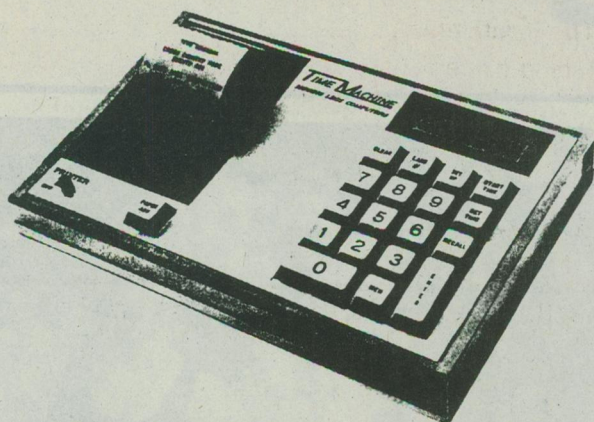




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# CALIFORNIA Running News

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## FROM THE EDITOR

### Be Cool

It's 104 degrees in Fresno today. For me, that's too hot. Too hot, for sure, to go for an afternoon run. So, what to do? I could wait until it cools off -- but, that will be after midnight. I could just skip today's workout and get up early tomorrow to beat the heat-- but, missing a day? Unthinkable! For me it will be off for a run in the Fresno Pacific College swimming pool. Yes, *running* in the nice, cool pool.

I was first introduced to water workouts as a form of therapy and alternate exercise for injured athletes. That was 10-years ago. Now, water workouts are commonly included into a healthy training program. Aqua training is a good form of cross-training. In addition, pool workouts reduce the trauma to the legs that one would otherwise experience with normal terrestrial weight-bearing running. Besides achieving the benefits of typical swimming, one can actually "run" in the pool. You can, of course, run in the shallow end, but, with practice, it is also quite possible to run in the deep end; without touching the bottom, with or without a flotation device.

If you are not fortunate enough to have access to a pool and find yourself confronted with a hot weather run, then be prepared. Nancy Clark's "Keeping Your Cool" article in this issue should provide some insight. Remember to take it easy and drink lots of water.

Other sound advice for runners can also be found this month in Jeff Galloway's feature called "What's the 'Ideal' Surface?" Then you can pick up some helpful information regarding your knees in the "TLC For Your Aching Knees" piece from the American Running & Fitness Association. This issue's Road Race Spotlight highlights the Gardena 5000 by veteran writer, runner, photographer, Dick Slotkin. All this, plus the regular load of schedule information, race results, and book review.

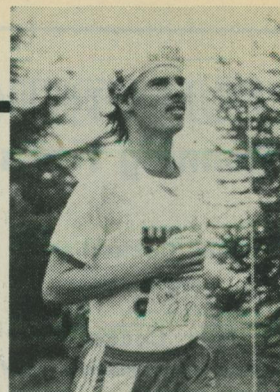
Dig in and go for it, but remember to "be cool."

**ON THE COVER:** Who's got the genes? The lead pack at the Gardena 5K/Joyce Momita Invitational included (left to right): **BARAK HUSSEIN, WES ASHFORD, ALFREDO VIGUERAS, BRIAN ABSHIRE** and **JOHN HUME**.

Photo by Richard Lee Slotkin

# 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 (Thursday)

**Vandenberg AFB:** Firecracker 5K/10K, (Date changed from 7/2/93). Fitness Center, Time TBA. Info: (805) 734-8232, x 3832.

## July 3 (Saturday):

**San Luis Obispo:** Ken Harvey Memorial Joker's Wild Run, 4 Mi., Sinsheimer School, Time TBA. Paul Spangler, 3107 Flora St., San Luis Obispo 93401. (805) 543-8364.

**San Rafael:** China Camp Shoreline Marathon, Half Marathon & 8 Mile. China Camp State Park (Miwok Meadows). 8 a.m. EnviroSports, Box 1040, Stinson Beach 94970 (415) 868-1829.

**Sonoma:** Korbøl Champagne 5K, Sears Point Raceway, 7 a.m. Sears Point Raceway, Hwy. 37 & 121, Sonoma 95476. (707) 938-8448.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Lemoore:** Lemoore-Navy July 4th Celebration Fun Run/Walk. 7 a.m. Lemoore City Park. 10K or 3K. (209) 924-6767.

**Anaheim Hills:** Firecracker 5K/10K, Canyon H.S., 7:30 a.m. Info: (714) 630-6473 (days), (714) 974-0919 (eves).

**Las Vegas, NV:** LVTC 5 Mi. & Picnic, Silk Purse Ranch (8101 Racel near Tule Springs), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV. 89190. (702) 252-7249.

**Rocklin:** Rocklin Jubilee 5K, 10K and Youth Fun Runs. Sierra College (916) 632-4100.

## July 4 (Sunday):

**San Francisco:** DSE Peak Busters Benefit Run, 4.6 Mi. & 1/2 Mi. Kids' Run, Lake Merced (Sunset Blvd. Pkg. Lot), 9:30 a.m./Kids, 10 a.m. Info: (415) 566-2342.

**Palo Alto:** The Palo Alto Chini Chase 5K, Mitchell Park (3500 Middlefield Rd.), 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Milpitas:** Milpitas Firecracker Festival 5K/10K. 8:30 a.m./5K; 8:50 a.m./10K. 1235 E. Calaveras Blvd. Joan Carrico, Milpitas Leisure Services Dept., 457 E. Calaveras Blvd., Milpitas 95035 (408) 942-2470.

**San Ramon:** Run San Ramon Independence Day Classic, 5K/10K, San Ramon Central Park (Alcosta Blvd. & Bollinger Cnyn. Rd.), 8:30 a.m. City of San Ramon Parks & Community Services, P.O. Box 5148, San Ramon 94583. (510) 275-2300.

**Santa Cruz:** Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, Santa Cruz Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 429-3477.

**Fairfield:** Fairfield Run for Independence, 5K/10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135 eves, (707) 449-1368.

**Kenwood:** Kenwood Footrace, 3K/10K, Hwy 12 & Warm Springs Rd., 7:30 a.m./3K, 7:32 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493 x 704 phone reg.

**Murphys:** Hemia Hill Half Marathon, Avery, 8:30 a.m. "On Your Mark", P.O. Box 2061, Arnold 95223. (209) 795-7832.

**Moraga:** The Fourth in Moraga, 1K Kids' Run, 2 Mi. & 5 Mi., Moraga Commons (Moraga Rd. & St. Mary's Rd.), 8 a.m./1K, 8:15 a.m. Sky High, P.O. Box 20963, El Sobrante 94803. (510) 841-1190.

**Sacramento:** Fourth of July River Run, 5 Mi., Glen Hall Park, 8 a.m. (free!) Dick Kinter, 6847 Sutter Ave., Carmichael 95608. (916) 944-1503.

**Clarksburg:** Delta Duathlon Series (1.7mR/11.5mB/1.7mR), Delta High School, 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

**Pozo:** Firecracker 5K. Pozo Saloon (Pozo Rd. off Hwy 58 past Santa Margarita Lake). 8:30 a.m. Info: (805) 541-6489 or 544-4671.

**Atwater:** Run for Independence, Distance TBA, Ralston Park (3rd & Grove), Time TBA. No Contact Available.

**Northfork:** Chainsaw Ridge Run. 10K or run/walk 2 miles. 7:30 a.m. Mammoth Pool Rd. and Main St. (209) 877-4379.

**Santa Barbara:** Semana Nautica 15K, Location & Time TBA. Info: (805) 564-2052.

**Santa Barbara:** Semana Nautica Beach Biathlon, 4mR/1mS, East Beach, Time TBA. Info: (805) 564-2052.

**San Luis Obispo:** Ken Harvey Memorial Joker's Wild run. 4 mile. Sinsheimer School. 8:30 a.m. Contact Paul Spangler, 3107 Flora St., San Luis Obispo 93401 (805) 543-8364 or SLDC, Box 1134, San Luis Obispo 93406-1134.

**Huntington Beach:** 4th of July 8K Run for March of Dimes. Civic Center area, 8 a.m. Race precedes community 4th of July parade. Info: March of Dimes: (714) 631-8700.

**Laguna Niguel:** Run for the Parks 10K/5K. 7 a.m./10K; 8:15/5K. Crown Valley Community Park. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy, Laguna Niguel (714) 495-0453.

**San Diego:** Scripps Ranch 10K & 2 Mile. Red Cedar & Aviary Ct., Scripps Ranch. 7 a.m. (619) 486-4415.

## July 5 (Monday):

**Coronado:** Coronado Independence Day 15K run & 5K Walk. 7 a.m. Tidelands Park.

# SCHEDULE

Kathy Loper Events, 1801 Mission Ctr Ct., Suite 200, San Diego 92108 (619) 298-7400.

## July 6 (Tuesday):

**Bakersfield:** Darryl Easter Memorial 5K Handicap Series #3, 1 Mi. east of Hart Park entrance, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 10 (Saturday):

**Geyserville:** Lake Sonoma International Triathlon Series (1mS, 40kB, 10kR), Lake Sonoma Public Boat Ramp, Time TBA. Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Santa Rosa:** Wildman Biathlon (6.3mR - 800yS - 3.2mR; 6.3mB - 400yS - 6.3mB). Anadel State Park. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Sacramento:** TRI for Fun Triathlon Series (1kS, 20kB, 5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Elk Grove:** Thunder Run, 5K/10K, Elk Grove H.S. (Thunder Stadium), 8 a.m. Arto Oelsner or Ed Lombardi, P.O. Box 1566, Elk Grove 95759. (916) 686-8891.

**Castaic Lake:** Castiron Triathlon (1kS, 40kB, 10kR) (mountain bike), Time TBA. Info: (818) 331-0169.

**Mammoth Lakes:** Bill Rolls Memorial 10K/5K, Mogul Restaurant (7900'), 8 a.m. David Moss, c/o Mammoth Lakes Lions Club, P.O. Box 2667N, Mammoth Lakes 93546. (619) 934-4168.

**Morro Bay:** Morro Rock to Cayucos Pier Run, 6 Mi., 8 a.m. Morro Bay Recr. Dept., 1001 Kennedy Way, Morro Bay 93442.

**San Luis Obispo:** World Championship Ride & Tie Race (held in rural south county), Distance & Time TBA. Jim Herten, 15 Santa Rosa St., San Luis Obispo 93405. (805) 595-2063.

## July 11 (Sunday):

**San Francisco: (Date Change to Aug. 29th):** Hook & Ladder 10K, Golden Gate Park (Kennedy Dr. & Rainbow Falls), 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122. (415) 753-0880.

**Palo Alto:** Garden Court 5 "The Brunch Run or Walk", 5 Mi., Garden Court Hotel (down-

town), 8:30 a.m. Info: RhodyCo Productions (415) 387-2178.

**Hayward:** Sertoma Classic 5K/10K, Hayward Air Terminal, 8:30 a.m. The Final Result Athletic Assoc., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988; (415) 696-1196.

**Castro Valley:** Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Golden Bay Runners, P.O. Box 2144, Castro Valley 94546. (510) 537-7264.

**Clarksburg:** Delta Duathlon Series (1.7mR - 11.5mB - 1.7mR). 8 a.m. Delta High. Race Ready Management, 813 Harbor Blvd, #228, West Sacramento 95691 (916) 372-7367.

**San Jose:** Danskin Women's Triathlon (0.75mS - 20kB - 5kR). Lake Cunningham. 8 a.m. Info: (800) 452-9526 or (415) 332-4561.

**Los Altos Hills:** Heels for Wheels Fun Run. 5K & 1 mile walk. Foothill College (start on track). 8 a.m. Adapted PE Program, Heels for Wheels, Foothill College, 12345 El Monte Rd., Los Altos Hills, 94022 (415) 949-7321 or 7008.

**Corralitos:** Monterey Bay Duathlon Championships (2mR, 15mB, 2mR), Bradley Elem. School, 8:15 a.m. Pat Gilbert, Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**Newport Beach:** Bastille Day 8K for United Cerebral Palsy (& 3K Stride & 1K Kids' Run), Le Meridien Hotel, 7:55 a.m./3K, 8 a.m./8K, 9:30 a.m./1K. Info: United Cerebral Palsy Assoc. (714) 557-4796.

**Carlsbad:** Carlsbad Triathlon (1kS, 25kB, 5kR), So. Tamarack State Beach, Time TBA. Info: (619) 434-2856.

**Ventura:** Easter Seal Memorial Run, 10K, San Buenaventura State Beach, 8 a.m. In-side Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

**Santa Barbara:** Santa Barbara Sprint Triathlon. Swim .25 mi / Bike 10 mi / Run 3 mi. East Beach. Michael Epstein (818) 880-4915.

## July 13 (Tuesday):

**Bakersfield: (Date Changed to July 20):** BTC Handicap 5K #4, Location TBA, 7 p.m. Bakersfield Track Club, P.O. Box 6581, Bakersfield 93386.

**San Diego:** Mission Bay 3 Mile Fun Run. Hospitality Point. 6 p.m. Info: Mark Leisinger (619) 239-3622.

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# SCHEDULE

## July 17 (Saturday):

**Pleasanton:** Pleasanton Tri-for-Fun Series (400yS, 12mB, 3mR), Shadow Cliffs Regional Park, 7 a.m. **(450 Limit)**. "On Your Mark", P.O. Box 156, Pleasanton 94566. (209) 795-7832.

**Lake Tahoe:** Spooner Lake Half Marathon & 10K. Spooner Lake Nevada State Park. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Sacramento:** Eppie's Great Race (5.82m Run, 12.5m Cycle, 6.3m Paddle), William Pond Recr. Area, 8 a.m. The Great Race, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

**Atascadero:** Central Coast Youth Triathlon Series, Distances, Location & Time TBA. Atascadero Community Services Dept., 6500 Palma Ave., Atascadero 93422. (805) 461-5002.

**Madera:** Ranchos Run. 10K, 1 mile & 2 mile walk. D&D Ranch (Ave. 12 west to Rd. 38, then south). 7:00 a.m./10K & 2 mile. 8:00 a.m./1 mile. Fred Pereira, 11976 Rd. 37, Madera 93638 (209) 275-5937 eve. or (209) 224-7857 or (209) 645-0870.

**Santa Paula:** Citrus Valley 5K/10K runs. Glen City School (Steckel & Main Streets). 8 a.m. Coldwell Banker Citrus Valley Realtors, 135 E. Harvard Blvd., #C, Santa Paula 93060 (805) 525-2178.

**Ontario (2 days):** US National Biathlon Championship (5mR, 20mB), Ontario Hilton Hotel, Time TBA. Info: (909) 466-0952.

**Cotati:** Smart Ass Run, 3K & 10K, downtown, 8 a.m. Cotati Chamber of Commerce, P.O. Box 592, Cotati 94931. (707) 795-5508.

**San Diego:** Children's Hospital Champs 1 & 2 Mile Run. 7:30 a.m. Children's Hospital. Kathy Loper (619) 298-7400.

## July 18 (Sunday):

**Palo Alto:** Bay to Breakfast 5K/10K, Palo Alto Baylands Athletic Ctr. (Embarcadero & Geng Rds.), 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Occidental:** Occidental Country Run, 3K/10K, Occidental Community Center (Bohemian Hwy & Graton Rd.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493 x 718 phone reg.

**Truckee:** Donner Lake Triathlon (1.5KS,

40kB, 10kR), West End Beach, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Castaic Lake:** SoCal Tri-Hard Triathlon - the Conclusion (0.5mS, 18mB, 4mR), Time TBA. Info: (805) 252-4920.

**Mt. Charleston, NV:** LVTC Mt. Charleston Notch Run, Kyle Canyon, 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Las Vegas, NV. 89190., (702) 252-7249.

**San Francisco:** City of San Francisco Marathon, Golden Gate Bridge (mandatory bus shuttle), Time TBA. COSFM, P.O. Box 77148, San Francisco 94107.

**Corralitos:** Monterey Bay Duathlon Championships (2mR/15mB/2mR), Bradley Elem. School, 8:15 a.m. Northwind Promotions, Patrick Gilbert, P.O. Box 2451, Aptos 95001. (408) 688-6072.

**San Diego:** San Diego Wildlife 10K & 2 Mile. 7:10 a.m. / 2 mi; 7:30 a.m. / 10K. Balboa Park. Lyn Lacye, Project Wildlife, 9103 Reagan Rd., San Diego 92126 (619) 236-0842.

## July 20 (Tuesday):

**Bakersfield:** Darryl Easter Memorial 5K Handicap Series #4, 1 Mi. east of Hart Park entrance, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**San Diego:** Mission Bay 3 Mile Fun Run. Hospitality Point. 6 p.m. Info: Joni Shirley (619) 292-6132.

## July 22 (Thursday):

**Santa Rosa:** Santa Rosa Chamber Chase. 6K & 1 Mile. Downtown. 6 p.m. Santa Rosa Chamber of Commerce, 637 First St., Santa Rosa 95404 (707) 545-1414.

## July 24 (Saturday):

**Delano:** Bataan Corregidor Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**La Jolla:** Sri Chinmoy La Jolla Swim/Run (1mS, 10kR), LaJolla Cove, Time TBA. Info: (619) 282-4116.

**Las Vegas, NV:** LVTC 2 Mi. & 5 Mi., Silver Bowl (Boulder Hwy. at Russell), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190. (702) 252-7249.

**Salt Lake City, UT:** Deseret News Marathon, 5:15 a.m. Info: (801) 237-2136.

**Folsom:** American River Canyon Run to Paradise, 5K & 10K, Oak Ave. & American River Canyon Dr., 8:30 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 372-7367.

**Rio Vista:** Brannan Island "Out & Back" Triathlon. 900yS - 10mB - 3.8mR. Brannan Island State Recr. Area. 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Pt. Reyes:** Pt. Reyes Wildcat Marathon. Enviro-Sports (415) 868-1829.

**Camarillo:** High-Tech Trek Run for Charity, 5K/10K and 1 1/2 Mi. Fun Run, Camarillo H.S., 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m. Info: Chris Haner (805) 389-7391.

**Coronado:** Coronado Sports Fiesta 10K Run. 7 a.m. Glorietta Bay Park. Jake Sloan (619) 435-0676.

**June Lake:** June Lake 5K/10K. 8 a.m. June Mountain Ski Area. (619) 648-7584.

## July 25 (Sunday):

**San Francisco: (Previously cancelled).** San Francisco Triathlon Series #1 (0.5kS, 20kB, 5kR), Presidio (Crissy Field), 9 a.m. SFTS, c/o Bo Lebastchi, 2300 Van Ness Ave., #21, San Francisco 94109. (415) 567-2759.

**Oakland:** Lake Merritt J&S 4th Sunday Runs, 5K/10K/15K, Lake Merritt (14th St. & Lakeside Dr.), 9 a.m. Info: (510) 601-7887.

**Courtland:** Courtland Delta Pear Fair 5/10 Mile. Bates Elem. School. 8 a.m. E-Z Living Casuals, PO Box 1025, Walnut Grove 95690 (916) 776-1627.

**Fremont:** Fitness to Festival 5K/10K, 8:30 a.m. Contact Schoeber's A.C., 3411 Capitol Ave., Fremont 94538 (510) 791-6350.

**Santa Cruz:** Wharf to Wharf Run, 6 Mi. (Santa Cruz Boardwalk to Capitola), 8:30 a.m. **(12,000 Limit)**. Wharf to Wharf, P.O. Box 307, Capitola 95010. (408) 475-2196.

**San Luis Obispo:** San Luis Obispo Triathlon (0.5mS/3.7mR/15.3mB), Sinsheimer pool, 7:30 a.m. Rich Ogden, SLO Recr. Dept., 860 Pacific St., San Luis Obispo 93401. (805) 781-7305.

**Bear Valley:** Bearfoot Run, 10K, 9 a.m. BV Mountain Bike, Box 5128, Bear Valley 95223. (209) 753-2834.

# SCHEDULE

**Big Bear Lake:** High Altitude Excitement Triathlon Series #2 (0.5mS, 15mB, 4mR), Time TBA. Info: (714) 733-2727.

**CANCELLED -- Bear Valley / Markleeville:** Alpine County 10K Series. (916) 694-2475.

**Pt. Mugu:** Admiral's Cup Triathlon Series #2 (500mS, 40kB, 10kR), Location & Time TBA. Info: (805) 989-8317.

**Pasadena:** Rose Bowl Triathlon. 3 Mi Run / 10 Mi Bike / 400m Swim. 8 a.m. Rose Bowl Aquatic Center. (818) 585-2324.

**La Jolla:** Sri Chinmoy Swim/Run. Swim 1 mile & 10K Run. 7:30 a.m. La Jolla Cove. (619) 284-6981.

**Coronado:** Coronado Sports Fiesta Triathlon (1.4mR - 4mB - 400yS) Glorietta Bay Park. Time TBA. Info: Mal Jolley (619) 435-1535.

## July 27 (Tuesday):

**Bakersfield:** BTC Handicap 5K #5, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## July 31 (Saturday):

**Guerneville:** Vineman & Half Vineman Triathlons (2.4mS, 112mB, 26.2mR or 1.2mS, 56mB, 13.1mR), Johnson's Beach to Airport B us. Ctr. in Santa Rosa, Time TBA. Vineman, P.O. Box 6007, Santa Rosa 95406. (707) 528-1630.

**Las Vegas, NV:** LVTC 10K Championship, Tule Springs (Floyd Lamb State Park), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Las Vegas, NV 89190. (702) 252-7249.

**Humboldt:** Humboldt Tri-Kids Triathlon, 9 a.m., College of the Redwoods. Jason Hardi, P.O. Box 575, Bayside 95524. 442-6691.

**San Diego:** Topgun 10K & 5K Fun Run. Fightertown USA, Naval Air Station, Miramar. 7:30 a.m. (619) 537-4127/4128.

## August 1 (Sunday):

**Castro Valley:** Skyline 50K, Lake Chabot Marina, 7 a.m. Golden Bay Runners, Will Uher, 16183 Lyle St., San Leandro 94578. (510) 278-0451.

**Pacific Grove:** YWCA 10K/5K, Lover's Point Park, 9 a.m. YWCA-Monterey, 2115-C No. Fremont Ave., Monterey 93940. (408) 649-0834.

**San Francisco:** Takara Cable Car Chase, 5 Mi., Aquatic Park, 8 a.m. Info: (415) 540-0934.

**Clarksburg:** Delta Duathlon Series (3.2mR/15.2mB/3.2mR), Delta H.S., 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

**Johnsville:** Eureka Peak Endurance 10K & 14.8 Mile. Plumas Eureka State Park (new course!), 9 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Los Angeles:** Los Angeles Kingsbury Summer Biathlon National Series. 5K Run w/ 2 shoot stops. Allan Immerman, 15832 Hartland St., Van Nuys 91406 (818) 782-1285.

## August 3 (Tuesday):

**Bakersfield:** Darryl Easter Memorial 5K Handicap Series #5, 1 Mi. east of Hart Park entrance, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

## August 4 (Wed.):

**San Diego:** Mission Bay 3 Mile Fun Run. Hospitality Point. 6 p.m. Info: Chuck Pennell (619) 531-5282.

## August 7 (Saturday):

**San Francisco:** Giants Run to Home Plate, 5K, Candlestick Park, 10:30 a.m. Giants Promotions Dept., Candlestick Park, San Francisco 94124. (415) 330-2516.

**Pt. Reyes:** Drakes Bay Marathon. EnviroSports (415) 868-1829.

**Sacramento:** Tri-For-Fun Triathlon Series (1kS/20kB/5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Los Gatos:** Summit Challenge 10K & 2 Mile. Loma Prieta School (23845 Summit Rd.). 8:45 a.m. Loma Prieta Rec. Dept., 23800 Summit Rd., Los Gatos 95030 (408) 353-2384.

**Bass Lake:** 22nd Annual Bass Lake Run Thru the Pines -- Half Marathon & 4.5 Mile. Pines Village. 7 a.m. Run Thru the Pines, 4957 E. Heaton, Fresno 93727 (209) 255-4904.

**Bakersfield:** Hart Park Fun Run, Distance TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**San Luis Obispo:** R.R.C.A. Women's Distance Festival 5K & Men's Electric City Challenge Series 5K, Laguna Lake Park, 8:30 a.m./Women, 9:15 a.m./Men. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406. (Diane & Tom Dixon: (805) 528-4059.

**San Dimas:** Bonelli Park Steamboat Triathlon (500yS/14mB/2mR), Time TBA. Info: (818) 331-0169.

**San Diego:** MADD 10K & 2 Mile. Balboa Park. 7:30 a.m. Breaking Forty (619) 272-8316.

**Las Vegas, NV:** LVTC 5K & 2 Mi., Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702) 252-7249.

## August 2-8 (Mon-Sun):

**Lake Tahoe:** Camp Fleet Feet. Sugar Pine Point State Park. Sports camp for runners, swimmers, mountain bikers, fitness enthusiasts--all ages welcome. Camp Fleet Feet, 4455 Arden Way, Sacramento 95864 (916) 972-1119.

## August 8 (Sunday):

**San Francisco:** Krazi Eight 5K/10K, Golden Gate Park (Polo Fields), 8:30 a.m. The Final Results A.A., 460 Wisnom Ave., San Mateo 94401. (800) 491-8988.

**Tiburon:** Tiburon Triathlon (800yS - 9mB - 2mR). Belvedere Community Park. 7:30 a.m. Peter/Kathy Winkler, PO Box 764, Tiburon 94920 (415) 389-9360.

**Alameda:** Alameda Run for the Parks, 10K & 2 Mi., So. Shore Shopping Ctr., 9 a.m. Dale Lillard, Alameda Rec. Dept.k, 2263 Santa Clara, Rm. 201, Alameda 94501. (510) 748-4565.

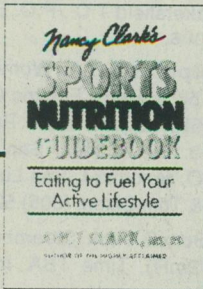
**CANCELLED -- Healdsburg:** (not listed last issue) River of No Return Pentathlon. Info: Sky High (510) 841-1190.

**Ukiah:** Dog Daze Run, 3K/10K, Oak Manor School, 8 a.m. NCS/Dog Daze Run, P.O. Box 1556, Ukiah 95482. (707) 468-8087.

**Aptos:** Sandman Triathlon (0.5mS-15mB-5mR), Seacliff Beach, 9 a.m. Pat Gilbert, Northwind Promotions, P.O. Box 2451, Aptos 95001. (408) 688-6072.

# SCHEDULE

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**Sacramento:** Sacramento Summer Biathlon (5K Run with 2 shoot stops), time TBA. Chris Singh, 51-50th St., Sacramento 95819. (916) 457-1243.

**Clarksburg:** Delta Duathlon Series (3.2mR/15.2mB/3.2mR), Delta High School, 9 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691. (916) 372-7367.

**Larkspur:** Tamalpa Runners Couples Relay, 2x2 Mi., Larkspur Landing, 10 a.m. Couples Relay, P.O. Box 3007, San Anselmo 94979. (415) 454-2769.

**San Clemente:** Fiesta 5000 & San Clemente Street Festival. 8 a.m. El Camino Real. Race Pace Promotions (714) 661-6062 or 492-1131.

### August 9 (Monday):

**Walnut:** LA Sprint Triathlon. 5K run / 20K Bike / 200m Swim. Mt. SAC. (714) 466-0952.

### August 9-13 (Mon.-Fri):

**Grouse Ridge:** (Near Nevada City) - High Altitude Running Camp & Clinic. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

### August 11 (Wed):

**San Diego:** Mission Bay 3 Mile Fun Run. Hospitality Point. 6 p.m. Info: Chuck Pennell (619) 531-5282.

### August 14 (Saturday):

**Sacramento:** Susan B. Anthony 5K (women only). Glen Hall Park, 8 a.m. Steve Ashe, 9608 Linda Rio Dr., Sacramento 95827. (916) 366-6772.

**Palo Alto:** Coach Benson's Nike Running Camps (thru Aug. 19). Youth only (with Nike world class athletes, guest collegiate coaches, for all levels...\$395-450). Coach Benson's Running Camps, 5600 Roswell Rd., Suite 255 N., Atlanta, GA 30342 (404) 255-6234.

**Mammoth Lakes:** Mammoth Mountain Marathon & Half Marathon. Mammoth Mtn. Inn (9200 ft). 8 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Grover Beach:** Fifth Annual Dune Run-Run 5K & 10K Run/Walk. X-C run through Central Coast dunes. 9 a.m. Peter Keith, Grover Beach C of C (805) 489-9091.

**Las Vegas, NV:** LVTC 5 Mi. & 2 Mi., Silver Bowl (Boulder Hwy. at Russell), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV. 89190. (702) 252-7249.

### August 15 (Sunday):

**Copperopolis:** Calaveras Triathlon (800yS - 17mB - 4mR). Salt Springs Reservoir (8 miles north of Copperopolis, Rock Creek Rd) 8 a.m. "On Your Mark", PO Box 2061, Arnold 95223 (209) 795-7832.

**San Francisco:** Presidio 10 Mi. & 3 Mi., Presidio Parade Grounds, 8:30 a.m. The Guardsmen, 115 Sansome St., Suiote 130, San Francisco 94104.

**Santa Clara:** Southbay's 1st Annual Roll "or" Run. 5 mile. 8 a.m./blades. 8:10 a.m./runners. J & A Productions (408) 399-8848.

**Pacific Crest Trail:** Donner Party Marathon. Enviro-Sports (415) 868-1829.

**Ventura:** Most Excellent Triathlon (1.2mS/52mB/13.1mR or 0.25mS/10mB/3mR), Time TBA. Info: (818) 880-4915.

**San Diego:** America's Finest City Half Marathon & 5K, Cabrillo National Monument (5K starts in Balboa Park), 7 a.m. American Lung Assoc., P.O. Box 3879, San Diego 92163. (619) 297-3901.

### August 17 (Tuesday):

**Bakersfield:** Darryl Easter Memorial 5K Handicap Series #6, 1 Mi. east of Hart Park entrance, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

### August 18 (Wednesday):

**San Francisco:** Chemical Bank Corporate Challenge Series. 3.5 Mile. Info: (312) 944-6667. (Championship is October 9 in New York City).

### August 21 (Saturday):

**Pleasanton:** Pleasanton Tri-For-Fun Series (400yS/12mB/3mR), Shadow Cliffs Regional Park, 7 a.m. (450 Limit). "On Your Mark", P.O. Box 156, Pleasanton 94566. (209) 795-7832.

**Los Gatos:** Dammit Run, 6.4 Mi., Los Gatos H.S., 9 a.m. Bruce Springbett, 220 Oakmeadow Dr., Los Gatos 95030. (408) 354-7365.

**Davis:** Great North Triathlon Sprint (1kS/25kS/5kR), Stonegate Country Club, 8 a.m. A



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# SCHEDULE

Change of Pace, 221 G Street, Suite 203, Davis 95616. (916) 757-6017.

**So. Lake Tahoe:** World's Toughest Triathlon (2mS/100mB/18.6mR), plus Semi-Tough Triathlon (1.5kS/50kB/10kR) and Youth Duathlon (7-10: 1kR/5kR/1kR; 11-14: 2kR/12kR/3kR), Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 96158. (916) 573-0103.

**Vandenberg AFB:** Biathlon, Distances TBA. Fitness Center, Time TBA. Info: (805) 734-8232 x 3832.

**Ventura:** Cowtown Mile Races (many heats), Inside Track, 8:45 a.m. (1st race). Ventura Image Program, Cowtown Race Committee, P.O. Box 1874, Ventura 93302. Inside Track: (805) 643-1104.

**NAB Coronado:** Marine Landing Force Training Command Pacific 5K/10K. Lt. Col. Russ Llewellyn (619) 437-3169.

**San Diego:** 39th Balboa 8 Miler. Balboa Park. Nicki Hobson, San Diego Track Club (619) 531-5282.

**Las Vegas, NV:** Charleston Forest Challenge, Distance TBA, Mack's Canyon, 7 a.m. Info: M. Naylor (702) 383-1276.

**Manitou Springs, CO:** Pikes Peak Ascent, 13+ Mi., Time TBA. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937 (719) 473-2625.

## August 22 (Sunday):

**Oakland:** Time Is On Your Side Run, 5K/10K, Lake Merritt (Old Boathouse), Time TBA. Info: (510) 601-7887.

**Mountain View:** Shoreline Tri for Fun. 5 Mi Swim / 10 Mi Bike / 3 Mi Run. 8 a.m. Fleet Feet Sports (415) 321-6453.

**Davis:** Great North Triathlon International (1.2mS/44kR/10kR), Stonegate Country Club, 8 a.m. A Change of Pace, 221 G Street, Suite 205, Davis 95616. (916) 757-6017.

**Forestville:** Run From the Itch Nearly 10K. El Molina HS (Covey Rd), 8 a.m. Art Ellwanger, Forestville Youth Park, PO Box 357, Forestville 95436 (707) 887-1391.

**Bear Valley:** Bear Valley Biathlon (7mB/3.5mR), 10 a.m. Bear Valley Mountain Bike, P.O. Box 5128, Bear Valley 95223. (209) 753-2834.

**Tehachapi:** Tehachapi Mountain Runs, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

**Markleeville:** Alpine County 10K Series, 9 a.m. Alpine County CofC, P.O. Box 265, Markleeville 96120. (916) 694-2475.

**Imperial Beach:** Imperial Beach Multi-Sport Championships (1kS/20kR/5kR; 5kR/20kR/5kR), Time TBA. Info: (619) 569-4230.

**Manitou Springs, CO:** Pikes Peak Marathon, Time TBA. See Aug. 21 contact.

## August 27 (Friday):

**Palo Alto:** Forentine's TGIF Run, 5K/10K, Baylands Athletic Center (Embarcadero & Geng Rds.), 6:30 p.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

## August 28 (Saturday):

**DATE CHANGED TO 8/29/93 -- San Francisco:** Hook & Ladder 10K, Golden Gate Park (Rainbow Falls & Kennedy Dr.), 9 a.m. Jim Gallagher, 1671 - 16th Ave., San Francisco 94122. (415) 753-0880.

**San Francisco (previously cancelled):** San Francisco Triathlon Series #2 (1kS - 40kR - 8kR). Presidio (Crissy Field). 8 a.m. SFTS, c/o Bo Lebastchi, 2300 Van Ness Ave., #21, San Francisco 94109 (415) 567-2759.

**Grass Valley:** Wolf Mountain Trail Challenge, 10K, 1.8 Mi. Fun Run, 1/2 Mi. Kids' Run, Wolf Mountain Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Santa Barbara:** Santa Barbara County Triathlon. 1 mi Swim / 34 mi Bike / 10 Mi Run or 500 Yd Swim / 6 mi Bike / 2 mi Run. 7 a.m. (805) 963-2248.

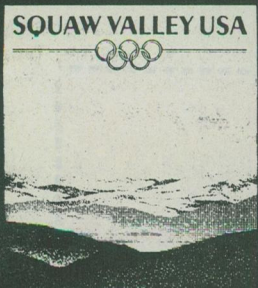
**Las Vegas, NV:** LVTC 5 Mi. X-Country & Picnic, Tule Springs (Flody Lamb State Park), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV. 89190. (702) 252-7249.

**So. Lake Tahoe:** World's Toughest Triathlon (2mS, 100mB, 18.6mR), Time TBA. Info: (916) 573-0103.


**Claremont/Ice House Canyon:** Baldy Peaks 50K. 7 a.m. Ice House Canyon. SASE 1941 Radford, Claremont, CA 91711-2535.

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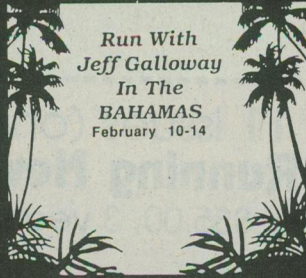
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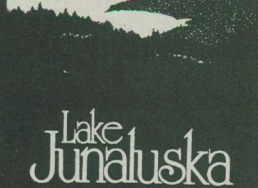
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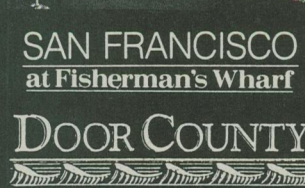
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# SCHEDULE

**Chula Vista:** Bonita Sunrise Classic 5K/10K. 7:15 a.m. Eastlake Area. (619) 691-5007 or 420-7553.

## August 29 (Sunday):

**DATE CHANGED FROM 8/28 -- San Francisco:** Hook & Ladder 10K. Golden Gate Park (Rainbow Falls, JFK Dr.) 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122 (415) 753-0880.

**San Ramon:** Dog Days Duathlon (3mR/13mB/1.5mR), Sunset Business Park (Hwy. 680 & Bollinger Cnyn), 8:30 a.m. Kaleidoscope Activity Center, 7425 Lark Dale Ave., Dublin 94568. (510) 828-8857.

**Yountville:** Exertec Fitness Center Biathlon (4.5mR - 14mB). Yountville Park (Washington St. exit). 8 a.m. Exertec Fitness Center, 920-A Yount St., Napa 94559 (707) 226-1842.

**Walnut Grove:** Walnut Grove Catfish Jubilee 5 Miler. Paul Barnes Park. 8 a.m. E-Z Living Casuals, PO Box 1025, Walnut Grove 95690 (916) 776-1627.

**Gilroy:** Mt. Madonna Challenge, 6K/12K, Mt. Madonna County Park (near Sprig Lake on Hwy. 152), 8:15 a.m./6K, 9 a.m. Lynn Lockhart, So. Valley Symphony, 7664 Los Padres Ct., Gilroy 95020.

**Santa Cruz:** Run for Mental Wellness, 5K/10K, 2300 Delaware St., 9 a.m. Kerry Heaps, Avenues to Mental Health, 941 El Dorado Ave., Santa Cruz 95062. (408) 479-9494.

**Big Bear Lake:** High Altitude Excitement Triathlon Series #3 (0.5mS/15mB/4mR), Time TBA. Info: (714) 733-2727.

**Merced:** Run for Justice, Distance, Location & Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

**Reno/Carson City, NV:** Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Park, 6 a.m./Mara., 7 a.m./H-M & 10K. Ken McKim, 1460 Prospect Ave., Sparks, NV. 89431. (702) 849-0419.

**San Diego:** Clean Bay 10K & 2 Mile. Marina Park at foot of 8th Ave., Downtown San Diego. 7:30 a.m. Lacye & Assoc. (619) 236-0842.

## September 2 (Thurs):

**Huntington Beach:** Sunset in the Park. 2.8 & 4.8 mile. X-country runs. Central Park

West. 6 p.m./2.8 mile, 6:30 p.m./4.8 mile (+high school age team challenge race at 5:30 p.m.). The Finish Line International, 7846 Connie Dr., Huntington Beach 92648 (714) 841-5417.

## September 4 (Sat.):

**Millbrae:** Millbrae Stairmaster 5K/10K. Millbrae Park & Recr. (Palm & Richmond) 8:30 a.m. The Final Result A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

**Truckee:** Summer Biathlon Series (run/shoot ...total 5K). Time TBA. Info: Chuck Lyde (916) 426-3313, days.

**Bakersfield:** Hart Park Fun Run. Distance TBA. 7 a.m. Bakersfield TC, PO Box 6581, Bakersfield 93386.

**San Diego:** Balboa 4 Miler. Balboa Park. Time TBA. Info: Mark Leisenger (619) 531-5282.

## September 5 (Sun):

**Oakland:** Aztec Run. 5K & 10K. Lake Merritt (Sailboat House - 568 Bellevue Ave.) 9 a.m. The Final Result A.A., 460 wisnom Ave., San Mateo 94401 (800) 491-8988.

**Clarksburg:** Delta Duathlon Series (1.7mR - 11.5mB - 1.7mR). Delta HS. 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 372-7367.

**Mariposa:** Amigo de Oro 5 & 10 Mile Runs. Fairgrounds. Time TBA. Amigo de Oro Race, PO Box 155, Mariposa 95338.

## September 6 (Mon):

**Sacramento:** Run/Walk for the Children. 5 Mile (& 3 Mile Walk, Kids' 0.5 Mile). Glen Hall Park (near Sacto State Univ.). 9 a.m. Lisa Watson, PO Box 280, Pebble Beach 93953 (408) 659-1725.

**McFarland:** McFarland Labor Day Runs. Distances, Location & Time TBA. McFarland Recreation Dept., PO Box 337, McFarland 93250.

**Auburn:** 49'r Canyon Classic Biathlon (6.1mR - 7.45mB) Bowman Elem. School. 8 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.]

**Auburn:** Stage Coach Mountain Run. 10.45 mile. Bowman Elem. School. 8 a.m. Nick

Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

## September 10 (Fri):

**Tahoe City:** Pepsi/Tahoe 72 Mile Run, Commons Beach (lap around Lake Tahoe), Time TBA. Dee McKim, 75 Mt. Rose St., #B, Reno, NV. 89502. (702) 329-6696, days.

## September 11 (Sat):

**Larkspur:** Historic Downtown Larkspur Back-to-School Runs. 5K & Kids' Mile. 9 a.m. Larkspur Recr. Dept., 400 Magnolia Ave., Larkspur 94939 (415) 927-5110.

**Stockton:** Park to Park Race. 5 Mile & 1 Mile. Louis Park (off I-5). 8 a.m./1 mile, 8:30 a.m./.5 mile. Tarahumara RC, PO Box 8422, Stockton 95208 Rudy (209) 948-0938, eves.

**Volcano:** Jog & Rose 7.7 Mile. 8:30 a.m. Info: Giles Turner (209) 267-5484.

**Wasco:** Wasco Rose Runs. Distance, location and time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

**Bakersfield:** Joel Mena Runs. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

**Bass Lake:** Bass Lake Classic Triathlon (1.5kS - 40kB - 10kR) Pines Resort. 9 a.m. Info: (209) 432-0800.

**Pt. Mugu:** Admiral's Cup Triathlon #3 (500mS - 11mB - 3mR). Location & time TBA. Info: (805) 989-8317.

**Newport Beach/Irvine:** The Celebration of Women in Sports 5K/10K Run/Walk. Time TBA. Women in Sports Promotions, PO Box 385, Manhattan Beach 90266 (310) 546-7887.

**Malibu:** Bulldog 50K. 6:30 a.m. Info: Ingrid Shattuck (310) 495-2248.

**San Pedro:** YMCA Harbor Light Half Marathon & 5K. 7th & Harbor Blvd. 7:30 a.m. Info: W2 Promotions (310) 828-4123.

## September 12 (Sun):

**Fremont:** Bayside Technology Park 8K. Lakeview & Bayside Dr. 9 a.m. Marc Lund, West Valley TC, 1433 Norman Dr., Sunnyvale 94087 (415) 966-1511, days.

**San Jose:** Southbay's Duathlon Series #1 (2mR - 14mB - 2mR). Calero Park. 8 a.m. J&A Productions, 236 N. Santa Cruz Av., Los Gatos 95030 (408) 399-8848.

# SCHEDULE

**Burney:** Burney Classic Marathon, Half-Marathon, 10K/5K, Burney H.S., 8 a.m./Mara., 9:30 a.m./H-M & 10K, 10 a.m./5K. Burney Lions Club, Don Jacobs, P.O. Box 217, Dept., M, Burney 96013. (916) 335-2825.

**Santa Rosa:** Annadel Loop 6.5 Mile run. (Age/sex handicapped). Annadel State Park (Cobblestone Trailhead on Channel Dr.). 8 a.m. Alec Isabeau, 1932 Yolo Ct., Santa Rosa 95404 (707) 578-3025.

**Sacramento:** Buffalo Stampede 10 Miler. Rio Americano H.S. (4540 American River Dr.). 8 a.m. Lee Rhodes, Buffalo Chips, PO Box 660066, Sacramento 95866 (916) 482-8528.

**Bear Valley:** Bear Valley Triathlon (600yS - 12mB - 3.5mR). 10 a.m. "On Your Mark", Box 2061 Arnold 95223 (209) 795-7832.

**Kirkwood:** Kirkwood 10K (& Kids' 1 Mile / 12 & under). Main Lodge. 10 a.m. Kirkwood 10K, PO Box 295, Kirkwood 95646 (209) 258-6000, (916) 694-2475.

**Torrance/ Redondo Beach:** Torrance Team Triathlon (1KS - 20kB - 5kR). 7:15 a.m. Info: Elite Racing (714) 548-4897.

**Newport Beach/Irvine:** The Celebration of Women in Sports Triathlon (0.5mS - 12mB - 5kR). Time TBA. Women in Sports Promotions, PO Box 385, Manhattan Beach 90266 (310) 546-7887.

**San Diego:** San Diego Light Triathlon (0.75mS - 20kB - 5kR). Location TBA. 7 a.m. CAT Sports, Inc., 5962 La Place Ct., #145, Carlsbad 92008 (619) 438-8080.

## September 18 (Sat):

**Kingsport, TN:** USA Track & Field Men's 10K National Championships (Eastman 10K Run). USATF Masters 5K Racewalk Championships. Hank Brown, 1548 Belmeade Dr., Kingsport, TN 37664 (615) 229-1167, FAX (619) 229-1280.

**Bakersfield:** BTC Hill & Dale Run. Distance, location & time TBA. Bakersfield TC, PO Box 6581, Bakersfield 93386.

**Lompoc:** Park to Park 8 Mile. San Miguelito Park. Time TBA. Paul Hill, Lompoc Valley DC, PO Box 694, Lompoc 93438 (805) 736-7621.

**San Diego:** Lyons Road Down 52. 10K run & 5K walk. I-15 & Santo Rd. (Tierrasanta Area). 7:30 a.m. Info: Kathy Loper (619) 298-7400.

**Sylvania, OH:** USA Track & Field National 24-Hour Run Championships (1.1 mile certi-

fied paved loop). Olander Park. Time TBA. Tom Falvey, 3743 Woodmont Rd., Toledo, OH 43613 (419) 475-0731.

## September 19 (Sun):

**San Francisco:** California Mile (some flat & then up California St. hill; multiple heats & categories). 8 a.m. Info: RhodyCo Productions (415) 387-2178.

**Palo Alto:** Run for Your Heart 5K/10K. Baylands Athletic Center (Embarcadero & Geng Rds.). 8:30 a.m. Final Result A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

**Los Gatos:** Ron's Wildlife Run. 10K Run/5K Walk. Vasona Park. 8:30 a.m. Youth Science Institute, 296 Garden Hill Dr., Los Gatos 95030 (408) 356-4945.

**Walnut Creek:** Walnut Festival 5K/10K. Heather Farm Park. 8:30 a.m. Nancy King, Walnut Festival Assoc., PO Box 3408, Walnut Creek 94598 (510) 947-5348, days.

**Oakley:** Love-A-Nut 5K Run. O'Hara Park. 9 a.m. Oakley Almond Festival, PO Box 1340, Oakley 94561 (510) 625-7924.

**Clarksburg:** Delta Duathlon Series (3.2mR - 15.2mB - 3.2mR). Delta H.S. 8 a.m. Race Ready Race Management, 813 Harbor Blvd., #228, West Sacramento 95691 (916) 372-7367.

**Atwater:** Fall Festival Run. 5 Mile & 1.25 Mile. Ralston Park. Time TBA. Info: Gordon Wilkinson (209) 384-1727.

**Newport Beach:** Seafest 8K (& 4K Family Fun Run/Walk). Fashion Island. 8 a.m./8K, 9:30 a.m./4K. Info: Chamber of Commerce (714) 729-4400.

**Malibu:** Hard Rock Malibu Triathlon (0.5mS - 18mB - 5mR). Zuma Beach. 7:30 a.m. Michael Epstein, PO Box 9122, Calabasas 91372 (818) 880-4915.

**Squaw Valley:** Pacific Crest Trail 50K, 25K & 12K & 50K Relay. 8 a.m. Sky High, PO Box 20963, El Sobrante 94803 (510) 841-1190.

**Pasadena:** Five Acres "EGBOK" 5K/10K Run & Kids' 1K. Raymond & Holly Sts. 8 a.m. Info: W2 Promotions (310) 828-4123.

## September 23 (Thurs):

**San Diego:** Marine Corps Marathon Relay. 8:30 a.m. Info: (619) 524-6058.

## September 25 (Sat):

**San Jose:** Lake Cunningham Classic 5K. Lake Cunningham Park (Cypress Pavillion). 8:30 a.m. Jim Howe, NCADD, 1922 The Alameda, #212, San Jose 95126 (408) 241-5577, days.

**Cotati:** Cotati Summer Biathlon (Run/shoot; 5K run with 2 shooting stops). Time TBA. Mike Stafford, 1711 Baywood Ct., Cotati 94928 (707) 763-7219.

**Grass Valley:** Bear River Runner's Classic & Quadrathlon (100m, 400m, 1500m on track & 5K x-country...enter 1 to 4 events). Bear River HS. 4:30 p.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916) 878-0697.

## September 26 (Sun):

**San Francisco:** "Run Down the Deficit" 4.5 Mile. Lake Merced (Sunset Blvd. parking lot). 8:30 a.m. The Final A.A., 460 Wisnom Ave., San Mateo 94401 (800) 491-8988.

**Pacifica:** Pacifica Fog Jog Run/Stride. 5 mile/3 mile. 1810 Francisco Blvd. 9 a.m. Pacifica Parks, Beaches & Rec. Dept., 1810 Francisco Blvd., Pacifica 94044 (415) 738-7381.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs. 5K/10K/15K/5K-walk. Lake Merritt (14th St. & Lakeside). 9 a.m. Info: (510) 601-7887.

**Oakland:** Lifespan Bay Bridge 10K (City Ctr. BART Station--bus to start at Bay Bridge toll plaza). 8 a.m. Info: (415) 362-RACE.

**Santa Clara:** Great American Carousel to Coaster 10K Run/5K Stride. Great America Amusement Park. 8:30 a.m. Larry Wolfe, Santa Clara Parks & Rec., 1500 Warburton Ave., Rm. 103, Santa Clara 95050 (408) 984-3223.

**Sacramento:** Sacramento Triathlon Sprint & International Distance. Port of Sacramento. 8 a.m./sprint; 9 a.m. Bruce Canon, c/o 2408 "J" St., Sacramento 95816 (916) 442-RACE.

**Portland, OR:** Portland Marathon & 5 Mi., City Hall, 7 a.m. ORRC, P.O. Box 4040, Beaverton, OR 97076. (503) 226-1111.

**Redding:** SWEAT's Whiskeytown Lake Relay, 19.3 Mi. (4-Person teams), Brandy Creek Marina parking lot, 9 a.m. Kim Stempien, SWEAT, P.O. Box 188, Redding 96099. (916) 246-7144.

# SCHEDULE

**Sparks, NV:** Silver State 15K Championships & 5K. Cottonwood Park. 9 a.m. Bill Meister, PO Box 21171, Reno, NV 89515 (702) 852-5037.

**Merced:** Gateway to Yosemite Triathlon. Distances TBA. Lake Yosemite. Time TBA. Info: Kyle Stockard (209) 385-6895.

**Lake Isabella:** Dam Tough Run. Distance & time TBA. Info: (805) 379-5236.

**Newport Beach:** Race for the Cure. 5K & 1 Mile. Fashion Island. 7:30 a.m. Info: Kathy Kinane (619) 630-4980 or (714) 953-2264.

**Ventura:** Rincon Half Marathon. Mission Park. 8 a.m. Fleet Feet sports, 4269 E. Main St., Ventura 93003 (805) 644-9712.

**Los Angeles:** The Cacique 5K/10K Runs. Griffith Park. 8 a.m. Info: W2 Promotions (310) 828-4123.

**Santa Ana:** C.M.D. Athletic Team 60 Mile Relay. Santa Ana River Trail. 7 a.m. Info: (714) 834-2258.

**Escondido:** Running Wild 10K (& 5K Walk). San Diego Wild Animal Park. 7:30 a.m. Info: Kathy Loper (619) 298-7400.

**Berlin, Germany:** Berlin Marathon. Run through the wall. Berlin Marathon, ALT-Moabit 92, 1000 Berlin 21, Germany 30/392 11 02, FAX: 30/392 23 82.

**Oct. 7-10 (Thurs-Sun): Wrightwood.** Angeles Crest 100 Mile Endurance Run. Time TBA. Info: Ken Hamada (818) 447-0584.

**Oct. 17 (Sun): Weott.** Humboldt Redwoods Marathon & Half Marathon. Dyerville Bridge (Ave. of the Giants). Pacific USATF Half Marathon Championships. 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570 (707) 442-6463, 2-4 pm weekdays only.

**November 14 (Sun): New York City.** New York City Marathon. 10:50 a.m. Marathon Entries, PO Box 1388 GPO, New York, NY 10116. (Send SASE #10 size with \$5.00 non-refundable handling fee payable to NYRRC...fill out & return entry when received. 1st 12,000 received are entered, plus 5,000 from lottery held in late July. Limited number of applicants accepted based on fast times. Info: (212) 860-4455.

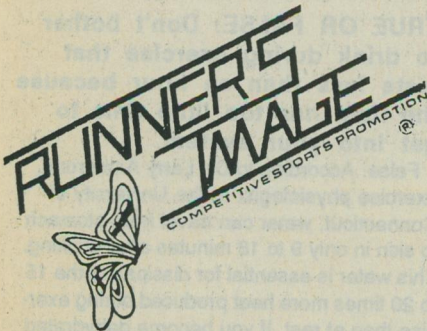
## Looking Ahead

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

**Oct. 2 (Sat): St. George, UT.** St. George Marathon. 6:45 a.m. Info: (801) 634-5850.

**Oct. 3 (Sun): Sacramento.** Sacramento Marathon & Half Marathon. William Land Park. Time TBA. Sports Scene Promotions, 7666 Leisuretown Rd., Vacaville 95688 (916) 678-5005, eves.

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# THE ATHLETE'S KITCHEN

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



## Keeping Your Cool

**S**ummer means sweaty exercise. As an athlete, you undoubtedly know the importance of replacing sweat losses, but you may have questions about the best way to keep your cool. The following True/False quiz is designed to test your knowledge about fluid replacement and help you survive the heat in good health and with high energy.

### **TRUE OR FALSE: Drinking cold water during exercise will cool you off better than drinking warm water.**

True (but not by a large margin). Although drinking cold fluids during exercise can keep your body temperature slightly lower than drinking warmer fluids, the difference is small. The more important concern is whether or not you drink *enough* fluid. Any fluid of any temperature is better than no fluid at all. In studies that compared the physiological effects of different temperatures of fluids, the subjects initially reported they felt more bloated with cold water but then got accustomed to it during training. This points out the need to practice drinking *during training* what you will have available during competition. Many athletes train with inadequate fluids, and then experience problems during competitive events--a needless mistake.

*(Med Sci Sports Exerc: May, 1974; April 1993)*

### **TRUE OR FALSE: Wetting yourself down during exercise with a cold sponge or towel will cool you off.**

False. Surprising as it may seem, research suggests that sponging the face, arms and trunk every 20 minutes with a cold towel does not lower core body temperature. Psychologically, this cold towel sure provides surprising relief. Hence, your best bet is to sponge as desired, as long as you have enough fluids for both the inside and outside of your body. The inside fluids make the real cooling difference.

*(Med Sci Sports Exerc: May, 1974; April 1993)*

### **TRUE OR FALSE: Drinking water 30 minutes pre-exercise eliminates the need to drink fluids during a 2-hour workout.**

False. Drinking a quart of water pre-exercise is less effective than drinking an equal volume while exercising. Researchers aren't sure why, but they recommend the optimal approach--tank up beforehand *plus* drink enough to match your sweat losses during long, strenuous exercise. To determine your target fluid intake, you should weigh yourself before and after a workout. If you have lost one pound in one hour, you've lost one pint (two cups) of sweat, and should plan to drink accordingly, i.e. 8 ounces every half hour.

*(Med Sci Sports Exerc: May, 1974, April 1993)*

### **TRUE OR FALSE: Soda is a poor choice during exercise because the CO<sub>2</sub> in the bubbles will hurt performance.**

False. Historically, athletes were always warned to "de-fizz" carbonated beverages taken during exercise, in fear the carbonation would interfere with oxygen transport and hurt performance. New studies comparing carbonated vs. non-carbonated soft drinks show no deleterious effect of the carbonation on either performance or stomach comfort.

*(Int J Sports Nutr 2:239 1992)*

### **TRUE OR FALSE: After exercise, a diet cola will replace sweat losses as well as plain water.**

False. Research showed that athletes who drank diet cola equal in volume to sweat losses replaced only half of their sweat losses, as compared to two-thirds with water or a sports drink. The caffeine in the cola has a diuretic effect that stimulates greater urine formation (~8 oz. more urine compared to the sports drink) and causes valuable fluids to get flushed down the toilet. To *rapidly* replace sweat losses, choose sports drinks; their

electrolyte content helps them replace sweat losses the fastest--even faster than water.  
*(Int J Sports Med 13 (5):399, 1992)*

### **TRUE OR FALSE: Given the same exercise load, athletes sweat less than unfit people.**

False. Athletes actually sweat *more* than unfit people because they have adapted to cooling themselves more efficiently. If you are physically fit, you will sweat sooner after the start of exercise. Your sweat glands will respond quicker, plus you have larger sweat glands. Your sweat will be less salty than the person who is unaccustomed to hot weather exercise, because your body has adapted to conserving sodium.

*(Phys SportsMed, April 1991)*

### **TRUE OR FALSE: Don't bother to drink during exercise that lasts less than an hour because the fluid has too little time to get into your system.**

False. According to Dr. Larry Armstrong, exercise physiologist at the University of Connecticut, water can travel from stomach to skin in only 9 to 18 minutes after drinking. This water is essential for dissipating the 15 to 20 times more heat produced during exercise than at rest. If you become dehydrated and lack enough body fluids for sweating, you can seriously endanger your health. To keep your cool, always drink during hot, strenuous exercise.

*Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, counsels both casual exerciser and competitive athletes. Her popular Sports Nutrition Guidebook is available by sending \$16.50 to NESF, PO Box 252, Boston, MA 02113.*

# BOOK REVIEW

By Barbara T. Erskine, CAVU Company/Books for Runners

## The Triathletes

The women portrayed in Jeff Cook's *The Triathletes* (St. Martin's Press, 1992, \$19.95) all share the enviable quality of committing themselves totally to excellence in their sport. Their stories evoke awe, respect, incredulity. Most of us have wished at some time for the mental or physical ability to improve in athletics. The hardships and triumphs of these outstanding sportswomen make even the recreational jogger aware of the potential of her body.

Triathlons seem the epitome of endurance trials, besting even ultramarathons by virtue of performance in three sports, not just one. So the champions of these events must live and train in a world apart from the average athlete. Those who compete in the Ironman, the pinnacle of Tri competition, should be surreal and unapproachable. But Jeff Cook introduces us to four young women, involves us in their lives, loves and losses during one racing season. They just happen to be elite triathlon competitors, all vying to win the 1989 Ironman.

Julie Wilson, with a string of 4th place showings, is unable to find corporate sponsorship. She must choose every race, each

new bike accessory or pair of running shoes based on their economics, vs paying the rent. Yet she still can psyche herself into intense training and have a shot at first place.

Kirsten Hanssen races "for the Lord." Very petite and lightweight, she loves a stage, an audience, even finishing the 1988 Ironman with one arm in a cast! In 1989 she pushes herself into injury. Her faith and talent produce a surprise finish for the season.

Jan Ripple gets tired of being referred to as "janripplemotherofthree." In 1989, she was the only woman pro to have any children and was within a month of being the oldest female pro triathlete. She has to balance parental concerns with a family legacy of sports excellence. Her race in the Ironman provides a very poignant and personal glimpse into her dual life as wife and athlete.

Paula Newby-Fraser has become the quintessential Ironman winner. But she doesn't win all her races, or even every Ironman, and has her own views on training she must justify by performance. She suffers the weight of media coverage, appearances for corporate sponsors, holding her title against challengers. In spite of the pressures, this superstar must mentally and physically be in top condi-

tion all season.

Four diverse personalities from checkerboard backgrounds meet in Hawaii in October, 1989, for the most grueling contest of individual sports. How the women get there, how they handle their own victories and defeats make for good armchair participation. The author never deprecates them to the male competitors. Each stands on her own accomplishments and abilities, earning her living and living her life outside the mainstream, but in the roughest stretch of the current.

Barbara T. Erskine, owner, Books for Runners. For information or a Free catalog, contact her at 386 Portlock Road, Dept. BR, Honolulu, HI 96825.



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# TLC For Your Aching Knees

**W**hen you read about sports injuries, knee problems are always near the top of the list. Your knee joint is somewhat like a hinge and works nicely in a vertical plane. Unfortunately, it is very unforgiving if it's forced to move sideways or is twisted.

There are several causes of knee problems. Impact injuries are often due to direct blows in contact sports like basketball. They can also be caused by falls and jumps, sudden twisting, and explosive movements such as a power lift. Overuse injuries happen if you overtrain and can be associated with anatomical variation (something that doesn't quite match the textbook pictures) either in your knee itself, or transmitted up your leg from your foot or down from your hip.

## Basic Structure

Ligaments join your thigh bone (femur) to the leg bones (tibia and fibula). Cruciate ligaments cross each other on the inside. On the outside of the joint you'll find collateral ligaments. Ligaments are tough, fibrous bundles which are strong but only slightly elastic. Two C-shaped disks of cartilage (menisci) sit on top of the tibia, the large leg bone, and act as shock absorbers. There's a thin coating called articular cartilage on the end of the femur and tibia that's in contact with the menisci. As well as absorbing shock, cartilage prevents wear because it reduces friction.

Your kneecap protects the front of the joint. When your knee flexes the kneecap glides in a groove in the femur.

Tendons join muscles to bones, and also help to hold your kneecap in position. The muscle group of your front thigh is the quadriceps group, and its tendons attach to your kneecap and tibia. Hamstring tendons attach the back thigh muscles to your tibia. Calf muscles' tendons connect to the tibia, and femur. There is also a band at the outside of your knee. This is a narrow stabilizing (rather than load bearing) muscle-tendon structure which runs from your tibia to your hip.

## Tendon Injuries

Tendinitis is a common overuse injury. Overwork causes inflammation. Runners may develop pain at the back of their knees (usually hamstring tendons), and at the outside of their knees (iliotibial band syndrome). A lot of jumping can cause pain below the kneecap (jumper's knee). Tendon pain is usually worse when you get out of bed, and slowly eases off with use. Resist using this to persuade yourself you can exercise as usual.

Tendinitis can be persistent because tendons don't have such a good blood supply as muscles. Since it's usually caused by overuse, the most important part of the treatment is rest. This may not mean inactivity, but it certainly means a reduced work load. The best approach is to alter your workout to rest the tendon but retain fitness. In addition, heat the area before exercise to help the blood flow, and ice it after exercise to reduce inflammation. Aspirin and ibuprofen can be useful anti-inflammatory drugs, but only if you rest. Never use medication to mask pain so that you can continue to work out. This will make the problem worse. Then it may become chronic, and can have serious consequences. Tendinitis is more likely if you have tight muscles, so stretching usually helps to keep you out of trouble.

## Cartilage Injuries

Most cartilage injuries are due to impact or twisting movements, and are more common in contact sports. Anyone can fall, though, including runners and cyclists. Blows and falls can cause cartilage tears. These can hurt, cause clicking noises, and may make your knee lock on occasions. "Cartilage can also become damaged by accumulated repeated wear and tear," says Marvin Bloom, M.D., an orthopedist and Editorial Board Member of the American Running and Fitness Association (AR&FA), a non-profit, educational association of athletes and sportsmedicine professionals dedicated to educating Americans about the benefits of exercise and helping athletes improve their training. Small tears in

a meniscus may heal with rest. Menisci have a variable blood supply, and in some cases healing can take months. Larger tears and complete tears are more difficult.

Cartilage injuries need expert care. In many cases, a conservative approach with rest and a change of activity works well. The change may have to be permanent, though. Putting stress on a damaged cartilage can only lead to more problems. If surgery is needed, procedures vary. Some tears can be stitched together and will then heal. Others may need fragments removed. A very badly damaged cartilage may have to be removed completely. Arthroscopic surgery involves small instruments and an optical system inserted in your knee. You'll usually recover relatively quickly, and begin rehabilitation. The worst part of cartilage injuries is the onset of arthritis. A damaged meniscus can grind on articular cartilage, and damage it. The surfaces roughen, pieces may break off, and wear and tear accelerates. The whole area becomes inflamed and swollen, and the problem grows. The risk of arthritis seems to be higher after surgery, but perhaps that really reflects the severity of the damage in the first place.

## Ligament Injuries

Ligaments are more likely to suffer impact injuries than overuse injuries. Knee ligament damage has hampered or ended many football, basketball, and hockey careers. Falls and accidents can also damage ligaments.

Ligament tears are called sprains. If the ligament is just stretched or slightly torn, it should heal with RICE: rest, ice, compression (brace), and elevation. As the severity of a tear increases, the likelihood of instability increases. Surgical repair may be the best treatment for complete rupture or a bad tear. "Violent muscle contractions also cause knee injuries," says orthopedist and AR&FA Editorial Board Member Mitchell Goldflies, M.D. If you land from a jump with your knee extended, your quadriceps mus-

*continued next page...*



cles can contract violently enough to rupture the anterior cruciate ligament, he explains. Collateral ligaments reinforce your knee on the outside and help stabilize it. The internal cruciate ligaments hold your knee together. Torn anterior cruciate ligaments pose the biggest threat to knee stability, but damage to any knee structure puts more stress on the other tissues. Damaged knee ligaments need early diagnosis and treatment. Even so, healing and rehabilitation often take a long time. Under the guidance of an experienced physical therapist, rehabilitation commonly takes six to nine months, and sometimes a year or more may be needed. Since ligament tears are commonly caused by violent blows and movements, they are often accompanied by cartilage damage.

### Runner's Knee

Running can cause pain at or near your kneecap. It will usually be obvious that it's an overuse injury because it will come on slowly, or after a greater than usual effort. It will probably go away when you stop running, and return when you start again. The problem is inflammation of cartilage under your kneecap. In some cases biomechanical problems in your feet cause abnormal movement in you

kneecap. In these cases RICE (and perhaps aspirin or ibuprofen) will treat the symptoms, and orthotic inserts in your shoes can treat the cause. Sometimes pain under your kneecap is due to abnormal tracking of your kneecap in its groove which is often caused by imbalances in the muscles around the knee.

### Strategy for Knee Injuries

If you develop a sore area in your knee which is obviously an overuse injury, you should manage quite well with RICE. Take aspirin or ibuprofen as well, and you should see significant progress in a week or two. If there's no marked improvement after two weeks, seek professional help. If you cure your symptoms, but they return soon after you resume your workout, you need help to track down the cause. After trauma to your knee, if you sense a mild sprain begin RICE treatment. After two or three days you should feel some improvement. If not, get help. If you took a heavy blow or fell and you heard a popping noise, or if your knee is unstable and won't bear your weight, or if it clicks or locks, get professional help immediately. This has the potential to be a serious problem and you shouldn't fool with it.

### Prevention of Knee Injuries

The greatest factor which can protect your knees is sound training. Hard days must be followed by easy days and hard weeks by easy weeks. If you compete, train to peak not more than twice a year, and don't try to prolong your peak for much more than a couple of weeks. It's okay to compete regularly, as long as you build it into your training program and don't go all out every week. Avoid increasing the length or intensity of any kind of workout by more than 10% in a week. Rest and recovery are the keys to your training; that's when your body grows stronger.

Even if you have sound knees, you can help them. Strengthening your leg muscles will reduce the load on your knee joint. Stretching will reduce the load on your tendons. Together, these precautions are good insurance against knee injuries, and are especially valuable if you compete regularly.

*For a free brochure, Runner's Knee, send a long, stamped (\$52), self-addressed envelope to the American Running and Fitness Association, 4405 East-West Highway, Suite 405, Bethesda, MD 20814.*

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# ROAD RACE SPOTLIGHT

By Richard Lee Slotkin

## The Gardena 5000

June 6, 1993. Gardena, CA.

MONEY TALKS. YES, IT DOES. LAST YEAR, WITHOUT MUCH OF IT, THE ELITE RACE WAS A BIT ON THE ANEMIC SIDE. THIS YEAR THERE WAS A \$10,000 PURSE TO TEMPT THE STRONG OF HEART AND LEG. GARDENA WAS ABLE TO ATTRACT THE KIND OF FIELD WE'VE COME TO EXPECT FOR THIS EVENT, DESPITE STRONG COMPETITION FROM THE PREFONTAINE MEET IN FAR-OFF EUGENE.

In fact, this was probably the biggest--37 finishers--and the deepest--11 sub-14's--version to date. Even the women's field was impressive. I say "even" because last year, they didn't have one. This year there were 11 finishers, 3 under 17 minutes and one in 17 flat.

But, it seems that there's no free lunch. This year's masters race was barely a pale imitation of last year's Henry Rono-Doug Bell shootout.

### THE JOYCE MOMITA MEMORIAL 5K

Named in honor of a Gardena-Reebok cancer victim, the elite race turned out to be a fitting tribute to the very popular Joyce Momita, despite getting off to a rather tactical start--that's a code word for slow--as no one seemed to want to assert himself. The lead pack really was a pack: large and thick. It went by the mile mark in 4:30. The leaders were the indestructible Ivan Huff, John Hume, Wes Ashford, Robla Alamayeu, Noel Berkely, Brian Abshire, Barak Hussein and last year's 1-2 finishers, the Alfredos--Vallejo and Vigueras.

After that, however, the race began living up to its reputation. Coming out of the first of two 180-degree turns, this one at about the half-way point, Hume moved into the lead with Berkely, Abshire, Ashford, Hussein and Vigueras right on his tail. This half dozen had

broken loose from the rest of the pack and it didn't take a Ph.D. to figure out that the winner was going to come from this 6-pack. Abshire had the best credential, a 13:30, but Berkely wasn't far behind with a 13:32 and maybe Hussein was made of the same stuff as older brother, Ibrahim, in which case....

Well, the 6-pack went past 2 miles in 8:53, a 4:23 mile. That almost qualifies as blistering. For sure, the pace had been picked up. It must have seemed to Hussein that it would be a good time for him to make a move because that's just what he did. He took over the lead and looked as though he meant to stay there. But a very pesky Vigueras wouldn't let him be. Vigueras took the lead, Hussein took it back, Vigueras retook it, and then, with at least a half mile to go, went into THE BIG SURGE. This was madness. This was putting the rent money on some claimer in the 5th race at Santa Anita. This was committing your reserves at the *beginning* of the battle.

Vigueras had fired up the afterburners with a half mile to go and had only enough fuel for 3/8ths of a mile. For a few moments, the kamikaze act looked pretty good, but there were two major problems. One was the already-stated lack of fuel. The other was even more critical--even going all out, Vigueras didn't have the *speed* to run with the likes of Hussein and Abshire once they fired up their own afterburners. So, Vigueras suddenly

found himself in third place as Abshire blew by him, followed by Hussein. Berkely and Hume were now beginning to lose ground, only to the leaders, not to Vigueras. In fact, Vigueras had given it a good shot, but now he was about all used up and would fade to sixth. The race was between Abshire and Hussein and the distance was a little more than 400 meters. Abshire appeared to be in command when he suddenly threw his arms up in bewilderment. Where, he seemed to be asking, was he supposed to be going? This is absurd. Is this the guy's first race? I mean, like, uh, why not follow the pace car and photo truck as he's been doing up until now? He *does* have a college degree, doesn't he? Well, use it and follow the (expletive deleted) pace car.

Frantic gesturing by the very on-the-ball folks on the photo truck--ahem, yes, one of whom was I--caught Abshire's eye, finally, and he got on with it, still holding his one step lead over Hussein. By now they were heading into the second 180 and the last 200 meters to the tape.

Coming out of the turn, Hussein showed us that he had been generously endowed by the Hussein family gene pool. He moved into the lead and held off one ferocious attempt after another by Abshire to regain the lead. Hussein crossed the finish line in 13:51 with Abshire two steps back. Don't be fooled by

*continued next page...*

# ROAD RACE SPOTLIGHT



**MATT BLATY**

*Photo by Richard Lee Slotkin*

Abshire's official 13:52. It was closer than that.

No one else broke 14 minutes. Berkely was close in 14:02 and he was followed by Hume and then Ashford. Then came Viguera's in 14:10, two seconds slower than last year's second place finish. But it was good enough to beat the guy that beat him last year, Vallejo, who finished 8th in 14:12.

The women's race, on the other hand, was not as close as it looked. Linda Sommers recorded a two-second win over Kathy Smith. Seems that it was pretty tight. Actually, an extended BIG SURGE over the last third of the race made it look as if Smith nearly pulled it out. In fact, ever since Sommers took the lead at the first turnaround, she was in command. She knew Smith was gaining near the end; she could hear the footsteps. It was too late though. Sommers was home free. She was clocked in 16:26, Smith in 16:28. You know, that comes out to a 5:17 per mile pace

for both of them, according to my Race Central printout. Compared to Hussein's and Abshire's 4:27, that may not impress you, but I wonder how many of you readers can go out and run *one* mile in 5:17. Kind of quick, huh?

Anyway, Valerie Vaughn, with a 16:42, was the only other finisher under 17 minutes. Emebet Shiferaw, state CC champ in the 1500 and 5000 (not to mention cross country) came in at 17 flat. This kid who runs for Riverside via Ethiopia (ah, yes, the Banks connection) is someone to watch. If they don't overwork her to death, she could turn out to be a female version of that other Riverside *wunderkind*, Nouredine Morceli.

## OPEN RACE

Mt. SAC's Angel Martinez was supposed to be in the invitational, but he switched to the open, claiming an injury had kept him from training. He kind of proved his point. After taking the pack out in a 4:34 mile, Martinez suddenly slowed, faded and then disappeared just after the first turnaround. His place was taken over by Matt Blaty and that was that. Blaty was unchallenged from there on and went on to the only sub-15 of the race: 14:48. The fight was for second, won by Armand Crespo in a rather distant 15:12.

The women's race was even more one-sided. Natalie Fonnichsen ran a 17:33, a full 45 seconds ahead of second place.

## MASTERS INVITATIONAL

After last year's Rono-Bell classic, just about anything would seem dull. And that's about what we got. Without the likes of a Bell, Rono or Wilson Waigwa to contend with, Nolan Smith finally got his chance to shine. He didn't blow the opportunity. He went wire-to-wire and, despite some slowing in the last half mile or so, he was never seriously challenged. Ron Gee and Bill McDermott were 40 to 60 yards back for most of the race and, although they were gaining in the last 400 meters and although Smith was tiring then, it was all too little too late. A strong finish by Gee broke him loose from McDermott in the final 200 meters. Nevertheless, it was Smith's day.

Diana Tracey had the easiest time of anyone. There were only 4 starters in the women's master's race and 3 of them finished. Tracey, like Smith was wire-to-wire, but there the resemblance ended. Tracey ran so far

ahead of Loi Coker and last year's winner Sherri Hall, that it didn't look as though they were in the same race. As a matter of fact, Tracey would have won the open event. Her 17:31 was 2 seconds better than Fonnichsen's 17:33. Hall had an especially hard time of it; she found herself feeling a bit on the ill side and just couldn't get it together and, after hanging on to Coker for most of the race, finally gave out and watched Coker pull away to take second.

## RESULTS

### Invitational 5000

#### Men

1. Barak Hussein (Kenya) 13:51, 2. Brian Abshire (Sacramento) 13:52, 3. Noel Berkely (Dublin, Ireland) 14:02, 4. John Hume (Denver) 14:05, 5. Wes Ashford (Long Beach) 14:07, 6. Alfredo Viguera's (Mexico) 14:10, 7. Ivan Huff (Paso Robles) 14:11, 8. Alfredo Vallejo (Mexico) 14:12, 9. Mike Stone (San Francisco) 14:19, 10. Brent Griffith (San Luis Obispo) 14:20.

11. Jose Iniguez (Solvang) 14:22, 12. Mark Ochoa (Alamosa) 14:25, 13. Robla Alemayeu (Tanzania) 14:25, 14. Sasha Vujic (Northridge) 14:26, 15. Peter De La Cerda (Newhall) 14:29, 16. Mark Junkerman (Santa Monica) 14:30, 17. M. Manzano (Zimbabwe) 14:31, 18. Daniel Martinez (Alhambra) 14:32, 19. Hector Perez (Mexico) 14:39, 20. Tyrus Deminter (Long Beach) 14:41.

21. Kevin Broady (Anaheim) 14:44, 22. Joey Gomez (Fullerton) 14:47, 23. Steve Frisone (Laguna Hills) 14:50, 24. Ralph Garibaldi (Running Springs) 14:52, 25. Gus Quionez (Placentia) 14:53.

#### Women

1. Linda Sommers (Pleasant Hill) 16:26, 2. Kathy Smith (Newport Beach) 16:28, 3. Valerie Vaughn 16:42, 4. Emeret Shiferaw (Riverside) 17:00, 5. Heather Killeen (Placentia) 17:16, 6. Michelle Hopper (Glendora) 17:22, 7. Marilyn Broady (Anaheim) 17:26, 8. Kim Ojeda (Los Angeles) 17:32, 9. Mary Button (Los Angeles) 17:43, 10. Katy Dunsmuir (Hermosa Beach) 17:46, 11. Laurie Chapman (San Diego) 17:56, 12. Annie Seawright 17:57, 13. Rosa Cazares (Los Angeles) 18:09.

#### MASTERS/Men

1. Nolan Smith (41) 15:31, 2. Ron Gee (40) 15:37, 3. Bill McDermott (42) 15:47, 4. Barry Schaeffer (41) 15:53, 5. Ed Avol (41) 15:55, 6. Ian Cummings (41) 16:03, 7. David Hunter (40) 16:08, 8. Gary Shapiro (41) 16:14, 9. Ron Jensen (46) 16:19, 10. Byrie Smallen (45) 16:22,

11. Tom Williams (43) 16:31, 12. Mike Scott (50) 16:37, 13. Catarino Gonzalez (51) 16:38, 14. Geoff Guerrero (Redondo Beach) 42 16:43, 15. Ron Ogilvie (47) 16:44, 24. Jim O'Neill (68) 19:45

#### MASTERS/Women

1. Diana Tracey (40) 17:31, 2. Loi Coker (42) 18:36, 3. Sherri Hall (41) 18:48.

*continued next page...*

# ROAD RACE SPOTLIGHT

## OPEN 5000

### Men--Overall:

1. Matt Blaty (31) 14:18, 2. Armand Crespo (24) 15:12, 3. Hector Rios (25) 15:16, 4. Emigdio Zarazua (26) 15:24, 5. Tommy Leon (26) 15:26.

### Men--Division Winners

**11&u:** 1. Suriel Vargas (10) 19:50, 2. Tyrus Deminter, Jr. (8) 19:50, 3. Justin Selmanson (11) 21:11. **12-14:** 1. John Cisneros (14) 17:15, 2. Phillip Morales (14) 17:31, 3. David Schulz (14) 17:52. **15-19:** 1. Morris Giddens (17) 15:27, 2. Ben Flamm (18) 15:47, 3. Marcus Castro (15) 15:53. **20-24:** 1. Armand Crespo (24) 15:12, 2. Ernesto Ortega (22) 15:26, 3. Travis Hubbard (21) 15:34. **25-29:** 1. Hector Rios (25) 15:16, 2. Emigdio Zarazua (26) 15:24, 3. Tommy Leon (26) 15:26. **30-34:** 1. Matt Blaty (31) 14:48, 2. Pat Frederick (30) 15:41, 3. Ezequiel Hernandez (30) 15:56. **35-39:** 1. Harold Ketting (39) 15:40, 2. Rick Waterman (35) 15:50, 3. Joel Sanchez (37) 16:00.

**40-44:** 1. Paul Marcel (43) 16:50, 2. Vicente Romero (44) 17:01, 3. German Alonso (42) 17:17. **45-49:** 1. Michael Smith (45) 17:15, 2. John Combs (45) 17:19, 3. Don Gillman (48) 17:39. **50-54:** 1. Cecil

Smith (51) 18:04, 2. Simon Rubin (50) 18:38, 3. Gerald Smith (51) 18:48. **55-59:** 1. Booker Washington (55) 19:12, 2. Leroy Kim (57) 19:41, 3. Hank Munoz (58) 20:11. **60-64:** 1. Antonio Gonzalez (61) 18:42, 2. Patrick Devine (64) 19:46, 3. Albert Nobuto (64) 20:28. **65-69:** 1. Larry Banuelos (69) 20:23, 2. Milo Sather (66) 21:30, 3. Jack Green (67) 24:02. **70-74:** 1. Manuel Lara (71) 21:39, 2. Frank Endo (70) 26:05, 3. Jack Mehman (71) 26:28. **75-79:** 1. Eddie Lewin (76) 23:18, 2. Dutch Benedetti (78) 25:31, 3. John Hales (77) 26:47. **80&over:** 1. Ernest Van Leeuwen (80) 26:42, 2. Robert Ashimine (81) 32:18, 3. Dean Scofield (81) 36:44, 4. Jacob Bishin (92) 50:01.

### Women--Overall

1. Natalie Fonnichsen 17:33, 2. Maria Lopez (18) 18:18, 3. Donna Chadwich (31) 18:49, 4. Karen Samsonoff (34) 19:04, 5. Noelle Merritt (28) 19:25.

### Women--Division Winners

**11&u:** 1. Christina Bracamonte (8) 27:55, 2. Kly Asimoto (11) 27:59, 3. Sara Lemieux (11) 32:09. **12-14:** 1. Laura Vargas (12) 22:53, 2. Miki Katagami (14) 22:57, 3. Guadalupe Sanchez (12) 25:28. **15-19:** 1. Maria Lopez (18) 18:18, 2. Leanna Degazon (16) 20:00, 3. Wendy Carrillo (19) 20:38. **20-24:** 1.

Natalie Fonnichsen 17:33, 2. Beverly Zepeda (24) 22:13, 3. Andrea Scott (20) 23:49. **25-29:** 1. Noelle Merritt (28) 19:25, 2. Diane Silva (29) 19:36, 3. Carla Anson (26) 20:47. **30-34:** 1. Donna Chadwich (31) 18:49, 2. Karen Samsonoff (34) 19:04, 3. Linda Iacobini (34) 21:09. **35-39:** 1. Claudia Velletri (38) 19:48, 2. Elizabeth Saenz (35) 20:41, 3. Lori Marcel (35) 21:09.

**40-44:** 1. Mary Ann Schewe (40) 20:54, 2. Peggy Sullivan (42) 21:19, 3. Barbara Varon (41) 21:30.

**45-49:** 1. Wendy Watson (49) 20:26, 2. Linda King (49) 20:33, 3. Mitsuo Mori (46) 21:32. **50-54:** 1. Karin Handsaker (50) 22:26, 2. Mary Elwell (52) 24:10, 3. Sachiko Kim (50) 25:15. **55-59:** 1. Jeanne Hoagland (56) 21:11, 2. Shirley Blush (57) 21:20, 3. Atsuko Fujimoto (58) 25:27. **60-64:** 1. Nelly Williams (62) 27:06, 2. Verian Bruce (64) 30:52, 3. Catherine Ishizawa (62) 37:37. **65-69:** 1. Helen Dick (65) 23:37, 2. Miyoko O'Hara (65) 29:18, 3. Trudy Wadman (66) 29:28. **70-74:** 1. Mae Tengan (70) 31:07, 2. Amy Coury (70) 36:17, 3. Barbara Ashimine (71) 46:56. **75-79:** 1. Sarah London (75) 40:46, 2. Lucille Adney (79) 51:13. **80&O:** 1. Tokiko Mano (80) 54:24.



**DIANA TRACEY**

"Would have won the open race."

Photo by Richard Lee Slotkin



**NOLAN SMITH**

"Nobody here but me."

Photo by Richard Lee Slotkin

TRAVEL  
LIGHT.

EXERCISE.

**American Heart Association**

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# RESULTS

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

## Apple Country Run

April 4. Sebastopol. 3K & 10K.

**3K Women Top 5 Overall:**

1. Shelly Lowery (15) Sebastopol 11:25
2. Heather Cupp (29) Santa Rosa 11:33
3. Teresa Nelson-Aldridge (33) S. Rosa 12:04
4. Elizabeth Lemus-Meza (23) Windsor 12:09
5. Joyce Homenko (44) Forestville 13:33

**3K Women Division Winners:**

- 7 & Under:** Lexie Thomasson (Sebastopol) 22:42. **8-9:** Miranda Jilka (Sebastopol) 19:36. **10-11:** Anne Lapinski (Sebastopol) 18:07. **12-13:** Ammee Fallis (Sebastopol) 13:51. **14-17:** Shelly Lowery (Sebastopol) 11:25. **18-29:** Heather Cupp (Santa Rosa) 11:33. **30-39:** Teresa Nelson-Aldridge (Santa Rosa) 12:04. **40-49:** Joyce Homenko (Forestville) 13:33. **50-59:** Jan Stevens (Santa Rosa) 16:54.

**3K Men. Top 5 Overall:**

1. Danny Aldridge (36) Santa Rosa 8:53
2. Jim Noonan (32) Santa Rosa 9:33
3. Don Nauman (30) Santa Rosa 9:38
4. Jerry Roach (32) Santa Rosa 9:58
5. Sean Lanham (34) Petaluma 10:05

**3K Men Division Winners:**

- 7 & Under:** Nick Jilka (Sebastopol) 16:54. **8-9:** Michael Allen (Sebastopol) 14:56. **10-11:** Adam Jennison (Graton) 13:46. **12-13:** Brent Shaw (Santa Rosa) 11:49. **14-17:** Ryan Deford (Sonoma) 10:07. **18-29:** Mike Hudgens (Rohnert Park) 11:37. **30-39:** Danny Aldridge (Santa Rosa) 8:53. **40-49:** John Russell (Sebastopol) 11:23. **50-59:** Ralph Harms (Santa Rosa) 11:05. **60 & Over:** Carl Jackson (Santa Rosa) 12:06.

**10K Women Top 5 Overall:**

1. Cathy Dubay (28) Santa Rosa 41:03
2. Melissa Dierl (20) Novato 44:53
3. O.B. Juan Flamingo (31) Sonoma 45:15
4. Pat Grinnell (32) Petaluma 46:56
5. Amanda Lamb (26) Forestville 47:17

**10K Women Division Winners:**

- 19-24:** Melissa Dierl (Novato) 44:53. **25-29:** Cathy Dubay (Santa Rosa) 41:03. **30-34:** O.B. Juan Flamingo (Sonoma) 45:15. **35-39:** Alice Higinbotham (Ukiah) 52:20. **40-44:** Rose Folendorf (Sebastopol) 54:21. **45-49:** Susan Mathews (Santa Rosa) 52:31. **60 & Over:** Lois Cook (Ukiah) 1:00:46.

**10K Men Top 5 Overall:**

1. Scott Pierce (26) Rohnert Park 32:46
2. Bob Ebert (38) Santa Cruz 33:04
3. E.J. Bohn (27) Rohnert Park 34:34
4. David Rosen (19) Petaluma 35:35
25. John Hirschberger (41) San Fran 35:41

**10K Men Division Winners:**

- 15 & Under:** Wes McBride (Petaluma) 44:31. **16-18:** Fergus Breck (Sebastopol) 38:46. **19-24:** David Rosen (Petaluma) 35:35. **25-29:** Scott Pierce (Rohnert Park) 32:46. **30-34:** Ken Reid (Santa Rosa) 40:57. **35-39:** Bob Ebert (Santa Cruz) 33:04. **40-44:** John Hirschberger (San Francisco) 35:41. **45-49:** Ray Cataldo (Santa

Rosa) 38:10. **50-54:** Anthony Gangi (San Anselmo) 40:20. **55-59:** Gunter Molinari (Santa Rosa) 49:16. **60 & Over:** Al Bellon (Ukiah) 47:03.

## Berryessa Triathlon

April 24. Berryessa.

**Overall Results**

1. Tom McCleanly (29) 1:18:32. 2. Shawn Shaw (25) 1:19:37. 3. Robert Cuenin (30) 1:20:43. 4. Brian Timmerman (22) 1:23:54. 5. Marc Hapke (36) 1:24:35. 6. Purcell, Slate & Ferguson 1:24:36. 7. Volker, Morgan & Bolt 1:26:21. 8. Triathlete 1:27:26. 9. Scott Shea (22) 1:27:44. 10. John Tyksinki (27) 1:30:12.

11. Chuck Ishii (31) 1:30:49. 12. Jackie Biddle (29) 1:31:29. 13. Dan Landry (30) 1:32:00. 14. George Spinis (39) 1:32:08. 15. Taylor & Owens 1:33:04. 16. Alan Schmeiser (58) 1:33:32. 17. Chad Geernaert (21) 1:34:05. 18. Team Kelly 1:34:41. 19. Clay Taft (47) 1:35:49. 20. Drew Somers (38) 1:35:50.

## Marshall

### M.A.S.H. Runs

April 25. Shingle Springs. 5K & 10K.

**Overall Results - Men's 5K**

- Overall Winners:** 1. Brad Lael 17:09. 2. Gary Johnsrud 17:15. 3. Mike Keck 18:01. 4. Chris Ladd 18:12. 5. Doug Yost 18:16. **12 & Under:** 1. Dustin Carver 22:30. 2. Dillon Diers 24:11. 3. Jake Fastert 24:11. 4. Gabriel Miller-Smith 25:03. 5. Matthew Witter 25:09. **13-15:** 1. David Boscoe 18:42. 2. Daniel DeJager 20:23. 3. Jeremy Horton 20:33. 4. Matt Kimball 21:08. 5. Chad Randall 21:57. **16-19:** 1. Will Bolding 18:21. 2. Steven Taylor 18:58. 3. David Bever 23:12. 4. Robert Pine 23:48. 5. Preston Hall 25:47. **20-24:** 1. Mark Pine 19:24. 2. Will Ohnsat 20:00. 3. Dave Beardsley 21:58. 4. Eric Pine 22:20. 5. Joby Chock 23:58. **25-29:** 1. Brad Lael 17:09. 2. Mike Keck 18:01. 3. Chris Ladd 18:12. 4. Paul Damico 18:50. 5. Jaff Kosar 21:10. **30-34:** 1. Jay Aliff 20:01. 2. Vernon Slater 20:10. 3. Johnnie Smith 20:25. 4. Steve Grogan 20:44. 5. Robert Carpenter 21:02. **35-39:** 1. Gary Johnsrud 17:15. 2. Doug Yost 18:16. 3. Richard Kimball 20:12. 4. John McBath 21:03. 5. Stephen Neels 21:06. **40-44:** 1. Ty Russell 20:26. 2. Alan Diers 20:31. 3. Larry Vasques 20:35. 4. Jerry Martinez 20:42. 5. Russ Hudson 21:34. **45-49:** 1. Mike Ammon 18:31. 2. Fernando Pasqual 20:02. 3. Jeff Caputo 20:40. 4. Bill MacIboba 21:27. 5. Randy Beaver 25:24. **50-54:** 1. Mike Saling 26:34. 2. Eugene Davis 28:24. 3. James Baldwin 29:14. 4. Helmut Werlich 29:29. 5. Mel Sciortino 30:58. **55-59:** 1. Walter Spiller 20:34. 2. Gary Hollinger 23:27. 3. Dave Al-

ley 26:43. 4. Doug Newmaster 27:27. 5. Roland Clements 28:38. **60-69:** 1. Bill Won 24:20. 2. Neil Moore 25:24. 3. Clancy Meyer 28:56. 4. Grant Docter 37:05. **70 & Over:** 1. Paul Fischer 25:20. 2. Lawrence Viglienzone 35:49. 3. John Pine 41:32.

**Division Results - Women's 5K**

- Overall Winners:** 1. Laurie Schuster 19:42. 2. Cindy Scott 20:29. 3. Alecia Jawor 20:49. 4. Vickie Pell 21:12. 5. Jenny Schindler 21:34. **12 & Under:** 1. Elise Martin 23:17. 2. Angelina Martinez 23:17. 3. Regina Martinez 23:18. 4. Katie Miguelgory 27:15. 5. Heather Diers 29:56. **13-15:** 1. Jenny Schindler 21:34. 2. Shelley Gorin 22:40. 3. Francesca Martinez 28:46. 4. Jill Hisao 29:34. 5. Aleksandra Torbica 30:33. **16-19:** 1. Darby Flynn 27:48. 2. Victoria Orlando 30:43. 3. Lani Bier 33:10. 4. Lucia Seville 35:03. 5. Candace Valdez 40:06. **20-24:** 1. Laurie Schuster 19:42. 2. Kimberly Kretschmer 25:12. 3. Cari Ferguson 29:35. 4. Jennifer Elliott 30:29. 5. Katy Groff 30:31. **25-29:** 1. Teri Slusher 27:46. 2. Shandra Colby 29:01. 3. Linda O'Brien 29:13. 4. Melissa Burghardt 30:01. 5. Elizabeth Fields 30:02. **30-34:** 1. Alecia Jawor 20:49. 2. Leila Taylor 22:38. 3. Barbara Artero 24:33. 4. MarySue Willey 25:56. 5. Nancy McDowell 26:16. **35-39:** 1. Cindy Scott 20:29. 2. Vickie Pell 21:12. 3. Janet Pedrotti 21:47. 4. Anne Diers 23:20. 5. Lynda Cassady 25:18. **40-44:** 1. Janet Nightman 23:20. 2. Anna Jarman 24:09. 3. Allison Harris 24:16. 4. Ladonna Flynn 26:27. 5. Linda Keller 28:16. **45-49:** 1. Linda Lange 25:58. 2. Glenda Laird 26:24. 3. Doris McPherson 27:32. 4. Grace Barner 28:30. 5. Vicki Mason 30:12. **50-54:** 1. Jean Inzano 27:53. 2. Lynda Hanson 28:36. 3. Marilyn Won 30:04. 4. Adrienne Barnard 30:06. 5. Ginger Wintermute 33:14. **55-59:** 1. Fran Mattson 29:03. 2. Mary Wallace 34:48. 3. Loretta Alley 38:10. **60-69:** 1. Alicia Meyer 30:48. 2. Carlene Hosea 36:12.

**Division Results - Men's 10K**

- Overall Winners:** 1. Matt Yeo 32:40. 2. Chuck Harris 36:14. 3. Al Michel 36:28. 4. Mike Healey 36:38. 5. Thom Pearman 36:44. **12 & Under:** 1. Joe Maehler 51:48. **13-15:** 1. Brian Briggs 40:38. 2. John McClurg 46:45. 3. Franklin Prior 51:38. 4. Sam Maehler 52:47. 5. Peter Reilly 58:52. **16-19:** 1. George Pelonis 44:16. **20-24:** 1. Terry Plumb 46:51. 2. Kelly Samford 53:22. 3. Mike Perkovich 64:10. **25-29:** 1. Mike Healey 36:38. 2. Robert St. Germain 42:23. 3. Trip Brown 45:41. 4. Stewart Ferrie 46:36. 5. Scott Leek 52:11. **30-34:** 1. Thom Pearman 36:44. 2. Michael Stanton 37:36. 3. Troy Limb 39:12. 4. Tony Vatalcos 40:43. 5. Troy Turner 40:45. **35-39:** 1. Matt Yeo 32:40. 2. Chuck Harris 36:14. 3. Al Michel 36:28. 4. Tim Mayes 37:29. 5. Gregory Coit 37:40. **35-39:** 1. Tommy Ham-

mack 76:04. **40-44:** 1. Chris Enfante 37:18. 2. Brent Tubb 38:12. 3. Clyde Hebborn 43:11. 4. David Cox 45:17. 5. Edward Strange 45:36. **45-49:** 1. Terry Tubb 41:19. 2. David Rafsdale 42:43. 3. Steve Topper 43:29. 4. Dan Pfeifer 44:00. 5. Anthony Villanueva 45:27. **50-54:** 1. Howard Ferris 42:53. 2. Terry Clow 45:56. 3. Paul Amann 47:54. 4. Jack Clancy 49:04. 5. Rocky Barsotti 50:41. **55-59:** 1. Bruce Larsen 52:09. 2. Hank Darlington 57:01. **60-69:** 1. Ken Zacher 60:31. 2. John Klingberg 61:08. 3. Bill Leek 73:04. 4. Terry Christensen 82:58. 5. Ted Dunbar 85:25. **70 & Over:** 1. Gerald Horton 50:15.

**Division Results - Women's 10K**

- Overall Winners:** 1. Linda Jungsten 39:22. 2. Allison Orofino 39:57. 3. Ann Hoerber 42:19. 4. Beth Kleine 43:11. 5. Sally Edwards 44:19. **20-24:** 1. Aimee Nystrom 60:29. 2. Julie Mumma 63:02. **25-29:** 1. Suzi Leon 44:31. 2. Beckie Starsky 45:19. 3. Diana Evans 46:11. 4. Beth Weigel 48:24. 5. Ramona Marshall 51:45. **30-34:** 1. Linda Jungsten 39:22. 2. Allison Orofino 39:57. 3. Ann Hoerber 42:19. 4. Beth Kleine 43:11. 5. Shron Murphy 47:08. **35-39:** 1. Paula Weeks 44:27. 2. Nancy Louie 52:19. 3. Robin Garrity 52:22. 4. Leslie Berghuis 52:42. 5. Therese McNamara 53:23. **40-44:** 1. Jan Levat 47:45. 2. Jan Bleiweiss 49:59. 3. Linda Tubb 51:00. 4. Gretchen Malaski 52:07. 5. Pamela Whipp 52:48. **45-49:** 1. Sally Edwards 44:19. 2. Judy Shipman 54:16. 3. Bonnie Miller-Smith 55:53. 4. Sharon Elliott 56:35. 5. Brenda Pollard 56:41. **50-54:** 1. Greta Carriger 51:28. 2. Cynthia Hayes 52:50. 3. Carol Fisher 64:31. 4. Pam White 68:25. 5. Lila Allgood N.T. **55-59:** 1. Gudrun Naschak 60:00. 2. Frances Rutz 60:21. 3. Charlie Dunbar 85:26. **60-69:** 1. Miki Horton 54:20. **70 & Over:** 1. Charlotte Walker 83:33.

## Quicksilver Ride and Tie

May 1, San Jose

**Overall Results**

1. Russ Kiernan/Mark Richtman 2:15
  2. Lon Clearwaters/Jon Root 2:22
  3. Bill Hughey/Dennis Tracy 2:23
  4. Gary Ceragioli/Wayne Hinrichs 2:24
  5. Robin Hinrichs/Chris Turney 2:25
  6. Anne Morgan/Dennis Rinde 2:27
- 34 teams finished. Formerly called the Dash & Crotch Ride & Tie.

## May Day Runs

May 1, San Francisco. 5K & 10K.

**Division Results - Men's 10K**

- Overall Winners:** 1. Mike German 34:24. 2. Edward Basaldua 34:46. 3. Chris Buhr 35:25. **14-18:** 1. Mark Gingrich 38:54. 2.

Brian Salbilla 47:39, 3. Amit Kumar 47:39. **19-29:** 1. Edward Basaldua 34:46, 2. Stephen Cook 35:48, 3. Arthur Drisko 37:21. **30-39:** 1. Miker German 34:24, 2. Chris Buhr 35:25, 3. Jeff O'Neil 35:30. **40-49:** 1. Doug Harrison 39:46, 2. Dick Parker 40:49, 3. Milton Lorig 41:28. **50-59:** 1. Jerry Young 43:05, 2. Stuart Gordon 47:46, 3. James Stack 48:18. **60 & Over:** 1. Jones Lee 45:57, 2. Bob Marty 50:52.

### Division Results - Women's 10K

**Overall Winners:** 1. Deanna O'Neil 35:40, 2. Kathleen Daley 39:31, 3. Elizabeth Vitalis 40:01. **19-29:** 1. Deanna O'Neil 35:40, 2. Elizabeth Vitalis 40:01, 3. Alissa DiFranco 41:22. **30-39:** 1. Kathleen Daley 39:31, 2. Barbara Misroch 41:08, 3. Cathe Sierra 43:24. **40-49:** 1. Jamie Wendel 42:18, 2. Kay Bolla 43:03, 3. Teresa Arellano 45:26. **50-59:** 1. Jane Tobin 49:54, 2. CS Hall 54:47.

### Division Results - Men's 5K

**Overall Winners:** 1. Michael Gama 17:20, 2. Jon Klinkman 17:47, 3. Dave Dempsey 18:04. **13 & Under:** 1. Peter Lunny 22:53, 2. Travis Lee 23:03, 3. Shu Fushimi 23:41. **14-18:** 1. Bryan Caulboy 18:29, 2. Alejandro Rodriguez 23:27, 3. Rufus Twito 23:27. **19-29:** 1. Brian Dembrowicz 18:54, 2. Dan Borogonovo 20:59, 3. James Lesko 22:48. **30-39:** 1. Michael Gama 17:20, 2. Jon Klinkman 17:47, 3. Dave Dempsey 18:04. **40-49:** 1. Michael Conroy 19:28, 2. Bob Livingstone 21:18, 3. Russell Breslau 22:14. **50-59:** 1. Steve Aikenhead 20:30, 2. Peter Jones 20:54, 3. Walter Bugno 23:30. **60 & Over:** 1. Bob Cantwell 26:11, 2. John Guinee 32:35, 3. Harry Quinn 34:18.

### Division Results - Women's 5K

**Overall Winners:** 1. Kara Olsen 19:43, 2. Fay Slattery 20:26, 3. Gina Rafanelli 22:16. **13 & Under:** 1. Lauren Byrne 27:36, 2. Laura Shaham 29:45, 3. Danielle Offner 35:49. **14-18:** 1. Gina Rafanelli 22:16, 2. Celina Lee 25:33, 3. Nila Dharan 27:13. **19-29:** 1. Kara Olsen 19:43, 2. Fay Slattery 20:26, 3. Mary Vance 23:02. **30-39:** 1. Chantal Geoffrion 23:12, 2. Sarah Nestel 23:23, 3. Adrienne Ladouceur 25:23. **40-49:** 1. Barbara Fields 28:57, 2. Sharon Growningen 30:10, 3. Andree Hest 30:25. **50-59:** 1. Joan Reiss 24:53, 2. K. Von Blankenburg 30:39, 3. Dody Glass 31:59. **60 & Over:** 1. Alice Kazanowski 35:41, 2. Marian Gex 45:18, 3. Lupe Garcia 47:15.

## Fiesta Sun Run

May 2. Fair Oaks, 5 mile.

### Division Results - Women

**13-17:** 1. Teresa Morthole 43:52. **18-29:** 1. Kelly Averig 36:04, 2. Chris Gallagher 36:33, 3. Sarah Haberstroh 37:53. **30-39:** 1. Kathy Priefer 30:54, 2. Linda Jungsten 32:02, 3. Karen Houseworth 36:37. **40-49:** 1. Jackie Walker 38:42, 2. Anna Jarmen 39:20, 3. Gretchen Malaski 40:55. **50-59:** 1. Sandra Pegsom 49:50. **60 Plus:** 1. Peggy Ewing 54:27.

### Division Results - Men

**11-12:** 1. Di Niosi 42:00, 2. Levi Newlin 43:36, 3. Dustin McVey 49:07. **13-17:** 1. Matt Moore 32:49, 2. Jason Almon 33:17,

3. Liam Clemons 34:13. **18-29:** 1. Patrick Rainey 27:02, 2. Greg morthole 31:16, 3. Rick Anderson 31:21. **30-39:** 1. Gary Johnson 27:51, 2. Nelson Cobb 29:30, 3. Thomas Pearnen 30:01. **40-49:** 1. Chuck Nichols 29:10, 2. Mike Ammon 29:10, 3. Dinnis Medinger 30:03. **50-59:** 1. Al Rodriguez 36:09, 2. Eric Gragg 36:54, 3. Jack Clancy 38:14. **60 Plus:** 1. Iv Fashia 38:09, 2. Jene Stewart 38:51, 3. Robert Miller 49:04.

## Chico Duathlon

May 2. Chico.

**Women Full Course: 20-29:** Valerie Vicsa 2:42:06. **30-39:** Laura Sue Clausen 2:45:17. **40-49:** Joan Keeny 2:44:43. **50-59:** Barbara Larrieu 3:31:29.

**Men Full Course: 20-29:** Bill Schipper 1:57:12. **30-39:** Kevin Cimini 2:07:30. **40-49:** Terry Cross 2:17:12. **50-59:** Steve Lynch 2:15:53. **Relay:** Mary Ellen & John Ehman 1:41:07.

**Women Mini Course: 15-19:** Amy Scurllock 1:33:26. **20-29:** Sue Gerpeide 1:14:05. **30-39:** Robin Goldstone 1:20:22. **440-49:** Kim Augur 1:10:00. **50-59:** Marie Rouse 1:19:55. **60 Plus:** Hannie Voyles 1:43:40.

**Men Mini Course: 14 & Under:** Zach Hadley 1:22:54. **15-19:** Chris Mohler 59:21. **20-29:** John Tyksinsk 59:53. **30-39:** Kevin Pedrotti 59:39. **40-49:** Don Kondoleon 1:02:20. **50-59:** Jerry Douglass 1:09:56. **60 Plus:** Jim Eslick 1:43:32.

**Women Short Mountain Course: 14 & Under:** Brooke Millar 1:46:08. **20-29:** Janet Troy 1:27:50. **30-39:** Beth Carlton 1:24:43. **40-49:** Meredith Parks 1:21:06. **50-59:** Linda Cruces 1:23:03.

**Men Short Mountain Course: 14 & Under:** Ryan Caldwell 1:20:05. **15-19:** Shane Seaman 1:12:46. **20-29:** Jason Singleton 1:07:10. **30-39:** William Granicher 1:13:06. **40-49:** David Wood 1:09:49. **50-59:** Kel Buchanan 1:18:52. **60 Plus:** Mike Bilinsky 2:23:03.

## Camp Titan Classic

May 2. Fullerton, 8K.

### Overall Results - Men's 8K

1. Hector Rios (25) Fullerton 24:08, 2. Joey (27) Fort Irwin 25:04, 3. Tony Sanchez (21) Fullerton 25:29, 4. Jose Gonzalez (15) La Habra 26:39, 5. Hernan Sanchez (43) Fullerton 26:47, 6. Bruce Guter (38) 27:26, 7. Curtis Chapman (28) Irvine 27:52, 8. Gonazlo Gonzalez (29) Orange 28:05, 9. Greg Prechell (34) Costa Mesa 28:07, 10. Mike Serna (31) Anaheim 28:22.

### Overall Results - Women's 8K

1. Denise Ripley (31) Diamond Bar 29:45, 2. Lorraine Gersitz (38) Fullerton, 3. Edit Berces (28) Fullerton 31:28, 4. Amy Hanson (24) Santa Barbara 33:12, 5. Laura Barker (33) Santa Ana 35:16, 6. Christine Muri (25) Irvine 35:37, 7. Kathrine Kantardji (35) Fullerton 35:59, 8. Phyllis Bourgaut (38) Santa Ana 36:44, 9. Christine Holoubek (50) Fullerton 37:20, 10. Lucinda Hackett (37) Pomona 37:30.

## Run to the Stars

May 2. Saratoga, 3K & 8K.

### Overall Results - 3K

1. Scott Cervelli (17) 9:02, 2. Greg Donson (24) 9:10, 3. John Fletcher (27) 9:23, 4. Amol Saxena (30) 10:12, 5. Michael King (29) 10:29, 6. Youssef Abourmatar (31) 10:46, 7. Elliott Lee (18) 10:52, 8. Brian Boyle (39) 11:01, 9. Nathan Pitts (12) 11:11, 10. Phuong-Mai Bui-Quang (16 F) 11:42.

11. Jaime Munoz (14) 11:52, 12. Sarah Pitts (9 F) 11:56, 13. Shhram Jalalian (17) 12:12, 14. Chris Irving (37 F) 12:27, 15. Bobby Adams (13) 12:31, 16. Scott Siegfried (11) 12:40, 17. Dustin Anderson (10) 12:45, 18. Matthew Wishnack (11) 12:49, 19. Chris Siegfried (43) 12:51, 20. Rachel Pitts (8 F) 12:52.

### Overall Results - 8K

1. Jeff Stein (33) 25:40, 2. Jim Christensen (33) 25:59, 3. Bradley Zamczyk (29) 26:36, 4. Robert Witherell (31) 26:41, 5. Jeff Hongo (27) 26:54, 6. Todd Parker (27) 27:26, 7. Robert Vanderlip (31) 27:32, 8. Nick Yray (44) 28:08, 9. Brian Dorgan (16) 29:13, 10. David Piazza (34) 29:15.

11. Israel Reyes (15) 29:22, 12. Randy Browne (38) 29:39, 13. Aimee Mangan (23 F) 29:45, 14. Jaywant Srivatsa (25) 29:52, 15. Mike Patrick (45) 29:56, 16. Alan Curtis (47) 29:57, 17. Reggie Duhe (38) 30:03, 18. John Denery (23) 30:10, 19. Lance Hardy (30) 30:12, 20. Sheri McCarrol (29 F) 30:15.

## Hot Dog Run

May 5. Thousand Oaks, 5 Mile.

### Overall Results

1. Pete Kaplan 28:20, 2. Byrle Smallen 28:32, 3. T.J. McGreevy 30:21, 4. Doug Davis 31:59, 5. Roger Patrick 32:03, 6. Al Baxter 33:17, 7. Bryan Smallen 33:20, 8. John McGreevy 34:26, 9. Rich Rovang 34:52, 10. Mike Froman 35:21.

11. Judy Kewley (F) 37:41

## Humpday Run

May 5. Chico, 5K.

### Overall Results

1. Chris Pressman (25) 15:25, 2. dsThomas Cushman (39) 15:32, 3. Patrick Kornder (29) 15:38, 4. Kevin Selby (20) 15:45, 5. Bill Joseph (37) 15:49, 6. Toni Ruggle (38) 16:02, 7. Vincent Gama (32) 16:08, 8. Kitt Flynn (40) 16:11, 9. Noah Marcus (19) 16:26, 10. Mark Cederborg (20) 16:51.

11. Chuck MacDonald (46) 16:55, 12. Robert Johnston (27) 17:05, 13. Scott Borges (40) 17:08, 14. Don Shook (31) 17:14, 15. Al Masterson (35) 17:34, 16. Patrick Condon (25) 17:39, 17. Chuck Hallbauer (13) 17:48, 18. Andy Forbes (36) 17:56, 19. Michael McNelley (28) 17:57, 20. Joel Gordon (20) 18:28.

21. Michael Wyrauch (14) 18:31, 22. Robert Littell (45) 18:37, 23. Eban Baume (20) 18:42, 24. Jim Bevins (55) 18:46, 25. Michael Newton (28) 18:48, 26. Louis Schuman (28) 18:49, 27. Walt Schafer (53)

19:03, 28. Michael McGie (58) 19:05, 29. Michael Young (37) 19:22, 30. Mark Mavis (26) 19:24.

## REC Sports Night Moves Fun Run

May 6. Cal Poly, San Luis Obispo.

### Overall Results

1. Andy Zoldak (18-25) 16:19, 2. Adolfo Lopez (26-35) 16:32, 3. Barry Oliver (Greek) 16:42, 4. John Root (36-45) 17:08, 5. Frank Hutchinson (36-45) 17:08, 6. Sean McCormick (26-35) 17:15, 7. Brian Tokuda (18-25) 17:28, 8. Nick Bingham (18-25) 17:45, 9. Bret Moore (Greek) 17:46, 10. David Valles (18-25) 17:47.

11. Matt Keyser (Greek) 17:52, 12. Chad Hawker (18-25) 17:56, 13. Tim Flood (18-25) 18:18, 14. Josh McChesney (Greek) 18:21, 15. David Noland (18-25) 18:22, 16. Todd Shafer (Greek) 18:22, 17. Ted Ray (Greek) 18:22, 18. David Craig (18-25) 18:32, 19. David Ewing (U 18) 19:07, 20. Andrew McGargill (18-25) 19:08.

## Legg Lake Runs Sunset Pit Bull Runs

May 8. San Gabriel River.

**1 Mile Road Run:** 1. Leal Campbell (10) 10:37, 2. Julie Campbell (9) 10:47. **5K:** 1. Patricio Gallegos (28) 17:33, 2. Mark Campbell (34) 19:30.

### Garrisons Road Run

May 9. Legg Lake.

**1 Mile:** Bruce Odou (65) 6:54. **5K:** Dutch Benedetti (77) 26:09. **10 Mile:** Javier Vargas (27) 59:50.

### Armed Forces Day Runs

May 15. San Gabriel River.

**1 Mile:** 1. Arthur Martinez (45) 5:34, 2. David Williams (4) 9:03. **5K:** Mike Lalum (45) 25:40.

### Great Western Runs

May 16. Legg Lake.

**1 Mile:** Dave Lalum (55) 8:05. **5K:** 1. Dave McIntyre (30) 20:17, 2. Wally Ingram (60) 21:00

### Memorial Day Road Runs

May 30. Legg Lake.

**660 Yard:** Arthur Martinez (45) 1:41. **5K:** Mike Lalum (48) 25:11. **5.4 Mile:** Mike Lalum (48) 42:01.

### Sunset Bull Frog Runs

June 5. Legg Lake

**Half Mile:** Arthur Martinez (45) 2:21. **2K:** David Williams (4) 11:19. **5K:** Bruce Horiguchi (45) 18:39. **10K:** Mike Lalum (48) 45:09.

### Pheasant Run

June 6. Legg Lake.

**1 Mile:** Mike Lalum (48) 6:19. **5K:** Mario Vasquez (50) 23:00. **12.3 Mile:** Arthur Martinez (45) 1:22:00.

## Bobcat Biathlon

May 8. Ft. Cronkhite. (4 1/2 Mi. 10 Mi. Mt. Bike).

### Overall Results

1. Scot Schumaker (23) 1:08:43, 2. Peter

Lenandonski (36) 1:11:10, 3. Joven & Surgener 1:12:23, 4. Mike Lopez (35) 1:14:13, 5. Barry Culp (29) 1:17:34, 6. Jay Pawlak (29) 1:13:36, 7. Kevin Farrell (25) 1:18:46, 8. Richard Juarez (29) 1:20:16, 9. Steeples & Been 1:21:43, 10. Michael Hersey (31) 1:21:54.

11. Fast Guys 1:22:37, 12. Miguel Mes-tamer (29) 1:23:32, 13. Kirk Johnson (33) 1:24:01, 14. Jeff Yamashita (32) 1:24:02, 15. Bob Cronin (34) 1:25:17, 16. Jeff Schlichting (30) 1:25:43, 17. Pete Craig (34) 1:25:55, 18. Todd Miller (25) 1:26:07, 19. Paul Wolfe (15) 1:26:17, 20. Bob Gehlen (31) 1:26:31.

## Atlanta's Victory Run

May 8. Arcata. 2 Miles.

1. Karen Kelley-Day (43) 12:45, 2. Sharon Powers (33) 12:46, 3. Jeanette (38) 12:55, 4. Emily Drew (11) 13:48, 5. Tessa D'Usseau (40) 14:05, 6. Andrea Woodcock (10) 14:16, 7. Jorie Brundy (39) 14:20, 8. Katie Goldhammer (12) 15:06, 9. Tiffany Blakeman (21) 15:06, 10. Danielle D'Usseau (11) 15:10.

11. Jocie Harris-Hoch (39) 15:20, 12. Andrea Mauro (39) 15:25, 13. Tammy Bridge-wood (18) 16:14, 14. Anni Kelley-Day (11) 16:54, 15. Erin Aiello (10) 16:56, 16. Marie Hoyt (10) 16:58, 17. Rosalie Carnam (10) 17:30, 18. Dyer Passano (24) 17:31, 19. Rachel Adams (11) 17:33, 20. Kiki Foote (38) 17:45.

35. Shirley Shapiro (52) 20:56, 48. Peggy Stebbins (60) 26:16.

## Hill Sea

May 8. Huntington Beach. 7.57 mile. Staggered start. Following runners name: (age in years/head start in minutes). Times are clock times, add head start for actual time.

1. Megan McGoway (10/16) Wrightwood	40:29
2. Greg Mislack (35/1) Mission Viejo	43:20
3. Jimmy Carranza (17/3) Anaheim	44:33
4. Gilbert Brooks (37/1) Moreno Valley	45:03
5. Don McCarthy (49/3) Torrance	45:10
6. Sally Adam (50/12) Hunt. Beach	45:13
7. Janet Norem (35/6) SLO	45:42
8. Steve Kellmyer (42/2) Mission Viejo	46:57
9. Eddie Edwards (31/0) Redondo Bch.	47:23
10. Randy Twombly (43/2) Vista	47:34

(From Oscar J. Rosales)

## La Purisima Mission Run

May 8. Lompoc.

**10K Men:** 18-29: Larry Salgado (Lompoc) 54:14. 30-39: Chris Allen (Lompoc) 34:28. 40-49: Steve Paduganan (Guadalupe) 40:27. 50-59: George Cady (Goleta) 44:19. 60 Plus: L.M. Miller (Lompoc) 50:16

**10K Women:** 18-29: JoDee Hahn (Lompoc) 46:34. 30-39: Kathi Froemming (LVDC) 44:21. 40-49: Angeles Ramirez (Santa Maria) 48:09. 60 Plus: Margie Withrow (LVDC) 59:22.

**5K Men: 17 & Under:** Arturo Castillo (Santa Maria) 26:11. 18-29: Rod Garratt (Santa Barbara) 16:20. 30-39: Paul Lee (LVDC) 15:57. 40-49: Jim Batterson (SLDC) 19:07. 50-59: Bill Graham (LVDC) 18:27. 60 Plus: Larry LaMay (Lompoc) 21:59.

**5K Women: 17 & Under:** Jennifer Schuyler (Lompoc) 26:43. 18-29: Susan Carey (LVDC) 19:15. 30-39: Kim Gil (Lompoc) 26:32. 40-49: Sherrie Morris (Lompoc) 33:24. 50-59: Lisa Norcutt (LVDC) 26:47.

## Low Tide Run

May 8. Long Beach. 4 mile. Four Seasons Race Series.

**Men: 14 & Under:** Nate Bershtel 26:01. 15-18: Chan Lieu 23:41. 19-24: Michael Pino 25:18. 25-29: Dave Fleishman 21:58. 30-34: Jose Fuentes 22:45. 35-39: Dan Takahashi 23:25. 40-44: Larry Andrews 23:35. 45-49: Daniel Kelly 23:23. 50-54: David Allauun 24:10. 55-59: Bruce Lin 25:43. 60-64: Hugh McHugh 28:29. 70 Plus: Ed Homung 35:10.

**Women: 14 & Under:** Kelly Kirby 38:39. 15-18: Jackie Guesno 27:29. 19-24: Katy Donahue 28:42. 25-29: Cathy Andrew 27:27. 30-34: Anita Correa 25:32. 35-39: Nancy Robbins 30:03. 40-44: Joan VanBlom 27:05. 45-49: Isadora Johnson 28:30. 50-54: Sandy Purkie 34:18. 55-59: Audrey Hauth 35:50. 60-64: Gloria Eldred 43:49.

## Marin Human Race

May 8. Larkspur. 5 mile.

<b>Men Top 10 Overall</b>	
1. Dale Londos (Mill Valley)	28:04
2. Les Glasgow (Novato)	28:55
3. Matthew Muldoon (Petalu)	29:02
4. Wayne Linse (Fairfax)	29:29
5. Richard Easton (Tiburon)	29:34
6. Conn. Chateaubriant (MVly)	29:40
7. Tracy Walker (San Francisco)	29:40
8. Doug Harrison (Novato)	31:35
9. Ryan Moran (San Rafael)	32:36
10. Robert Fiedler (Mill Valley)	32:48

**Men Age Group Winners: 5-14:** Josh Scheer (Novato) 33:06. 15-19: Ryan Moran (San Rafael) 32:36. 20-29: Dale Londos (Mill Valley) 26:04. 30-39: Matthew Muldoon (Petaluma) 29:02. 40-49: Les Glasgow (Novato) 28:55. 50-59: Merv Giacomini (Novato) 36:49. 60 Plus: Walt Hansen (Mill Valley) 39:23.

<b>Women Top 10 Overall</b>	
1. Tara Rice (Larkspur)	31:39
2. Natalie Simi (San Anselmo)	31:42
3. Lori Cohen (Larkspur)	34:35
4. Colleen Bellows (San Rafael)	35:13
5. Francis Ankers (San Rafael)	35:15
6. Jeannette Harrison (Victoria)	36:39
7. Jenny Johnson (Greenbrae)	36:51
8. Mary Leupold (San Francisco)	37:22
9. Siham Koontz (Novato)	37:35
10. Candy Jorgenson (Novato)	37:40

**Women Age Group Winners: 5-14:** Jessie Standish (Novato) 45:14. 15-19: Heidi Darling (Inverness) 43:02. 20-29: Tara Rice (Larkspur) 31:39. 30-39: Lori Cohen (Larkspur) 34:35. 40-49: Jeannette Harrison

(Victoria) 36:39. 50-59: Barbara Robben (Berkeley) 40:22. 60 Plus: Evelyn Kionig (Kentfield) 50:30.

## Mutt Strut

May 8. Davis. 5K & 10K.

**Overall Results - 5K**

1. Don/Molly Hicks (33) 15:48, 2. Ron/Stripe Richardson (36) 16:26, 3. Robert Davis (23) 16:46, 4. Richard/Billie Sonne (43) 19:49, 5. Eric/Cato Haas (28) 19:50, 6. Kent/Spekki Yinger (30) 20:38, 7. Frank/Diablo McGuire (38) 20:44, 8. David/Kuma McKenzie (36) 20:50, 9. Mile/Afina Bravo (28) 21:03, 10. Ken/Dano Dobberpuhl (44) 21:12.

11. Margaret/Kellar Ervin (35) 21:13, 12. Jack Wheeler (37) 21:14, 13. Kevin/Dexter Peterson (28) 21:20, 14. Kevin Dominic (30) 21:21, 15. Al/Sydney Garcia (27) 21:24, 16. John Brown (53) 21:25, 17. Lily/Beau Chapat (31) 21:36, 18. Jeff/Sandy Sinclair (22) 21:40, 19. Aaron/Maui Knight (55) 22:13, 20. Nelson Rodriguez (31) 22:32.

**Overall Results - 10K**

1. Gary/Sam Johnsrud (36) 33:31, 2. John Landeza (30) 33:49, 3. Cliff/Murphy Mille-mann (34) 38:52, 4. Mariano/Simon Lopez (34) 39:50, 5. Janet/Murphy Soule (30) 41:19, 6. Ben McCoy (51) 41:26, 7. Rani/Willie Phenager (22) 41:59, 8. Thomas/Muggsy McDevitt (35) 42:17, 9. Michael/Abbey Fike (32) 45:37, 10. Anthony/Kate Madden (29) 46:08.

## Human Race

May 8. Pleasanton. 5K & 10K.

**Division Results - Men's 5K**

**10 & Under:** 1. Ryan Kelly 32:20, 2. Paul Harper 33:25, 3. Stephen Quinn 38:07. 11-14: 1. Michael Schaffner 21:18, 2. Eric Hannau 21:29, 3. Bret Bartlett 22:48. 15-19: 1. Sean Oakerran 16:09, 2. Greg Vanderwerff 19:15, 3. Zachary Carbo 21:41. 20-29: 1. Daniel Rosenthal 17:02, 2. Phillip Veneris 18:18, 3. Ken Rigby 19:38. 30-39: 1. Jon Shardon 14:50, 2. Jon Jannetu 16:24, 3. Craig Whichard 16:48. 40-49: 1. Ron Kiyono 17:57, 2. Joseph Kilkenny 18:25, 3. Mike Eliott 18:27. 50-59: 1. Bob Guenther 19:56, 2. Tom Crane 21:49, 3. Ward Belding 21:58. 60-69: 1. Joe Devane 22:56, 2. Ed Watch-emrino 23:09, 3. Phil Harding 24:12. 70-79: 1. John Guinee 29:45, 2. Hans Beetz 32:09, 3. Benjamin Veitman 42:05.

**Division Results - Women's 5K**

**10 & Under:** 1. Megan Parrill 23:45, 2. Amy Swearingen 28:56, 3. Danielle Morado 31:07. 11-14: 1. Liz Zeigler 27:45, 2. Vanessa Surprise 29:24, 3. Angela Munoz 32:11. 15-19: 1. Jennifer Churchill 28:59, 2. Caroline Clasen 40:48, 3. Amy Atkinson 42:49. 20-29: 1. Stephanie Giorgi 18:46, 2. Wendy Giechenhaus 22:09, 3. Gina Vanni 22:30. 30-39: 1. Christina Hannan 19:41, 2. Janet Frame 20:58, 3. Jillian Cartwright 21:02. 40-49: 1. Melinda Villar 19:43, 2. Kazuko Aoyagi 20:25, 3. Kathy Kennedy 20:55. 50-59: 1. Faye Guarienti 26:33, 2. Anita Andrews 28:50, 3. Connie Roney 32:06. 60-69:

1. Ruth Levitan 32:36, 2. Viola Kull 37:16, 3. Rosemary Stroud 44:46. 70-79: 1. Charlotte Woolcock 51:25.

**Division Results - Men's 10K**

11-14: 1. Garrett Fogel 38:36, 2. Timothy Curzon 45:39, 15-19: 1. Gregory Francis 37:57, 2. Kenneth Saldi 38:43, 3. Brian Anderson 44:50. 20-29: 1. Juancarlos Ortega 34:26, 2. Ken Hale 35:39, 3. John Pidoli 36:31. 30-39: 1. Rod Johnson 33:21, 2. Steven Chavez 33:23, 3. Michael Plummer 33:45. 40-49: 1. Stephen Freitas 35:54, 2. Bill Bengiveno 37:45, 3. Alan Supan 37:53. 50-59: 1. Rolf Nebelung 37:42, 2. Richard Deyoung 41:15, 3. Donald Kelsey 46:12. 60-69: 1. Lloyd Anderson 46:41, 2. David Nethaway 47:16, 3. Peter Thompson 53:00.

**Division Results - Women's 10K**

15-19: 1. Dana Mawdsley 45:44, 2. Valerie Steith 51:54. 20-29: 1. Carolyn Wellman 41:31, 2. Renee Depiano 48:22, 3. Charlott Foreberg 49:27. 30-39: 1. Diane Pinson 43:22, 2. Anita Sanchez 46:44, 3. Sandra Brerton 47:20. 40-49: 1. Carol Bruton 41:53, 2. Kathy Woolcock 44:59, 3. Barbara Garru 45:01. 50-59: 1. Maureen Gerick 55:25, 2. Gloria DeVall 59:01.

## YMCA Breakers 10 Mile

May 8. San Diego.

**Men**

13-17: 1. Mark Savel (13) San Diego 1:08:19, 2. David Schible (14) La Mesa 1:08:33, 3. Noah Randles (15) 1:10:18. 18-29: 1. James ShereMETA (29) San Diego 52:45, 2. Ken Flint (26) El Cajon 52:59, 3. Russell Hill (24) San Diego 55:49. 30-39: 1. Thom Hunt (35) Coronado 52:35, 2. Rei Yamada (31) San Diego 53:59, 3. Eddie Goldberg (36) La Jolla 54:15.

40-49: 1. Sam Haji (42) San Diego 57:27, 2. Marty King (41) 58:01, 3. Peter Stern (48) San Diego 59:09. 50-59: 1. Oscar Lumpkin (55) 1:06:32, 2. James Noto (52) 1:07:11, 3. Malcolm McGawn (51) Vista 1:07:52. 60-69: 1. Jim O'Neil (67) La Jolla 1:10:12, 2. Dick Robinson (62) Bonita 1:14:43, 3. Wayne Watson (61) La Jolla 1:16:44.

**Women**

13-17: 1. Anita Barba (16) San Diego 1:31:42, 2. Tabatha Benoit (13) 1:21:27. 18-29: 1. Laura Stuart (28) Del Mar 1:00:37, 2. Jacqueline Hayes (28) San Diego 1:03:55, 3. Alchera Clemeshaw (25) 1:05:40. 30-39: 1. Sarah Tabbutt (33) Del Mar 1:04:27, 2. Elizabeth Baker (35) 1:05:06, 3. Trish Walsh (38) Cardiff 1:08:34.

40-49: 1. Susan Elden (40) San Diego 1:08:20, 2. Mary Anne Stevens (47) San Diego 1:15:22, 3. Gloria McCoy (47) La Jolla 1:15:45. 50-59: 1. Barbar Alvarez (50) San Diego 9 1:14:44, 2. Ursula Rains (51) Chula Vista 1:15:37, 3. Angelika Castane-da (50) 1:19:53.





# RESULTS

## Aptos Marathon

May 15. Aptos. Half & 10K.

### Overall Results - Marathon

1. Adam Rhoads (32) 2:45:21, 2. Brian Neill 3:23:15, 3. Andrew Kotuvaski (53) 3:29:13, 4. Thomas Rolander (45) 3:30:43, 5. Bryce Simon (38) 3:42:29.

### Overall Results - Half Marathon

1. Tom Savage (34) 1:23:14, 2. Brian Curry (33) 1:25:45, 3. Norm Gould (43) 1:27:39, 4. Mike Topper (33) 1:27:42, 5. Mike Foletta (34) 1:28:16, 6. Jerry Mills (42) 1:32:59, 7. Marty Usrak (41) 1:33:15, 8. Anthony Guinnang (39) 1:33:20, 9. Ken Cicinelli (27) 1:34:50, 10. Art Munoz (40) 1:37:31.

### Overall Results - 10K

1. Nick Nichols (33) 34:32, 2. Richard Easton (37) 38:23, 3. Paul Sanchez (43) 41:20, 4. Larry Skeim (31) 41:43, 5. Sonya Patton (20) 41:52, 6. Jeff Arnett (44) 42:00, 7. Mark La Bue (28) 43:01, 8. Patrick Yates (33) 44:00, 9. Mark Canepa (26) 44:03, 10. Lisa Partras (33) 44:43.

## Knudson Scholarship Run

May 15. Hanford. 3K & 10K

10K Male: 11-15: Shawn Benion 47:43.

16-49: 1. Nestor Ayala 32:20, 2. Barry Proctor 32:36, 3. Bill Daniels 35:45, 50 Plus: 1. Frank Padilla 39:06, 2. JD Fisher 42:47, 3. Rex Rackowitz 45:27.

10K Female: 11-15: Jill Barba 1:02:00.

16-49: Rocio Agraz 43:45.

3K Male: 10 & Under: 1. Richard Rose 12:48, 2. Greg Stanton 13:23, 3. Brandon Borba 13:34. 11-15: 1. Chris Schuman 11:29, 2. Brandon Peacock 12:27, 3. Jared Weaver 14:15. 16-49: 1. Curtis Alexander 8:42, 2. Seam McCormick 9:05, 3. Andrew Harrison 9:25. 50 & Over: James Peterson 12:45.

3K Female: 10 & Under: 1. Christine Altimus 14:27, 2. Gwen Green 14:54, 3. Desiree Figueroa 19:06. 11-15: 1. Shanna Lee 13:42, 2. Tiffany Davis 14:00, 3. Devon Dawson 14:04. 16-49: 1. Silvia Duval 13:11, 2. Carole Lopez 14:47, 3. Elisabeth Mattos 16:26. 50 & Over: Sharon Farr 18:27.

## Mt. Diablo Relay IV & 5K

May 15. Concord.

### Relay Teams (4x5K):

Open--1. Harpers Team 79:55. Masters--1. Aged to Perfection 89:40.

### 5K:

Overall Male--Pete Ramos (Concord) 18:12. Overall Female--Shannon Mathre (Concord) 24:02. Masters Male--Doug Butt (Fairfield) 20:46. Masters Female--Barbara Ginos (Concord) 27:05.

## Revco-Cleveland Marathon & 10K

May 16. Cleveland, Ohio.

Unseasonably cool 50-degree weather set the stage for new men's and women's records in both the marathon and 10K races at the 16th annual Revco-Cleveland Marathon & 10K. The event also saw a world record set, as 41-year-old Doug Kurtis of Northville, Mich., ran his 70th career sub-2:20:00 marathon, breaking the record of 69 held jointly with Sweden's Kjell-Eric Stahl.

In the marathon, Don Janicki, 32, of Louisville, Colo., won his first marathon in three-and-a-half years with a tie of 2:11:39, more than two and a half minutes faster than the course record set by Eddy Hellebuyck in 1989. In the women's event, Ukrainian Lyubov Klotchko, 33, was never challenged as she defended her 1992 Revco marathon victory with a time of 2:34:47, 24 seconds under the record she set last year.

In the 10K race, 25-year-old Mexican German Silva finished in 28:04 to beat the eight-year-old course record of 28:10 held by Michael Musyoki. The 10K women's record also fell, as Australian Lisa Ondieki, 33, running the Revco for the first time, powered to a 31:53 finish. Her time was five seconds ahead of the record set last year by rival Liz McColgan.

"We modified the courses this year and moved the starts up 30 minutes hoping for results like these," said Jack Staph, Revco Race Chairman. "Not only were all four course records broken, but four men came in under the old marathon record and two men and two women beat the existing 10K marks."

### Marathon Top 10 Overall plus all Californians:

1. Don Janicki (32) Louisville, CO	2:11:39
2. Makhameina Nazipov (34) Rus	2:12:15
3. Peter Maher (33) Canada	2:12:50
4. David Mungall (24) Kenya	2:13:40
5. Osmiro Silva (31) Brazil	2:13:36
6. Inocencio Miranda (31) Mex	2:15:18
7. Driss Cacha (30) Morocco	2:17:22
8. Godfrey Tambala (27) Malawi	2:18:18
9. Eric Ashton (25) Columb., SC	2:18:58
10. Doug Kurtis (41) Northville, MI	2:19:21
53. Dwayne Reed (33) LaMesa, CA	2:45:27
69. Ric Munoz (35) WHollywd, CA	2:52:18
242. Laurence Prevost (33) Cuper, CA	3:13:47
489. Kent Padovich (51) Cyn City, CA	3:32:45
688. Leroy Kessler (53) Ceres, CA	3:47:53
723. Alford Clairborne (48) S Diego, CA	3:50:02
1024. Alison Littman (23) San Fran CA	4:19:51
1132. Craig Moore (52) LA, CA	4:36:47
1182. Carol Carter (45) SDiego, CA	4:52:40

### Marathon Top 10 Females

1. Lyubov Klotchko (33) Ukraine	2:34:47
2. Irina Bogatcheva (32) Russia	2:39:15
3. Amy Kattwinkel (26) Chari, NC	2:39:53
4. Tatiana Zueva (35) Ukraine	2:39:56
5. Polian Grigorenko (27) Russia	2:40:39
6. Laura Dewald (35) GrRapids, MI	2:41:15
7. Gabby O'Rourke (26) New Zeal	2:44:28
8. Kimberlee Campo (37)	2:54:01
9. Ella Willis (35) Detroit, MI	2:56:25
10. Michelle Rupe (33) Cortland, OH	2:57:49

### Marathon Wheelchair

1. Tom Sellers (27) Ormond Bch., FL	1:43:12
2. Lavern Achenbach (50) Birm, AL	1:43:13
3. Steve Ellefson (38) Canada	1:44:55

12. Debbie LaPlante (26)	2:14:26
17. Mary Thompson (32) S Diego, CA	2:37:36

### 10K Top 10 Overall plus all Californians

1. German Silva (7) Mexico	28:04
2. Joseph Keino (26) Kenya	28:05
3. Isaac Garcia (26) Mexico	28:16
4. Delmir Dos Santos (27) Brazil	28:20
5. Yobes Ondieki (32) Kenya	28:22
6. Rod DeHaven (26) Middleton, WI	28:30
7. Jackson Kipngok (27) Kenya	28:33
8. John Treacy (35) Ireland	28:41
9. Brian Abshire (29) Phila, PA	28:55
10. Keith Dowling (24) Pittsb, PA	29:06
815. John Yarman (51) Stockton, CA	43:28
877. Marshall Haraden (62) Sol Bch, CA	43:51
1249. Trida Keville (25) NwBch., CA	45:49
3594. Kathryn Parnelli (24) Irvine, CA	54:15
5734. Len Beckman (7) Anaheim, CA	1:08:00

### 10K Top 10 Females

1. Lisa Ondieki (33) Australia	31:53
2. Esther Kiplagak (21) Kenya	31:57
3. Anne Marie Kelko (24) GlenGar, NJ	31:59
4. Jody Hawkins (26) Blooming, TN	32:38
5. Misti Demko (25) Hershey, PA	32:50
6. Inge Schuurmans (30) Miss, MT	32:55
7. Madina Biktagirova (28)	33:08
8. Danta Bartoszek (31) Canada	33:15
9. Celsa Kidman (27) Salt Lk Ct, UT	33:16
10. Lucy Smith (25) Canada	33:16

### 10K Wheelchair

1. Jan Mattern (27) Arlington, TX	24:13
2. Rich Wagner (27) Columbus, OH	24:30
3. Edward Keating (26)	25:35
13. Diana McClure (46) Charle, WV	32:04

## Second Wind Endurance Races

May 22. Paso Robles.

### 26.2 Mile Ride & Tie:

1. Mark Rickman/Chris Knock 2:34:06 (first men's team), 2. Suzan Andriotti/Greg Brown 2:56:38 (first mixed team), 5. Dana Polih/Kathy Appleby 2:56:43 (first women's team).

### 5 Mile Trail Run:

1. Sean McCormick 31:39 (first male), 7. Ann Conneau 43:47 (first female).

### 26.2 Mile Trail Run:

1. Dow Mattingly 3:29:31 (first male), 4. Melinda Creel 4:16:50 (first female).

## Gold Medal Triathlon

May 22. Vacaville. 5 mile swim, 10-12 mile bicycle (flat), 3.8 mile trail run (hilly).

Male Top 3 Overall: 1. Anthony Mileusky (30) 1:01:27, 2. Tom Faulkner (25) 1:03:56, 3. John Hansen (29) 1:04:53. Female Top 3 Overall: 1. Santra Langeman (32)

1:18:21, 2. Sherri Elliott (32) 1:21:39, 3. Gail Rusin (26) 1:22:35.

## Icebreaker Triathlon Sprint

May 22. Geyserville. 0.5mS-16.5mB-5kr.

### Women Overall:

1. Hilary Bartels (Healdsburg)	1:17:57
2. Karen Chequer (S Rosa)	1:19:32
3. Christine O'Hanlon (SCruz)	1:23:30
4. Janet Christiansen (SRosa)	1:25:17
5. Martha Menth (Healdsburg)	1:25:40

### Women Division Winners: 19 & Under:

Jacaranda Mawson (Woodside) 1:29:13.

20-24: Christine O'Hanlon (Santa Cruz) 1:29:30. 25-29: Linda Schirmer (Menlo Park) 1:29:21. 30-34: Hilary Bartels (Healdsburg) 1:17:57. 35-39: Karen Chequer (Santa Rosa) 1:19:32. 40-44: Cecelia Peters (Santa Rosa) 1:31:00. 45-49: Carole Mawson (Woodside) 1:38:41. 50-54: Mary-Ann Buxton (San Ansemo) 1:43:22.

### Men Overall:

1. Mark James (25) Monte Rio 1:11:43  
2. Chris Ward (34) Oakland 1:11:55  
3. Doug Denny (26) Ukiah 1:12:05  
4. Roger Bartels (33) Healdsburg 1:12:12  
5. Marc Hapke (36) Pleasant Hill 1:15:06

Men Division Winners: 19 & Under: Ben Gilbert (McKinleyville) 1:22:02. 20-24: Ted Bramble (Santa Cruz) 1:17:49. 25-29:

Mark James (Monte Rio) 1:11:43. 30-34: Chris Ward (Oakland) 1:11:55. 35-39: Marc Hapke (Pleasant Hill) 1:15:06. 40-44: Don Anderson (Mountain View) 1:17:45.

45-49: Rick Niles (Santa Rosa) 1:18:24. 50-54: William Marshall (Santa Rosa) 1:27:09. 55-59: Alan Schmeiser (Dixon) 1:24:32. 60 Plus: Verne Scott (Davis) 2:01:28.

## Run in the Sun

May 23. Monterey. 10K.

Men: 19 & Under: Mark Snyder 51:41.

20-29: 1. Stacy VanHorn 33:36, 2. Rodney Dyous 36:01, 3. Lt. Jon Burns 36:37. 30-39: 1. Scott Peters 35:28, 2. Jim Poulos 35:40, 3. Keith Healand 36:51. 40-49: 1. Michael Dove 34:48, 2. Jorge Solario 36:13, 3. Marc Lieberman 37:02. 50-59: 1. Bob Tarozzi 40:45, 2. Lawrence Lockhardt 42:01, 3. George Brook-Kothien 42:53. 60-69: 1. Don Dow 48:29, 2. Bob Mills 50:35, Mel Blevens 50:56. 70 Plus: Pierre Del-fausse 1:03:55.

Women 19 & Under: Pam Johnson 59:38.

20-29: 1. Lisa Holden 43:52, 2. Twila Mitchell 47:11, 3. Jackie Reed 49:04. 30-39: 1. Julie Siganne 44:43, 2. Tone Nichols 45:00, 3. Christina Price 48:41. 40-49: 1. Carol Dixon 45:50, 2. Kate Wagner 46:41, 3. Lynne Kysorick 46:48. 50-59: 1. Gloria Dake 54:55, 2. Annis Lembo 58:26, 3. Judy White 1:00:10. 70 Plus: Sylvia Sweet 1:07:41.

## Sky High Events Donner Lake 5K & 10K

May 23. Donner Lake.

5K: Male Overall Winner: John Galletta (49) 20:09. Female Overall Winner: Linda Fedraw (45) 25:06.

10K: Male Overall Winner: Gustavo Figueroa (42) 34:50. Female Overall Winner: Maria Figueroa (35) 42:42.

### Lakeridge Triathlon

Male Top 3 Overall: 1. Joe Abel (27) 54:15, 2. Jack Sorensen (43) 55:39, 3. Rick Ortega (41) 59:18. Female Top 3 Overall: 1. Loree Lee (35) 1:04:10, 2. Sherri Elliott (32) 1:04:42, 3. Kristina Pearson (42) 1:14:52.

### Miniman Triathlon:

Male Top 3 Overall: 1. Joe Abel 37:24, 2. Joseph Escobar (25) 39:23, 3. Scott Wein-

# RESULTS

rich (32) 39:35. **Female Top 3 Overall:** 1. Stacy Farmer (32) 43:39, 2. Gail Rusin (26) 45:31, 3. Ruby Gama (40) 48:09.

## Jacqueline Hansen Tough Topanga 10K

May 29. Topanga. 10K.

1. Francisco Garcia (Whittier/36) 39:30, 2. Brendan Gallaher (Pacific Palisades/38), 3. Jussi Hamalainen (Agoura Hills/47) 40:16, 4. Mike Bartlett (Topanga/41) 40:26, 5. William Scott (Pacific Palisades/32) 40:59, 6. Rob McNair (Hunt Bch/38) 41:03, 7. Thomas Vojacek (Venice/33) 42:50, 8. Tom Duket (Topanga/50) 43:31, 9. Jack McDowell (Redondo Bch/45) 43:35, 10. Gabriel Flores (Hawthorne/27) 44:01.

11. Stephen Whitmore (Lk Elizabeth/37) 44:10, 12. Richard Kaufman (LA/44) 44:20, 13. Jeff Press (Torrance/37) 44:44, 14. Eric Contreras (Cardiff/35) 45:09, 15. Bob Jennings (Malibu/30) 45:14, 16. David Saenz (Lk View Terrace/45) 36:06, 17. Martin Bleasdale (Topanga/49) 46:29, 18. Ron Allin (Woodland Hills/49) 46:43, 19. James Uwins (South Pasadena/16) 46:50, 20. William Lovelace (West Hills/45) 46:59.

43. Angela Stempel (Westlake Village/27F) 50:49, 59. Kathy Sanders (Newbury Park/44F) 53:20, 61. Kerry Rohan (LA/25F) 53:26, 62. Michelle Parisi (Santa Monica/26F) 53:34, 66. Lori Ansell (Lk Elizabeth/32F) 53:50, 70. Virginia Bartlett (Topanga/37F) 55:06, 74. Louise Lovelace (West Hills/39F) 55:18, 76. Maureen McGrath (LA/31F) 55:32, 77. Sharon Grant (Agoura Hills/43F) 55:53, 80. Kendyl Jones (San Clemente/16F) 56:19.

## Mt. Wilson Trail Race

May 29. Sierra Madre. 8.2 Miles.

Overall

1. Mike Gottardi (Arcadia) 26 59:10.7, 2. Alan Reynolds (Mammoth Lakes) 29 1:00:12, 3. Douglas Ravesty (Sierra Madre) 23 1:08:08, 4. Bud McAllister (Thous Oaks) 36 1:04:26, 5. Timothy Hardin (Costa Mesa) 20 1:05:11, 6. Roger Caswell (Temple City) 32 1:05:31, 7. Patrick Stewart (Pasadena) 30 1:06:12, 8. David Hall (Torrance) 25 1:06:51, 9. David Marion (Manhattan Beach) 28 1:07:08, 10. Arthur Lathrop (S. Pasadena) 27 1:07:34.

Division Winners—Men

10-14: 1. Matt Johnson 1:36:39, 2. Grant Pepping 1:38:25, 3. Eric Hooper 1:42:43. 15-19: 1. Karl Mccollom 1:17:27, 2. Brian Whisman 1:19:53, 3. Rick Shaffer 1:30:08. 20-29: 1. Michael Gottardi 59:10, 2. Allan Reynolds 1:00:12, 3. Douglas Ravesty 1:03:08. 30-39: 1. Bud McAllister 1:04:26, 2. Roger Caswell 1:05:31, 3. Patrick Stewart 1:06:12. 40-49: 1. Don McCarthy 1:08:36, 2. Wayne Mitchell 1:10:50, 3. Leslie Caldera 1:12:21. 50-59: 1. Andre Hofer 1:17:02, 2. Art White 1:23:52, 3. Johnny Rish 1:25:29.

Division Winners—Women

10-14: 1. Marissa Sandoval 2:12:49, 2. Denise Casco 2:13:45. 15-19: 1. Tami Hub-

bert 1:49:53. 20-29: 1. Melinda Fibi 1:26:47, 2. Stacy Willis 1:43:31, 3. Jeanne Behling 1:54:44. 30-39: 1. Cindy Busarow 1:17:16, 2. Veronica Muhlstein 1:32:12, 3. Patricia Markham 1:32:33. 40-49: 1. Judy West 1:22:45, 2. Judy Palmer 1:31:59, 3. Sharon Bodmer 1:47:35. 50-59: 1. Elaine Murphy 1:52:12, 2. Ruth Carter 2:42:29.

## Potter Valley Festival Run

May 29. Potter Valley.

2K Walk

14-u F: 1. Shannon Springer 14:28. 15-29 F: 1. Jasmyne Olson 17:49. 30-45 F: 1. Jan Steliga 14:16. 46 & u F: 1. Suzanne Kimp-ton 14:50. 15-29 M: 1. Christian Ritter 17:47. 30-45 M: 1. Dean Fissette 20:57. 46 & u M: 1. Charles Leamon 20:16.

5K

14 & u F: 1. Lori Enright 25:29. 15-29 F: 1. Brandy Wehinger 21:09. 30-45 F: 1. Liz Black 17:55. 46 & u F: 1. Barbara Wallace 22:07. 14 & u M: 1. Devon Spencer 18:03. 15-29 F: 1. Damien Keehn 19:04. 30-45 M: 1. Mike Cannon 15:54. 46 & u M: 1. John Gibbons 15:05.

10K

30-45 F: 1. Lura Damiano 38:20, 2. Janet Christiansen 38:44, 3. Lorri Arreguin 42:09. 15-29 M: 1. Simon Titon 37:45, 2. Daniel Arreguin 39:16, 3. Mancel Montejano 42:05. 30-45 M: 1. Aled Isabeau 33:55, 2. John Royston 35:01, 3. Luke Frey 35:54. 46 & u M: 1. Don Porteous 35:13, 2. Brendan Hutchinson 36:49, 3. Joseph Edwards 44:28.

## Strawberry Stampede

May 30. Arroyo Grande. 10K.

1. Adolfo Lopez (Santa Maria) 32:43, 2. Jim Hartig (Clovis) 33:03, 3. Paul Lee (Santa Maria) 33:55, 4. Patrick Garrity (Arroyo Gr) 34:21, 5. Patrick Manyak (Pasadena) 35:55, 6. Eric Gadrigan (Nipomo) 36:48, 7. Todd Barnes (Los Osos) 37:56, 8. Danien Brooks (Arroyo Gr) 39:22, 9. Bruce Horiguchi (Gardena) 39:25, 10. Bobby Fox (Fullerton) 39:33.

11. Rollie Cavaletti (Nipomo) 39:35, 12. Neil Wilcox (Bakersfield) 39:37, 13. Jerry Cuzick (Nipomo/Wheel) 39:49, 14. Rodolfo Soriano (SLO) 40:05, 15. Gary Lee Patrick (Cambria) 40:14, 16. Blake Chaffee (Arroyo Gr) 40:30, 17. Terry Boyle (Arroyo Gr) 40:47, 18. John Ernatt (SLO) 40:58, 19. Keith Storton (Arroyo Gr) 41:25, 20. Bill Mcdougale (Bakersfield) 41:32.

Division Results—Male

12 & u: 1. Jeremy Melson (Arroyo Gr) 54:12. 13-18: 1. Patrick Garrity (Arroyo Gr) 34:21. 19-29: 1. Patrick Manyak 35:55, 2. Bob Fox (Fullerton) 39:33, 3. Rodolfo Soriano (SLO) 40:05. 30-39: 1. Adolfo Lopez 32:43, 2. Jim Hartig 33:03, 3. Paul Lee 33:55. 40-49: 1. Danien Brooks (Arroyo Gr) 39:22, 2. Bruce Horiguchi 39:25, 3. Rollie Cavaletto 39:35. 50-59: 1. Neil Wilcox 39:37, 2. Bill Mcdougale 41:32, 3. Keith Handley (Arroyo Gr) 41:39. 60+: 1. Luis Perez (Santa Maria)

43:34, 2. Gene Welch (Santa Barbara) 54:55, 3. Bill Denneen (Nipomo) 55:27.

Division Results—Female

12 & u: 1. Anna Michelle Rios (Frazier Park) 58:24. 13-18: 1. Leslie Hawthorne (SLO) 44:07. 19-29: 1. Becky Friedmann (SLO) 48:07, 2. Paula Donnelly (SLO) 48:11, 3. Jill von Iiten (Arroyo Gr) 48:33. 30-39: 1. Gigi Sawyer (SLO) 44:26, 2. Pilar Gordillo (Newport Bch) 45:04, 3. Barbara Engel (Morro Bay) 45:45. 40-49: 1. Angeles Ramirez (Santa Maria) 47:20, 2. Stephanie Welch (Santa Barbara) 51:22, 3. Diane St. John (SLO) 51:52. 50-59: 1. Shirley Blush (Rancho Palos Verdes) 46:56, 2. Sachiko Kim (Redondo Bch) 54:49, 3. Mary Stallard (Morro Bay) 56:03.

Walker: 1. Terry Doherty (Los Osos) 56:17, 2. Kay Porczak (SLO) 85:05, 3. Peggy Duntley (SLO) 86:04. Wheel: 1. Jerry Cuzick 39:49.

## Clayton Memorial Day Classic

May 31. Clayton.

Half Marathon

1. John Munoz (Clayton, 28) 1:55:51, 2. Kris Graham (Livermore, 28) 2:00:45, 3. Page Siglin (Livermore, 28) 2:00:45, 4. Bruce Hoffman (Fremont, 30) 2:06:18, 5. Lisa Murphy (San Bruno, 27F) 2:06:44, 6. William Wyatt (Antioch, 41) 2:08:46, 7. Patrick Quane (Fremont, 51) 2:09:48, 8. Bob Montuori (San Francisco, 36) 2:11:05, 9. Susie Sirak (Walnut Crk, 24F) 2:14:31, 10. Stephen McNamara (Hayward, 36) 2:17:58.

10K

1. Gary Landberg (Concord, 33) NT, 2. Suzanne Ferraro (Pleas. Hill, 31F) NT, 3. John Jones (Danville, 53) NT, 4. Michael Warren (Pleas Hill, 41) 24:20, 5. Donna Hanschen (Walnut Crk, 46F) 27:22.

5K

1. Todd Coulston (Clayton, 21) 15:32, 2. Paul Cummings (Oakland, 24) 15:38, 3. Brooks Boyd (Oakland, 25) 16:00, 4. Sean Brown (Concord, 18) 16:50, 5. Dan Purcell (Concord, 19) 17:51, 6. Ron Friedmann (Lafayette, 15) 20:35, 7. Bruce Potter (Wal Crk, 30) 21:22, 8. Michelle Montes (Clayton, 32F) 22:09, 9. Frank Clemens (Concord, 42) 22:10, 10. Holly Noack (Wal Crk, 34F) 22:21.

## Alum Rock Run

June 6. San Jose. 10K.

Danny Aldridge set a new course record in 33:58 and Susie Blake destroyed the women's record of 40:34 by running a 38:54.

1. Danny Aldridge (Santa Rosa, 36) 33:58, 2. Jeff Shaver (San Jose, 32) 34:15, 3. Dan Stefanisko (San Jose, 31) 34:30, 4. Bob Tapia (San Jose, 34) 34:37, 5. Gilbert Munoz (Watsonville, 34) 35:23, 6. Lou Ortiz (San Jose, 24) 35:42, 7. Lucas Castillo (San Jose, 23) 36:11, 8. Jim Christiansen (Cupertino, 33) 36:45, 9. Kieran Sherlock (Mt. View, 26) 36:48, 10. Jeffery Cowling (Brentwood, 34) 37:00.

11. David Kopec (San Jose, 23) 37:18, 12. Darin S. Compton (San Jose, 28) 37:18, 13. Kiet Tran (San Jose, 22) 37:22, 14. Dan Anderson (Union City, 41) 37:35, 15. Joern Jensen (Sunnyvale, 24) 37:46, 16. Robert Kos (Palo Alto, 27) 38:08, 17. Israel Reyes (San Jose, 15) 38:37, 18. Susie Blake (San Jose, 27F) 38:56, 19. Tim Rostegge (San Jose, 52) 39:00, 20. David Furst (San Jose, 46) 39:21.

21. Bruce Fujimoto (Sacramento, 37) 39:44, 22. Norm Gould (Boulder Crk, 45) 40:16, 23. Nathan Crawford (San Jose, 17) 40:21, 24. Patrick Donnelly (San Jose, 33) 40:28, 25. Stacey Roberts (Pleasanton, 23F) 40:30, 26. Bart Ferrell (Corte Madera, 32) 40:30, 27. Kevin Sutton (Santa Clara, 35) 40:36, 28. Timothy Hess (Newark, 29) 40:44, 29. Laurie Samuelson (Cupertino, 37F) 40:50, 30. Carlos Siqueiros (San Jose, 36) 40:57.

53. Amy Cathcart (Pleasanton, 26F) 43:00, 110. Betty Gongora (San Jose, 26F) 47:10, 116. Terri Negrete (San Jose, 34F) 47:38, 117. Judy Fulton (Pleasanton, 39F) 47:47, 125. Cathy Rice (Mill Vly, 28F) 48:16, 131. Liz Mackie (35F) 48:40, 135. Deanna Stemm (Fremont, 34F) 48:47, 141. Samantha Davi (San Jose, 26F) 48:58.

## San Leandro Shoreline Run

June 6. San Leandro. 10K & 3K.

Top 20 Men

1. Scott Kennedy (23) 32:22, 2. Steve Slawson (40) 33:59, 3. Joe Schieffer (42) 34:12, 4. Steven Chavez (San Ramon, 36) 34:22, 5. Michael Plummer (Hayward, 35) 35:17, 6. Jon Genant (16) 35:22, 7. Chris Spears (31) 35:53, 8. Dennis Uriaga (44) 35:54, 9. John Taylor (41) 36:11, 10. Gary Barnett (Antioch, 37) 36:29.

11. Marlon Austin (Manteca, 39) 36:43, 12. Nick Nickols (33) 36:46, 13. Giovanni Bartolini (San Francisco, 47) 36:52, 14. Marco Cuyan (27) 36:55, 15. Ralph Gamez (45) 36:57, 16. Julios Ratti (Oakland, 42) 37:03, 17. John Pidoli (29) 37:11, 18. Gil Garcia (45) 37:46, 19. Gerald Mendoza (Union City, 24) 38:00, 20. Jordan Jarosz (Berkeley, 17) 38:15.

Division Results—Male

6-13: 1. Richard Mendez (11) 49:40. 14-18: 1. Jon Genant (16) 35:22. 19-29: 1. Scott Kennedy 32:22, 2. Marco Cuyan 36:55, 3. John Pidoli 37:11. 30-39: 1. Steven Chavez 34:22, 2. Michael Plummer 35:17, 3. Chris Spears 35:53. 40-49: 1. Steve Slawson 33:59, 2. Joe Schieffer 34:12, 3. Dennis Uriaga 35:54. 50-59: 1. Roff Nebelung 38:39, 2. Joe Hancock 39:32, 3. Vicente Ramirez 41:10. 60-69: 1. Joe King 40:28, 2. Robert Juntz 48:12, 3. Med Prochnow 48:16. 70-95: 1. Gordon McHugh (72) 1:02:33, 2. Hans Beetz (71) 1:09:58.

Top 20 Women

1. Suzanne Cordes (33) 39:42, 2. Susan Vaughn (25) 41:31, 3. Kathy Kennedy (San Leandro, 44) 42:33, 4. Rachel Mosher (15) 42:38, 5. Jill Franklin (Castro Vly, 38) 43:52, 6. Carol Bruton (40) 44:12, 7. Ma-

# RESULTS

nuella Cazares (Alameda, 31) 44:42, 8. Kathy Woolcock (Hayward, 42) 45:19, 9. Rhonda Kuzmicky (San Leandro, 35) 45:19, 10. Susan Vaughn (Hayward, 25) 46:42.

11. Diane Reber (49) 47:34, 12. Kathy Shorkey (San Ramon, 30) 47:47, 13. Leslee Watchempino (Livermore, 33) 47:51, 14. Kathleen Herman (39) 47:54, 15. Leslie Grundler (Tracy, 25) 47:56, 16. Debbie Mills (40) 49:10, 17. Larsja Peterson (Pleasanton, 45) 49:21, 18. Cecie Newman (Hayward, 39) 49:49, 19. Kim Lobree (30) 50:00, 20. Roberta Beoris (Oakland, 36) 50:25.

## Division Results—Women

**6-13:** 1. Beth Valentine 1:15:59. **14-18:** 1. Rachel Mosher 42:38. **19-29:** 1. Susan Vaughn 41:31, 2. Susan Vaughn 46:42, 3. Leslie Grundler 47:56. **30-39:** 1. Suzanne Cordes 39:42, 2. Jill Franklin 43:52, 3. Manuella Cazares 44:42. **40-49:** 1. Kathy Kennedy 42:33, 2. Carol Bruton 44:12, 3. Kathy Woolcock 45:19. **50-59:** 1. Barbara Robben 52:05, 2. Majorie Macris 57:09, 3. Karen Gudiksen 57:49. **60-69:** 1. Helen Sowers 1:10:58.

## Palos Verdes Marathon

June 12. Palos Verdes. Marathon & 5K.

Six hundred twenty seven marathoners, 107 teams of three runners (10 mi/10mi/10K) and 307 runners and walkers in the 5K totaled 1,255 participants in the Palos Verdes Marathon—the third oldest marathon in the United States.

### Marathon—Men

**15-19:** 1. Michael Aldrink (16) 2:54:59, 2. Oscar Martin (17, Burbank) 3:26:47, 3. Thomas Treynor (17) 3:30:50. **20-24:** 1. Ignacio Torres (23, Palos Verdes) 2:54:57, 2. Kyle Sundry (21, Camp Pendleton) 3:16:07, 3. Paul Maisel (22) 3:25:29. **25-29:** 1. Tyler Tremble (28, San Diego) 2:59:41, 2. Henry Loo (26, Van Nuys) 3:00:57, 3. Michael Marcox (28, Palos Verdes) 3:02:52. **30-34:** 1. Jaimie Ortiz (30, Montclair, 1st overall) 2:32:32, 2. Marty Horan (33, Hawthorne, 2nd overall) 2:40:31, 3. Rodrigo Casas (33, Bell Gardens) 2:49:19.

**35-39:** 1. Craig Davidson (39, Phoenix, 3rd overall) 2:42:49, 2. Salvador Arellano (39) 2:46:09, 3. Rob McNair (38, Huntington Bch) 2:47:48. **40-44:** 1. Steve Radigan (41, Milpitas) 2:56:16, 2. Joel Greene (40, Altadena) 3:04:25, 3. Rick Delanty (42, San Clemente) 3:07:24. **45-49:** 1. Steve Notaro (46, Torrance) 3:03:22, 2. Jesse Rassen (49, San Pedro) 3:08:02, 3. William Hams (47, Manhattan Bch) 3:11:00. **50-54:** 1. Simon Rubin (50, Palos Verdes) 3:02:40, 2. Ron Hardesty (50, San Pedro) 3:07:11, 3. Ian Malcolm (50, Fullerton) 3:14:56.

**55-59:** 1. Andre Tocco (55, San Pedro) 3:04:44, 2. Fred Kiddy (59, Bishop) 3:06:39, 3. Leroy Kim (57, Redondo Bch) 3:17:30. **60-64:** 1. Russell Peltz (61, Redondo Bch) 3:47:37, 2. Lew Hankins (60, Palos Verdes) 3:53:52, 3. Bob Perry (61, Palos Verdes) 4:00:24. **65-69:** 1. Dan Sheeran (65, Or-

ange) 3:47:43, 2. Randy Schachtli (66, Scottsdale) 4:04:55, 3. Blair Filler (65, Rolling Hills) 4:09:41. **70-74:** 1. Bill Wallace (70, Victorville) 4:42:50, 2. James Conrad (72, N. Hollywood) 5:12:23.

### Marathon—Women

**15-19:** 1. Julie Anne Meyers (18, Palos Verdes) 3:29:26, 2. Devon Warren (18, Palos Verdes) 3:49:57. **20-24:** 1. Tara Tosta (20, Isla Vista) 3:31:49, 2. Melinda Fibi (21, Altadena) 4:08:59, 3. Brooke Berrington (20, Goleta) 4:16:55. **25-29:** 1. Christine Rowley (25, San Pedro, 2nd overall) 3:20:53, 2. Heather McVicker (25, Palos Verdes) 3:21:29, 3. Carin Henriksen (25, Las Vegas) 3:28:45. **30-34:** 1. Catherine Moore (32, Gardena) 3:34:10, 2. Susan Milliken (32, Upland) 3:37:37, 3. Ana Canton (33, Hermosa Bch) 3:39:38.

**35-39:** 1. Mary Blish (38, Torrance, 1st overall) 3:19:01, 2. Debi Blair (35, Redondo Bch) 3:25:59, 3. Carrie Wenger (35, Hermosa Bch) 3:28:11. **40-44:** 1. Merle Heimberg (42, 3rd overall) 3:21:30, 2. Fran Rushie (44, Palos Verdes) 3:34:53, 3. Debra Schrotz (40, Van Nuys) 3:46:12. **45-49:** 1. Wendy Watson (49, Manhattan Bch) 3:32:10, 2. Tonya Mauldin (46) 3:44:25, 3. Sue Reinhardt (46, Palos Verdes) 3:46:14. **50-54:** 1. Diane Eastman (51, Los Alamitos) 3:24:38, 2. Polly Goodman (51, Redondo Bch) 4:15:29, 3. Wendy Tucker (50, Beverly Hills) 4:21:37.

**55-59:** 1. Sandra Kiddy (56, Bishop) 3:22:41, 2. Shirley Blush (57, Palos Verdes) 3:41:48, 3. Mariana McMullen (55, Palos Verdes) 3:49:10. **60-64:** 1. Hazel Phillips (60, Vista) 4:50:37.

### Marathon Teams

**Male:** 1. Ralph Garabo, Tyrus Deminter & Mark Junkerman 2:16:17, 2. Israel Pose, Alfredo Rosas & Jeredo Rosas 2:16:48, 3. Armando Onofre, Nestor Ayala & Santiago Sanchez 2:27:27. **Female:** 1. Linda King, Diane Silva & Claudia Vellei 3:06:24, 2. Barbara Barnard, Lori Marcel & Alison Casey 3:12:30, 3. Vicky Masten, Kelli Hourigan & Denise Byrnes 3:18:48. **Mixed:** 1. Margie Borne, Travis Hart & Bill DeMartin 2:43:20, 2. David Fisher, Warren Barnes & Victoria Aguilera 2:50:28, 3. Jeff LePorte, Maria Filonczuk & Laura Bush 2:55:35.

### 5K Run/Walk—Men

**1-14:** 1. David Schulz (14, Harbor City) 18:35. **15-19:** 1. Thomas Bray (19, Palos Verdes) 28:07. **20-24:** 1. Eddie Gonzalez (22, Lynwood, 1st overall) 16:44, 2. David Beutell (24, Palos Verdes) 21:03, 3. Michael Varma (24, LA) 24:14. **25-29:** 1. Mar Quey (27, 2nd overall) 17:24, 2. Steve DeGroot (29, Culver City) 20:26, 3. Scott Zerga (28, Torrance) 20:34. **30-34:** 1. Crescencio Sanchez (33) 19:32, 2. Walt Wolf (31, Redondo Bch) 19:37, 3. Allen Bouch (32, Man Bch) 19:56.

**35-39:** 1. Dean Lofgren (35) 18:14, 2. Herminio Garcia (37) 18:26, 3. Bob Wilder (35, Paramount) 18:27. **40-44:** 1. Geoff Guerrero (42, Redondo Bch, 3rd overall) 18:01, 2. Douglas Holiday (44, Culver City) 24:36, 3. Roger Quadhamer (40, San Pedro) 25:54. **45-49:** 1. John Combs (45, Palos Verdes)

18:55, 2. Robert Davison (48, LA) 20:27, 3. Chuck Modrich (45) 22:30. **50-54:** 1. Robert Schratz (51, Hermosa Bch) 20:45, 2. Don Kalmar (51) 21:02, 3. Gerald Tyner (54, Long Bch) 22:02.

**55-59:** 1. Mike Ishikawa (55, PV) 22:27, 2. Ronald Thompson (55, PV) 28:17, 3. James Brown (56, Moorpark) 36:37. **60-64:** 1. David Harper (60, Rolling Hills Est) 24:30, 2. Bruce Campbell (60, PV) 24:59, 3. Bob Strobel (62, LA) 25:03. **65-69:** 1. Willis Thom (67, Pico Rivera) 34:07, 2. Alex MacMullen (65, PV) 46:43, 3. Eugene Rhodes (66, Anaheim) 53:52. **70-74:** 1. Stanley Neufeld (70, Sun Vly) 25:39. **75-89:** 1. Art Milow (75, PV) 36:54.

### 5K Run/Walk—Women

**1-14:** 1. Kelly Dalcin (13, Rolling Hills) 28:07. **15-19:** 1. Jessica Reifer (19) 24:26. **20-24:** 1. Rosary Califano (24, San Pedro) 28:50, 2. Margaret Nagatani (23, Santa Clarita) 28:06, 3. Sabrina Meridith (23, PV) 33:16. **25-29:** 1. Annie Seawright (27, Man Bch, 1st overall) 18:55, 2. Noelle Merritt (28, Man Bch, 2nd overall) 20:36, 3. Leslie Paoletti (28, Playa Del Rey) 21:13. **30-34:** 1. Pam Hamamoto (32, Man Bch, 3rd overall) 21:07, 2. Deva Mee (30, Santa Monica) 23:22, 3. Kim Hoffman (34) 23:45.

**35-39:** 1. Kim Koufax (35) 23:59, 2. Cindy Garner (37, Hawthorne) 26:22, 3. Kathy Hartmann (35, San Diego) 28:36. **40-44:** 1. Connie Chamlee (44, Blue Jay) 25:43, 2. Akiko Larsen (40) 26:51, 3. Marti Baker (42, Herm Bch) 29:17. **45-49:** 1. Corrine Schratz (48, Herm Bch) 24:29, 2. Terry Koch (45, Red Bch) 27:02, 3. Leslie Hollingsworth (45, PV) 27:06. **50-54:** 1. Karin Handsater (50) 23:57, 2. Carolyn Merritt (50) 27:46, 3. Linda Dozal (50, Gardena) 32:05.

**55-59:** 1. Helene Bernbaum (57, Burbank) 25:45, 2. Edwina Brown (55, Moorpark) 33:44, 3. Sally Brown (55) 39:25. **60-64:** 1. June Moberg (60, Man Bch) 30:48, 2. Verian Bruce (64, Playa Del Rey) 32:15, 3. Jane Schachtli (63, Scottsdale) 40:21. **65-69:** 1. Miyoko O'Hara (65) 30:41, 2. Risty Wood (68, PV) 44:21, 3. Bobbie McTee Master (65, PV) 45:36. **75-89:** 1. Vera Zimmerhahl (79, PV) 53:24.

## Robert DeCelle II Memorial Tahoe Relay

June 12. Lake Tahoe. 72 Miles (7 person teams)

**Open Men 0-39:** 1. Squeeze In (Reno) -- 6, 50:11 (Miguel Tibaduiza, Alan Dehlinger, Scott Schneider, Rau Cook, Lynn Mentzer, Robert Thwala, Mark Hoefler), 2. Fleet Feet Racing (Fair Oaks/Roseville) -- 6, 52:55 (Rich Hanna, Darrin Rolarer, Jeff Edwards,

Pat Raney, Dwight Miller, Ty Nichomi, Steve Laura) 3. Reebok Aggies (Sacramento) -- 7, 08:50 (Charles Alexander, Dave Bunton, Kevin Stenborg, Sandheep Randhawa, Ron Richardson, Dirk Rohloff, Matt Yeo).

**Open Women 0-39:** 1. Reebok Aggies Women (Sacramento) 8, 09:49 (Barbara Hood, Julie Rol, Valerie Randhawa, Debbie Martin, Inka Mimis, Margaret Lang, Linda Spaargaaren), 2. Impala Racing Team (Oakland) -- 8, 17:05 (Fif Ghobadian, Diana Fitzpatrick, Peggy Izzett, Susan Boon, Julie Jay, Sandy Patterson, Carol Keller Stubbs, 3. Tahoe Tessies (Tahoe City) -- 8, 29:30 (Shari Schmidt, Ellen Lucas, Marianne Zerboka, Debbie Devine, Lisa Hals, Colleen Connors, Laura Vaughan).

**Senior Men:** 1. Squeeze In / Senior (Reno, NV) -- 7, 32:20 (Domingo Tibaduiza, Skip Houk, George Hernandez, Lyle Freeman, Jim Roberts, Michael Buzbee, Patrick Buzbee, 2. Ruby Mountain Runners (Elko, NV) -- 8, 14:37 (Tom Paulsen, Pat Mooney, Bill Nicholson, Bill Welch, Jack Ames, David Charlebois, Tony La Morte), 3. Speedy Burrito (Chico) -- 8, 18:57 (Dennis Hampton, Skip Lees, Jack McKenna, Mike McGie, Ken Gaal, Scott Borges, Jim Ballantyne).

**Senior Women:** 1. South Tahoe 40' Women (S. Lake Tahoe) -- 10, 27:03 (Carole Moore, Sue Henson, Jane Thompson, Lesley Tugle, June Lane, Suzy Stockdale, Sandy Ruacho), 2. Local Ladies (Tahoe City) -- 11, 13:35 (Sandra Knott, Marilyn Henriguez, Patty Turner, Vicky Brown, Diane Hall, Anna Little, Terina Woodard).

**Master Men, 51-up:** 1. Buffalo Chip Striders (Sacramento) -- 9, 56:01 (Alan Fe verwerker, Bob Sanchez, Tom Marshall Gordon Hall, Ron Hall, Frank Espinoza, Pau Mitchell), 2. Tarahumara 50+ (Stockton) -- 9, 56:20 (Jerry Babineau, Don Bryan, Ginc Fredianelli, Don Hoffman, Joe Oddo, Rudy Rodriguez, John Milne), 3. Lake Merritt Joggers & Striders (Oakland) -- 9, 56:41 (Jim Grodnik, Dane Reichel, Barb ara Futran, Chuck Greene, Gary Greiner, Jeremy Lys, Roger Sharpe).

**Master Women:** 1. Stocknettes (Stockton) -- 12, 37:09 (Karen Diekmeyer, Jean LeFever, Dina Fielns, Khartoon Tudhope, Sandi Becker, Katy Hannaforth, Sharon Miller).

**Mixed Runners:** 1. Cougars (Berkeley) -- 8, 37:52 (Veli Lehman, Mary Ann Grubb, Stuart Wiseman, John Winters, John Lehman, Mike Harper, Marisa Gardela).

**Corporate:** 1. Westinghouse Wolf Pack (Sunnyvale) -- 8, 09:01 (Steve Pait, Graciano Najera, Phil Wright, Tom Dorst, John Jay, Pat Miles, Jerry Harmeyer).

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# What's the "Ideal" Surface?

By Jeff Galloway

There's no simple answer to this one. Depending upon the construction of your foot, your predisposition to certain injuries, and weather conditions, there are certain surfaces that you should avoid. By eliminating the surfaces that put you at risk, your feet and legs will enjoy some variety of terrain--which will also help to strengthen a diversity of small muscle groups and improve your running.

Most runners shouldn't be concerned about running on hard paved surfaces. The better shoes on today's market are designed to absorb the shock from the road. Of course, you need to get the advice of shoe experts in "running only" stores. These folks stay up-to-date on the little changes in materials which

running on an even, paved surface.

Rigid-footed runners, on the contrary, gain needed shock absorption when they run on a softer surface. The rigid foot tends to roll forward and back, showing wear down the outside of the shoe and into the middle of the forefoot. Since there is great pressure at impact and pushoff, a softer surface will absorb some of the shock. For many runners with this foot-type, the relatively smooth trail or grass surface seems to be ideal. Even those with strong tendon structure in the ankle area need to watch out for un-even terrain--where the ruts or holes are too deep, etc.

While there are certain types of feet that should not run on uneven ground, most should be able to run conservatively on a

on hard surface). Be sure to take a day off between off-road runs--even if you don't take days off between paved surface running days.

Running in sand is risky--but has some benefits. Follow the same procedure as that used for off-road running mentioned above, but be even more conservative. Too much soft sand running can cause a variety of muscle and tendon problems. If you haven't run on sand for a while, start with only 100-200 yds. Be very gradual as you increase the amount of sand running--and take a day off between these workouts.

Off-road running offers great variety and can strengthen key muscle groups. Like any new opportunity, however, there are risks. Be careful. . .and enjoy the ride.

*Note: Olympian Jeff Galloway has written North America's best-selling running book, Galloway's Book on Running. He also conducts seminars and vacations which are fun and inspirational. Info: JFG, P.O. Box 76843, Atlanta, GA 30358. (404) 255-1033.*

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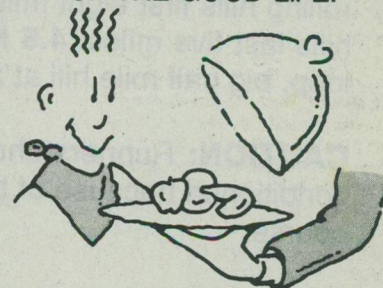
By eliminating the surfaces that put you at risk, your feet and legs will enjoy some variety of terrain--which will also help to strengthen a diversity of small muscle groups and improve your running.

affect the combination of cushion and support you will individually need. They can often tell, from their experience, whether you might be prone to ankle sprains and other problems.

Runners who've had a history of weak ankles should avoid uneven terrain. Those with a floppy foot (which moves from side to side) may have a tendency to roll too much to the outside--especially if the ankle tendons are weak or over-stretched. If you have this type of foot, you'll experience less risk by finding a shoe with enough support and cushion, and

smooth dirt or grass surface. The gentle "give" can strengthen the muscles and gently stretch the tendons to reduce the risk. The first commandment of off-road running is to ease into it. Run only 200-800 yards on your first run. You may run more that day on paved surface, but keep the new terrain experience to a minimum. After a day off from running, you may hit the trails again, gradually increasing the amount of off-road running by about 100% until you reach one mile. Then increase by 30-50% until you reach a comfortable distance (which is below the distance you'd run

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22nd Annual  
**Half Marathon and  
4.5 Mile**

**Bass Lake  
RUN THRU  
THE PINES**

**Saturday, August 7, 1993**



**DISTANCES:** 13.3 mile & 4.5 mile

**START/FINISH:** The Pines Village,  
Bass Lake, CA

**RACE TIME:** 7 a.m. for both races

**PACKET PICK-UP:** 6-6:45 a.m.

**COURSE DESCRIPTION:** Mostly paved,  
some dirt roads, Some shade. **Half  
Marathon** -- once around the lake, many  
rolling hills first eight miles, several longer  
hills last five miles. **4.5 Mile** -- smaller  
loop, big half mile hill at 2 miles.

**CAUTION:** Runners should be well-  
conditioned because of the difficulty of this  
course.

**AID STATIONS:** Approximately 2, 5, 7.5,  
10 and 12 miles.

**SPLIT TIMES:** 5 mile and 10 mile splits.

**DIVISIONS:** (Both races, men and women)  
--Under 19, 19-29, 30-39, 40-49, 50-59,  
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