49.85, 2. Wisnolowski (UCLA) 1:51.24, 3. Ashbrook (USC) 1:52.12. 1500: 1. Cushing-Murray (UCLA) 3:51.2, 2. Griffin (USC) 3:51.4, 3. Meyer (UCLA) 3:52.8. 5000: 1. Griffin (USC) 14:41.34, 2. Mayleok (USC) 14:48.77, 3. O'Gadtr (UCLA) 14:56.1. 110m HH: 1. Reading C.



ROBERT READING

Fine Flicks by Don Gosney

(USC) 13.74, 2. Copeland (USC) 14.63, 3. Gledersleeve (UCLA) 14.82. 400H: 1. Porter (USC) 50.45, 2. Maura (UCLA) 54.69, 3. Gledersleeve (UCLA) 56.89. 3000m Steeplechase: 1. Ortiz (UCLA) 8:50.31, 2. Mayliek (USC) 9:00.42, 3. Ammann (UCLA) 9:02.75. 400R: 1. USC (Fuller, Holmes, Hannah, Watts) 39.50, 2. UCLA (Dinkins, Brooks, Baker, Marsh) 40.07. 1600R: 1. USC (Hannah, Okash, Porter, Watts) 3:08.90, 2. UCLA (Stevenson, Baker, Dinkins, Brooks) 3:09.14. HJ: 1. LaQuay (UCLA) 6-8 3/4, 2. Duarte (UCLA) 6-8 3/4, 3. Prince (UCLA) 6-4 3/4. PV: 1. Bettinger (UCLA) 15-6, 2. Norris (USC) 15-0. LJ: 1. Anderson (UCLA) 24-4 1/4w, 2. Baker (UCLA) 24-1 3/4, 3. Harper (USC) 23-10. TJ: 1. Harper (USC) 52-6 3/4, 2. Anderson (UCLA) 52-1. SP: 1. Wilson (UCLA) 64-0 1/4, 2. Blutrreich (UCLA) 60-11 1/4, 3. Bergreen (UCLA) 59-1 3/4. DT: 1. Thompson (UCLA) 191-7, 2. Wilson (UCLA) 187-5, 3. Blutrreich (UCLA) 183-5. Hammer: 1. Wilson (UCLA) 215-10, 2. Knight (UCLA) 202-8, 3. Bergreen (UCLA) 187-2. JT: 1. Bunevacz (UCLA) 209-10, 2. Goe (USC) 195-6, 3. Nieland (UCLA) 194-7. Final Score: 1. UCLA 93, 2. USC 69.

Women's Results

100: 1. C. Smith (UCLA) 11.69, 2. N. Williams (UCLA) 12.32. 200: 1. Sedwick (UCLA) 23.48, 2. Taylor (USC) 23.85, 3. C. Smith (UCLA) 23.90. 400: 1. Taylor (USC) 51.85, 2. Knighten (UCLA) 55.05, 3. L. Smith (UCLA) 58.20. 800: 1. Noll (USC) 2:05.4, 2. Johnson (UCLA) 2:09.2, 3. G. Smith (UCLA) 2:10.8. 1500: 1. Chapel (UCLA) 4:25.05, 2. Clark (USC) 4:27.98, 3. Brown (UCLA) 4:28.67. 3000: 1. D. Williams (UCLA) 10:06.18, 2. Ashe



CARYL SMITH

photo by Bill Leung, Jr.

(UCLA) 10:10.74, 3. P. Thompson (UCLA) 10:24.58. 100H: 1. T. Smith (UCLA) 13.65, 2. N. Williams (UCLA) 13.78, 3. N. Thompson (UCLA) 13.94. 400H: 1. Maxie (USC) 56.43, 2. Koelner (USC) 57.96, 3. Vickers (UCLA) 60.8. 1600R: 1. UCLA (Knighten, Johnson, G. Smith, Vickers) 3:46.69. HJ: 1. Wooten (UCLA) 5-7, 2. Sedwick (UCLA) 5-7, 3. (No) Colman (UCLA) and Carrasco (USC) 5-5. LJ: 1. Sedwick (UCLA) 20-5 1/4, 2. Figueras (UCLA) 15-9 1/4w, 3. Bartholomew (UCLA) 51-1w. TJ: 1. G. Prince (UCLA) 36-10 1/4, 2. Bartholomew (UCLA) 36-2 1/4w, 3. Ramey (UCLA) 33-7 1/2. SP: 1. Larson (UCLA) 49-7 3/4, 2. Millett (UCLA) 48-2, 3. Ward (UCLA) 45-9 3/4. DT: 1. Millett (UCLA) 175-1, 2. Larson (UCLA) 175-0, 3. Paris (USC) 161-8. JT: 1. Millett (UCLA)

172-11, 2. Solman (USC) 171-5, 3. Larsen (UCLA) 157-5.

Final Score: 1. UCLA 101 1/2, 2. USC 28 1/2.

SCIAAC Championships

May 1, Pomona Pitzer.

Men's Results

100: 1. Sunquist (O) 10.85. 200: 1. Sunquist (O) 21.85. 400: 1. Gnecco (CM) 48.46. 800: 1. Shaw (O) 1:54.31. 1500: 1. Shaw (O) 3:59.49. 5000: 1. Berg (CM) 15:20.96. 1100H: 1. Fulton (CM) 15.31. 400H: 1. Jones (PP) 53.24. 3000 Steeplechase: 1. Berg (CM) 9:23.94. 400R: 1. Occidental 31.89. 1600R: 1. Pomona-Pitzer 3:20.46. HJ: 1. Sjoberg (R) 6-8 1/4. PV: 1. Bain (R) 14-5 1/4. LJ: 1. White (O) 23-6 3/4. TJ: 1. White (O) 47-10 3/4. SP: 1. Dargen (O) 49-3 3/4. DT: 1. Opp (R) 157-10. HT: 1. O'Keefe (CM) 188-8. JT: 1. Lujan (R) 201-3.

Final Scores: 1. Occidental 198, 2. Claremont-Mudd 171, 3. Pomona-Pitzer 114, 4. Redlands 84, 5. Caltech and Whitler 8, 7. LaVerne 6.

Women's Results

100: 1. Odogwu (CM) 12.58. 200: 1. Rhodes (W) 25.85. 400: 1. Mitchell (O) 58.16. 800: 1. Haack (O) 2:20.55. 1500: 1. Trimble (O) 4:44.51. 3000: 1. Trimble (O) 10:50.45. 100H: 1. Mitchell (O) 15.44. 400H: 1. Mitchell (O) 63.82. 400R: 1. Occidental 50.69. 1600R: 1. Occidental 4:02.51. HJ: 1. Chiam (CM) 5-5 1/2. LJ: 1. Christiansen (CM) 17-3. TJ: 1. Odogwu (CM) 38-3. SP: 1. Coulter (O) 42-8 1/4. DT: 1. Coulter (O) 132-10. JT: 1. Wright (LV) 139-2.

Final Scores: 1. Occidental 191, 2. Claremont-Mudd 99, 3. Whitler 64, 4. Redlands 53, 5. Pomona-Pitzer 41, 6. Caltech 32, 7. LaVerne 18.

Aztec Last Chance

Open

May 6, San Diego State.

Men's Results

100: 1. Peter Stahl (PLNC) 11.11, 2. Peter Johansson (PLNC) 11.22. 200: 1. Ronnie Skoeld (Sweden) 22.52, 2. Tim Kysar (UCSD) 22.94, 3. Chris Brisco (SDTC) 23.41. 400: 1. Seth Serriano (SDTC) 1:52.24, 2. Bryan Henderson (Unat.) 1:59.31. 800: 1. Ken Flint (SDSU) 3:56.47, 2. Martin Padgett (Charthouse) 3:58.21, 3. Bill Possidente (FWCTC) 4:06.43. 3000 Steeplechase: 1. Christ Waight (SDSU) 9:41.7. 100H: 1. Osmond Swanegan (SDSU) 15.21. 400H: 1. Joe Pollard (USMC) 49.26, 2. Kevin Smith (Unat.) 52.91. 400R: 1. Osmond Swanegan (SDSU) 52.04, 2. Anthony Hale (SDTC) 52.83, 3. Matthew Pizze (UCSD) 57.19. HT: 1. Tom Meyer (UCTC) 184-6, 2. Rick Engobronson (SDSU) 180-2, 3. Scott Sergeant (UCSD) 168-4. SP: 1. Dave Smith (Unat.) 50-5 1/2, 2. Rich Brown (SDSU) 48-10 3/4, 3. Tim Bosum (SDSU) 45-6 1/2. LJ: 1. Tommy Anderberg (PLNC) 22-3 1/2, 2. Cary Evans (SDSU) 22-0 1/4, 3. Deodrick Baker (USMC) 21-9 1/2. PV: 1. Greg McMillan (DDTC) 16-1, 2. Wellington Pendell (SDSU) 15-6, 3. Jeff Holds (SDSU) 15-0. DT: 1. Rich Brown (SDSU) 156-7, 2. Fred Morgan (SDSU) 150-1, 3. Steve Weiner (SDSU) 142-5. TJ: 1. Wil Foster (SDSU) 50-6, 2. Tony Rossi (SDSU) 45-1. HJ: 1. Jim Coyle (SDSU) 7-1 1/2, 2. Joe Nealy (Unat.) 7-1 1/2, 3. Leo Williams (Unat.) 7-1 1/2.

Women's Results

200: 1. Jennifer Kurdi (USMC) 22.55, 2. Andrea Kouremets (UCSD) 25.82, 3. Sheldona Allen (CPM) 26.53. 400: 1. Jennifer Kurdi (USMC) 58.06, 2. Yvette Marzuolo (UCSD) 1:00.85. 800: 1. Cymil Sullivan (SDSU) 2:19.51, 2. Gisela English (UCSD)

2:22.62. 1500: 1. Patty Blunck (AIA) 4:40.83, 2. Chrystee Perkins (SDSU) 5:01.12, 3. Lan Chidester (SDSU) 5:10.12. 3000: 1. Sabrina Jensen (UCSD) 10:30.4, 2. Michelle Conlay (UCSD) 10:41.40, 3. Kelly Humm (SDSU) 11:37.57. 400H: 1. Vicki Dunckley (UCSD) 1:09.46. JT: 1. Diane Collier (SDSU) 152-3, 2. Elaine Bergman (Unat.) 130-8, 3. Bobbi Octava (UCSD) 120-0. HJ: 1. Maria Runyan (SDSU) 5-8, 2. Shawndee Reddic (Unat.) 5-4, 3. Eileen Williams (SDSU) 5-2. LJ: 1. Yvette Marzuolo (UCSD) 16-3 1/4, 2. Vicki Dunckley (UCSD) 15-7 1/4, 3. Robyn Bellamy (UCSD) 15-0 1/4. TJ: 1. Sharon Green (Unat.) 39-5 1/2, 2. Gaylen Ames (SDTC) 39-0 1/4, 3. Vicki Dunckley (UCSD) 32-10 1/2. SP: 1. Carolyn Peters (SDSU) 43-4 1/4, 2. Louise Joubert (SDSU) 42-7, 3. Elaine Bergman (Unat.) 42-6 3/4. DT: 1. Shannon Quiggley (UCSD) 142-4, 2. Shelly Squibb (SDSU) 141-6, 3. Carolyn Peters (SDSU) 135-2.

Arizona Last Chance Meet

May 6, Tucson, AZ.

Men's Results

100m: 1. Gabriel Okon (Nig) 10.45, 2. Kirk Dyer (AZ) 10.51, 3. David Lockhart (AZ) 10.61. 200m: 1. Percy Knox (AZ) 20.78MR, 2. Gabriel Okon (Nig) 20.88, 3. Marc Olivier (AZ) 21.16. 400m: 1. Chance Foreman (AZ) 47.39, 2. Mark Senior (AZ) 47.85, 3. Raymond Freeland (CAC) 48.71. 800m: 1. Tony Hernandez (CAC) 1:52.61, 2. Mike Parker (AZ) 1:53.71, 3. Bernie Samler (AZ) 1:55.61. 1500m: 1. Gary Cobb (S&S TC) 3:45.55, 2. Marc Davis (AZ) 3:48.14, 3. Treg Scott (ASUTC) 3:48.45. 3000m Steeplechase: 1. Paul Scannell (ASUTC) 8:55.95, 2. James Maxwell (Unat.) 9:02.51, 3. Charlie David (AZ) 9:08.19. 3000m: 1. Matt Giusto (Nike TC) 8:11.35, 2. John Quade (AZ) 8:37.31. 5000m: 1. Mick Testa (Hosolros TC) 15:09.35, 2. Robert Lopez (Unat.) 15:15.15, 3. Jeff Currier (AZ) 15:18.94. 110m HH: 1. Brent Haugen (Glendale CC) 14.56, 2. John Montgomery (Central AZ) 14.58, 3. William Timan (Unat.) 14.98. 400m H: 1. John Montgomery (CAC) 51.01, 2. Yi Valley (CAC) 52.61, 3. Brian Ballou (AZ) 53.14. 4x100mR: 1. Arizona (Olivier, Knox, Lockhart, Dyer) 39.68MR. 4x400mR: 1. Arizona "A" (Arron Reiterer, Foreman, Herron, Senior) 3:09.49, 2. Arizona "B" (Jones, Ballou, Bovee, Parker) 3:13.05. HT: 1. Stavey Whyte (Unat.) 60.54, 2. Kim Johansson (Central AZ) 59.46, 3. Scott Biberthall (AZ) 59.05. LJ: 1. Janet Harvey (Nike Cst) 20-11 1/4, 2. Jana Charleston (AZ) 20-5 1/4, 3. Maren Bookstrom (AZ) 19-3 1/2. SP: 1. Paul Edwards (United Kingdom) 59-1 1/4, 2. Dwight Johnson (Central AZ) 57-11 3/4, 3. Stavey Whyte (Unat.) 57-8 1/2. TJ: 1. Percy Knox (AZ) 25-9 1/2, 2. Derek Huff (AZ) 23-9, 3. John Burrell (Central AZ) 23-1 3/4. JT: 1. Ronald Bradstock (Central AZ) 244-10, 2. Jim Lohrop (Unat.) 226-0, 3. Craig Gelb (Unat.) 212-4. HJ: 1. Kelly Young (AZ) 6-8 3/4, 2. Dave Murray (Unat.) 6-6 3/4, 3. Derek Nelson (AZ) 6-6 3/4. DT: 1. Dwight Johnson (CAC) 176-10, 2. Paul Edwards (United Kingdom) 165-2, 3. Doug Huff (AZ) 161-9. PV: 1. Russ MacDonald (Metro Phoenix TC) 15-7, 2. Derek Huff (AZ) 15-1, 3. Dallas Berentis (CAC) 15-1.

Women's Results

100m: 1. Toni Sticker (Glendale CC) 12.16, 2. Kim Bauldroni (AZ) 12.84. 200m: 1. Jana Charleston (AZ) 25.29, 2. Kim Gualdoni (AZ) 26.30, 3. Sabine Schwarz (AZ) 26.31. 1500m: 1. Laura Goodwin (AZ) 4:37.04, 2. Tracy Kennedy (AZ) 4:39.88.

RESULTS

ROAD RACING

Crescent City Classic

April 15, New Orleans, 10,000 Road Race.

Arturo Barrios returned to New Orleans April 15 to win his second Crescent City Classic 10,000 Meter Road Race in a fast 27:50, defeating one of the strongest men's 10K fields ever to meet on the American roads. The Mexican champion had won at Crescent City in 1986 but had to settle for second last year.

Warm temperatures and near 100% humidity prevented any serious challenge of Mark Nenor's still-standing 27:22 point-to-point world best set in New Orleans in 1984.

Sylvia Mosqueda of California won a decisive 32:32 victory over a talent-packed women's field which included two-time Crescent City champion Wendy Sly of Great Britain and Russian Olympic medalist Olga Bondarenko and Yelena Zhupiyeva.



ARTURO BARRIOS

Photo by Spisman

Joseph Nzau of Kenya shattered the world record for masters men (40 & Over) with an incredible 28:09 seventh place overall finish. Having turned 40 only the day before the Classic, Nzau wasted no time in knocking 55 seconds off the previous masters 10K world best.

Arturo Barrios was satisfied to lead the secondary pack through the early miles of the 6.2 mile route from Jackson Square in the New Orleans French Quarter to Audubon Park in the garden district. John Halvorsen of Norway and Keith Brantley from Gainesville, Florida, did the front running.

"I think everybody waited for the right time to

make a move," explained Barrios after the victory. Making his move at a 1 1/2 miles proved to be the correct call as he pulled away and maintained a comfortable margin to the finish line. The win netted Barrios a smooth \$6,000.

Australia's Andrew Lloyd emerged from the rest of the pack to take second in 28:00, just one second ahead of Halvorsen who claimed third in 28:01. Fourteen men finished under 29 minutes despite the tough conditions.

The outcome of the women's race was in serious doubt at the four-mile mark as Sylvia Mosqueda, the 1988 NCAA 10,000 meter champion, considered dropping out of the race.

"I looked back and saw Wendy Sly breathing really hard. She looked like she was in pain, and I didn't see anybody behind her, so I kept going," Mosqueda said after claiming her first Crescent City win and a check for six grand.

Sly, the 1984 Olympic 3,000 meter silver medalist, suffered a calf sprain in mid-race causing her to struggle through the final miles to the park. Sly still holds the course record of 31:29 set in 1983. It was a world best at the time. This year Wendy would finish second in 32:50, followed by New Zealand Olympian Christine Pfitzinger in 32:59.

Olga Bondarenko, the Russian Olympic 10,000 meter gold medalist at Seoul, was fifth in 33:11 behind Nashville's Diane Brewer (33:07). It was Olga's third 10K race in two weeks in which she finished fifth to close out a U.S. tour with her fellow teammates Yelena Zhupiyeva and Natalya Artyomova.

Gabriele Andersen won the women's masters division in a solid 35:20. Andersen is from Switzerland and resides in Sun Valley, Idaho. Barbara Filutza of Erie, Pennsylvania, was second in 35:46.

A record 31,000 plus runners and walkers participated in the 11th annual Crescent City Classic sponsored by *The Times-Picayune*. The race has grown by leaps and bounds since the first Classic in 1979 drew 912 runners.

The world-famous Crescent City Classic post-race party along the Mississippi River behind the Audubon Zoo provided the backdrop and more than 30,000 wedding guests for the marriage of Paul Aucouin and Judi Ford from Thibodaux, Louisiana. Aucouin, who had just run 37:15, and Ford, 47:30, were pronounced man and wife by Judge Dennis Waldron, who had run 42:34.

"Tell me," said Aucouin, "how many people can claim they had 30,000 at their wedding reception and didn't have to pay for it! The march down the aisle covered almost seven miles." That included the walk to the awards stage from the finish line. It was a great beginning.

Overall Men's Results

1. Arturo Barrios 27:50, 2. Andrew Lloyd 28:00, 3. John Halvorsen 28:01, 4. Steve Binns 28:02, 5. Martin Pfitzinger 28:05, 6. Keith Brantley 28:07, 7. Joe Nzau 28:09, 8. Dionicio Seron 28:13, 9. Yobes Ondieki 28:15, 10. Jim Cooper 28:18.

11. John Doherty 28:25, 12. Patrick Sang 28:44, 13. Leonardo Reyes 28:54, 14. John Gregorek 28:59, 15. Francisco Pacheco 29:02, 16. John Bowden 29:13, 17. Martin Mongrard 29:14, 18. Carl Thachery 29:15, 19. Sammy Ngatia 29:15, 20. John Sherban 29:24.

Masters Men: 1. Joe Nzau 28:09, 2. Wilson Wiagwa 30:33, 3. John Custy 31:14.

Overall Women's Results

1. Sylvia Mosqueda 32:32, 2. Wendy Sly 32:50, 3. Christine Pfitzinger 32:59, 4. Diane Brewer 33:07, 5. Olga Bondarenko 33:11, 6. Maria Trujillo 33:14, 7. Carolyn Schuwilow 33:34, 8. Lisa Reed 33:49, 9. Natalya Artyomova 33:50, 10. Yelena Zhupiyeva 33:56.

11. Naureen Roben 34:12, 12. Ulla Marquette 34:17, 13. Joy Smith 34:46, 14. Cyndie Weiss 34:48, 15. Maria Jimenez 35:09.

Masters Women: 1. Gabriele Andersen 35:20, 2. Barbara Filutza 35:46, 3. Kathy Hardy 40:26.

Run for Fitness

April 15, Duarte, 5K & 10K.

Division Results - Men's 5K

13 & Under: 1. Alex Castaneda 19:37, 2. Elv Estrada 22:08, 3. Chris Nielsen 23:17, 14-17: 1. Marcus Van Doren 18:07, 2. Aron Miller 18:12, 3. Paul Wilson 19:09, 18-24: 1. Xavier Vega 18:24, 2. Aaron Rodriguez 19:19, 3. Leonard Sheneberger 20:15, 25-29: 1. Art Molina 16:19, 2. Filemon Rojas 17:27, 3. Carl Fabian 18:15, 30-34: 1. Dan Flores 17:58, 2. Fran Delach 18:55, 3. Christopher Garcia 19:19, 35-39: 1. Walt Hitt 17:39, 2. Steve Tarbell 18:40, 3. Darryll Fisher 19:51, 40-44: 1. Glenn Gorelick 18:37, 2. Adolfo Padilla 19:07, 3. Ty Gaffney 19:42, 45-49: 1. Phil Ryan 16:47, 2. Rich Cooper 18:11, 3. George Anderson 18:49, 50-54: 1. Joseph Umbrico 19:14, 2. Polo Savitz 19:21, 3. Sam Muller 20:41, 55-59: 1. Jerry Withers 20:19, 2. George Burnett 21:02, 3. P. Alexander 21:07, 60 & Over: 1. Larry Baruelos 20:38, 2. Dan Lujan 21:57, 3. Ray Thorne 22:15.

Division Results - Women's 5K

13 & Under: 1. Lea Ann Roach 38:59, 2. Jennifer Bernatow 39:55, 3. Kelli Nielsen 41:12, 14-17: 1. Jeannette Dover 25:57, 2. Patty Gallego 26:08, 3. Daria Kuczmierzcy 27:13, 18-24: 1. Carolyn Richards 19:01, 2. Elizabeth Jaime 20:27, 3. Maria Loera 23:15, 25-29: 1. Frances Hart 20:17, 2. Lynette Olson 23:39, 3. Carol Kozlovich 24:33, 30-34: 1. Kathy Hart 21:32, 2. Carole Corella 22:20, 3. Anne Brown 27:17, 35-39: 1. Margaret Finlay 21:28, 2. Christi Sutherland 24:04, 3. Dolores Marrique 24:59, 40-44: 1. Elizabeth Blair 20:54, 2. Barbara Reukema 23:07, 3. Eva Gural 23:20, 45-49: 1. Nancy Gough 26:57, 2. Sylvia Trowbridge 27:11, 3. Linda Fernandez 28:49, 50-54: 1. Marial Cipov 24:43, 2. Mary Salinas 28:49, 3. Dolores Vega 29:12, 55-59: 1. Ann Drury 30:33, 2. Lupe Castaneda 32:02, 3. Ellen O'via 33:44, 60 & Over: 1. Lucy Byers 35:15.

Division Results - Men's 10K

14-17: 1. Bill Kiddle 37:20, 2. John Kaufman 38:12, 3. Mark Howlett 39:00, 18-24: 1. Teddy Contreras 39:50, 2. Jesse Villa 41:42, 3. Jeff Emanuel 43:25, 25-29: 1. Dan Burton 35:45, 2. Chris Lepwich 39:21, 3. John Caro 39:45, 30-34: 1. Vinco Macias 35:36, 2. Bob Wilder 36:16, 3. Juan Quintana 37:27, 35-39: 1. Gary Foltz 33:24, 2. Takashi Yagisawa 35:16, 3. Enrique Serratos 35:29, 40-44: 1. Wayne Mitchell 38:02, 2. Fred Doubell 38:26, 3. Jose Estrada 40:28, 45-49: 1. Fred Grewen 38:42, 2. Joseph Scalzo 40:56, 3. Bill Costello 43:32, 50-54: 1. Carlos Valle 38:11, 2. Kurt Triesselmann 44:18, 3. Baldomero Pedraza 45:44, 55-59: 1. Sam Mayo 39:54, 2. Bob Strobel 45:16, 3. Emilio Chavez 46:29, 60 & Over: 1. Bob Koch 45:32, 2. Leo Prado 47:40, 3. James Adams 51:15.

Division Results - Women's 10K

14-17: 1. Franka Boras 42:34, 25-29: 1. Sandra Dettmann 45:47, 2. Nancy Lares 48:14, 3. Mary Taylor 55:31, 30-34: 1. Heather Dibdin 41:19, 2. Colleen Fitzgerald 42:53, 3. Laurie Land 44:49, 35-39: 1. Rochelle Turner 57:15, 2. Elizabeth MacKey 58:02, 3. Sandi Pulfz 1:08:43, 40-44: 1. Adell Williams 46:05, 2. Rosemary Baldazo 50:54, 3. Shirley Konya 54:19, 45-49: 1. Cecily Parke 44:02, 2. Ronda Garcia 50:05, 3. Raquel Magana 52:04, 50-54: 1. C.T. Kinman 1:16:27, 2. Audrey Moffat 1:21:24, 55-59: 1. Elaine Herlet 52:15, 2. Shirley Lawrence 1:03:04, 60 & Over: 1. Miked Swider 1:04:30.

Schoolpower 10K Classic

April 15, Laguna Beach.

Overall Results - Men

1. Jeff Dettmer (26) Anaheim 30:47, 2. Chris Hobson (20) 31:50.9, 3. Gus Quinonez (23) 31:52.9.

Overall Results - Women

1. Martha Merz (26) San Diego 36:01, 2. Elizabeth Vitalis (24) 37:49, 3. Harolane Walters (46) 38:20.

Division Results - Men

10 & Under: 1. Jarrod Garrison 37:22, 11-14: 1.

James Garrison 35:00, 15-18: 1. Philip Demontigny 33:24, 19-29: 1. Jeff Dettmer 30:47, 30-34: 1. George Mason 32:35, 35-39: 1. Enrique Alvarez 32:05, 40-44: 1. Ron Ogilvie 35:37, 45-49: 1. Tom Burns 32:59, 50-54: 1. Pablo Prietto 33:02, 60-69: 1. Richard Langelle 45:37, 70 & Over: 1. Walt Kuetzing 52:44.

Division Results - Women

10 & Under: 1. Heather Garrison 40:13, 11-14: 1. Angie Hansen 42:36, 15-18: 1. Inna Diaz 45:58, 19-29: 1. Martha Merz 36:01, 30-34: 1. Elaine Rutkowski 41:31, 35-39: 1. Trish Person 39:18, 40-44: 1. Sandy Carter 41:07, 45-49: 1. Harlene Walters 38:20, 50-59: 1. Judy Demenno 52:21, 60-69: 1. Lois Edds 54:43.

Crespi Celt Classic

April 16, Woodland Hills, 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Dan Keele 23:51, 2. Sean Lalley 23:57, 3. John Mare 24:41, 13-15: 1. Bryan Maloy 19:55, 2. Mike Robinson 21:32, 3. Jim Olguin 23:02, 16-20: 1. Colin Pratt 17:14, 2. Arturo Quessada 18:12, 21-30: 1. Nick Trozzi 18:18, 2. Mike Wood 18:20, 3. Joe Gould 19:07, 31-40: 1. Michael Guidarelli 22:34, 2. Michael Alexander 22:50, 3. Howard Peck 24:03, 41-50: 1. David Marder 15:03, 2. Fred DeFinney 26:38, 3. Dwight Hunt 26:53, 51-60: 1. David Martin 27:59, 2. John Burns 29:27, 61 & Over: 1. Robert Albin 33:28, 2. Robert Roman 34:16.

Division Results - Women's 5K

12 & Under: 1. Cristina Quessada 26:17, 2. Florence Lim 26:28, 13-15: 1. Melissa Parker 27:03, 2. Maureen Keele 32:50, 3. Christine Volting 32:55, 16-20: 1. Esperanza Martinez 26:10, 21-30: 1. Tami Forsyth 20:34, 2. Simone Van Eymond 29:07, 31-40: 1. Jill Malley 27:31, 2. Mary Raymond 28:01, 41-50: 1. Leslie Stephan 26:03, 2. Susan Davis 33:28, 3. Brenda Martin 34:55.

Division Results - Men's 10K

13-15: 1. John Lim 42:41, 2. Mike Burk 43:28, 3. Sean Burns 43:34, 16-20: 1. Kenneth Schuberg 34:48, 2. Stefan Montag 35:08, 21-30: 1. Luis Suarez 43:48, 2. James Bononi 44:58, 3. Brian Whitten 45:35, 41-50: 1. Tom Sumner 45:38, 2. Paul Davis 47:15, 3. Leonard Olguin 47:24, 51-60: 1. John Van Eymond 50:28, 2. Barry Boston 50:59, 3. Doug West 52:33, 61 & Over: 1. Robert Albin 52:35.

Division Results - Women's 10K

21-30: 1. Dawn Bovingdon 45:36, 31-40: 1. Suann Maier 47:08, 41-50: 1. Suann Porter 47:19, 2. Lillian Talkman 53:04, 51-60: 1. Darlene Peterson 57:08.

Earthquake Day 10K

April 16, San Mateo.

Everyone knows that in April of 1906, "The Big One" occurred. Annually, San Mateo County and San Mateo County Employee Credit Union host



RICK BRUESS

Photo by Gene Cohn Productions

RESULTS

Pacific Sun 10K (PA-TAC Masters LDR Championships)

By MARK WINITZ

May 29. College of Marin, Kentfield.

In its 12th year this popular road race through the flat suburban neighborhoods of Kentfield, Larkspur, and Ross in Marin County took a giant leap toward the top of looming Mt. Tamalpais. It's amazing what a hard-working race organization and over \$5,500 in prize money plus performance bonuses can do for a race. This version produced exemplary competition in both the open and masters categories, and gave everyone lots of reasons for turning out.

Run in almost ideal, temperate-but-sunny conditions, the race produced a depth of last times that brought back memories of Northern California's Penotín 10K, which we can only wistfully recall.

For the past several years, race director Kees Tuinzing has concentrated on making Pacific Sun one of the top masters roads races in the country. By offering over \$3,100 in prize money in the masters divisions, once again securing the bid for the race to serve as PA-TAC's Masters 10K Championship, and then by adding masters course record incentives—Tuinzing got the race he had counted on in the older ranks. But he also got more than he had bargained for, as more than a flurry of top younger competitors (particularly on the men's side) decided it was time to go head-to-head in the shadow of Mt. Tam.

But it was, ostensibly, the masters' day, so that's where we'll begin. 1988's master multi-award winner, Laurie Binder, was on the starting line despite a strap throat and a heavy racing schedule. Well-traveled, Laurie was determined to continue her support of racing on the local scene by participating. The prospect of her inside shot at some duel earnings in both the women's masters and open categories was virtually undisputed. But the defending PA-TAC Masters Champion (secured in this same race last year) would have a bit of a challenge. A certain New Zealander named Heather Matthews, age 42, a 1978 Olympic silver medalist in the 3,000 and a former student of coach Arthur Lydiard was in town on a U.S. tour, visiting her friend Joan Ulyot. The Auckland interior designer was in shape, as demonstrated by a 34:35 per-

formance a week before at the Revco-Cleveland 10K.

Following the gun for the women's start (5 minutes after the men's), the master twosome stuck like glue for 3 miles behind front runner Robyn Root and defending champion April Powers. "I didn't think Laurie was going particularly well, so I decided that I'd make a break at that stage," related Matthews. "I managed to pick up April at 4 miles, which really helped. She tried to get away but I stuck with her."

It wasn't until the last 300 meters, finishing on the College of Marin track, that Powers broke the Kiwi. Final results: 1-Root (33:35; 9-seconds off Powers CR set last year), 2-Powers (34:23), 3-Matthews (34:30), and 4-Binder (35:12). 3rd place 40+ woman, Joan Colman (36:49) finished 10th overall.

Matthews had a nice pay day (\$600), picking up \$200 for topping the 40-49 age group, another \$150 for 3rd overall, \$50 for a sub-36, and an additional \$200 for breaking Binder's master's CR of 34:57 set last year. Laurie received \$200 in PA-TAC prize funds for 1st PA-TAC master, plus \$100 for 4th overall. Root and Powers received \$500 and \$200 respectively.

The men's masters race was decided early on—by a shoelace. Less than a mile into course, the shoe of defending masters champ Steve Ferraz came untied. He stopped, momentarily, to tie it, but the pause let co-leaders Bill Sevald and Sal Vasquez get away. Jerry Jobski, James Press, and David Furst, also, came roaring past.

"I ran the next mile in about 4:50 trying to catch them, but it just killed me," Ferraz said. "It took everything out of me."

A half mile later Sevald took control and passed 5K in 15:38, followed by 49-year-old Vasquez, and newly turned master Press. That order was retained through the tape: Sevald (31:45, \$200), Vasquez (32:08, \$100), Press (32:43, \$75), Ferraz (32:56, \$50) caught Jobski (33:01, \$25) on the track and swept by him, wrapping up 4th master.

"I was kind of surprised," said new masters champ Sevald, "because I've had a cold the past of couple of days. But I can't argue (the outcome). The race went fine. I ran very evenly."

In the other masters divisions, Darryl Beardall (34:50) continued his domination of

the 50-54 ranks, Pennsylvania's master phenom Norm Green (33:22) tied Alex Rattelle's M56-59 AR, Ironman triathlete Dave Stevenson (38:34) topped the 60-64 group, Gary Toji (44:43) the 65-69ers, and Don Lundberg (46:58) the over 70s. 80-year old Mel Shine took 2nd in the 70+ group.

Soon-to-be Dipsea winner, Eve Pell (39:48) thumped the 50-54 women, indefatigable Marion Irvine (42:25) did the same among the 55-59 competitors (look that one up, Marion!), Kit Pickles (51:38) headed age 60-64 women on no speedwork, and Jaclyn Caselli (49:15) topped the currently listed TAC F68 AR in the 65-69 group.

Among the open men, the race was a burner. The best crop of California men seen in the same field for some time showed up to duke it out. Track man Jay Marden, getting in some road racing prior to a 10,000 bid at the upcoming Track & Field Nationals, used a series of surges mid-race to break last year's winner Danny Aldridge, Carmelo Rios, Kenya/Van Nuys's Sam Obwocha, and Ivan Huff—as 16 men went sub-31 and 9 sub-30. Marden's winning 29:09 broke the course record, earning him \$700 all told.

"We came through 5K in a pretty slow 14:42," recalled the former Cal-Berkeley miler. "I was feeling pretty good. Heck, in another month (at TAC Nationals) I'm going to have to go out in 13:50. But when I put in a surge and then looked over my shoulder, I couldn't believe it. There was Danny (Aldridge). It's great that he's coming back. I'm happy for him. Carmelo (Rios) went with us, too. At 4 miles I put in another surge, and Carmelo started to drop off then. At 4-1/2 I made another move and that got me home free."

Aldridge (2nd, 29:02) even surprised himself with his performance. The owner of a 3:38 1,500 and 13:30 5,000, and now 33, he has revised his training and suddenly popped back into top placings. "This was a truly stellar field," admitted Danny. "I got here and I said just let me get in the top ten. What's happening is that I've eased off on my training mileage and I'm just racing. It looks like it's paying off."

The PA-TAC team competition among masters had race host Tamalpa (who were providing race volunteers) taking 1st in both men's and women's Senior divisions and 2nd in the men's 40+. (Additional team and individual results are shown below.)

With a total increase in the overall field (1,331 finishers), and renewed credentials as an excellently organized race that produces fast times and royal treatment for every runner—Marin's Pacific Sun looks like

its days in the springtime Pacific Sun are just beginning.

RESULTS

Overall - Men

1. Jay Marden 29:09, 2. Dan Aldridge 29:22, 3. Carmelo Rios 29:30, 4. Sam Obwocha 29:36, 5. Ivan Huff 29:37, 6. Derrick May 29:40, 7. Rich McCandless 29:46, 8. Alan Dahlinger 29:50, 9. John Moreno 29:52, 10. Tyrus Dammiter 30:05.

Division Results - Men

- 5-18: 1. Peter Johnson 36:05, 2. Bruce Lin 37:02, 3. Sylvester Coons 37:27, 19-29: 1. Jay Marden 29:09, 2. Carmelo Rios 29:30, 3. Sam Obwocha 29:36, 30-34: 1. Dan Aldridge 29:22, 2. Derrick May 29:40, 3. Rich McCandless 29:46, 35-39: 1. Mike Lundblad 31:21, 2. Don Paul 32:02, 3. Robert Alexander 32:23, 40-44: 1. Bill Sevald 31:45, 2. James Press 32:43, 3. Steve Ferraz 32:56, 45-49: 1. Sal Vasquez 32:08, 2. Jon MacPherson 33:46, 3. George Mason 34:05, 50-54: 1. Darryl Beardall 34:50, 2. Tom Mota 35:31, 3. Carlos Aguirre Salazar 36:10, 55-59: 1. Norm Green 33:22, 2. Everett Riggle 37:42, 3. Morton Gray 37:54, 60-64: 1. Dave Stevenson 38:34, 2. Boyce Jacques 38:53, 3. Joe King 39:19, 65-69: 1. Gary Toji 44:42, 2. Robert De Chene 45:25, 3. Flory Rood 50:02, 70 & Over: 1. Don Lundberg 46:58, 2. Mel Shine 51:04, 3. Ted Flogg 54:03.

Overall - Women

1. Robyn Root 33:35, 2. April Powers 34:23, 3. Heather Matthews 34:30, 4. Laurie Binder 35:12, 5. Bev Marx 36:16, 6. Nan Hall 36:29, 7. Elsa Pizarro 36:30, 8. Robyn MacSwain 36:39, 9. Susan Putney 36:41, 10. Joan Colman 36:49.

Division Results - Women

- 5-16: 1. Wendy Beardall 44:57, 2. Sherinah Underhill 53:56, 3. Jennifer Haddon 57:08, 19-29: 1. Robyn Root 33:35, 2. Elsa Pizarro 36:30, 3. Robyn MacSwain 36:39, 30-34: 1. April Powers 34:23, 2. Nan Hall 36:32, 3. Pauline Brown 37:52, 35-39: 1. Bev Marx 36:16, 2. Wink Luwin 38:03, 3. Beckie Simmie-Kesacker 39:05, 40-44: 1. Heather Matthews 34:30, 2. Laurie Binder 35:12, 3. Janet Jordan 37:06, 45-49: 1. Joan Colman 36:49, 2. Barbara Miller 38:39, 3. Margie Lindsey 39:59, 50-54: 1. Eve Pell 39:48, 2. Vicki Bigelow 41:15, 3. Heidi Skaden 41:57, 55-59: 1. Marion Irvine 42:25, 2. Marly Maride 46:57, 3. Doris Aronson 47:13, 60-64: 1. Kit Pickles 51:38, 2. Liese Rapozo 58:42, 3. Pat Hale 58:48, 65-69: 1. Jaclyn Caselli 49:15, 2. Els Tuinzing 54:59.

Team Results - Men

- Masters:** 1. Excelsior, 2. Tamalpa, 3. West Valley Joggers & Striders. **Seniors (50+):** 1. Tamalpa, 2. WVJ&S, 3. Lake Merritt Joggers & Striders. **Super Seniors (60+):** 1. Lake Merritt J&S.

Team Results - Women

- Masters:** 1. Impala, 2. West Valley TC, 3. Highland Striders. **Seniors (50+):** 1. Tamalpa, 2. Impalas, 3. NorCal Seniors. **Super Senior (60+):** No team scored.

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RESULTS

Russian River Marathon, Half & 8K (PA-TAC 8K LDR Championship)

By MARK WINITZ

June 4 Ukiah.

You can't please everyone all of the time, the old saying advises. That may, indeed, be true—with the world of road racing no exception. But the Russian River Run tries darn hard to do just that. And with races at three distances, a traditional carbo-loading party the evening before, an idyllic rural setting, and honest courses that challenge but also offer possibilities for fast times, they come pretty close. The events also have a built-in spectator/participant appeal for those runners who enjoy competing and doing a little watching besides. With a 6 AM start for the marathon and half marathon and 8 AM for the 8K, it's possible to get in some racing action and watch a lot of it too.

Race morning dawned with the unfamiliar peal of thunder and flashes of lightning in the distance. Overnight, the usual moderate-but-warm early June climate of the Russian River-Alexander Valley region was replaced by a surprise Mid-Western style cloud spitter. The eventual winner of the 26.2-mile, Placerville's Craig Moore (2:41:40) and his family were pulled out of flooded sleeping bags at 4:30 AM having camped overnight at nearby Cape Mendocino. Moore never really dried off until he crossed the finish line several hours later, 22 seconds ahead of 2nd-placer George Staub. "I was just out for a training run," said Dr. Moore, a family practice physician and sub-2:20 marathoner.

The Pacific Association 8Kers, out for yet another LDR Grand Prix Championship—this one contested in all divisions—watched half marathon overall winners Jerold Drew (1:14:23) and Kimberly Shaffer (1:22:04) emerge from the wet grape vineyards. Drew had finished a full eight minutes off his own course

record of 1:06:22. Then some waiting racers ducked for cover as another spitter passed through, while others began their warmups. Runners in the masters ranks prepared for their second Grand Prix race in a week, having competed at Pacific Sun on Memorial Day. Some top open division runners were also making a quick comeback, returning to the line from Bolder Bolder six days earlier.

By the 8K gun, the conditions were perfect for racing. The rain had quit, little wind, under gray skies. The runners had the rural, mostly gently sloping loop all for themselves.

"I pushed it from the word go and kept on pushing," said Reno's Alan Dehlinger, who had emerged from a bit of a racing slump at Pacific Sun, placing only 8th, but running 29:50. "Nothing really happened until about 2-1/2 miles when we turned the corner. I looked back and there were about thirty guys behind me. I couldn't believe it because I was running hard."

Heading the stalkers were the Tibaduiza brothers and Jose Aspuro. Mile 3 saw 14:30 on the watch. At 3-1/2 Miguel Tibaduiza took the point and Dehlinger fell in behind. But forcing the pace up a short brisk hill a half mile later, Dehlinger reached the apex, and started to turn right at the last turn. The certified course went to the left. However, after receiving correct directions, Dehlinger pushed it home in 23:34, gapping Miguel T. by 10 seconds. Domingo T. (who had run 30:39 at Bolder Boulder to Miguel's 30:52) battled Aspuro for the final spot in the prize money, as the Columbian's 23:53 edged Jose by 2 seconds. Rob Anex (24:01) emerged 5th, moving up from 10th place midway through.

Danny Grimes' CR of 23:18 remains intact. Some men were obviously thankful that Grimes—a resident of nearby Cloverdale—elected to stay home.

Bill Sevald (24:59) comfortably picked up his second masters 40+ title in as many

weeks, followed by Jim Press (25:59) and Jerry Jobski (26:06). Familiar names Darryl Beardall (28:12) and Boyce Jacques (31:10) secured the 50+ and 60+ titles respectively.

Sevald, now 43, left more than a few masters thinking. Last year, PA-TAC Grand Prix masters champ Steve Ferraz, at 40, won this race outright in a time 24 seconds slower than Bill's present mark.

Terry Puckett continued her domination among open women on the 1989 PA-TAC Grand Prix circuit by running an excellent solo 26:44 after running a disappointing race in altitude and heat at Boulder. Terry tumbled her own previous Russian River 8K record of 27:18. She also owns the half marathon CR at 1:16:52 which will probably stand for awhile.

Rosy Tibaduiza-Cardenas (28:37) completed the cleanup by Reno runners, as her strong 2nd place indicated that she's back on track. Peggy Smyth (28:41), returning from a voluntary two-month hiatus from serious training and racing, ran a challenging 3rd after she and Tibaduiza-Cardenas passed a fading Laura Sanchez (4th, 29:03) in the last mile.

Joan Colman (29:21) continued to accumulate masters points on the women's side as Hilary Naylor (31:05) earned 2nd in that category, followed by Senior (50+) competitor Vicki Bigelow whose superb 31:56 was good for 3rd master overall. Bigelow's effort topped the currently listed F53 single age American 8K record.

PA-TAC prize money in the 8K went \$125/\$75/\$50 for open men and women; \$100/\$50/\$25 for masters, and \$75 for top seniors (50+) and super seniors (60+). Team prize money was also awarded, although team results were not available as of this writing.

If you missed Russian River this year, please consider it on next year's race calendar. The beautiful Russian River-Mendocino area provides a relaxing getaway, ample accommodations are available in nearby Ukiah, and good weather and a diversity of race distances are guaranteed.

RESULTS - 8K Overall

1. Alan Dehlinger 23:34.7, 2. Miguel Tibaduiza 23:44.1, 3. Domingo Tibaduiza 23:53.4, 4. Jose Aspuro 23:55.6, 5. Robert Anex 24:01.8, 6. Mark Hoel-

er 24:08.8, 7. Tom Borschel 24:10.1, 8. Juan Ramirez 24:14.5, 9. Craig Steinmaus 24:20.7, 10. Joaquin Leano 24:23.6, 35. Terry Puckett (1stF) 26:44.3.

8K Division Winners

Women 20-29: 1. Rosy Tibaduiza-Cardenas 28:37.4, 2. Laura Sanchez 29:03.4, 3. Donna McKennon 31:13.5, Women 30-39: 1. Terry Puckett 26:44.3, 2. Peggy Smyth 28:41.4, 3. Barbara Frank 29:04.1, Women 40-49: 1. Joan Colman 29:21.9, 2. Hilary Naylor 31:00.5, 3. Vicki Chase 33:01.0, Women 50-59: 1. Vicki Bigelow 31:56.5, 2. Birthe Kirsch 34:00.7, 3. Heidi Skuden 34:22.8, Men 13-19: 1. Gabriel Mikosa 27:42.9, Men 20-29: 1. Alan Dehlinger 23:34.7, 2. Jose Aspuro 23:55.6, 3. Mark Hoeler 24:08.8, Men 30-39: 1. Miguel Tibaduiza 23:44.1, 2. Domingo Tibaduiza 23:53.4, 3. Robert Anex 24:01.8, Men 40-49: 1. Bill Sevald 24:58.4, 2. James Press 25:59.9, 3. Jerry Jobski 26:06.5, Men 50-59: 1. Darryl Beardall 28:12.9, 2. Everett Higgie 29:48.6, 3. Frederick Matos 30:06.3, Men 60-69: 1. Boyce Jacques 31:10.8, 2. Alan Belton 32:35.6, 3. Don Pickett 33:23.4.

RESULTS - Half Marathon Overall

1. Jerold Drew 1:14:23, 2. Joe T. Woods 1:16:15, 3. Gabriel 1:16:54, 4. Steven Naiman 1:17:33, 5. Tim Souza 1:19:06, 6. Steve Noll 1:19:22, 7. Charles Crompton 1:19:42, 8. Joseph Sayles 1:21:46, 9. Jaime Sandoval 1:22:00, 10. Kimberly Shaffer (1st-F) 1:22:04.6, 19. Lura Damiano (2nd-F) 1:25:06, 34. Mary Ciley (3rd-F) 1:31:06.

Half Marathon Division Winners

Women 13-19: 1. Brandi Rodwell 1:40:09, Women 20-29: 1. Kimberly Shaffer 1:22:04, 2. Colette Swim 1:34:52, 3. Annette Shearer 1:37:10, Women 30-39: 1. Lura Damiano 1:25:06, 2. Mary Ciley 1:31:06, 3. Toni Lovvi 1:34:27, Women 40-49: 1. Nouna Harris 1:36:06, 2. Diane Reber 1:42:47, 3. Nancy Pelayo 1:42:47, Women 50-59: 1. Cels Widin 1:53:45, 2. Hissae Reichel 1:55:05, 3. Lois Cook 2:13:14, Women 60-69: 1. Lissa Rapozo 2:10:06, 2. Joy Scott 2:51:24, Men 13-19: 1. Hector Delgado 1:27:35, Men 20-29: 1. Tim Souza 1:19:06, 2. Steve Noll 1:19:22, 3. Joseph Sayles 1:21:46, Men 30-39: 1. Jerold Drew 1:14:23, 2. Joe Woods 1:16:15, 3. Steven Naiman 1:17:33, Men 40-49: 1. Gabriel Sandoval 1:16:54, 2. Charles Crompton 1:19:42, 3. George Forman 1:24:25, Men 50-59: 1. Robert Barber 1:23:02, 2. David Reichel 1:35:25, 3. Mike Calahan 1:43:57, Men 60-69: 1. Robert Bolote 1:44:49, 2. Tony Kelly 2:06:37, 3. Wally Rapozo 2:06:44.

RESULTS - Marathon

1. Craig Moore (30-39) 2:41:40, 2. George Staub (30-39) 2:42:02, 3. Timothy Martin (40-49) 2:58:49.

no (33) 50:04, 5. Nikos Moutros (31) 51:27, 6. Daniel Labrecque (33) 51:45, 7. Thomas Staff (27) 51:58, 8. Walter Bortz (29) 52:11, 9. Glen Bewick (44) 52:15, 10. Michael Powell (46) 52:31.

11. Betsy Fraser-Smith (50) 53:39, 12. Arnie Hamilton (27) 54:00, 13. Richard Laine (50) 54:41, 14. Bill Wallace (66) 56:02, 15. Tony Fraser-Smith (50) 56:28, 16. Bonnie Storm (43) 56:43, 17. Sten Mawson (47) 57:00, 18. Tom Schmidhauser (32) 57:49, 19. Steve Haddock (30) 58:10, 20. Andre Borgman (28) 58:18.

Overall Results - 3.5 Miles

1. Eduardo Convera (29) 30:29, 2. John Panne (31) 32:33, 3. A.J. Guaspari (23) 35:16, 4. Mark

Huffman (31) 35:30, 5. Nelson Kersey (24) 35:56, 6. Judith Russo (45) 36:09, 7. John Zickar (32) 37:22, 8. Jon Carman (33) 37:51, 9. Doug Smith (44) 38:54, 10. John Dogosino (28) 40:18.

Banner Run IV

May 7. San Jose, 10K

Overall Winners - Men

1. John Marden 31:18, 2. Robert Tapia 32:12, 3. Charles Townsend 34:50.

Overall Winners - Women

1. Laura Sanchez 36:22, 2. Susan Putney 36:23, 3. Kim Scholte 36:28.

Scenic Bay Run

May 7. Seaside, 3.95 Mile.

Overall Results

1. G. Green 20:18, 2. K. Johnson 21:49, 3. E. Supnet 22:16, 4. J. Snyers 22:26, 5. S. Deschler 22:42, 6. Archer 22:59, 7. C. Bailey 23:19, 8. E. Frezer 23:24, 9. R. Sharp 23:45, 10. T. Winglow 24:04.

Division Results - Men

15 & Under: 1. Supnet 22:16, 2. Campbell 24:26, 3. Mangin 34:31, 16-25: 1. McDowd 30:22, 26-35: 1. Bailey 23:19, 2. Winglow 24:04, 3. Sternberg 24:23, 36-39: 1. Green 20:18, 2. Deschler 22:42, 3. Archer

22:59, 40 & Over: 1. Johnson 21:49, 2. Snyer 22:26, 3. Frezer 23:24.

Division Results - Women

15 & Under: 1. Fisher 43:07, 16-25: 1. Camera 25:40, 2. Larsen 30:36, 3. Laggate 32:15, 26-35: 1. Geringer 24:09, 2. Calmes 24:37, 3. Karhowski 27:27, 36-39: 1. Mociom 31:37, 2. Reynolds 38:41, 3. Berminger 43:22, 40 & Over: 1. Pell 24:38, 2. Brines 27:32, 3. Ashans 29:52.

Division Results - Walkers

26-36: 1. Balderelli, 2. Crank, 40 & Over: 1. Woloshlager 51:18, 2. Gergus 51:25, 3. Olan 53:28.



Road Running Round Up

By PHIL STEWART
National Columnist, Running International

What's left for a name?: A decade after running came of age, I had a hard time coming up with a name for a new running column for *Running International* which hasn't appeared elsewhere else. *Running Times Magazine* has "Running Shorts," *Runner's World* has "Warm Ups," the *Road Runners Club of America* publishes "Footnotes," Joe Henderson has "Running Commentary," Paul Christman uses "Running Stats," regional publications have laid claim to "Inside Running," (Washington) "Running Report," and "Running Journal." I rejected, as I imagine others have before me, names like "Running on Empty" (I'm not), "The Aid Station," "Timely Topics," "Street Feats," "Keeping Track" (this is road running) and "Keeping Up" because they didn't seem to express what I hope to do. I liked "Heard on the Streets," but I figured it wouldn't be too long before I got a call from a running-lawyer from the Wall Street Journal or the Dow Jones Company.

So in the end, I decided on the modest, unpretentious "Road Running Round Up." This quarterly column will cover news from inside the sport of long distance running—personalities, event management, governance, politics, trends, and issues facing the sport.

Children's Running Booklet available from Road Runners Club of America: Everyone seems to talk about the problem of the lack of fitness in the rising generation, but the Road Runners Club of America is actually doing something—in fact several things. Working with the support of Nike, the RRCA has just awarded grants totaling over \$13,000 for children's running programs operated by RRCA clubs. One of the grants, awarded to the Association of Road Racing Athletes, is for printing of camera-ready copy for a series of "Children's Running Tips." Ideal for distributing at schools and through running clubs, each "slick" contains a tip for youngsters from running stars such as Alberto Salazar, Anne Audain, Pat Porter, Lynn Jennings and others. Originals are available at no charge from ARRA, 807 Paulsen Bldg., Spokane, WA 99201. Finally, the RRCA is distributing a Children's Running booklet, written by runners and parents Don Kardong and Jim Ferstle, loaded with practical advice for both kids and parents. Copies are available for \$1.50 from the RRCA Office, 629 S. Washington St., Alexandria, VA 22314.

State Programs for the Ekiden Relay: Basking in the success of the second Ekiden Relay held in New York

City on April 9, The Athletics Congress is considering developing the selection processes used to select the teams from all 50 states, Washington, D.C. and New York City. For the 1989 event, selections were made by a coach/manager from each state during the month of February. With more advance notice, each state could develop a customized selection process involving a single race, a state grand prix circuit, or a state Ekiden race. This year California took top state honors, followed by Arizona and Colorado. The bottom three states were West Virginia, Delaware and Wyoming. The United States national team placed second to Ireland.

The facts about drug testing at road races: If you're a member of the 3 hour marathon or 40 minute 10K sets, you don't have to be worried about getting drug tested at your local road race. The Athletics Congress (TAC) is targeting elite competitors at major road races for its in-competition testing program. Approximately 12-15 road races wind up being selected from a pool of the country's most competitive races. Then only top athletes are selected at these events. The testing covers "performance enhancing" drugs such as steroids and ephedrine. The problem for elite runners is that many over-the-counter medications such as Sudafed contain banned substances, so they need to be careful. TAC recently authorized an "Out of competition testing" program under which runners ranked among the top 25 in their event are given 48 hours to report for a drug test at any time.

How much is too much downhill? A debate is raging among members of TAC's Road Running Technical Committee (RRTC) over what to do about records set on downhill courses. Currently TAC considers courses "loops," and eligible for "fully recognized" records, if the total drop is less than 2 meters per kilometer and the start and finish are not more than 10% of the race distance apart (1 mile for a 10-mile race, etc.). All other courses such as the Boston Marathon, the Pittsburgh Great Race and the Fontana Days Half Marathon fall into the point-to-point category. Records set on these courses are accepted, but are given lower status as "point-to-point" aided marks. Some RRTC members want to place further limits on point-to-point courses by excluding those courses with excessive elevation losses from eligibility for any records whatsoever. The debate is over where to draw the line. Interestingly, the running community has set some informal

standards of its own. In general, the 2:22:43 run by Joan Samuelson in the 1983 Boston marathon, which drops about 450 feet, is widely accepted as the American record; while the 59:42 run by Terry Cotton at Fontana Days, which drops 3500 feet, is not (even though TAC accepts both as point-to-point marks).

The Clydesdales Are Here: Heavyweight runners now have their own organization—the Clydesdale Runners Association. The non-profit group provides information on the relationship between weight and performance, lobbies for inclusion of weight divisions in races, and publishes a newsletter, "Clydesdale News," which contains a calendar of races with weight divisions. Membership is \$10, payable to Clydesdale Runners Association, and mailed to 1809 Goldmine Rd., Brookville, MD 20833.

Quotable: Herb Wills, the top American finisher at the Boston Marathon, speaking on the lack of success of Americans on the international marathon scene: "If anything's wrong, (it's that) we're not doing enough distance right now. It's a sport-wide problem. You pick up a running magazine and see some idiotic thing on the front cover that says 'train less and run faster.'"

Parting Thought: Runners are not invincible. The terrible reality we learned when Jim Fixx died five years ago this summer happened again in Maine this spring. On April 9, 37-year-old Bruce Ellis, who clocked 2:17:54 in the 1986 Twin Cities Marathon, ran 30:08 in the Boston Milk Run. Six days later he died of a heart attack.

Address comments or items for consideration in this column to Phil Stewart, c/o Road Race Management, 1201 S. Eads St., Suite 2, Arlington, VA 22202.

Phil Stewart is Editor of Road Race Management, a monthly newsletter for race directors and individuals involved in race administration and sponsorship. Running International is a network of regional running publications in the U.S., Canada, and Europe including California Track & Running News.

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