

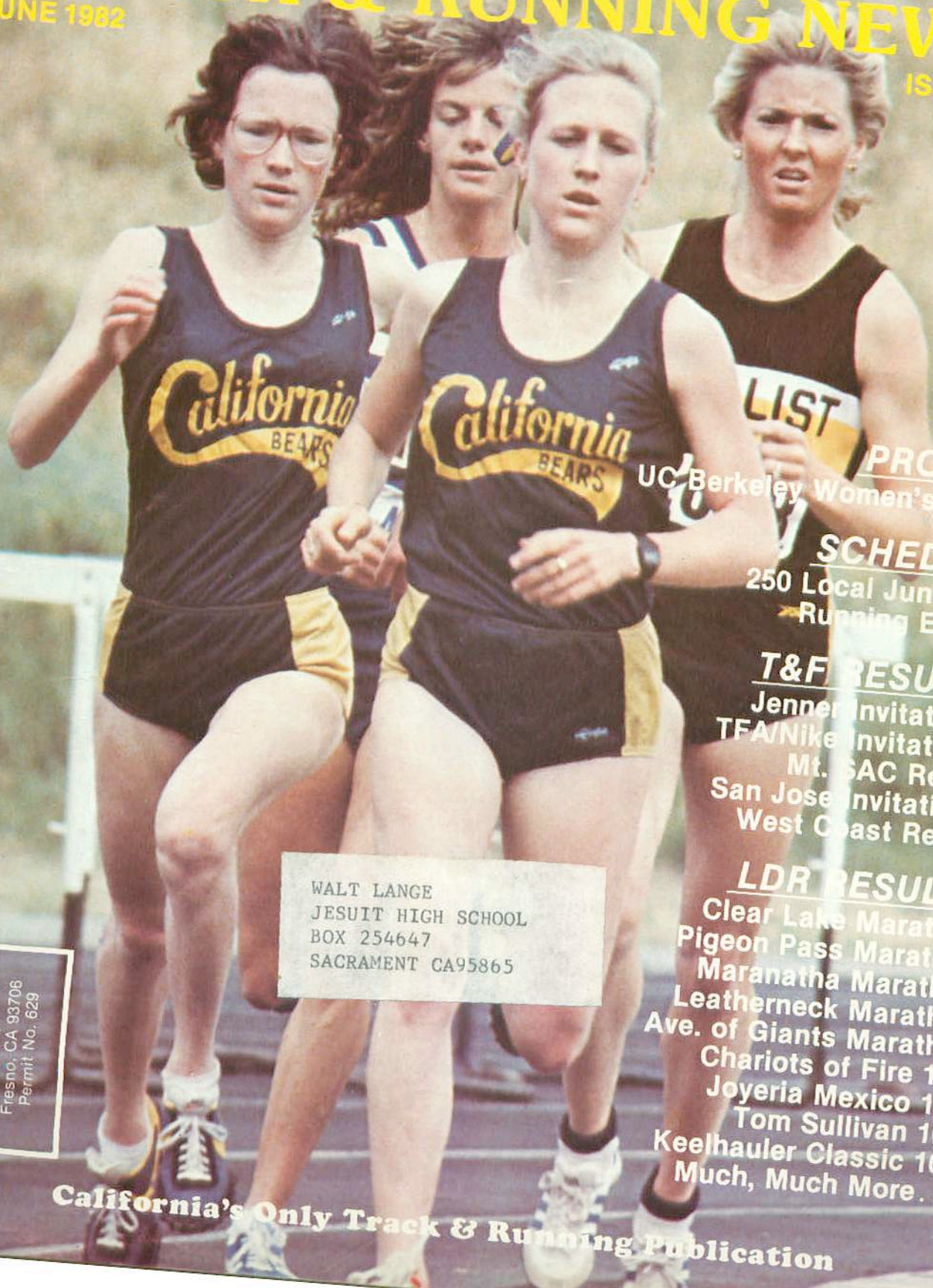
CALIFORNIA

TRACK & RUNNING NEWS

\$1.50

JUNE 1982

ISSUE NO. 68



PROFILE
UC Berkeley Women's Team

SCHEDULE
250 Local June/July
Running Events

T&F RESULTS
Jenner Invitational
TEA/Nike Invitational
Mt. SAC Relays
San Jose Invitational
West Coast Relays

LDR RESULTS
Clear Lake Marathon
Pigeon Pass Marathon
Maranatha Marathon
Leatherneck Marathon
Ave. of Giants Marathon
Chariots of Fire 10K
Joyeria Mexico 10K
Tom Sullivan 10K
Keelhauler Classic 10K
Much, Much More...

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SAN FRANCISCO MARATHON

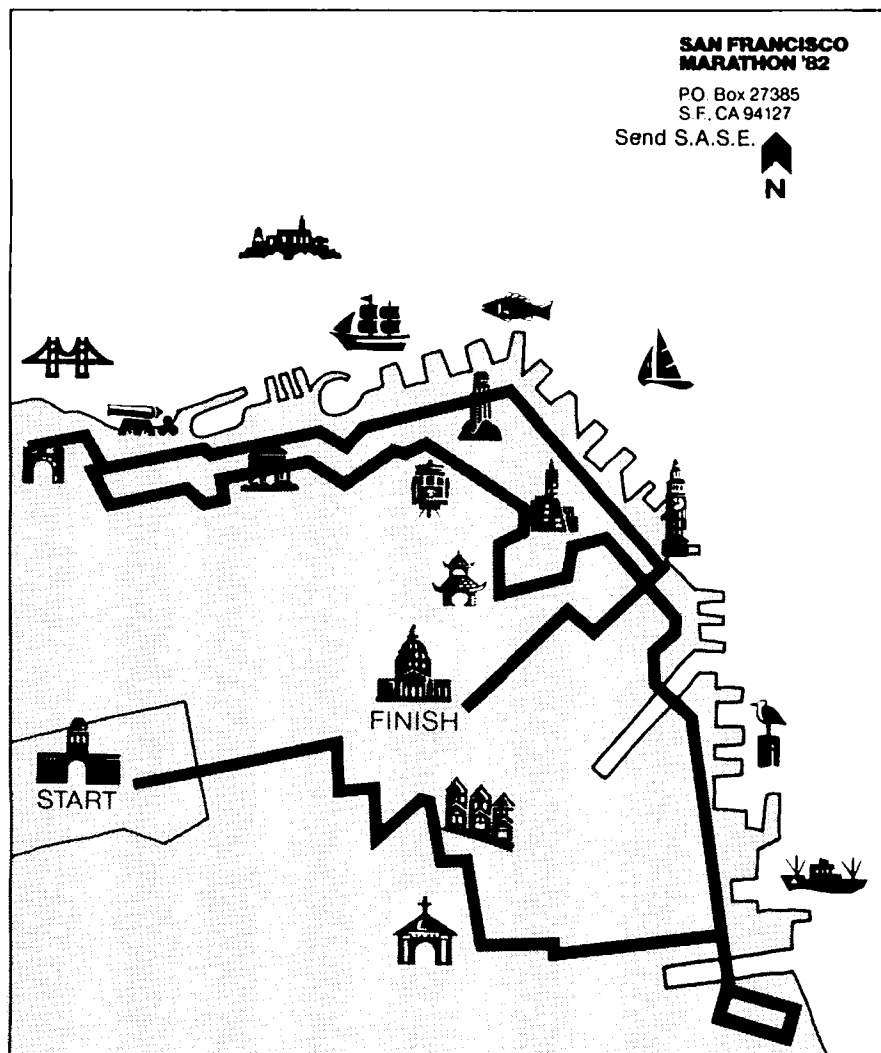
JULY 11, 1982

NEW FAST, CITY-WIDE COURSE

That's right. This year, for the first time, the San Francisco Marathon will run through the streets of America's favorite city. The new course includes San Francisco's most famous landmarks and colorful neighborhoods: Golden Gate Park (start), Chinatown, North Beach, Haight-Ashbury, Golden Gate Bridge, Ft. Point, Fisherman's Wharf, Palace of Fine Arts, the Embarcadero, the Financial District, Market Street and City Hall (finish).

Worried about San Francisco's hills? Don't. The course has a *net* elevation loss of some 200 feet. Combine that with the city's traditionally cool (55-60°) July weather and you have the ingredients for a Personal Best and a marathon you won't forget.

If you would like to run through one of the world's most beautiful cities this summer, write for an application today. Come see for yourself how we flattened San Francisco's hills.



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**California
Track & Running News**



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ON THE COVER: An example of UC Berkeley's budding women's track program, freshmen Mary Gaffield (left) and Marcia White. See special feature story on the Cal women beginning on page 8.

photo by Bill Cockerham



SIXTH ANNUAL

Courtland, California

SPONSORED BY:

FLEET FEET RUNNING CLUB

SUB 4

WHAT: 6th Annual Pear Fair Ten Miler • ½ Miler Youngsters Race

WHEN: Sunday, July 25, 1982 Registration • 6:00 a.m. - 7:30 a.m.

START: 8:00 a.m. Bates School Grounds, Courtland, CA • 7:45 a.m. ½ mile race.

COURSE: 10 Mile Road Race — certified and sanctioned TAC, flat pavement, one loop.
½ Mile Youngsters Race — 8 yrs. and under only.

ENTRY FEE: \$6.00 with a racing singlet or \$8 after July 20, 1982
\$3 without singlet or \$4 after July 20, 1982
50¢ for youngsters ½ miler

AWARDS:

- Logo dress jackets three deep in each age division
- Sub-4 Racing Singlet to each finisher who so registers
- ½ mile Youngers race:
 1. Children's racing singlet to top three girls and top three boys
 2. Special Prize to each finisher
 3. Ribbon to each finisher

ACTIVITIES: The Pear Fair is a festive occasion by the local pear growers. They invite you to watch the parade and to partake in the festivities. Please bring a picnic and enjoy enjoy the fair.

RACE HEADQUARTERS: **FLEET FEET** 2408 "J", Sacramento, CA 95816. Pick up race pack on race day. Jeff Bogle, Race Director (916) 442-3338.

DIRECTIONS TO RACE: Interstate 5 exit west on Hood-Franklin Road. Go south on Freeport Boulevard to the town of Courtland. Race starts at school grounds. Sheriff's department will ticket cars parked in "no parking" areas.

(Please Check Appropriate Boxes)

10 MILER: Women Men

½ MILER: 8 yrs. and Under Only

Age: Under 19 19-29 30-39 40-49 50-59 Over 59

Girl Boy 50¢ Entry

ENTRY:

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against **FLEET FEET** and the Delta Pear Fair, their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of the Pear Fair Ten Miler. Consultation with licensed medical doctor within the last six months respecting your fitness to participate in this race is recommended.

Make checks payable to Pear Fair 10 Miler • 7363 Farmdale Way • Sacramento, CA 95831

SIGNATURE IN FULL _____ DATE OF BIRTH: _____

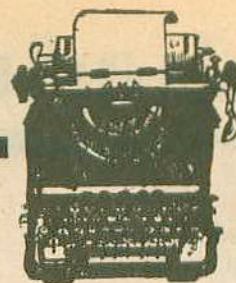
PRINT NAME _____

ADDRESS _____ CITY _____

\$6.00 with racing singlet \$3.00 no singlet

Parent's or guardian's signature if under 18 years of age _____

Editorial



State Meet Maneuver

It doesn't make sense; but, then, money talks; and in this time of recession any dollar that can be shaved from programs without hurting them is saved for another use. I'm referring to the High School State Track & Field Meet. Traditionally a two day affair with trials on Friday and the finals on Saturday, this California classic will, beginning in 1983, be a one day championship-finals only. Participants will be determined in Northern Cal and Southern Cal qualifying meets.

I agree with saving money when and where we can, but not at the expense of such important and successful an event as the State Meet. This two-day extravaganza has been the season climax of outstanding prep track and field in California over the years, and its value to spectators and athletes will be somewhat diminished by such a move. I'm not all that sure, either, that such a large amount of money will even be saved in the total picture.

For track and field fans the State Meet has been true glory - track and field

paradise for two days. I don't want to give up any of the exciting spectating that prep fans look forward to each year. There's enough quality to justify two days. The trials are as exciting as the finals. The meet is worthy of two days. Sure, I could get the same thing by attempting to see both the NorCal and the SoCal meets, but that's asking a lot from fans. I want it all in one place on the same weekend.

For most prep tracksters competing in the State Meet has been the ultimate goal and an achievement to long be proud of. To cut down on the number of State Meet competitors will deny this honor to many who otherwise would have been able to compete in the State Meet. Nine per event isn't very many, especially when you consider that many states have a full state meet program with three or more classes of schools (i.e., A, AA, AAA, etc.). I'm not advocating a class system at the State Meet because I like head to head competition in track and field, but it does point up that others are giving many more state meet honors.

Will a one day state meet really save money? The idea is that if not so many athletes go, not so much money will be

spent. For example: L.A. City Section may only end up qualifying 25-30 out of the SoCal Championships, instead of sending nearly 100 athletes the way it is now. But, what about getting to the regional championship qualifying meet? That costs money, too. Take the schools in the Central Section who will have to go on an over-nighter to the SoCal meet with the same number of kids as used to qualify for the State Meet, then those who qualify now go on another over-nighter to the State Meet. Or, what about the kid in Chico who goes to Berkeley for NorCal, then turns around and goes to Cerritos for the State Meet?

If I remember right, it seems both days of the State Meet at Cerritos last year were sold out. My suggestion is to take that money from the Friday trials part of a two day meet and use it to help defray expenses of competing athletes.

Don't monkey with something as important and as successful as the California High School State Track & Field Championships.



Mailbag

Congratulations & Idea

I am writing to offer my congratulations on a great running publication which is both informative and non-commercial. I really look forward to each new monthly issue.

I am also writing to offer an idea for a story you might consider doing in one of your upcoming issues. I am speaking about Tustin senior Shannon Stryker who has risen from obscurity to prominence on the California prep track scene in a matter of a few months. The whole school as well as the cross country and track team is very proud of Shannon and her accomplishments. Despite all the publicity and recognition she has gotten she is unaffected and is still the same nice girl she has always been.

Mike Parker
Tustin

Good idea, we'll follow up on it. Thanks.

—Editor

Marathon Relay Correction

Your magazine is the best source of information on California road-racing and is avidly scanned by Las Vegas runners eager to include a race or two in their California vacation.

The interesting account of the Jimmy Stewart National Relay Marathon contained one error of fact, but your correspondent, Ginger Cisl, can be excused for not knowing that the Las Vegas Marathon Relay celebrated its fourth annual running on March 20 of this year, the day before the L.A. affair.

The Las Vegas race is the brainchild of Tony Gerardi, who, with an ingenious formula based on 5-mile and 10k race times, endeavors to ensure that the two dozen or so teams that enter are approximately the same strength. The relay is run over the standard Las Vegas Marathon course, with four runners on each team running five-mile segments and the fifth member running the last 6.22 miles.

The Hacienda Hotel and Casino sponsored a team to the Jimmy Stewart relay in Griffith Park the next day. One of the members of that group was none other than Tony Gerardi, along with Dave Albright, Paul Peterson, Curt Wildermann and myself, and only my aged and feeble 32:40 for 5 miles prevented the Hacienda team

from finishing several places better than 21st out of 400 teams.

Please give the modest and unassuming Gerardi, a past president of the Las Vegas TC, his rightful title as the father of the marathon relay — unless there are others even older, that we know not of.

Tommy Hodges
Las Vegas, Nevada

Confusion and Suspense

I'm a high school runner and I attend Independence High School in San Jose. I really like the style of cover you changed to.

As I was reading March '82 and looking over the Athlete of the Year winners, I stumbled over the 70-Plus XC/Roads women winner, Bess James with a 32:07 10k. That is hard to believe, I honestly think it was a typing error. But, if it's not an error, she's world class and she'd give Grete Waitz, Laurie Binder and other world class women a run for their money.

Please answer this letter. My friends and I are dying of confusion and suspense.

Mike Cicals
San Jose

Oops, our error. It should be 52:07. Still not a bad time, and, in fact, faster than the official 70-plus American record for certified courses.

Schedule

by Jack Leydig Scheduling Director

Please send scheduling information directly to **Scheduling Director, Jack Leydig, P.O. Box 612, San Mateo, CA 94401.**

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.

Long Distance

JUNE

JUN 5: Racquetball Club Triathlon. (30 min. Racquetball, 2½ mile run, 750 yards swim (pool), 2½ mile run). Walnut Creek, 9 am. Greg Stopka, 1908 Olympic Blvd., Walnut Creek 94596. (415) 932-6400.

JUN 5: Charlie Chaplin Fun Run. 10K, Niles (East Bay Regional Pk.), 9:30 am. The Glass Works, 37859 Niles Blvd., Fremont 94536.

JUN 5: Heart & Sole Run. 10K, Salinas Valley Memorial Hospital, 9 am. Fleet Feet, 364 Main St., Salinas 93901. (408) 424-4343.

JUN 5: The Nugget 50 (Mile & Km.). N. San Juan, time TBA. Endurance Sports Productions, 507 "F" St., Davis 95616. (916) 758-9868.

JUN 5: Synanon 10K Mountain Run, 5K Women's Run & 2 Mile Prediction Run. Synanon Strip, Badger, 8 am. Synanon RC, Box 42, Badger 93603. (209) 337-2885.

JUN 5: Boy Scouts Spring Fling Fun Run & Orienteering. 2 mile fun run, 1 mile orienteering, Cuesta College, 7:30 am. Howard Drucker, 1123 Mill St., San Luis Obispo 93401. (805) 543-5766.

JUN 5: Huntington Beach/Elks 10K. 8 am. Tiny Blomquist, Elks Club, Fountain Valley 92708. (714) 964-1665.

JUN 5: Run with Jim. Dockweiler Beach, Playa del Rey (distance TBA), 8 am. V. Ree, The Sandpipers, 629 - 17th St., Manhattan Beach 90266.

JUN 5: Greenpeace 5 & 10K Run to Save the Whales. La Habra Fashion Square, 8 am. John Blair, La Habra Fashion Sq., No. 40, La Habra 90631. (714) 966-0556.

JUN 5: The Commander's 10K & Beer Bust. Univ. of Nevada, Las Vegas, 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 5: Run For Rivers 5 & 10K. Central Park, Davis, 9:30 am. Calif. Water Protection Council, 716 "N" St., Davis 95616 (Jeff Doie: 916-753-7888).

JUN 5: Redding Rendezvous - Triathlon. (Individual competition on Sat., teams on Sun.), 8 mile run, 23½ mile bike, 4 mile canoe, Lake Redding Park, Redding, 9 am. Shasta Cascade Wonderland Ass'n, P.O. Box 1988, Redding 96099. (916) 243-2643.

JUN 5: Hearts on the Run 5 & 10 K. Cal-State San Bernardino, 7 am. Race Central (714) 874-5480.

JUN 5: Kiwanis Mt. Misery 10K. Placerville, 8 am. Ernie Marinoni, 5101 Newtown Rd., Placerville 95667. (916) 644-2407.

JUN 5: Nautilus California Triathlon. 2K swim, 30K bike, 10K run, Castaic Lake, time TBA. Rich Hanson (805) 882-2671.

JUN 5: St. Margaret's Parish 10K & 5K. St. Margaret's Parish, 12686 Central Ave., Chino 91710. (714) 627-3369.

JUN 6: Run for Jack Komar. Approx. 4 miles, Los Gatos Creek Pk., Los Gatos, 9 am. Robert Redding, 675 N. First, Suite 1200, San Jose 95112 (408) 286-0787, days.

JUN 6: Masters 5 Mile. Glenn Hall Park (nr. Cal-State Sacramento), Sacramento, 9 am. (40-and-over competitors only). McIntosh's Sports Cottage, 4120 El Camino, Sacramento 95821. (916) 488-7181.

JUN 6: AVON Women's International Marathon & National TAC Sr. Women's Championship. San Francisco, 7 am. Len Wallach, 1060 Continentals Way, No. 104, Belmont 94002. (415) 593-2788, or Ron Markille (415) 668-2060.

JUN 6: Gold Country Marathon. (½ half marathon & 10K). Nevada City (Pioneer Park) 7 am. Bud Grattan, 100 S. Auburn St., Grass Valley 95945. (916) 273-4491.

JUN 6: National TAC Masters Marathon. Forest Grove, Oregon, time TBA. Jill Meriman, 1229 NW 23rd St., Portland, OR 97210. (605) 648-4212.

JUN 6: Dipasa 7.1 Mile Race. Mill Valley to Stinson Beach, 9 am. Dipasa, P.O. Box 30, Mill Valley 94941. May 10 deadline.

JUN 6: Russian River Marathon. (½ half marathon & 4.9 mile), Ukiah, 8 am. Gall Opperman, Ukiah Community Center, 516 South State St., Ukiah 95482. (707) 462-8879.

JUN 6: Sri Chinmoy Marathon. Recreation Center, Foster City, 7 am. (Pre-Race Clinic held on Sat. Afternoon, June 5). Sri Chinmoy Centre, 2438 16th Ave., San Francisco 94116. (415) 861-4148, days.

JUN 6: DeAnza Day 5 & 10K. DeAnza College Pkg. Lot C, Cupertino, 8 am. DeAnza Day 5 & 10K, 21250 Stevens Creek Blvd., Cupertino 95014. Dennis Zamzow (415) 964-4800.

JUN 6: Fair Oaks Fiesta 5-Miler. Fair Oaks (Temescal), 9 am. Wayne Lowery, P.O. Box 34, Fair Oaks 95625. (916) 966-1011.

JUN 6: Lake Merritt Summer Relays. (2x5K & 2x10K legs), Old Boathouse, Oakland, 9 am. Neil Berg, 369 Coventry Rd., Kensington 94707. (415) 524-5078.

JUN 6: Mt. Diablo Trail Classic. 13.7 miles. Clayton (Mt. Diablo/Mitchell Canyon Rd. entrance), 9 am. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

JUN 6: Golden State Women's Run 10K. Walnut Creek, 8 am. Susie Breese, Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

JUN 6: Run for Learning Disabilities. 5 & 10K, Pierce Community College Stadium, Woodland Hills, 7:30 am. Jennifer Zvi, 7041 Owensmouth Ave., Canoga Park 91303. (213) 883-3500.

JUN 6: Jack Moore Race. 2 & 5.7 mile. McKinleyville (Baiboa Rd.), 1 pm. Ken Yanosko, P.O. Box 214, Arcata 95521. (707) 822-3960.

JUN 6: Buena Park's 5 & 10K Runs to Beat Cancer. Buena Park Mall, 8 am. Sandy Sato, Amer. Cancer Society, P.O. Box 1870, Newport Beach 92860. (714) 752-8600.

JUN 6: Ocean-to-Creek 7.1 Miler. Carpinteria, 8 am. Steve Ripley, 5296 El Carro Ln., Carpinteria 93013. (805) 684-1583.

JUN 6: Westlake 7.2 Mile Carrera de Cabras. Westlake Elem. School, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

JUN 10: Sepulveda Dam Run. 10K. Woodley Ave. Park, 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

JUN 12: Palos Verdes Marathon. Palos Verdes Estates, 7 am. George F. Owens, P.O. Box 153, Palos Verdes Estates 90274. (Not certified).

JUN 12: DeCelle Memorial Tahoe Relays. So. Lake Tahoe (Hiways 50 & 89), 7 am. (7-person teams). Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2265.

JUN 12: S.F.P.D. Run for Youth. 4.5 miles. Lake Merced (Sunset Circle Pkg. Lot), San Francisco, 5 pm. SFPD Run for Youth, c/o 850 Bryant St., Room 553, San Francisco 94103.

JUN 12: United States Triathlon Series. (Swim, bike, run), San Diego, time TBA. USTS, P.O. Box 308, Davis 95617. (916) 758-9868, or Arman Keteyian (714) 274-8100.

JUN 12: Fountain Valley 5 & 10K. Mile Square Pk., 7:30 am. Newport Beach Runners Ass'n, 1162 Dorsel Ln., Costa Mesa 92626. (714) 966-0556.

JUN 12: Valley Grand Prix 10K. CSUN, Northridge, 9 am. Bill Webb, CSUN Athletic Dept., 1811 Nordhoff, Northridge 91330. (213) 885-3205.

JUN 12: Biathlon. 5K-run, 200m-swim, Sunset Park, Las Vegas, NV, 8 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUN 12: Pajaro Dunes Beach Run. 10.07 miles. Manresa Beach State Pk. (near Watsonville), 8 am. Mark Steelman, 42 Trembley Lane, Watsonville 95076.

JUN 12: Jurupa Rodeo 2 & 5 Mile Runs. Rubidoux, 8 am. Dave Hite (714) 882-4008.

JUN 12: Rialto Kiwanis 5 & 10K Runs. Eisenhower High School, Rialto, time TBA. Race Central, 245 S. Riverside Ave., Rialto 92376. (714) 874-5480.

JUN 13: Truckee River Relays. 3-person, 4 miles each, Truckee to Squaw Valley, 10:30 am. Alpenglows Sports, Drawer U, Truckee 95734. (916) 587-2025 or 583-6917.

JUN 13: South Bay Advocates Run for Youth. 4 miles, Baywood, 11 am. Dave Behrens, P.O. Box 6125, Los Osos 93402. (805) 528-2278.

JUN 13: Morro Bay to Cayucos. 6 miles, hard pack sand along water's edge. Brian Waterbury, 234 Catalina, San Luis Obispo 93401.

JUN 13: Round the Runway Footrace. 5 & 10K. Moffett Field, 9 am & 9:45 am. Special Services, Bldg. 25, NAS Moffett Field 94035. (415) 966-5206.

JUN 13: Moscow Road 10,000. Monte Rio (Post Office), 8:30 am (part of RRCA Nat'l Postal competition). Art & Chris Webb, 2312 Masterson Ct., Santa Rosa 95401. (707) 546-5462.

JUN 13: NCSTC Woodminster X-C Handicap. 9 miles. Woodminster Meadow/Joaquin Miller Park, Oakland, 10 am. Gall Wetzork, 861 Cedar St., Alameda 94501. (415) 522-3724.

JUN 13: Clean Air 9K Run. San Francisco (Pier 39), 9 am. Mr. Brown, Pier 39, P.O. Box 3730, San Francisco 94119.

JUN 13: Camp Coombs X-Country Run. 10K/1.5 mile/0.5 mile. Napa State Hospital, Imola (near Napa), 9 am. Camp Coombs Run, P.O. Box 7212, Imola 94558. (707) 253-5532.

JUN 13: Chihuahua Road Run. 2 & 6 mile. Fresno (718 & "F" St.), 7 am (enter by Jun. 12). Victor Salazar, 4387 No. Thorne Ave., Fresno 93704. (209) 229-5862.

JUN 13: Johnny's 10 Mile. Valencia Elem. School, Aptos, 9 am. Info: (408) 476-7675, or 423-5443.

JUN 13: Good Earth Restaurants \$750 Purae 10K Run. Campbell, 9 am. Steve Krotoski, 17266 Eaton Lane, Monte Sereno 95030. (408) 395-9332, evs.

JUN 13: Statuto Race. 8.1 miles. SFAC, San Francisco, 8 am. SFAC, 1630 Stockton St., San Francisco 94133. (415) 986-9650.

JUN 13: Rancho Bernardo 10K & 2 Mile. Town Center, Rancho Bernardo (San Diego), 7 am. EOL Race Consultants, 1013 Park Pl., Coronado 92118. (714) 485-7763, Ed Coverley.

JUN 13: Century City 10K. Los Angeles, 8 am. Ed Glas, c/o Century City Chamber of Commerce, 2020 Ave. of the Stars, Plaza Level, Los Angeles 90067. (213) 553-4062.

JUN 13: Dannon 10 Mile. Van Nuys. Dick Weeks, 7741 Wish Ave., Van Nuys 91406. (213) 343-5418.

JUN 15: Beer Run. 3 miles, Stockton (1844 W. Bristol), 7 pm. Felicia Quilantang, 1020 N. Commerce, Stockton 95202. (209) 941-2827.

JUN 16: Entry Deadline for Nike Marathon. Race on September 12. P.O. Box 10412, Eugene, OR 97440. (503) 687-2477.

JUN 19: Double Dipasa 14-Miler. Stinson Beach to Mill Valley & return, 9 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107. (415) 647-9459.

JUN 19: Pinole "Y to Y" Runs. 2.108 & 5.108 miles, Pinole YMCA, 9:30 am. Mike Robak, 945 Dolphin Ct., Rodeo 94572. (415) 799-3586.

JUN 19: Fieldstone Winery 10K. Healdsburg, 8:30 am. Susie Buchignani, 10075 Highway 128, Healdsburg 95448. (707) 433-7266.

JUN 19: Sports-R-Us and YFC Father's Day 10K. Auburn, 8 am. Youth for Christ T&F Team, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

JUN 19: St. Judes Run for the Kids. 10K, The Anchorage Mall (near Fisherman's Wharf), San Francisco, 8 am. (A Nike Masters Grand Prix Series event - regional qualifier for nationals). Barbara Murray, c/o St. Jude's, 205 E. Third Ave., Ste. 315, San Mateo 94401. (415) 347-1277.

JUN 19: CRRC Tune-Up Series. 5 & 10K, Griffith Park, Los Angeles, 8 am. CRRC, Box 891, Tarzana 91356.

JUN 19: Foster-Freedman 5-Mile Age-Group Handicap. Racquet Club (9001 S. Industrial), Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUN 19: Summer Run '82. 10K and 2 mile. Carrie Schrader Park, Hughson, 8 am. Creative Alternatives, P.O. Box 100, Hughson 95326. (209) 883-4015.

JUN 19: Big Valley Days Runs. 1, 3, & 6 miles. Bieber (near Modoc Meadow Ranch), 9 am. Blaine Menning, Modoc Meadow Ranch, Adin 96006. (916) 299-3340.

JUN 20: Run for the Health of It. 10K, Hayward, 9 am. Run, 24499 Soto Rd., Hayward 94544. Russ or Debbie (415) 537-2440.

JUN 20: Valley of the Flowers Marathon & Half Marathon. Lompoc, 7:30 am. Lompoc Valley Distance Club, P.O. Box 694, Lompoc 93438. (805) 736-6515.

JUN 20: Father's Day 5K. St. Helena (Crane Pk.), 9:30 am. Art Martin, 1733 Hillview Pl., St. Helena 94574.

JUN 20: Holy City Race. 9.08 mile, Holy City (Old Santa Cruz Hwy), 7:30 am. *Note: Informal race this year...no entry fee & no awards but accurate timing.* Ken Napier, 1612 Bearden, Los Gatos 95030. (408) 379-1420.

JUN 20: Dump to Dump Run. 10K (?), San Mateo/Burlingame, time TBA. Info: United Cerebral Palsy, 299 California Ave., Palo Alto 94306. (415) 328-4711, or (408) 270-8987.

JUN 20: South Bay Advocates Run for Youth. Tentative. 4 miles, Los Osos, time TBA. Advocates for Youth, P.O. Box 6125, Los Osos 93402.

JUN 20: Univ. of Irvine 10K for M.S. Time TBA. Chuck Lichter, Box 891, Tarzana 91356. (213) 888-5526.

JUN 20: Run for Gay Pride 5 & 10K. (Hypersion & Scotland) Los Angeles, 8 am. Joan Coogan, P.O. Box 42923, Los Angeles 90042. (213) 221-9666.

JUN 20: Air Show Half-Marathon. Lemoore NAS, 7 am. Air Show Half-Marathon, NAS Lemoore 93245. (209) 998-3581, or 3270.

JUN 20: Father's Day Run. 6 miles, Fresno (Tulare & Van Ness), 6:30 am. (Enter by Jun. 16). Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

JUN 20: LaJolla Kiwanis 10K & 2 Mile. Balboa Park, San Diego, 7 am. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 453-3483, Keith Ryan.

JUN 20: Lake Tahoe Series 10K. No. Tahoe High School, 3 miles east of Tahoe City, 9 am. Stephanie Atwood, P.O. Box 97, Carnelian Bay, CA 95711. (916) 583-8475.

JUN 20: Officer Byrd 5 & 10K. Griffith Park, Los Angeles, 8/9 am. Officer Byrd Runs, Box 30158, Los Angeles 90030. (213) 485-4020, Les Lovett.

JUN 22: The Swimming Pool Run. 8K, Stockton (Bonniebrook & Shoreham Pl.), 7 pm. Don Hoffman, 7025 Shoreham Pl., Stockton 95207. (209) 952-2055, eves.

JUN 24: Burlingame Summer Fun Run. 2.85 miles, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-8386.

JUN 28: Lake Tahoe Marathon. Incline Village, Nevada (Community Center, Lakeshore Blvd.), 7 am. Lake Tahoe TC, Reg Bedell, P.O. Box 5963, Incline Village, NV 89450. (702) 831-1730.

JUN 28: Western States 100 Miler. Squaw Valley to Auburn...entries closed for 1982.

JUN 28: Fresno Bunion Derby 3K. Roeding Park (Pine Grove), Fresno, 8 am. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUN 28: Cayucos to Morro Rock Run. 6 miles, 9 am. San Luis DC, P.O. Box 1134, San Luis Obispo 93406.

JUN 28: Tioga Pass 12.3 Mile Run. Hwy 395 & 120 near June Lake, 8 am. Bill Aaron, P.O. Box 554, June Lake 93529.

JUN 28: Orange County Ass'n for Mental Health "Sweat don't Fret" 5/10/20K. Mason Park (Irvine), 8 am. MHA, 2110 E. 1st., No. 101, Santa Ana 92705. (714) 547-7559.

JUN 28: Toro 12K Internat'l Style X-C. Cal State Univ., Dominguez Hills, Carson, 8 am. CSUDH X-C Series, Dept. of P.E., Carson 90747. (213) 516-3761, Mitch Harmatz.

JUN 28: Fedmart 5K & 10K Mile. Mission Beach, San Diego, time TBA. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 232-7451.

JUN 28: Idyllwild Alpine 5 & 10K Run. Idyllwild (nr. Riverside), time TBA. Craig Campbell (714) 659-2141.

JUN 27: San Leandro Shoreline 10,000 Meter Run. Marina Park, San Leandro, 9 am. Recreation-Human Resources Dept., 835 E. 14th St., San Leandro 94577 (Don Palva).

JUN 27: Kern River 5 & 10K Predicted Time Run. Beach Park, Bakersfield, 8 am. Paul Cross (805) 399-5750.

JUN 27: Orienteering Meet. China Camp State Park ("C" Class). Knut Eriksen (415) 873-4068.

JUN 27: Historic Folsom 10K. City Hall, 8 am. Eileen Claugus, 10028 Glen Way, Sacramento 95827. (916) 368-3270.

JUN 27: Meet of Miles. 1 mile on track (Santa Rosa J.C.), 8:30 am. Fred Kenyon, 3634 Coffee Lane, Santa Rosa 95401. (707) 575-7013.

JUN 27: Fitch Mountain Footrace. 10K & 4 mile prediction run. Healdsburg Town Plaza, time TBA. Healdsburg Chamber of Commerce, 217 Healdsburg Ave., Healdsburg 95448. (707) 433-8935.

JUN 27: DSE Golden Gate Promenade 7.5 Mile. Dolphin Club, San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUN 27: Sea Breeze 10/20K. Ventura, time TBA. Time Hughes (805) 644-8271.

JUN 27: PA-TAC 15K Championships. Bullispurimissa School, Los Altos, 9 am. *Team Prize \$\$ to be offered.* Peanut Harms, 875-A Chiquita, Mountain View 94040. (415) 967-7321, evenings.

JUN 27: Jacoby Creek Streak. 1.8 & 4.8 mile, Bayside, 1 pm. Bill Morris, Box 213, Route 1, Bayside 95524. (707) 822-8565.

JUN 27: Mt. San Bruno Orienteering Meet. Class B or C, site & time TBA. Joe Scarborough, 3151 Holyrood, Oakland 94611. (415) 530-3059.

JUN 27: Becardi Run 5 & 10K. Lake Merritt (Fairland Pk.), Oakland, 9 am. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930.

JUN 27: Oceanside 10K & 2 Mile. Boat Harbor, 7 pm. EOL Race Consulting, 1013 Park Pl., Coronado 92118. (714) 721-0866, Faith Mahoney.

JUN 27: Cascade Run Off. 15K (ARRA Circuit, Prize Money), Portland, OR, 9 am. Chuck Galford, Runoff, 1000 Willamette Cir., 121 S.W. Salmon, Portland, OR 97204. (503) 223-9016. *June 20 entry deadline.*

JULY

JUL 1: Burlingame Summer Fun Run. 2.85 mile, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-8386.

JUL 3: Alturas Fandango Days Run. 1, 3, & 6 Miles, Alturas Park, 9 am. Blaine Menning, Modoc Meadow Ranch, Adin 96006. (916) 299-3340.

JUL 3: Lake Gregory Summer Fest 5 & 10K. Crestline (San Moritz Lodge), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 874-5480.

JUL 3: Semana Nautica 16K (SPA/TAC Championships). Santa Barbara (San Marcos High School), 8 am. John Brennan, P.O. Box 6616, Santa Barbara 93111. (805) 964-2591, 7-10 pm.

JUL 3: 5 Mile Run. Racquet Club (9001 S. Industrial), Las Vegas, 7 am. The Running Store, 802 S. Maryland Pkwy, Las Vegas 89101. (702) 382-3496.

JUL 4: Coronado Half-Marathon. 5th & "G" Streets, Coronado, 7 am. George Green, 626 Fifth St., Coronado 92118.

JUL 4: Peachtree Road Race. 10K, Atlanta, Georgia, time (?). Royce Hodge, 3224 Peachtree St., N.E., Atlanta, GA 30305. *Limited to 25,000 entrants...early cutoff date.*

JUL 4: Fourth of July Embarcadero 5-Mile Run for Youth. Oakland (Estuary Pk., foot of Oak St.), 9 am. Agatha Sue Lee, 847 Acalanes Rd., Lafayette 94549. (415) 284-4247.

JUL 4: Fourth of July 5K Parade Run. Redwood City (Marshall & Warren), 11:30 am. Bill Wooten, Redwood City Park & Rec. Dept., Redwood City 94061. (415) 364-6060.

JUL 4: Sacramento Union 5-Mile River Run. Sacramento (Carlson Dr., River Pk.), 9 am. John McIntosh, 4120 El Camino Ave., Sacramento 95821. (916) 488-7181.

JUL 4: Kenwood Natural 10K Footrace. Kenwood, 8 am. Fred Kenyon, 3634 Coffee Ln., Santa Rosa 95401. (707) 575-7013.

JUL 4: Martinez Independence Day 10K Run. Martinez (Main & Castro), 9 am. Dann Brown, 1025 Susan, No. 3, Martinez 94553. (415) 943-6453, days.

JUL 4: Milpitas Firecracker 10,000 Meter. Milpitas (Beresford Sq. Shopping Ctr.), 9 am. Steve Goodman, c/o 160 No. Main St., Milpitas 95035. (408) 942-2470.

JUL 4: Independence Day Run. Visalia (Mooney Grove Pk.), 7:30 am. Marty Higginbotham, 1026 West Princeton, Visalia 93277.

JUL 4: DSE Double Lake Merced Run. 9.2 miles, San Francisco (Sunset Circle Pkg. Lot, Lake Merced), 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUL 4: Firecracker Run. 1/2-Marathon, Half Moon Bay (site TBA), 8 am. Stephen Fignoni, 534 Spindrift Wy., Half Moon Bay 94019. (415) 726-4273.

JUL 4: Madera Triathlon. 10K run, 20 mile bike, obstacle course, Madera, time TBA. Triathlon, 1030 S. Gateway Dr., Madera 93637. (209) 874-8802, ext. 21.

JUL 4: Atwater Signal Run for Independence. 2 & 5 miles, Atwater (Ralston Park), 7:30 am. Phil Fulton, 1812 Sierra Madre, Atwater 95301. (209) 358-3443.

JUL 4: Will Rogers 10K. Pacific Palisades, 8 am. Brian W. Shea, P.O. Box 487, Pacific Palisades 90272. (213) 394-9611, ext. 307.

JUL 4: San Francisco Biathlon. 1/2-mile swim, 3 mile run, San Francisco (Aquatic Pk.), 8 am. Victoria Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-6287.

JUL 4: Monarch Bank Run in the Parks 5 & 10K. Laguna Niguel, 7 am. Bill Pascual, The Running Racquet, 30100 Town Center Dr., Laguna Niguel 92677. (714) 837-3301.

JUL 4: La Palma/ADP, Running Celebration 5 & 10K. La Palma, 8 am. kitty Rudometkin, 7821 Walker St., La Palma 90623. (714) 522-6740.

JUL 4: NorCal Jubilee Run. 3 & 10K, Arcata Plaza, 9:30 am. Ken Yanosko, Box 214, Arcata 95521. (707) 822-3960.

JUL 4: Mt. Shasta Old Fashioned July 4th Footrace. 2 & 4 mile. Mt. Shasta, time TBA. Jim Parker, 828 Pine St., Mt. Shasta 96067. (916) 926-5261.

JUL 4: Larkspur-Corte Madera 4th of July 5-Miler. Corte Madera (Town Park), 9 am. Corte Madera Recreation Dept., 300 Tamalpais Dr., Corte Madera 94925. (415) 924-1700.

JUL 4: Firecracker Run. 10K, Santa Cruz (Harvey West Park), 8:30 am. Santa Cruz Parks & Recreation Dept., City Hall, 809 Center St., Santa Cruz 95060. (408) 429-3777.

continued on next page...

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Schedule

JUL 5: Great Callistoga Footrace. 5 miles (possibly 10K), Callistoga (Napa County Fairgrounds), 9 am. Reg Harris, 1267 Walnut, No. C-66, Napa 94558. (707) 255-8705.

JUL 6: Anniversary Run 5 & 10K. Irvine (Mason Park), 8:30 pm. Newport Beach Runners Ass'n, 1162 Dorset Lane, Costa Mesa 92626. (714) 966-0556.

JUL 6: Sepulveda Dam Evening 10K Run. Sepulveda(?) (Woodley Ave. Park), 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

JUL 8: Burlingame Summer Fun Run. 2.85 miles, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-6386.

JUL 10: USTS Triathlon Series. 2K swim, 35K bike, 15K run. Hansen Dam, Lakeview Terr. (Los Angeles), 8 am. Harold Johnson (213) 483-1271 or USTS, P.O. Box 308, Davis 95617. (916) 758-9868.

JUL 10: Race thru the Redwoods: (date changed from July 11). 6.9 mile, Felton (Henry Cowell Redwoods State Park), 9 am. Marty Kruger, 265 Steinmaier Rd., Felton 95018. (408) 335-5906.

JUL 10: Ponderosa Ridge Run. 9.5 miles, Spooner Summit (Lake Tahoe), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JUL 10: Spademan North Shore Run. Distance (?), Incline Village (130 County Dr., No. 30), Nev., 8 am. Spademan Sports Club, P.O. Box 6410, Incline Village, NV 89450. (702) 831-5000.

JUL 10: Top of the State Footrace. 2, 4.7, & 7 miles, Weed (College of the Siskiyous Gym), 8 am. Lee Ferrero, College of the Siskiyous, CETA Office, 800 College Ave., Weed 96094. (916) 938-4462, ext. 220.

JUL 10: Fresno Union Derby. 5K, Fresno State Univ. (Barstow & Cedar), Fresno, 8 am. Larry Lung, 1503 Claire, Corcoran 93212. (209) 992-5501.

JUL 10: Double Back Beach Run. 12 miles, Cayucos to Morro Rock & back, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

JUL 10: 5K Male/Female Partner Race & Pool Party. Sunset Park, Las Vegas, 7 pm. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUL 11: San Francisco Marathon. New course this year, 8 am. PA/TAC Championships with travel money to top individuals. Scott Thomason, P.O. Box 27385, San Francisco 94127. (415) 681-2322, days. Entries close at 7,000. Send SASE when requesting entry blank.

JUL 11: Benbow Race. 2 & 6.2 miles, Garberville (Benbow Lake State Pk.), 9:30 am. Bruce Stobridge, P.O. Box 431, Miranda 95553.

JUL 11: Community Bible Church Runs. 4 mile & 1 mile prediction run. Fresno (Woodward Park), 8 am. Frank Perales, 101 Riverside Dr., Madera 93637. (209) 674-9198.

JUL 11: Run for Cancer. 5 mile & 1.4 mile fun run. Merced, 7 am. Hub Walsh, P.O. Box 3275, Merced 95344. (209) 722-6403.

JUL 11: Domaine Chandon Run in the Vineyard. 10K, Yountville, 9 am. (500 limit, July 4 deadline). Ms. Rodino, Domaine Chandon Winery, California Dr., Yountville 94599. (707) 944-8844.

JUL 11: CRRC Tune-Up Series. 5 & 10 miles, Los Angeles (Griffith Park), 8 am. Calif. Road Runners, Box 891, Tarzana 91356.

JUL 15: Burlingame Summer Fun Run. 2.85 mile, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-6386.

JUL 16: Valley Grand Prix Series 10K. Northridge (CSUN campus), 7 pm. Bill Webb/Athletics, Cal-State Northridge, 1811 Nordhoff, Northridge 91330. (213) 885-3205.

JUL 17: Good Sport Couples Relay. 2x2 miles, Larkspur (Larkspur Landing S.C.), 9 am. The Good Sport, 2011 Larkspur Landing Cir., Larkspur 94939. (415) 461-1930. Male/Female teams only!

JUL 17: The Great Race (Triathlon). Bike, run, & boat, Sacramento, time TBA. Eppie Johnson, Eppie's Restaurant, 1785 Tribute Rd., Sacramento 95815.

JUL 17: International Triathlon Circuit. 2 mile swim, 65 mile bike, 13.1 mile run. Orange County, time TBA. Jim Thairing, 100 New Brighton, Aptos 95003.

JUL 17: Watsonville Community Hospital Health Runs. 1 mile & 10K, Watsonville (Pinto Lake County Park), 9:30 am(?). Hospital Community Relations, Watsonville Community Hospital, P.O. Box 310, Watsonville 95076. (408) 724-4741, ext. 210. Race is tentative.

JUL 17: Jim Ryan 5 & 10K Runs. Goleta Beach Park, 8 am. Ray Vick, 4574-A Hollister Ave., Goleta 93117. (805) 987-0935.

JUL 17: Mt. Charleston 4-Mile Notch Run. (Mon's Cafe on Hiway 157), near Las Vegas, Nev., 8 am. The Running Store, 802 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

JUL 18: DSE Mt. Davidson Run. 3.5 mile, Riordan High School (175 Phelan Ave.), San Francisco, 10 am. Walt Stack, 741 Kansas St., No. 2, San Francisco 94107.

JUL 18: Genoa Marathon (Tentative). Lake Tahoe Area. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JUL 18: Lake Tahoe Series. 10K, No. Tahoe High School, 9 am. Stephanie Atwood, Buldes for All Seasons, Box 97, Carnelian Bay 95711. (916) 583-8475.

JUL 18: The Plum Run. 10K, Santa Rosa (Willowside School), 9 am. Plumfield Children's Center, 1485 S. Wright Rd., Santa Rosa 95401. Jeri (707) 544-1455.

JUL 18: Aptos Women's 5-Mile. Nisene Marks State Pk., Aptos, 9 am. Gail Goetelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

JUL 18: Sri Chinmoy 5-Mile Run. Santa Barbara (Leadbetter Beach), time TBA. Tom Scheaffer (805) 962-3450.

JUL 18: Tall Trees Sun Run. 0 to 17 miles, Orick (Redwood Nat'l Park), 11:30 am. Bill Daniel, Box 214, Arcata 95521. (707) 822-8050.

JUL 18: San Luis Obispo Triathlon. 1/2-mile swim, 14.3 mile bike, 3.5 mile run. Sinsheimer Park, time TBAS. Entries limited to 300. S.L.O. Recreation Dept., P.O. Box 321, San Luis Obispo 93406.

JUL 18: Burlingame 2.85 Mile Fun Run. Burlingame (Coyote Point Pk. Beach Pkg. Lot), 8:30 am. Brock Riddle, Burlingame Rec. Dept., 850 Burlingame Ave., Burlingame 94010.

JUL 18: East Valley 20K and Half-Marathon. San Jose (Evergreen College), 8:30 am. Dan Cruz, 3856 Moorpark, No. 2, San Jose 95117.

JUL 20: Santa Barbara County Fair 10-Mile. Guadalupe to Santa Maria, Leroy Park, time TBA. Orcutt Roadrunners, 4277 Brentwood Ln., Santa Maria 93455. (805) 937-7707.

JUL 22: Burlingame Summer Fun Run. 2.85 miles, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-6386.

JUL 24: Great Pioneer Day 5 & 10K Races. Sonoma (Northeast corner of Sonoma Plaza), 8:30 am. Judy Adams, 4227 Grove St., Sonoma 94576. (707) 996-4737.

JUL 24: Tulare Road Run. 6 mile & 2 mile prediction, Live Oak Park, 800 N. Laspina, Tulare, 8:50 am. Norm Takeuchi, Tulare Parks & Recreation, 411 E. Kern, Tulare 93274. (209) 688-2001.

JUL 24: RRCA Women's Distance Festival 5,000 Meter Run. Laguna Lake Park, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

JUL 24: Cypress Community 10K Fun Run. Cypress Civic Center, 8 am. Sheryl Puryear, 5700 Orange Ave., Cypress 90630. (714) 821-9500.

JUL 24: Larry's Midnight 5 Miller. Univ. of Nevada, Las Vegas (track), Nev., midnight. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 24: Deseret News Marathon. Washington Park, Salt Lake City, Utah, 5:30 am. Keith West, Deseret News, P.O. Box 1257, Salt Lake City, UT 84110. (801) 237-2135.

JUL 25: Lake Merritt Joggers & Striders 5, 10, & 15K Runs. Oakland (Lake Merritt Old Boathouse), 9 am. John Notch, 230 Marlowe Dr., Oakland 94605. (415) 562-2210.

JUL 25: DSE Women's Festival Runs. 4.5 miles, San Francisco (Legion of Honor), 10 am. Walt Stack, 741 Kansas, No. 2, San Francisco 94107.

JUL 25: Wharf-to-Wharf Race. 5.816 miles, Santa Cruz Boardwalk to Capitola Wharf, 9 am. Wharf-to-Wharf Race, P.O. Box 307, Capitola 95010.

JUL 25: Gay Run 5 & 10K. San Francisco (So. End Polo Fields, Golden Gate Park), 10 am. Bob Plantz, 4255 22nd St., San Francisco 94114. (415) 826-8067.

JUL 25: Pear Fair 10-Miler. Courtland, 8 am. Jeff Bogle, c/o Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-7223.

JUL 25: Marin Headlands 7-Mile Race. Marin Headlands (Horse Corral, Bunker Rd., Ft. Cronkhite, GGNRA), 10 am. Kees Zwilling, 627 Galerita Way, San Rafael 94903. (415) 472-7917.

JUL 25: Sri Chinmoy 10K. Menlo College, Atherton, 8 am. Michael Lindemann, c/o 2438 - 18th Ave., San Francisco 94116. (415) 665-2994.

JUL 25: Occidental 10K. Occidental (Community Ctr.), 9 am. Rod Mattern, P.O. Box 682, Occidental 95465. (707) 874-3315.

JUL 25: Mad River Race. 2 mile & 15K, Arcata/Water District Park, No. 4, 10:45 am. Ron Ross, P.O. Box 214, Arcata 95521. (707) 822-8221.

JUL 25: Outstanding Athletes 10K. Los Angeles (Griffith Park), 8 am. California Road Runners Club, 891, Tarzana 91356. (213) 888-5528.

JUL 25: Contra Costa Orienteering Meet. "Class B," site & time TBA. Joe Scarborough, 3151 Holyhood, Oakland 94611. (415) 530-3059.

JUL 25: USOC National Sports Festival Marathon. Indianapolis, 7 am. Qualifying standards: 2:30 men, 3:00 women. Jerry Koepfen, c/o Carmel High School, 520 East Main St., Carmel, IN 46032.

JUL 25: Burlingame Summer Fun Run. 2.85 mile, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-6386.

JUL 31: June Lake Marathon. June Lake (Oh Ridge Beach), 8 am. Bill Aaron, P.O. Box 554, June Lake 93529.

JUL 31: Watermelon Run. Approx. 8 miles, Oakland (Chabot Regional Pk.), 9 am. Bob DeCelle, P.O. Box 1606, Alameda 94501. (510) 523-2264, days.

JUL 31: Trout Creek Run. 5.1 mile, So. Lake Tahoe (across from tartan track), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JUL 31: United States Triathlon Series. Livermore (Del Valle Regional Park), time TBA. USTS, P.O. Box 308, Davis 95617. (2K swim, 35K bike, 15K run).

JUL TBA: Alcatraz Triathlon. 1 1/2-mile swim, 18-mile bike, 14-mile Double Dipsea. San Francisco Dolphin Club, early a.m. Joe Oakes, 518 Outlook Dr., Los Altos 94022. (415) 941-8287.

AUGUST

AUG 1: Soquel Aerobics Runs. 10 mile & 3 mile. Soquel (7th Day Adventist Camping Grounds, Old San Jose Rd.), 8 am/5 pm. Info. (408) 967-4477 or 297-1584.

AUG 1: 3 Mile X-Country Run. Sunset Park, Las Vegas, Nev., 7 am. The Running Store, 602 S. Maryland Pkwy, Las Vegas, NV 89101. (702) 382-3496.

AUG 5: The Home Run. 3 mile, Stockton, time TBA. Ross Rowley, 1844 W. Bristol, Stockton 95204. (209) 464-0928.

AUG 5: Sepulveda Dam Evening 10K Run. Sepulveda (?), 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

AUG 5: Burlingame Summer Fun Run. 2.85 miles, Coyote Point Park, 6 pm. Burlingame Rec. Dept. (415) 344-6386.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.)

AUG 7: Sierra Pines Relays. 4-person, 26-mile total. Bass Lake (Pines Village), 8 am. Enter by Aug. 4. Jim Hartig, 1457 Keats, Clovis 93612. (209) 299-3747.

AUG 7: Crater Lake Rim Marathon. Crater Lake Nat'l Park, Oregon, 9 am. (Tentative) Bob Freilich, 5830 Mack Ave., Klamath Falls, OR 97601. (503) 884-8939.

AUG 8: Skyline 50K (PA/TAC Champs). Wildcat Regional Pk. (Parking Lot), Richmond (to Chabot Regional Park, Castro Valley), 7 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023, evenings.

AUG 14: Falmouth Road Race. 7.1 mile, Falmouth, Mass., 10 am. Falmouth Recreation Dept., Main St., Falmouth, MA 02540. (617) 540-4417. Entries limited to 4,000.

AUG 15: Park to Park Relays. 4x5 miles. Sacramento (Carmichael Park), 8 am. Jo Sumner, 5209 Moro Bay, Carmichael 95608. (916) 481-5889.

AUG 22: John Muir "Fun-Run" Marathon. Pinole, 8 am. Steve Justice, 2192 Owens Ct., Pinole 94564. (415) 758-1023.



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AUG 29: South Lake Tahoe Great Relay. 13 mile bike, 10k run, 3.5 mile row. South Lake Tahoe (Timber Cove Lodge), 7:30 am. John McIntosh, 4120 E. Camino Ave., Sacramento 95821. (916) 488-7181.

AUG 29: Santa Monica Marathon. City College, 7:30 am. Ed Montan, Recreation Supervisor, 1685 Main St., Santa Monica 90401. (213) 393-0462.

SEP 12: VMRC Spring Lake Relays. 3x4.15 mile, Santa Rosa (Springlake), 9 am. Dave Sjoestedt, Box 562, Bodega Bay 94923. (707) 875-9925.

SEP 12: Conn Dam Relays. 2-8 person Teams (32 miles total), So. of St. Helena, 9 am. Kays Hall, 4516 Dry Creek Rd., Napa 94558. (707) 255-0683.

SEP 17: Pepel of Reno Lake Tahoe 72-Mile Run. Tahoe City (Commons Park), 7 am. Mark Elgert, 840 W.I Benjamin Holt Dr., Stockton 95207. (209) 951-3006.

SEP 19: Relay to End World Hunger. 4 person, 21K total, Santa Rosa (Spring Lake Pk.), 9 am. Chris Oaks, P.O. Box 11282, Santa Rosa 95406. (707) 576-1516.

SEP 12: Nike Marathon. Eugene, Ore., 8 am. Nike Marathon, P.O. Box 10412, Eugene, OR 97440. (503) 687-2477. *Entries limited to about 1,000, June 18 deadline.*

JUN 25: Los Banos All Comers Meet. Los Banos Stadium, 6 pm. Phone (209) 826-0325.

JUN 26-27: TAC National Women's Heptathlon. USC Sherry Calvert, USC Athletic Dept., Heritage Hall, University Park, Los Angeles 90007. (213) 743-7693.

JUN 26-27: TAC National Decathlon. Baton Rouge, Louisiana. Sam Seemes, Track Offic, LSU Athletic Dept., Louisiana State Univ., Baton Rouge, LA 70893. (504) 388-8628.

JUN 29: Merced All Comers Meet. Merced College, 6 pm. Dave Donaldson (209) 722-2384.

JUN 30-JUL 1: TAC Junior Women Nationals. UCLA. Pete Scanlan, 2925 Knoxville, Long Beach 90815. (213) 421-2867.

JUL 1: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

JUL 2-4: TAC National Girls Age Group Championships. Spokane, WA.

JUL 6: Merced All Comers Meet. Merced College, 6 pm. Dave Donaldson (209) 722-2384.

JUL 6-7: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 8: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

JUL 9-10: California State Police Olympics. Law enforcement personnel only. San Francisco State Univ. For info. call: (415) 641-8827.

JUL 10-11: USA vs. USSR Jr. Pullman, WA.

JUL 13-14: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 15: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

JUL 17-18: USA vs. USSR Decathlon & Heptathlon Meet. UC Santa Barbara. *Tentative.*

JUL 20-21: Pleasant Hill All-Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation, 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 22: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

JUL 24: USA vs. Canada Jr. Houston, TX

JUL 23-25: TAC National Boys Age Group Championships. Omaha, NB.

JUL 27-28: TAC Junior Olympics Multi-Events Championships. Manhattan, KS.

JUL 27-28: Pleasant Hill All Comers T&F Meet. Diablo Valley College, 6 pm. Pleasant Hill Parks & Recreation Dept., 147 Gregory Lane, Pleasant Hill. 682-0896.

JUL 29: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

JUL 30-AUG 1: TAC National Junior Olympics. Lincoln, Nebraska. Frank Sevine, Track Coach, Univ. of Nebraska, 116 S. Memorial Stadium, Lincoln, NE 68588. (402) 472-2991.

JUL 30-AUG 1: Junior Pan-American Games. Barquisimeto, Venezuela.

JUL 31-AUG 1: TAC National Experimental Decathlon Championship for Women. Ventura High School, 11 am. Housing provided. John Dobroth, 1209 Shelburn, Ventura 93001. (805) 654-2506.

AUG 5: Los Gatos All Comers Meet. Los Gatos High School, 6 pm. Bruce Springbett (408) 354-7333.

AUG 6-8: AAU National Junior Olympics. Memphis, TN.

AUG 27: Los Banos All Comers Meet. Los Banos Stadium, 6 pm. Phone (209) 826-0325.



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Track & Field

JUN 1-5: NCAA Div. I National Championships. Provo, Utah. Clarence Robison, Brigham Young University, Provo, UT 84602.

JUN 5: High School State Meet. Hughes Stadium, Sacramento.

JUN 5-8: SPA Heptathlon/SPA Youth Athletics Jr. Olympic Multi Events Chmpe/SPA Olympic Development Meet. Cal State Northridge. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 6: Pre Classic. University of Oregon.

JUN 6: Compton Invitational. Compton High School, 9 am. Wally Williams, 400 S. Kemp, Compton 90020. (213) 631-3416.

JUN 6: Redwood Empire Junior Olympics. Santa Rosa Jr. College, 8 am. Boys and girls 8 to 18. Fred Kenyon, 3684 Coffee Ln., Santa Rosa 95401. (707) 575-7013.

JUN 12: Golden West Prep Invitational. Hughes Stadium, Sacramento.

JUN 12: Kinney Invitational. Edwards Stadium. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

JUN 13: SPA Olympic Development Meet. UC Irvine, 12 noon. Bob Seaman, 19127 Wiersma, Carritos 90701. (213) 924-0075.

JUN 13: Corporate State Championships. California Corporate Track Association, P.O. Box 1285, Redondo Beach 90278. (213) 371-5379.

JUN 14-15: TAC Junior Men Nationals. Bloomington, Indiana. Sam Bell, Track Coach, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 337-8583. (qualifier for U.S. teams in international competition)

JUN 15: Merced All Comers Meet. Merced College, 6 pm. Dave Donaldson (209) 722-2384.

JUN 18-20: TAC National Championships (Senior). Knoxville, Tennessee. Stan Huntsman, Box 47, Univ. of Tennessee, Athletic Dept., Knoxville, TN 37901. (615) 974-1225. (Men and women. Qualifier for U.S. teams in international competition.)

JUN 19-20: Region 13 (Calif./Nev.) TAC Age-Group Championships. Diablo Valley College, Pleasant Hill. DVTC, P.O. Box 23646, Pleasant Hill 94523-0646. (415) 284-2240, Gary Santos.

JUN 22: Merced All Comers Meet. Merced College, 6 pm. Dave Donaldson (209) 722-2384.



BERKELEY WOMEN

...On the Way Up

By G. DAVID BROWN
INNERSPORTS

When Cal Berkeley coach Vern Gambetta started out the track season, he set forth two goals for his young team. One was to beat Stanford, and the other to finish in the top five at the AIAW Nationals (this year Cal has elected to stay AIAW). The first has been achieved edging Stanford 84-43. The second is more than likely to come.

This year the Bears have been blessed with talent. More amazingly that talent is not from experienced competitors but with young freshmen. Commenting about his young team Gambetta stated, "It is very exciting to coach a team that I can finally call my own. We have a very young team, new to collegiate competition; I'm very pleased with their improvement."

The improvement Gambetta is talking about perhaps can be described best in the form of middle distancer Louise Romo. Romo, who hails from North High School in Torrance, came to Berkeley as a 2:09 half miler. Now Romo is fastly emerging as one of the nation's best and is considered "national class." In a recent dual meet she edged out Stanford's Regina Jacobs, also a freshman, in 2:04.71. Commenting about why she chose to attend Berkeley over other schools Romo said, "I came for both the academics and athletics, and because of Vern. I came in and felt really comfortable about the way he handled things." Romo will be competing at this year's TAC Nationals as well. She also has a 4:28 best in the 1500 and a 55.6 400 best.

Distance running has always been one of California's fortes. This year is no exception. Margaret Spotts heads the Cal Bears distance group in the 1500 and 3000 with 4:22.3 and 9:55.38. Alice Trumbly also has been clocking some good times. Her 1500 best is 4:27.3. It's always interesting to see how top collegiate runners train so we asked Gambetta to describe the distance workouts at Cal.

MIDDLE DISTANCE:

Monday — Hill repeats.

Tuesday — Easy distance run, concentrating on form and technique.

Wednesday — Combination of hill repeats and intervals.

Thursday — Tempo run. Covering of distance at 80% effort.

Friday — Recovery day.

Saturday — Race or primarily repetitions on track.

Sunday — Long run of 6-8 miles at a steady pace.

photo by Don Gosney



Louise Romo

photo by Don Gosney



Alice Trumbly

DISTANCES:

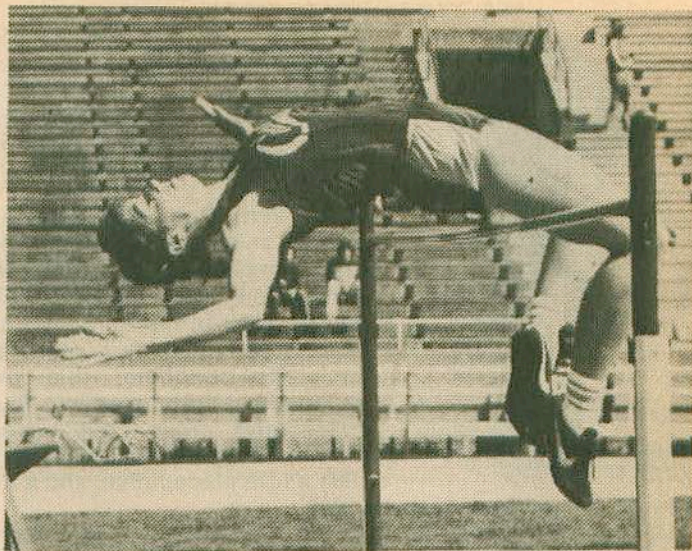
10,000 meter runners basically the same, but with mileage slightly increased.

Assisting Gambetta in coaching is Mike MacEachen, Mike Schaefer and Cindy Banks. MacEachen is a graduate of Eastern New Mexico and was a top sprinter in high school and college. In addition, he has several years of coaching experience behind him. He concentrates mainly on coaching the sprinters and jumpers. He also serves as the Western Coordinator for the Western region in high jump. Schaefer

works primarily with the throwers. He coaches shot putter and discus thrower Sue Springer who has a 45-7¼/159-0 best in these events.

When studying the Berkeley program, one can't help but notice the special attention given to the heptathletes. Coach Gambetta says, "I have a real love for the heptathlon. They're a neat training group. It's a very challenging event with a lot of future." One of Gambetta's dreams is to have a whole team of multi-event athletes. Singled out this year in the heptathlon is Kathy Raugust and Chris Viguie. Raugust was a member of the 1982 USA Indoor Pentathlon Team and has a 1982 outdoor best of 5306. Viguie, who Gambetta describes as "the most improved athlete on the team," has a current season best of 4852 points. Helping coach the multi-event athletes is Cindy Banks. Banks brings a lot of experience with her; she is a heptathlete doing well in recent invitationals.

What does the future look like for the Lady Bears? It's as bright as a rainbow with a potential pot o' gold at the end. Of the 38 team members listed on the Cal roster, only one—Alice Trumbly—is a senior. Already signed for next year are such prep stars as Marilyn Davis (Miramonte High School) and Cindy Durchslag (San Carlos High School).



Kathy Raugust

Here is a list of Cal's top marks for 1982 as of May 17. Marks in parentheses () are NCAA qualifying/AIAW qualifying.

100 Meters (11.84/12.04):
11.6 Kim White 2-26-82
12.6 Karen Robinson 4-30-82
13.04 Deidra Donahue 3-27-82

200 Meters (24.14/24.64):
23.3 Kim White 4-10-82
24.8 Connie Culbert 5-14-82
25.8h Kathy Raugust 4-25-82

400 Meters (54.50/55.14):
53.3 Kim White 4-10-82
55.8 Connie Culbert 4-17-82
55.67 Louise Romo 5-14-82

800 Meters (2:11.00/2:11.64):
2:04.13 Louise Romo 5-16-82
2:11.03 Margaret Spotts 4-17-82
2:12.28 Alice Trumbly 4-23-82
2:15.6 Kathy Raugust 4-25-82

1500 Meters (4:28.00/4:28.74):
4:22.3 Margaret Spotts 3-27-82
4:23.5 Alice Trumbly 5-14-82
4:28.1 Louise Romo 4-23-82
4:39.6 Mary Gaffield 4-23-82
4:40.2 Mary Hanlon 2-26-82

3000 Meters (9:40.20/9:47.14):
9:55.38 Margaret Spotts 4-30-82
9:59.0 Marcia White 3-27-82
9:49.0 Mary Gaffield 5-14-82

5000 Meters (16:50.20/17:05.14):
17:00.2 Suzanne Richter 4-23-82
17:52.69 Mary Gaffield 4-23-82

10,000 Meters (35:42.00/37:00.14):
36:52.9 Marcia White 4-10-82

100 Hurdles (14.03/14.34):
14.34w Sally Meinbress 5-14-82
14.3h Sally Meinbress 3-27-82
14.63 Kathy Raugust 4-30-82
15.47 Chris Viguie 4-10-82

400 Hurdles (60.50/61.74):
60.59 Sally Meinbress 4-30-82
62.11 Kathy Raugust 4-30-82

Shot Put (48-8/46-6):
45-7¼ Sue Springer 3-27-82
44-10¾ Amy Van Galder 5-8-82
37-11½ Phyllis Hatch 4-30-82
37-0 Kathy Raugust 2-20-82
33-4½ Chris Viguie 4-10-82

Discus (158'/154'):
159-0 Sue Springer 4-23-82

Javelin (156'/152'):
159-2 Kristen Engle 4-17-82
123-11 Kathy Raugust 4-30-82
102-2 Chris Viguie 4-30-82

Long Jump (19-11¾/19-6):
18-5¼ Yvonne Coehlo 4-17-82
18-4 Casey Overfield 3-27-82
18-½ Mona Williams 2-26-82
18-0 Maggie Van Zeeland 4-17-82
17-8¼ Sherri Ball 3-27-82
17-7½ Chris Viguie 4-30-82
17-0¾ Karla Schwellhardt 3-27-82

High Jump (6-0/5-10):
5-10¼ Kathy Raugust 4-17-82 & 4-30-82
5-8¼ Maggie Van Zeeland 4-17-82
5-6¼ Karen Robinson 4-23-82
5-6 Kathy Barry 2-26-82

Heptathlon (5200/4850):
5306 Kathy Raugust 4-17-82
5009 Chris Viguie 5-14 & 15-82

400 Meter Relay (46.50/47.14):
47.63 Yvonne Coehlo, Karen Robinson, Connie Culbert, and Kim White

800 Meter Medley Relay (1:46.14 AIAW event only):
1:44.73 Kim Linden, Meg Montgomery, Connie Culbert and Kim White

1600 Meter Relay (3:43.10/3:45.14):
3:43.5 Connie Culbert, Kim White, Sally Meinbress and Louise Romo

photo by Don Gosney



Sally Meinbress



photo by Don Gosney

Head Coach VERN GAMBETTA

When Vern Gambetta came to Cal five years ago, he brought to the women's track and field program a new level of technical expertise. Now in his third year as head coach after two years of assistant coaching, this experience has translated into four consecutive cross country top ten finishes, which culminated in 1981's fifth place finish, and a fifteenth ranked track team in 1980.

Gambetta, who wrote the first TAC (The Athletics Congress) coaching manual, is the author of *How Women Runners Train*, published in 1980, and the editor of *Track Technique*. A graduate of Fresno State who received a master's degree at Stanford, he has coached at all levels, and coached men as well as women.

Gambetta is the Region 8 cross country chairman and is also the assistant coach for the West Team in the 1982 USOC Sports Festival. He is chairman of the TAC Sub-Committee of Coaching Certification as well as the National Hurdler Coordinator for Women. He was recently named head coach of the US Indoor Pentathlon team which competed in a February 1982 meet against Canada.



SCHOOL RECORDS

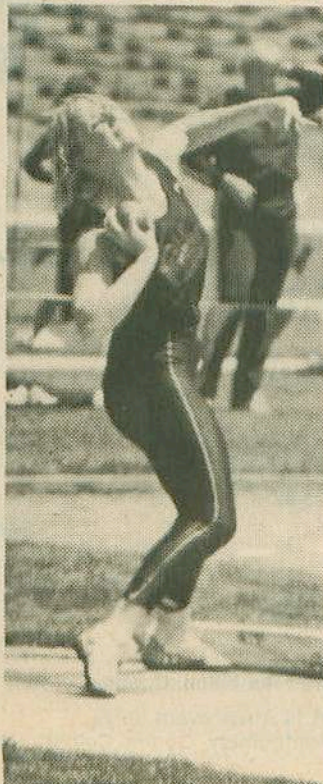
Event	Athlete/Year	School Record
100M	Kelia Bolton/79	11.64
200M	Kelia Bolton/79	23.50
400M	Marian Franklin/80	52.90
800M	Louise Romo/82	2:04.13
1500M	Alice Trumbly/80	4:17.58
3000M	Cindy Schmandt/80	9:25.9
5000M	Suzanne Richter/79	16:24.0
10,000M	Jan Oehm/80	33:55.5
100 Hurdles	Cheryll Hawthorne/80	13.86
400 Hurdles	Michelle Hawthorne/79	58.86
400M Relay	M. Hawthorne, Banks, Parker, Bolton/79	46.03
800M	C. Hawthorne, Parker, Culbert, Franklin/80	1:40.3
1600M Relay	Tobacco, Trumbly, Culbert, Franklin/80	3:41.61
3200M Relay	Sala, Flowers, Schmandt, Trumbly/80	8:53.2
Long Jump	Karen Elmore/78	19-0
High Jump	Kathy Raugust/82	5-10 1/4
Shot Put	Sue Springer/82	45-7 1/4
Discus	Gale Zaphiropolous/80	177-2
Javelin	Kristen Engle/81	162-2
Heptathlon	Kathy Raugust/82	5306

photo by Don Gosney



Connie Culbert

photo by G. David Brown/Innersports



Sue Springer

photo by Don Gosney



Margaret Spotts

photo by Don Gosney



Kim White

Tuttle's Track Topics

By GARY TUTTLE

To Run Long Distances Is Healthy—To Be Thin Divine

In 1977, 27 top American distance runners and I had our percentage of body fat measured at Dr. Ken Cooper's Aerobic Center in Dallas, Texas. What Dr. Cooper and his associates found first amazed and then divided exercise physiologists worldwide.

It was not a surprise to anyone that distance runners were thin, but no one expected us to be quite so thin. Their tests showed that all but one of the 27 elite runners were under 7 percent body fat, and three of us were 2 percent or less, with me leading the way at 1.2 percent.

Since the findings have been released, I have become the subject of debate among the world's exercise physiologists. On the one side are the disbelievers who contend that the least 3 percent fat (9 percent female) is needed around cell membranes, bone marrow, nerve tissue, heart, lungs and organs just to maintain life. On the other side are the followers of Dr. Cooper, and most distance runners who recognize they not only live, but run faster at lighter weights. In fact, a general rule is, with every 1 percent increase in body fat, you can expect a 1 percent increase in your racing times.

A low percentage of body fat is not only important for running faster, but also is necessary for maintaining good health. Unfortunately, today's average American is out of shape. Testing has shown that the average American male is 26 percent fat, and the average female is 36 percent.

Dr. Cooper and his associates have tested thousands of people, and their facts find that the maximum amount of fat that people can have and still be fit is 19 percent for men and 21 percent for women (women are allowed more fat because of the "sex-specific fat" needed for child-birthing and nursing).

Not every person should strive towards 3 percent or even 7 percent body fat, but most runners could probably stand to lose some fat. Fortunately, one of the best ways to lose fat is with long duration exercise, along with a modest decrease in caloric intake. A good, safe program is to cut 500 calories a day from your diet, while leaving your level of exercise the same. A drop of 500 calories a day will lose about a pound a week.

Everyone likes to know how much body fat they have, but few have any idea where they stand. One easy, semi-accurate way is to test how well you float in water. The ability to float in water is a good test of body fat, because fat and air are the only things in the body which float.

Basically, if you float easily in water you are 25-plus percent fat. If you float while breathing shallowly you are 22-23 percent fat. If you sink slowly, even with air in your lungs, you are 15 percent fat. If you sink to the bottom no matter what you do, you are 13 percent or less body fat.

Paddling around in a pool is one way to estimate your body fat, but hydrostatic testing is the most accurate. Hydrostatic testing involves being weighed on land, then being weighed while completely submerged in water.

In the past, very few people have had the opportunity to be weighed in a tub of water. Lately, with the increased awareness of fitness, a few private businesses have been started which will measure a person's body fat.



One such business is Body Dynamics, which is based in Santa Monica. Body Dynamics is one of several companies which travel around Southern California with the equipment necessary to decipher a person's percentage of body fat. In the last eight months they have tested more than 700 people with their equipment.

When Body Dynamics arrives on the scene they bring two exercise physiologists, a large tub, a scale and a computer. In just 20 minutes they are able to tell a person's ideal body weight, their daily caloric requirements to maintain body weight, their percentage of body fat, and their vital lung capacity.

During the last year, the physiologists at Body Dynamics have learned that even if two people are the same height and weight, their body fat is usually different. They have discovered that older people usually have more fat than younger people. Their findings show that for every year after age 25, a person loses, through aging, a quarter pound of muscle. Therefore, a person who weighs the same at 65 as he did at 25 possibly has reconverted 10 pounds of youthful muscle to 10 pounds of old fat.

The people at Body Dynamics have found there are differences in leanness between athletes from different sports. They have found that champion body builders and distance runners are the leanest groups of athletes tested, although they've never tested anyone as thin as myself and other world class runners.

The physiologists at Body Dynamics have also discovered that fat is not always the villain it's supposed to be. They feel that 20 percent of the diet (far lower than the average American diet) should be made up of fat. The fat is needed both for lining the cells and tissues, and is also used as energy for the muscles. Fat provides 60-70 percent of the fuel for muscle movement.

Some evidence actually points to the possibility that the absence of body fat can actually hinder the running of ultra-long distances. In a lean person, there is no fat to burn after the glycogen is gone. Using my own case as an example, I run my best 10k times at 131 pounds and my best marathons at 135 pounds.

The 10k is short enough so that glycogen depletion does not slow me down, but the inability to transfer oxygen to the muscles and get waste products out of the muscles does. However, in the marathon, when I race at 131 pounds I almost always run out of fuel and "hit the wall." In order to keep improving, and run our best times, I guess we will all have to decide whether we will be skinny 10k runners or "fat" marathoners.

Around the State



A Profile of Confidence: PattiSue Plumer

By G. DAVID BROWN, INNERSPORTS

After talking to PattiSue you can see why she's at the top. This is one person where confidence is a strong point. When asked whom she admires in running she commented, "I have people I admire. But I don't feel like I can't beat them! I don't think there's anyone right now that I can't eventually beat, I say that because if you don't believe that you shouldn't be in the sport."

Patti was basically unheard of until 1981. She came to Stanford from Montrose, Colorado, and since then has emerged as one of the nation's premier distance runners. Plumer is not boasting when she says she can beat the best. At the recent Golden Bear meet she barely lost to Oregon's Leann Warren 9:15.3 to 9:15.7. Her best time from last year in that event was 9:43.9.

Watching her warm-up before a competition you see a totally relaxed person. "I like to take a long time to warm up. I like to get up really early and watch the meet and see how it's developing. I like to talk to my coach before I run, it puts me in a mental state and makes me feel more confident. I also like to go over the race in my head a number of times and visualize what's going to happen and then when I'm warming up I like to do alot of sprints."

Running is a family affair in the Plumer residence. Patti is the sister of another fine



PattiSue Plumer

photo by Don Goaney

distance runner, Polly Plumer, who is one of the nation's most promising distance runners. It was from her dad that she started running. Coaches noted her talent in small local races. PattiSue follows the life of a vegetarian, "I don't eat beef, pork or poultry. I don't eat candy or anything else like that either."

Commenting about the grueling workouts that athletes at Stanford put in—"A lot of times you don't want to do it. I can complain as much as everyone else. I don't love to hurt. I don't like pain. I don't mind the workouts at the same time because I love to get better. I always want to improve and I know you can't improve unless you're working hard."

Yes, Patti, you have improved. You have not only improved but now you're one of the best.

World Run Day

From Jan Hall

"World Run Day" will kick-off on June 12 with the first leg of "Winning - A Transcontinental Relay," according to Dan Dunlap, president of World Runners, an international running club and hunger organization.

"Our members will hold running events throughout the world on June 12 in order to spread the message that we are winning in our fight against world hunger," said Dunlap.

"Runners from Europe, Canada, Australia and the United States are planning everything from neighborhood 10K's to large-scale marathons.

The club chose June 12 in order to support the first step in a three-week, transcontinental relay being sponsored by World Runners. Named "Winning," the run will cover 3,500 miles and cross 15 states beginning in Santa Rosa, California.

The relay team includes 12 runners who will run 18 miles per day for three-and-one-half weeks, passing through ten state capitols, including Washington D.C., and ending at the United Nations on July 4. A support team of 100 members will move with the runners.

"World Run Day" is a way for all runners to become involved with the hunger issue. This is a positive event," said Dunlap. "We want to communicate not only the fact that hunger is a problem on our planet, but also the fact that it is beatable."

World Runners is a TAC chartered running club with worldwide membership whose purpose is to focus attention on and generate support for ending starvation in the world. A non-profit organization with over 7,400 members in the United States and 30 foreign countries, World Runners has raised over \$1.2 million since its inception in 1978.

Women's Decathlon

That's right, a women's decathlon. Ten events, two days, same as men's except for women's implements and hurdles. It's not new, this is the fourth annual. 1982 does, however, mark the first year of TAC recognition as the event will be the first ever Women's National Decathlon Championship as a nationally sanctioned experimental event.

The two day event will be contested at Ventura High School on July 31 and August 1, 1982. Entry fee is \$1.50 and everyone gets

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a t-shirt. Free housing will even be provided to all who request it. Meet director John Dobroth says, "In three years the meet has grown to include national class competitors as well as novices. We have a quality meet that has not lost sight of the need to make sport fun." For more information contact John Dobroth at 1209 Shelburn, Ventura, CA 93001. (805) 643-3444.



Runners Expo with San Francisco Marathon

Fifty booths featuring the latest in running shoes, running sportswear, and aerobic exercise equipment will be part of a two-day runners' exposition at Brooks Hall on July 9 and 10, the Friday and Saturday before the race.

Films and videotapes may be viewed, and a computer which predicts finishing times may be available. The Bufferin Group of Bristol-Myers is sponsoring a medical symposium featuring Dr. Joan Ulyot, author of *Women's Running* and *Running Free*, Dr. Harry Hlavac, author of *The Foot Book*, and Covert Bailey. Bailey will be bringing his water dunking apparatus which measures the runner's body fat.

Twenty-eight digital clocks will be used for the marathon. Citizen Watch and TAC will furnish digital clocks at every mile, at the half-way point (13.1 miles), and at the finish line. Since the runner can now automatically read each mile split, race officials are working on charts so that split timers can now call out pace and projected finish times based on the given pace.



John Tansley

Tansley Returns

Returning to his alma mater for his first year as the Cal State Long Beach men's track and field coach is John Tansley, a well-known figure in track and field for more than 20 years.

Tansley, a Long Beach native, was a former school record holder in the long jump and the winner of the 1958 NCAA javelin championship before graduating in 1959.

Prior to coming to Long Beach, Tansley was head track coach at Glendale Community College where his success was phenomenal. His teams won nine out of 14 Western State track championships, including a string of seven in a row. Tansley never lost a dual meet in his last seven years at the school. In addition, his cross country teams won three titles. Tansley's overall record in dual meets at Glendale was 112-22-1. Tansley also coach at John Glenn, Bellflower and Tustin high schools prior to his stint at Glendale.

He has conducted track clinics in China, Japan and Mexico, and is a noted speaker in clinics throughout the country.



Keeping Track

The University of Arizona has been announced as the site of the 1983 PAC-10 Track & Field Championships... Biola University put their sprinter/jumper Ado Dogonyaro to work in their dual meet with Pt. Loma College. Dogonyaro won the 400 dash and the intermediates plus ran on both relays, long jumped and triple jumped. Point Loma still won the meet 101-61. In this meet Pt. Loma's Roger Axelsson threw the discus 197-9... The 1982 Official Rulebook of The Athletics Congress is now available. Edited by Heliodoro Rico (rules) and Bob Hersh (records), the 136-page rulebook sells for \$6 and contains rules of competition for men and women for track and field, long distance running and race walking, plus world and American records. Anyone interested in obtaining copies of the rulebook should write to: Book Order Dept., The Athletics Congress, P.O. Box 120, Indianapolis, IN 46206.

Senior track star Lynn Kanuka of San Diego State recorded her best personal finish at the World Cross Country Championships held last March 21st in Paris, France. Running for the Canadian National Team, the Saskatchewan native placed 15th in the stellar international field... Several Californians show up on the University of Arizona women's team roster: Lorraine Costanzo of Valencia, Gretchen Guelich of Santa Cruz, Donna Mayhew of La

Crescenta, Jan Oehm of Walnut Creek, Tracy Weber of Saratoga, and Audrey Williams of Saugus... The Athletics Congress announced that its 100-Mile National Championship will take place June 5 at Flushing Meadow Park in Queens, NY. This is a new event on the TAC calendar... Before the conference meet Mt. San Antonio Junior College learned one of its athletes was ineligible for dual meets and that it would have to forfeit all but one dual meet. The Mounties went on, however, to win the conference meet.

The Whole Life Runner magazine is now out. It's published four times a year for \$7. Send for your subscription to George Beinhorn, 14618 Tyler Foote Rd., Nevada City, CA 95959... Another subscription available is to the *Athletic Amenorrhea Bulletin*. Articles and research for women athletes and coaches. Three issues per year \$5. Send to Anne B. Loucks, editor, AAB, c/o L. Bowman, Secretary AAB, Box 4270, Stanford, CA 94305... Dan Gruber of Scotts Valley finished third in the Cherry Blossom Run, April 4, in Virginia with a 49:41 for the 10-mile distance. Terry Baker was first (49:29) and Bill Rodgers second (49:36).

Edwin Moses, the world record holder in the 400 meter hurdles and the 1976 Olympic gold medalist, was married on May 31 in California. Moses, 26, was wed to Myrella Micaela Brodt, 22, in Laguna Beach. Moses is a native of Dayton, Ohio, and a graduate of Morehouse College in Atlanta. He currently resides in Laguna Hill, California. Since 1976 Moses has been the world's top 400 meter hurdler. Moses has won 72 straight finals races going back to September, 1977. During his career he's set three world records, including one set in the 1976 Olympic finals at Montreal. His current world best is 47.13, set in Milan, Italy, in 1980. Ironically, Moses attended Morehouse College because no school would offer him an athletic scholarship. Moses had an academic scholarship at Morehouse, where he majored in engineering. Moses' bride is a native of Berlin and a West German citizen who has been living in the United States for the past year. She and Moses met after an invitational track event in 1980 in Berlin. The couple will reside in Laguna Hills.

Marathon Tours has announced several package deals for California runners wishing to combine running with a vacation. There's the Caribbean 10K, Athens Marathon, New York Marathon, Dublin Marathon, Bermuda Marathon and several Shanghai events. For detailed information contact: Marathon Tours, 1430 Mass. Ave., Cambridge, MA 02138. Phone, toll free: (800) 343-5088... If you've ever wanted to learn about the hammer throw, here's your chance. We don't know exactly when, but Art Venegas will be holding a hammer throwing clinic at UCLA in June. Write to Art Venegas, Assistant Track Coach, UCLA, Athletic Dept., 405 Hilgard Ave., Los Angeles, CA 90024... We've learned about the plans for college for a couple top California preps: Blair McMurray of Compton is going to Arizona, Polly Plumer and Vicki Cook are off to UCLA, Jessica Spies will be at Stanford, Marilyn Davis and Cindy Durschlag have signed at Cal Berkeley, Jeff Holyfield will be at the Naval Academy. 13

SoCal Diary

By BILL MINARIK

□ April 12

It was Easter vacation for most schools last week and the community colleges celebrated the occasion with their annual relays at Cerritos and College of the Desert. In Division I, it was Long Beach City College flexing its muscles again, as the Vikings took 6 of the 7 field events and 5 of the 8 relays to overwhelm runner-up Pasadena CC 106-62. In Division II it was Fullerton edging Grossmont 74½-68 in a battle that went down to the mile relay. In Division III Bakersfield edged Citrus 78-74. Statistically Division III had better marks than Division II in all but one event despite the fact Div III competition was held on a grass track, while Div II was run on all-weather surface. In Division IV, L.A. Southwest was the champion. In the women's competition, Cerritos and LASW were the divisional winners.

Most of the male college and open competitors were to be found at the Bruce Jenner Classic at San Jose where Carl Lewis of the Santa Monica Track Club recorded a nifty 10.13-20.27 sprint double, although he had to share the latter via a dead heat with Jeff Phillips of Athletics West. The big news however was an American Record and World leading javelin throw of 307.6 by part-time bouncer Bob Roggy.

Meanwhile, down south at Drake Stadium the UCLA women's team stuck it good to cross-town rival USC 99-26 as part of a triple dual with Utah State.

In the prep ranks virtually every top performer in the state was at the Arcadia Invitational. While most of the big noise was made by the girls, there was a big upset in the boys division where Rich Luiten of nearby Monrovia High increased his PR by almost 20 feet while defeating defending state champ Antonio Dobbins in the discus 193-8 to 192-3. In the girls competition, Deane Howard of Kennedy High smashed her own national prep record in the 400 meters with a 52.9 effort. Polly Plumer of University continued a very successful season with meet record setting efforts in the 1600 and distance medley relay while Vickie Cook of Alemany did likewise in the 3200m run. In the women's discus, Natalie Kaalawahia of Fullerton shattered the meet discus mark with a toss of 172-4.

□ April 19

While almost all schools were in action the past weekend, there was very little in the way of record performances. At Dallas the USC men's team came in third 60-40-32-22 in a 4-way meet with Arkansas, SMU and Abilene Christian. At San Diego, UCLA's men topped the SDS Aztecs 105-49, while UC Irvine stopped CPSLO 94-69. On the distaff side, powerful San Diego State topped both CS Long Beach and the

Naturite Track Club 105-24 and 66½-60½, while at Westwood, the powerful Oregon Ducks swept the distance races to upset the UCLA Bruins 69-58. However, Bruin Coach Scott Chisam immediately went out and acquired some insurance against a repeat of that situation by signing two of the state's top prep distance runners, Vickie Cook and Polly Plumer, to letters of intent.

Both Bakersfield and the Bruce Jenner meet played host to community college invitational, while there was also a high school section of the Jenner meet which primarily consisted of NorCal entries.

I noticed where Les Wallace, head track coach at Rutgers U., resigned after his team boycotted a meet against Seton Hall and Columbia. According to the team captain, the boycott came as a result of the "coach's inability to handle the job." About 3 years ago, according to some team members, a similar situation almost happened in SoCal.

□ April 26

Just about everyone who was anyone in the sport of track spent some of the last week at the friendly confines of Mt. San Antonio College as part of the Mt. SAC Relays.

Beginning with the high school section, it was Mission Viejo's Steve Kerho taking the spotlight for the boys with an excellent 13.7-53.2 hurdle double. In the girls division, those amazing young ladies from University High lead by Polly Plumer were at it again. They first smashed their own National 6000m Relay mark of 19:57.8 by over a full minute with an 18:52.5 clocking, then came back and broke the National distance medley record of 11:50.7 held by Summit, New Jersey with a clocking of 11:43.5.

The community colleges were also in a National record-setting mood. Citrus College, thanks to a fine 4:03.7 1600 by Mark Ruelas, broke Glendale's one-year old distance medley mark of 9:47.9 with a 9:43.6 clocking. Host Mt. SAC also got into the act as the Mounties smashed their own 3200m relay mark with a wicked 7:22.6 clocking. Otherwise the CC's seemed to incur an inordinate number of muscle pulls during the course of their competition including Pasadena CC sprint sensation Jerome Harrison who was leading Carl Lewis in the open 100 meters when he pulled up at the 70 meter mark. Lewis went on to win at 10.09.

In the open competition virtually every event saw World class performances. However, some special recognition should go to former CSLA hurdler Sam Turner, now running for Stars & Stripes, who defeated Greg Foster in the highs in 13.31 and then came back to anchor a shuttle hurdle team consisting of himself and three USC hurdlers to a World Record 54.2 time, which works out to 13.55 per hurdler.

It seems that distance runner Adrian Royle thrives on the Southern California competition. It was only last November when he came out of obscurity to defeat Alberto Salazar for the TAC Cross Country Championship. On Sunday, he came from behind to beat 13-time NCAA champ Suleiman Nyambui at 5000m in the World leading time of 13:26.4.

While most track followers were glued to Mt. SAC, an event took place in the community of Eagle Rock which marked the end of an era in SoCal college track. Occidental College, which had won 37 consecutive men's SCIAC track championships, was soundly defeated by upstart Pomona-Pitzer 263-167. The Sagehens were led by an Ironman performance from sprinter Chris Nova who won the 100, 200, 400 and ran legs on the 400 and 1600m relay teams which finished second and first respectively. For those of you who have recently come on the track scene, Oxy's defeat is probably of no great consequence, however for those of us who followed track closely during the 50's, the Bengals defeat marks the end of a downward spiral. While Oxy has had some top track athletes ever since WWI, it wasn't until 1947 when Payton Jordan took over a war-weakened squad and lead it up a path toward National prominence in what many (including myself) consider to be the greatest track success story in modern times. Not only would Oxy give UCLA an annual thrashing, but they would always give USC a tough meet in an era when nobody else could come close to the Trojans. Payton, by the way, was just recently inducted into the Track & Field Hall of Fame.

The team which Oxy fans will probably remember the most is the 1957 edition which Payton had turned over to Chuck Coker before leaving for Stanford. In what was the most lopsided national championship victory in the history of intercollegiate track, the Tigers captured the NAIA title with 148½ points which was a whopping 114 points ahead of the second place team. In addition, Oxy came within 3 points of defeating NCAA champ USC in a dual meet. After staying on top for a number of years under Chuck Coker and Jim Bush, it was all downhill except for a brief turnaround which saw the Tigers rise to the top of the relatively new NCAA Division III under the tutelage of alumnus Steve Haas and Kevin McNair who was a protege of Payton Jordan while at Stanford. However, now even Division III title chances seem as remote as the successes of the 50's.

So what caused the Occidental demise over the years? Alumni have suggested such reasons as the current criticism of Coach Bill Harvey's alleged favoritism of the women's team to the allegation that one coach was recruiting for his subsequent employer far in advance of his departure from the Eagle Rock based institution.

However, based on my knowledge of the situation, it boils down to one thing — MONEY!!

The pay for track coaches has been so poor, that most coaches use their position for experience only and soon move on to bigger and better things. The most glaring example of inadequate compensation was with Steve Haas who, in his final year at Oxy, was head men's and women's track and cross country coach, as well as athletic director. In fact, Steve was doing just about everything except selling hot dogs at the meets for a salary considerably under \$20,000 a year. If it wasn't for the fact Steve was a dedicated alumni, I doubt he would have stayed as long as he did. Since coaching continuity is one of the keys to any successful program, Oxy is going to have to address this problem if they expect to make it back to the big time. Current coach Bill Harvey, also an alumnus, did an outstanding job developing the program at Canyon High School and I feel he will do the same if given a few more years with the forthcoming World class track facility which will be installed shortly.

Alberto Salazar's winning time of 2:08:51 in the Boston Marathon, despite a body temperature of 88°, bears out what many have said about success in this event—it hinges basically on intestinal fortitude. Alberto probably has less pure leg speed than the majority of his top competitors. Another former Boston Marathon celebrity Rosie Ruiz celebrated the second anniversary of her infamous run by getting arrested for stealing \$60,000 from a former employer.

The *L. A. Times* had a very nice write-up on hammer-throwing featuring CSULB throwers Bill Green and Steve Rohovit as well as UCLA's weight coaching wizard Art Venegas who is still tutoring both Green and Rohovit. Art has returned the hammer throw to the UCLA program after a long absence due to a very atypical event on the Bruin campus in the late 50's. As my recollection has it, an official at the hammer ring was standing just barely behind the outside post of the screen surrounding the ring. An errant throw saw the handle of the implement stick in the inside front edge of the screen while the ball swung around behind the screen and bopped the official on the head. Needless to say the official now watches his track meets from those great bleachers in the sky. Now had he been standing safely behind and in back of the screen, there was no way he could have been touched. There have been far more accidents with shots, discus and javelins than there has with hammers, yet the hammer traditionally gets the bad rap. The bottom line on any weight event is that it is only as safe as those within the throwing area are careful.

It seems that those community college administrators are at it again. In their annual attempt to disprove the concept of synergy, they are suggesting the regressive idea of eliminating the large and small school concept in cross country competition and having all schools in a single category. The inequities of that idea, would be the same as putting all Southern section CIF schools in one category and should be

obvious to anyone. However, to put some frosting on the cake, they have suggested that only the conference champs be invited to the State Meet, with runner-ups staying home. If that would have been the case last year, Orange Coast would have never been able to achieve their State Meet win over conference champ Grossmont.

I understand the Cal State Dominguez Hills men's track program had a rather lean turnout this year. Despite the fact scholarships were offered, only one athlete turned out for track.

□ May 3

The high schools were winding up their league dual seasons while the community colleges were having their conference championships. In the tough Metro Conference men's division, Long Beach CC lead by Steve Tully's 17-0/231-8 field double got by conference rival Pasadena CC 107-89 as PCC has lost World class sprinter Jerome Harrison for the season. In the women's action, it was El Camino a runaway winner over the rest of the conference.

In the South Coast Conference, it was Mt. SAC a runaway 235-80 winner over Grossmont in the men's division while Cerritos turned back Orange Coast 150-90 in women's competition.

In the Western States Conference, Glendale cruised to its 8th straight title with a 184-116 margin in the men's division while the gals from Ventura used their depth to overcome the front line strength of West L.A. 150-90.

In the SoCal conference, I didn't see any score given, but it appeared to be between Santa Monica and LACC in the men's while Santa Monica's female thinclads took a close 146-135 nod over Harbor.

In the Mission Conference, the Citrus men, thanks to a great 3:45-14:13 double by Mark Ruelas, eased by San Bernardino and Saddleback 139-122-117, however any final score in the women's competition was unavailable.

In college action UC Irvine's men took a four-way meet over CS Northridge, UC Riverside and Cal Poly Pomona 77-64-26-36.

In the USC-UCLA Invitational, formerly the USC-UCLA Dual Meet, there were a number of good marks including Darwin Cook 10.20, Don Quarrie 20.44, Alex Gonzalez 3:41, Chip Benson 25-11, Bill Green 222-11 and four vaulters over 17-4¼.

□ May 10

The high schools were holding their qualifying for CIF Prelims over the weekend while the community colleges were having their SoCal Prelims. Only major casualty of either would probably be Citrus distance star Mike Carlton who DNFed in both the steeplechase and 5000. Speaking of Citrus, head coach Vince O'Boyle, who is generally regarded as one of the best distance coaches in the sport, will be leaving the Azusa based school to assume the distance coaching job at UCI. Vince was responsible for building the Citrus program into a championship one and will be sorely missed. Vince will be replacing a man who has made a great contribution to the sport in the person of Larry Knuth. Larry, who has been a winner at every college where he

coached, will be devoting full time to his journalism activities, which include being Head of the Journalism Department at Saddleback College, as well as various track publications. By the way, rumor has it that Vince will be bringing his two distance superstars, Mark Ruelas and Mike Carlton, with him to UCI.

In 4-year college action, most schools were at the West Coast Relays in Lemoore where top marks were registered by Del Davis (UCLA) 7-4, Anthony Curran (UCLA) 17-10, George Gaffney (FSU) 25-7½ and Bill Green (Long Beach) with a PR in the hammer of 225-1.

For women, the SoCal Invitational at UCI was where it was at, and Florence Griffith of UCLA was one of those making it happen with a nifty 11:28-22:70 sprint double.

While on the subject of UCLA, I have been following the accomplishments of weight coach Art Venegas ever since he was coaching at CS Northridge and have continually wondered how his athletes make the remarkable improvement they do in so short a period of time. Well, it seems that Art will be sharing his secrets with the track world at a 3-day clinic, June 25, 26 and 27, at a yet undetermined site. Considering how few weight clinics are held in this area, I would consider this one a must for any weight coach or athlete who is serious about weight events.

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Prep Notes

By KEITH CONNING

Northern and Central California and San Diego County send all results and stories to Keith Conning, CT&RN High School Editor, 2235 Browning Street, Berkeley, CA 94702.

Southern and Los Angeles Sections send results and stories to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

Photos should be sent to the main California Track & Running News Office: P.O. Box 6103, Fresno, CA 93703.

★ 1983 STATE MEET

The CIF has decided to hold the State Meet on the first Saturday in June each year. This means that the State Meet will continue to conflict with the NCAA meet.

The CIF has also decided to have two-day Northern and Southern Regional Meets next year.

★ COACH BOB VINCENT (SAN RAMON, DANVILLE) TO RETIRE

Bob Vincent, who has coached cross country for 26 years and track for 25 years at San Ramon in Danville, is going to take an early retirement from teaching.

Vincent will continue to coach cross country.

He joined the San Ramon staff in 1951. He coached high jumper Ken Burnside, who finished second to sophomore Reynaldo Brown in the 1967 State Meet in San Diego. Both jumpers cleared 6-9¼ but Brown won on fewer misses.

His best distance runner was Roy Kissin, who finished third in the two mile at the 1975 State Meet in San Diego, behind Eric Hulst and Ralph Serna.

★ WILLIAMS' DOMINATE TRIPLE JUMP

According to Ron Blackwood's list of 5/2/82, three of the top five triple jumpers in the Central Section have the same last name. Clint Williams (Central, Fresno) has jumped 47-10, David Williams (Coalinga) 47-7½, and Bryon Williams (Roosevelt, Fresno) 46-9¼.

In addition, Ken Williams (Troy, Fullerton) at 50-3½ is the second best leaper in the state. Also Williams (Carson, Los Angeles) has gone 46-11½.

★ SANTA ROSA RELAYS

Santa Rosa Junior College, April 17—Dave Swanson (Analay, Sebastopol) set a new meet record in the high jump at 6-10½. The old record was set by Redmond (Ygnacio Valley) at 6-8¼ in 1970.

Robyn MacSwain (Terra Linda, San Rafael) won the 3200 meters in 10:55.8.

★ SUNDEVIL/COCA COLA INVITATIONAL

Mt. Carmel High School, April 17—Karen Nickerson (Cordova, Rancho Cordova) defeated Jacque Norton (Mission Viejo) in

the discus by 4-2. Nickerson's mark of 164-5 is a new meet and stadium record.

Paul Day (Kearny, San Diego) and Kevin Willhite (Cordova) traded victories in the 100 and 200 meters. Day set a new meet record of 10.78 in the 100 to 10.91 for Willhite. In the 200, Willhite set a meet record of 21.62 to 22.22 for Day.

Junior Joe Manual (Kearny, San Diego) defeated Ron Harris (Eisenhower, Rialto) and Ted Kunda (Cordova) in the 1500 with a meet and stadium record of 4:00.99.



Clint Williams

★ GILROY INVITATIONAL

Gilroy, April 17—Stoney McCree (Berkeley), who was selected as the outstanding track athlete, won the 100 meters in 10.77,

the 200 meters in 22.03 (he ran 21.63 in his heat), and ran the second leg on the 4x110 relay, which set a meet record of 42.13.

Dan Katches (Mills, Millbrae), who was selected as the outstanding field athlete, set a meet record of 181-7 in the discus.

Junior Rod Green (Palo Alto) set a meet record of 13.9 in the 110 meter high hurdles.

Junior Nedrea Rodgers and sophomore Yvette Bates (Berkeley) were selected as outstanding track and field performers. Each of them set two meet marks and ran on the 4x110 relay, which set a meet record of 46.84. Rodgers won the 100 meters in 11.89, the fastest time in California, and 200 meters in 24.35. Bates won the triple jump at 38-2 and 100 meter hurdles in 13.74 — both top marks in the nation. Junior Ruth Whitehead (Berkeley), who is also a member of the 4x110 relay team, placed second in the 100 meter low hurdles in 13.95.

Junior Lana Rice (Berkeley) set a meet record in the 400 meters with 55.29.

Cindi Durchslag (San Carlos), who is going to attend California, set a meet record in the shot put of 43-2½.

★ SANGER METRIC CLASSIC

Sanger, April 23—Janet Whitney (Fresno) set a new meet record of 139-1 in the discus, to defeat Sharon Pierson (Tranquillity), who placed second at 134-4.

★ SACRAMENTO MEET OF CHAMPIONS

California State University Sacramento, April 23—Kevin Willhite (Cordova) ran a national best of 21.50 in the 200 meters, ran a fast second leg on Cordova's 41.35 (the fastest time in the state) 4x100 relay, and defeated Pablo Hendricks (Valley, Sacramento) in the 100 meters.

Fred Covington (Fairfield) long jumped 23-10½.

John Hansen (El Dorado, Placerville) defeated Ted Kunda (Cordova) in a hotly contested 1600 meters—4:12.62 to 4:13.50.

Karen Nickerson (Cordova) won the discus at 159-11½, with Mary Dentinger (El Camino, Sacramento) second at 144-1¼, and Cari Fagnini (Summerville, Tuolumne) third at 139-8¼.

★ DEL ORO INVITATIONAL

Loomis, April 23—Harold Kuphaldt (Bella Vista, Fair Oaks) had a fine double—1500 meters in 3:54.2 and 3000 meters in 8:34.2.

Detwiler (Roseville) threw the discus 183-8.

Wyman (Wooster, Reno, Nevada) put the shot 61-7.



Janet Whitney

★ CAPITAL CITY INVITATIONAL

Hughes Stadium, April 24—The Berkeley 4x200 meter team of Ruth Whitehead 24.8, Lana Rice 23.4, Yvette Bates 25.7, and Nedrea Rodgers 23.3 ran the second fastest time ever at 1:37.2. They also ran a national season best of 46.2 for the 4x100.

Rodgers edged Monica Taylor (Grant, Sacramento) in the 100 meters—11.6w to 11.7w. There was a wind gauge present, but it wasn't used. Rodgers ended her spectacular day by winning the 200 meters in 23.4w with Rice second in 24.2w. Taylor false-started.

Jessica Spies (Livermore) won the 1500 meters in 4:32.4. Her splits were 69.7, 2:23.5 (73.8), 3:38.7 (75.2). Then a couple of hours later she ran the 800 meters in 2:10.05.

★ LEIGH-WEST VALLEY RELAYS

West Valley Junior College, Saratoga, April 24—Rod Green (Palo Alto) became the new state leader in the 120 yard high hurdles with 13.7. Another junior Erick Montgomery (Independence, San Jose) was second in 14.1.

Junior Mike Kibort (Saratoga), part of a vaulting family, pole vaulted 15-6.

Mike Livingston (Willow Glen, San Jose) won the demanding three mile in 14:41.2.

★ HIGH SCHOOL GIRL KILLED BY JAVELIN

New Rockford, North Dakota, April 24—A high school girl from Tolna, North Dakota, died Saturday from injuries suffered when she was struck by a javelin during a track and field meet.

Rockelle Harding, 17, a senior at Tolna High School, had been called to another event from the javelin area. She cut across the high school athletic field and was struck in the left shoulder and chest.

★ KENNEDY RELAYS

Contra Costa College, Richmond, April 24—Miguel Wingo (Albany) long jumped 24-2 to defeat the state leader in the high jump Maurice Crumby (Balboa, San Francisco) by ten inches.

The El Cerrito girls' sprint medley team of freshman Shelly Fortier 220, freshman Nicie Ervin 220 (54.0), junior Ronnie Samuels 440 (60.4), and senior Helen Lehman 880 (2:20.2) won in 4:14.6.

The Piedmont girls' 4 x mile team ran 23:04.7, an average of 5:46.2 per leg.

★ REDWOOD INVITATIONAL

Visalia, April 30—Junior Tonya Mendonca (Mt. Whitney, Visalia) set a meet record of 5-8 1/4 in the high jump. That jump equalled her 1981 best.

★ FRESNO CITY MEET

Fresno, April 30—Janet Whitney (Fresno) improved her seasonal best in the discus to 148-5.

★ REEDLEY INVITATIONAL

Reedley, May 1—Kim Shakir (Clovis West, Clovis) set a new meet record in the discus of 142-6. The old record of 131-11 1/2 was set by Miller (Sanger) in 1980.

★ TOP 8 CENTRAL COAST SECTION

Los Gatos High School, May 1—Rod Green (Palo Alto), no relation to Bill Green, won the 110 meter high hurdles in a new meet record of 13.9. The previous record of 14.2 was set by Ron Seanez (Gilroy) last year.

Mike Kibort (Saratoga) set a new meet record in the pole vault at 15-6. The previous record of 15-0 was set by Ben Mahoney (St. Francis) in 1980.

Sophomore Wendy Brown (Woodside) triple jumped 38-2 and set a meet record in the long jump of 19-2 1/2, the leading mark in the state. The previous record was 17-7 by Karla Schwellckardt (Branham) in 1981.

Cindy Durchslag (San Carlos) improved both her meet records in the shot put (42-10 1/2) and the discus (149-2). Her previous marks from last year were 41-5 1/2 and 144-8.

Junior Sharon Yaninek (Presentation, San Jose) edged Mary Jo Barry (Leigh, San Jose)—2:11.8 to 2:12.0.

Esther Berndt (Gunn, Palo Alto) won the two mile in 10:57.4 with a 10:16.0 split at 3000 meters.

Roberta Eccles (Gunderson, San Jose) won the 330 yard low hurdles in 44.7.

★ MITCHELL INVITATIONAL

California State University Sacramento, May 1—Junior Melvin "Sky King" Hempstead (Valley, Sacramento), who is already one of the best black vaulters of all-time,

cleared 15-7 for a new Sac-Joaquin Section record. The best black high school vaulter of all-time was Bob Pullard (Los Angeles), who vaulted 16-7 in 1969.

Kevin Willhite (Cordova) won both the 100 meters (10.4) and 200 meters (21.3). Pablo Hendricks (Valley, Sacramento) jumped the gun in the 100 and was disqualified.

Harold Kuphaldt (Bella Vista) won the 3000 meters in 8:22.7, the second best time in the U.S. behind Charles Alexander's (Richmond, Virginia) 8:22.2. Alexander is headed for Stanford. Alexander defeated Kuphaldt in the Kinney National Cross Country Championship last fall.

Karen Nickerson (Cordova) threw the discus 159-2 with Mary Dentinger (El Camino, Sacramento) second at 140-6.

Inga Thompson (Reno, Nevada) won the 3000 meters in 10:03.6.

★ QUICKSILVER CLASSIC

San Jose City College, May 8—Junior Mary Boyd (St. Marys, Berkeley) upset state leader Rod Green (Palo Alto) in the 110 meter high hurdles in 14.11.

The Berkeley girls' 400 meter relay team ran 46.71.

Freshman Leslie Maxie (Mills, Millbrae) edged the national leader Yvette Bates (Berkeley) in 13.99w in the 100 meter low hurdles.

Kevin Willhite (Cordova) won the 200 in 21.0w.

Nedrea Rodgers (Berkeley) set a meet record of 54.98 in the 400 meters with Maxie second in 55.49.

Natalie Spinks (Skyline, Oakland) won the 330 yard low hurdles in 44.61 with Roberta Eccles (Gunderson) second in 44.91.

Karen Nickerson (Cordova) won the discus at 153-8.

Wendy Brown (Woodside), the girl athlete of the meet, triple jumped 39-7 1/4 w. She barely fouled a 20-8 1/4 long jump.

Dan Katches (Mills, Millbrae) became the third best California discus thrower this

continued on next page...



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Prep Notes

season, with a toss of 190-7. He broke his own meet record of 181-7.

Ken Frazier (Mission, San Francisco), the boys athlete of the meet, triple jumped 50-6¼w. Frazier, who is going to Arizona State, set a meet record in the long jump of 23-8½. That breaks his old mark of 23-7 set last year.

★ VANDEN RELAYS

Travis Air Force Base, May 8—John Morris (Fairfield) cleared 7 feet in the high jump, to become the third Californian over that height this season. Clyde Carpino, the head track coach, provided the news.

★ WEST COAST RELAYS

Lemoore High School, May 8—Harold Kuphaldt ran his anchor mile in 4:07 to pace Bella Vista to a 10:08.17 distance medley. This places them 29th on the all-time U.S. list.

Another big meet record was the 5-9 high jump by Mt. Whitney's (Visalia) Tonya Mendonca. Mendonca, a junior, had only been jumping a few weeks following knee surgery.

★ RICHMOND-BERKELEY ATHLETIC LEAGUE

El Cerrito High School, May 13—The Berkeley boys' 4x110 yard relay, the fastest team in the North Coast Section at 41.7m, dropped the baton when lead off runner, sophomore Don Davis, fell at the first hand off to Stoney McCree.

Yvette Bates (Berkeley) set a new league long jump record of 19-½, the second best jump in the state.



Tonya Mendonca

Mt. SAC Relays High School Section

By DOUG SPECK

Two National Records in relay events by the Polly Plumer-led University of Irvine distance girls, a flock of top efforts by the Muir guys, and a number of other excellent competitive marks highlighted the High School section of the Mt. SAC Invitational. The high school events were spread out over Friday and Saturday, April 23 and April 24, with the bulk of the action on Saturday. Running the Invite 4x1500 relay on Friday gave some good teams a chance to also come back on Saturday for distance medley or other action. University of Irvine took advantage of this by putting Laura Sauerwein 4:48.7, Polly Plumer 4:28.1, Judy McLaughlin 4:55.2, and Theresa Barrios 4:40.5 together in the 4x1500 in 18:52.5 to blast their old National mark of 19:57.8 from last year. The only regret is that the first ever chance for a girls squad to get real close to 20:00 for the 4x1600 distance was missed when this strange distance was run. On Saturday afternoon Sauerwein led off the distance medley in 3:40.7, Kenya Thornburg raced 60.8, McLaughlin 2:17.8, and Plumer 4:44.2 to lower Summit of New Jersey's 11:50.7 with an 11:43.53. The pressure was interestingly on Plumer, as she took the baton right around 7:00 and pressed alone to record-land. These records should calm doubts about who is the top group of high school distance running girls in the nation (ever?).

Muir of Pasadena has a very talented group of young men this 1982 season. Bernard Mathis edged San Diego Kearney's Paul Day 10.59w (2.86 mps) to 10.63w in the Invite 100, and then came in ahead of the two Browns (Gary of Bishop Amat and Rex of Ocean View) at 21.41w (3.56 mps) to 21.70w for the Browns in the 200. Mathis

also ran key legs on 41.62 (400) and 3:15.55 (1600) relay winners. Terry Parks of Muir soloed 47.89 in the Invite 400 and blazed a 47.0 anchor in the four-lap relay.

Steve Kerho (Mission Viejo) at 13.7w (3.59 mps) HH and 53.21 for the 400 intermediates, and Troy's Ken Williams (50-11½w) and 50-3½ legal in the triple jump were also very impressive. Natalie Kaalawahia of Fullerton doubled at 50-11 in the shot and 169-6 for the discus in the top women's individual efforts.

The amazing and versatile depth of Coach Terry McFate's Manual Arts 1982 women's squad is shown in a meet like this. With a crew that can all run well from the 200 on up to the 800, they won the 800 relay (1:39.1), the 1600 (3:43.5), and 3200 (9:15.8). Dorsey's sprinters were also sharp, decked out in their green body suits, they flashed an excellent 46.55 400 relay.

The men's 800, 1500, and 3000 were excellent races. Don Young (St. Josephs, Santa Maria) is a real horse and he withstood a couple of challenges during the second lap to edge in at 1:52.81 in the 800 over 1:52.84 for Bishop Amat's Jim Fischer and Foothill's Jeff Williams at 1:53.02. Jose Manual (Kearney, San Diego) ripped the last 150 in winning the 1500 (3:54.17) over San Luis Obispo's Scott Bishop (3:56.13) and Sean Nugent (3:56.26). In the 3000 a star was born as soph Jesus Guttierrez (Pasadena) hung a ways behind pacesetter George Yuster (Brentwood) until the last two laps, then edged away in an excellent 8:32.5-8:32.9 win. Coach Mark Evans has done a fine job with the Pasadena distance crew, and Jesus returned with his teammates to easily win the 3200 relay on Saturday in 7:51.4 (the Bulldogs have four underclassmen under 2:00).

It was ditto for the women's distances—quality. Ganesha (Pomona) freshman Michelle Taylor looked super in an 800 triumph at 2:11.78 over Long Beach Poly's

Jackie King (2:12.82). On Friday Tania Fischer (Chaminade) outlegged Tustin's Shannon Stryker 9:48.4-10:03.2 in the 3000. Saturday, Tania hooked up with Vickie Cook over the 1500 meter distance. Alemany's Cook edged away in the last lap in a 4:34.0-4:36.9 win over Fischer.

In other men's relay action, El Modena (Orange) ran a fine 16:25.5 4x1500 relay on Friday, and returned on Saturday in the sprint medley to win in a fine 3:27.33 off Ruben Esparza's 1:51.8 anchor. Eisenhower's Ron Harris anchored in 4:16 as his team took the distance medley at 10:17.48 over Westchester's 10:17.6. Serra of San Diego raced 1:27.81 to take the 800 relay. Hawthorne won the shuttle high hurdles in 1:01.0.

The two girls hurdles races were won by Cece Chandler (Elsinore) at 14.30 (100 meters) and Walnut's Gayle Kellon 63.6 (400 meters). West Torrance set a meet record in winning the girl's shuttle hurdles in 1:03.1.

Girls' sprint action was hot. Gervaise McGraw (Ganesha, Pomona) edged Lisa Winston (Jordan, Long Beach) 11.5w (3.15) for both in the 100, and McGraw ran 23.68w (2.42 mps) to win over Muir's Diane Pullins 24.08w. Dorsey's Andrea Rolfe edged Edison's Liz Rainey 55.22-55.48 in the 400.

Other girls field events were taken by Gayle Wadsworth (Hawthorne) at 18-½ in the long jump, and Elisa Cooks (Wilson, Hacienda Heights) at 5-6 in the high jump on misses over Denise Yamada (Dos Pueblos, Goleta).

A shot put upset by Blair's Cesari at 57-4 over Chaffey's Bruce Parks 57-0 and discus win by Rick Luiten (Monrovia) 179-10 were the top men's field event efforts. Long Beach Poly's Joe Casey was the long jump winner at 21-6¼, Edison's Rick Forsyth and Northview's White went 14-6 in the pole vault, and a flock of jumpers were over 6-6 in the high jump.

continued on next page...

HIGH SCHOOL

Boys

100 (Race 1)—1. Mathis (Muir), 10.59w (2.86 m.p.s.); 2. Day (Kearny, SD), 10.63; 3. Delemar (Pasadena), 10.66; 4. Brown (Ocean View), 10.76; 5. Hill (Muir), 10.79; 6. Hudson (Pomona), 10.82 (Race 2)—1. Parks (Muir), 10.79 (wind 1.56 m.p.s. aiding); 2. Robertson (Manual Arts), 11.92.

200—1. Mathis (Muir), 21.41w (3.56 m.p.s.); 2. G. Brown (Bishop Amat), 21.70; 3. Brown (Ocean View), 21.70; 4. Ventress (La Canada), 21.99.

400—1. Parks (Muir), 47.89; 2. Guest (Ocean View), 49.18; 3. Jarratt (Kearny, SD), 50.37; 4. McRee (Pasadena), 50.41; 5. Giles (HH Wilson), 50.68; 6. Shores (Fremont), 50.82.

800—1. Young (St. Joseph), 1:52.81; 2. Fischer (Bishop Amat), 1:52.84; 3. Williams (Foothill), 1:53.02; 4. Ward (Pasadena), 1:54.4; 5. Stephens (Arcadia), 1:54.7; 6. Veal (Manual Arts), 1:55.7; 7. Rossi (Canyon, Anaheim), 1:56.0; 8. Geyer (Laguna Beach), 1:56.6.

1,500—1. Manual (Kearny, SD), 3:54.17; 2. Bishop (San Luis Obispo), 3:55.13; 3. Lopez (Mexico), 3:55.94; 4. Nugent (Culver City), 3:56.26; 5. Garcia (LA Lincoln), 4:04.28; 6. Floyd (Crescenta Valley), 4:06.05.

1,100H (Race 1)—Kerho (Mission Viejo), 13.7w (3.59 m.p.s.); 2. Brown (Kearny, SD), 14.4; 3. T. Weaver (Edgewood), 14.5; 4. Gaskill (Arcadia), 14.7; 5. Taylor (Eisenhower), 14.8; 6. Stephen (Manual Arts), 15.0 (Race 2)—1. Smith (Serra, SD), 14.34w (4.73 m.p.s.); 2. Dawson (Taft), 14.62; 3. Burns (Garey), 14.63; 4. Herrera (LB Poly), 14.64; 5. Chevalier (Pomona), 15.07.

400 RELAY (Invitational)—1. Muir (Parks, Hill, Brown, Mathis), 41.62; 2. Serra (San Diego), 42.25; 3. Walnut, 42.68; 4. Kearny (San Diego), 42.82; 5. Fremont, 43.13 (Open, combined)—1. Eisenhower, 42.4; 2. Ganeshia, 42.5; 3. Compton, 42.6; 4. Hawthorne, 42.7; 5. Pomona, 42.8; 6. Garey, 42.9; 7. Manual Arts, 43.0.

800 RELAY (Race 1)—1. Serra (San Diego), 1:27.81; 2. Hawthorne, 1:28.44; 3. Pomona, 1:28.87 (Race 2)—1. Manual Arts, 1:28.71; 2. Centennial, 1:31.02; 3. University (Irvine), 1:31.63.



Sean Nugent

photo by Doug Speck

1,600 RELAY (Invitational)—1. Muir (Brooks, 52.2; Anderson, 47.8; Mathis, 48.5; Parks, 47.0), 3:15.55; 2. LB Poly, 3:17.57; 3. Pasadena, 3:18.86; 4. Compton, 3:19.06; 5. Kearny (SD), 3:19.82; 6. Fremont, 3:20.02 (Open) (Race 1)—1. South Hills, 3:23.6; 2. Centennial, 3:26.6; 3. Torrance, 3:27.4; 4. Alamy, 3:27.7 (Race 2)—1. Orange, 3:24.8; 2. Ganeshia, 3:26.5; 3. Dos Pueblos, 3:26.9; 4. Katella, 3:28.4 (Race 3)—1. Manual Arts, 3:20.0; 2. El Modena, 3:20.6; 3. Walnut, 3:21.1; 4. University (Irvine), 3:24.4; 5. Eisenhower, 3:24.4; 6. Upland, 3:25.8.

DISTANCE MEDLEY RELAY—1. Eisenhower (Walsh, Wooten, Roth, Harris), 10:17.48; 2. Westchester, 10:17.6; 3. San Luis Obispo, 10:31.56; 4. University (Irvine), 10:32.32; 5. Hawthorne, 10:34.23; 6. Katella, 10:34.7; 7. Santa Barbara, 10:36.50; 8. Arcadia, 10:37.36.

HIGH JUMP—1. J. Martin (Serra, SD), 6-6; 2. Demeyers (Edison), 6-6; 3. Jones (Arlington), 6-6; 4. Haines (Millikan), 6-6; 5. Patchett (Arcadia), 6-6.

DISCUS—1. Luten (Monrovia), 179-10; 2. Parks (Chaffey), 171-2; 3. Peters (Norco), 156-0; 4. Varnell (Sunny Hills), 152-7; 5. Lord (South Torrance), 152-0; 6. Costen (Carson City), 151-3; 7. Bell (Valencia), 151-0.

LONG JUMP—1. Casey (LB Poly), 21-6¼w; 2. Arnold (Canyon, Ana.), 21-5½; 3. Barnes (Duarte), 21-5¼.

POLE VAULT (Invitational)—1. Forsyth (Edison), 14-6; 2. Lohxeim (Valencia), 14-0; 3. Griffin (Sonora), 14-0; 4. tie between Betson (Newport Harbor) and Foss (Santa Ynez), 13-6 (Open)—1. White (Northview), 14-6; 2. Croft (Tulare), 14-0; 3. Ortiz (Walnut), 13-0; 4. Utzurum (Irvine), 13-0; 5. White (Whittier), 13-0.

400H (Race 1)—1. Kerho (Mission Viejo), 53.21 (meet record, new event); 2. Miller (Compton), 54.41; 3. McCullouch (LB Poly), 54.99; 4. Taylor (Eisenhower), 55.10; 5. Lester (San Geronimo), 55.38 (Race 2)—Pulins (Muir), 56.33.

3,200 RELAY—1. Pasadena (Gutierrez, 1:58.5; Shute, 2:00.3; Tucker, 1:56.7; Ward, 1:55.9), 7:51.4; 2. Katella, 7:55.1; 3. Mater Dei, 1:57.1; 4. La Canada, 7:58.5; 5. Eisenhower, 8:03.3; 6. Arcadia, 8:06.2; 7. Manual Arts, 8:06.8.

8,000 RELAY—1. Glendale (Weston, Barnes, Palma, Sherman), 16:58.8; 2. Montclair, 17:00.6; 3. Rowland, 17:03.6; 4. La Puente, 17:03.6; 5. Granada Hills, 17:17.3; 6. Compton, 17:18.3; 7. Riverside Poly, 17:21.7; 8. Corona, 17:22.7.

SPRINT MEDLEY RELAY—1. El Modena (McGoverly, Nuebrand, Smith, Esparza), 1:51.8; 3:27.33; 2. Compton, 3:29.03 (McMurray, 1:54.1); 3. Walnut, 3:29.35; 4. Moreno Valley, 3:34.45; 5. Dos Pueblos, 3:38.55; 6. Hawthorne, 3:40.96.

SHUTTLE HURDLE RELAY (combined races)—1. Hawthorne, 1:01.0; 2. Claremont, 1:01.3; 3. Blair, 1:02.7; 4. El Modena, 1:03.7; 5. Upland, 1:04.2; 6. Ganeshia, 1:04.4.

SHOTPUT—1. Cesari (Blair), 57-4; 2. Parks (Chaffey), 57-0; 3. Davids (Bishop Amat), 55-7¼; 4. Dixon (Inglewood), 54-6½; 5. Gilmore (Van Nuys), 54-0¼; 6. Costen (Carson City), 52-10¼; 7. Winger (Orange), 52-5.

TRIPLE JUMP—1. Williams (Troy), 50-11¼w (50-3¼ legal); 2. Hall (Palm Springs), 48-4w (47-11¼); 3. Atkins (Walnut), 47-11¼w (47-10¼); 4. Pullins (Muir), 46-10; 5. DeMeyers (Edison), 46-0¼w (44-4¼); 6. Willis (Chaffey), 45-6¼w (45-5); 7. Holiday (Upland), 45-2¼w.

GIRLS

400 HURDLES—1. Kellon (Walnut), 1:03.6; 2. Griffiths (Corona), 1:04.1; 3. Williams (Westchester), 1:04.2; 4. Hudson (South Pasadena), 1:06.7.

3,200 RELAY—1. Manual Arts, 9:15.8; 2. Tustin, 9:43.7; 3. Sacred Heart, 9:46.3; 4. Walnut, 9:47.3; 5. Katella, 9:57.0.

SHUTTLE HURDLE RELAY (combined races)—1. West Torrance (MacLeod, Smith, Yde, Motes), 1:03.1 (meet record, old mark, 1:04.6; Santa Barbara, 1981); 2. Carson City, 1:03.4; 3. Chino, 1:06.4; 4. Capistrano Valley, 1:07.7; 5. Ganeshia, 1:08.5; 6. Dos Pueblos, 1:08.9.

LONG JUMP—1. Wadsworth (Hawthorne), 18-0¼; 2. Ready (LB Poly), 17-8½; 3. Walulik (Edison), 17-1; 4. Lauder (Fontana), 17-0.

HIGH JUMP—1. Cooks (HH Wilson), 5-6; 2. Yamada (Dos Pueblos), 5-6; 3. Montes (Mexico), 5-6; 4. Jones (Mission Viejo), 5-4; 5. Fegraus (Laguna Beach), 5-4.

DISTANCE MEDLEY RELAY—1. University (Irvine) (Sauerwein, 3:40.7; Thornburg, 6:01.8; McLaughlin, 2:17.8; Plumer,



Natalie Kaaiwahia

4:44.2), 11:43.53 (national and meet record, old national mark, 11:50.7; Summit N.J., 1981; old meet mark, 12:07.8; Santa Barbara, 1980); 2. Edison, 12:16.6; 3. Thousand Oaks, 12:31.38; 4. Dos Pueblos, 12:50.76; 5. Tustin, 12:51.3; 6. Santa Barbara, 13:04.9; 7. Walnut, 13:19.0; 8. Hawthorne, 13:26.7.

DISCUS—1. Kaaiwahia (Fullerton), 169-6 (meet record, old mark, 164-1; Deniz, Gridley, 1980); 2. Norton (Mission Viejo), 156-0; 3. Thobe (Edison), 123-0; 4. Moses (Paso Robles), 116-3; 5. Fieri (Mexico), 115-9; 6. Bolton (Rancho Alamitos), 111-1.

110 LOW HURDLES (Race 1)—1. Chandler (Elsinore), 14.30 (wind 1.1 m.p.s. aiding); 2. Thompson (LB Jordan), 14.45; 3. Kellon (Walnut), 14.58; 4. Golden (Carson City), 14.60; 5. Motes (West Torrance), 14.69; 6. Wade (Westchester), 15.43 (Race 2)—Jones (Chino), 15.25.

100—1. McGraw (Ganeshia), 11.5w (3.15 m.p.s.); 2. Winston (LB Jordan), 11.5; 3. Dawkins (Dorsey), 11.9; 4. McClellan (Fontana), 11.9; 5. McClung (Norco), 12.1.

800—1. Taylor (Ganeshia freshman), 2:11.78; 2. King (LB Poly), 2:12.82; 3. Martinez (Mexico), 2:13.49; 4. Hooke (Bullard, Fresno), 2:14.65; 5. Munoz (Mexico), 2:15.10; 6. Ayala (Mexico), 2:16.24; 7. Cooper (Eisenhower), 2:16.25; 8. Quesada (St. Lucy), 2:17.89.

SHOTPUT—1. Kaaiwahia (Fullerton), 50-11¼ (meet record, old mark, 48-3; Jing-Vei Renn, Taiwan, 1980); 2. Sheffield (Eisenhower), 41-3; 3. Taylor (West Torrance), 40-3¼; 4. Moses (Paso Robles), 40-0¼; 5. Norton (Mission Viejo), 39-3¼; 6. Black (Simi Valley), 39-0¼.

400—1. Rolfe (Dorsey), 55:22; 2. Rainey (Edison), 55:48; 3. Crawford (Leuzinger), 57:07; 4. Hebard (St. Joseph), 58:39; 5. Hill (Walnut), 58:47; 6. Hall (LB Poly), 58:62.

1,500—1. Cook (Alamy), 4:34.0; 2. Fischer (Chaminade), 4:36.9; 3. Olivera (Mexico), 4:45.1; 4. Miller (Carson City), 4:45.9; 5. Brazel (Chino), 4:52.0; 6. Maldonado (Bishop Amat), 4:55.0; 7. Ogle (Morro Bay), 4:56.7.

200—1. McGraw (Ganeshia), 23.68w (2.42 m.p.s. aiding); 2. Pullins (Muir), 24.08; 3. McClellan (Fontana), 24.84; 4. Hillard (LB Jordan), 25.05; 5. Jackson (Edison), 25.51.

400 RELAY (Race 1)—1. Dorsey (Stewart, Bradley, Peterson, Dawkins), 46:55 (meet record, old mark, 46:56; Berkeley, 1979); 2. Hawthorne, 47:57; 3. Ganeshia, 47:68; 4. LB Poly, 48:43; 5. Muir, 49:09; 6. Manual Arts, 52:36 (Race 2)—1. Fontana, 49:3; 2. West Torrance, 49:6.

1,600 RELAY (Race 1)—1. Manual Arts (Bonty, Munns, Johnson, Wright), 3:43.5; 2. Ganeshia, 3:49.4; 3. Edison, 3:51.3; 4. Hawthorne, 3:52.4; 5. Dorsey, 3:54.6 (Race 2)—1. Pasadena, 3:54.6; 2. Walnut, 3:57.4; 3. Compton, 3:58.0; 4. West Torrance, 4:01.9; 5. University (Irvine), 4:02.8.

800 RELAY—1. Manual Arts (Wright, Jackson, Johnson, Munns), 1:39.1; 2. Muir, 1:41.4; 3. Ganeshia, 1:43.0; 4. Compton, 1:43.3.

Boys

3,000—Gutierrez (Pasadena, soph), 8:32.5; 2. Yuster (Brentwood), 8:32.9; 3. Junkerman (Los Alamitos), 8:38.5; 4. Cammack (South Hills), 8:39.8; 5. Pianta (Mater Dei), 8:42.8; 6. Dietrich (Simi Valley), 8:43.8.

400 RELAY (combined races)—1. South Hills, 43.6; 2. Corona, 44.1; 3. San Marcos, 44.2; 4. San Dimas, 44.3; 5. Royal Oak, 44.5.

800 RELAY (combined)—1. Fontana, 1:31.8; 2. Corona, 1:32.1; 3. Durate, 1:33.5.

1,600 RELAY (combined)—1. Pomona, 3:22.6; 2. Moreno Valley, 3:25.7; 3. Corona, 3:26.1; 3. San Marcos, 3:26.6; 4. El Dorado, 3:27.4; 5. Blair, 3:28.1; 6. Alta Loma, 3:29.4; 7. Santa Barbara, 3:30.3; 8. Durate, 3:30.7.

6,000 RELAY—1. El Modena, 16:25.5; 2. Mater Dei, 16:36.2; 3. Arcadia, 16:37.8; 4. University (Irvine), 16:37.8; 5. Hawthorne, 16:39.4; 6. Tustin, 16:50.6.

SPRINT MEDLEY RELAY—1. Charter Oak, 3:37.3; 2. West Torrance, 3:40.8; 3. Fontana, 3:45.2.

SHUTTLE HURDLE RELAY—1. South Hills, 1:03.8; 2. Santa Barbara, 1:06.3; 3. Corona, 1:07.5.

LONG JUMP—1. Tarver (Santa Barbara), 22-4; 2. Rowlands (HH Wilson), 22-0¼w; 3. Brown (Mission Viejo), 21-0¼w.

TRIPLE JUMP—1. Martinez (Claremont), 43-6¼; 2. Harrell (Santa Barbara), 43-2; 3. Gallant (Claremont), 42-0¼.

Girls

3,000—1. Fischer (Chaminade), 9:48.4; 2. Stryker (Tustin), 10:03.2; 3. Elliot (Alhambra), 10:10.7; 4. Lazzanis (Fallbrook), 10:11.8; 5. K. Ebner (Bishop Amat), 10:15.0; 6. Brazel (Chino), 10:19.9; 7. Devetis (Edison), 10:26.2; 8. Miller (Tustin), 10:31.6; 9. Kuttner (Pasadena Poly), 10:39.4.

400 RELAY (combined)—1. Pasadena, 48:19; 2. Walnut, 49:44; 3. University (Irvine), 49:55; 4. Dos Pueblos, 49:58; 5. Thousand Oaks, 50:08; 6. Torrance, 50:87.

Prep Notes

Mt. SAC Relays Results, continued:

800 RELAY—1. Fontana, 1:45.3; 2. Simi Valley, 1:46.7; 3. Katella, 1:47.1

1,600 RELAY (Race 1)—Torrance, 4:08.8 (Race 2)—1. Germany, 4:01.6; 2. Simi Valley, 4:03.6; 3. Crescenta Valley, 4:03.6; 4. Santa Barbara, 4:07.6 (Race 3)—1. Corona, 4:01.0; 2. Dos Pueblos, 4:02.5; 3. Thousand Oaks, 4:07.1; 4. Katella, 4:08.2

6,000 RELAY—1. University (Irvine) (Sauterwein, 4:18.7, Plumer, 4:28.1, McLaughlin, 4:55.2, Barrios, 4:40.5), 18:52.5 (national and meet record, old mark,

19:57.8, University, 1981); 2. Millikan, 19:32.7; 3. Clovis, 19:38.4; 4. Dos Pueblos, 20:07.5; 5. San Marino, 20:09.1; 6. Thousand Oaks, 20:16.8

800 MEDLEY RELAY (Invitational)—1. Hawthorne, 1:45.6; 2. Dos Pueblos, 1:56.2; no third (Open, combined)—1. Torrance, 1:49.3; 2. Corona, 1:50.6; 3. Thousand Oaks, 1:51.0; 4. Germany, 1:56.9

SHUTTLE HURDLE RELAY—1. HH Wilson, 1:06.5; 2. Torrance, 1:07.4; 3. Thousand Oaks, 1:08.6

Zibblatt (El Molino) 9:38.97; 5. David Escobar (Shafter) 9:40.87

8x220 Yard Relay: 1. South Bakersfield (JJ Hicks, Straus, Mark McGill, Alfred Hunt, Greg Hopkins, David Williams, Tony White Tammanoy) 3:04.54; 2. Washington Union 3:05.68; 3. Bakersfield 3:05.88; 4. Sanger 3:06.19; 5. Merced 3:06.36

1 Mile Relay (combined): 1. Clovis (Eric Fredrickson, Marlin Von Rottlbor, Chris Prndini, Paul Purviance) 3:24.6ht; 2. Bella Vista 3:25.1ht; 3. South Bakersfield 3:25.7ht; 4. Washington Union 3:27.79; 5. Edison-Fresno 3:28.4

Long Jump: 1. Clint Williams (Central, Fresno) 22-11¼; 2. Garnel Taylor (Clovis West) 22-8; 3. David Williams (Coalinga) 22-1; 4. Cornell Archie (Fresno) 21-7½; 5. Byron Williams (Roosevelt) 21-5½

Discus: 1. Barry Estes (Clovis West) 174-9; 2. Bill Charette (Mt. Whitney) 169-8; 3. Oscar Garza (Kingsburg) 168-2; 4. Dan Moran (Clovis) 159-7; 5. Kevin Richardson (Shafter) 158-4

Pole Vault: 1. Jim Barrett (Clovis West) 15-0; 2. John Skaggs (Lemoore) 14-8; 3. Ron Decker (Clovis) 14-6; 4. Randy Moore (Lemoore) 13-6; 4. Brent Jackson (Kingsburg) 13-6

High Jump: 1. David Swanson (Analay) 6-10; 2. Ted Glattke (Beyer) 6-8; 3. Rick Swanson (Clovis) 6-4; 3. John Budge (Piedmont) 6-4; 5. Mark Lake (Bishop) 6-2

Triple Jump: 1. Clint Williams (Central, Fresno) 47-4¼; 2. Garnel Taylor (Clovis West) 46-8; 3. David Williams (Coalinga) 45-9¼; 4. Byron Williams (Roosevelt) 45-2¼; 5. Eric Carr (Washington Union) 44-7

Shot Put: 1. John Bender (Shafter) 56-9; 2. Mike Chuhiantseff (San Joaquin Memorial) 55-5; 3. Vince Salazar (Clovis) 53-10¼; 4. John Mansfield (Turlock) 53-9; 5. Ken Fowler (Bella Vista) 53-6½

Team Scores: 1. South Bakersfield 42; 2. Clovis West 32; 3. Edison 24; 4. Clovis 22½; 5. Bella Vista 21

High School Girls:

400 Meter Relay: 1. Edison-Fresno (Renne Stevenson, Alycia Wright, Zezette

Sears, Rebecca Sims) 48.12; 2. Overfelt 48.58; 3. East Bakersfield 49.04; 4. Bakersfield 49.09; 5. Clovis West 49.82

1500 Meter Run: 1. Ann Ratto (Alameda) 4:45.92; 2. Missy Moore (Piedmont) 4:45.98; 3. Stacey Chavez (West Bakersfield) 4:48.91; 4. Tami Anderson (Beyer) 4:53.07; 5. Lupe Rodriguez (Sanger) 4:57.20

100 Meter Hurdles: 1. Veronica Nicks (Tulare Union) 14.4; 2. Tracey Phillips (Fresno) 14.5; 3. Debbie Budwig (Clovis West) 14.7; 4. Marlene Biggs (Coalinga) 15.5; 5. Eleanor Aillin (Lemoore) 15.7

100 Meter Dash (combined placings): 1. Monica Taylor (Grant) 12.30; 2. Veronica Nicks (Tulare Union) 12.37; 3. Tricia Taplac (Immanuel) 12.70; 4. Deanne White (Bakersfield) 12.75; 4. Terri Phillips (East Bakersfield) 12.75

1 Mile Relay: 1. Beyer (Melody Dameron, Jill Powell, Lorinne Casey, Tammy Anderson) 4:00.93; 2. Bakersfield 4:02.90; 3. Tulare 4:05.15; 4. Edison (Fresno) 4:05.30; 5. El Camino 4:10.82

Discus: 1. Kim Shakir (Clovis West) 142-3; 2. Mary Dentinger (El Cerrito) 140-5; 3. Janet Whitney (Fresno) 133-8; 4. Sharon Pierson (Tranquillity) 126-3; 5. Helena Mosley (Selma) 118-1

High Jump: 1. Tonya Mendonca (Mt. Whitney) 5-9; 2. Latrese Johnson (Clovis) 5-8; 3. Ethel Weaver (Tulare Union) 5-4; 4. Molly Hill (Piedmont) 5-2; 4. Erin Kay (West Bakersfield) 5-2

Shot Put: 1. Mary Lawson (Clovis West) 38-10; 2. Janey Strohmeier (Bret Harte) 38-7½; 3. Janet Whitney (Fresno) 38-3½; 4. Sharon Pierson (Tranquillity) 37-1½; 5. Sherryl Jones (Tulare) 36-8

Long Jump: 1. Kalen Wright (San Joaquin Memorial) 16-9¼; 2. Chris Healy (Alameda) 16-5; 3. Alycia Wright (Edison-Fresno) 16-3¼; 4. Deborah Car (Atwater) 16-1; 5. Donna Campbell (Overfelt) 15-11¼

Team Scores: 1. Tulare Union 20; 2. Edison 19; 3. Clovis West 17; 4. Beyer 14; 5. Bakersfield 13½

West Coast Relays High School Section

High School Boys:

400 Meter Relay (combined places): 1. Edison-Fresno (Todd Cowings, Leavel Tatum, Mike Dixon, Darnell Wheeler) 42.04; 2. South Bakersfield 43.04; 3. Washington Union 43.0ht; 4. Bakersfield 43.34; 5. Redwood 43.3

110 High Hurdles: 1. Robert Budwig (Clovis West) 14.4; 2. Billy Jenkins (Bakersfield) 14.5; 3. Matt Simmons (West Bakersfield) 14.8; 4. Mike Payseno (Sanger) 15.1; 5. Doby Hagar (West Bakersfield) 15.5

2 Mile Relay: 1. South Bakersfield (Robb Strauss, Preston Powell, JJ Hicks, Jason Hall) 7:59.79; 2. Sanger 8:08.30; 3. Fresno 8:08.52; 4. Clovis West 8:15.41; 5. Bakersfield 8:15.42

100 Meter Dash (combined): 1. Levell Tatum (Edison) 11.03; 2. Kevin Bess (Washington) 11.26; 3. Dave Williams (Coalinga) 11.27; 4. Darnell Wheeler (Edison) 11.37; 5. Robert Jiles (Merced) 11.48

Distance Medley Relay: 1. Bella Vista (Rob Wardlow, Pete Rivas, Nick Sparks) 3:09.6, Harold Kupholdt 4:07.1) 10:08.17; 2. Hoover 10:44.87; 3. West Bakersfield 10:49.5; 4. South Bakersfield 11:01.88; 5. Sanger 11:03.7

Sprint Medley (combined): 1. Bishop (Dudley, King, Frank Parra, Gregg Bake) 1:59.1) 3:35.88; Edison-Fresno (Larry Walker, Dixon, Levell Tatum, Jarome Ireland) 3:35.8ht; 3. Redwood 3:37.4ht; 4. Delano 3:42.7ht; 5. Caruthers 3:42.98

2 Mile Run: 1. Jim Pettis (Porterville) 9:30.33; 2. Todd Hill (Monache) 9:33.24; 3. Jesse Valdez (Corcoran) 9:36.61; 4. Marc



Missy Moore

photo by Steve Ward



Clovis High School 6,000 Meter Relay: (left to right) Lisa Lewis, Cathy Stebles, Brenda Wilcox, Terry Guajardo. 19:48.3 - 3rd at Mt. SAC.

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STATE PREP RANKING

Compiled by KEITH CONNING

These lists contain the best California high school marks (combined, indoors and outdoors) reported to Keith Conning, our High School Editor, by May 18.

The current American and California records are listed at the head of each event. Times in 100ths are automatic and are placed in a position of correspondingly higher value in relation to hand times (10ths).

The current United States leader is listed at the end of the list, if the leader is from outside California.

Please send all high school information to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Please be sure to include wind information on all affected events and specify if timing is hand or automatic.

Classes — *** frosh, ** soph, * junior

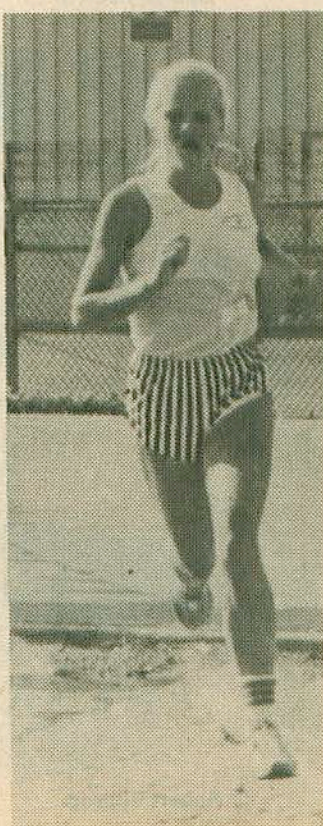
Symbols — c-converted mark, i-indoor mark, A-altitude over 1000m

photo by Herb Potter



Eric Reynolds

photo by Maurice Wilson



Polly Plumer

Boys

100 Meters

AR — 10.16 Houston McTear (Baker, FL) 76
CR — 10.39 Ken Robinson (Berkeley) 81

10.4	Fabian Cooper(Wash, LA)
10.4	Pablo Hendricks(Valley, Sac)
10.5	Stoney McCree(Berkeley)
10.5	Paul Day (Kearny, San Diego)
10.5	Randy Walker(Wash, LA)
10.79	Terry Parks(Muir, Pasadena)
10.6	Sean Armstrong(Rowland)
10.6	Michael Billew(Gardena)
10.6	Rex Brown(Ocean View)
10.6	Lamont Horston(Fremont, Oak)
10.6	Noel Miller(Kennedy, Rich)
10.6	Tim Peoples(SilvCrk, SJ)
10.6	Wiley Watson(Oakland)

U.S. Leader:
10.2 **Tony Jones(Houston, TX)

200 Meters

AR — 20.22 Dwayne Evans(AZ) 76
CR — 20.68 James Sanford (Pasad) 77

20.7	Eric Coleman(Monrovia)
21.12c	Fabian Cooper(Wash., LA)
21.50	Kevin Willhite(Cordova, RC)
21.63	Stoney McCree(Berkeley)
21.66	Jerry Davis(Burroughs, Burb)
21.5	Tim Peoples(SilvCrk, SJ)
21.82	*Antonio Manning(Hamil, LA)
21.8	Craig Armstrong(Berkeley)
21.6c	MacArthur Osborne(Cren, LA)
21.88	*Greg Brown(BishopAm, LP)

400 Meters

AR — 45.51 Bill Green (Cubberley, PA) 79

47.21	Fabian Cooper(Wash, LA)
47.6	Tommy Barber(Bakersfield)
47.7	Angelo McNeil(Gallileo, SF)
47.85	*Mark Howard(Poly, LgBch)
47.89	Terry Parks(Muir, Pasadena)
47.8	Robert Mabrey(Fairfield)
48.12	Roy Carls(PtLoma, SD)
48.21	*Kerry Threets(Westmoor, DC)
48.39	Anre Williams(Oakland)
48.52	Craig Armstrong(Berkeley)

U.S. Leader:
46.6 Darrell Robinson(Wilson, Tacoma, WA)

800 Meters

AR — 1:47.31 Pete Richardson(Berk.) 81

1:51.0c	Don Young(St. Joseph, SM)
1:52.5c	MacArthur Osborne(Cren, LA)
1:52.84	Jim Fisher(BishopAm, LP)
1:53.02	Jeff Williams(Foothill, SAna)
1:53.75	*Ruben Esparza(EI Mod, Org)
1:54.36	Frank Paton(La Canada)
1:54.4	Chris Ward (Pasadena)
1:54.7	Dan Stephens(Arcadia)
1:54.9c	*Kimmie James(Richmond)
1:55.0	Preciado(Santa Clara)

Mile

AR — 3:55.3 Jim Ryan (Kansas) 65
CR — 3:59.4 Tim Danielson (Ch Vista) 66

4:11.84c	Joe Manuel(Kearny, SD)
4:12.72c	Harold Kuphaldt(BellaVis, FO)
4:14.2	Tom Grewe(Carpinteria)
4:14.2c	John Hansen(EI Dorado, Plcrvi)
4:14.33c	Scott Bishop(SLO)
4:15.0c	Ted Kunda(Cordova, RC)
4:16.84c	Steve Jaeger(Camarillo)
4:17.3	Jeff Williams(Foothill, StAna)
4:17.5	Mike Parker(Tustin)
4:17.80c	Jose Vega(Chula Vista)

U.S. Leader:
4:09.7 Brian Jaeger(Winter Park, FL)

Two Miles

AR — 8:36.3 Jeff Nelson (Burbank) 79

9:01.74	*Eric Reynolds(Camarillo)
9:11.67c	Sean Nugent(Culver City)
9:12.29c	Jose Vega(Chula Vista)
9:12.5l	Harold Kuphaldt(BellaVis, FO)
9:13.09c	Gilbert Delgado(Santa Barb)
9:14.0l	*George Yuster(Brentwd, LA)
9:15.3l	Tom Grewe(Carpinteria)
9:19.62c	Tim Watson(Canyon, Saugus)
9:19.71	*Jesus Gutierrez(Pasadena)
9:20.1l	Brian Abshire(DeAnza, Rich)

110m High Hurdles

AR — 12.9y Renaldo Nehemiah (NJ) 77
CR — 13.2y Dedy Cooper (Ella, Rich) 75

13.69	Steve Kerho(Mission Viejo)
13.7	*Rod Green(Palo Alto)
14.04	Ron Brown(BishopAmat, LP)
14.11	*Mark Boyd(St. Marys, Berk)
14.24	Jeff Smith(Serra, San Diego)
14.1	Robert Budwig(Clovis West)
14.1	*Erick Montgomery(Indep, SJ)
14.34	T. Weaver(Edgewood, W Cov)
14.39	Reggie Brown(Kearny, SD)
14.39	Aaron Burns(Garey, Pomona)

U.S. Leader:
13.68 Mike Thompson(Sterling, Bayton, TX)

300m Low Hurdles

AR — 35.79 Walter Murray (Berkeley) 81

37.02	Danny Harris(Perris)
37.03c	James Ferreira(North, Torr)
37.11	Steve Kerho(Mission Viejo)
37.15c	Tony Atkins(Walnut)
37.33	Henning Peterson(Esperanza)
37.1	Tom Anderson(Muir, Pasad)
37.1	Jim Curry(Mt. Pleas, SJ)
37.1c	*Erick Montgomery(Indep, SJ)
37.2	Jeff Smith(Serra, San Diego)
37.47	Burns(Garey, Pomona)

U.S. Leaders:
36.4 Percy Terry (Ball, Galveston, TX) and Thomas Wilcher (Central, Detroit, MI)

4 x 100

AR — 40.40 Ellison (Killeen, TX) 82
CR — 40.88 Berkeley 81

41.35	Cordova, Rancho Cordova
41.4	Edison, Fresno
41.62	Muir, Pasadena
41.5c	Washington, Los Angeles
41.7	Berkeley
41.8	El Cerrito
41.8	Serra, San Diego
41.9	Oakland
42.05	Bishop Amat, La Puente
42.0	Independence, San Jose
42.0	Mt. Pleasant, San Jose

U.S. Leader:
40.40 Ellison (Killeen, TX)

4 x 400

AR — 3:08.94 Berkeley 81

3:15.55	Muir, Pasadena
3:15.6	Compton
3:17.57	Poly, Long Beach
3:17.9c	Berkeley
3:18.47	Bishop Amat, La Puente
3:18.68	Pasadena
3:18.99	Hawthorne
3:19.1c	Cordova, Rancho Cordova
3:19.82	Kearny, San Diego
3:20.00c	Mt. Pleasant, San Jose
3:20.0	Manual Arts, Los Angeles

U.S. Leader:
3:10.84 Jones (Houston, TX)

Prep Notes



Tracy Phillips

High Jump

AR — 7-4 1/2 Gail Olson (Sycamore, IL) 78
CR — 7-3 1/2 Lee Balkin (Glendale) 79

7-1 *Maurice Crumby(Balb, SF)
7-0 Maury Burnett(Wash, LA)
7-0 Ted Glatke(Beyer, Modesto)
7-0 John Morris(Fairfield)
6-11 Kevin Holmes(Cleveland, LA)
6-10 1/2 Dave Swanson(Analay, Sebas)
6-10 Brian Coughay(NewbPark)
6-10 Viktor Nehring(Camarillo)
6-9 1/2 Troy Haines(Millikan, LB)
6-9 1/2 Watkins(San Diego)
6-9 1/2 Wiggins(VictorVly, Victrv)
U.S. Leader:
Two others at 7-1

Pole Vault

AR — 16-1 1/2 Joe Dial (Marlow, OK) 81
CR — 17-4 1/2 Anthony Curran(Crespi, Encino) 78

15-9 *Doug Fraley(Clovis West)
15-8 1/2 *Mike Kibort(Saratoga)
15-7 *Melvin Kempstead (Vly, Sara)
15-0 Jim Barrett(Clovis West)
15-0 Don Weckler(Westmnt, Cmpb)
14-10 1/2 Scott Christensen(Acal, Lafayette)
14-8 *John Skaggs(Lemoore)
14-7 1/2 James McClanahan(Gall, SF)
U.S. Leader:
16-9 Mark Bruce (Del Rio, TX)

Long Jump

AR — 26-6 Carl Lewis (Willingboro, NJ) 79
CR — 26-2 1/2 Ken Duncan(McClatchy, Sacramento) 72

24-7 1/2 Ken Frazier(Mission, SF)
24-2 Miguel Wingo(Albany)
23-10 1/2 Fred Covington(Fairfield)
23-10 Allen(Jordan, LA)
23-9 Richardson(Pasadena)
23-5 1/2 Troy Kurelich(SanPasqual)
23-4 Brian Coughay(NewbPark)
23-4 *Maurice Crumby(Balb, SF)
23-3 1/2 Garmel Taylor(Clovis West)
23-3 1/2 Greg Coauette(Burbank)
23-3 1/2 Rowlands(Wilson, HcHts)

Triple Jump

AR — 53-4 1/2 Sanya Owolabi (Sleepy Hollow, N.Y.) 78
CR — 52-10 1/2 Charles Mayfield (Muir, Pasadena) 80

50-4 Ken Frazier(Mission, SF)
50-3 1/2 Ken Williams(Troy, Fuller)
50-2 Garmel Taylor(Clovis West)
50-0 Larry Weldon(SilvCrk, SJ)
49-4 Cornell Archie(Fresno)
48-10 Osborne(El Cajon)
47-11 1/2 Clay Hall(Palm Springs)
47-10 1/2 Tony Atkins(Walnut)
47-10 1/2 Kevin Holmes(Cleve, LA)
47-10 Clint Williams(Central, Fres)

Shot Put

AR — 81-3 1/2 Mike Carter (Jefferson, Dallas, TX) 79
CR — 69-3 1/2 Jim Neidhart (Newport Harbor, NB) 73

60-10 1/2 Pat Kyle(Buena Park)
60- 1/2 Jantz Fitzgerald(Burghs, Burb)
59-8 Antonio Dobbins(Burr, Ridge)
59-0 Bruce Parks(Chaffey, Ontario)
58-2 1/2 Bill Hall(BishopMont, Torr)
57-6 Earl Gorman(Hawthorne)
57-4 1/2 Guy Davids(BishopAmat, LP)
57-4 Cesari (Blair, Pasad)
57-3 Vince Salazar(Clovis)
57-2 1/2 Purcell (Helix, La Mesa)
U.S. Leader:
87-10 1/2 Barry Walker (Lancaster, OH)

Discus

AR — 213-6 Clint Johnson (Shawnee Mission S, OP, KS) 80
CR — 209-6 Dave Porath (Atwater)

193-8 Rick Luiten(Monrovia)
192-3 Antonio Dobbins(Burr, Ridge)
190-6 Dan Katches(Mills, Millbrae)
184-11 Barry Estes(Clovis West)
183-9 John Almonetti(Blackfrd, SJ)
181-1 Del Detwiler(Roseville)
178-3 Jeff Hall(Katella, Anaheim)
177-2 Jeff Ayers(Lemoore)
175-0 Larry Plinek(Montgom, SR)
174-3 Bruce Parks(Chaffey, Ont)
U.S. Leader:
202-1 Larry Station(Central, Omaha, NB)

Girls

100 Meters

AR — 11.13 *Chandra Cheeseborough (FL) 78
CR — 11.34 *Sharon Ware (Berkeley) 80

11.89 *Nedrea Rodgers (Berkeley)
11.93 *Lisa Winston(Jordan, LgBch)
12.01 Denean Howard(Kennedy, GH)
12.02 Zelda Johnson(Garey, Pom)
11.8 Carroll(CoachellaVly, Therm)
12.04 Vellisa Harris(Morse, SD)
11.8 *Lana Rice(Berkeley)
11.9 Jeannie Arnold(Locks, LA)
11.9 *Vivian Riley(Mt. Pleas, SJ)

Wind-aided:
11.3 *Lisa Winston
U.S. Leader:
11.83 Teri Smajstria(Pearland, TX)

200 Meters

AR — 22.77A **Chandra Cheeseborough (FL) 75
CR — 23.19 Sherri Howard (Kennedy, Granada Hills) 80

23.9 Denean Howard(Kennedy, GH)
24.19 Gervaise McGraw(Ganesh, P)
24.0c Zeld Johnson(Garey, Pom)

24.25 Jeannie Arnold(Locks, LA)
24.35 *Nedrea Rodgers(Berkeley)
24.3 LaTanya Dawkins(Dorsey, LA)
24.3 Antoinette Munns(M.Arts, LA)
24.76 *Lisa Winston(Jordan, LB)
24.83 *Lana Rice(Berkeley)
24.6 Brenda Brewer(Hillsdale, SM)
24.6 Julie Middleton(SanMateo)
U.S. Leader:
23.9 Deloise White(Del Ray Beach, FL) & Howard

400 Meters

AR — 50.90 Sheila Ingram (Washington, D.C.) 78
CR — 51.09A *Sherri Howard (San Geronio, San Bernardino) 79

52.90 Denean Howard(Kennedy, GH)
54.77 Gervaise McGraw(Gan, Pom)
54.98 *Nedrea Rodgers(Berkeley)
55.22 **Andrea Rolfe(Dorsey, LA)
55.29 *Lana Rice(Berkeley)
55.3 Tol Lark(Compton)
55.48 *Barbara Rainey(Edison, HB)
55.49 ***Leslie Maxie(Mills, Millb)
55.51 Jeannie Arnold(Locks, LA)
55.6 Brenda Brewer(Hillsdale, SM)
55.6 Carla Johnson(ManArts, LA)
U.S. Leader:
51.75 Diane Dixon(Tech, Brooklyn, NY)

800 Meters

AR — 2:01.82 *Kim Gallagher (PA) 81
CR — 2:02.29 **Mary Decker (Orange) 74

2:06.21 Rennie Durand(LagBeach)
2:09.11 Jessica Spies(Livermore)
2:09.9 Polly Plumer(University, Iv)
2:11.78 ***Michelle Taylor(Gan, Pom)
2:11.8 *Sharon Yaninek(Presen, SJ)
2:12.0 Jo Barry(Leigh, SJ)
2:12.34 Trescia Palmer(West, LA)
2:12.7 *Missy Moore(Piedmont)
2:12.82 Jackie King(Poly, LgBch)
2:13.2 Stacey Threadgill(Mitty, SJ)
U.S. Leader:
2:05.0 Diana Richburg(Lansingburgh, Troy, NY)



Robert Budwig

Mile

AR — 4:35.24 Polly Plumer (University, Irvine) 82

4:35.24 Polly Plumer
4:45.5 Vickie Cook(Alemany, MisHis)
4:58.21 Jessica Spies(Livermore)
4:58.5 Denise Ball(NewbPark)
4:59.0 Shannon Stryker(Tustin)
4:59.31 **Teresa Barrios(Univ, Iv)
5:03.1 Jo Barry(Leigh, SJ)
5:03.4 Kris Wendt(Leigh, SJ)
5:04.4 Esther Berndt(Gunn, PaloAlto)
5:05.9 Maria King(Milpitas)

Two Miles

AR — 10:03.5 Mary Shea (NC) 79
CR — 10:09.8 Cheri Williams (Livermore) 78

10:32.85c Vickie Cook(Alemany, MH)
10:35.24c Shannon Stryker(Tustin)
10:43.4c **Teresa Barrios(Univ, Iv)
10:52.3c Robyr. MacSwain(TerLind, SR)
10:54.0 **Katie Dunsmulr(Palis, PP)
10:57.4 Esther Berndt(Gunn, PaloAlto)
11:00.04c Laura McCracken(Westmin)
11:01.8 ***Laura Cattavara(MiraCost)
11:02.87c Kathleen Ebinger(BishAm, LP)
11:03.38c Torie Elliot(Alhambra)
U.S. Leader:
10:11.8c *Patty Matava(Bellevue, WA)

100m Low Hurdles

AR — 13.30 ***Candy Young (PA) 77
CR — 13.4 Judy Young (Berkeley) 80

13.74 **Yvette Batea(Berkeley)
13.95 *Ruth Whitehead(Berkeley)
13.9 Sharon Hanson(Buena, Vent)
14.29 ***Leslie Maxie(Mills, Millb)
14.30 CeCe Chandler(Elsinore)
14.45 Felicia Thompson(Jord, LB)
14.50 Sharon Hatfield(FountainVly)
14.3 Mayes(Ventura)
14.57 Natalie Spinks(Skyline, Oak)
14.58 *Gayle Kellon(Walnut)
Wind-aided:
13.99 ***Leslie Maxie

300m Low Hurdles

AR — 41.91 **Gayle Kellon (Walnut) 81

42.70 *Gayle Kellon
43.59c *Tracy Phillips(Fresno)
44.1 Felicia Thompson(Jord, LB)
44.38c Natalie Spinks(Sky, Oak)
44.4c Sharon Hanson(Buena, Vent)
44.85c *Roberta Eccles(Gunder, SJ)
44.5 Debbie Arthur(Esperanz, Plac)
44.84 Karen Bonty(ManArts, LA)
45.05 Bullard(Esperanza, Placntia)
44.9c Charlene Schalk(SnRam, Drvn)
U.S. Leader:
42.3c Debbie DaCosta(Palmetto, Miami, FL)

4 x 100

AR — 45.13 Berkeley 81

46.2 Berkeley
46.55 Dorsey, Los Angeles
47.34 Hawthorne
47.42 Manual Arts, Los Angeles
47.68 Ganesha, Pomona
47.6c Jordan, Long Beach
47.8c Pasadena
47.99 Poly, Long Beach
48.3c Carimont, Belmont
48.46 Mission, San Francisco

4 x 400

AR — 3:37.71 Kennedy (Granada Hills) 81

3:43.5 Manual Arts, Los Angeles
 3:49.4 Ganessa, Pomona
 3:51.00 Dorsey, Los Angeles
 3:51.3 Edison, Huntington Beach
 3:52.4 Hawthorne
 3:53.7c Jordan, Long Beach
 3:54.8 Pasadena
 3:55.8c Berkeley
 3:56.39 Carimont, Belmont
 3:57.4 Walnut

U.S. Leader:
 3:42.73 Central, Seat Pleasant, MD

Triple Jump

AR — 40-3 Leslie Henderson (TX) 82

40-1 **Wendy Brown(Woodside)
 38-4¼ Taylor(Vaencia, Plac)
 38-3¼ Debbie Disbrow(Gran, Liver)
 38-2 **Yvette Bates(Berkeley)
 37-11 CeCe Chandler(Elsinore)
 37-7 Crocker(GraniteHills, ElCa)
 37-7 A. Franklin(Valley, StaAna)
 37-3 Smith (Muir, Pasadena)
 37-2 Tammy Bryant(Ventura)
 36-10¼ Irving (Crawford, SD)

U.S. Leader:
 40-3 Leslie Henderson(La Marque, TX)

Shot Put

AR — 52-4½ **Natalie Kaaiawahia (Fullerton) 81

52-0 *Natalie Kaaiawahia
 Wendy Bradshaw(Saugus)
 44-8 Carol Manaea(Seaside)
 44-0 Patti Taylor(West, Torrance)
 43-2½ Cindi Durchslag(SanCarlos)
 43-1½ Jones (Hilmar)
 42-10 Jill Crisler(Gunn, PaloAlto)
 42-7 Ingrid Bailey(WillowGlen, SJ)
 42-7 Cinderella Niko(Mt.Edn, Hay)
 42-7 Rhonda Rudd(Burr, Ridge)

Discus

AR — 183-11 Leslie Deniz (Gridley) 80

173-3 *Natalie Kaaiawahia(Fuller)
 165-5 Jacque Norton(Miss Viejo)
 164-5 Karen Nickerson(Cord, RC)
 149-2 Cindi Durchslag(SanCarlos)
 148-5 Janet Whitney(Fresno)
 148-6 Andrea Kriva(Burbank)
 144-1 Mary Dentinger(EICam, Carm)
 143-11 Kim Shakir(ClovisWest)
 139-8 Cari Fagnini(Summer, Tuol)
 137-1 Perkins(MorenoVly, Sunnymrd)

High Jump

AR — 6-2¼ Kym Carter (East, Wichita, KS) 82

CR — 6-1 *Sue McNeal (Carlsbad) 79

5-10 *Denise Yamada(DosPb, Gol)
 5-8¼ *Tonya Mendonca(MIWhi, Vs)
 5-8 DeWitte(Indio)
 5-8 **Lisa Fegraus(Lag Bch)
 5-8 Katrina Johnson(MarFund, Ps)
 5-8 Michal Miller(SantaClara)
 5-7 **Wendy Brown(Woodside)
 5-7 Allison Crist(Sunset, Hay)
 5-6¼ Cabrini Leathers(SBkfld)
 5-6¼ Dena Beatty(Esper, Plac)

U.S. Leader:
 6-2¼ Kym Carter(East, Wichita, KS)

Long Jump

AR — 22-3 Kathy McMillan (NC) 76

CR — 20-8¼ Kim Attlessey(Corona del Mar, Newport Beach) 71 & Marlene Harmon (Thousand Oaks) 80

19-2¼ **Wendy Brown(Woodside)
 19-¼ **Yvette Bates(Berkeley)
 18-10¼ Gurtha Pounds(LiveOk, MorH)
 18-8¼ Sheila Frye(Poly, LongBch)
 18-8¼ Tammy Bryant(Ventura)
 18-8¼ Denise Woodard(Hemet)
 18-8 **Paula Ready(Poly, LgBch)
 18-7¼ ***Gayle Wadsworth(Hawth)
 18-5¼ Stacy Proctor(BonVls, CV)
 18-3¼ Elysee Duckett(Lowell, SF)

U.S. Leader:
 21-1 Meledy Smith(Sterling, Houston, TX)

photo by Don Gosney



Nedrea Rodgers

photo by Don Gosney



Vicky Cook



photo by Don Gosney

Denean Howard

ARE YOU HOSTING A RUN OR MEET?

...or do you know of a run, track meet, cross country race, marathon, clinic, etc. in your area? We'd like to let everyone else know about it, too. Please complete the information below and mail immediately:

Date of Event _____ Location of Event _____

Name of Event _____

Type of Event: long distance run track meet cross country other _____

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 612, San Mateo, CA 94401

Masters Scene

Sacramento Masters Relays

By Bob Roemer

SACRAMENTO, April 10 — The only record set at the fourth annual Sacramento Masters Relays was by the rain, which made this the wettest year of the century.

The terrible conditions provided by the all-day rain and a gusty southerly wind cut the field to about 80 competitors including a local girls' high school team.

Roy Wigginton, 56, of Carmichael, won three gold medals and a silver in individual events and ran on three winning relay teams. Included in the ex-Cal athlete's victories was an upset over Dick Zumwalt, 55, of Antloch, in the 100 meters. Both were clocked at 13.5, a step ahead of Dick Nordquist, 56, of Talent, Oregon.

Nordquist got into the win column twice, via a 19-second tour over the 110-meter hurdles and a half-inch triumph over Wigginton in the shot put.

Harvey Franklin, 39, of Fremont, paced a big 1500-meter field in 4:32.8, with Kent Guthrie, 45, of Lafayette, finishing fast to catch Mark Gallo, 38, Sacramento, in a 4:44.3 dead heat for second.

Sister Marion Irvine, 52, San Rafael's "Flying Nun," ran a respectable 5:34.5 in the 1500, added a victory in the 800 and helped out on a winning mixed age, mixed sex, handicap, medley relay team.

The meet benefitted from a \$250 grant from Penn Mutual Life Insurance Co. and the hard work of Director Ken Carnine and his staff, including Bruce Drummond, Sacramento State University's decathlon coach.



Invitation Extended to Masters Women

John Dobroth, meet director of the 1st ever Women's National Decathlon Championship as a nationally sanctioned experimental event, invites masters women to take part in the two day affair July 31 & August 1, 1982, at Ventura High School in Southern California. John says it will be a lot of fun and every finisher earns a T-shirt. For an official entry blank write or call John Dobroth, 1209 Shelburn, Ventura, CA 93001. (805) 643-3444.

Ken Napier on his 50th

By Jim-Diego Creed

One of America's premier masters runners celebrated his 50th birthday Saturday, April 17, by placing second in that category at the Los Gatos Christian Church Run for the Son 10K, in what he called a disappointing time of 41:21.

Ken Napier, greying now at the temples but still the same lean, loose-striding athlete who has set age group records in several events and has thrilled crowds in major meets across the country since he entered masters competition. A native of Bakersfield, the affable and soft-spoken Napier attended Bakersfield schools through junior college and then completed his education, graduating from San Jose State in 1958. While competing for the Spartans, he set personal bests of 1:52.8 in the 880 and 4:10.7 in the mile, the latter mark standing as a school record until broken by Jeff Fishback. In 1958 Ken placed 10th in the NCAA mile.

Now employed as an engineer at Lockheed in Sunnyvale, Ken is married and has two daughters, one of whom gave birth to another potential Napier runner, a little girl, ten weeks ago. The two daughters ran while in high school and Ken hopes that it won't be long before his grand-daughter will follow the family tradition. While competing as a member of the illustrious West Valley Joggers and Striders, Napier has long been a force to be reckoned with, having competed in the masters mile at the Examiner Games at the Cow Palace from 1972-1978. In 1973 he won the event with an amazing 4:37 at the age of 41.

While preferring the shorter races of up to 10k, Ken has posted a PR marathon time of 2:43.1, at the West Valley Marathon in 1972 and has a personal best as a master in the 10k, a fine 33 minute effort at Lake Merritt in 1973. He still holds the national record for his age group, a 4:17.2 1500 meters set in 1978.

Although not satisfied with his efforts at the present time, Ken looks forward to the 50-plus age group and has high hopes to be competitive on a national level in the mile, 1500 meters, 5000 meters and 10,000. He indicated that he was planning to compete in the Charge of the Lite Brigade Half Marathon, which crosses the San Mateo Bridge from Hayward to Foster City on April 25. Super-masters, better beware, Ken Napier is still around and is looking for new goals to pursue, new marks to challenge and you can see in his easy smile the confidence and assurance that he will be competitive for a long, long time. A very happy birthday from his many friends and running companions everywhere.

Masters Mt. SAC Relays

May 2, Mt. San Antonio College, Walnut.

Javelin- 40-49: 1. Lloyd Higgins (SCS) 178-5; 2. Gary Miller (CDM) 154-0; 3. Dennis DeWitt (SCS) 107-2. **50-59:** 1. Bill Morales (CDM) 158-11; 2. Ralph Hudson (Unatt) 150-1; 3. Pete Fetter (CDM) 138-2.

High Jump- 40-49: 1. John Dobroth (SCS) 6-4; 2. Gene Zubrinsky (Unatt) 6-2; 3. Lloyd Higgins (SCS) 6-0. **50-59:** 1. Dave Brown (CDM) 4-10; 2. Shirley Davisson (CDM) 4-8; 3. Dave Douglass (SCS) 4-8. **60-plus:** 1. Burl Gist (CDM) 4-10; 2. Orv Gillette (CDM) 4-6; 3. Jim Vernon (Trojan Masters) 4-8.

Pole Vault- 40-49: 1. Tom Woodring (Club West) 12-8; 2. Ed Oleata (SDTC) 12-0; 3. Dennis DeWitt (SCS) 10-6. **50-59:** 1. Vic Cook (SCS) 14-0½; 2. Fred Gallardo (NCS) 11-0; 3. Hal Wallace (STC) 10-6. **60-plus:** 1. Jim Vernon (Trojan Masters) 11-0; 2. Ralph Blesemeyer (Unatt) 9-0; 3. Orv Gillette (CDM) 8-6.

100 Meters- 40-49: 1. Walt Butler (SCS) 11.1; 2. Dennis DeWitt (SCS) 11.9. **50-59:** 1. Robert Watanabe (SCS) 12.6; 2. George Simon (SCS) 14.5. **60-plus:** 1. Tom Patsalis (CDM) 12.0; 2. Pet Fetter (CDM) 12.9; 3. Bob Hunt (SCS) 13.0.

Triple Jump- 40-49: 1. Al Henry (CDM) 40-1; 2. Dennis DeWitt (SCS) 35-8½. **50-plus:** 1. Dave Jackson (CDM) 42-8½; 2. Tom Patsalis (CDM) 37-4½; 3. Shirley Davisson (CDM) 35-4¼.

Shot Put- 40-49: 1. Jim Hart (WVTC) 44-8; 2. Ed Oleata (SDTC) 37-11; 3. Bob Frahm (SCS) 33-4. **50-59:** 1. George Ker (CDM) 42-10½; 2. Hal Wallace (STC) 39-4; 3. Dave Douglass (SCS) 36-6. **60-plus:** 1. Jack Thatcher (CDM) 47-3; 2. Mike Castaneda (SCS) 45-4¼; 3. Bill Burke (CDM) 37-8.

Long Jump- 40-49: 1. Al Henry (CDM) 20-3½; 2. Gary Miller (CDM) 19-5; 3. Dennis DeWitt (SCS) 17-0½. **50-59:** 1. Dave Jackson (CDM) 19-2; 2. Burton Otzinger (CDM) 15-11½; 3. Dave Brown (CDM) 14-11. **60-plus:** 1. Tom Patsalis (CDM) 19-0; 2. Bill Burke (CDM) 14-2; 3. Bill Morales (CDM) 13-11.

400 Meters- 40-49: 1. Gary Miller (CDM) 53.7; 2. Robert Jones (SCS) 57.3; 3. John Harper (CDM) 64.8. **50-59:** 1. Delaine Wagner (CDM) 59.5; 2. Dave Douglas (SCS) 64.2; 3. Tom Clayton (CDM) 65.1. **60-plus:** 1. Bob Hunt (SCS) 63.4; 2. David Lewis (CDM) 69.0.

1500 Meters- 40-49: 1. George Cohen (SCS) 4:23.2; 2. John Cheever (Unat) 4:32.8; 3. Jim Cullen (SCS) 4:57.3. **50-59:** 1. Bill Fitzgerald (CDM) 4:40.7; 2. Jerry Withers (CDM) 4:46.7; 3. Delbert Teter (Unatt) 4:48.3. **60-plus:** 1. David Lewis (CDM) 5:58.8; 2. Robert Long (SCS) 6:51.1.

110 Meter Hurdles- 40-49: 1. Walter Butler (SCS) 14.3; 2. John Dobroth (SCS) 14.7; 3. Dennis DeWitt (SCS) 15.9. **50-plus:** 1. Tom Patsalis (CDM) 16.8.

★ Masters U.S. Road Running Records ★

From Bob Martin - National Running Data Center

These are the Official US Road Running Records as recognized by the Road Runners Club of America and The Athletics Congress. Records must be set on certified courses whose start and finish lie within 10% of the race distance and do not drop more than 10 ft/mile in elevation from start to finish. Results must be submitted to the NRDC, along with information substantiating the accuracy of race procedures. In addition to the official records, the NRDC lists point-to-point marks on certified courses that are faster than the official records (signified with an "a"). "p" indicates a pending mark.

The records for younger age divisions were carried in previous issues of *California Track & Running News*.

MEN 70-74:

8 km	40:22	George Jacobs (73, NY)	81
10 km	42:08	Monty Montgomery (73, CA)	80
15 km	1:04:23	Ray Sears (70, IN)	77
10 miles	1:12:05	Edward Benham (73, MD)	81
20 km	1:32:22	Edward Benham (73, MD)	80
Half Marathon	1:35:42	William Andberg (70, MN)	81
25 km	2:01:35	Ed Wiberg (72, MI)	80
30 km	2:25:54	William Andberg (70, MN)	81
20 miles	2:59:45	Paul Fairbank (70, MD)	76
	a2:47:56	L.L. Daby (70, AZ)	81
Marathon	3:07:26	Monty Montgomery (71, CA)	77
50 km	4:54:20	Jim Bole (71, CA)	79

MEN 75-79:

8 km	p42:15	Max Popper (77, NY)	81
10 km	54:14	Willard Benton (76, CA)	80
	p52:47	Max Popper (78, NY)	81
	a45:38	Lou Gregory (75, FL)	78
15 km	1:19:31	Ben Mostow (75, IL)	79
10 miles	1:31:23	Al Gordon (79, NY)	80
20 km	1:47:15	Lou Gregory (75, FL)	77
Half Marathon	2:04:26	Noel Johnson (76, CA)	76
	p2:01:32	Max Popper (78, NY)	81
20 miles	2:49:14	Paul Spangler (77, CA)	76
Marathon	3:59:47	Paul Spangler (79, CA)	78
	a3:58:29	Lou Gregory (76, FL)	78
50 miles	11:22:43	Ben Mostow (78, IL)	81

MEN 80 & OVER:

10 km	58:47	Noel Johnson (80, CA)	78
20 km	1:58:35	Paul Spangler (81, CA)	80
25 km	3:31:37	Ivor Welch (85, CA)	80
20 miles	4:18:00	Ivor Welch (84, CA)	79
Marathon	4:50:00	Paul Spangler (81, CA)	80

WOMEN 70 & OVER:

10 km	53:32	Leona Lugers (74, MI)	81
20 km	1:54:47	Leona Lugers (74, MI)	81
Half Marathon	2:23:27	Bess James (70, CA)	80
20 miles	3:25:59	Mavis Lindgren (71, CA)	78
Marathon	4:37:37	Mavis Lindgren (72, CA)	79

200 Meters- 40-plus: 1. Walt Butler (SCS) 22.6; 2. Gary Miller (CDM) 23.0; 3. Bill Knocke (SCS) 23.2.

5000 Meters- 40-49: 1. Skip Shaffer (Culver City AC) 16:28.8; 2. Truman Clark (SCS) 17:05.0; 3. Louis Simms (STC) 19:51.0. **50-59:** 1. Patrick Devine (Orange Flyers) 18:06.3; 2. Avery Bryant (CDM) 19:01.2.

Discus- 50-59: 1. George Ker (CDM) 129.3; 2. Hal Wallace (STC) 119.9; 3. Fred Gallardo (NCS) 101.0.

West Coast Relays

May 8, Lemoore: West Coast Relays - Masters 100 Meter Dash.

1. Payton Jordan 12.86, 2. Harry Koppel 13.25, 3. Clarence Killian 13.25, 4. Hoover 13.9, 5. Lopes 15.6.

Budweiser Invitational

May 2, San Jose: Budweiser National Invitational - Masters 200 Meter Dash.

1. Bob Simpson 24.00, 2. Gil Laturre 24.09, 3. Mel Brooks 24.23, 4. Bruce Springbett 24.57.

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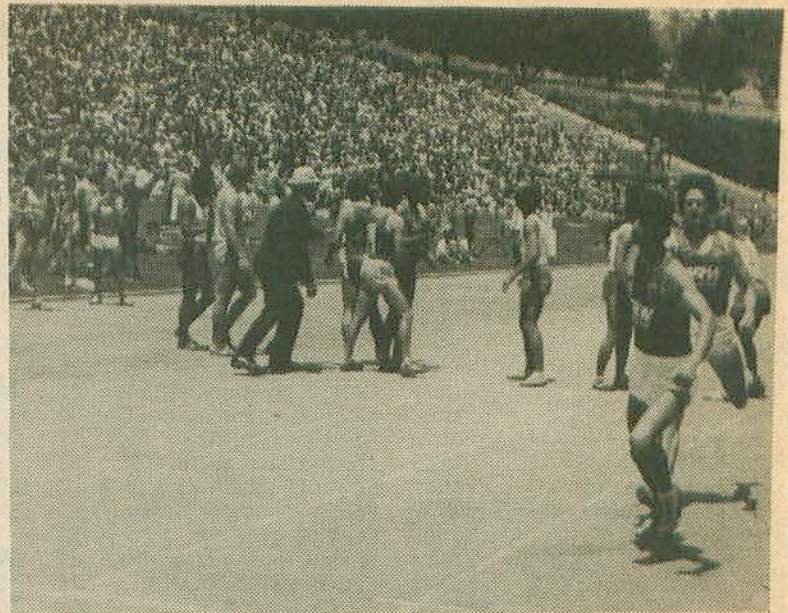
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The National Running Data Center is an independent non-profit organization that compiles and maintains the official U.S. road-running and long-distance track records, as recognized by the Road Runners Club of America and The Athletics Congress. Send for a list of other available publications - SASE appreciated.

California Corporate Track Association

by Tony Baker



As 11,131 spectators at the UCLA/Pepsi Invitational cheer on the Corporate teams, TRW's Dave Rollendelli hands to Vince Morretti. TRW went on to win in 6:09.3 because of fast 440 legs in 63.3 and 62.4 by Holly Stewart and Vivienne Nixon.

Top Teams, Individuals Advance To Championships

More than 400 full-time employees from 26 companies and organization teams competed in qualifying meets in Los Angeles and San Diego. The fastest qualifiers at eight Olympic track distances in four age categories advance to the Southern California Corporate Championships May 23 at El Camino College. In the 100, 200, 400, 400 relay and 1600 relay, the top nine qualified for the finals. In the 800, 1500 and 5000 the top fifteen advanced.

The tough battle for the men's team championship appears inevitable between Hughes, TRW and General Atomics. TRW and Hughes have qualifiers in 19 individual events and 4 relays. General Atomics is close behind with 13 individual qualifiers and 3 relays. Most of GA's qualifiers have leading marks. TRW is led by Kirk Powers and Bill Wright who are each in three events. Tim Upshaw, Michael Brown and Greg Gawlik lead Hughes Aircraft in three events each. General Atomics is led by Graeme Shirley, who will run on two relays and is favored in the 30 and over 800 and 1500.

TRW's women are the heavy favorite to win the women's team championship. They qualified four times as many competitors as their closest challenger. The real battle in the women's team competition will be for second and third place honors. Exxon, Los Angeles Times, Hughes, Stater Bros. Markets or Security Pacific Bank could emerge as the second place team.

Here's how the team competition stacks up:

MEN'S TEAMS	
Company	Individuals/Relays
Hughes Aircraft	19/4
TRW	19/4
General Atomics	15/3
Fed Marg	13/2
Security Pacific Bank	10/3
Los Angeles Times	11/1
Rockwell International	10/1
Stater Bros. Markets	8/2

Kaiser Steel	7/2
Pacific Telephone	9/0
Hewlett Packard	4/2
Exxon	6/0
Escondido Fire Department	6/0
Datsun	4/0
Bank of America	3/0
Interstate Electronics	3/0
Fluor Corp	2/0
Garrett Corp	2/0
Data Access Systems	1/1
Oceanside School District	2/0
Dept. of Defense	1/0
Kaiser Hospital	1/0
Los Angeles Sanitation	1/0
San Diego Tribune	1/0
State of California	1/0

WOMEN'S EVENTS

Company	Individual/Relays
TRW	36/4
Exxon	7/3
Los Angeles Times	7/1
Hughes Aircraft	8/0
Stater Bros. Markets	3/2
Rockwell International	4/1
Bank of America	5/0
Security Pacific Bank	3/1
General Atomic	4/0
Pacific Telephone	4/0
Fed Mart	2/1
San Diego Tribune	2/1
Mattel	1/1
Criterian S.D.	2/0
Fluor Corp.	2/0
Postal Instant Press	0/1
American Airlines	1/0
Chiropractic Offices	1/0

30 + 100M

Michael Lindsey (Datsun)	11.37
Zasy Ralph (Kaiser Steel)	11.49
Kirk Powers (TRW)	11.67
Duane Johnson (Sec Pac Bank)	11.73
Robert Simmons (LA Times)	12.00
Tom Sprinks (Oceanside SD)	12.07

Open 200M

John Thomas (Hewlett Packard)	22.94
Derant Davis (Pac Tele)	23.42
Michael Brown (Hughes)	23.53
Mark Misuraca (Hughes)	24.02
Dan Traylor (Stater Bros)	24.14
Curtis St. Julian (Stater Bros)	24.45

30 + 200M

Michael Lindsey (Datsun)	24.38
Tom Sprink (Oceanside SD)	24.67
Carl Frozier (Sec Pac Bank)	24.78
Robert Simmon (LA Times)	25.04
Vern Jenkins (LA Times)	25.68
Tony Marshall (Hewlett Packard)	25.75

Open 400M

Tim Upshaw (Hughes)	51.40
Darrell Middleton (Sec Pac Bank)	52.30
Michael Brown (Hughes)	52.37
Vince Morretti (TRW)	53.16
Glenn Rhinehart (Sec Pac Bank)	53.17
Bill Atkins (Escondido FD)	53.19

30 + 400M

Bill Wright (TRW)	56.04
Jerry Williams (Pac Tele)	56.78
C. Sturtevant (Exxon)	57.36
Tom Sprink (Oceanside SD)	57.42
Phil Alberts (TRW)	58.24
Wayne Pfeiffer (Gen Atomics)	58.45

40 + 400M

Robert Simmons (LA Times)	56.59
Louie Amarillas (Pac Tele)	57.04
Chris Bourke (TRW)	58.25
Joe Young (LA Times)	60.02
John Cosgrove (Hughes)	60.69
Rick Martin (Exxon)	60.74

Open 800M

Peter Mogg (Sec Pac Bank)	1:57.0
Robert Beauchamp (Hewlett Packard)	2:01.0
Dave Rollendelli (TRW)	2:01.0
Ron Rosas (LA Sanitation)	2:01.5
Greg Gawlik (Hughes)	2:01.9
Al Shorts (Rockwell)	2:02.3

List of Top Qualifiers Men's Events

Open 100M

Al Shorts (Rockwell)	10.94
Greg Anderson (Stater Bros)	11.23
Derant Davis (Pac Tele)	11.25
Frank Ross (LA Times)	11.32
Mark Misura (Hughes)	11.49
Glenn Rhinehart (Sec Pac Bank)	11.55

Women's Events

30 + 800M

Graeme Shirley (Gen Atomics)	1:59.7
Ben Wilson (Kaiser Steel)	2:06.4
Steve Donahue (Hughes)	2:09.3
Rob Whitley (TRW)	2:10.7
Andy Vollmer (LA Times)	2:13.4
Jerry Hackett (Lockheed)	2:13.7

40 + 800M

Ron Werner (TRW)	2:14.8
Ernie Portillo (Hughes)	2:16.7
Bob Daniel (Escondido FD)	2:29.1
Bill Francis (Rockwell)	2:31.3
Chris Bourke (TRW)	2:39.4
John Gamley (Gen Atomics)	2:43.0

Open 1500M

Peter Mogg (Sec Pac Bank)	4:02.7
Greg Gawlik (Hughes)	4:09.1
Steve Lassegard (Inter Elec)	4:10.0
John Araujo (Rockwell)	4:18.3
Danny Goldman (Kaiser)	4:19.5
Mark Orr (Stater Bros.)	4:24.3

30 + 1500M

Graeme Shirley (Gen Atomics)	4:08.8
Ben Wilson (Kaiser Steel)	4:12.2
Mike Tsehai (Rockwell)	4:24.6
Steve Donahue (Hughes)	4:27.9
Gene Benton (Interstate El)	4:53.6
Jerry Ashcroft (LA Times)	4:58.2

40 + 1500M

Ron Werner (TRW)	4:39.8
Pete Larson (Gen Atomics)	4:44.1
Al Barrett (TRW)	4:49.5
Bob Daniel (Escondido FD)	5:52.8
John Gamley (Gen Atomics)	5:11.6
Bucky Buckowich (Rockwell)	5:50.6

50 + 1500M

Paul Saucedo (LA Times)	5:25.7
Dwight Moberg (TRW)	5:27.3
Bob Landry (LA Times)	5:34.3
Bill Fitzgerald (TRW)	5:34.6
Ron Will (Gen Atomics)	5:50.3
Bill Smith (Exxon)	6:36.9

Open 5000M

Greg Gawlik (Hughes)	15:29.3
Tom Burns (TRW)	15:48.0
Les Tate (Fluor)	15:48.8
Mark Duinany (Datsun)	16:26.2
John Araujo (Rockwell)	17:01.7
Robert Radnoti (Exxon)	17:02.4

30 + 5000M

Ben Wilson (Kaiser)	16:38.7
Mike Tsehai (Rockwell)	16:40.1
Bruce Horiguchi (Hughes)	16:56.8
Harold Jesse (TRW)	17:20.7
Robert Baker (Pac Tele)	17:42.7
Stephen Gooze (TRW)	17:45.0

40 + 5000M

Pete Larson (Gen Atomics)	17:29.4
John Cosgrove (Hughes)	18:46.4
Bob Daniel (Escondido FD)	18:56.5
Jeff Broida (Gen Atomics)	19:57.6
Chuck Bolln (TRW)	20:10.0
Sherman White (Sec Pac Bank)	20:55.1

Open Mile Relay

Hughes	3:37.8
Hewlett Packard	3:39.3
TRW	3:39.7
Security Pacific Bank	3:40.8
Stater Bros.	3:41.7
Rockwell	3:44.5

30 + Mile Relay

TRW	3:53.7
Hughes	4:03.2
Kaiser Steel	4:11.3
General Atomics	4:15.2
Security Pacific Bank	4:18.6

Open 400M Relay

Hughes	44.13
Security Pacific Bank	45.06
TRW	46.27
Hewlett Packard	46.45
LA Times	46.72
Stater Bros.	47.32

30 + 400M Relay

TRW	47.29
Security Pacific Bank	47.62
Kaiser Steel	51.14
Hughes	51.83

Open 100M

Lerrita Dicus (Fluor)	13.39
Dyann Mathews (LA Times)	13.76
Holly Stewart (TRW)	13.95
Honor Featherston(Pac Tele)	14.17
Christina Garza (TRW)	14.74
Donna Malone (Exxon)	

30 + 100M

Doris Smith (LA Times)	14.96
Debbie Terrano (TRW)	15.02
Lu Walker (Pac Tele)	15.06
R. Shamid-Deen (LA Times)	15.37
Betty Cohen (TRW)	15.78
Karen Atkinsky (Exxon)	21.69

30 + 200M

Ginny Sargeant (TRW)	30.73
Doris Smith (LA Times)	31.23
Debbie Terrano (TRW)	32.36
R. Shamsid-Deen (LA Times)	32.84
Betty Cohen (TRW)	32.80
Gerry Miller (B of A)	40.80

Open 200M

Barbara Samalego (B of A)	27.64
Dyann Mathews (LA Times)	29.31
Holly Stewart (TRW)	29.33
Lerrita Dicus (Fluor)	29.45
Christina Garza (TRW)	30.10
Karen Gosney (Stater Bros)	31.81

Open 400M

Karen Ruse (TRW)	62.70
Barbara Samaniego (B of A)	64.28
Honor Featherston (Pac Tele)	64.44
Michelle Garza (TRW)	66.67
Janice Schurgot (B of A)	67.09
Eileen Barley (TRW)	68.24

30 + 400M

Ginny Sargeant (TRW)	66.22
Sue Robbins (Rockwell)	73.90
Sandy O'Bitz (Rockwell)	80.22
Belle Tom Dennis (Exxon)	89.84

40 + 400M

Kathie Owen (TRW)	76.08
Faye Metz (Hughes)	79.88
Karen Milke (TRW)	80.70
Masumi Hattori (TRW)	88.47
Loretta Smith (TRW)	88.61
Gerry Miller (B of A)	99.73

Open 800M

Jan Connors (Exxon)	2:31.8
Vivienne Nixon (TRW)	2:35.7
Lynne Jacobs (TRW)	2:48.7
April Winship (TRW)	2:50.4
Terri Mason (Stater Bros)	2:55.4
Thuy Lee (TRW)	3:01.8

30 + 800M

Jean Jones (TRW)	2:36.8
Wendy Watson (TRW)	2:43.3
Pam Henline (Gen Atomics)	2:47.7
D. Croon Moss (LA Times)	2:58.1
Sue Robbins (Rockwell)	2:58.5

40 + 800M

Kathie Owen (TRW)	2:55.8
Alberta Codd (TRW)	3:05.1
Elsa Evans (Criterion)	3:05.9
Ann Martin (Hughes)	3:10.1
Faye Metz (Hughes)	3:15.7
Masumi Hattori (TRW)	3:27.2

Open 1500M

Teresa Hom (Hughes)	5:15.1
Kathy Hart (Sec Pac Bank)	5:20.7
Diane Morris (Chiropractic)	5:33.2
April Winship (TRW)	5:38.7
Cathy DeStout (Mattel)	5:47.5
Adrienne Foster (Exxon)	5:54.2

30 + 1500M

Wendy Watson (TRW)	5:19.0
Diana Johnson (Hughes)	5:23.8
Pam Henline (Gen Atomics)	5:38.9
Sandy O'Bitz (Rockwell)	6:23.6

40 + 1500M

Kathie Owen (TRW)	5:58.3
Alberta Codd (TRW)	6:00.4
Masumi Hattori (TRW)	6:36.1

50 + 1500M

Ginny Gossard (Amer Airlines)	6:40.8
Agnes Kamenoto (TRW)	6:48.4
Nicki Hobson (Gen Atomics)	6:55.4

Open 5000M

Teresa Hom (Hughes)	19:33.8
Kathy Hart (Sec Pac Bank)	20:09.2
Ilma Romero (Pac Tele)	20:46.6
Sharon Hughey (Fed Mart)	24:27.6

30 + 5000M

Diana Johnson (Hughes)	20:11.2
Mary Walker (TRW)	22:51.6

40 + 5000M

Mary Elwell (TRW)	22:18.7
Elsa Evans (Criterion)	22:30.7
Ann Martin (Hughes)	23:03.6
Nicki Hobson (Gen Atomics)	23:45.3
Matsumi Hattori (TRW)	24:14.6

Open 400M Relay

TRW	53.37
LA Times	58.19
Stater Bros.	59.12
Exxon	59.14
PIP	62.00
San Diego Tribune	63.86

30 + 400M Relay

TRW	58.88
Exxon	69.22
Mattel	70.55

Open, 30 + Mile Relay

TRW	4:34.8
TRW (30 +)	4:45.7
Exxon	4:54.2
Stater Bros.	4:58.2
Rockwell	5:29.9

Pepsi Co-ed Relay

The Corporate Coed Relay event made its outdoor debut at the UCLA/Pepsi Invitational May 16 in of over 11,000 Southern California track fans. Nine company relay teams ran a 440-880-880-440. The foursome from TRW of Holly Stewart, Dave Rollendelli, Vince Morretti, and Vivienne Nixon, led from wire to wire and won in 6:09.3. TRW was challenged several times during the race by Exxon and Hughes, but held on to win by 40 yards. The fastest split was a 1:53.5 880 run by Peter Mogg of Security Pacific Bank.

1	TRW (Stewart 63.3, Rollendelli 2:01.8, Morretti 2:01.8, Nixon 62.4)	6:09.3
2	Exxon	6:17.0
3	Hughes Aircraft	6:17.8
4	TRW Space Systems	6:20.0
5	Security Pacific Bank	6:28.5
6	Stater Bros. Markets	6:33.4
7	Rockwell	6:34.8
8	Pacific Telephone	6:37.8
9	LA Times	NT

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Medical Notes for Runners

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

THE BOSTON MARATHON

A report of the Marathon itself and associated scientific meetings

My first Boston Marathon was eight years ago. Since then, I've run six Boston Marathons, having done five in a row, and then missing two years. I returned to Boston this year after a two-year vacation and much had changed since that first Boston Marathon eight years ago. The first Boston Marathon I ran was still with a relatively small field, two to three thousand people. There was room in the Hopkinton gymnasium for most of the runners to crowd around and talk to each other or leisurely stretch before the race. The qualifying times in the old days were relatively easy to meet and there were a lot of 3:30 marathoners in the race. Although a very slight amount of time might be lost at the start, most people could run a good marathon unrestricted.

Contrast that to the race I ran a month ago where there were over 7,000 people and you started and finished with the group you lined up with at the starting line. Contrast that with an 8 to 10 minute delay at just getting across the starting line. And contrast that with running an entire marathon with the same type of crowd you'd expect in the Bay to Breakers. In short, the Boston Marathon is no longer a race; it is a long fun run for marathoners. The only problem is that this crowd of marathoners is terribly serious and still attempts, although foolhardily, to run the marathon as a race. Impossible! How can you run a race surrounded by people?

"...the Boston Marathon is no longer a race; it is a long fun run for marathoners."

Boston, this year as always in the past, has the most unpredictable weather imaginable. I've run Boston when the ground temperature is 110° and I've run Boston

when a sweatshirt and gloves are more appropriate. This year, it was hot. Although the paper said it was only about 70°, it felt more like 86°. Dehydration and heat exhaustion was a serious problem. Over 500 intravenous bottles were hung on 500 exhausted dehydrated runners. Alberto Salazar, the winner of the race, reportedly was in shock with a low rectal temperature and needed two and one-half liters of fluid replacement. Had medical help not been available at the finish line, Salazar could have very well died. We all know that the best thing to do when the humidity or temperature is high is to run slower. That means that you should not race on a day like that and, in fact, the marathon should be a fun run.

I knew it was too hot to race and the conditions of the crowd, the 7,000 or more marathoners themselves, precluded a race anyway for me. I started with the middle of the pack and finished with the middle of the pack. I ran slow and relaxed, stopped at every water pit and had water, and didn't really exert myself until the last two miles of the race when it was self apparent that I had better pick up my pace to break 3:30. Thus, I had very little soreness or discomfort after the race, was able to go out that evening and participate in the American Medical Jogger's Association banquet, and in effect, felt rather well having just run a marathon. I contrast this to the year I ran a 2:59 at Boston and had difficulty climbing

up the curb to get back to my hotel room. A half an hour in a marathon is a savings of over 1 minute per mile. The difference between 6½ minutes per mile and 7½



minutes per mile can be the difference between discomfort and comfort. It can be the difference between heat exhaustion and death or mild fatigue and safety.

About three weeks prior to the Boston Marathon, I ran the Pinole Marathon as a warmer-upper. This was a marvelous event. The Zephyr Track Club throws a first-class marathon. There were only about 250 or 300 people there in all, and the overwhelming spirit was that of fun runners who had trained appropriately and just wanted to finish comfortably. Oh, there were a few runners in the race who were serious and ran quite well but most of us just plodded along at a leisurely pace. This course is rather difficult with the famous pig farm hill located in the middle of this out-and-back course. We experienced various weather conditions from pouring rain to cold wind to brief periods of warm sunshine. The worst part of the Pinole Marathon was not the uphill, which tended to relax my muscles, but the downhill, which tore my quadriceps up. While on the long downhill, I reflected upon two basic concepts. Firstly, you can never recover on the downhill what you lost on the uphill when running hills. Things never seem to balance each other out and scientific tests prove that there is a net loss in performance and time when running hills. Secondly, the quadriceps, those massive muscles in front of the thigh, function in two ways. There are two separate types of contracture that take place. Firstly, the quadriceps go through eccentric contracture and, secondly, the quadriceps go through concentric contracture. Eccentric contracture is when the muscles are being

elongated despite muscle activity. Muscles have two major functions. The first is that of producing energy and the second is that of absorbing energy. When energy is absorbed, muscle can become fatigued and injured. The quadriceps crosses two joints. We note that the majority of injuries to muscles of the lower extremity take place on those muscles which cross two joints. Thus, the quadriceps, the hamstrings, and the calf muscles are most easily injured. When two joints are crossed, it means that, if one joint is out of balance in relationship

the old form of carbohydrate loading, beginning about a week before the marathon, we would run long distances for three or four days and eat almost only protein. We felt that this would completely wipe us out of glycogen stores and then, during the replenishing phase, that period of time three to four days before the marathon, we would eat only carbohydrates and run very little in hopes of increasing the stores of glycogen in our muscles by three to four times. Well, Dr. Costill has done convincing research which shows that it is un-

"A half an hour in a marathon is a savings of over one minute per mile...can be the difference between discomfort and comfort."

to the other joint, a muscle or tendon may be stretched at that moment when it's contracting. This causes injury. When going downhill, the quadriceps contract so that the knee will not buckle. The quadriceps is opposed by the hamstrings. The hamstrings have a tendency to become tight yet weak and the quadriceps have a tendency to become also weak and tight. The hamstrings and quadriceps must continually be stretched and strengthened. Even with this, however, downhill running takes its toll. The hamstrings get tighter and tighter and the quadriceps get weaker and weaker as they absorb stress, four times body weight going downhill. They lengthen as the knee flexes at contact. If the quadriceps become devoid of stored energy, glycogen, they no longer can do their job of protecting the knee joint through stabilizing the joint and through absorbing shock. Thus, the muscles become irritable and begin contracting. When the muscles contract, you feel cramping and you may be subjecting yourself to the possibility of a muscle pull or partial rupture.

Well, what about the scientific meetings? On my way to Boston this year, I stopped off at Dayton, Ohio, where I participated in a sports medicine seminar at Wright State University. I was the guest of orthopedist, Bill Donahue, who was most gracious. The seminar featured my old friend and mentor, Dr. Dave Costill, from the Human Performance Laboratory of Ball State University. Dave is one of the foremost exercise physiologists in the world. I asked Dave about nutrition and the quadriceps. Dave told me that it's possible to improve the performance of the muscles during an endurance event by doing two things. The first is that of a modified carbohydrate loading program and the second is that of utilizing some form of simple carbohydrate during the endurance event. With carbohydrate loading, one can increase the glycogen stores in the muscles to three or four times normal by simple resting for three or four days prior to the marathon and eating more complex carbohydrates than protein. It is unnecessary to go through the phase of carbohydrate depletion and protein overloading with long distance running that many of us used to do in the old days. With

necessary to go through this most unpleasant phase of protein overload with carbohydrate sparing. Dr. Costill insisted that I should not run the day before the marathon and should only go about 30 minutes two days prior to the marathon. He felt it to be quite important for me not to deplete the stores of glycogen in my liver or muscles. He felt, likewise, that a good form of food prior to the marathon would be complex carbohydrates such as vegetables and fruits and, also, that there would be no harm and, in fact, quite some benefit in having an ice cream cone or a milk shake. He felt, as it's always been my impression, that no food should be taken within two or three hours of the endurance event itself. Ample amounts of fluid, however, should be taken and the best fluid prior to a race is water. Once the race has started, some improvement in muscle function may be noted if the athlete takes some form of simple carbohydrate. The best form of simple carbohydrate would be dextrose. Sucrose, sugar, is a disaccharide made up of fructose and dextrose. The fructose needs relatively high insulin levels for metabolism and the dextrose is metabolized immediately. Thus, dextrose appears to be better than fructose during the event whereas fructose may be better than dextrose for those periods after a race when one wishes to replenish the glycogen and yet not cause a reactive hypoglycemia by shocking the system with the pure dextrose which causes an insulin spike. Based upon this knowledge, I've done a considerable amount of long distance running and, during the runs, will simply suck on a sugar cube or dextrose cube if I can find it. I've also utilized fructose, even though Costill says it is not as good, and I've found that, indeed, it works relatively well. Most of the electrolyte drinks that are available for marathoners have a tendency to concentrate fluids in the gut and cause dehydration. Although these are advertised as being isotonic, in fact they are hypertonic. The best solution to take for fluid replacement during a race is water. If it's a cool day, you can mix a small amount of electrolyte replacement fluid with your water and usually not dehydrate.

continued on next page...

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Medical Notes

What else did Costill say? Costill was quite concerned about runners who tend to be getting their total body fat too low. He feels, as does Dr. Thomas Basler, that if the total body fat of male runners gets down below 7 or 8%, they may be nutritionally deprived and this may be a cause of injury or even a cause of cardiac irregularity. Of concern is the loss of total body fat in the women athletes who are just too skinny. They don't have enough fat to protect their bodies or hearts and, in fact, may not be ab-

subgoals when they are coming back from an injury. We have to be optimistic, all of us, the athlete and those treating athletes, and have realistic subgoals rather than unrealistic large goals. What's really important, though, is to completely rehabilitate the athlete, both physically and mentally, once an injury has taken place. The athlete must understand why the injury happened and what to do to avoid it. The athlete must also realize that once there has been an injury, within two weeks 40% of the strength of the muscles surrounding the injured joint will be lost. This is a reflex phenomena which

minutes and then pick up the pace for another 45 minutes with an hour and one-half workout. This also means that, if one is trying to lose a bit of weight with their running program, they will have to run at least 45 minutes. The first 30 minutes won't markedly affect fat metabolism as the last 15 minutes will. As Dr. George Sheehan says, the first thirty minutes are for the body. The last thirty minutes are for the mind. There appears to be some relationship between the release of endorphins and enkephalins those endogenous morphine-like substances in the brain and fat metabolism. Dr. Costill also said that the body usually knows what it needs and the best thing to do is eat what you feel like eating within limits of reason. The main difference between the trained and the untrained individual is the amount of mitochondria, those powerhouses of the muscles, and glycogen granules, that are stored in the muscle. The untrained athlete quickly becomes hypoglycemic. The liver just can't keep up. The trained athlete has far more powerhouses to produce energy and, likewise, has stored more energy.

"It is unnecessary to go through the phase of carbohydrate depletion and protein overloading with long distance running...."

sorbing the fat soluble vitamins appropriately. This is interesting when compared to the latest studies on longevity and health which show that those people in our population who are about 10 pounds overweight, exercise regularly, and don't smoke, yet drink moderately, live longer than those people who are their ideal weight or skinnier. I personally have observed that many athletes of high caliber, especially long distance runners, tend to have more injuries due to the loss of protective layers of fat around their muscles and tendons. The bones of the body, especially the heel bone, become more frequently injured when they lose the protective fat pad on the bottom of the heel. I, myself, dropped my weight to 147 pounds, the lightest I've been since my high school days when I was a wrestler, in preparation for the Boston Marathon. I was urged by my wife and office workers to gain weight again since I was extremely irritable, very hyper, and looked like a cadaver. Despite this, I felt that I was running quite well. I've raised my weight to 152 pounds, still can wear the same clothes, feel generally happier, get along better with my wife and co-workers, and am still running about the same. The moral: Who knows? Perhaps, a little fat is better.

Also at the meeting was Dr. Kenneth DeHaven. He's an orthopedist from Rochester, New York who spoke about the psychological considerations of the injured athlete. He mentioned such things as the athlete who ignores pain, denies reduction of ability to perform, and hides injuries. He mentioned the fact, which I also observe when treating runners, that the injured runner really doesn't know what to do because much of the social life of this athlete is based upon running. Some athletes, on the other hand, find that the only way they can have a socially acceptable out from participation in their sports is to have an injury. Once an athlete has been injured, there's always a fear of reinjury and this hampers future participation in sports. It's a good idea to give an injured athlete small

the athlete can do little about. It's important for the athlete to find other forms of suitable aerobic exercise which will allow the body to maintain aerobic fitness and, likewise, will begin to exercise those muscles which reflexly became weakened after the injury. This must be done in such a way as to protect the injured part of the body. I, myself, find it most helpful when treating an injured athlete or an athlete that I have had to operate on, to have that athlete utilize an exercise bike, swimming, or trampoline exercises to regain total strength while protecting the injured part. Remember, for every week you are away from your sport, you may lose up to three weeks of conditioning.

After Dr. DeHaven spoke, Dr. Costill spoke again. Costill showed a chart which demonstrated the metabolism of sugar and metabolism of fat in the runner. When first beginning an endurance activity, sugar is metabolized. This is the glycogen stored in the muscles. Once this glycogen has been exhausted, there's no way to replace it. After about thirty minutes, the fat line and sugar line cross and the athlete is metabolizing more fat than sugar. After an hour, an athlete is metabolizing mostly fat.

What about Boston? Well, after I left Dayton, Ohio, I returned to Pittsburgh to see my brother-in-law and sister-in-law, who had just had a new child. I'd left my daughter, Ali, with my brother-in-law and sister-in-law and it was good to see her again after my short hiatus to Dayton. After Pittsburgh, I headed out for Boston where I took part in the American Medical Jogger's Association Seminar on Running. We had a symposium on running injuries in which I made the comment that, from my research, the best we have is running barefooted on grass. As soon as we place a shoe on, we are compromising our foot and it's all downhill from there. In my studies, I showed that there is far more pronation and instability in a shoe than when running barefooted on a reasonable surface. There is nothing really wrong with us. It's just the surfaces we choose to run on. Genetically, our bodies have not at all caught up to the environment we choose to subject them to. We just have not adapted to hard unyielding surfaces. Although shoes may help absorb the shock, they also create more motion and this excessive motion or pronation is a major cause for injuries. The

"The best solution to take for fluid replacement during a race is water."

What this means to me is that it is best to start an endurance activity very slowly until at least 30 to 40 minutes have passed so that the glycogen in the muscles is spared. After one feels the fat metabolism working, and this is usually called the second wind, increased speed or harder running can be achieved without depleting stores of glycogen. The glycogen may be necessary in the latter phases of a marathon or endurance race if a kick is necessary. I, myself, always run slowly for about 45

midsoles of shoes, as I've said previously, are still too soft and some major shoe manufacturers still make shoes that last only 300 miles before the midsole is completely exhausted or loses all recoil or rebound. There will be more about shoes in one or two months when I publish my shoe survey study.

The highlight of the American Medical Jogger's Association Meeting was Dr. Tom Bassler's debate with others. Dr. Bassler maintained that there are unexplained car-

diac deaths secondary to nutritional deficiencies. He stated that it's necessary for all athletes to have enough essential fatty acid, linoleic acid, just to be healthy. Those athletes whose total body fat is getting entirely too low or who are not eating enough fat or simple sugars in their diet may be prone to increased injuries and/or cardiac risk. Thus, we're back to the old balanced diet idea. Eat sensibly and exercise sensibly. Dr. Bassler cited a study, which I likewise have read, which shows that the Pritikin diet, which is low in fat and sugars, is actually dangerous to runners. The Pritikin diet, likewise, is no better than the American Heart Association Diet which has about 10% more fat and sugars in it in regard to cardiac disease prevention. Dr. Bassler feels that a vegetarian is at risk in developing more injuries and/or cardiac problems when they are long distance runners. This is because of the lack of protein, essential fatty acids, and simple sugars.

Dr. Paul Thompson, cardiologist, showed that there's a very low incidence of death or cardiac disease in long distance runners if they have no previous disease. He also felt that there may be an increased risk in cardiac deaths in those athletes who have pre-existing cardiac disease. He stated that it appears as though there's 7,000 joggers for every cardiac related death. He felt that you would have to do 7,000 stress tests to screen out one risky patient. Thus stress tests for the average athlete or distance runner appear to be totally unnecessary or, in fact, unwarranted. This, of course, is not the case if there is a history of cardiac disease in the family or if the runner to be, himself, may have several stress factors related to cardiac disease. Dr. Thompson showed a case of exercise induced coronary arterial spasm which caused sudden death. At the time of autopsy, the coronary arteries would have appeared normal inasmuch as they would have redilated.

Dr. Bassler countered by showing that there's ten times more deaths among sedentary smokers when compared to nonsmoking runners. He, again, gave his theory about diet related cardiac arrhythmias. The fast, skinny runner can be at risk. They avoid too much fat, cholesterol, alcohol, and meat. The high mileage vegetarian is at risk. Your mortality may be up if your cholesterol is below 215 according to Dr. Bassler. Dr. Costill and Dr. Bassler agree that it is unnecessary to run over 70 miles per week.

I also participated in other seminars throughout the long weekend. I lectured at the Children's Hospital Benefit and, at that time, I made the statement that the faster you run, the more at risk you are for injury. The faster you run, the more acceleration you are subjecting your body to. The more acceleration, the greater the G's of stress. That means that, as you run faster, you are subjecting your body to more stress. Also, as you run faster, because of the increased stress and load, there's increased pronation. This continues until you're actually sprinting on the balls of your feet at which time there is decreased pronation, also more stress. We're back again to the old adage, "Run slowly, eat properly, and get enough sleep and you'll live a normal life." Moderation is important in that running over 70 miles per week can be harmful and

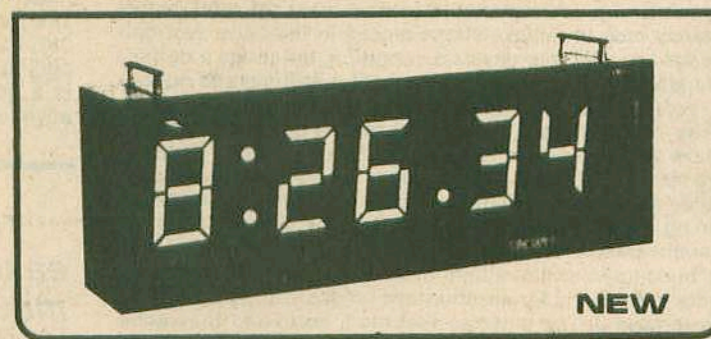
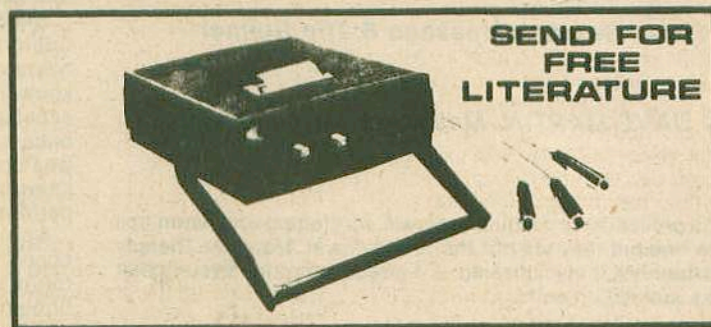
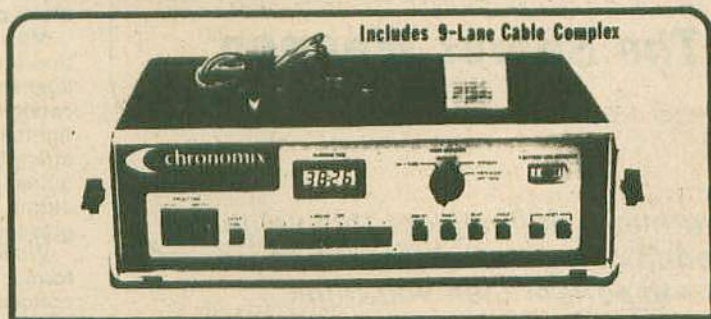
it's unnecessary for peak performance. And lastly, I have found that it is best to avoid those crowded hyped up races where everybody is entirely too serious. I prefer the quiet uncrowded marathons run by conscientious race directors such as the Pinole Marathon. This, of course, is why we all got into running about ten years ago anyway to escape the maddening crowds and to enjoy ourselves.

Will I be back at Boston next year? Who knows! Right now, I doubt it. But as Boston draws closer, I most likely will be drawn there as if there is some magical giant

magnet which attracts me. I like the feeling of the town of Boston prior to the Marathon. I like reading the newspapers about all the famous runners that will be there. I even like the tremendous support of the crowds at Boston. I just don't like the start or all the runners that surround me during the race. This appears to be the last year Boston will be run as the Boston Marathon I knew. They are going to change the course, change the start, change the rules. They're going to pay the top finishers and maybe go to some form of lottery system for the rest of us. Will I run Boston again? Who knows!

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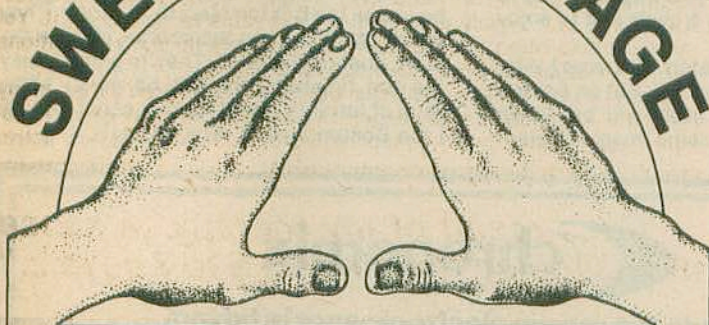
Prints place and time for an unlimited number of runners. Prints splits and gives total; also prints sequential and cumulative times. CC707 times to 1/10 second and operates on rechargeable batteries (charger included).

CC601 Run Time Clock (Bottom Photo)

This new Run Time Clock has 6" Day-Glo digits that can be seen up to 400' distant. Shows hours, minutes, seconds (or 1/100's in split mode). It operates 75 hours on an internal set of D-size batteries. An easy-to-use keyboard sets all functions and preset times.

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PART II — Swedish Massage & The Runner

By DAVE MARTIN, Massage Therapist

For a preventative running program, stretching and warm-ups are fine but they are not the total answer. Massage therapy is the important link that is missing — a stress reduction system that really works and gets results.

Those into serious running should receive massage work before and after every race to remove stress blocks in the body. Not only does massage improve your physical condition, but it has a definite therapeutic effect on you mentally. The mental attitude and outlook improves rapidly. You feel "up" mentally because anxiety is decreased. The nervous system responds rapidly to this treatment. Energies flow and circulation is improved as this therapy helps to lessen inflammation and swelling in joints and so alleviates pain. Massage also acts as a "mechanical cleanser" pushing along lymph and hastening the elimination of waste and toxic debris.

Most runners are familiar with the debilitating effects caused by lactic acid build-up following a hard marathon. The increased lactic acid remains in the body for several days unless you do something specific to remove it. The muscles feel tired, sore, and they ache. There is a feeling of flatness and low vitality as the body fails to respond. Some believe that by doing a short 5-mile run a few days after a distance race that this will speed up the elimination of the toxins. This often fails to accomplish anything. The extra effort doesn't overcome the problem. Others try heat, but sitting in a hot tub doesn't do it either.

The fastest and best way to eliminate lactic acid is by scientific Swedish Massage directly following a race. Head for the nearest massage therapist who knows what he or she is doing! Swedish Massage increases the blood supply and nutrition to the muscles without adding to their load of toxic lactic acid produced through voluntary muscle contraction. Massage thus helps to overcome harmful "fatigue" products resulting from strenuous exercise or injury.

How does the lactic acid condition develop? If a muscle or group of muscles are continuously stimulated, after a point, the strength of contraction becomes progressively weaker, until the muscles refuse to respond. This condition is referred to as fatigue. Remember how tough it is to run those last 5 miles? It results partly from diminished availability of oxygen and partly from the toxic effects of lactic acid, carbon dioxide and other waste accumulated during the exercise.

Massage therapy is actually exercising the muscles *without* producing fatigue. It can remove sports fatigue, release tension and stress, remove body toxins, improve circulation, restore body harmony and produce greater flexibility. But those are just a few of the things it can do.

Among the hundreds of massages I have done are those I have given to runners preparing them in advance for the Boston, New York, San Francisco, Oakland, and other marathons. In each case the individual ran an easier and better race than if no prep work or conditioning had been done on the body. Steve Alexander of Castro Valley ran the Hayward Half Marathon in 1978, and in 1979 entered it again. But this time he decided to try massage for the first time, receiving a deep massage therapy treatment 2 days before the race. He ran well cutting nine minutes off his previous time back in 1978. Steve credits massage.

Mike Fanelli of San Francisco injured himself in 1979 doing a practice run on the trails of Mount Tam near Mill Valley. He tore the ligaments in his left ankle when he suffered a badly sprained ankle twist. As a result, his left leg weakened and became knotted up with tightness. Massage helped to keep the leg muscles relaxed and re-strengthened it for training. A series of 6 massage sessions were required. We noticed how his leg and ankle responded and improved during this time. As these sessions continued, the massage progressed and speeded up the healing process.

While a single massage can be helpful, it's the repeat work in the form of a Continuous Maintenance Program that brings a much noticeable change in the body. As in any training program, a consistent serious approach is necessary to produce maximum results.

Bill Sevald of San Francisco competed in a marathon at Davis, California, on February 3, 1980, and immediately began training for his next one only four weeks away at Chico on March 1. As anyone knows, two marathons close together means pressure—a tight schedule for any runner to maintain. Bill started massage with me once a week for the four week period. The final prep work for Chico was done two days in advance of the race. When he left the table, I knew his muscular system was balanced, coordinated and ready to perform.

Sevald's opinion is that he wouldn't have been able to run the second marathon so soon after his Davis race without massage. Bill returned for a follow-up session after the Bidwell Classic Marathon bringing the series to a total of five massages. After Chico he was much less stressful and without the usual pain in his hamstrings. The weekly treatments were beneficial not only physically, but also psychologically as well. His mental outlook became more positive, pulling him "up" and enabling him to push hard at daily training. This is a good example of how effective massage therapy can be for anyone.

"The purpose of massage is to bring ease, order and perfect expression in movement."

"It's probably the most heavenly thing in the world," said UCLA track coach Jim Bush. "I don't know whether Adam or Eve first invented it, but it's a fantastic feeling. When I was an athlete, anytime I could get a massage from the trainers, I would. That's the problem: You feel so good you think you're warmed up, but you're not really. It's not a substitute for warming up.

"Psychologically, mentally, it makes you feel really good, especially if the trainer says, 'That leg looks good; you're loose, you're OK.' It's a morale booster that helps you go out and perform well."

What Coach Jim Bush is actually referring to is that massage decreases your anxiety and smooths out the rough edges we are ex-

perienching from our nervous system. It's very soothing and relaxing.

Mike Conroy, one of the founders of the Excelsior Track Club in the Mission District of San Francisco, has used regular monthly massage to improve his running performance. Over a period of several massages Mike remarked, "I noticed a great improvement in my overall flexibility. I also found myself going into races much more relaxed and with a renewed confidence. I highly recommend massage for all athletes."

Runners are not the only athletes to benefit from treatments. Jeff Barrellier, wrestler and weightlifter says, "It's the best thing for self-awareness and body consciousness. Swedish work opens a new world of awareness as to how good it is possible to feel."

The European attitude about touching is just the opposite of what it is in America. Massage is a way of life in England, France, Germany, Scandinavia, and popular in other countries. Noted Finnish track stars such as Lasse Viren, Pekka Vesala, Tapio Kantanen, Arto Bryggare and Antti Lokanen are top-class athletes who receive up to 2 hours of massage per session. Proof that deep massage pays off (plus speed work in training) appears in the record books—4 gold medals awarded to Lasse Viren in the 1972 and 1976 Olympic Games. Viren is a champion of massage, using it constantly.

United States Marathon Champion Alberto Salazar uses the service of a masseur regularly to supplement his training.

East German runners are known to be some of the best in the world. Many feel their coaching staff and sports scientists have apparently formulated the perfect training methods. Besides the runners 80-100 miles per week of regular training, at least 2 hours daily is spent on weight programs and flexibility exercises. And one hour every day is scheduled for receiving massage therapy.

"Scientific massage is that unbeatable combination of preventative maintenance, a healing technique and an excellent method of conditioning the body so that it functions well."

Like any other branch of the healing arts, massage has its limitations. What not to do is often more important than what to do. Contraindications are always kept in mind. It should not be given in cases where there is heart disease, unusual swelling or fever, infections, inflammation, varicose veins, not after the 5th month of pregnancy, injury/abrasions, high blood pressure and ulcers.

Athletics is not the only way in which massage can be useful. It can be applied to many situations. Airline travel fatigue from jet lag can be eliminated quickly by a scientific massage. Mental depression can be reduced or removed by it. In the past I massaged several clients involved in divorce proceedings. When a marriage dissolves, the emotional trauma is very heavy. These people came to me in desperation, seeking relief from depression and mental pain. Touching means caring and it works wonders. I've also prepared law school students for the California Bar Exam, a tough 3-day exhausting series of tests. Massage removed the physical blocks, decreased anxiety and pressures, releasing the flow of creative energy necessary to do well in testing.

Many workers involved in high stress occupations rely on aid from massage to relieve accumulated tension problems and fatigue. Among those in high stress professions I have helped are doctors, at-

torneys, firemen, police, construction workers, nurses, court reporters, executives, secretaries and others.

Dozens of books on running and physical fitness have appeared in recent years but I notice that none of these *mention* information about massage. Even the sports medicine publications authored by doctors and "experts" omit this subject completely. It's effectiveness is still largely unknown or little value is placed on it. Yet massage has often produced amazing results in many conditions even after other treatment methods have failed.

Locating the best therapist is difficult. There aren't that many around who are dedicated enough to put forth the extra effort needed for quality work. In my opinion less than 10% of those now active

"As a result of my therapy...a sense of well-being remains for 5 to 7 days...."

in massage practice are really exceptional at what they do. Like anyone offering any type of service, standards differ greatly just as there are variations in people. The work ethic should include total dedication to the craft, sensitivity and feeling for the work, concern for the client, confidence, intuition, good training, experience and a high level of caring. Unfortunately many of these approaches are missing in others. It shows in their work.

Good intensive care is often a problem to locate. It's not the amount of time that counts, but the quality of the therapy done

within that time frame. A few masseurs/masseuses have the natural gift of good hands. Some have healing energy which flows into those needing aid. This becomes a positive energy force that releases stress. The moment we touch anyone we are transferring energy into them.

My personal theory is that because all of us are composed of an energy mass, vibrations or frequencies, my own massage work alters or "raises" these frequencies. I remove undesirable stress blocks and the energy and circulation flows and follows as it should, naturally and perfectly. As a result of my therapy usually a sense of well-being remains for 5 to 7 days which is remarkable. By comparison, commercial spas, health clubs, bath houses and hotels offer massage on a short, limited time basis. After effects of their massage soon wear off rapidly. In many commercial establishments the work is often performed in a routine, indifferent non-caring way.

The application of massage not only helps distance runners but applies to those playing football, baseball, soccer, tennis or swimming as well as all forms of athletics. Everyone improves their performance. Scientific massage is that unbeatable combination of preventative maintenance, a healing technique and an excellent method of conditioning the body so that it functions well.

Author Dave Martin is based in San Francisco and can be reached at (415) 566-4321.

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Club News

Clubs wishing to be in the "Club News" section of California Track & Running News should send monthly updates or a copy of their newsletter to: Marty Higginbotham, Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93702. Also, clubs are encouraged to send black and white photographs of members. Photos will be returned upon request. Your help and cooperation in publicizing your club will be much appreciated.



Lloyd Johnson



Ken Takeuchi



Ruth Anderson

photo by Keith Conning

Inner City Athletic Club

P.O. Box 5344, Oakland 94605

ICAC's 3200 meter team is now 2-0 after defeating fine teams from Villanova and Arizona State at the California Relays in Modesto on May 15. The team's winning time of 7:18.1 (Nichols 1:52.3, Johnson 1:47.4, White 1:49.4, and Robinson 1:49.0) was several seconds off of Villanova's world leading time of 7:12.29 but gives the ICAC a head-up victory over the Wildcats. ICAC team members Mark Kent and Carl Florant also turned in good performances in Modesto. Kent ran 10.41 for 100 meters and 20.88 (second place) for 200 meters. Florant, in his second hurdle race of the year, ran 14.03 and placed second.

Mark Kent ran 10.5 and 20.69 at the San Jose Invitational on May 2nd. James Robinson and Mike White ran open 400's in 47.5 and 48.4 respectively. Rich Nichols ran the 800 in 1:52.7.

At the Johnny Mathis meet at San Francisco State, May 8, Lloyd Johnson ran 48.20 for 400 meters; Rich Nichols ran 1:51.2 for 800 meters; and Carl Florant ran 14.00 in the 110m hurdles. On the same day, in the Bahamas, James Robinson ran the open 400 in 47.1 and led off the 4x400 relay in 46.1.

NorCal Seniors TC

881 Cedar, Alameda 94501

Several club members competed in the May 1 West Coast Masters Classic in Visalia. NCSTers were responsible for a couple of big records as well: Jose Kolda (64) blazed 80.3 for an age-64 440 yard world record, and another with a 14.7 over 100 yards, then a 34.1 220 yard for her third WR. Setting an American record for age 55 was Shirley Dieterich with a 37.5 over the 220 yard distance.

New member Adrian Wong came in first in the DSE South Embarcadero Run, 6.2 miles, on May 2. Adrian frequently finishes in the top five in these runs. Karen Gudiksen was second masters woman in the May Day 10K in Golden Gate Park on May 9, with a 47:03. Marvin Lavin and Ruth Waters competed in the Boston Marathon for the club, running 3:11 and 3:34 respectively. Marlon Irvine and Ruth Waters ran the May 2, Avenue of the Giants Marathon, recording 3:01 and 3:22.

Ruth Anderson can run them all. For instance, a recent 5K on the track in 20:23, the Devil Mountain 10K on May 2nd in 41:30 (1st over 50), and the American River 50 Miler in 9 hours and 10 minutes.

On June 13th, the NCSTC will be heading for the hills for their seventeenth annual

Woodminster Handicap Run. This club sponsored event has become well known for the both the challenge and fun time offered to all. Don't miss the picnic afterwards. Anyone interested in helping, running, or the picnic contact president Gail Wetzork at the above address or call (415) 522-3724.

Culver City A.C.

As usual, the club's master runners are leading the way this spring with some outstanding individual performances. Frank Duarte went up to Kent, Washington for the National 20K and ran his way to another first place in an excellent time of 1:05:14. Equally impressive was Andre Tocco's first "dip" into triathlons, as he went to Hawaii for the "Ironman" event, and came away with a new world's record for the age 45 group. With seemingly little regard for "recovery," Andre followed that triumph with a masters' win at the Catalina Marathon, and a new American record in the District 50K championship on April 25th. Andre was the individual winner there with a 45-plus record of 3:13.46.

Sticking closer to home, Skip Shaffer won the masters portion of the L.A. Marathon in 2:33 and had the honor of being named the SPA's master runner-of-the-year for 1981. Skip also had the enjoyment of winning an open race, a 5k at Legg Lake. Another of the 40-plus group, Gabriel Bernal also took an open first at the hilly Glendale 10K in a fine time of 33:45. Teammate Marv Rowley was the 2nd master there, finishing 4th overall-all, 1st fireman, with a 34:42 on that tough course.

Sheila Hasham and Dick Belliveau recently returned from a running sojourn back East competing in the Penn Relays Marathon, watching in Boston, and participating in a Dannon 10K in Atlanta.

Tom Perry, the club's ultra-marathoner, just completed the Camarillo 100K in 2nd position, grinding out an 8 hour and 21 second time. He is a veteran Tahoe 72 miler and other long runs.

On May 2, answering a challenge from friendly rival, the Orange Flyers, the Culver City crew went to the Lakewood 10K for some fast running, amiable competition, and enjoyable picnicking. One of the club's younger runners, Eric Faiz led the way with an 8th place finish in 32:46, but wasn't that far ahead of the normal masters contingent, as Andre Tocco placed 10th overall, first 45, in 33:05, a step ahead of Skip Shaffer, in 33:06, 1st 40-44. Setting personal records, and chasing the others all the way were Jim Knerr, 33:26 and Dick

Pallies 33:44. The ladies also did well, with Sheila Hasham, Joyce Rowley, and Priscilla Libby all taking firsts. Needless to say with all that fine running, the CCAC won the team race.

Team Inside Track

1410 East Main, Ventura 93003

The team members have been busy both socially and competitively lately. On the social front, over 70 of the club's 200 members attended the annual dinner/dance held every year, and members filled two party buses, one to the Avenue of the Giants Marathon, and one to the Bay to Breakers.

Competitively, T.I.T. members have been making themselves known. The most successful club runner of late has been Bill Scobey. In a short 6 weeks, Bill "cruised" to a 2:36 (1st place at Carpenteria Marathon), a 2:29 (1st place at the Ventura Marathon), and a 2:23 (1st place at the Avenue of the Giants Marathon).

Member Gary Tuttle is running well, also. He recorded a 28:34 for 10K at the Sub-4 Invitational; he tied Scobey at the Carpenteria Marathon; and won the Saint Patricks Day 10K in Torrance in 29:29.

Leslie Schiller has been running well for the club women. She easily won the Carpenteria Half-Marathon and then went the whole distance to win the Ventura Marathon with a 3:06.

Recently, club members Bill Scobey, Louann Brodie, Hans Van Kloppen, Walt Johnson, and John Richards won the team title in the Fox Trot 15K in Newbury Park.

Over the next four months, club members will be preparing for the club's annual races. On June 27th, they host the Seabreeze 10K & 20K which is run within yards of the Pacific Ocean. On September 19th, the club sponsors the TAC District & National 25K Championships, which draws runners from all over the U.S.

Dolphin South End Runners

741 Kansas St., San Francisco 94107

Two members will be married on June 27, Russell Cohen and Sue Edelstein, after meeting at a DSE Stow Lake run. Harry Siitonen and Walt Stack will be heard on radio KALW-FM (91.7) on "Fighting Back," Friday, June 11, 9 PM. Hostess will be June Kessler. Tony Stratta was the first over 50 runner at the May 2 Gold Bar Run. Terri Matthias won her first medal on May 2 at the Redwood City Boardwalk Eight Run. DSE'er Joan Ulyot had the best time among 30 Bay Area runners competing in the Paris Marathon. 10,000 runners competed and Joan finished 12th in women's competition in 3:19. President Walt Stack ran with 13-year-old Jonathan Ulyot.

Aggie Running Club

3626 Morrie Dr., San Jose 95127

This year's trip to the Mt. SAC Relays was well attended, with twenty Aggs, and well performed, with four new club records, numerous PR's, and three more TAC national qualifiers.

The Mt. SAC Distance Carnival, beginning at eight o'clock on Saturday night, was a huge success. All of the races held at this stage of the meet were of outstanding quality, with several world-leading times produced. The Aggies were right there mixing it up with the big boys. Ivan Huff started it all in the 5000m; his 13:53.6 PR makes this his fifth club record in five races. Ivan has definitely been doing an outstanding job this season as he has already qualified for the National Meet in both the steeplechase and 10K. A few minutes after the 5000, the 4x1500m relay team of Peanut Harms (3:53.3), Mark Schilling (3:48.5 - his first time on the track this season), Leonard Sperando (3:54.7) and Joe Fabris (3:46.4) lowered the club record to 15:22.9 as they finished in second place. The Aggie second team, featuring Pete Sweeney (3:53.2) and Larry Lunieau (3:49.7) placed fifth in the same race. The climax of the evening was the 10,000m, arguably one of the best ever run in the world. This race saw two Aggies qualify for the National Meet. Rudy Munoz erased Ivan Huff's record of 29:03 by running a PR 28:52.5. He was followed closely by Dan Gruber, in a PR 29:08.4. This is Dan's first track season in five years and he is just getting back into the swing of things.

The following day held the 1500m as the only Invitational event left. Joe Fabris came back from his 4x1500 meter race to place fourth, also in a TAC National qualifying mark of 3:41.75. This moves him closer to Mark Schilling's club standard of 3:39.36, set last season.

Half Moon Bay Coasters

534 Spindrift, Half Moon Bay 94019

Mark Hines ran a PR in the 1982 Boston Marathon with his 2:29:50. Bob Zajonc completed the triathlon in Clovis on April 4th. Club functions have included being part of the "Human Wall" at the Bay to Breakers and hosting the April 4th April Fools Day Run. They plan to "people" an aid station at the Avon International Marathon on June 6th.

Fresno Track Club

P.O. Box 6103, Fresno, CA 93703

Jim Hartig bounced back from a disappointing ten mile run at Hornitos on April 18 to capture the overall win at Reedley's Annual Ten Miler. Hartig had to be at his best to outduel High Sierra Track Club's Juan Molina in a scorching 52:00 performance along the Kings River and through the residential and farming sections of Reedley. The April 25 event saw FTCers fare

very well with Curt Elia 4th overall (52:27 1/30-39), Bob Lindsey (3/30-39 PR 54:55), Sid Toabe (2/50 plus 65:42), David Naranjo (56:23), Larry Lung (5/30-39 56:32), Jim Raymond (40-49 69:10), and Frank Delgado (1/40-49 60:15). FTC was well-represented at the Boston Marathon with all seven members finishing the gruelling race. Bob Lindsey led the locals with a 2:44, Al Lomeli 2:52, Bingo Orme 3:17, Pat Hurst 3:31, Ken Takeuchi 3:38, Bill Woody 3:41, and Dick Rozler 3:57. Several members had more than their share of problems, but all vow to go back again if the format is not changed as drastically as now proposed.

On May 2 Al Lomeli and Erin Valdez won the 30-39 and under 30 women's three mile races at the annual Firebaugh Rotary River Run.

The 3rd annual Joyeria Mexico 10k run saw David Naranjo pace club runners with a personal best 32:53 and 1st in the 15-19 group. Gene Lynch was second in 40-49, Jim Brooks 2nd wheelchair (40:59), Pat Hurst 1st 50 plus woman (42:10), and Diane Barrett 3rd 20-29 (41:38). 302 runners finished the race that started and finished in downtown Fresno.

Chris Delgado put on a display of guts and fortitude to place 5th 40-49 and 37th overall in the April 18 American River 50 Miler in his first ultra marathon attempt.

Gordon Keller placed 2nd 30-39 (1:50) and 3rd overall at the May 8 Bakersfield Triathlon. The event was run in the order of swim, bike and run and Gordon came on strong in the last two events to salvage third behind Fresno's Dave Tomerlin (1:41) and 1982 Volunteer Bureau Triathlon winner Les Waddell of Seaside (1:14).

Visalia Runners

P.O. Box 3638 Visalia 93277

The Visalia Runners became the first organization in the Valley to own a digital race clock. They will make it available to meet directors for a \$40 fee, which will include someone to set it up and operate it.

Not usually a track team, some Visalia Runners got a chance to test their skills at the West Coast Masters Classic on May 1. John Friesen took first in the 2 mile walk in 20:25 and then came back to take second in the 50-59 high jump with 3-10. Gary Campbell put down his starters pistol long enough to finish second in the three mile in 15:38. Rob Stephenson took third in the 30-39 group with an 18:07. Frank Padilla and Newell Bringham finished second and third respectively in the 40-49 group with 18:09 and 18:52. The women's two mile was Visalia Runners all the way. Cherie Stephenson won in 14:04. In the doctors mile members Bob Blakeley and Roger Sebert ran 5:15.2 and 5:15.5 taking first in the 40-49 and 30-39 groups respectively. George Lavenson took the 50-59 group in 6:42. Luis Velosa and Don Higgins placed second and third in this mile. The only VR to try the 220 was Gene Simmons who timed 31.3 to take third in the 50-59 division.

Long Distance Log

NorCal Notes

By Jack Leydig

NOTE: Please send newsy information and "tidbits" for the NorCal area (Fresno northward) directly to — Jack Leydig, P.O. Box 612, San Mateo, CA 94401, or phone (415) 341-3119. If you think you have some news that may be of interest to our readers, don't be bashful! Mail it in right away. *Deadline* for receipt of materials is the 10th of each month for the following month's issue. We still aren't getting very much response. Remember, if you want this column to be interesting and representative, we must get some input!

Pacific Association News: At the last LDR Executive Committee meeting, held on April 26th, a **Certification Committee** was formed that will (eventually) have the power to certify courses without the laborious process of the past. **Carl Wisser**, 2608 Ninth St., Berkeley 94710 (415) 549-3687, was the appointed committee chairman. . . The **San Francisco Marathon** will host the 1982 PA/TAC Marathon Championships. Money will go to PA/TAC registered athletes on the following basis: **Men:** \$300/1st, \$200/2nd, \$100/3rd; **Women:** \$300/1st, \$200/2nd, \$300/3rd. . . The **Billy Mills Race**, scheduled for September 26th, was approved for the 10K road championships unanimously. Money will be decided at the next LDR meeting on June 27, following the PA/TAC 15K Championships in Los Altos. . . **Kees Tuinzing** of Tamalpa was granted the **25K Championships** unanimously, with the race to be held on November 14th in Marin County somewhere. . . It was approved unanimously that for every three (3) races a member organization puts on, the **third sanction will be free** (and sixth, and ninth, etc.).

San Francisco Marathon Update: KRON-TV (Channel 4), the Bay Area NBC affiliate, has announced it will televise the 1982 race during prime time the evening of the event. The 30-minute highlights show will air between 6:30 and 7 p.m., July 11th. The field has also been limited to 7,000 entrants, with plans being made to increase that limit in 1983.

She holds the national high school mile record (4:40.6) set against the Russians indoors ten years ago, but **Eileen Claugus** is still running long and hard. Now with the Adidas Track Club, Eileen took second in the Bonne Bell 10km in 34:20, and third in the Boston Marathon, breaking by more than a minute the Pacific Association record (2:39:48) which she set in taking second to Patti Catalano in Honolulu last year.

Results are still being tabulated for the April 25th **Charge of the Lite Brigade**, but here's what we've been able to get so far for the 13.1 mile Hayward to Foster City via the San Mateo Bridge event: Overall Men: 1. Dan Buntman (Redwood City) 1:05:25; 2. Joaquin Leano (Reno, NV) 1:06:05; 3. Matt Yeo (Santa Clara) 1:07:51. Women: 1. Laurie Binder (Oakland) 1:18:10; 2. Margo Elson (Oakland) 1:22:14; 3. Kristan Martin (Oakland) 1:24:59. There were 2,400 finishers. Binders 1:18:10 was 45th overall.

Winner of the **Marian Hospital Run for Health 10K** on May 1, in Santa Maria were: Tom Jermyn, age 19, for the men; and Mari Allara, age 20, for the women with 35:36 and 41:42 respectively.

How about a race that is just a little bit different. The **Woodminster Cross Country 9 Mile Handicap** is for everyone - everyone who enjoys a hilly trail and the challenge of handicapped starting. The seventeenth annual Woodminster starts at 10 am on Sunday, June 13, in Joaquin Miller Park's Woodminster Meadow in Oakland. Woodminster Meadow is lovely - a perfect picnic site, with tables and barbecue equipment - so plan to bring the family and enjoy the day with lots of running friends. For information call Gail Wetzork (415) 522-3724.



photo by Gene Cohn

Steve Ottaway
Clear Lake Marathon winner

SoCal Notes

By Richard Lee Slotkin

NOTE: Please send newsy information and "tidbits" for the SoCal area (Bakersfield/San Luis Obispo southward) directly to—Richard Slotkin, 14212 Summertime Lane, Culver City, CA 90230.

On April 25th a rather unusual thing happened at the Santa Monica 5 and 10k's. Actually, it was in the 5k that it happened. If you check the results, which appear elsewhere in this issue, you may notice a preponderance of females among the top finishers. Not only that, most of the top finishers were female. Some were even girls.

In any case, dig this—third overall was **Nancy Guerro**. I don't know many guys by the name of Nancy. Fifth, sixth and seventh were taken by folks who answer to names like Jacqueline, Carol and Nancy, again. Six of the top ten were females. Nine of the first fifteen, likewise.

And, now for the topper—there were sixteen, count them for yourself, sixteen females who finished the 5k in a sub-6 minute average!

OK, so the gals did fine because there wasn't any male talent in the race. True. But only in terms of overall places. No matter how many hot shoe men...and boys...might have been in it, you can't take anything from all those females running in the fives. And that includes 47-year old **Joan Schermerhorn**, who finished tenth overall and had a time of 17:25.

Please, please, please!!! Don't let me find out that the course was short. This was one of those events that CTRN didn't get to cover, partly because it was Mt. SAC Relays weekend. But the results, courtesy of Race Central, really caught my eye. Bonne Bells, L'eggs and Avons don't get performances that deep, except when it's a championship event. And the Santa Monica 5k is about as well known as the hiding place of the Holy Grail.

Not bad...not bad at all. (Please don't be short.)

From the April *Track and Field News*, this item may be of interest to some of you:

...**Mary Tabb** says, "I want to run quality races in Europe. I don't want to burn myself out here. Here, I feel they're not running to beat me; they're just running to finish 1st in the second section."

I rest my case.

Remember the **Grunion Run**? It used to be an evening affair held during the hot part of the summer. And it used to draw well over a thousand. If you wanted to win it, you better be ready to go under 30 minutes, or get pretty close to it. This year, they moved it up to the cooler weather of May and held it on a Saturday morning. The result: Disaster, admits director Thom Lacie. Now, Thom is the guy who brought you the Point Fermin 10 Miler, so he knows all about attracting big crowds. He says that next year, they'll go back to old format.

An interesting item involving this run came to my attention, and I believe it rates some comment. Winner of the 70 and over division was **Frank Morales** with a very impressive time of 50:05. It's not an easy course. It's out and back, and coming back is all downhill, but you gotta go uppa da hill before you can go downa da hill. And that can get very tiresome.

Anyway, Morales won his division and he was very happy. But, there originally was no 70 and over division. It had been 60 and over. The 70 plus category was added at Morales' repeated urging, and even after this was done, we understand, he kept in touch with the director to find out how many were entered in it. Turned out there weren't any others, so Frank had himself a medal guaranteed. All he had to do was show up and finish.

It bothers me to see so many people who seem to be into distance running for the sole purpose of acquiring awards. And I notice this syndrome being most pronounced at the extremes of the age divisions—the very young ones and the seniors. Further, the pressure at the young end of the spectrum seems to come mostly from older folks, namely the kids' parents and grandparents. Several race directors, from Los Angeles to San Diego and even as far away as San Francisco, tell me stories of "senior citizens" who give them fits with their demands for special age groups which would all but guarantee them an award. Some of these are very well known seniors...or maybe we should call them super seniors, because you don't hear much of that sort of thing from the more populated age groups.

Now, I agree that it's great to win an award at a race. And if it just happens that you picked a race with more awards in your age group than there were people entered, that's OK too. It's not your fault that no one else showed up. It's quite a different thing, though, when someone browbeats the race director in setting up a division just for that person's benefit, so they can add another trinket to their trophy shelf. How do you explain all that hardware? What does it mean when you didn't beat anyone? What does it mean when you didn't even have to test yourself against yourself? Does a person really rate an award just for finishing, regardless of how little effort they put out? This is a problem that is plaguing the whole masters program. One solution is to combine age groups with the next lower one if there aren't a previously set minimum number of entrants. Naturally, that brought an outcry of resentment and opposition. The old head trip again. It's not whether you win or lose...it's whether you got a medal.

Oh...in a final bit of irony, had Morales not brought the whole thing up, he would have won the 60 and over division. As it turned out, counting Morales, there were only three people in it...and, you guessed! There were three place medals. So, Morales was guaranteed an award anyway.

Oh my.

Adrian Royle continued to show the world that he's for real. Out at Mt. SAC, he ran his usual up-front-in-the-lead race, only to be passed by Suleiman Nyambui in the last lap. Royle hung on, though and going through the final turn, he started his own kick. He caught Nyambui about halfway down the straight and held him off for a four-tenths of a second win. The usually cocky Royle was his usual cocky self after the race, but he did allow as how he was surprised that he could outkick Nyambui once Nyambui had gotten the lead from him. Royle said that he used to be a pretty good kicker himself, but that was back in England in what he called second rate races. Actually, he can kick with the best of them.

And, behind all the cockiness, he's turned out to be a pretty likeable guy. The proof of that is the other runners seem to get along pretty well with him. He's quite honest, even where it's against himself. At the Jack-in-the-Box this year, he told me he was very ner-

vous about running the 2-mile. He had never run indoors before, and he said, "There's no place to hide."

The 10,000 meters was another real quality affair. Five under 28:00 and 21 under 30:00. A meet and stadium record was set by UTEP's **Gabriel Kamau** with a 27:36.2. That broke **Craig Virgin's** stadium record set on that cold Sunday in 1979 at the AAU championships, when fast Craig took off from the gun and left everyone behind in a trail of dust. Well, Kamau had plenty of company on his trip...he only won by a half second, but he was going a bit faster than Virgin did. And who was that guy a half second behind? Well, it was, as everyone knows, **Mark Nenow** of the U. of Kentucky. Well, maybe everyone didn't know, but you better know it now because that 27:36.7 was not only nearly a *minute* better than his previous PR, but it is the third fastest all-time U.S. performance and made him the third fastest all-time U.S. performer.

An even bigger surprise came in the women's 10,000. **Kellie Cathey** ran a 32:22.5 to win over a minute and a half against a rather weak field. Her time is an American record, but, unfortunately won't show as such because the women ran with the men in the University-Open division. This wasn't the one with Kamau and Nenow, run the night before. That was the Invitational.

Nevertheless, women's marks in mixed races don't count. Though leading all the women, Cathey still trailed all the men, but some of them were close enough for her to key on and let herself get "pulled" along. That advantage of being pulled is the cause of the rule to not count as official records any marks made by women in mixed races. Personally, I think it's absurd because the guys pull each other too. And in a women-only race, can't the claim be made that, except for the leader, everyone else is being pulled?

Oh well, whatever, it was one fine performance by Kellie Cathey from the University of Oklahoma. Her performance is even more remarkable when you consider the fact that she was misdirected as to her lap total. With 3 laps to go, she was told by the lap counter that she was starting her final lap. So, she cranked out a 68, only to find out that there was one more. Having blown out her afterburners on the previous lap, she managed to hold on for an 80 second loop, but even that wasn't enough. Now, she was told there was still one more. All she could get out of that one, the real last lap, was 87 seconds...and she still came in with an AR. So, there were guys in the race. Guys, shmuy, what do you want from the kid? Her time should count.

After a bunch of phone calls to Long Beach and Beaverton, the mystery of the **Long Beach Grand Prix 10k** short course was solved. Laid out on city streets, the course was measured down the middle, as is customary for Formula One races. But, except for one section of "S" curves, the runners didn't have to cross over from side to side as the autos would. Hugging the inside curve, they managed to save about a quarter mile over the 3 times through that 2.13 mile loop. On a narrower standard track, the distance from middle to curve isn't that great, though it would still be noticeable. On a normal city street, it made a BIG difference. So, no records. But, then, no one, not even the runners believed they had really gone 10,000 meters. Except **Larry Lawson**. "I was the only one running in the middle," he said.

SOUTHERN PACIFIC ASSOCIATION ATHLETICS CONGRESS

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Results

Sonoma Valley Hillclimb Footrace

February 6. Depot Park, Sonoma.
1 1/4 Mile race

Open Division, Men:	
1 Rich Dunn(Sonoma)	6:35
2 Sal D'Acquisto(Fort Bragg)	6:51
3 Dave Sjoestedt(Bodega Bay)	6:57.
Open Division, Women:	
1 Dana Pyorre(Fort Bragg)	8:35
2 Judy Tom(San Leandro)	10:29
300Alice McMillian(Sonoma)	12:24
13&Under, Boys:	
1 Charles Hammond(Napa)	7:57
2 Kevin Power(Petaluma)	8:43

7.6 Mile Race	
Womens 19-29	
1 Debbie Hannaford(Tiburon)	59:27
35-39	
1 Kathy Gilliam(Sebastopol)	69:00
2 Vicki Greenbaum(Santa Rosa)	70:32
3 Patsy Marcusson(Santa Rosa)	73:33

12&Under, Boys:	
1 Jethro Greenbaum(Santa Rosa)	57:27
2 Cory Hannaford(Tiburon)	68:27
13-15, Boys:	
1 Ryan Gilliam(Sebastopol)	51:55
2 Darold Turner(Forrestville)	51:55
16-18, Men:	
1 Steve Bates(Fort Bragg)	48:13
2 Stacy VanHorn(Santa Rosa)	48:31
3 John Hogan(Rohnert Part)	59:20

19-29, Men:	
1 Butch Alexander(Sonoma)	43:00
2 Tom Weir(Guerneville)	46:07
3 Fred Todd(Napa)	54:08
30-34, Men:	
1 Dennis Bollman(Boyes Springs)	48:54
2 David Hannaford(Tiburon)	49:11
3 Richard Parchman(Sebastopol)	57:19

35-39, Men:	
1 Dan Preston(Santa Rosa)	46:44
2 Martin Jones(Sonoma)	49:55
3 Phil Widener(Santa Rosa)	52:07
40-44, Men:	
1 Tom Traver(Concord)	51:49
2 Wait Vennom(Sebastopol)	52:24
3 Richard Frampton(Petaluma)	58:39

50-Over, Men:	
1 Gough Reinhardt(Pleasanton)	55:35
2 Leo McMillan(Sonoma)	57:14
3 Stashu Geurtson(Sebastopol)	57:47.

SWEETHEART RUN 10K

February 13. Pico Rivera Sports Arena

12&Under, Male: 1 Hugo Perez 40:06, 2 Jon Jackson 46:00, 3 Richard Nava 46:02.	
13-15, Male: 1 David Baca 35:41, 2 Andy Gonzalez 36:34, 3 Jose Ortega 38:52, 4 Manny Carrilla 37:34, 5 Sammy Gutierrez 37:49. Females: 1 Lisa Merchain 44:29, 2 Sharon Paulovich 46:45, 3 Maria Sanchez 50:06, 4 Lili Garay 51:39, 5 Alicia Caldera 51:49.	

16-19 Male: 1 Ivan Oregel 33:55, 2 Juan Torres 34:01, 3 Tony Vidrio 34:35, 4 Adam Perez 34:53, 5 Salvador Casillas 34:59. Females: 1 Tammy Brazal 38:24, 2 Renee Alarcon 41:15, 3 Maria Campos 45:25, 4 Lucinda Kennedy 45:42, 5 Irma Gomez 47:07.	
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20-29 Male: 1 Barry Welsch 31:58, 2 Juvenal Nararjo 33:41, 3 Robert Blanks 33:54, 4 Barry Haworth 33:53, 5 John Halton 33:58. Females: 1 Debbie Heald	
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41:32, 2 Catherine Molina 44:11, 3 Linda Allison 46:06, 4 Delores Rena 47:18, 5 Cheryl Comstock 47:44.

30-39 Male: 1 Gary Polhill 32:54, 2 Doug Perez 34:33, 3 John Tope 34:59, 4 Lawrence Fabela 35:33, 5 Bino Valdez 35:45. **Females:** 1 Ginger Tredway 39:20, 2 Moremi Mjinga 46:23, 3 Belinda Holguin 47:57, 4 Linda Grimes 49:10, 5 Tracy King 49:15.

40-49 Male: 1 John Kosarich 34:55, 2 Tom Cuevas 36:46, 3 Tom Hanson 37:06, 4 Jose Zamora 37:24, 5 Rogelio Cervantes 39:08. **Females:** 1 Maria Chu 48:44, 2 Pauline Dear 50:17, 3 Eloisa Alaniz 51:25, 4 Pat DeBever 51:52, 5 Rosa Castro 54:09.

50 plus Male: 1 Walt Windsor 36:24, 2 Aurelio Camacho 38:37, 3 Jerry Soto 40:52, 4 Armando Hernandez 41:03, 5 Bruce Boou 41:16.

Sweetheart Competition: 1 Gary Polhill & Ginger Tredway 72:14, 2 Barry Haworth & Rene Alarcon 75:18, 3 John Holton & Debbie Heald 75:30, 4 Barry Welsch & Lucinda Kennedy 78:40, 5 Sal Casillas & Maria Compos 80:42.

Jedediah Smith 50-Mile Classic

From Abe Underwood

February 14. Sacramento.

The sixth running of the Jedediah Smith 50-Mile Classic and Pacific Association TAC Championship on February 14, 1982 continued to produce many excellent performances including 9 U.S. individual records. Robert McLennan of Mill Valley, CA, paced himself nicely to a fine first ultra effort of 5:38.37 as he led four others in under six hours. McLennan took over the lead at 40 miles from early pace setter Ronny Harries of Sacramento, who held on for second in 5:44.59. Borg Austheim-Smith continued her ultra-winning streak with a 6:45.56 for an easy win over the other women.

The U.S. single age records which were set or established included: Austheim-Smith 6:45.56 for women 39; E.R. Silva of San Jose, 51 in 8:19.02 (first master); Craig Levantahl of Chico, 16, in 8:40.29; Glenn Bailey of Sacramento, 34, in 5:46.17; Helene Eisenbud of Sacramento, 37, in 7:44.25; Joanne Goodhead of Tigard, Or., 41, in 7:55.33; Katharine Brieger of Berkeley, 48, in 8:10.26; Jeanie Jones of San Francisco, 46, in 8:14.45; Etta Palma of Saratoga, 54, in 10:13.32; and Bob Manly of Coulterville, 62, in 8:14.10.

If home field advantage means anything in 50 mile races, the local host, Buffalo Chips Running Club, used it to full advantage by winning both the open and Masters men's team PA-TAC championships. Harries, Bailey and Tim Hicks combined for 18:00.20 in the open division with Gordon Hall, George Billingsley and Dennis Lett at 21:50.28 for the masters. No women's teams finished.

Although the weather turned from overcast to foul after about seven hours, the new course for this year worked well with 80 of the original 111 starters finishing. The Jed Smith 50 (which was previously known as the Feather River 50) was renamed in 1981 in honor of the early California trapper and "mountain man" who explored throughout the state during 1828-27. In past years the race has been a point-to-point or single loop course but conflicts with traffic on narrow roads forced a move to Gibson Ranch County Park and a flat eight-mile loop.

The Jed Smith 50 presents the kind of conflict most ultra-runners know so well-trail runs are more fun but flat loops produce the best times. We think Jedediah would understand and approve of the new home for his 50-mile run.

1 Robert McLennan(33)Tamalpa	5:38.37
2 Ronny Harries(31)Buff.Chips	5:44.59
3 Glenn Bailey(34)Buff.Chips	5:46.17
4 Robert Bunnell(31)Tamalpa	5:53.14
5 Mark Samuelson(28)TDRC	5:59.03
6 Rae Clark(30)San Jose	6:06.09
7 William Davis(36)Freeport AA	6:11.50
8 E.R.Silver(51)San Jose	6:19.02
9 Ephraim Romasberg(51)S.Jose	6:25.20
10 Tim Hicks(38)Buff.Chips	6:29.04
11 Michael Hicks(39)HMBC	6:36.48
12 Roy Scellato(34)Trac	6:39.15
13 Tim Twietmeyer(23)Redwd.Cl	6:43.43
14 Michael Sullivan(22)Wdside Str	6:45.07
15 David Samuelson(31)TDRC	6:45.15
16 Gard Leighton(47)NVR	6:45.34
17 Rodney Kinder(34)Loomis	6:45.38
18 Bjorg Austheim-Smith(39)AA	6:45.56
19 Theo Jones(43)Pamakids	6:48.43
20 Willis McCarthy(26)TDRC	6:50.32
21 Ron Kovacs(43)Trac	6:50.32
22 Gordon Hall(50)Buff.Chips	6:52.44
23 Roger Sharpe(40)Oakland	7:03.03
24 Bobby Yee(32)The Runners	7:06.12
25 David Zumwalt(30)Antloch	7:08.07
26 George Billingsley(60)Loomis	7:10.04
35 Judy Walker(29)Free.AA	7:35.53
41 Helene Eisenbud(37)BC	7:44.25
45 Joanne Goodhead(41)WHS	7:55.33
52 Katharine Brieger(49)NCSTC	8:10.26
54 Ninon Argoud(25)Del Mar	8:13.50

Nautilus Triathlon

March 13. Nevada. Swim 450 yds., Bike 23.5 miles, Run 10k.

1 Matt Kindred	1:54.09
2 Kai Sarano	1:56.42
3 Scott Dakus	1:58.17
4 John Meicher	1:59.06
5 Larry Miller	2:05.06
6 Martin Quintero	2:05.42
7 Phil Sheilhorn	2:06.01
8 Don Jacobson	2:06.55
9 Bob Delgado	2:07.59
10 Mike Connor	2:09.06
12 Karla Kaluza (1F)	2:11.49
30 Sharon Meindertasma (2F)	2:25.25
31 Pat Reeve (3F)	2:28.45

St. Patrick's Day 10K

From End of the Line Race Consulting

March 13. Mission Bay Park, San Diego.

Top 25 Men:	
1 Kirk Pfeffer (25)	28:46
2 Roy Anderson (26)	29:00
3 Jan Hagelbrand (27)	29:08
4 Paul Williams (25)	29:09
5 Tim Varley (21)	29:20
6 Jan Fjaerestad (28)	30:04
7 Wally Buckingham (29)	30:05
8 Atin Rosendahl (25)	30:06
9 Roger Gjouvag (25)	30:08
10 Athol Obarlon (34)	30:15
11 Bill Tokar (24)	30:17
12 Jose Vega (18)	30:27
13 Stig Hufby (27)	30:27
14 Steve Holl (28)	30:28
15 Tomas Anderson (20)	30:29
16 Chris Mollanhu (25)	30:30
17 Mike Podlenski (22)	30:41

18 Jim Mosher (32)	30:43
19 Dennis Wilson (26)	30:43
20 Lars-Ake Joellson (22)	30:53
21 Mark Staniforth (26)	31:01
22 Tracy Smith (36)	31:12
23 Jon Wickstrom (33)	31:24
24 Jeff Rulano (22)	31:29
25 Alvarez Gelbarto (23)	31:32

Top 20 Women:	
1 Julie Brown (26)	32:36
2 Monica Joyce (23)	32:37
3 Regina Joyce (25)	33:18
4 Patti Huri (34)	36:09
5 Diane Riley (26)	36:11
6 Veron Loftort (28)	36:20
7 Durach Robyn (22)	36:34
8 Nancy Wilkinson (24)	36:50
9 Lorry Dierdorff (24)	37:01
10 Ruthie Truscot (19)	37:18
11 Kim Sterton (22)	38:04
12 Ellen Turkel	38:04
13 Kay Harpod (31)	38:12
14 Shirley Matson (41)	38:14
15 Judy Dodge (35)	38:20
16 Lewis Debbie (27)	38:55
17 Allen Hazard (28)	38:57
18 Ellen Fanagan (14)	38:59
19 Ann Igoo (34)	39:23
20 Lisa Buckley (24)	39:28

Men Divisions: 40-49: 1. Gary Hooker 33:55; 2. Dan McCaskill 33:59; 3. Howard Moody 34:49; 4. Bill Gookin 35:23. **50 Plus:** 1. Bob Collins 35:45; 2. Marshall Haradan 36:00; 3. Chuck Anderson 36:05; 4. Bill Stock 36:46.

Women Divisions: 40-49: 1. Shirley Matson 38:14; 2. Faye Heldoorn 41:49; 3. Judy Splittgerber 42:10; 4. Emily Baldrige 43:06. **50 plus:** 1. Marie Reid 39:49; 2. Anne Johnson 41:20; 3. Mary Storey 43:03.

Tom Sullivan 10K

From Race Central

March 14. Torrance: Tom Sullivan's 3rd Annual St. Patrick's Day 10K Run.

1 Gary Tuttle (34)	29:30
2 Ivan Huff	30:04
3 Alfredo Rosas (22)	30:23
4 unidentified	30:27
5 unidentified	30:50
6 Richard Diaz (20)	30:51
7 Peanut Harms	31:06
8 Greg Gawlik (29)	31:29
9 Jim Hartig (27)	31:30
10 Tyrus Deminter (18)	31:40
11 Rudy Chavez (27)	31:41
12 Tim Tobin (28)	31:43
13 Gian Starinieri (24)	31:48
14 Brent Griffiths (19)	31:52
15 Ron Gee (31)	31:58
16 Jeff Olson (18)	32:00
17 unidentified	32:03
18 Jeffrey Kirk (23)	32:16
19 Francisco Robles (28)	32:27
20 Enrique Castro (25)	32:29
21 Enrique Serratos (30)	32:33
22 John Carrasco (21)	32:34
23 Kevin Smith (25)	32:40
24 Jay Jurado (26)	32:54
25 Harry Staalberg (2)	32:56
26 Clyde Matsumura (22)	32:58
27 Thom Lacle (30)	32:59
28 Chris Bowlus (19)	33:00
29 Steven Webb (23)	33:01
30 Gilbert Mata (21)	33:02
31 Andre Tocco (48)	33:05
32 Eric Patterson (24)	33:07
33 Efrain Robles (18)	33:13
34 Ralph Mata (17)	33:19
35 Jeff Harbell (19)	33:20
36 George Luna (19)	33:21
37 Peter Jansson (26)	33:22
38 Art Nyno (27)	33:23

photo by Maurice Wilson



Gary Tuttle

Delano Fools' 5K & 10K Run

March 27 Delano

5K
13 & Under Boys: 1 Tom Valles 19:23, 2 Sloan Reap 19:40, 3 Frank Vermulm 20:26.
13 & Under Girls: 1 Susan Lowry 21:12.
14-20 Men: 1 Martin Rames 18:12, 2 David Hocking 19:04, 3 Ken Wright 21:10.
Women: 1 Jennifer Baker 19:39, 2 Durrenda Vermulm 23:42, 3 Gail Carty 34:38.
21-29 Men: 1 Jimmy Aguilar 17:00, 2 Gene Dimagio 18:20, 3 Ramon Samaras 18:53.
Women: 1 Maureen Thistle 21:49, 2 Holly Hewitt 22:16, 3 Luz Santoyo 23:47.
30-39 Men: 1 Alex Orosco 18:43, 2 Tom Whygle 18:48, 3 Crawford Cronkite 19:08.
Women: 1 Irma Hunter 21:40, 2 Sharon Darapiza 23:42, 3 Audrey Vermulm 25:41.
40-49 Men: 1 George Medina 19:38, 2 Carl Segler 20:15, 3 Arnold Buchanan 20:36.
Women: 1 Shirley Wright 32:46.
50-59 Men: 1 Jim Williams 22:39, 2 Rich Mashburn 26:08, 3 Tom Hocking 26:55.
Women: 1 Sophie Lozano 35:22, 2 Marie Ellis 35:34.
60 & Up Men: 1 Thor Thorodson 25:03, 2 Joe Gonzales 25:15. **Women:** 1 Anita Foose 32:44, 2 Fay McMillan 42:21.

10K
13 & Under Boys: 1 Jaime Duran 41:27, 2 Ryan Fisher 42:55, 3 Amador Ayan 46:19.
Girls: 1 Jennifer Tracy 50:50.
14-20 Men: 1 Kevin Carrillo 37:32, 2 David Mendez 37:43, 3 Martin Gonzalez 38:03.
Women: 1 Lisa Ince 51:41, 2 Gretchin Winty 1:04:32, 3 Gail Howard 1:04:35.
21-29 Men: 1 Humberto Ramirez 31:46, 2 Gary Howard 37:31, 3 David Pinuelas 38:29. **Women:** 1 Brenda Villeneuve 38:28, 2 Laurie Hagopian 39:43, 3 Deanna McDaniel 42:14.

Daily Facts 5K & 10K Run

From Race Central

March 28. Redlands.

5K Run
Male 15 & U:
 1. Scott Gardner (15) 16:56
 2. Scott Carter (15) 17:27
 3. Matt Breyer (14) 17:38
Male 16-19:
 1. Shawn Shadburn (18) 16:38
 2. Gilbert Abrego (16) 16:58
 3. Mike Arasin (19) 17:58
Male 20-29:
 1. Jeffrey Moreno (21) 16:39
 2. Yon Stoltzfus (24) 17:02
 3. Mike Navarro (20) 17:08
Male 30-39:
 1. Fred Comer (34) 17:09
 2. Tom Nelson (37) 17:25
 3. Bill Stevenson (34) 17:53
Male 40-49:
 1. Tom Richards (41) 16:51
 2. Wally Ingram (49) 17:20
 3. Fred Chavez (43) 17:54
Male 50-59:
 1. Jason Harris (51) 19:34
 2. Dave Henoff (53) 20:10
 3. Harold Willis (54) 21:57
Male 60 & Over:
 1. David Cohen (62) 21:31
 2. M.D. Wasemiller (61) 22:28
 3. Karlis Smiltens (60) 23:47
Females 15 & U:
 1. Faith Walker (13) 22:25
 2. Cary Chavez (10) 22:56
 3. Rita Hernandez (11) 23:22
Females 16-19:
 1. Holly Hatch (17) 21:44
 2. Heidi Wuerch (17) 21:54
 3. June Thomas (17) 22:50
Females 20-29:
 1. Denise Bedford (25) 19:03
 2. Linda Wheeler (28) 22:48
 3. Martha Roget (27) 23:43
Females 30-39:
 1. Sue Harwell (30) 21:32
 2. Carolyn Greywood (35) 22:19
 3. Sheryll Hite (32) 22:49

Females 40 & Over:
 1. Rosie Adams (43) 24:36
 2. Audrey Singer (48) 25:29
 3. Cathy Wedel (40) 26:37

10K Run

Male 15 & U:
 1. Edmund Buenostro (15) 36:48
 2. Steve Barkley (15) 38:43
 3. Joe Vickers (15) 39:18
Male 16-19:
 1. Mark Smith (18) 33:08
 2. Robert Olmedo (19) 33:22
 3. David Swiderski (17) 35:57
Male 20-29:
 1. Ron Bezenah (21) 31:59
 2. Adrian Campos (25) 33:50
 3. Steve Streeter (27) 34:00
 4. Mickey Mouse (27) 34:26
 5. Arthur Pasillas (28) 34:26
 6. Robert Morrison (26) 35:00
 7. Del Valdez (28) 35:20
 8. Felipe Campiran (27) 35:22
 9. Marty Dugard (21) 35:41
 10. Antonio Martinez (21) 36:49
Male 30-39:
 1. James Fress (33) 32:30
 2. David Hite (32) 33:32
 3. Dave Roadruck (36) 35:24
Male 40-49:
 1. Bill Crum (46) 35:28
 2. Bob McGeough (40) 37:17
 3. Dan Flores (40) 38:27
Male 50-59:
 1. Walter Atcheson (55) 39:27
 2. John Baird (55) 44:19
 3. Geoffrey Dooley (50) 45:53
Male 60 & Over:
 1. John Goodyear (61) 43:34
 2. Walter Kalinski (70) 58:44
Females 15 & U:
 1. Diane Hartwick (15) 50:16
 2. Cheryl Thurman (14) 50:17
 3. Debbie McCormick (15) 50:55
Females 16-19:
 1. Shelly Brickley (17) 44:27
 2. Kelli Good (19) 47:32
Females 20-29:
 1. Jennifer Henderson (23) 40:16
 2. Deana Sanders (29) 43:22
 3. Vaneen Parker (29) 48:59
Females 30-39:
 1. Linda Sabo (31) 41:20
 2. Myra Lauder (39) 45:11
 3. Kathy Heard (34) 47:08
Females 40 & Over:
 1. Alice Krueper (55) 48:25
 2. Doris Harvill (45) 50:06

Sharpe Hospital 10 Mile

From End of the Line Race Consulting

March 28. San Diego.

Women: 18-29: 1. Ruthie Truscott (18) 62:01, 2. Carrie Morrison (24) 62:36, 3. Ellen Turkel (27) 63:58, 4. Cheryl Swan (25) 73:40. **30-39:** 1. Abbey Waltz (30) 63:21, 2. Betty Poppers (39) 65:50, 3. Susan Hurlburt (37) 71:30, 4. Barbara Nolan (37) 74:00. **40-49:** 1. Cathy Fogarty (40) 68:24, 2. Judy Splitgorber (42) 69:50, 3. Ursula Rains (40) 72:40, 4. Sandy Behnke (40) 84:15. **50 & Over:** 1. Alice Scott (55) 85:27, 2. Mary Brown (52) 88:00. **Nurses:** 1. Trudy Schmutzler (20) 72:12, 2. Bonnie Brennan (39) 83:16, 3. Gail Little (30) 94:08, 4. Wendy Hastings (26) 94:10.
Men: 17 & Under: 1. Miquel Cosio (17) 66:00, 2. Mat Malone (17) 69:68, 3. Steven Ontiveros (17) 88:30. **18-29:** 1. Henry Chkoo (22) 52:56, 2. Joe League (27) 53:12, 3. Thomas Hauser (23) 54:46, 4. John Zollins (27) 56:40. **30-39:** 1. John Montgomery (35) 57:26, 2. Rick Vandertie (31) 58:25, 3. Alan Smith (30) 59:28, 4. James Shertz (37) 60:52. **40-49:** 1. Ray Hughes (43) 56:58, 2. Leon Simms (43) 60:40, 3. Tom Brown (43) 60:47. **50 & Over:** 1. Jim Stoltzfus (55) 64:36, 2. Wayne Watson (50) 68:34, 3. Art Holtzman (58) 68:37, 4. Al Yanke (53) 69:28. **Physicians:** 1. Alvaro Garza (32) 58:51, 2. Jim Ovary (29) 63:15, 3. Roger Freeman (43) 65:16, 4. Jon Greenberger (32) 66:34.

Kiwanis 10K Run

April 3. Camarillo. 10K

Men: 11 & Under: 1. Darin Laskey 40:39.
12-15: 1. Gilbert Guivera 35:25, 2. Kevin White 37:35, 3. Mike Blizack 40:49. **16-19:** 1. Efrim Robles 34:13, 2. Andy Todd 39:54, 3. Ted Stewart 40:45. **20-29:** 1. Michael Larson 32:17, 2. Larry Montag 33:24, 3. Randi Perkins 37:02. **30-39:** 1. Joe Jacobson 35:35, 2. Ben Aparicio 36:41, 3. Paul Rehder 36:48. **40-49:** 1. Ted Yzaguirre 35:54, 2. Wayne Nelson 37:53, 3. Bob Stroh 38:52. **50-59:** 1. Fred Nabelschmit 37:17, 2. Roger Boedecker 40:27, 3. Bob Flodquist 42:05.
Female: 12-15: 1. Betsy Mathieson 57:54. **16-19:** 1. Liz Nevandero 45:50, 2. Linda Buskirk 48:01, 3. Lissa Maison 49:44. **20-29:** 1. Mary Prusso 46:06, 2. Carmen Guerrero 46:25, 3. JoAnn Murilla 48:01. **30-39:** 1. Leslie Schiller 38:44, 2. Marie Stevenson 41:56, 3. Gail Cornett 42:05. **50-59:** 1. Joyce Boedecker 55:05.

Pleasant Valley Runs

April 3. San Miguel. One Mile Run.

1. Jon Root 4:42
 2. Mathew Armbruster 4:47
 3. Randy Baldwin 5:12
 4. Tom Jeffries 5:17
 5. Dane Lamb 5:18
 16. Gail Vanderline(1/F) 7:20
 31. Don Lewis(1-50) 8:14
4-Mile Run:
 1. Mark Breish 22:53
 2. Jon Root 23:33
 3. Richard Cortez 25:49
 4. Joe Benson 26:34
 5. Jose Flores Jr. 26:38
 10. Glenn Vanderline(1-50) 27:58
 15. Laura Barger(1/F) 29:09
 22. Mary Ryner(2/F) 30:00

Race Clocks

SPECIAL PRICE ON CHRONOMIX CC-811 DIGITAL CLOCKS — We have several customers that are interested in selling their digital display clocks for \$900-\$1000 (the original retail price was \$1295), so they can purchase the newer CC-601 (\$1350 normal retail). Also have nearly new Chronomix CC-721, the "big" one for \$1500. If you're interested in finding out more, please contact Jack Leydig at (415) 341-3119. These will probably go very fast at this price, so we suggest you respond immediately if you're at all interested. ● Prices are "negotiable." We also have an indoor display clock on sale for \$500.

Results

YMCA Easter 10K Run

From Running Promotions unlimited

April 3. Quartz Hill.

1 Steve Durand(25)Can. Ctry	34:53
2 Tony Whitmore(26)Lancaster	35:57
3 Gary Maytum(21)Palm Dale	36:07
4 John Johnston(22)Lanc.	36:40
5 Jerry Maytum(21)Palm.	36:51
6 Chip Morris(20)Leona Vly	37:35
7 Howard Sundberg(31)Lanc.	37:39
8 J.Hands(19)Lancaster	38:08
9 Ron Furstenau(25)Edwards	38:09
10 Gary Dehlinger(15)Palm.	38:47
11 Ernest Ponce(29)Fillmore	39:02
12 Chuck Martin(28)Lanc.	39:37
13 Curtis Martin(27)Lanc.	41:00
14 Jim Munson(43)Lanc.1-40	41:18
15 Cordell Telford(23)Quartz Hill	41:23
17 Marvin Powers(53)Lanc.1-50	41:34
18 Jeanette Wells(44)1F	41:34
28 Marta Bohn-Meyer(24)2F	43:50
31 Mel Elliott(51)2-50	44:57
35 Jim Talley(61)1-80Lanc.	45:21
5K Run:	
1 Jack Powell(22)Lanc.	18:32
2 Sammie Culver(32)Lanc.	17:10
3 Joe Kender(27)Azusa	17:24
4 Joe Ortega(23)Granada Hills	17:44
5 Jim Schettig(35)Lanc.	18:24
6 Shawn Eimora(18)Rosamond	18:36
7 Larry Burch(30)Palm.	19:08
8 Jack Kicklighter(14)Lanc.	19:15
9 Dave Klinger(37)Valencia	19:16
10 Frank Ogawa(47)Palm.1-40	19:22
11 Bob Gerlach(52)Newhall(1-50)	19:25
37 Wendy Medina(14)Lanc.1F	23:28
42 Toni Jewett(31)Lanc.2F	24:08
51 Peggy Gocke(21)Lanc.3F	25:24
58 Karen Morris(41)1F-40,Leona Vly	28:52

Rancho Cucamonga Spring Stampede

April 3. 10K.

Men: 14 & Under:

1. Paul Benoit	47:44
2. Robert Wright	52:55
3. Greg Gutierrez	53:09
15-19:	
1. John Lopez	35:18
2. Zach Messia	37:31
3. James Parker	44:58

20-29:

1. John Hart	42:50
2. Patrick Santos	43:38
3. Mark Kinsey	44:40

30-39:

1. Dean King	38:50
2. Albert Moreno	37:03
3. John Montanez	41:27

40-49:

1. Wally Ingram	36:42
2. Max Timbrook	43:50
3. David Gracia	48:14

Women: 15-19:

1. Sylvia Gubber	41:54
2. Ellen Fauver	44:25

20-29:

1. Mary Conger	44:39
2. Linda Carpenter	48:52
3. Yolanda Troughtman	52:00

30-39:

1. Rosie Ledesma	47:00
2. Terry Cruz	54:09

April Fools' Run

April 3. Lincoln Village-Stockton.

8K: Under 20:	1. Joss Walter 27:08.	20-29:
	1. Jim Rice 27:13, 2. Dwight Smith 27:18,	3. Daniel Silva 28:17. Female: 1. Michelle Cassity 37:39. 30-39: 1. Ross Rowley 27:38, 2. Kevin Sage 27:40, 3. Fritz Collier 29:07. Female: 1. Sharon Miller 33:51.
	40-49: 1. Pat Anthony 34:00, 2. Ron Koroc 37:29, 3. Bill Tout 45:07. Female: 1. Anna Fong (50 ⁺) 46:56.	

Kaweah River Valley Race

From Dave Bronzan

April 4. Three Rivers.

Open Division: 8 Miles:

1 Humberto Ramirez (Sec.Sole RC)	41:11
2 Alfred Lara (Unatt.)	41:30
3 Ed Taylor (Vis. Run.)	42:33

30-39:

1 Ozzie Osgood (HSTC)	45:41
2 Craig Newport (Vis.Run.)	48:17
3 Roger Sebert (Vis.Run.)	48:56

40-49:

1 Rick Zamarripa (HSTC)	50:40
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50 & :

1 Len Thornton (HSTC)	48:01
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60 & :

1 Harry Harder (HSTC)	60:05
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Women's Division:

1 Cherie Stephenson (V.R.)	63:41
2 Karen Moritz (HSTC)	64:04
3 Carri McNealley (HSTC)	65:35

Run For Life

April 4. At Stanford University. 10K.

Men: 12 & Under: Dustin Donate 37:41. **13-17:** Tim Davila 33:28. **18-29:** J.M. Tibaduiza 30:50. **30-39:** Stephen Sidney 33:04. **40-49:** Jake White 33:06. **Over 50:** E.R. Silver 36:30.

Women: 12 & Under: Jo Ann Arnold 40:57. **13-17:** Ruth Kelly 48:22. **18-29:** Tena Harms 35:21. **30-39:** Nicki Weicker 42:05. **40-49:** Jean Shuler 38:33. **Over 50:** Jaclyn Caselli 48:42.

Winner of Race: Duncan Macdonald 29:01. **First Female:** Nancy Ditz 34:18.

Run For Daylight 10K

From Dana Ellis

April 4. In Alamo.

1 Ted Quintana(26)	30:24
2 J. Hope (24)	30:58
3 Brian Maxwell (29)	31:00
4 Sal Vasquez (42)	31:21
5 Dan Anderson (30)	31:29
6 George Green (31)	31:41
7 Peter Day (37)	32:13
8 Dwight Hendrix (28)	32:33
9 Mitch Greenberg (30)	32:43
10 G. Congolino (22)	32:57
11 Paul Gyorev (23)	33:08
12 K. Stein (32)	33:27
13 Tom Cathcart (43)	33:28
14 Steven Wight (28)	33:39
15 Tom Davies III (16)	33:45
16 V. Castillo (22)	33:56
17 Eddie Flores (17)	34:14
18 Mike Wallace (18)	34:23
19 Steve Schuman (19)	34:23
20 John Brule (33)	34:32
21 Bill Mortensen (30)	34:36
22 David Wight (31)	34:43
23 John Mann (15)	34:47
24 Matthew Dowling (23)	34:48
25 Craig Van Otten (31)	35:10
26 Harry Brown (21)	35:02
27 Jerry Glover (28)	35:05
28 Jeff Collins (28)	35:08
29 Charles Paul (25)	35:26
30 John Benitou (31)	35:21
31 Raiph Bowles (45)	35:23
32 David Weamer (39)	35:28
33 M. Anduz	35:31
34 Gerry Geraghty (25)	35:36
35 John Foley (18)	35:36
36 Arturo Ramirez (29)	35:48
37 James Peregoy (36)	35:48
38 James Wilkins (36)	35:52
39 Daniel Brown (28)	35:55
40 Edward Condit (26)	35:57
70 E.J. Romesberg (51)1-50	37:47
81 Wanda Bailey (12)1F	38:15
99 Kristan Martin (23)2F	38:44
104Sue Munday (23)3F	38:46
160Suzie Ames (17)4F	40:36
167Bruce Oliver (53)2-50	40:53
195Jim Worley (50)3-50	41:42
204Meg Werner (17)5F	42:01
205Barbara Shubert(40)1F-40	42:03
207Diane Pinson (30)7F	42:06
214Carris Spangler (21)8F	42:15
247Bonnie Miller (30)9F	43:01
282DeDe Dobbs (23)10F	43:16
341Alicia Rose (48)2F-40	44:56
422Mel Shine (73)1-60	48:42



Len Thornton

5th Annual

Sierra Running Camp

For men and women of all ages and abilities

Camp Staff:

•TRACY SMITH - 1988 Olympian 10,000m, three time world record holder at the indoor 3 mile run.

•BRAD ROY - 1981 Silver State Marathon Champion, MA exercise physiology, fulltime staff with Athletes in Action.

•BILL PECK - Coach of four Olympians and former Culver City Marathon champion.

•GEORGE MASON - 2:17 marathoner, 29:10 10,000m, outstanding steeplechaser and fulltime staff with Athletes in Action.

•Other AIA world class athletes (male and female) and coaches.



AUGUST 22-28, 1982
Mammoth Lakes, California
In the midst of the beautiful
Sierra Nevada Mountains

Cost: \$190.00

•Six nights housing in a rustic mountain camp nestled in the pine trees.

•Morning sessions on running technique.

•Scenic runs to Sierra points of interest.

•Physical fitness evaluations through body fat testing, etc.

•Recreational activities (swimming in hot springs, volleyball, fishing).

•Sierra Running Camp T-shirt.

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•Campfires.

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For More Information & Application:

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P.R.'s

By Richard Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summer-time Lane, Culver City, CA 90230. * = first time at distance.

This is by far the biggest list we've ever had. Over 150 PR's, plus sprints and field events (listed elsewhere). Why, I'll bet we got every PR in the state for the month of May. What's that? We didn't get yours? Well, send it in! If we know you did it, we'll list it. But can't know if someone doesn't tell us.

Randy Acosta, Santa Anita 5K	19:09	Teresa Jackson (Hayward St.) tri-meet 1500	4:58.4
Kris Ailyne (CPSLO) Southwest Inv. 800	2:11.92	Teresa Jackson (Hayward St.) tri-meet 3000	10:35.5
Al Alwag, Torrance Armed Forces Day 10K	49:44	Jackie Joyner (Wilt's) Mt. SAC Relays Heptathlon 800m	2:16.6
Linda Applegate, Torrance Armed Forces Day 10K	66:00	Jamie Jones (CSULA) Mt. SAC Relays 5000m	19:58.4
Diarough Ashrin, Torrance Armed Forces Day 10K	37:49	Mark Keldser, Torrance Armed Forces Day 10K	37:12
Charles Benefiel, Torrance Armed Forces Day 10K	*74:00	Eileen Kraemer (CPSLO) Mt. SAC Relays 1500m	4:22.16
Liz Baker (SDSU) Mt. SAC 5,000	16:48.1	Walt Krause, Torrance Armed Forces Day 10K	43:37
Robert Barkus (SMC) Bakersfield Relays 5,000	15:07	Steve Kunishima (SMTC) Santa Monica 5K	18:58
Robert Barkus (SMC) vs. L.A.C.C. 800m	15:07	Michael Lawrence (UCLA) Nike Inv. at CSUN	3:45.84
John Beck (Villa Park HS) Century League 880	1:58.6	Michael Leong (SCRR) Rockwell Marathon 20K - 1st 18-29	71:00
Nicole Biggers (El Toro HS) vs. University 880	2:19.4	Thomas Leong (Villa Park HS) vs. Santa Ana Valley 2 mile	10:34.8
Nicole Biggers (El Toro HS) vs. University mile	5:24	David Longyear (SCRR) tri-meet 880	2:28.98
Nicole Biggers (El Toro HS) Esperanza Inv. 1500m - 1st	4:51	David Longyear (SCRR) Phoenix Inv. 3000	10:11.9
Nicole Biggers (El Toro HS) Sea View League 800m - 2nd	2:13.8	David Longyear (SCRR) Phoenix Inv. 1500	4:54.4
Renea Biggers (SCRR) Phoenix Inv. 3000m	11:40.7	Karen Longyear (SCRR) Phoenix Inv. 1500	5:24.52
Byron Biscoe, Torrance Armed Forces Day 10K	56:00	Karen Longyear (SCRR) Phoenix Inv. 3000	11:31.6
Ralph Black, Torrance Armed Forces Day 10K	46:00	Karen Longyear (SCRR) OCMMA meet 660	2:00.3
Norman Block, Torrance Armed Forces Day 10K	*49:21	Scott Mayfield (FSU) Woody Wilson Relays 5000m	14:08.6
Dan Brady (UCLA) Mt. SAC Relays 5000m	14:34.18	Steve McCormack (UCLA) Mt. SAC Relays 5000m	13:54.4
Margaret Braun (SCRR) Phoenix Inv. 1500m	6:13	Chris Mullen, Torrance Armed Forces Day 10K	42:00
Margaret Braun (SCRR) Phoenix Inv. 800m	2:59.2	Allen Miller, Torrance Armed Forces Day 10K	49:29
Margaret Braun (SCRR) Get High on Running 5K	25:51	Robert Miller, Torrance Armed Forces Day 10K	39:46
CeCe Braun (SCRR) Phoenix Inv. 1500m	5:33.6	Kerry Milligan (SCRR) Phoenix Inv. 800m	2:51.2
CeCe Braun (SCRR) Phoenix Inv. 800m	2:36.7	Kerry Milligan (SCRR) March of Dimes 5K - 1st 12 & under	23:00
David Brown (UCLA) UCLA/USC Inv. 800m	1:49.71	Peter Mogg (SSTC) USC Inv. 1500m	3:53.81
Teri Brown (UCLA) S. Calif. Championships 5000m	18:04.5	Peter Mogg (SSTC) Temple City 5K	15:21.8
Michelle Bush (UCLA) USC Inv. 800m	2:08.1	Katherine Molina, Santa Anita 5K	19:52
Michelle Bush (UCLA) UCLA/Pepsi Inv. mile/1500	4:36.52/4:15.8	Rudy Munoz (ARC) Mt. SAC Relays 10,000m	28:52.5
Rosa Bustamonte, Santa Anita 5K	21:16	Derek Newson, Torrance Armed Forces Day 10K	*48:04
Jon Butler (UCLA) Mt. SAC Relays 10,000m	28:47.7	John Nino, Torrance Armed Forces Day 10K	44:11
Liz Carroll (CPSLO) Mt. SAC Relays Heptathlon 800	2:35.2	Ryad Omar, Santa Anita 5K	23:48
Sam Ceasar (SMTC) UCLA Inv. 800m	1:50.33	Steve Ortiz (UCLA) Mt. SAC Relays 10,000m	28:21.3
Debra Chaddock (SDSU) Mt. SAC Relays 5000m	16:42.3	Miguel Oviedo, Torrance Armed Forces Day 10K	38:24
Sandy Chapman (Mt. SAC) Mt. SAC Relays 800m	1:47.34	Kathie Owen, Torrance Armed Forces Day 10K	45:45
Johanna Conneli, Torrance Armed Forces Day 10K	55:47	Don Paige (Athletic Attic) UCLA/Pepsi mile	3:54.19
Karen Copper (UCLA) So. Calif. Championships 1500m	4:37.7	David Parker (Villa Park HS) vs. Santa Ana Valley 2 mile	10:06
Ron Cornell (Sub-4) Mt. SAC Relays 1500m	3:41.7	David Parker (Villa Park HS) Century League 2 mile	10:01
Ron Cornell (Sub-4) UCLA/USC Inv. 5000m	14:04	Ricky Parker, Torrance Armed Forces Day 10K	47:00
Gilbert Cortez (CSULA) Mt. SAC Relays 10,000m	30:33.9	Mike Parkinson (UCLA) Mt. SAC Relays 1500m	3:50.8
Dave Daniels (UCLA) UCLA/USC Invitational 5000m	14:12.81	Alvs Peltz, Torrance Armed Forces Day 10K	52:42
Mike Davis, Torrance Armed Forces Day 10K	57:00	Jim Pierson, Torrance Armed Forces Day 10K	37:14
Judy Diaz, Torrance Armed Forces Day 10K	45:10	Polly Plumer (University HS) UCLA/Pepsi mile	HS AR 4:35.24
Donald Doering (Villa Park HS) Century League 880	2:00	Mike Pope (UCLA) Nike Inv. at CSUN 1500m	3:46.16
Laura Doering (SCRR) Phoenix Inv. 3000m	11:13	Mike Pope (UCLA) UCLA/USC Inv. 1500m	3:44.76
Chris Dubois (CPSLO) Mt. SAC Relays Heptathlon 800	2:14.5	Steve Prechl, Santa Anita 5K	20:35
Eva Ernstrom (SDSU) Mt. SAC Relays 5000m	15:55.5	Sheila Ralston (Wilts) S. Cal. Championships at Irvine 800m	2:07.6
Joe Fabris (ARC) Mt. SAC Relays 1500m	3:41.75	Sheila Ralston (Wilts) UCLA/Pepsi Inv. mile (1500m)	4:39.62 (4:18.2)
Suzy Flournoy, Santa Anita 5K	*21:26	Susie Ray (Wilts) Mt. SAC Relays Heptathlon 800m	2:19.3
Ron Gee, Santa Anita 5K	15:02	Peter Rice, American Mile Road Race	4:46
Bob Gerlach (SCR) Pico Canyon Classic 8K - 1st 50-54	29:47	Peter Rice, Eclipse Sun Run 5K	16:28.2
Bob Gerlach (SCR) Spring Tuneup 5K - 1st 50-59	17:48	Jeff Richneek (Wheelchair) Torrance Armed Forces Day 10K	49:45
Bob Gerlach (SCR) Tom Sullivan 10K	37:35	Ron Roberts (UCLA) Mt. SAC Relays 1500m	3:43.71
Linda Goen (UCLA) UCLA/Pepsi mile	4:36.75	Rick Rose (UCLA) Mt. SAC Relays 10,000m	29:07.5
Alex Gonzales (UCLA) UCLA/Pepsi 1500m	3:41.49	Rick Rose (UCLA) UCLA/USC Inv. 1500m	3:52.55
Johnny Gray (SMTC) UCLA/Pepsi 800m	1:46.26	Peggy Saisselin, Torrance Armed Forces Day 10K	46:38
Joe Green (CPSLO) West Coast Relays 5,000m	14:46.2	Leslie Saunders (UCSD) vs. Pt. Loma & Redlands 5,000 - 2nd place	20:23
Kevin Green (Villa Park HS) vs. Foothill 880	1:58.3	Esther Scherzinger (CPSLO) Mt. SAC Relays 800m	2:11.08
Kevin Green (Villa Park HS) Century League 880 - 2nd	1:57.1	Kim Schnurpfel (Stanford) Husky Inv. 10K	33:42.0
Ernie Gregory, Charlots of Fire 10K	*54:05	Tom Schwartz, Torrance Armed Forces Day 10K	47:12
Dan Gruber (ARC) Mt. SAC Relays 10,000m	29:08.4	Phillip Selim, Torrance Armed Forces Day 10K	48:00
Katie Gruber (UCLA) So. Calif. Championships 3000m	10:12.4	George Shackelford (CSULA) Mt. SAC Relays 800m	1:52.9
Jon Hall (SMTC) Santa Barbara Track Meet 1500m	3:51.0	Chip Summers, Torrance Armed Forces Day 10K	37:30
Timothy Harris, Torrance Armed Forces Day 10K	48:07	Mary Tatu, Torrance Armed Forces Day 10K	47:15
Shannon Harrison (SCRR) Phoenix Inv. 800m	2:48.0	Chris Taylor (SCRR) Phoenix Inv. 1500m	6:03.28
Rick Harbaugh (UCI) Mt. SAC Relays steeplechase	9:05.4	Chris Taylor (SCRR) Phoenix Inv. 800m	3:08
Shannon Harrison (SCRR) Phoenix Inv. 1500m	5:35.8	Karen Thompson, Torrance Armed Forces Day 10K	45:08
Kathy Hart (PIE TC) Corporate Cup Relays mile	5:54.6	Lloyd Thompson (SMTC) Santa Monica 10K	39:56.7
Kathy Hart (PIE TC) Corporate Cup Track Meet 1500m	5:20.8	Andre Tocco (CCAC) Camarillo 50K - 1st overall AR 45-49	3:13.46
Kathy Hart (PIE TC) Glendora 5K	19:46	Miriam Vendenbosch, Charlots of Fire 10K	42:50
Steve Hart, Torrance Armed Forces Day 10K	35:17	Barbara Vail (SMTC) Strider Relays 1500m	6:14
Nathan Hayden (Villa Park HS) vs. Foothill 2 mile	10:11.7	Dennis Walsh, Torrance Armed Forces Day 10K	43:31
Nathan Hayden (Villa Park HS) Century League mile - 2nd	4:37.5	Steve Webb (UCLA) Mt. SAC Relays 10,000m	29:03.5
Neal Heidrich, Torrance Armed Forces Day 10K	44:00	Steve Webb (UCLA) Torrance Armed Forces Day 10K	32:16
Lynn Hill (SMC) Bakersfield Relays 3000m	10:20.2	Steve Whitcomb (UCLA) Mt. SAC Relays 1500m	3:44.2
Lynn Hill (SMC) Bakersfield Relays 1500m	4:45.7	Steve Whitcomb (UCLA) UCLA/USC Inv. 1500m	3:43.39
Lynn Hill (SMC) Bakersfield Relays 800m	2:20.2	John Whitesides (UCI) Mt. SAC Relays 10,000m	30:43.0
John Hendrix (Biola) NAIA Dist. 1500m	3:55.2	David Witherall, Torrance Armed Forces Day 10K	43:40
Ceci Hopp (Stanford) Husky Inv. 5000m	16:24.0	John Zentmeyer, Torrance Armed Forces Day 10K	49:36
Chuck Howard, Torrance Armed Forces Day 10K	*55:48		
Ivan Huff (ARC) Mt. SAC Relays 5000m	13:53.6		

Results

Sebastopol Apple Juice Run-10K

From Stan Holley

April 4. At Sebastopol.

1 Armand Moreno (San.Rosa)	31:43.4
2 Jim Bowers (San. Rosa)	31:52.5
3 Chris Christopher (Guwd.Pk.)	32:20.3
4 Darryl Beardall (San.Rosa)	32:56.9
5 Butch Alexander (Sonoma)	33:11.9
6 Dan Preston (San.Rosa)	33:24.0
7 Wayne Stone (San.Rosa)	33:35.8
8 Lester Mina (Alameda)	33:40.9
9 Daniel McCullough (Sonoma)	33:56.5
10 Dick Ogg (San. Rosa)	33:59.4
11 George Merrill	34:11.4
12 Stacy VanHorn (San.Rosa)	34:12.6
13 Roger Scott (Sac.)	34:35.3
14 Marc Ziblatt (Sebastopol)	34:45.4
15 John Hogan (Rohnert Pk.)	34:51.0
16 John MacPherson (San.Rosa)	34:58.0
17 Louis Garcia (San.Rosa)	35:01.9
18 Peter Laskier (Mill Val.)	35:01.9
19 Dennis Bullman (Sonoma)	35:06.8
20 Dave Sjostedt (Bodega Bay)	35:08.0
21 Jeff Ramsey (San.Rosa)	35:18.5
22 Ryan Gilliam (Sebast.)	35:26.1
23 Hank Skewls (San.Rosa)	35:29.8
24 Myles Gipson (San.Fran.)	35:33.5
25 Wayne Hinrichs (Novato)	35:33.9
26 T.J. Thompson (Roh. PK.)	35:39.8
27 Ken Gurley (Truckee)	35:46.1
28 George Ridout (Novato)	35:55.2
29 Martin Jones (Sonoma)	36:22.0
30 Dale Eckebrecht (San.Rosa)	36:41.4
31 Hank Fragoza (Vallejo)	36:43.9
32 Gary Wium (Petaluma)	36:54.2
33 Mike McClendon (San.Rosa)	36:59.8
34 Todd Jackman (San.Rosa)	37:02.5
35 Gordon Tidd (San.Rosa)	37:20.7
36 Jeff Bowers (Forestville)	37:26.8
37 Eric Bohn (Sebastopol)	37:29.8
38 Kevin Kramer (Glen Eillen)	37:40.2
39 David McCurmack (San Raf.)	37:44.9
40 Phillip Widener (San.Rosa)	37:48.1
41 Reg Harris (Napa)	37:50.4
42 Westley Hureburt (Pl.Hill)	37:55.3
43 Richard Thayer (Sebast.)	37:56.5
44 James Neilson (Napa)	37:56.5
45 Greg Dunning (San.Fran.)	37:57.9
46 Kon Silvora (Windsor)	37:59.8
47 David Perry Jones (San.Rosa)	38:01.3
48 Jerry Bourne (Sonoma)	38:02.4
49 Jim Pawling (San.Rosa)	38:05.9
50 Craig Steele (San.Rosa)	38:07.2
59 Pearl Anlt (Pacifica)(1/F)	38:54.0
70 Beckie Simmie (San.Rosa)(2/F)	39:22.0

NCSTC Lake Merced Masters 5 Miller

April 4. San Francisco.

1 Don Ardell (43)	24:05
2 Kent Guthrie (45)	24:11
3 Bill Catanese (43)	24:23
4 Richard Whitewater(41)	24:24
5 Steve Lyons (41)	24:51
6 Bill Jensen(47)	25:02
7 Phillip Hager (45)	25:07
8 Don Chaffee (43)	25:25
9 Theo Jones (43)	25:43
10 Bernie Carnett (40)	25:45
17 Jim Nicholson (51)	27:00
20 Marion Irvine(52)1/F	27:34
22 Karl Bollinger(56)	28:06
23 Flory Rodd (58)	28:07
25 Joan Ulyot(41)2/F	28:26
26 Pat Wittingslow(42)3/F	29:03
31 Ruth Waters(48)4/F	29:26
34 Ruth Anderson (52)5/F	30:18
35 Ed Preston (65)1-80	30:27
47 Steve Cole (67)2-80	34:14
49 Kay Atkinson(64)1/F-80	35:29
55 Bill Monhall(72)1-70	39:29
65 Ivor Welch(87)1-80	58:25

Clear Lake Marathon

April 4. At Clear Lake.

1 Steve Ottaway	2:39.02
2 Lon Kincannon	2:50.40
3 David Russell	2:51.48
4 Mark Samuelson	2:51.57
5 Harry Daniel	2:59.29
20 Valerie Doyle (1F)	3:34.35
22 Rae Clark (2F)	3:34.35
26 Carol LaPlant (3F)	3:42.53

20K:

1 Robert Clay	1:07.49
2 Larry Morton	1:15.21
3 Bruce Gouveia	1:16.03
4 James Erbas	1:16.11
5 Patricia English (1F)	1:17.02
6 Ralph Fiedler	1:17.48
7 Steve Chavez	1:18.16
8 Stephen Hedstrom	1:18.32
9 Chris Baldo	1:18.48
10 Ben Bennion	1:21.46

photo by Gene Chohn



Pat English

Pigeon Pass Marathon

From Nellie Killion

April 4. Loma Linda.

Marathon: Women:

1 Sandra Kiddy (45)(P.S.)	3:05:20
2 Corrine Schratz (37)(Her.Bch)	3:45:57
3 Geraldine Jung (51)(Pasd.)	4:01:07
4 Meida Dean (53)(Else.)	4:13:10
5 Susan McMaster (36)(Glend.)	4:18:20

Men:

1 Joe Cannon (37)(Si.Ma.)	2:43:25
2 Fred Kiddy (48)(P.S.)	2:43:52
3 Arthur Pasillas (26)(Col.)	2:43:57
4 Sherman Schapiro (34)(M.B.)	2:49:21
5 Michael Kelley (29)(Sunmd.)	2:50:49

Half Marathon: Women:

1 Christine Grundy (27)(Pom.)	1:20:38
2 Kelly Daugherty (20)(Lanct.)	1:27:32
3 Martha Galley (24)(Mont.)	1:34:14

4 Peggy Taggett (24)(Torr.)	1:35:53
5 Tina Castantion (26)(Brea)	1:36:19

Men:

1 Jim Masterson (28)(Gard.)	1:11:10
2 Mike Lozoy (31)(W.Cov.)	1:15:27
3 C.Placentio (31)(Ro.Hts.)	1:15:39
4 David Ortiz (21)(Colton)	1:16:02
5 David Hite (32)(S.Berd.)	1:16:11

Quarter Marathon: Women:

1 Valerie Lisiewicz (15)(Glen.)	43:48
2 Jamie Barnes (11)(Corona)	45:32
3 Shannon Duncan (14)(Ch.Valley)	46:44
4 Lynda Heck (15)(Mira Loma)	48:10
5 Sandy Koval (22)(Lo.Li.)	48:41

Men:

1 John Tuttle (25)(Sugarloaf)	35:59
2 William Knauff (23)(Lo.Li.)	37:08
3 Robert Morrison (28)(Redlands)	37:42
4 A.Hidas (30)(Berkeley)	37:55
5 Wally Ingram (49)(Hemet)	38:00

Marathon: First in each age Category:
Females: Marybeth Nichols (22) 4:48:53, Pam G.Smith (28) 4:33:18, Corrine L. Schratz (37) 3:45:57, Sandra J. Kiddy (45) 3:05:20, Geraldine Dyer Jung (51) 4:01:07, Priscilla H. Libby (64) 4:58:59.

Men: Gilbert C. Abrego (16) 2:56:14, Gerald Ripberger (23) 3:32:45, Arthur Pasillas (26) 2:43:57, Sherman Schapiro (34) 2:49:21, Joe Cannon (37) 2:43:25, Robert N. Bowls (43) 2:53:36, Fred Kiddy (48) 2:43:52, Gene W. Parsons (53) 3:31:22, Floyd R. Doss (62) 4:13:25.

Half Marathon: Females: K. Debbie Minick (13) 2:08:57, Kelly Daugherty (20) 1:27:32, Christine E. Grundy (27) 1:20:38, Jolene K. Aines (30) 1:42:57, Myra P. Lauder (39) 1:40:33, Linda Harmon (41) 1:48:57, Ina Lisiewicz (48) 1:57:26, Mary L. Storey (57) 1:38:17, Bess James (72) 2:25:32.

Men: David A. Swiderski (17) 1:20:24, David M. Ortiz (21) 1:16:02, Jim Masterson (28) 1:11:10, Mike Lozoy (31) 1:15:27, Morris Scoggin (35) 1:16:59, Jurgen Froehlich (42) 1:22:53, Richard C. Stoll (49) 1:34:39, Jason Harris (51) 1:34:50, Ted Meyer (63) 1:54:08, John Montoya (70) 1:51:12.

Quarter Marathon: Female: Jamie Branes (11) 45:32, Valerie Lisiewicz (15) 43:48, Sandy Koval (22) 48:41, Lisa Moore (25) 50:43, Bonnie Dwyer (31) 50:56, Carolyn Greywood (35) 52:10, Marsha Daidola (41) 57:48, Ruth Moore (46) 1:06:48, Ann Crawford (51) 1:00:34.

Men: Rolf Wuersch (12) 43:14, Jeff Christinon (16) 49:44, William Knauff (23) 37:08, John Tuttle (25) 35:59, A. Hidas (30) 37:55, Otis Fesler (37) 40:28, Ira Yawnick (40) 39:17, Wally Ingram (49) 38:00, Walter Atcherson (55) 42:19, John Goodyear (61) 46:46, Walter Kalinski (70) 1:04:49.

Herc Dynamite Run

April 4. 4 Miles.

1 Leroy Kotchevar	20:24
2 Brian Abshire	20:43
3 Keith Golding	20:59
4 Doug Butt	21:04
5 Kent Thompson	21:08
6 Allan Smith	21:24
7 Glenn MacDougall	21:37
8 Dave Muella	21:44
9 Tony Scardina	21:47
10 Rey Corona	21:47
11 Jim Dare	21:49
12 Doug Bamford	21:53
13 Brian O'Connor	21:57
14 Dave Larson	22:06
15 David Gowen	22:10
16 Tim Hoffman	22:18
17 Suzanne Richter	22:19
18 Joe Burzynski	22:42
19 Julios Ratti	22:49
20 Mike Rivers	22:56
21 Bob Goodrich	22:59
22 Derrick Hamilton	23:09
23 Rick Spencer	23:18
24 Fasil Fessaha	23:25
25 Jeff Williams	23:28
26 Jarome Mendez	23:47
27 Dan Hollis	23:58
28 James Janakes	23:59
29 Tom Traver	24:05
30 Dana Flint	24:06

Overall Results:

Men: Under 12: 1. Brian Rivers 25:04, 2. Dennis O'Connor 27:03, 3. Marc Anderson 31:03, 13-17: 1. Tony Scardina 21:47, 2. Mike Rivers 22:56, 3. Dave Rouse 24:12, 18-29: 1. LeRoy Kotchevar 20:24, 2. Brian Abshire 20:43, 3. Keith Golding 20:59, 30-39: 1. Doug Butt 21:04, 2. Rey Corona 21:47, 3. Jim Dare 21:49, 40-49: 1. Bob Goodrich 22:59, 2. Tom Traver 24:05, 3. Lee Burke 24:11. **Over 50:** 1. Jerry Faulkner 24:30, 2. Jim McCrae 25:37, 3. Tony Mena 26:59.
Women: Under 12: 1. Janelle Corbyn 28:26, 2. Gretchen Hill 28:28, 3. Tami Bradley 36:02, 13-17: 1. Julie Rivers 26:56, 2. Lori Hill 27:15, 3. Kerri Bradley 34:48, 18-29: 1. Suzanne Richter 22:19, 2. Dana Flint 24:06, 3. Lisa Hoover 25:44, 30-39: 1. Shariett Gilbert 27:13, 2. Dottie Chavan 27:41, 3. Ruth Grimes 29:58, 40-49: 1. Beverly Richardson 28:34, 2. Valerie Gnesdillot 30:43, 3. Hisae Reichel 31:35, **Over 50:** 1. Laura Katz 35:52, 2. Peg Sparrow 36:59, 3. Loretta Devoto 41:12.

Annual 8.56 Mile Run

From Jean Shuler

April 10.

Men 18 & Under:

1. Paul Ghidossi	49:02
2. Jos Walter	49:38
3. Mark Goralika	49:58

19-29:

1. Dwight Hendrix	45:47
2. Mark Kushner	48:49
3. Richard Antal	49:06

30-39:

1. William Seaver	47:17
2. Allan Stanbridge	48:41
3. Bert Johnson	48:52

40-49:

1. Bill Wilson	51:58
2. Dan Moore	53:05
3. Lou Daugherty	53:18

Over 50:

1. Hank Fragoza	53:50
2. Flory Rodd	57:16
3. Denys Butcher	57:24

Women Under 40:

1. Diane Pinson	59:48
2. Peggy Smith	61:43
3. Gail Rodd	61:58

Women Over 40:

1. Jean Shuler	56:25
2. Barb Carlson	66:47
3. Val Gnesdillot	71:09

10K For MDA

From End of the Line
Race Consulting

April 10. At Del Mar Race Track, San Diego.

Top Ten Men:

1. Butler (26)	29:30
2. Tim Varley (21)	29:47
3. Robert Lusitana (24)	29:48
4. Wally Buckingham (29)	29:51
5. Mike Podlenski (22)	30:24
6. Dennis Wilson (26)	30:47
7. Wayne Buckingham (29)	31:07
8. Frank Haralson (23)	31:11
9. David Jackson (22)	31:16
10. Dan Sweeny (26)	31:56

Top Ten Women:

1. Patti Hurl (34)	36:42
2. Diane Riley (27)	36:59
3. Nancy Wilkinson (24)	37:07
4. Mara Lazdans (17)	37:40
5. Kay Harpold (31)	37:54
6. Linda Copp (29)	39:02
7. Heather Murphy (39)	40:06
8. Heidi Hinke (33)	40:50
9. Rosanna Carrillo (15)	42:23
10. Anne Johnson (50)	42:27

Men: 17 & Under: 1. Ted Goodlake (15) 32:08, 2. Mario Balcom (16) 34:57, 3. Devin

Dietzen (15) 35:37. 18-29: 1. Peter Butler (26) 29:30, 2. Tim Varley (21) 29:47, 3. Robert Lusitana (24) 29:48. 30-34: 1. Wayne Hallam (34) 33:37, 2. Jay Gehrig (31) 33:50, 3. A. Jensen (34) 34:10. 35-39: 1. Gary Novak 32:49, 2. John Montgomery 33:57, 3. Piet Sanchez 34:22. 40-44: 1. Gary Hooker 33:43, 2. Howard Moody 34:18, 3. Ray Sabian 35:23, 4. Dale Larabee 36:33. 45-49: 1. Ed Richards 38:10, 2. Tom Zwiers 39:18, 3. Warren Osborn 39:23. 50 & Over: 1. Bob Collins 34:53, 2. Marsh Haradan 35:40, 3. Dick Robinson 37:27.

Females: 17 & Under: 1. Mara Lazdans 37:43, 2. Rosanna Carrillo 42:25, 3. Jamie Bispinghoff 43:42. 18-29: 1. Diane Riley 36:56, 2. Nancy Wilkinson 36:58, 3. Linda Copp 39:08. 30-34: 1. Patti Hurl 36:44, 2. Kay Harpold 37:56, 3. Heidi Hinke 40:52. 35-39: 1. Heather Murphy 40:08, 2. Barbara Nolan 43:37, 3. Pat Watkins 45:50. 40-44: 1. Judy Spittgerber 42:42, 2. Toni Deal 45:36, 3. Marilyn McCann 46:05. 45-49: 1. Margie Durkin 48:25, 2. Alice Leicht 47:30, 3. Charlene Hoar 49:33. 50 & Over: 1. Anne Johnson 42:25, 2. Shirley Tobin 49:55, 3. Tensia Trejo 53:03.

Great Recycling Foot Race

April 10. 10K.

Men: 18 & Under: 1. Todd Jones 40:26. 19-29: 1. Joe Jaramillo 35:03. 30-39: 1. JB Chapman 36:18. 40-49: 1. Chris Dany 39:47. 50-59: 1. Don Welch 42:25. 60 & Over: 1. Harry Harder 42:04.

Women: 18 & Under: 1. Kerl Floyd 48:05. 19-29: 1. Janis Cook 46:04. 40-49: 1. Joanne Branco 45:09. 50 & Over: 1. Sue Tokayama 53:23.

Marina Five Miler

April 10. Marina.

Top Ten Men:

1 Tony Ramirez (27)	24:31
2 Emil Magallanes (26)	24:37
3 Joel Hope (24)	25:08
4 James Christensen (22)	25:28
5 Dan Rueckert	26:35
6 Hank Lanson (27)	26:46
7 Haywood Norton (35)	27:20
8 James Nelson (18)	27:35
9 Lester Waddel (33)	27:39
10 James Cunningham (36)	27:40

Men: 19 & Under: 1. James Nelson (18) 27:35, 2. Carlos Zarate (19) NT, 3. Javier Naranjo (19) NT. 20-29: 1. Tony Ramirez (27) 24:31, 2. Emil Magallanes (26) 24:37, 3. Joel Hope (24) 25:08. 30-39: 1. Haywood Norton (35) 27:20, 2. Les Waddel (33) 27:39, 3. James Cunningham (36) 27:40. 40-49: 1. Glynn Wood (47) NT, 2. Frank James (40) NT, 3. Richard Leutzinger (43) NT. 50 & Over: 1. August Melnikis NT, 2. Jim Groves (54) NT, 3. Edwin Moore (58) NT.

Top Women:

1 Paula Ramirez (24)	30:45
2 Olivia Partridge (25)	31:54
3 Gail Bernardi (36)	32:40

Women: 19 & Under: 1. Martha Gourley (15) NT, 2. Diane Chiapa (19) NT, 3. Abby Potter (19) NT. 20-29: 1. Paula Ramirez (24) 30:45, 2. Olivia Partridge (25) 31:54, 3. Gail Dwyer (23) 34:10. 30-39: 1. Gail Bernardi (36) 32:40, 2. Susan Tilley (32) NT, 3. Liz Snyder (31) 34:08. 40-49: 1. Cynthia Bleber (46) NT, 2. Mary Martinez (40) NT, 3. Susan Burcaw (45) NT. 50 & Over: 1. Kay O'Neill (53) 43:42, 2. Silvia Sweet (58) 46:50, 3. Hope Ansbacher (50) NT.

5K/10K Run For Fitness

April 17. Duarte. 10K.

Men: 17 & Under: 1. Barry Crawford 37:03, 2. Jose Cardenas 37:21, 3. Mike Hanley

37:38. 18-24: 1. Jeff Dettmer 32:04, 2. Dennis Forthoffer 32:26, 3. Julian Saavedra 35:52. 25-29: 1. Barry Welsch 31:47, 2. Bob Arnold 34:39, 3. Michael Trout 35:42. 30-34: 1. Joel Abdus-Shakoor 35:36, 2. Robert Williams 36:35, 3. Fred Doubell 36:49. 35-39: 1. Bruce Geddes 36:30, 2. Lawrence Fabella 36:48, 3. Dick Tufts 38:18. 40-44: 1. John Jaunson 36:32, 2. Freddie Perez 37:28, 3. Irwin Condit 40:58. 45-49: 1. James Thach 42:00, 2. Jack Wilson 45:09, 3. Rudy Gaong 45:32. 50-59: 1. Layne Crisp 41:56, 2. James Adams 42:26, 3. Pat Mulvihill 43:12. 60 & Over: 1. Howard Willut 47:53, 2. Jim Bole 49:38, 3. Norman Rhinehary 51:43.

Females: 17 & Under: 1. Lorraine Mandella 43:28, 2. Anna Enright 56:08, 3. Marian Del Campo 57:51. 18-24: 1. Tere De Anda 43:30, 2. Frances Hart 48:01, 3. Mary Kautlainen 48:22. 25-29: 1. Becky Thomas 42:44, 2. Tracy Newson 50:05, 3. Estelle Charlebois 51:39. 30-34: 1. Karen Norton 48:04, 2. Cheryl Howard 49:42, 3. Rosemary Baldazo 54:25. 35-39: 1. Linda Stephens 46:30, 2. Nancy Ishino 52:11, 3. Cassandra Johnson 52:48. 40-44: 1. Cecily Parke 46:37, 2. Eloise Alaniz 52:28, 3. Rose Castro 52:39. 45-49: 1. Elizabeth McClellan 1:00:15, 2. Erika Fleischer (NT). 50-59: 1. Ethal Kleinsasser 55:08, 2. Mildred Swlader 1:09:31. 60 & Over: 1. Nola Benson 1:32:00.

Run For Research 10K

From End of the Line Race Consulting

April 17. Mission Bay Park, San Diego.

Top Ten Men:

1 Paul Williams (25)	29:55
2 Frank Plasso (21)	30:58
3 Paul Peterson (27)	31:54
4 Davie Stansbury (27)	32:46
5 Richard Alarron (22)	32:50
6 Lars Aronsson (26)	32:56
7 Narberto Arula (23)	33:16
8 Terry Downey (27)	33:58
9 Robert Lopez (23)	34:16
10 Tom Barlow (19)	34:24

Top Ten Women:

1 Natalie Fernandez (23)	38:44
2 Susan Ball (19)	40:29
3 Diane Stocklin (42)	41:46
4 Judy Spittgerber (42)	42:18
5 Alice Felix (35)	43:43
6 Ruth Cooper (28)	43:45
7 Bonnie Baer (30)	44:50
8 Mary Baker (37)	44:50
9 Marilyn Huff (31)	44:52
10 Madeline Lecoco (25)	45:03

Men: 17 & Under: 1. Paul Arreda 36:30, 2. Greg Lynch 36:35, 3. Gary Jennings 37:22, 4. Scot Copeland 37:42. 30-39: 1. Dave Albright 34:35, 2. Jim Pase 34:37, 3. Tom Davidson 34:50, 4. Robin Schultz 35:18. 40-49: 1. Robert McAndrews 34:50, 2. Willi Heid 35:39, 3. Ian McInnes 36:13, 4. Gerhard Japp 37:10. 50 & Over: 1. Dick Robinson 37:40, 2. Peter Sale 39:20, 3. Al Yanke 40:56, 4. F.O. Gulbransen 41:07.

Females: 17 & Under: 1. Mary Morrissey 48:10, 2. Chris Goodbody 49:48, 3. Beth Gamble 57:17, 4. Kelly Murphy 58:15. 40-49: 1. Diane Stocklin 41:50, 2. Judy Spittgerber 42:15, 3. Mary Hamilton 53:18, 4. Marjorie Cole 55:28. 50 & Over: 1. Eileen Chee 50:28, 2. Faith Ramirez 51:20, 3. Claire Lawrence 58:42.



Pena Adobe Run

From Bill Hackley

April 17. Suisun City. 10K.

A comment or two is in order to explain the slow times for the 10K winners. First of all, there were two difficult hills to negotiate and second the course was 80% trails (gravel, dirt and grass).

5K:

Men: 17 & Under:	
1. Gary Rayward	18:18.3
18-29:	
1. Kraig Kramer	17:14.5
2. Mike Bonnette	18:02.5
30-39:	
1. Larry Pugh	17:14.5
2. Rich Pitra	19:02.3
40-49:	
1. Bob Goodrich	18:27.1
2. Curtis Tom	20:32.1
50 & Over:	
1. Jack Riley	20:41.8
Women: 17 & Under:	
1. Julie Wardinsky	36:44.3
18-29:	
1. Marcia Waymouth	25:06.0
2. Susan Diserio	27:06.0
30-39:	
1. Elaine Kristensen	26:38.5
2. Judy Tom	26:57.0
40-49:	
1. LaVerna Riley	23:31.3
50 & Over:	
1. Paula Silva	29:04.0

Men: 17 & Under:

1. Darrin Berardi	39:34.6
18-29:	
1. Bob Blackman	36:08.5
2. Phillip Haggerty	36:55.0
3. Jerome Mendez	40:00.2
30-39:	
1. John Silva	40:26.6
2. Joe Rapisarda	42:36.6
3. Scott Withers	43:29.7
40-49:	
1. Bob Curtis	42:33.0
2. Del Wyatt	43:12.4
3. Paul Ligda	43:31.7
50 & Over:	
1. Hank Fragoza	39:43.5
2. Dan Crittenden	1:02:04.3
Women: 18-29:	
1. Nancy Bratcher	49:24.3
2. Sandra Morgan	53:08.6
30-39:	
1. Janie Johnston	49:55.8
2. Jan Rapisarda	59:34.7

Visalia Spring Run 10K

April 17. Visalia.

Men: 29 & Under: 1. Juan Molina (High Sierra) 32:00, 2. Ed Taylor (Visalia Runners) 32:04, 3. Marty Higginbotham (Visalia Runners) 32:16. 30-39: 1. Gary Campbell (Visalia Runners) 32:35, 2. Don Chapin (High Sierra) 33:57, 3. Dave Bronzan (High Sierra) 34:40. 40-49: 1. Wayne VanDellen (High Sierra) 35:23, 2. Rick Zamarripa (High Sierra) 36:57, 3. Al Branco (Visalia Runners) 38:48. 50-59: 1. Len Thorton (High Sierra) 35:06, 2. Fred Fitchhorn (Unattached) 44:26, 3. Stan Nix (Visalia Runners) 44:56. 60 & Over: 1. Harry Harder (High Sierra) 41:38, 2. Woody Cape (Unattached) 51:38.

Women: 29 & Under: 1. Tanis Ryzabol (Visalia Runners) 40:27, 2. Jorie Lawrence (Unattached) 41:04, 3. Babette Hall (Unattached) 43:17. 30-39: 1. Jan Alcock (Unattached) 46:22, 2. Cherie Stephenson (Visalia Runners) 46:38, 3. Mandy Blaklee (Unattached) 47:56. 40-49: 1. Joann Branco (Visalia Runners) 42:31, 2. Cec Conway (Visalia Runners) 52:36. 50 & Over: 1. Dorothy Thomas (Unattached) 56:28.

Men: 17 & Under: 1. Don Spicker 16:55, 2. Raul Diaz 17:16, 3. Greg Luna 17:30. 18-24:

1. Chi Nguyen 16:15, 2. Leslie Luke 17:49.7, 3. Albert Sparks Jr. 17:49.9. 25-29: 1. Robert Slick 16:16, 2. Steve Smith 16:55, 3. Denier Hollins 17:59. 30-34: 1. Andy Avalos 17:45, Randy White 18:32, 3. John Lecardo 19:07. 35-39: 1. Tanachi Masatoshi 19:06, 2. Paul Amberg 20:08, 3. Randy Branson 21:00. 40-44: 1. Bob Edwards 19:33, 2. James Cleveland 20:05, 3. Luis Peralta 21:13. 45-49: 1. Richard Flores 17:50, 2. Thomas Wood 21:46, 3. Dick Matheny 22:08. 50-59: 1. Sam Waltmire 19:21, 2. Louis Beadle 22:46, 3. Dick Jackson 23:58. 60 & Over: 1. B.L. Viasak (NT).

Females: 17 & Under: 1. Joanne Maldonado (NT), 2. Amber Chavez (NT), 3. Anne Volpe (NT). 18-24: 1. Raeann Griffin 24:49, 2. Laura Rosenstock 24:55, 3. Diana Navarro 27:41. 25-29: 1. Becky Kliever 20:40, 2. Denise Boesch 23:55, 3. Leonora Long 24:06. 30-34: 1. Michelle Loomis 21:42, 2. Sallie LeSage 24:46, 3. Kathy O'Hara 25:17. 35-39: 1. Mary Gilbert 25:52, 2. Vivian Paulicano 28:52, 3. Stephanie Armatta 30:10. 40-44: 1. Joyce Olivia 25:51, 2. Bess Hopkins 26:59, 3. Sandra Pace 30:21. 45-49: 1. Eileen Babaldon 31:17. 50-59: 1. Helen Olivias 29:24, 2. Charmian Burns 29:41, 3. Frances Tilford 28:39. 60 & Over: 1. Claire Armatta 36:39.

SFIAPOA 5K Hot Pursuit

April 17. San Francisco International Airport.

1 R. Kissin (25)	14:58
2 C. Cottrell (19)	15:44
3 G. MacDougall (26)	16:15
4 S. Serguson (20)	16:22
5 D. Bamford (25)	18:31
6 R. Sisson (25)	16:54
7 J. Jancoski (26)	17:22
8 R. Stillier (36)	17:34
9 J. Janakes (33)	17:35
10 J. Martin (25)	18:10
11 M. Irvine (52)(1/F)	18:20
12 R. Ballew (31)	18:29
13 R. Kiyono (34)	18:44
14 R. Breslauer (36)	18:55
15 J. Sarin (36)	19:04
25 N. Frost (27)(2/F)	20:07
26 M. Mendoza (37)(3/F)	20:14

Mountain Madness Run

From Gary M. Loucks

April 18. Nevada City. 4.716 Mile Run.

1 Michael Van Horn (24)(Sac.)	25:27
2 Robert Malain (54)(Sac.)(1-50)	30:25
3 John Ball (44)(Roseville)(1-40)	30:36
4 Wm. Heidelberg (36)(NevCl.)(1-30)	31:00
5 Richard Baker (15)(NevCl.)	31:23
6 Larry Burghardt (42)(NevCl.)	31:28
7 Ken Free (34)(N. San Juan)	31:32
8 Kerry Darenbourg (27)(N.S.J.)	31:41
9 Howard Walker (36)(Eldridge)	31:50
10 James Walser (40)(Grass V.)	32:01
11 Tony Schauer (38)(Grass V.)	32:21
12 John Demorest (31)(Colfax)	32:48
13 Jim Tucker (40)(Grass V.)	33:14
14 George Hagel Jr. (34)(Grass V.)	33:44
15 Rob South (37)(NevCl.)	33:46
26 Kay Johnson (36)(Roseville)(1/F)	36:32
28 Tamara Hendrick (26)(NevCl.)	37:39
54 David Kingston (66)(Grass V.)(1-60)	48:42

Central Park Run

April 18. Santa Clara. 3.4 Miles.

1 Armando Lagunas	17:46
2 Keith Jeffers	17:59
3 Dan Minutello	18:03
4 Mike Green	18:04
5 Lloyd Case Jr.	18:40
6 Bogdam Fill	18:43
7 Tom Rich	18:46

Results

8 Frank Velasquez	18:54
9 Don Barber	18:56
10 Rick Riordon	19:16
11 Frank Castro	19:20
12 Paul Armstrong	19:31
13 Ron Tanaka	19:32
14 John Bulash	19:33
15 Bill Yates	19:33
11 & Under Men: Mark Yuen 25:24	
Women: Gretchen Hill 24:06. 12-18 Men: Frank Velasquez 18:54. Women: Adrienne Miller 25:25. 19-29 Men: Armando Lagunas 17:46. Women: Janet Smith 22:10. 30-39 Men: Keith Jeffers 17:59. Women: Ean O'Neill 25:51. 40-49: John Ulate 21:04. Women: Jean Teter 26:59. 50+: Bernard Stephens 22:43. Women: Florence Stage 34:09.	

photo by Gene Cohn



Sal Vasquez

Bay Pacific Race 9.1 Miles

From Barry Spitz

April 18. Golden Gate Park, San Francisco

Men: (Overall):	
1 Sal Vasquez (42)	47:43
2 James Tracy (32)	48:35
3 Michael Graves (32)	48:38
4 Robert Darling (32)	49:12
5 Mike Duncan (32)	49:49
6 Virginio DeAravjo (30)	50:11
7 John Embody (26)	50:30
8 Steve O'Brien (28)	50:52
9 Steve Ottoway (29)	51:03
10 David Kadish (29)	52:03
11 Bill Catanese (43)	52:11
12 Robert Freck (31)	52:17
13 Mark Kushner (29)	52:19
14 Bernell Hudson (31)	52:21
15 Mike Lisowski (33)	52:29
16 Bill May (32)	52:31
17 Tom Robinson (34)	52:41
18 Peter Laskier (37)	52:44
19 Dan Fragoza (28)	52:49
20 Charles Thompson (32)	52:55

21 Robert Vizas (35)	53:01
22 Garrick Carlyle (21)	54:22
23 Ron Young (27)	54:38
24 Drew Hidas (30)	54:40
25 Julios Ratti (31)	54:40

Women: (Overall):	
1 Pat English (29)	54:48
2 Margo Elson (31)	55:50
3 Jane Sowersby (31)	58:31
4 Marion Irvine (52)	58:36
5 Pattie Scott-Baier (29)	60:52
6 Lolly Hess (28)	61:11
7 Pat Whittingslow (42)	61:54
8 Michele Schwartz (24)	63:01
9 Carolynn Frush (28)	63:35
10 Linda Sampson (39)	64:16
11 Twyla Willis (29)	64:24
12 Heidi Swan (28)	65:21
13 Vicki Strong (24)	66:11
14 Elizabeth Grotz (28)	66:29
15 Jennifer Lillard (36)	66:35
16 Jenne Davis (24)	66:46
17 Beverly Richardson (43)	66:59
18 Sandi Bohner (35)	67:07

Men: 17 & Under: 1. Joe Turrini (17) 55:02, 2. Curt Moldenhaver (15) 59:19, 3. Jorge Anzueto (14) 60:12. **40-44:** 1. Sal Vasquez (42) 47:43, 2. Bill Catanese (43) 52:11, 3. Steve Lyons (40) 54:43. **45-49:** 1. Norm McAbe (49) 55:09, 2. Myron Nevraumont (47) 55:29, 3. James Jacobs (48) 56:34. **50-59:** 1. Jim Nicholson (51) 58:20, 2. Jess Chavez (50) 59:02, 3. Flory Rodd (58) 59:16. **60 & O:** 1. Ary Elderkamp (61) 76:21.

Women: 17 & Under: 1. Nicole Dubois (11) 69:55, 2. Ellen Maruoka (14) 72:56, 3. Amy White (16) 74:58. **40-44:** 1. Pat Whittingslow (42) 61:54, 2. Bev Richardson (43) 66:59, 3. Ginger Burrola (44) 68:23. **45-49:** 1. Doris Burgess (46) 73:54, 2. Marjorie Macris (47) 74:27, 3. Hisac Reikel (48) 76:09. **50-59:** 1. Marion Irvine (52) 58:36, 2. Frances Bradford (59) 80:46, 3. Joy Notmeyer (50) 86:07. **60 & O:** 1. Kay Atkinson (64) 72:44, 2. Jady Cassell (61) 76:36.

FairField Osborn Preserve Run

April 18. 5.4 Miles.	
1 David Sjostedt	30:09.5
2 Mark Richtman	30:23.3
3 Hank Skewis	30:57.9
4 James Batz	31:26.1
5 J.R. Stockwell	32:12.7
6 Jeff Wilson	32:22.1
7 Don Hourigan	33:11.9
8 Richard Vineyard	33:13.9
9 John Briblescas	33:44.8
10 Mike Locati	33:52.2
11 Bob Akers	34:06.7
12 Stephen O'Brien	34:22.5
13 Marcus Tikotsky	35:12.4
14 Darreb Merker	35:13.6
15 Chuck Bradley	35:42.1
27 Al Janulaw (1-40)	38:29.4
31 Eris Weaver (1F)	38:50.9
32 Sherry McCowan (2F)	39:03.9
41 Lucille Nichols (3F)	41:03.0
47 Carol Velleux (4F)	41:50.8

Maria's Breakfast Run

April 18. Martinez. 13 Miles.	
1 Neil Coville	1:16.58
2 Lester Wyborny	1:18.37
3 Dean Harper	1:19.25
4 Kevin Garry	1:20.59
5 Dan Williams	1:21.30
6 Jim McKinnon	1:22.28
7 Jim Davis	1:23.15
8 Mark Lane	1:26.07
9 Rip Talavera	1:26.24
10 Grady Wright	1:27.00
11 Theiryri Ross	1:27.59
12 Michael Friedman	1:29.14
13 Patrick Doyle	1:29.32
14 Marilyn Harbin(1F-40)	1:29.38
15 Ron Schmidt	1:29.54
18 Al Beane (1-40)	1:31.36
30 Bruce Riggs (1-50)	1:40.17
40 Janette Frischnecht (2F)	1:44.20
46 Jill Plummer (2F-40)	1:48.40

FSU Trash-Dash

April 18. Fresno.	
1 Scott Mayfield (FSU)	33:26
2 Curtis Elia (FTC)	33:33
3 Bryan Foley (Unatt.)	34:34
4 Gary Reimer (Unatt)	35:32
5 Jeff Merrow (FSU)	35:44
6 Tim Cornell (Unatt)	36:03
7 Ron Arnold (FSU)	36:06
8 Glen Mathis (Unatt)	36:09
9 Mike Taylor (FSU)	37:07
10 Eric Little (FSU)	37:08
11 David Williams (Unatt)	37:12
12 Kirk Richter (FSU)	38:01.3
13 Mike Feeley (FSU)	38:01.8
14 Colin Smythe (FSU)	38:19
15 Robert Tapia (Unatt)	38:26
16 Jerry Hornig (Unatt)	38:36
17 Rick Thrash (Unatt)	38:47
18 Rito Fuentes Jr.(Unatt)	38:53
19 Bobby Santoyo (Unatt)	40:07
20 Fred Aiderete (Unatt)	41:16
22 Debbie Jaquess (FSU)1/F	42:58
38 Rosa Medina (Unatt)2/F	46:57

Open Space Race

April 18. Santa Cruz. 10K.
Men: 12 & Under: 1. Steve Mendoza 41:01.2, 2. Javier Cortes 46:19.7, 3. Mark Sheldon 51:35.6. **13-19:** 1. Doug Palmquist 34:08.2, 2. McMillen 37:48.2, 3. Marv Johnson 39:07.0. **20-29:** 1. Mike Engleman 32:00.0, 2. Tim Gruble 32:00.3, 3. Chris Kadoch 33:39.4. **30-39:** 1. John Bryce 24:23.3, 2. Louis Davidson 35:23.6, 3. George Hall 35:37.1. **40-49:** 1. Ben Sawyer 37:48.2, 2. Zack McMath 38:01.4, 3. Tony Fraser-Smith 38:04.8. **50 & Over:** 1. Bob Bickal 45:00.7, 2. Edwin Moore 47:42.6, 3. Doran Torrence 48:05.5.
Female: 13-19: 1. Cathy Stracener 45:25.2, 2. Suzanne Thompson 52:19.4. **20-29:** 1. Ilanna Saraf 39:51.6, 2. Adele Ho 41:34.1, 3. Katie Bargetto 42:54.3. **30-39:** 1. Carol Dixon 43:48.7, 2. Barb Cummings 44:02.5, 3. Ms. Nelson 46:30.2. **40-49:** 1. Betsy Fraser-Smith 44:21.9, 2. Rita Marcus 49:53.7, 3. Susan Burow 55:06.0.

Continental Women's Race

April 18. Oakland. 6 Miles.
Organizers of the Continental Women's Race in Oakland as well as top finishers were surprised at the small turnout for this first all women's event in the East Bay.
A new six mile course was layed out to include 4 miles on a bikepath along the shores of San Leandro Bay. Laurie Binder opened a substantial lead on the flat course and held on to the finish. Lauries 34:40.5 clocking should stand as a challenging goal for future races over the course.
Vicki Bigelow finished 2nd over all and her 36:40.8 combined with daughter, Denises' 41:37.8 to place them 1st in a mother/daughter division. Molly Thayer placed third and Susan Hamamoto ran a fine 43:39.4. to win her 40-49 age group.
Race sponsors, Mizuno Shoes and Women on the Run, provided prizes 4 deep in the 7 divisions. That along with over 40 prizes in a drawing held after the awards meant that a good number of the 90 finishers walked away with something of value in addition to a well run race over an accurate course.
1 Laurie Binder(34)Oakland 34:40.5
2 Vicki Bigelow(46)San Lorenzo 36:40.8
3 Molly Thayer(39)San Fran. 36:54.0
4 Kristan Martin(23)Oakland 37:33.0
5 Joy Taylor(26)San Anselmo 37:41.4
6 Denise Bigelow(20)San Lore. 41:37.8

7 Magda Mendoza(37)San Fran.	42.53
8 Heather Rezowall(29)San.Cl.	43:10
9 Molly Skeen(32)Alameda	43:14
10 Susan Hamamoto(Berkeley)	43:39
11 Rosemary Vasquez(39)Oakland	43:53
12 Angeia MCCoy(33)Sausalito	43:57
13 Lani Medeiros(39)San Fran.	44:09
14 Harrison Hell(26)Berkeley	44:45
15 Dolly Ackerman(41)Pittsburg	45:49
36 Relma Siirila(53)San.Cl.1-50	50:32

American River 50

April 19. Sacramento to Auburn.
The third running of the American River 50 saw the course reversed and the election changes increase by directing runners in this point-to-point race up the course and the change in the weather—slight wind and warm.
Winners Bjord Austrheim-Smith stated that this year's race was a "Great improvement going uphill. You have to work harder! The awards jacket means a great deal more because of it. It was just beautiful day." Bjord, the 1981 West States 100 winner successfully defended her American 50 title along with women's winner, Jim Howard.
Master's division winners featured Doug Latimer from Redwood City and Karen Diekmeyer from Stockton. The famed Ruth Anderson, now 52 years old still world record holder for the women's 100 mile distance (a time of 16 hours) proved the strongest in her age division with a time of 9 hours and 13 minutes.

Women	
1 Melinda Creel(2nd o/a)SanAns	8:36
2 Judy Walker(Sacramento)	8:54
3 Michele Cassity(Stockton)	10:14
30-39:	
1 Bjorg Austrheim-Smith(1st)Sac	7:34
2 Joan Silgar(3rd o/a)Clarksburg	8:34
3 Florianne Harp(Mill Valley)	8:44
40-49:	
1 Karen Diekmeyer(Stockton)	10:31
2 Katherine Brieger(Berkeley)	10:41
3 Skip Gibbs(Cupertino)	10:41
50 plus:	
1 Ruth Anderson(Oakland)	9:11
2 Gloria Strausbaugh(Anderson)	

Men	
18-29:	
1 Jim Howard(1st o/a)Sacto	5:54
2 Chris Turney(Rancho Cord)	6:4
3 Mark Samuelson(Stockton)	7:0
30-39:	
1 Charlie Hoover(2nd)Sepulv	6:1
2 Jeffrey Wall(3rd o/a)Daly City	6:2
3 Ed Whean(Los Angeles)	6:4
40-49:	
1 Doug Latimer(Redwood City)	6:5
2 Richard Dinges(Reseda)	7:0
3 Stanley Wagner(Northridge)	7:3
50 plus:	
1 Phralim Romesberg(SJ)	7:0
2 Bob Holgel(ManhattanBch)	8:0
3 Bob Farrington(San Jose)	8:1
354 starters/339 finishers	

Enviromentalis Run

From Bill Denneen

April 24. Pismo Beach. 6.5 miles.	
1 Frank Hutchinson	
2 Paul Lee	
3 Jerry Wright	(15min.)
4 Clayton Grant	
5 Bobby Roberts	
6 J.J. Holobach	(15min.)
7 Stan Rosenfield	
8 Dave Howell	
9 Mike Reaorn	
10 Jay Kaliche	
18 Sharon Hill(1F)	(10min)

Baylands Run

April 24. Sunnyvale.

Men: 10 & Under:

1. Michael Novak	48:29.6
2. Darin Chin	54:45.8
3. Scott Lisenbee	56:20.8

11-14:

1. Mike Daley	37:11.1
2. Mike Licalsi	37:33.7
3. Joe Sanders	38:18.9

15-18:

1. Mike Hurlston	37:38.0
2. Hugo Abarca	37:50.4
3. Greg Woodbury	39:48.6

Men's Open:

1. Bill Gall	30:42.1
2. Glyn Reynold	30:57.7
3. Salvador Berumen	32:33.4
4. Weston Press	32:39.5
5. Tim O'Halloran	32:46.6
6. Allen Neel	32:53.9
7. Richard Kimball	33:25.3
8. David Burgess	33:25.5
9. Frank Boutin	33:58.1
10. Tom Rich	34:52.8

Men 30-39:

1. Denis O'Halloran	30:28.0
2. Lyes Freeman	33:24.2
3. Steve Sidney	34:36.2

40-49:

1. Jim Baichtal	35:08.9
2. Brian Kemp	36:37.8
3. William Vanloo	37:40.0

50-59:

1. D. Eglej	38:34.5
2. Ralph Boyd	40:11.5
3. Ed Good	42:09.7

60 & Over:

1. Robert Daugherty	48:58.8
2. Dale Yee	49:03.5
3. Gene Beres	51:11.7

Women: 10 & Under:

1. Angela Hernandez	50:04.4
2. Cheryl Cress	50:36.6
3. A. Cachero	1:02:19.6

11-14:

1. Ruth Flores	48:48.1
2. Lisa Reed	52:10.6
3. S. Jones	54:39.8

15-18:

1. Janet Keikenberg	48:39.0
2. Elisha Arnone	48:54.4
3. Julie McKimmy	49:22.3

Women's Open:

1. Tina Harms	36:36.8
2. P. Rodrigues	38:46.0
3. Adele Ho	41:15.3
4. Kim Krutilla	43:24.1
5. Sue Traub	43:34.5
6. Holly Hoyer	44:11.3
7. D. Mason	44:16.1
8. Tracy Habivtzel	44:36.2
9. Ximena Zurita	45:07.0
10. Janet Krug	45:31.9

Women 30-39:

1. Beatrice Zurcher	44:15.5
2. B. McEvoy	44:26.8
3. Barbara Secola	44:32.2

40-49:

1. Susan Roberts	42:28.0
2. Betsy Frazier-Smith	43:10.4
3. Judi Kortz	46:26.7
4. Pauline McLaren	48:16.0

50 & Over:

1. Pat Hale	50:49.4
2. Penny Hall	53:22.3
3. Annette Totton	1:03:02.9

Berkeley Bay View Bull Run 10K

From Doug Schrock

April 25. At Inspiration Point, Berkeley.

1. David Bigelow (22)	33:49
2. Steve Schuman (19)	34:34
3. Neil Coville (37)	35:19
4. Kent Thompson (20)	35:24
5. Mark Hall (22)	35:35

6. Richard Cunningham (39)	35:54
7. Eric Ellisen (20)	36:15
8. John Merris-Coots (28)	36:42
9. Tom Tift (24)	36:57
10. Barry Fike (24)	37:28
11. Peter Soutullo (33)	37:47
12. Greg Foster (23)	37:55
13. Robert Gerlach (34)	39:06
14. John Jenkins (28)	39:52
15. Jim Walsh (31)	39:54
17. Hilary Naylor (35)(1/F)	40:17
22. Molly Thayer (39)(2/F)	40:57
23. Jess Chavez (50)(1-50)	41:05
25. Gene White (47)(1-40)	41:29
47. June Lane (35)(3/F)	48:47
51. Betsy White (43)(1/F-40)	49:12

Reedley 10 Mile

From Dave Bronzan

April 25. Reedley.

Open Division:

1. Jim Hartig (FTC)	52:00
2. Juan Molina (HSTC)	52:04
3. Ed Taylor (Vis. Run.)	52:25
4. Aggie Contreras (Unatt.)	54:45
5. Bob Loux (HSTC)	56:23
6. David Naranjo (FTC)	56:23

30-39 Division:

1. Curt Eila (FTC)	52:27
2. Don Chapin (HSTC)	54:39
3. Bob Lindsey (FTC)	54:55
4. David Bronzan (HSTC)	56:23
5. Larry Lung (FTC)	56:32
6. Frank Ortega (HSTC)	57:32

40-49 Division:

1. Frank Delgado (FTC)	60:15
2. Sid Cram (Unatt.)	63:22
3. Rick Zamarripa (HSTC)	63:26
4. Norm Hill (Unatt.)	66:33

50-59 Division:

1. Len Thornton (HSTC)	58:01
2. Sid Toabe (FTC)	65:42

60+ Division:

1. Harry Harder (HSTC)	68:37
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Women's Division:

1. Shirley Johnson (Vis. Run.)	70:37
2. Janis Rodriguez (Unatt.)	73:00
3. Karen Moritz (HSTC)	78:28

Women's 40+:

1. Dorothy Thomas (HSTC)	82:11
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Orienteering for Runners

April 25. Dimond Park, Oakland.

Medium Course: 6.7k optimum route, 8 controls.

1. Steve Haas	39:45
2. William Follette	43:10
3. Karin Sund(1F)	44:45
4. David Swerdlow	46:15
5. Steve Thurin	48:40
6. Dave Trejo	50:42
7. Manual Nestle(1M)	54:05
8. Doug Donaldson	55:30
9. Roger Stoffregen	55:40
10. Rick Buckingham	57:30

Long Course: 9.6k optimum route, 8 controls.

1. Roy Parker	50:40
2. Joe Scarborough(1M)	53:48
3. Bob Cooley	56:23
4. Mark Rowan	58:05
5. Sverre Froyen	61:42
6. Alan Glendinning	61:58
7. Norman Livermore	64:48
8. Steve Helkkila	70:06
9. Steve Beck	77:30
10. Jane Baxter(1F)	77:30

TRW Spring 5K

April 25. Space Park, Redondo Beach.

Women:

1. Julie McKinney (26)	19:28.1
2. Wendy Watson (38)	20:09.3
3. Toni Artis (17)	20:58.1
4. Yvonne Conlla (23)	21:20.6
5. Vivienne Nixon (26)	21:53.4

6. Mary Walker (33)	22:07.4
7. Ginny Sargent (34)	22:07.8
8. Karen Ruse (29)	22:35.8
9. Thuy Lee (25)	22:36.4
10. Lynn Jacobs (24)	22:45.7
11. Marsha Allen (41)1-40	23:07.2
24. Charmion Burns (51)1-50	27:18.7

Men:

1. Richard Diaz (20)	14:58
2. Scott Young (18)	15:22.4
3. Peter Kang (18)	15:33.8
4. Harry Staalberg (22)	15:35.9
5. Dave Rolandelli (25)	15:49.3
6. Tom Burns (24)	15:58.4
7. Forrest (21)	16:35.9
8. Edwin Mora (26)	16:55.8
9. John T. Sullivan III (18)	17:04.3
10. Terry Harvey (17)	17:18.2
12. Ron Werner (40)1-40	17:19.5
13. Chris Burke (46)2-40	17:30.8
17. Martin Austgen (40)3-40	18:05.5
20. Bill Fitzgerald (56)1-50	18:34.0
26. Dwight Moberg (50)2-50	19:17.0

Santa Monica 5/10K

From Race Central

April 25. Santa Monica City College

5K:

Top 10 Male:

1. Jeffrey Wells (21)	16:38
2. David Greene (30)	16:39
3. Rick Pinson (27)	16:56
4. Terry Mack (30)	17:09
5. Ronald Palestri (21)	17:27
6. Ron Hirschman (33)	17:34
7. Randolph Chinyza (33)	17:52
8. Art Jaime (38)	17:54
9. Norman Madison (37)	17:54
10. Alam Cohen (37)	17:58

Men: 16-18: 1. Erik Ramirez (17) 25:02. 40-44: 1. Daniel Bedolla (41) 20:10, 2. Richard Fantl (43) 21:31, 3. James Murphy (42) 21:44. 45-49: 1. Roger Broderick (49) 21:00, 2. Jack Modjallal (48) 21:32, 3. Peter Mason (45) 22:19. 50-54: 1. Peter Gaal (51) 25:05, 2. Samuel Halper (53) 26:27, 3. Fred Olsen (51) 27:11. 55-59: 1. Masaru Matsumura (57) 25:07, 2. Ralph Goldwyn (57) 26:37. 60 & O: 1. Leroy Wherley (63) 19:53, 2. Russ Haltom (64) 20:56.

Top 10 Females:

1. Nancy Guerrero (21)	16:51
2. Jacqueline Kifle (38)	16:58
3. Carol Van Cott (20)	17:02
4. Nancy Bartow (27)	17:08
5. Lenore Weber (34)	17:20
6. Joan Schermerhorn (47)	17:25
7. Linda Carwin (35)	17:34
8. Patricia Bertino (25)	17:38
9. Cynthia Lynch (29)	17:39
10. Christine Quinn (29)	17:53

Females: 12 & U: 1. Tammy Harries (11) 21:00. 13-15: 1. Kim Gipson (15) 18:43. 16-18: 1. Sally Martin (17) 20:29. 40-44: 1. Nan Fuchs (43) 22:15. 45-49: 1. Joan Schermerhorn (47) 17:25. 50-54: 1. Barbara Vail (50) 22:04.

10K:

Top 10 Male:

1. Mike Larson (28)	30:57
2. Paul Farina (20)	32:12
3. Jim Scott (29)	32:23
4. Richard Hornish (23)	32:50
5. Bruce Thomson (22)	33:30
6. James Knerr (48)	33:44
7. Dan Stumpus (30)	33:49
8. Jim Minami (38)	33:51
9. Ron Newstat (28)	34:06
10. Steve Brightwell (30)	34:11

Men: 12 & U: 1. Craig Fletscher (11) 44:06. 13-15: 1. Jeff Jacobs (14) 37:14. 16-18: 1. Craig Harbick (18) 39:39. 35-39: 1. Jim Minami (38) 33:51, 2. Patrick Cady (35) 36:30, 3. Salvador Torres (38) 36:39. 40-44: 1. James Murphy (42) 34:52, 2. Art Mortell (42) 35:15, 3. George Kinglsey (42) 35:58. 45-49: 1. James Knerr (48) 33:44, 2. Ray Craig (46) 36:58, 3. Jay Quartz (47) 38:37. 50-54: 1. Patrick Devine (53) 36:27, 2. George Ropella (53) 40:16, 3. Eugene Cornelius (52) 42:25. 55-59: 1. Charles Collins (55) 44:29, 2. Ralph Goldwyn (57) 44:56, 3. Stanley Neufeld (58) 45:48. 60 & O: 1. Ed-

die Lewin (65) 39:42, 2. Paul Jernstrom (60) 42:06, 3. John Goodyear (61) 42:58.

Top 10 Female:

1. Beth Milewski (24)	35:18
2. Gladees Prieur (17)	36:41
3. Sheryl Snyder (28)	37:38
4. Margaret Miller (56)	40:09
5. Darsie Bowden (31)	41:09
6. Harulene McLean (39)	41:56
7. Laina Morris (19)	41:59
8. Kathy Whittle (32)	42:15
9. Dobi McDougall (47)	42:20
10. Susan Gentner (22)	42:26

Female: 12 & U: 1. Carrie Woodthorpe (9) 50:46. 13-15: 1. Fiorecitta Torres (13) 45:36. 35-39: 1. Harulene McLean (39) 41:56, 2. Carol Brahm (39) 48:40, 3. Ilane Freemond (35) 48:51. 40-44: 1. Diana Chronert (43) 45:24, 2. Nora Bryan (40) 45:50, 3. Carole Davis (44) 47:31. 45-49: 1. Dobi McDougall (47) 42:20, 2. Joyce Momita (45) 44:27, 3. Dolores Wagner (49) 51:17. 50-54: 1. Nancy Wright (51) 49:05, 2. Barbara Vail (50) 49:12, 3. Nelly Williams (51) 50:39. 55-59: 1. Margaret Miller (56) 40:09.

The Paper Chase 10K and Half Marathon

From End of the Line Race Consulting

April 25. San Dieguito Park, San Diego

10K

Men: 12 & Under:

1. Scot Copeland	39:00
2. Jason Heldman	47:22
3. Brian Pennings	49:50

13-16:

1. Shawn Gillis	38:04
2. Ramon Magann	38:30
3. Fred Magana	41:44

19-29:

1. Dennis Wilson	31:25
2. Thomas Hawser	33:25
3. Charles Smith	34:25

30-39:

1. Bill Rogers	30:47
2. Don Shanonahan	36:22
3. Paul Bishop	36:55

40-49:

1. Robt. McAndrews	36:00
2. Harry Mollgaard	38:29
3. Bill Gould	39:08

50 & Over:

1. Don Hegerle	41:40
2. Peter Hansen	43:28
3. Richard Maars	46:20

Women: 12 & Under:

1. Kerri Black	63:52
2. Wendy Piel	65:33
3. Angela Davidson	70:00

13-16:

1. Robin Eager	43:31
2. Ann Thomas	49:20
3. Michele Jones	58:49

19-29:

1. Trish Weisch	43:40
2. Jennifer Hamilton	45:39
3. Debbie Peters	46:00

30-39:

1. Audrey Burns	41:42
2. Jane Seybert	46:50
3. Robin Paine	46:54

40-49:

1. Karen Field	51:39
2. Mary Frakes	52:10
3. Martha Hawley	54:28

50 & Over:

1. Mary McDonald	51:50
2. Tensia Trejo	54:00
3. Debbie Spear	63:38

Half Marathon

Men: 29 & Under:

1. Rafael Castelly	1:19:00
2. Magdalino Aguilera	1:19:55
3. Louis Sanchez	1:20:06

30-39:

1. Leonard Suarez	1:10:40
2. W.A. Woolson	1:17:21
3. Herman Fountain	1:17:38

Results

40-49:

1 Jack Tuttle	1:17:05
2 Richard Helmly	1:23:10
3 Bob Hyde	1:24:07

50 & Over:

1 Marsh Haradin	1:21:40
2 Rudy Iglesias	1:30:34
3 Evan Parker	1:32:59

Women: 20 & Under:

1 Julla O'Brien	1:25:18
2 Caroline Howmann	1:28:45
3 Bruni Oonagh	1:36:30

30-39:

1 Patti Hurl	1:26:56
2 Pat Dokos	1:35:22
3 Offie Caldenas	1:35:55

40-49:

1 Barbara Woods	1:38:59
2 Nancy Greene	1:43:50
3 Bess James	2:39:00

Sole Savers Run

From Caroline Heddy

May 1. Corralitos. 20K. "No Times Available"

Emil Magallanes was the overall winner of the 20K Holy Eucharist Church "Sole-Savers" Run-formerly the Holy Eucharist Marathon-held Saturday in Corralitos. Nelly Wright was the overall winner of the women's division, one of the race's 12 divisions.

Women: 12 & Under: 1. Christine Reber, 2. Lisa Del Rosario. **13-18:** 1. Tara Locke-Padden. **19-29:** 1. Betty Jones, 2. Sandy Sanchez, 3. Kathleen Kelley. **30-39:** 1. Nelly Wright, 2. Loretta Polsdorfer, 3. Gail Goettefman. **40-49:** 1. Isabel Revas, 2. Nancy Norris. **50 & Over:** 1. Kay O'Neill. **Men: 12 & Under:** 1. Harvey Contreras, 2. Anthony Heredia, 3. Jim Starwood. **13-18:** 1. Michael Rome, 2. Eric Lajoie. **19-29:** 1. Emil Magallanes, 2. Tony Munos, 3. Richard Kimball. **30-39:** 1. Greg Brock, 2. Gary Goettefman, 3. Dr. Arthur Vedder. **40-49:** 1. Frank Brazil, 2. Mark Steelman, 3. Jim Beicher. **50 & Over:** 1. Lee Holley, 2. Edward Singleton, 3. Tom Gutierrez.

BedBug Challenge 10K

From Joy Jackman

May 1. Ions.

Men: Under 13:

1 Kurt Porter	41:13
2 Michael Andreani	41:15
3 Jeff Hartman	42:38

13-19:

1 Dave Miller	33:57
2 John Castro	38:16
3 Brian Rosenberger	39:06

20-29:

1 Anthony Reynoso	31:23
2 Bill Stainbrook	32:04
3 Rob Miller	32:32:6

30-39:

1 Dete Kraus	32:32.4
2 Ross Rowley	33:31
3 Kevin Sage	33:32

40-49:

1 Heinie Hartwig	35:28
2 Paul Holmes	35:45
3 Rich Peterson	38:52

50-59:

1 Walt Betschart	37:58
2 Ray Helm	39:32
3 Chet Allen	41:51

Over 60:

1 John Coe	1:07:05
2 Ray Mace	1:33:57

Women: Under 13:

1 Simone Sevier	1:13:59
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13-19:

1 Carrie Butler	45:29
2 Charlene Mullally	48:57
3 Kerry Neubaum	51:19

20-29:

1 Deborah Wagnon	38:23
2 Amber Pappé-Reynoso	41:13
3 Felicia Qulantang	42:09

30-39:

1 Barbara Eastman	40:56
2 Deborah Winters	43:52
3 Judy Wessel	47:52

40-49:

1 Karen Diekmeyer	48:01
2 Cecile Wildin	52:09
3 Anita Walker	52:33

50-59:

1 Ingrid Oliver	1:18:36
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Maranatha Marathon

May 1. Sacramento.

Marathon:

1 Arthur Baudendistel(YFC)	2:46.44
2 Peter Fadum(Unatt.)	2:55.16
3 Chris McMaster(YFC)	3:07.14
4 Ruben Munoz(Unatt)	3:07.44
5 Abe Underwood(BC)1-40	3:12.40
6 John Prior(Unatt)2-40	3:15.35
7 Elliott Eisenbud(Unatt)	3:38.04
8 Randy Rowland(Unatt)	3:42.45
9 Sally Edwards(FRC)1/F	3:42.46
10 Kay Johnson(Unatt)2/F	3:49.59

Half Marathon:

1 Tom Stallings(Unatt)	1:24.02
2 Igor Herman(Unatt)	1:25.35
3 Bert Smith(Unatt)	1:26.49
4 Glen Marshall(Unatt)	1:28.51
5 Paul Larson(Unatt)	1:30.00
6 Jim Brown(Unatt)1-40	1:30.17
7 Jeff Contos(Unatt)	1:30.25
8 Howard Sharpe(Unatt)	1:31.56
9 Jim Cummings(Unatt)	1:32.01
10 Ken Nishimoto(unatt)	1:37.20

Coronado Second Sole 10K

From End of the Line Race Consulting

May 1. Coronado.

Men: 17 & Under:

1. Robert Wiemer	33:42
2. Greg Lynch	36:44
3. Ruben Macias	38:45
4. Benion Van Wulven	37:00

18-29:

1. Mark Donahue	30:09
2. Wally Buckingham	30:21
3. Steven Brown	30:30
4. Mike Podlenskie	31:00

30-34:

1. Athol Barton	30:13
2. Jim Mosher	31:45
3. James Legakis	30:40
4. Kim Hartman	31:55

35-39:

1. Thomas Sneddon	34:00
2. Benjamin Dodge	35:20
3. David Lesley	35:22
4. Samuel Aguematony	35:27

40-44:

1. Don McCaskill	33:58
2. John Slater	36:13
3. Bill Best	36:38
4. Bud Weizler	37:08

45-49:

1. Bob Wiermas	35:30
2. Stuart Swett	38:41
3. Warren Oshorn	38:42
4. Lyn Sheffey	39:28

50 & Over:

1. Marsh Haraden	38:12
2. Chuck Anderson	38:21
3. Jim O'Neil	37:05
4. Dick Robinson	37:07

Women: 17 & Under:

1. Alisa Hanks	42:12
2. Rosanna Carrillo	43:58
3. Jeannie Hammond	45:15
4. Megan Daly	46:30

18-29:

1. Nancy Wilkinson	36:34
2. Ruthie Truscott	36:53
3. Diane Reilly	37:48
4. Lorrie Dierdorff	37:56

30-34:

1. Kay Harpold	38:02
2. Liz Snyder	42:03
3. Kerrylou Keehn	NT

35-39:

1. Judy Dodge	37:35
2. Heather Murphy	41:05
3. Nancy Courtier	41:52

40-44:

1. Shirley Matson	38:00
2. Lynn Lipezky	46:55
3. Janet Atchison	51:35
4. Jackie Schope	56:10

45-49:

1. Andrea Anderson	48:20
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50 & Over:

1. Mary Van Sant	45:35
2. Cathy McCluer	60:50

Mockingbird Canyon 10K Run

From John Rainbow

May 1. Riverside.

Men: 13-19:

1. Charles Wuester (19)	41:50.8
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20-29:

1. Ron Amundson (27)	32:58.5
2. Steve Streeter (27)	34:47.4
3. Steve Palm (29)	34:52.8
4. Ronald Cole (23)	36:14.6
5. Greg Godfrey (24)	38:28.3

30-39:

1. Gil Cornell (32)	35:23.9
2. Dean King (34)	38:24.4
3. Joe Torrez (31)	39:00.4

40-49:

1. Bill Crum (46)	35:55.6
2. Jurgen Fruehlich (42)	37:54.2
3. Larry Geese (40)	40:27.6

50 & Over:

1. Jack Simmons (50)	43:31.5
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Women: 13-19:

1. Deborah Manser (19)	58:41.5
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20-29:

1. Marie Albert (23)	39:45.4
2. Vickie Sanders (29)	44:36.6
3. Elizabeth Hernandez (24)	44:42.5

30-39:

1. Irma Zuniga (34)	50:24.5
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50 & Over:

1. Barbara Innes (54)	55:00.8
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May Day 10K

From Keith Jeffers

May 1. Sunnyvale.

1 Ron Fritzsche	31:25
2 Salvador Berumer	32:15
3 Paul French	32:21
4 Dennis Early	32:33
5 Joe Becerra	32:39
6 Jerry Lynch	32:48
7 David Eastland	33:19
8 Patrick Shartie	33:36
9 Bill Meinhardt(1-40)	33:56
10 Robert Edwards	34:29
11 Bruce Del Fante	34:38
12 Jeff Zacyzk	34:48
13 Bernaherd Hillier	34:56
14 A. Mirochnichenko	35:00
15 Frick Studenicka	35:01
16 Steven Seibrede	35:11
17 Rick Riordan	35:14
18 John Deage	35:29
19 Richard Nelson	35:31
20 Tim Lavelle	35:34
21 John Bulash	35:36
22 Juan Armendariz(2-40)	35:42
23 Ted Anderson	35:43
24 Chris Riehardts	35:47
25 Steve Krow-Lucal	36:01
26 David Bitner	36:07
27 Michael Gavin	36:12
28 John Finch (3-40)	36:28
29 Greg Yamanaka	36:32
30 Frank Stempki(4-40)	36:37
31 Steven Crescenti	36:53
32 Rick Neely	37:00
33 Benjamin Sawyer(5-40)	37:00
34 Eloy Maes	37:10
35 DeeBaltzer(6-40)	37:10
36 Manuel Espinosa	37:14
37 Eric White	37:14

38 Ralph Fiedler	37:21
39 Bill Brennan	37:21
40 Tom Gleason	37:35
44 Sharlet Gilbert(1/F)	37:37
46 Dennis Egley (1-50)	37:41
56 Ann Wotheraspoon(2/F)	38:27
58 Amy Haberman(3/F)	38:27
70 Lynn Macy (4/F)	39:07
72 Marie Liearl (5/F)	39:15
78 Ralph Boyd (2-50)	39:37
122Debbie Feinman(6/F)	42:11
125Don Stoner (3-50)	42:11
141Denelle Nauman (7/F)	43:07
163Jan Zeff (8/F)	44:07
349Maria Cobarruriaz(1/F-40)	53:27
394Mercy Smullen(1/F-50)	57:17

Stockton Race

May 2.

1 Kenneth Alberg	34:14.0
2 Tom McHugh	35:15.0
3 Mark Stoker	35:46.0
4 Richard Utting	36:05
5 Tom Ries	37:11
6 Jim Gavin	39:27
7 Ken Vigor	40:27
8 Paul Giennon	40:27
9 Mark Rebancho	41:12
10 Craig Sterney	41:12
11 Mike Stotts	42:11
12 Jim Snyder	42:11
13 Cal Gaiamo	42:11
14 Clinton Jew	42:11
15 John Salsbury	42:11
33 Karol Reynolds (1F)	48:11
34 Joan Redfean (2F)	48:11

13.1 Miles:

1 Bradley Brown	69:
2 Kurt Sterling	75:
3 Ricky Buck	76:
4 Mark Ulm	80:
5 Dean Raymond	80:
6 Mark Samuelson	80:
7 Fritz Collier	82:
8 Rolf Aithearn	84:
9 Mike Rogge	87:
10 Pat Marino	87:
11 Sam Franco	88:
12 Jeffrey Briggs	88:
13 Don Bryan	88:
14 Ron Quick	89:
15 John Stratton	89:
19 Sharon Jordan (1F)	92:
21 Sharon Miller (2F)	93:

Rotary River Run

May 2. Firebaugh. 6 Miles.

Men: Open: David Williams 35:05. **1**

Seniors: 30-40: Mike Brooks 34:05. **1**

Masters Over 40: Fred Pereira 41:05.

Women: All Ages: Donna Aldrich 43:2

3 Miles:

Open: Al Lomelli 15:52. **High School B:** Hector Sepillveda 16:16. **Women U:** 30: Erin Valdez 21:25. **Women Over 30:** Alicock 20:25.

1 Mile:

Girls Under 12: Vicky Patlan 6:28. **B**

Under 12: Jose Vasquez NT.

May Day 10K

From Mark Bodley

May 2. Los Banos.

Men: 17 & Under: 1. Rob Ward 4:18:29. 2. Dwight Smith 3:33. 3. Ray Be court 35:11. 3. Michael Rivas 35:43. 3

1: Rick Dahlgren 35:45. 2. Ricl Dalponte 35:54. 3. Curt Royer 36:09. 4

1. Ken Schwisow 36:30. 2. Jim Wa 43:52. 3. Gregg Wilson 49:08. **50-5** Russell Console 40:58.

Women: 18-29: 1. Angie Dominguez 4 2. Dee Battencourt 47:12. 3. Karen M 47:28. **30-39:** 1. Holly Jenkins 42:21. 2. Empey 43:40. 3. Jean Schwisow 57:4

Big Time Comes to Fresno

From Lupe Sosa



May 2, Fresno: Joyeria Mexico Run. 5.0 miles.

Although Fresno is the home of the 1981 PCAA cross country champions (Fresno State) and although the "Valley" has helped develop many "class" runners (Pete Romero, Felix Elleff, Tony Ramirez, Juan Garcia, Eddie Granillo, Rick Hitchcock, etc.) Fresno has only one long distance race which boasts "world class" competitors. Each year the "biggie" event is the Joyeria Run. Previous years featured a fast 5 mile, but 1982 saw a switch to the more popular 10,000 meters - producing Fresno's only certified 10K course. On top of the world class competitors and the certified course, this event, the brainchild of Sam and Lupe Sosa, hosts a free race seminar the day before.

1980, the inaugural year, saw a very fast 24:02 five mile by Mexican Olympian Rodolfo Gomez. In 1981 countryman and fellow Olympian Jose Gomez tore up the same course with a 23:32. With that kind of history everyone was expecting big things when the likes of Thom Hunt, Domingo Tibaduiza, Jose Gomez, and Gary Tuttle toad the line in 1982 to test the new 10K layout. The local area went to Salinas to pull in one of Fresno's all time best runners in Tony Ramirez and added Visalia's Juan Molina for a "local" challenge.

Ramirez, running on familiar turf, took the pace out and had 50 yards on the pack with a 9:18 two mile split. Hunt, Tibaduiza, Gomez and Tuttle closed the gap during the next mile, then pulled ahead of Ramirez as a pack during the fourth mile. These four stayed together until the final quarter mile surge when Hunt burst ahead to win by a mere second over Tibaduiza 29:20 to 29:21.

The quality of the performances was matched equally by the enthusiasm of the race directors and the beauty of the awards, each of which were in plenteous supply. Free refreshments, mariachi music and a video playback of the race made for a festive and enjoyable occasion for all - from world class to not-so-world-class.



Left to Right: Thom Hunt, Domingo Tibaduiza, & Jose Gomez

Thom Hunt	29:20	38 Robert Rainwater	36:53
Domingo Tibaduiza	29:21	39 Gene Lynch	36:59
Jose Gomez	29:33	40 Paul Garcia	37:00
Gary Tuttle	29:36	41 Sid Cram	37:14
Tony Ramirez	30:13	42 Obed Fernandez	37:15
Juan Molina	31:26	43 John Villett	37:15
Humberto Ramirez	31:52	44 Tony Perez	37:21
Chris Cole	32:13	45 John Volkman	37:21
David Naranjo	32:53	46 Edward Wolf	37:22
Brian Igoe	33:05	47 Julie Houston-Gelegan	37:30
David Perez	33:09	48 Ton Schafer	37:31
Rick Torres	33:10	49 John Sigala	37:41
Brian Foley	33:34	50 Rick Thrash	37:48
Don Chappin	33:34	Women: 14 & Under: 1. Jennifer Baker 43:04. 15-19: 1. Sylvia Santistevan 40:43. 2. Lisa Martinez 42:26. 3. Susan Molina 42:48. 20-29: 1. Julie Houston-Gelegan 37:30. 2. Paula Ramirez 38:53. 3. Diane Barret 41:38. 4. Tone Nichols 44:19. 5. Toni Reaniga 47:07. 30-39: 1. Angela Tibaduiza 41:22. 2. Rosa Medina 43:08. 3. Becky Dieter 44:15. 4. Jane Rodriguez 44:17. 5. Patricia Debua 44:31. 40-49: 1. Ramona Diaz 45:54. 2. Isabel Verdusco 45:54. 3. Joanne Denny 53:34. 50 & Over: 1. Pat Hurst 42:10. 2. Sue Takayama 53:10.	
Eric Little	33:38	Men: 14 & Under: 1. Danny Orosco 35:47. 2. John Aguilar 39:25. 40-49: 1. Rick Zamarripa 36:39. 2. Gene Lynch 36:59. 3. Sid Cram 37:14. 4. Frank Anderson 38:51. 5. Ted Anderson 38:55. 50-59: 1. Len Thornton 34:52. 2. Hank Fragoza 36:39. 3. Jess Rivera 38:22. 60 & Over: 1. Harry Harder 41:26. 2. Bob Lehman 44:10. 3. George Leavitt 42:46. Wheelchair: 1. Daniel Hernandez 36:14. 2. Jim Brooks 40:59.	
Charles Piffel	33:43		
Frank Ortega	34:02		
Gary Gonzales	34:20		
Ozzie Osgood	34:33		
Michael Taylor	34:46		
Alfredo Cordova	34:49		
John Hendry	34:50		
Leonard Thornton	34:52		
Mark Hull	34:58		
Valdemar Bettancourt	35:10		
Vincent Garza	35:19		
Raul Garza	35:20		
Frank Rivas	35:46		
Danny Orosco	35:47		
Jim Lamb	35:53		
Greg Steinhauer	35:58		
Genaro Salazar	36:04		
Glen Mathis	36:10		
Daniel Hernandez	36:14		
John Rodriguez	36:34		
Hank Ragorza	36:39		
Rick Zamarripa	36:39		

Woodland Hills Lions 10K

From John C. Tiholiz

May 2, Woodland Hills.

Men: 15 & Under:

1. Jeff Jacobs 36:24

16-19:

1. Greg Colley 32:57

2. Joey Gostin 35:00

20-29:

1. Robert Proctor 30:57

2. Daniel Wojcik 32:41

3. Steve LeBlanc 32:46

4. Christopher Klein 33:41

5. Mark Peveler 35:21

6. Nicholas Hernandez 35:23

30-39:

1. Ron Gee 32:09

2. Chris Francolla 34:41

3. Geoff Guerrero 35:42

40-49:

1. Leonard Efron 35:48

2. John McConnelogue 36:59

3. Nick Ray 38:37

50-59:

1. Stan Block 38:46

2. John Holt 39:23

3. Don Dunn 42:29

60 & Over:

1. Eddie Lewin 39:37

Women: 15 & Under:

1. Kelley Berg 1:00.01

16-19:

1. Tammy Springer 53:20

20-29:

1. Luann Brodie 41:30

2. Linda Allison 44:36

3. Debbie Jenkins 45:15

4. Laura Casamessima 45:25

5. Peggy Wilson-Jordan 46:59

30 - 39 :

1. Marie Stevenson 41:43

2. Christina Ross 46:25

3. Sarah Haleis 48:10

40-49:

1. Madeleine Rodin 50:01

2. Pat Moore 51:27

3. Yoko Tomita 52:18

50-59:

1. Nelly William 49:24

Hub to Campus Run

From Bob Lynde

May 2, 5K.

1. Doug Rustad(Santa Rosa)1-40 16:57.3

2. Louis Garcia (Santa Rosa) 17:23.6

3. Dick Ogg (Santa Rosa) 17:26.8

4. John Martin (Rohnert Park) 17:51.2

5. Jeff Ramsey (Santa Rosa) 17:59.3

6. Larry Medadith (Santa Rosa) 18:06.4

7. Jeff Click (Rohnert Park) 18:10.8

8. Thomas Diaz (Occidental) 18:23.1

9. Jeff Clark (Windsor) 18:27.1

10. Dennis Bollman (Sonoma) 18:36.2

11. David Eck (Rohnert Pk)2-40 18:49.4

12. Terrazo Pintane (Santa Rosa) 18:53.5

13. Joe Lizarraga(Rohnert Pk) 19:10.2

14. Larry Townsend(Rohnert Pk) 19:15.1

15. Paul Nussbam 19:21.9

19. Beckie Simmie(Santa Rosa)1F 19:29.7

30. Peggy Izzett (Healdsburg)2F 20:35.1

41. Pamela Gordon (Cotati)3F 21:51.8

43. Elisabeth Phillips(Roh Pk)4F 22:13.6

59. Sharon Gale(Santa Rosa)1F-40 24:42.9

Lakewood 10K Run

May 2, Lakewood.

Men: 14 & Under:

1. Ramon Lopez 35:32

15-18:

1. Danie Zepeda 32:17

2. Robert Ramirez 33:04

3. Jerrell Neal 33:05

19-24:

1. Dennis Forthoffer 30:48

2. Eric Faiz 32:46

3. Barry Haworth 33:04

4. Richard Grefinger 33:06

5. Adam White 33:31

6. Judo Hernandez 34:05

7. Thomas Odom 34:49

25-29:

1. Barry Welsh 31:16

2. Jay Jurado 32:26

3. Morris Rehn 33:32

4. Kirk Herring 33:42

5. H. Yee 34:39

30-34:

1. Jim Arguilla 31:53

2. Joe Carlson 31:55

3. Antonio Lazarin 34:23

35-39:

1. Lawrence Fasech 34:39

2. Florenzio Vargas 35:38

3. Mike Manell 36:12

40-44:

1. Skip Shaffer 33:06

2. Pallies 33:44

3. Malvin Rowley 34:26

45-49:

1. Andre Tocco 33:05

2. Jim Knerr 33:37

3. Richard Belliveau 36:30

1. Walt Windsor 34:47

2. Pat Devine 35:49

3. Jack Resh 36:32

60 & Over:

1. James Depena 44:29

2. Glenn Ward 44:48

Women: 14 & Under:

1. Tracy Brock 52:11

15-18:

1. Theresa Valleiz 41:56

2. Toni Artis 42:34

3. Vicki Turner 43:39

19-24:

1. Linda Essel 41:36

2. Rhonda Davidson 42:31

25-29:

1. Maureen Nishioka 42:31

2. Dorothy Dearinger 44:24

30-34:

1. Shirley Erickson 43:44

2. Debe Allen 44:25

3. Diane Peters 44:31

35-39:

1. Sheila Hashan 41:22

2. Joyce Rowley 43:27

3. Diane Eastman 43:47

40-44:

1. Kathy Kusner 46:13

2. Maureen Benice 47:09

45-49:

1. Judy Martin 42:27

50-59:

1. Reina Hart 41:34

60 & Over:

1. Priscilla 58:09

California Highway Patrol 5/15K Run

From Race Central

May 2, Arlington H.S., Riverside. 5K

Top 5 Male:

1. Geoff Zehnder (34) 15:44

2. Ron Kurrie (33) 15:55

3. Adrian Campos (25) 16:14

4. Bob Adams (19) 16:21

5. Steven Lister (23) 16:22

Men: 11 & U: 1. Eddie Lavelle (11) 17:35.

12-15: 1. Matt Breyer (14) 17:59. 16-19: 1. Bob Adams (19) 16:21. 2. Mickie Assumma (18) 16:25. 3. Tom Elliott (18) 16:44. 20-24: 1. Steven Lister (23) 16:22. 2. Greg Godfrey (17) 17:12. 3. Daniel Reyes (23) 17:16.

25-29: 1. Adrian Campos (25) 16:14. 2. Jack Garcia (25) 16:40. 3. John McVeigh (27) 17:13. 30-34: 1. Geoff Zehnder (34) 15:44. 2. Ron Kurrie (33) 15:55. 3. Cipriano Placencio (31) 16:34. 35-39: 1. Thomas Nelson (37) 16:42. 2. Jimmy Sons (35) 17:34. 3. Bill Stevenson (35) 17:37. 40-44: 1. Tom

Results

Richards (41) 16:51, 2. Anthony Spore (44) 16:56, 3. Fred Chavez (43) 17:36. 45-49: 1. Billy Crum (46) 17:02, 2. Terry Foley (49) 18:58, 3. Sam Mayo (48) 19:06. 50-59: 1. Jason Harris (51) 18:58, 2. David Henopp (53) 20:40, 3. Herb Hoggard (50) 21:02. 60 & O: 1. Frank Ostchock (66) 23:13, 2. Karlis Smitens (60) 23:24, 3. Jim Hanyen (63) 24:23.

Top 5 Female:

1 Christine Grundy (28) 17:43
2 Janice Standlea (26) 18:19
3 Linda Sabo (31) 20:27
4 Carolyn Wagstaff (26) 20:28
5 Chris Ramirez (18) 21:03

Females: 11 & U: 1. Carrie Chavez (10) 22:04, 12-15: 1. Maggie Minick (15) 21:13, 2. Kris Ehrhard (14) 22:27, 16-19: 1. Chris Ramirez (18) 21:03, 2. Holly Hatch (17) 22:14, 3. Lenore Grisham (18) 23:39, 30-39: 1. Linda Sabo (31) 20:27, 2. Carolyn Greywood (35) 22:00, 3. Phyllis Erick (31) 22:25, 40-49: 1. Du Ann Kinzer (45) 24:58, 2. Audrey Singer (48) 25:17, 3. De Ann Eckenwiler (40) 25:49. 50 & O: 1. Barbara Innes (54) 26:01, 2. Beverly Arnett (55) 27:26, 3. Silver Fox (51) 29:07.

15K

Top 5 Male:

1 Dave Frickel (27) 48:10
2 Danny Reed (21) 50:30
3 Henry Chlo (23) 50:30
4 Henry Nunez (24) 51:08
5 Mike Lozoya (31) 51:23

Men: 12-15: 1. Jeff Figueroa (15) 57:07, 16-19: 1. David Swiderski (17) 55:20, 2. Brian Taylor (18) 57:07, 3. Mike Arasim (19) 1:00:43, 25-29: 1. Dave Frickel (27) 48:10, 2. Del Valdez (28) 52:00, 3. Beaver Fay (27) 52:12, 30-34: 1. Mike Lozoya (31) 51:23, 2. Michael West (32) 55:33, 3. David Howlett (30) 57:53, 35-39: 1. Michael Figueroa (38) 54:38, 2. Dave Roadruck (36) 56:12, 3. Daniel Gutierrez (35) 58:00, 40-44: Ray Hughes (43) 52:11, 2. Joaquin Granado (42) 56:36, 3. Dan Flores (40) 59:14, 45-49: 1. Wally Ingram (49) 55:45, 2. Don Van Dyke (46) 58:46, 3. Eddie Smith (48) 1:08:20, 50-59: 1. Keith Varni (51) 1:08:11, 2. Ron Morris (51) 1:07:41, 3. Bob Hanlon (51) 1:08:21. 60 & O: 1. John Goodyear (61) 1:08:30, 2. John Montoya (70) 1:13:47, 3. Fred Lowe (61) 1:16:53.

Top 5 Female:

1 Doreen Assumma (23) 59:13
2 Linda Sipprelle (47) 1:01:17
3 Colleen Mills (23) 1:06:33
4 Joyce Momita (45) 1:08:59
5 Ellen Coleman (28) 1:09:07

Female 12-15: 1. Bobbie Heck (12) 1:20:01, 2. Debbie Minick (13) 1:20:19. **Female 30-39:** 1. Bonnie Dwyer (31) 1:11:10, 2. Patricia Bleberdorf (34) 1:12:01, 3. Mary Pitkin (32) 1:15:53. **Female 40-49:** 1. Linda Sipprelle (47) 1:01:17, 2. Joyce Momita (45) 1:08:59. **Female 50 & O:** 1. Dorothy Brown (51) 1:36:22.

Avenue Of The Giants Marathon

by John Surge

May 2. Humboldt County.

1982 Avenue of the Giants Marathon winner Bill "Mad Dog" Scobey said he has not worried when he found himself behind after the first five miles.

The 37 year old from Ventura said he asked a runner next to him who the leader was and was told not to worry. Scobey was told the early leader Mike Van Horn would "Die" and "come back" to win.

It didn't happen until after 16 miles, but Scobey overcame an almost two minute deficit and ran unchallenged the rest of the way. Van Horn finished 15th.

Scobey's time was 2:23.29 and although it was more than six minutes

slower than the course record he set in 1973, he said, "It was fun to win one."

"I never really got that tired," Scobey said the night after the race. "I basically cruised the last six miles. It (the win) proves I can still run with the best," he added. It also proves Scobey's staying power. The Avenue was his third marathon in six weeks.

Scobey is a veteran of over 30 marathons, but female division winner Leslie McMullin said the Avenue was her first serious marathon.

The 31 year old flight attendant from Oakland said, "I was cramped up really bad (at 20 miles)." But she ran away from the pack right from the gun and never was contested. Her time was 2:54.04.

"I went out a little fast. I just tried to keep it steady (toward the end)," she said.

Another Bay Area resident that traveled to Humboldt County for the race was Oakland Raider Quarterback Jim Plunkett.

The 34 year old football veteran said the marathon was more than he bargained for. "It's a tough run-a lot tougher than I thought. I was just happy to finish."

Plunkett said he tried to train six to eight miles a day and got as high as 10. His time was 4:22.39, and he placed 1,362 in the field of over 1,500.

photo by Cici Davidson



Bill Scobey

Boys 14 & Under:

1 Ben Dalusory Jr.(Angwin Or) 2:54.36

15-18:

1 James Regin(San Carlos) 3:13.42

Men's Open 19-34:

1 Eric Brainich(Logan Ut)22 2:28.00
2 Jim Price(Redding)30 2:28.18
3 Paul Peterson(Las Vegas Nv)28 2:28.49
4 Dwight Hendrix(Lafayette)28 2:29.17
5 Jim Rocha(Albuq.NM)31 2:29.27
6 Tom Roikis(Tucson Az)34 2:32.21
7 Greg Heistuman(Arcata)26 2:34.16
8 Mark Murray(Arcata)19 2:34.34
9 Dave Carlsen(Carson Nv)29 2:35.30
10 Michael Graves(S.Fran.)32 2:35.55
11 Bob O'Brien(Morro Bay)27 2:36.19
12 Michael VanHorn(Sac.)24 2:36.35
13 Jeff Cowling(Livermore)23 2:36.39
14 Roberto Gomez(Campbell)30 2:36.55
15 Bernie Crinigan(Richmond)25 2:37.02
16 Dann Brown(Martinez)29 2:37.20
17 Chris Turney(Rancho-Cord)24 2:37.37
18 Mike Calvano(Ventura)23 2:37.47
19 David Christopher(Eug.Or)31 2:38.14
20 James Washington(Arcata)27 2:39.31
21 Willis McCarthy(Half Moon)28 2:40.57

22 Daniel Renton(Midland Or)21 2:41.17
23 Terry Mack(Hawthorne)30 2:42.07
24 Peter Phillips(San Luis Ob.)30 2:42.54
25 Phil Tschorke(Rancho Cord.)26 2:43.02
26 Tom Jeffers(San Luis Ob.)34 2:43.09
27 Chris Bounds(San Fran.)25 2:43.26
28 Donald Fonville(Hesperia)23 2:43.31
29 Norman Gould(San Jose)32 2:46.07
30 Marvin Johnson(Seattle Wa)33 2:46.47
31 Mike Holt(Arcata)33 2:47.10
32 Michael Reinhart(Davis)34 2:47.33
33 Kevin Garry(Lafayette)26 2:47.47
34 Humberto Rincon(San Jose)27 2:47.51
35 Dick Jensen(San Diego)34 2:47.57
36 David Lee(Bend Or.)32 2:47.59
37 Ed Heywood(Sparks Nv)31 2:48.19
38 Bob Muller(San Fran.)28 2:48.35
39 Cameron Moore(Arcata)21 2:48.52
40 Rod Smith(Lawiston)31 2:48.55
41 Brian Macmahon(Berkely)20 2:49.14
42 Michael Rogan(Bellevue)31 2:49.25
43 Eric Edmunds(Ventura)28 2:49.30
44 William Kociscak(San Fran.)28 2:49.41
45 Rick Weindruch (L.A.)32 2:49.53
46 Roger Myers(Portland Or)33 2:50.21
47 Doug Berbena(Modesto)23 2:50.31
48 David Price(Laportea Tx)27 2:50.37
49 Douglas Pringle(Palo Alto)22 2:50.47
50 David Henderson(Callent Nv)34 2:51.35

Men's 35-39:

1 Bill Scobey(Ventura)37 2:23.29
2 Harry Cottrell(Eureka)36 2:26.31
3 Walt Rotkis(Seattle Wa)35 2:35.12
4 Dennis Fridly(Las Vegas)38 2:39.49
5 Alan Salmoni(Canada)35 2:40.00
6 Victor Beltran(Bo. Ra. Fl.)35 2:40.46
7 Walter Radloff(San Jose)37 2:43.30
8 Morris Scoggin(Adelanto)35 2:43.59
9 Robert Yates(Eugene Or)38 2:44.57
10 Jerry Laverty(Westminster)35 2:45.26
11 Ken Green(L. Stevens Wa)38 2:45.59
12 Jim Carr Jr.(Palo Alto)35 2:46.13
13 Victor Copeland(R.Santa Fe)39 2:48.39
14 Jeffrey Herten(San Luis Ob.)35 2:49.39
15 William Daniel(Arcata)37 2:50.32

Men's 40-44:

1 Tony Pizzello(Seattle Wa)41 2:38.55
2 Karl Ryden(Northridge)42 2:44.27
3 Bob Myers(Oakley)42 2:44.29
4 Glade Hall(Reno Nv)42 2:44.42
5 Keith Forman(Tacoma Wa)41 2:45.38
6 Tom Meyer(Gig Harbor Wa)42 2:46.04
7 Walt VanZant(Sunnyvale)43 2:48.43
8 Walt Schafer(Chico)42 2:50.22
9 Don Christie(Moscow Io)41 2:50.39
10 Peter Frazier(Lafayette)42 2:52.58

Men's 45-49:

1 Craig Roland(Santa Rosa)47 2:50.24
2 Bill Wagner(Scottsdale Az)45 2:50.59
3 Everett Riggie(Chico)49 2:50.36
4 George Crandell(Arcata)49 2:53.59
5 Perry Anderson(Kent Wa)46 2:54.29
6 Glenn Unsicker(Milpitas)49 2:54.51
7 George Davall(R. Palos Va)48 2:56.29
8 Michael McGie(Chico)47 2:58.52
9 Ben Bannion(Bayside)46 2:59.04
10 Ronald Klimko(Moscow Io)45 3:00.38

Men's 50-54:

1 Richard Miller(Oakland)52 2:54.45
2 Morton Gray(Santa Rosa)50 2:56.27
3 Jerry Faulkner(Eicerrito)50 2:56.55
4 Gordon Hall(Carmichael)50 2:59.14
5 Jess Chavez(Berkeley)50 3:01.47

Men's 55-59:

1 Bob Bartling(Brookings SD)55 3:01.53
2 Karl Bollinger(San Fran)56 3:12.57
3 Donald Englar(Frederick Md)56 3:14.56

Men's 60-64:

1 Robert Dickerson(B. Lake)60 3:31.22
2 William Oilliard(Fortuna)61 3:45.45

Men 65 & Over:

1 Paul Reese(Sac.)65 3:14.12
2 Robert Kroger(Riverside)66 3:17.36

Women's 15-18:

1 Thea Myers(Oakley)18 4:16.25

Women's Open 19-34:

1 Leslie McMullin(Oakland)31 2:54.05
2 Shirley Swanson(Mt Vernon)30 3:05.25
3 Sarah Ryan(Seattle Wa)28 3:09.22
4 Elizabeth Hamilton(Ross)27 3:09.47
5 Leslie Schiller(Ventura)30 3:10.44
6 Ann Seldel(Eugene Or)30 3:11.42
7 Beth Coughlin(Fargo ND)24 3:12.21
8 Judith Barnett(Medford Or)34 3:12.51
9 Denise Mahoney(Bend Or)34 3:17.19
10 Lauren Syda(Yuba City)29 3:17.32
11 Joan Gearhart(Eugene Or)20 3:17.45
12 Robin Davis(Del Mar)21 3:18.29
13 Beverly Burton(Portland Or)28 3:19.23
14 Sabina Hawkins(San Diego)27 3:20.48

15 Jill Miller(Eisobrate)27 3:20.56
16 Michelle Mercer(Sac.)24 3:20.56
17 Carolyn Gearhart(San Luis Ob.)20 3:22.26
18 Mary O'Connor(Palo Alto)24 3:22.54
19 Karen Kelley-Day(Eureka)32 3:23.00
20 Sharon Hargus(Santa Mon.)24 3:23.34
21 Kay Bolla(San Fran.)30 3:23.34
22 Kathie Olinir(Salt Lake Ut)19 3:24.21
23 Marcia Stefanick(Palo Alto)30 3:24.21
24 Rebecca Nelson(LaHikka)25 3:24.31
25 Cathy Breittling(Oragon City)33 3:25.03
26 Andrea Knoll(Bend Or.)27 3:25.03
27 Tess Kampmann(Sebastapo)24 3:26.00
28 Laura Kilberg(S. Lake Ct)22 3:26.31
29 Mandy Gardner(Chico)29 3:27.01
30 Susan Saiget(Portland Or)27 3:28.10

Women's 35-39:

1 Gloria Peschel(San Diego)36 3:11.59
2 Carol Sowers(Phoenix Az)36 3:30.00
3 Muriel Olsen(Merced)37 3:31.40
4 Aileen Tsukimura(Lodi)38 3:38.20
5 Jill Irvine(Fortuna)39 3:37.10

Women's 40-44:

1 Sherron Hoffman(Stockton)41 3:16.20
2 Patricia Moon(San Mateo)42 3:27.50
3 Jaleria Gnesdioff(Burlin)40 3:39.50
4 Lynne Woodford(San Fran)40 3:43.32
5 Julie Bowman(Eureka)41 3:43.30

Women's 45-49:

1 Ruth Waters(San Carlos)48 3:22.40
2 Alice Rose(Scottsdale Az)48 3:30.30
3 Dorothy Story(Eureka)46 3:42.40

Women's 50-54:

1 Marion Irvine(San Rafael)52 3:01.40

Women's 55-59:

1 Pat Hale(Sunnyvale)55 4:30.10

Women 60 & Over:

1 Victoria Small(Palo Alto)60 4:57.00

Bluejacket 10K

From End of the Line Race Consulting

May 8. Mission Bay, San Diego.

Men: 17 & Under:

1. Benjamin Campos (15) 37:
2. Francios Monnar (15) 37:
3. Chris Goodbody (17) 38:
4. Kenny Keefer (17) 40:
18-29:

1. Wally Buckingham (29) 29:
2. Bill Tekar (25) 30:
3. Gilberto Alvarez (26) 30:
4. Chris Sadler (23) 31:
30-39:

1. Graham Garcia (35) 32:
2. Mangan (31) 32:
3. Chris Cortez (32) 33:
4. Jim Tomson (34) 33:
40-49:

1. Joe Anoya (40) 34:
2. Dick Johnson (41) 35:
3. Keith Wetterer (40) 36:
4. Alan Hitchens (40) 37:
50 & Over:

1. Gordon Brodhead (58) 40:
2. Bud Blackwood (52) 40:
3. Wayne Zook (65) 41:
4. Rick Garcia (52) 40:
Women: 17 & Under:

1. Alyson Zimmerman (16) 48:
2. Ruth Ann Tabor (17) 59:
3. Gloria Johnson (13) 62:
4. Beth Gamble (10) 63:
18-29:

1. Wanda Gunderson (23) 39:
2. Juanita Hill (28) 40:
3. Mary Burns (24) 41:
4. Camille Keller (25) 42:
30-39:

1. Judy Dodge (35) 37:
2. Jane Seybert 41:
3. Kerry Keenan (32) 43:
4. Norraen Cicchetto (33) 45:
40-44:

1. Patty Pastore 40:
2. Judy Splittgerber 42:
3. Alice Leicht 48:
4. Beverly Harju 47:
50 & Over:

1. Mary Vigil (58) 61
2. Rosemary Ennis (50) 64
3. Gunny Meads (59) 71
4. A. Rudee (58) 73

Times-Herald Keelhauler Classic 10K

From Harry Diavatis

May 9, Vallejo.

Fresh from a sixth place finish in the Boston Marathon, Dennis Rinde (23) of San Luis Obispo won the Third Annual Times-Herald Keelhauler Classic with a time of 31:03.9.

photo by Tom VanDyke



Dennis Rinde

Rinde, winner of the Color TV for the second straight year, trailed Crockett's Leroy Kotchevar until the 5k mark and then opened up a :31 second advantage at the 5 mile mark, by attacking the grueling Sonoma Blvd. hills. Kotchevar finished at 31:52.5 to place Second with Roy Hoglund of Vacaville a distant Third at 33:00.2.

Leslie McMullin (31) of Oakland captured her third straight Keelhauler title in the Women's Open division with a time of 17:34.8. Joy Taylor (26) of San Anselmo finished Second at 37:44.5, and Sharlet Gilbert (coming off of a back injury) placed Third at 38:15.3.

Six records in all were broken including the Master-Men's Division won by Vallejo's Hank Fragoza (52) at a time of 7:08.0.

Open-Men:

Dennis Rinde(23)Sa.Lu.Ob.	31:03.9
Leroy Kotchevar(28)Crockett	31:52.5
Roy Hoglund(25)Vaca.	33:00.2
Doug Butt(37)Fairfield	33:26.8
Mike Deatherage(27)Fairfd.	33:26.8
Ron Elijah(29)Sa.Anselmo	33:32.9
David Muela(29)Vallejo	33:33.3
Bob Blackman(23)Suisun	33:45.9
Dan Hollis(31)Vallejo	34:48.4
Thierry Ross(27)Benicia	34:48.8

11 John Moreno(27)Pacifica	35:32.9
12 Terry Hughes(38)Benicia	35:45.6
13 Larry Pugh(45)Vacaville	35:56.0
14 Robert Felsch(32)Fairfd.	35:56.4

Women's Open: 1. Leslie McMullin 37:34.8, 2. Joy Taylor 37:44.5, 3. Sharlet Gilbert 38:15.3. **12 & Under:** 1. Wanda Bailey 40:49.6, 2. Jenny Potter 51:40.5, 3. Christine O'Hanlon NT. **16-19:** 1. Laura McHale 41:27.1, 2. Anna Lapid 57:20.4, 3. Jeanette Val 68:58.8. **40-49:** 1. Ann Grove 46:19.5, 2. Marj Sweeney 49:51.3, 3. Linda Morrison 52:14.3. **50 & Over:** 1. Erma Baker 48:12.4, 2. Shirley Segar 62:55.3. **Cal Maritime Student:** 1. Deborah Jenks 51:49.8.

Men: 12 & Under: 1. Dustin Donate 40:09.8, 2. Michael Diavatis 41:35.0, 3. Erik Ackermann 46:21.9. **13-15:** 1. Darrin Berardi 35:59.1, 2. Sam Bailey 39:43.9, 3. Rod Coker 40:09.5. **16-19:** 1. Terry Chavez 38:29.4, 2. Thomas Johnson Jr. 39:11.9, 3. John Gallipeo 41:04.8. **40-49:** 1. Bob Goodrich 36:07.7, 2. Frank Anderson 38:22.0, 3. Joe Dana 39:00.5. **50 & Over:** 1. Hank Fragoza 37:06.0, 2. Jerry Faulkner 37:59.7, 3. John Nyser 42:15.5. **Cal Maritime Student:** 1. Ian Watts 38:23.7, 2. David Seltzer 39:30.5, 3. Dennis Wells 39:46.9.

Spring Sprint

May 8, Union City, 5 Miles.

1 John Carey	25:48.1
2 Dan Greco	26:22.4
3 Armando Lagunas	26:29.5
4 Mike Plummer	26:46.6
5 Ray Castro	26:50.4
6 Dan Minutillo	26:52.7
7 Eric Peterson	28:09.2
8 Juan Armenderiz(1-40)	28:38.2
9 John Vegas	28:41.7
10 Gilbert Garcia	28:42.6
11 Dale Severy	28:48.7
12 Evencio Hurtado	28:55.2
13 Mike Hennessy	28:55.8
14 Lorenzo Chambliss(2-40)	28:56.4
15 Charles Pittman	29:15.5
19 Donal Coghlan(1-50)	29:38.7
30 Edward Singleton(2-50)	32:26.3
37 Monica Kitayama(1F)	34:06.1
41 Lori Hill(2F)	34:45.0
47 Gretchen Hill(3F)	35:43.6
48 Shannon DeLaCruz(4F)	35:46.3
51 Diane Bromstead(1F-40)	36:06.5

Bakersfield Triathlon

May 8, Costerisan's Ranch, Bakersfield. .5 mile swim, 6 mile run, 20 mile bike.

Men: 17 & Under:

1. Eric Anderson	2:01.38
18-29:	
1. David Tomerlin	1:41.13
2. Paul Anderson	1:51.41
3. Charlie Prior	1:54.34

30-45:

1. Les Waddel	1:41.27
2. Gordon Keller	1:50.04
3. Cully White	1:51.21

46 & Over:

1. Gil Hinz	2:08.13
2. Chuck Freuler	2:12.56
3. Jack Eberly	2:13.37

Women: 17 & Under:

1. Wendy Morton	2:17.24
2. Sandy Rosten	2:21.40
3. Diane Daley	2:30.05

18-29:

1. Ellen Coleman	1:57.52
2. Pat Brantley	2:13.37
3. Andrea MacDonald	2:17.19

30-45:

1. Sharon Mendertsm	2:08.19
2. Leslie Corcoran	2:09.20
3. Noelle Waddel	2:09.40

Chariots of Fire 10K

By LOUIS HIRSCH

May 9, Rancho Park, Los Angeles.

It isn't certain just what the connection between Chariots of Fire and a 10K road race is, but that's the name they gave this one. Anything to capitalize on a successful name, I guess.

There was a movie studio along the course, but it was Twentieth Century Fox, which did not produce the picture.

Oh well, what's in a name, anyway?

It was a pretty good race. Any race in which Dave Babiraki finishes third and the Kenyan Harrison Koroso finishes fourth has to be a good one, especially when both of them were under 30 minutes.

Alfredo Rosas doesn't win many races around here, but he does come in second or third quite often. And he does like to go out fast. He did it this time too, but he was really in over his head. The other guys let him do his thing, though. For five miles, that is.

That's when the course began to get hilly. That is, uphill. Then, Babs, Koroso, and the other two guys moved ahead. One of those other two guys was Steve Bishop, just in from Montana, and still wondering where they put all the snow. There wasn't any that he could see on the course, that was for sure.

Well, if there weren't going to be any snow banks to go through, or blizzards to put up with, he might just as well get this thing over with.

And that he did. He made his move and took over the lead, never to be headed. When it was all over, he had completed that roller coaster course in 29:12.9. Paul Williams was the only one close to Bishop, and he was nine seconds back...not all that bad either. Babiraki, still on the comeback trail, and Koroso were about a half minute back, but still well under 30:00. And Rosas? Well, he didn't exactly fade and die either. He was fifth with a very fast 30:15. That may be his PR, in fact. And that was some pretty fine company he ran with.

There were six females under the 40 minute mark. Beth Weber led them all with a 36:48. Second was little Voncille Brown, all 13 years of her, running a 37:44. Winning the 40-49 division was Christa Romppanen. Now that she's back in shape, she's running under 40 consistently again and her 38:43.2 was good enough for 4th place among the women overall.

A malfunctioning timer at the women's finish line caused a big mess in tabulating their times. It took about 4 days to get the times straightened out, but we finally got them. Most of them anyway. There were still a couple of "N/T's", but it could have been worse.

Men

Ages 11-12: 1 Eddie Lovelle 36:42.7, 2 James Brown 38:34.7, 3 Lincoln Didenour 44:47.2, 4 Tom Larson 44:47.5 **Ages 13-14:** 1 Dale Kroeger 34:33.9, 2 Greg Houigate 36:33.5, 3 Chris McElwee NT. **Ages 15-16:** 1 Douglas Sullivan 34:16.3, 2 Joseph Nitti 34:36.7, 3 Tim Campbell 34:53.3. **Ages 17-18:** 1 Roman Desota 33:20.5, 2 Alvin Legout 34:04.1, 3 Luis Pinon 35:00.8.

Open:

1 Steve Bishop	29:12.9
2 Paul Williams	29:21.9
3 Dave Babiraki	29:47.3
4 Harrison Koroso	29:50.8
5 Alfredo Rosas	30:15
6 Ron Ysais	30:24.5
7 Armando Cendejas	30:38.6
8 Jim Scott	31:30.1
9 Robert Proctor	31:38.1
10 Ron Amundson	31:44.8

Ages 35-39: 1 Ron Milne 34:16.8, 2 Pablo Drabney 34:40.2, 3 Reynold Sodini 34:45.3, 4 Martin Bleasdale 35:36.7, 5 Gianni Carpi 37:22.5. **Ages 40-49:** 1 Bernard Gabriel 33:25.7, 2 Ray Hughes 34:32.3, 3 Hugh Kirkman 34:50.5. **Ages 50-59:** 1 Patrick Devine 36:50.4, 2 Aurelio Camacho 37:48.9, 3 Jack Green 40:19.7, 4 Mel Elliot 40:35.1. **Ages 60 plus:** 1 Eddie Lewin 39:30.8, 2 Edwin Bishop 41:45.3

Women

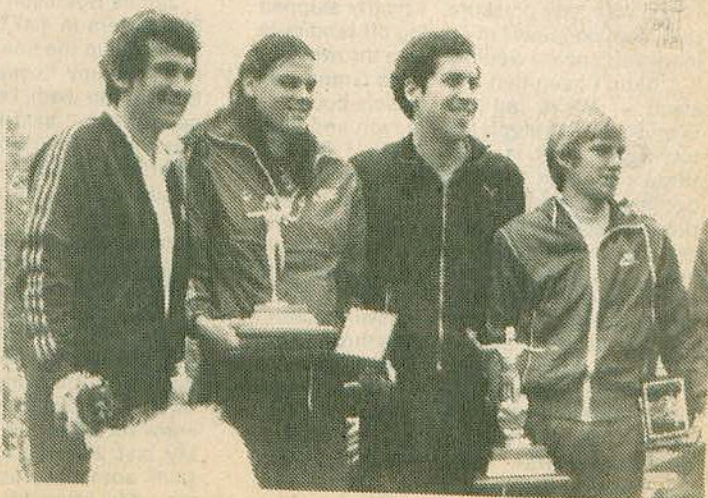
Ages 11-12: 1 Carrie Woodthorpe 49:30, 2 Romy Jacobson 52:04, 3 Shannon Lane NT. **Ages 13-14:** 1 Voncille Brown 37:44.1, 2 Dawn Hecter 46:23.6, 3 Saralyn Dixon NT. **Ages 15-16:** 1 Eleanor Max 44:01.6, 2 Christie Olson 45:54.5, 3 Sarah Fairdox 46:39.3. **Ages 17-18:** 1 Trish Harper 40:32.2, 2 Cheryl Brown 42:01.9, 3 Lori Smith NT.

19-34:

1 Beth Weber	36:48.4
2 Heidi Perhan	38:09.1
3 Sally Cornwall	38:49.4
4 Teresa Horn	39:18.2
5 Jane Duddik	40:18.4
6 Katherine Kehr	40:49.6
7 Lisa Leffler	41:03.2
8 Anne Ingles	41:27.1

Ages 35-39: 1 Haroline McLean 40:34.1, 2 Marie Stevenson 40:45.6, 3 Nancy Buchanan 43:23.1. **Ages 40-49:** 1 Christa Romppanen 38:43.2, 2 Karina Utinew 41:33.4, 3 Joyce Momita 44:45.5. **Ages 50-59:** 1 Helen Dick 41:34.2, 2 Nellie Williams NT, 3 Alice Gardner NT. **Ages 60 plus:** 1 Norma Bernardi NT, 2 Edith Carlisle 55:32.

photo by Louis Hirsch



Chariots of Fire 10K (Left to Right): Dr. Berns of the Maccabi Track Club (a sponsor of the race), Beth Weber women's winner, Roy Firestone (LA Sports Caster -Channel 2), Steve Bishop men's winner.

Results

Track & Field

Bruce Jenner Classic

By KEITH CONNING

April 17: San Jose City College. Bruce Jenner Michelob Light Classic.

Bob Roggy, who graduated from So. Illinois in 1978, threw the javelin 307-6 to set a new American and meet record. Mark Murro of Arizona State set the old record of 300-0 on March 27th, 1970 in Tempe, Arizona. Only one American field event record is older—Bob Beamon's 29-2½ long jump in 1968.

The javelin competition got under way after the last running event, so most of the 7,500 fans had left. Mike Gibeau, the Villa Principal at Independence High School, counted 125 spectators for the record toss.

Roggy's throw is the 11th longest of all time. He is 25 years old and now lives and trains in Santa Barbara. He was born on June 8th, 1956, is 6-4 and 240 pounds. Roggy's series: 261-10, 261-2, 298-3, 307-6, 299-8, foul. It was thought to be the longest throw off a grass runway.

The world record in the javelin of 317-4 was set by Ferenc Paragi of Hungary at Tata, Hungary on April 24th, 1980. Paragi was born on August 21st, 1953, is 5-10½ and 229 pounds. He was 26 when he threw the world record.

The old meet record of 289-7 was set by Roggy in 1979.

Roggy was ranked no. 6 in the world for 1981 by *Track & Field News*. His best throw last year was 292-1. The best throw in the world last year was 303-5 by Detlef Michel of East Germany.

"It's (the American record) been hanging over our heads within reach for so long," said Roggy. "The fact there were so few people in the stands might have helped. There was less pressure. I nearly skipped this meet because I'm coming off tendinitis in my left knee. I wouldn't have thrown here if it hadn't been that this was a Grand Prix event. We're all so muscle-bound. Everybody's strength level is high and their technique level is really low. I haven't thrown in about three weeks. I came in expecting maybe 270 feet. I slowed my approach because of the knee, and felt really relaxed on the grass runway. It's so early but I can say with confidence the world record is within reach. Possibly I could have done it today if the crosswind hadn't been so strong at the end of the throw. That tended to make the javelin slide a little."

Carl Lewis (Santa Monica TC) set a new meet record in the 100 meters of 10.13 breaking the old record of 10.81 set by Curtis Dickey in 1980. "Before you ask, first of all, I'm not going with the 49ers," said Lewis. "I didn't jump because I'm working on a new runup, a new distance, and I didn't

want to jump until it's ready. It will be a 163 foot runup. I can handle more speed, and at my old distance of 147 feet I couldn't get the velocity I needed. I can handle it now. This year, I'd like to get consistent at the 28-foot range. I felt today I could have gone below 10.10, but I backed off a little for the last 10 meters."

Carol Lewis (Houston), the winner of the long jump, was selected as the outstanding woman in the meet. "I wasn't too happy today," said Lewis. "I was getting great jumps in my warmups. But I wasn't hitting the board. I had some all around horrible jumps, and a run through, and the last jump was good but my runup wasn't. So I never really had an all-around good jump. When I finally did it (22 feet), I thought I'd be ecstatic, but I wasn't. With Coach Tellez, you could leap 80 feet, and he would say, 'well, you didn't go off the board.' He's just a fantastic coach. In the dual meets, I'm doing up to four events. That's because someday, when it counts, I'll be jumping against six really good jumpers, and I'll need the strength. So I'm getting used to jumping when I'm a little tired."

June Griffith (Stanford TC) set a new meet record of 53:11 in the 400 meters. The old record of 53:29 was set by Gwen Gardner in 1980. Gardner finished second this time in 53:87. "The wind was heavy on the backstretch, so it was difficult," said Griffith. "I'm hoping to run well and then really peak in Europe. I'm living in Palo Alto and working at the Stanford track office. I've applied to graduate school on banking and finance, at Stanford and at Berkeley. I have a degree in banking and finance from Adelphi. I always train with Robin Campbell and the other Stanford TC runners. 1984 will be my year. That's when I'll retire. I'm very serious about the Olympics, that's why I'm still running. After 1984, then I'll do something different; you know, like making babies. I think I'm in 51 point shape, but I haven't run that fast yet. I don't know what's wrong, but it's still early. I may try the half sometime. I've been running it in practice, and I keep running faster. I started at 2:20, then 2:15, then 2:12, and now I'm down to 2:10. So I may try it seriously sometime soon. But I have to prepare for the half mentally."

James Robinson (Inner City AC) won the 800 meters in 1:47.04, after pouring on the coals down the final stretch to overtake Kenyan Sammy Koskel. "If it had been Mike Boit (in the lead), I don't think I would have caught him," said Robinson. "But I could see him (Koskel) looking back, so I knew I at least had a shot at him. Just got lucky. I shouldn't have let him get that far ahead of me. I wanted to pick him up slow; I was hoping that by the straight away, I would be right there. I wanted them to break the wind. What carried me through was that I held my form, while he was breaking down at the end. I'm not pleased with the way I ran, but I'm satisfied with the win. I knew Boit was throwing in a bluff; he went through in 52, and I was back in 54, but I knew he wasn't in that kind of shape yet. My last 20 meters, I got really tight, so I think somebody could have come back on me. My strength isn't what it should be yet."

In the closest finish of the day, Carl Lewis and Jeff Phillips (Athletics West) tied

for first in the 200 meters in 20.27, to set a new meet record. Clancy Edwards (Unattached), who finished third in 20.98, was the old record holder at 20.57 in 1979. "I got put in the race late, and I came to watch the meet and run the relays," said Phillips. "And then they had the time mixed up, so I didn't have anything to warm-up with like a relay, so I can't really complain. I came out of the turn real good, then I felt Carl coming up, and I was just a little tight at the end. I would like to play football sometime; I think I'd do better than Nehemiah. (He's 6-3, 208 lbs) I enjoy the rivalry against Carl Lewis; it can only help both of us. We're both brothers in the widest terms; one day is his, the next day is mine. I want to show that the 100 meters last year (NCAA) wasn't a fluke." (10.00w)

Willie Banks (Athletics West) had the world best triple jump of 1982 with 56-3 ¾ w. "The problem with the Pepsi meet coming in May is that I'll have finals (law school) the day after," said Banks. "So I'm going to be very busy leading up to that. But I really think I forced myself into a big jump. I think it's time to show people that it's possible to get a world record at sea level. The people at Pepsi really want it, and if I'm feeling good, I think it's possible. It's good to have people there who train with you. They tell you, 'You don't look like you do at practice.' And that can help to have people who can say, 'You're not running fast, what's wrong,' and so on. I think jumpers have got to get further back and get more speed, although my contemporary, Milan Tiff, thinks that speed is not important. Long jumpers may not need as much speed as triple jumpers, because we have to carry through three jumps and not just one."

Peter Farmer (Maccabi) won the hammer at 223-5 with Ed Burke (San Jose Stars) second at 221-1. "Last year, I had injury problems," said Farmer. "I was over the American record before that, but when I got my citizenship, everyone said, 'Hey, now that you're an American, you're throwing like an American!' But it was really the injuries. I started late this year, in January, and unless something unforeseen happens, I will break the American record by August. Last year I had ligament problems; I had trouble depressing the clutch in my car. I missed some of the good throwers here today; like Olson, I know it wasn't the tornadoes in Dallas, because I was at the Dallas airport myself. He only threw about 220 at the Texas Relays, so I don't know what's wrong. Had some real problems getting here, not as bad as the Moscow Olympics; when I arrived in Frankfurt I found out that my bags had gone to Tokyo. I was associated with the press, and there, the press is treated as lower than low. But I have no complaints about Moscow. Everyone really had a pretty good time. People over in Russia understand the hammer, and they won't even applaud if you don't throw over 70 meters. My headquarters are in El Paso now. Looking for a better job right now; hopefully, with my background in telecommunications, I can find something other than teaching."

Farmer's 223-5 is the third best by an American this year behind Dave McKenzie (231-11) and Ed Burke (224-9). Farmer's series: 65.26 (214-1), 65.16 (213-9), 68.11 (223-5), foul, 67.34 (220-11), 66.28 (217-5).

Steve Scott (Sub-4 TC) won the mile in 4:01.3. "I want to improve my times," said Scott. "I can improve my 3:49 quite a bit. There are no major meets, like the Olympics. So I'm aiming to improve marks this year. I think we'll continue to see the mile improve. Coe and Overt are setting the records, but guys like myself are pushing them to those records. And if Coe and Overt don't continue to improve, they will start losing. That's what so great about it. I'm pushing as hard as I can, but I don't feel that much pressure. Felt real comfortable, just going for win. I'll go for a seven mile in after this; just training though. I'm scheduled for all the major meets in Europe, so I'll just try to run faster."

Sam Turner added, "My goal is to improve each year until 1984. I'm always thinking of that world record. But realistically, I'm looking for 13.1 or 13.2. Renato is gone, he's signed a contract. I wish him all the luck in the world. I'm glad for him, but I'm hoping to take over for him. He made his decision, I'm making mine. The way I want to do things is to begin running low 13's starting now. That's how I want to do it. The Europeans are incredible track stars. The crowds make the meets over here. I've had people ask me to autograph lists of my own stats and I've wanted them to make a zerox for me. Those people live on track and field."

Brian Oldfield (University of Chicago TC) on the shot put at 66-6. "It takes a couple meets for things to come together," said

Oldfield. "I've been practicing in San Jose, aiming for the train that goes by. Runners can have rabbits, so I aim at trains in the sky."

OPEN MEN:

100: 1. Lewis (Santa Monica TC) 10.13; 2. Riddick (Phil. Plon.) 10.38; 3. Moore (Phil. Plon.) 10.41; 4. Kent (Intercity AC) 10.44. **200:** 1. (tie) Lewis (SMTC) and Phillips (Athletics West) 20.27; 3. Edwards (Unatt) 20.98; 4. Lavarity (Phil. Plon.) 20.8. **400:** 1. Wiley (Unat) 45.90; 2. Williams (Sacramento TC) 45.91; 3. Rodgers (Maccabi) 4. Blair (Phil. Plon.) 47.05. **800:** 1. Robinson (Intercity AC) 1:47.04; 2. Koskel (Kenya) 1:47.31; 3. Cruz (Brazil) 1:48.17; 4. Ngetich (Wayland Bapt.). **1 Mile:** 1. Scott (Sub-4) 4:01.3; 2. Flynn (New Balance) 4:02.7. **5000:** 1. Rono (Nike) 13:40.9; 2. Killill (San Jose St.) 13:55.1; 3. Butler (UCLA) 13:59.0; 4. McCormack (UCLA) 14:01.8.

110HH: 1. Turner (Stars & Stripes) 13.47w; 2. Stewart (USC) 13.55w; 3. Johnson (USC) 13.86w; 4. Andrade (SMU) 13.94w. **400IH:** 1. King (Maccabi) 50.0; 2. Holloway (San Jose St.) 51.0. **3000 Steeplechase:** 1. Marsh (AW) 8:35.0; 2. Brown (AW) 8:42.2; 3. Koroso (Maccabi) 8:43.7; 4. Huff (Angle RC). **400 Relay:** 1. Philadelphia Pioneer Tigers 39.36; 2. San Jose State 40.75; 3. (tie) UC Irvine and Sacramento TC 40.91. **880 Relay:** 1. Philadelphia Pioneer Tigers 1:23.11. **1 Mile Relay:** 1. Philadelphia Pioneer Tigers 3:07.78; 2. UCLA 3:09.19.

HJ: 1. Page (So. Cal Striders) 7-2; 2. Stanton (Houston) 7-2; 3. Davis (UCLA) 7-2. **LJ:** 1. Grimes (AW) 26-0 1/4. **TJ:** 1. Banks (AW) 56-3 1/4; 2. Agbebaku (Unat) 55-1 1/4; 3. Jordan (Athletic Attic) 54-9 1/4; 4. Kimble (Bay Area Striders) 54-0 1/4. **PV:** 1. Bell (Pacific Coast Club) 18-0 1/2; 2. Bohni (San Jose State) 17-9; 3. Curran (UCLA) 17-3; 4. Hintenau (So. Cal Striders) 17-3. **SP:** 1. Oldfield (Unat) 66-6; 2. Laut (AW) 66-4 1/4; 3. Stuart (Unat) 65-4 1/4; 4. Trafalis (Weight City AC) 64-10. **DT:** 1. Powell (Unat) 210-8; 2. Burns (San Jose Stars) 202-4; 3. Porath (Unat) 198-4; 4. Cain (Unat) 192-6. **JT:** 1. Roggy (AW) 307-6; 2. Juskun (Unat) 270-7; 3. Ewallko (AW) 268-0; 4. Kennedy (AW) 266-11; **HT:** 1. Farmer (Maccabi) 223-5; 2. Burke (San Jose Stars) 221-1; 3. Mileham (Fresno State) 219-5; 4. Green (Long Beach State) 209-5.

WOMEN:

400: 1. Griffith (Stanford) 53.11; 2. Gardner (LA Marquette) 53.87; 3. Campbell (Stanford TC) 53.88; 4. Bolton (Stan-

ford TC) 53.91. **3000:** 1. Kramer (Cal Poly SLO) 9:33.7; 2. Harper (Cal Poly SLO) 9:42.2. **LJ:** 1. Lewis (Houston) 21-5 1/4; 2. Lovelady (Cal State Bakersfield) 19-9 1/4; 3. Nicks (Cal State Bakersfield) 19-5 1/4; 4. Ray (Stanford) 19-2 1/4.

April 10: San Jose City College. Bruce Jenner Classic. JUNIOR COLLEGE DIVISION: (Strong Headwinds)

Men:

100: 1. Eric Decatur (CCC) 11.07; 2. Charles Allen (Yuba) 11.24; 3. Michael Flowers (Ohi) 11.37. **200:** (combined) 1. Eric Decatur (CCC) 21.85; 2. Joe Hicks (Hart) 23.1. **400:** 1. (combined) 1. Ron Young (CSM) 48.9; 2. Andrea Calvin (Sac) 49.44. **800:** 1. Paul Carrozza (Butte) 1:52.8; 2. Bob Ingram (WVC) 1:53.8. **1500:** 1. Paul Carrozza (Butte) 3:58.7; 2. Mark Hoeller (Sierra) 4:01.9. **3000 Steeplechase:** 1. Jesse Torres (SJCC) 9:24.5. **5000:** 1. Jesse Torres (SJCC) 15:00.7. **110HH:** Canceled. **400IH:** 1. Michael Chukes (SJCC) 51.94; 2. Ron Seanez (Gav) 52.04. **440 Relay:** 1. Contra Costa 41.8; 2. Bakersfield 41.8. **1 Mile Relay:** 1. American River 3:20.7.

HJ: Canceled. **PV:** Canceled. **LJ:** 1. Ken Smith (Foot) 22-7. **TJ:** Canceled. **SP:** 1. Jeff Voorhees (SRJC) 58-6; 2. Andy Gilliam (SRJC) 53-10. **DT:** 1. John Garvey (Sky) 159-0; 2. Jeff Voorhees (SRJC) 151-11. **HT:** 1. Cameron Baxter (CRC) 158-8. **JT:** 1. Mark Richardson (Bak) 200-0.

Women:

100: 1. Ronda Robinson (CSM) 12.57; 2. Gayle Monger (CRC) 13.19. **200:** 1. Falth Burleson (Sac) 24.78; 2. Ronda Robinson (CSM) 25.65. **400:** 1. Cathy Wilson (Bak) 57.53. **800:** 1. Kathy Douglas (CCC) 2:18.3; 2. Joan Grass (SA) 2:18.4. **1500:** 1. Jeanette Allred (ARC) 4:40.3; 2. Sheila Rogers (Butte) 4:45.5. **3000:** 1. Jeanette Allred (ARC) 10:22.2; 2. Diana David (Butte) 10:24.8.

100LH: 1. Kallie Gaines (COM) 14.91. **400LH:** 1. Missy Moses (ARC) 66.17; 2. Cathy Ledesma (Cerr) 66.67. **440 Relay:** 1. Sacramento 48.3; 2. Cerritos 49.3. **1 Mile Relay:** 1. Sacramento 3:56.5; 2. Cerritos 3:59.6.

HJ: Canceled. **LJ:** 1. Shiril Milton (Sac) 17-10 1/2. **SP:** 1. Celeste Carrington (Cerr) 42-3; 2. Jeanne Gallegos (LMC) 42-2. **DT:** 1. Karen Moore (COM) 124-9. **JT:** 1. Celeste Carrington (Cerr) 116-3.

CSU Northridge TFA/Nike Invit.

From Bill Webb

April 17: Cal State Northridge. Third Annual Cal State Northridge TFA-Nike Invitational.

EN:

3000 Steeplechase: 1. Brian Parks (UC Riverside) 9:17.2; 2. R. Henke (Utah St.) 10:5; 3. A. Overhalt (UCSB) 9:28.4.

400 Meter Relay: (combined) 1. Cal State L.A. 41.01; 2. Maccabi TC 41.52; 3. Stanislaus State 41.78.

1500: 1. R. Roberts (UCLA) 3:45.54; 2. M. Wrence (UCLA) 3:45.84; 3. M. Pope (CLA) 3:46.16; 4. M. Blatty (Cal Poly) 3:46.43; 5. S. Jennes (UC Riverside) 3:48.12; 6. J. Young (UC Irvine) 3:48.58; 7. K. Haney (CS Bakersfield) 3:48.77.

110 High Hurdles: 1. A. Booker (Cal State L.A.) 14.50; 2. S. Longino (UC Irvine) 14.63; 3. R. Dickerson (CS Bakersfield) 14.63.

400: (combined) 1. T. Williams (UC Riverside) 47.43; 2. D. Cook (Cal Poly) 47.44; 3. J. Garret (Cal State Bakersfield) 47.75.

100 Meters: 1. T. Egbunike (Azusa Pacific) 10.42; 2. G. Holmes (Cal State L.) 10.57; 3. G. James (Stars & Stripes) 10.64; 4. M. McCoy (Maccabi) 10.66.

800: 1. Scott Cox (USC) 1:49.46; 2. J. Culite (UC Irvine) 1:49.79; 3. B. Hamblin (Cond Sole) 1:50.25.

100IH: 1. S. Walker (Utah St.) 51.86; 2. J. Gray (Unatt) 53.28; 3. Anton (UC Irvine) 53.33.

300: 1. I. Egbunike (Azusa Pacific) 20.6; 2. G. James (Stars & Stripes) 20.7; 3. M. Coy (Maccabi) 21.4.

600: 1. Steve Lacy (New Balance) 44.30; 2. J. Hagebrand (USIU TC) 44.80; 3. Chris Schallert (CSUN) 48.73.

1 Mile Relay: 1. Cal State Bakersfield 3:12.34; 2. Azusa Pacific 3:14.31; 3. Cal State Los Angeles 3:14.32.

10,000: 1. Steve Alvarez (UC Riverside) 29:50.54; 2. Dave Babiracki (Sub 4) 30:00.04; 3. Gilbert Cortez (Cal State L.A.) 30:54.93; 4. Ray Cook (UC Riverside) 31:27.14.

Hammer: 1. Doug Barnett (Azusa Pacific) 217-4; 2. Pete Gallo (NYAC) 208-5; 3. George Frenn (AATC) 193-4; 4. Mark Tinsley (Fresno TC) 191-4.

Shot Put: 1. B. Otrando (Taunton TC) 59-7 1/4; 2. Brian Faul (Maccabi) 59-4 1/4; 3. Ron McKee (CSUN) 58-4 1/4.

Long Jump: 1. Ed Tave (USC) 25-1 1/4; 2. Paul Jones (Utah St.) 25-0; 3. T. Zawinul (AATC) 24-10 1/4.

Javelin: 1. Mike Barnett (Azusa Pacific) 263-1; 2. N. Mower (Utah St.) 237-10; 3. D. Fernandez (Unatt) 229-5; 4. D. Barton (CSLB) 226-4.

High Jump: 1. Anthony Cairn (USC) 6-11; 2. Sims (CSLB) 6-9; 3. Hall (Unatt) 6-9.

Triple Jump: 1. Tyler (AIA) 51-11; 2. J. Saizaz (LBCC) 51-2 1/4; 3. K. Taylor (SSTC) 50-1 1/4.

Discus: 1. J. Binley (AATC) 189-11; 2. F. Reilly (AATC) 174-9; 3. K. Mills (AATC) 169-6.

Pole Vault: 1. Mike Tully (NYAC) 17-6 1/4; 2. Steve Loery (AATC) 17-4; 3. Charles Suey (USC) 16-6.

WOMEN:

400 Relay: 1. L.A. Naturite 45.79; 2. Cal State Northridge 47.33; 3. Cal State Long Beach 48.72.

1500: 1. Ester Scherzinger (CPSLO) 4:36.38; 2. Roma Antonowicz (Naturite) 4:36.58; 3. Carol Gleason (CPSLO) 4:39.30; 4. Carol Keller (CSUN) 4:41.51.

100 Hurdles: 1. Janet Yarborough (CPSLO) 13.81; 2. Pam Page (Naturite) 14.02; 3. Marueen McGee (Mercuraites) 14.05.

400: 1. Sharon Dabney (Cal State L.A.) 53.87; 2. Faye Paige (CSLB) 55.07; 3. Laura Hacche (Vine TC) 55.46.

100 Meters: 1. Diane Williams (Naturite) 11.55; 2. Sandra Howard (Naturite) 11.84; 3. Andraletta Gill (CS Bakersfield) 12.01.

P.R.'s - Sprints & Hurdles

By Richard Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summer-time Lane, Culver City, CA 90230.

Marcus Allen (UCLA) UCLA/USC Inv. 110 high hurdles 13.82
 Renea Biggers (SCRR) SCMAF T&F Meet 660 yards 2:00.59
 Jeanette Bolden (UCLA) So. Cal Championships 200m 23.49
 Kristy Burrual (SCRR) Jesse Owens Arco Meet 440y - 1st 71.16
 Stephane Burreul (SCRR) Jesse Owens Arco Meet 220y - 1st 31.0
 Eddie Carey (UC Irvine) PCAA 200m 20.90
 Laura Doering (SCRR) SCMAF T&F Meet 440y - 2nd 72.25
 Florence Griffith (UCLA) So. Cal Championships 200m 22.70
 Florence Griffith (UCLA) UCLA/Pepsi 400m 51.91
 Jennifer Johnson (SCRR) Jesse Owens Arco Meet 220y - 2nd 37.0
 Jackie Joyner (UCLA) UCLA/Pepsi 100m hurdles 14.09
 Jackie Joyner (UCLA) WCAA 200m 24.10
 Karen Longyear (SCRR) SCMAF T&F Meet 440y 1:13.86
 Karen Longyear (SCRR) SCMAF T&F Meet 660y 1:58.09
 Mike McGuire (Bioia) NAIA Dist 110 high hurdles 15.3
 LaShan Nedd (UCLA) UCLA/Pepsi 100m 11.43
 LaShan Nedd (UCLA) vs. USC & Utah St. 200m 23.84
 LaShan Nedd (UCLA) Martin Luther King Games 400m 52.57
 Chris Prietto (UC Irvine) PCAA 200m 21.56
 Chris Prietto (UC Irvine) PCAA 400m 47.31
 Sue Patterson (LAVC) Metro Conf. 400m hurdles 64.41
 Brenda Peterson (UCLA) WCAA 400m hurdles 60.07
 Susie Ray (UCLA) Mt. SAC Relays 100m hurdles 14.6
 Susie Ray (UCLA) vs. USC & Utah St. 400m hurdles 63.97
 Frank Robinson (LAVC) Metro Conf. 400m - 1st 46.02
 Frank Robinson (LAVC) Metro Conf. 200m - 2nd 21.01
 Harold Todd (UC Irvine) PCAA 100m 10.65
 Harold Todd (UC Irvine) PCAA 200m 21.32
 Tara Turner (SCRR) Phoenix Inv. 200m 29.1
 Morris Turner (SCRR) OCMMA Boys T&F Meet 440y 68.52
 Morris Turner (SCRR) OCMMA Boys T&F Meet 100y 13.7
 Ray Valdina (UC Irvine) PCAA 400 hurdles 52.74
 Valerie Wallace (SCRR) OCMMA Girls T&F Meet 220y 32.27

400 Hurdles: 1. Sandra Farmer (Naturite) 59.86; 2. Marlene Harmon (Naturite) 61.27; 3. Stella Edwinston (BYU) 61.57; 4. Laura Held (CPSLO) 62.83.

200: 1. Diane Williams (Naturite) 24.03; 2. Tamela Holland (CPSLO) 24.35; 3. Lillia Sherrill (CSUN) 24.56; 4. Michele Kelley (UC Irvine) 24.80.

1 Mile Relay: 1. Naturite 3:51.62; 2. Cal Poly SLO 3:58.20; 3. Cal State Long Beach 4:00.62.

5000: 1. Cynthia Nagle (Claremont) 17:05.85; 2. Liz Garman (Azusa Pacific)

Continued on next page... 51

Results

17:25.58; 3. Elaine Campo (Unatt) 17:36.67; 4. Theresa Ramirez (CS Bakersfield) 17:39.15.

Long Jump: 1. M. Kelly (UC Irvine) 20-0; 2. J. Yarborough (CPSLO) 19-2½; 3. M. Harmon (Naturite) 18-8¼.

Javelin: 1. B. Gebhard (Unatt) 159-3; 2. B. Gerzar (Unatt) 159-3; 3. K. Engle (Cal) 159-2; 4. Rockliffe (Cal Lutheran) 158-5; 5. R. Rona (Unatt) 154-5.

Shot Put: 1. R. Pagel (CSLB) 52-5; 2. Pollack (CSLB) 50-8; 3. A. McElroy (CSLB) 49-5.

Discus: 1. J. Jones (BYU) 165-2; 2. L. Hoerner (AIA) 153-4; 3. R. Pagel (CSLB) 149-2.

High Jump: 1. Phyllis Blunston (CS Bakersfield) 5-10½; 2. Sue McNeal (Cal Poly SLO) 5-10½; 3. Ananda (BYU) 5-10½.

Mt. SAC Relays Community College

April 23, Walnut:

Men

110 H—1. Lane (Bakersfield), 13.8; 2. Ashford (Saddleback), 13.8; 3. Ware (Pasadena), 14.6; 4. White (Pasadena), 14.7; 5. Curry (LACC), 14.7.

400 H—1. Cooper (El Camino), 52-45; 2. Kelium (San Bernardino), 53-0; 3. Mitchell (Pasadena), 53-3; 4. Curry (LACC), 53-68; 5. Knight (Bakersfield), 54-01; 6. Bozeman (Compton), 54-19.

3,000 STEEPLECHASE—1. Arranda (Hancock), 9:25.3; 2. Jansson (Palomar), 9:25.3; 3. Fitzgerald (Orange Coast), 9:37.8.

HIGH JUMP—1. Denby (SWLA), 7-0; 2. Bonner (Pasadena), 7-0; 3. Armstrong (Cypress), 6-8.

POLE VAULT—1. Tully (Long Beach), 16-9; 2. Jackson (Pasadena), 16-3; 3. Malins (Mt. Sac), 15-9; 4. Torrez (Glendale, Ariz.), 15-9; 5. Hatfield (Mt. Sac), 15-9.

LONG JUMP—1. Rust (Long Beach), 24-9¼; 2. Williams (SWLA), 23-10¼; 3. Carr (Mt. Sac), 23-10¼; 4. Bonner (Pasadena), 23-10¼; 5. McCullough (Long Beach), 23-3 (no wind gage).

TRIPLE JUMP—1. Taylor (LACC), 50-4; 2. Hill (SWLA), 49-10¼; 3. Kelly (Pasadena), 49-9¼; 4. Hendrix (El Camino), 49-5¼; 5. Carr (Mt. Sac), 48-8; 6. Lawson (Mt. Sac), 48-2¼; 7. Henry (Bakersfield), 47-11¼; 8. Cowan (Cerritos), 47-8¼; 9. Bedell (Pasadena), 47-1 (no wind gage).

SHOTPUT—1. Baxter (Consumnes River), 55-6¼; 2. Spillers (Mt. Sac), 55-0¼; 3. Ogbogu (Mt. Sac), 52-3¼; 4. Braun (Mt. Sac), 52-1¼; 5. Thomas (Citrus), 51-7; 6. Arley (Bakersfield), 50-9¼.

DISCUS—1. Thiss (SD Mesa), 162-9; 2. Cookson (Grossmont), 158-8; 3. Ogbogu (Mt. Sac), 155-5; 4. Thomas (Citrus), 152-6; 5. Turney (Glendale, Ariz.), 152-5.

JAVELIN—1. Richardson (Bakersfield), 207-6; 2. Brown (Central Ariz.), 199-11; 3. Klotzer (Cypress), 195-3; 4. Hill (Phoenix), 192-1; 5. Hector (Mt. Sac), 191-10.

400 RELAY—1. Mt. San Antonio, 40-8; 2. Bakersfield, 41-1; 3. El Camino, 41-1; 4. Citrus, 41-5; 5. Glendale (Ariz.), 41-6.

800 RELAY—1. Long Beach, 1:24.1; 2. El Camino, 1:25.8; 3. Bakersfield, 1:26.1; 4. Mt. San Antonio, 1:27.0; 5. Saddleback, 1:27.3.

1,600 RELAY—1. El Camino, 3:11.9; 2. Glendale, 3:13.2; 3. San Bernardino, 3:15.1; 4. Fullerton, 3:16.0; 5. Phoenix, 3:16.7.

3,200 RELAY—1. Long Beach, 7:39.7; 2. Glendale, 7:44.5; 3. Central Arizona, 7:47.3; 4. Glendale (Ariz.), 7:49.1.

6,000 RELAY—1. Orange Coast, 15:46.9; 2. Hancock, 15:46.2; 3. Long Beach, 15:52.6; 4. Pasadena, 16:08.4.

SPRINT MEDLEY RELAY—1. Fullerton, 3:25.22; 2. Long Beach, 3:25.98; 3. Mt. Sac, 3:28.0.

DISTANCE MEDLEY RELAY—1. Citrus, 9:49.0; 2. El Camino, 10:18.4; 3. Bakersfield, 10:16.7.

Women

100 HURDLES—1. Brewer (Mesa, Ariz.), 14.9; 2. Kern (Mt. Sac), 15.2; 3. Whitlock (MiraCosta), 15-6; 4. Galvin (MiraCosta), 15-6.

400 HURDLES—1. King (SD Mesa), 63.4; 2. Smith (Phoenix), 64.6; 3. Tasso (Glendale, Ariz.), 66.7.

1,500—1. Harrell (El Camino), 4:38.1; 2. Sherman (El Camino), 4:45.4; 3. Hill (Santa Monica), 4:45.8; 4. James (Southwestern), 4:54.1.

3,000—1. Williams (El Camino), 10:07.8; 2. Cohorn (Phoenix), 10:16.2; 3. Vesquez (Mesa, Ariz.), 10:21.9; 4. Werner (Santa Barbara), 10:30.2.

HJ—Villa (Cerritos), 5-3¼ SP—1. Levi (Pima, Ariz.), 45-8¼; 2. Lawrence (Mesa, Ariz.), 44-11¼; 3. Berry (Glendale, Ariz.), 44-10¾; 4. Childress (El Camino), 40-11 DT—Mussman (Orange Coast), 1:14-8 JT—1. Moro (Fullerton), 168-0; 2. Mueller (Palomar), 158-5; 3. Warner (Grossmont), 132-6; 4. Milne (Santa Ana), 130-2.

400 RELAY—1. San Bernardino, 47.3; 2. Citrus, 47.3; 3. Santa Monica, 47.6; 4. West LA, 47.9; 5. Cerritos, 48.3.

800 MEDLEY RELAY—1. West LA, 1:42.6; 2. Santa Monica, 1:43.9; 3. Citrus, 1:45.3; 4. El Camino, 1:47.6.

1,600 RELAY—1. West LA, 3:49.8; 2. Cerritos, 3:52.4; 3. El Camino, 3:54.3; 3,200 RELAY—1. Cerritos, 9:35.2; 2. Santa Barbara, 9:35.2; 3. Phoenix, 9:46.3.

DISTANCE MEDLEY RELAY—1. El Camino, 12:31.1; 2. Southwestern, 12:53.7; 3. Santa Ana, 12:59.1.

College/Open

April 24, Walnut: Mt. SAC

INVITATIONAL

Men

100 (Race 1)—Lewis (Santa Monica TC), 10.09 (wind 1.27 m.p.s. aiding) (meet record, old mark, 10.13; C. Edwards, Striders, 1979); 2. Egunike (Azusa Pacific), 10.35; 3. Wiley (unat), 10.40; 4. Giance (Athletics West), 10.44; 5. Brown (UCLA), 10.49; 6. Thomas (San Jose St.), 10.63 (Race 2)—1. Whyms (UTEP), 10.29 (wind 1.40 m.p.s. aiding); 2. McNeil (Houston), 10.36; 3. Moore (Philadelphia Pioneers), 10.38; 4. Cook (USC), 10.41; 5. Kent (Inner City TC), 10.50.

200—1. Philips (Athletics West), 20.31 (wind 1.93 m.p.s. aiding) (meet record, old mark, 20.33; C. Edwards, Striders and G. Foster, UCLA, 1979); 2. Wiley (DC Striders), 20.59; 3. Egunike (Azusa Pacific), 20.65; 4. Edwards (Maccabi TC), 20.73; 5. Carey (UC Irvine), 20.99; 6. Holmes (CS Long Beach), 21.01; 7. Brown (UCLA), 21.04.

400—1. Cameron (UTEP), 44.72; 2. Paul (Phila Pioneers), 47.62; 3. Ketchum (Houston), 45.75; 4. Banks (UCLA), 46.08; 5. Hassan (Oregon St.), 46.34; 6. Turner (Pasadena CCI), 46.61.

800 (Race 1)—Prieters (El Camino), 1:49.5 (Race 2)—1. Mehala (UTEP), 1:48.0; 2. Johnson (Inner-City AC), 1:48.14; 3. Serna (New Mexico), 1:49.07; 4. Cox (USC), 1:49.17; 5. Wang (USC Alumni), 1:49.79 (Race 3)—1. Koski (Kenya), 1:45.26 (meet record, old mark, 1:46.79; Boit, Kenya, 1980); 2. Boit (Kenya), 1:46.16; 3. Ngetich (Wayland Baptist), 1:46.16; 4. Mays (Texas A&M), 1:46.48; 5. Cruz (Brazil), 1:46.95; 6. Chapman (Mt. San Antonio), 1:47.34; 7. White (Inner-City AC), 1:47.34; 8. Harbour (Santa Monica TC), 1:48.87; 9. Handelman (USC), 1:49.07.

1,500—1. Fricker (Oregon St.), 3:38.94 (meet record, old mark, 3:41.11; Lacy, Wisconsin, 1979); 2. Koeh (Washington St.), 3:40.71; 3. Aragon (Athletic Attic), 3:41.19; 4. Fabris (Aggie RC), 3:41.75; 5. Cornell (Sub 4 TC), 3:41.77; 6. Clifford (Nike TC), 3:43.10; 7. Ortega (Washington St.), 3:43.26; 8. Roberts (UCI A), 3:43.71.

5,000—1. Royle (Nike TC), 13:26.4; 2. Nyambui (Texas Tel Paso), 13:26.8; 3. Koeh (Washington St.), 13:28.3; 4. Cummings (Pacific Coast Club), 13:29.6; 5. Lacy (New Balance TC), 13:36.9; 6. Caden (Mexico), 13:41.7; 7. Janicki (Arizona), 13:44.2; 8. Aldridge (Athletics West), 13:48.4; 9. Garcia (Washington St.), 13:49.6; 10. Arnola (Sub 4 TC), 13:52.0; 11. MacDonald (Athletics West), 13:52.8; 12. Huff (Aggie TC), 13:53.6; 13. McCormack (UCLA), 13:54.4.

10,000—1. Kamau (UTEP), 27:36 (meet record, old mark, 27:53.3; Nyambui, UTEP, 1981); 2. Ninow (unat), 27:36.7 (third performer and performance all-time U.S.); 3. Shahanga (UTEP), 27:38.1; 4. Bama (UTEP), 27:38.6; 5. Hunt (Athletics West), 27:59.1 (eight performer all-time U.S.); 6. Pfeiffer (Tiger TC),

28:19.1; 7. Ortiz (UCLA), 28:21.3; 8. Tribadua (Columbia), 28:47.2; 9. Butler (UCLA), 28:47.7; 10. Munoz (Aggie TC), 28:52.2; 11. Harvey (Colorado RT), 28:56.6; 12. Hernandez (Southern Utah), 28:57.0; 13. Gerhardt (UC Irvine), 28:57.5; 14. May (Nevada Reno), 29:00.2; 15. Webb (UCLA), 29:03.6; 16. Rosa (UCLA), 29:07.5.

3,000 STEEPLECHASE—1. Hagelbrand (USU TC), 8:40.0; 2. Ngatch (UTEP), 8:41.3; 3. Standings (Sub 4 TC), 8:43.6; 4. Tuwei (Washington St.), 8:44.7; 5. Koroso (Maccabi TC), 8:46.6; 6. Drake (Athletes In Action), 8:48.3.

110H (Race 1)—1. Lane (Bakersfield College), 13.85 (wind 18 m.p.s. aiding); 2. Johnson (USC), 13.85; 3. Zanakis (Northern Arizona), 14.11; 4. Booker (CS Los Angeles), 14.13; 5. Baker (Houston), 14.18 (Race 2)—1. Turner (Stars & Stripes TC), 13.31 (wind 1.65 m.p.s. aiding) (meet record, old mark, 13.43; G. Foster, UCLA, 1979); 2. Foster (Wit's AC), 13.31; 3. Stewart (USC), 13.46; 4. Campbell (USC Alumni), 13.48; 5. Morcho (Washington St.), 13.73; 6. Parker (Abilene Christian), 13.73; 7. Clark (Houston), 13.87; 8. Allen (UCLA), 13.96.

400H—1. Rambo (Athletic Attic), 48.90; 2. Phillips (Wit's AC), 49.65; 3. King (Maccabi TC), 50.01; 4. Wycoff (UCLA), 51.54; 5. Niederhaus (Maccabi TC), 51.70.

400 HtLay—1. Philadelphia Pioneers (LaVerty, Reddick, Taylor, Collins), 39.08; 2. Houston, 39.15; 3. USC, 39.45; 4. Athletics West, 40.00; 5. Stars & Stripes, 40.29; 6. Maccabi TC, 40.38.

800 RELAY—1. Philadelphia Pioneers (Reddick, Collins, LaVerty, Taylor), 1:22.03; 2. USC Alumni, 1:22.12; 3. Maccabi TC, 1:24.51.

1,600 RELAY—1. Philadelphia Pioneers (Darden, Taylor, Moore, Paul), 3:06.15; 2. Mt. San Antonio College, 3:07.00; 3. Inner-city AC, 3:07.23; 4. Maccabi TC, 3:07.43.

6,000 RELAY—1. UCLA (Lawrence, Gonzales, Pope, Roberts), 15:18.2; 2. Aggie TC, 15:22.9; 3. UC Riverside, 15:26.0; 4. Idaho St., 15:30.5.

DISTANCE MEDLEY RELAY—1. Santa Monica TC (Masterson, Taliaferro, Grey, Harbour), 9:32.4; 2. Pacific Coast Club, 9:39.7; 3. New Mexico, 9:42.6; 4. South Bay TC, 9:42.6; 5. Citrus College, 9:43.8 (Carlton, 2:59.3; Coombs, 4:7.8; Moran, 1:52.8; Ruelas, 4:03.7); 9:43.6 (national junior college record, old mark, 9:47.9; Glendale, 1981).

400 SHUTTLE HURDLE RELAY—1. Unattached team (Johnson, Turner, Stewart, Campbell), 54.20 (world best, old mark, 54.40; Tennessee, 1981); 2. Maccabi TC, 58.9; 3. All-American TC, 60.4.

TRIPLE JUMP—1. Jordan (Athletic Attic), 54-9¼; 2. Garner (unat), 54-3¼; 3. Mayfield (Arizona St.), 53-8¼; 4. Girsch (Houston), 53-8¼; 5. Hanna (Maccabi TC), 52-8¼; 6. Tyler (AIA), 52-7¼; 7. Washington (Kreep-Krauley TC), 51-7¼; 8. Ellard (Fresno St.), 51-1.

JAVELIN—1. M. Barnett (Azusa Pacific), 265-3; 2. Petranoff (unat), 248-7; 3. Kennedy (Pacific Coast Club), 246-6; 4. Kotnek (unat), 245-5; 5. De La Garza (Mexico), 242-9; 6. Collins (Houston), 231-2.

HAMMER—1. Urlando (Italy), 246-10 (meet record, old mark, 230-4; McKenzie, Oregon, 1980); 2. McKenzie (Weight City TC), 234-10; 3. Burke (unat), 229-1; 4. Farmer (Maccabi TC), 224-1; 5. Green (CS Long Beach), 219-4; 6. Mileham (Fresno St.), 217-8; 7. D. Barnett (Azusa Pacific), 215-2; 8. Kussela (Finland), 211-10.

SHOTPUT—1. Laut (Athletics West), 65-11¼; 2. Tatrais (Weight City TC), 64-11¼; 3. Smith (Weight City TC), 64-10; 4. Dolegiewicz (Weight City TC), 64-0¼; 5. Semki (Weight City TC), 62-8¼; 6. Parker (California), 61-11¼; 7. Hubbard (Weight City TC), 61-9; 8. Lister (CS Long Beach), 60-10¼; 9. Fall (Maccabi TC), 60-8.

LONG JUMP—1. Myricks (Athletic Attic), 27-6 (wind 1.8 m.p.s. aiding) (meet record, old mark, 26-5¼; A. Robinson, Maccabi TC, 1976); 2. Grimes (Athletics West), 26-10¼; 3. Taylor (Stars & Stripes), 26-2¼; 4. Jenkins (Arizona), 24-9¼; 5. Tave (USC), 24-8¼.

HIGH JUMP—1. Stanton (Houston), 7-4¼ (meet record, old mark, 7-4¼; Frazier, unat, 1981); 2. Stones (Pacific Coast Coast), 7-2¼; 3. Harken (Washington St.), 7-2¼; 4. Sanders (Maccabi TC), 7-0¼; 5. Schiefer (San Diego St.), 7-0¼; 6. Ottey (UTEP), 7-0¼.

DISCUS—1. Stadel (Athletics West), 214-6; 2. Burns (Stars & Stripes), 214-6; 3. Walvik (Maccabi TC), 211-8; 4. Powell (Athletic Attic), 211-2; 5. Scott (UTEP), 206-2; 6. Slaney (San Diego St.), 195-6; 7. Meyer (Houston), 189-3; 8. Porath (unat), 186-7.

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photo by Bill Leung, Jr.



LaShon Nedd

photo by Bill Leung, Jr.



Regina Jacobs

POLE VAULT—1. Ripley (Pacific Coast Club), 18-5; 2. S. Smith (Unat), 17-9; 3. Bohm (San Jose St.), 17-9; 4. Pursley (Abilene Christian), 17-9; 5. tie between Volz (New York AC) and Bell (Pacific Coast Club), 17-4; 7. Dial (Oklahoma St.), 17-4; 8. tie between Hintnans (Striders) and Kenworthy (USC), 17-4.

5,000 WALK—1. G Connor (Stars & Stripes), 21:40.6; 2. Walker (Striders), 21:54.4; 3. Boulding (Bauchet St Walkers), 23:55.7; 4. Coots (Bauchet St Walkers), 24:53.1.

Women

100—1. Williams (Naturite TC), 11.32 (wind 90 m.p.s. aiding); 2. Bacoul (France), 11.46; 3. Washington (Houston), 11.50; 4. Ware (Arizona), 11.67; 5. Leese (UTEP), 11.90.

200—1. Mathias (Stanford TC), 3:52w (3.73 m.p.s.); 2. Warren (UTEP), 3:51; 3. Bryant (Naturite TC), 24.06; 4. Williams (Hawaii), 24.16.

400—1. Crooks (UTEP), 52.30; 2. Puy (Naturite TC), 52.83; 3. Griffith (Stanford TC), 52.92; 4. Gardner (Stanford TC), 2:52; 5. Campbell (Stanford TC), 53.68; Dabney (Naturite TC), 54.09.

800—1. Jacobs (Stanford), 2:05.43; 2. Yamaga (New Mexico), 2:06.84; 3. Duran Laguna Beach HS), 2:06.21; 4. Bottomley (UC Irvine), 2:06.81; 5. Metcalf (New Mexico), 2:07.49; 6. Reeves (Northern Arizona), 2:08.73.

1,500—1. Kanuka (San Diego St.), 17:28; 2. M. Keyes (Athletics West), 17.95; 3. Madigan (Nike TC), 4:19.14; 4. Bush (Wilt's AC), 4:21.39; 5. Kraemer (Cal Poly SLO), 4:22.16; 6. Harper (Cal Poly SLO), 4:26.20; 7. Richburg (Lansing HS, Troy, N.Y.), 4:27.03.

5,000—1. Ernstorn (San Diego St.), 5:55.5; 2. Hamrin (Sweden), 75:58.0; 3. Lay (BYU), 16:13.5; 4. Neely (BYU), 6:25.6; 5. Prochaska (CS Long Beach), 6:32.6; 6. Gleason (Cal Poly SLO), 6:39.5; 7. Chaddock (San Diego St.), 5:41.3; 8. Baker (SDS), 16:46.1; 9. Ball (Lehigh Park), 16:54.9 (seventh performer all-time high school).

10,000—1. Cathey (Oklahoma), 2:22.5 (American record, old mark 2:52.5; J. Shea, Cardinal Gibbons HS, C., 1979) (third performer and performance all-time world); 2. Sharpe (South Africa), 33:59.3; 3. Moien (Utah), 1:22.1; 4. McLennon (Unat), 34:30.0; 5. Iifar (New Mexico), 36:28.0.

100 HURDLES—1. Turner (UTEP), 1:24 (wind 1.24 m.p.s. aiding); 2. Smith (San Diego St.), 1:31.1; 3. Page (Naturite TC), 1:33.6; 4. Page (Naturite TC), 1:36.8; 5. Bourn (San Diego St.), 1:38.7; 6. Washington (Naturite), 1:40.2.

400 HURDLES—1. Farmer (Naturite TC), 59.20; 2. Liu Jiau Lai (SoCal Roadrunners), 60.99; 3. Peterson (Wilt's AC), 1:06.4; 4. Demorest (Stanford TC), 62.35.

400 RELAY—1. Wilt's AC (Bolden, Idd, Griffith, Brown), 43.84 (meet record, old mark, 44.75; All-America TC, 80); 2. Naturite TC, 44.57; 3. Houston, 49.2; 4. Coast Athletics, 45.02; 5. Cal Poly SLO, 46.21.

800 RELAY—1. Wilt's AC (Nedd, Griffith, Brown, Emerson), 1:33.75; 2. Naturite TC, 1:37.78; 3. Arizona St., 1:38.59.

1,600 RELAY—1. Wilt's AC (Emerson, Iffith, Cumbess, Nedd), 3:32.82 (meet record, old mark, 3:38.0; All-American TC, 1980); Stanford TC, 3:37.57; 3. Luston, 3:38.44; 4. Cal Poly Pomona, nt; San Diego St., 3:44.87.

800 MEDLEY RELAY—1. Wilt's AC (Jerl, Robinson, Joyner, Cumbess), 1:17.4; 2. Naturite TC, 1:43.67; 3. CS Long Beach, 1:46.5.

JAVELIN—1. Olson (Houston), 182.7; Hughes (Oregon), 178.8; 3. Kearney (Oregon TC), 172.9; 4. Moro (Wilt's AC), 1-3; 5. Harmon (Oregon), 163.8; 6. Mes (Cal Poly SLO), 161.3; 7. Muller (Irvine), 158.9; 8. Nelson (Wilt's AC), 8-3; 9. Ray (Wilt's AC), 151.4.

LONG JUMP—1. Lewis (Houston), 22-1w (2.64 m.p.s.) (21-2 legal); 2. McMillan (Coast Athletics), 21-2k; 3. Loud (East Athletics), 20-1k; 4. Bell (Cal Poly Pomona), 20-0k/w (19-11); 5. Crabtree (UC), 19-10k/w (19-10); 6. Kelley (UC), 19-10k.

HIGH JUMP—1. Lorentzon (UTEP), 5-11; 2. McNeal (Cal Poly SLO), 5-11; 3. Stanton (CS Bakersfield), 5-11; 4. Stafford (San Diego TC), 5-9; 5. Alston (Wilt's AC), 5-9.

SHOTPUT—1. Griffin (Athletics West), 54-6; 2. Pagel (CS Long Beach), 52-10k; 3. Pollack (CS Long Beach), 51-8k; 4. Smit (UTEP), 51-3k; 5. Picknell (Oregon), 50-9k; 6. McElroy (CS Long Beach), 49-9k; 7. Corley (CS Bakersfield), 48-8; 8. Hamilton (CS Bak), 47-8; 9. Kennedy (San Diego St.), 47-8.

DISCUS—1. Stelman (Naturite TC), 218-5; 2. Deniz (Arizona St.), 199-9 (fourth performance all-time U.S.); 3. Griffin (Athletics West), 189-4; 4. Svendsen (Wilt's AC), 175-0; 5. Zephiropoulos (Weight City TC), 168-11; 6. Picknell (Oregon TC), 163-3; 7. Cady (Stanford), 160-3; 8. Pegal (CSLB), 158-9.

5,000 WALK—1. S. Brodack (Calif Roadrunners), 24:41.0; 2. Karlson (Coast Athletics), 24:46.2; 3. Jones (California Walkers), 24:53.1; 4. Robertson (Sports-west), 26:11.1.

DECATHLON

Final Standings

1. Steve Jacobs (unattached), 7,873; 2. John Irvine (Arizona St.), 7,642; 3. Wes Herbst (unattached), 7,602; 4. Brian Morndstein (Philadelphia Pioneers), 7,587; 5. Lane Maestreff (unattached), 7,550.

WOMEN

HEPTATHLON—1. Joyner (Wilt's AC), 5,960w; 2. Alston (Wilt's AC), 5,470w; 3. Greiner (Oregon St.), 5,546; 4. Ray (UCLA), 5,637w; 5. Crowther (Golden Bear TC), 5,592; 6. Banks (Golden Bear TC), 5,581.

UCLA-USC Invit.

May 1, UCLA-USC Invitational (Formerly UCLA-USC dual meet).

100 (Race 1): 1. Cook (USC) 10.20w; 2. E. Brown (UCLA) 10.23; 3. Abrahams (USC Alumni) 10.31; 4. James (Stars & Stripes TC) 10.40; 5. D. Quarrie (USC A) 10.44. (Race 2): 1. M. Sanford (UCLA) 10.28 (wind OK); 2. McTeer (Unat) 10.40; 3. McCoy (Maccabi) 10.41; 4. E. Williams (Citrus) 10.59; 5. Banks (UCLA) 10.60. (Race 3): 1. Goldston (Wilt's AC) 10.7.

200 (Race 1): 1. D. Quarrie (USC A) 20.44w; 2. E. Brown (UCLA) 20.57; 3. Cook (USC) 20.69; 4. James (SSTC) 20.71; 5. Bradford (Unat) 20.81; 6. White (UCLA) 20.92. (Race 2): 1. E. Williams (Citrus) 21.07 (wind OK); 2. Krules (SSTC) 21.27; 3. Hong-Wen Jian (China) 21.43. (Race 3): 1. Abrahams (USC A) 21.04w; 2. Sanders (Maccabi) 21.35; 3. Washington (Maccabi) 21.43.

400: 1. H. Williams (South Bay TC) 47.0; 2. Bathany (USC) 47.2; 3. Greenaway (Maccabi) 47.54; 4. Bradford (Unat) 47.76.

800 (Race 1): 1. Gray (Santa Monica TC) 1:48.60; 2. Theriot (SSTC) 1:48.73; 3. D. Brown (UCLA) 1:49.71; 4. Handelsman (USC) 1:50.28; 5. Cox (USC) 1:50.8; 6. Roberts (UCLA) 1:52.30. (Race 2): 1. Niederhaus (Maccabi) 1:50.13; 2. Caesar (SMT) 1:50.33; 3. Shackelford (CS Bakersfield) 1:51.34.

1500 (Race 1): 1. A. Gonzales (UCLA) 3:41.49; 2. Lacey (New Balance) 3:42.38; 3. Whitcomb (UCLA) 3:43.39; 4. Pope (UCLA) 3:44.76; 5. Russell (SMT) 3:45.84; 6. Lawrence (UCLA) 3:46.20; 7. Cornell (Sub 4) 3:49.1. (Race 2): 1. DiConti (Sub 4) 3:49.38; 2. Rose (UCLA) 3:52.55; 3. Young (UC Irvine) 3:52.85.

5000: 1. Cornell (Sub 4) 14:04.97; 2. Daniels (UCLA) 14:12.81; 3. Candejas (Maccabi) 14:33.96.

110 Hurdles: 1. Stewart (USC) 13.62; 2. Campbell (USC A) 13.65; 3. Allen (UCLA) 13.82; 4. P. Johnson (USC) 13.90.

400 Hurdles: 1. Stewart (USC) 51.1; 2. Wycoff (UCLA) 51.3; 3. Curry (CS Bakersfield) 51.3.

400 Relay: 1. UCLA (D. Williams, White, Banks, E. Brown) 39.96; 2. USC Alumni 40.03; 3. USC (Stewart, White, Cook, P. Johnson) 40.11.

High Jump: 1. Caire (USC) 7-2½; 2. Sanders (Maccabi) 7-2½; 3. Davis (UCLA) 7-0½; 4. Powell (UC Irvine) 7-0½; 5. Denby (Southwest LA) 7-0½; 6. Kotinek (Unat) 6-10½; 7. tie between Baker (CS Long Beach) and Burnett (Unat/Washington High School) 6-10½.

Pole Vault: 1. Kenworthy (USC) 17-4½; 2. Tully (NYAC) 17-4½; 3. Curran (UCLA) 17-4½; 4. Lawry (All American TC) 17-4½; 5. Isaakson (Sweden) 16-10½; 6. S. Smith (Unat) no height.

Long Jump: 1. Benson (UCLA) 25-11w (25-9½ legal); 2. Tave (USC) 25-10w (25-0½ legal); 3. Lee Mu-Tsai (China) 25-1½w; 4. Taylor (SSTC) 25-1½w; 5. Powell (UCI) 24-6½.

Triple Jump: 1. Small (UCLA) 50-10½; 2. Caldwell (SSTC) 50-8½; 3. Taylor (LACC) 50-7½; 4. Timberlake (Unat) 49-0½; 5. Tave (USC) 47-8½.

Shot Put: 1. Brenner (UCLA) 62-10½; 2. Lister (CSLA) 61-2½; 3. Frazier (UCLA) 57-0½.

Discus: 1. Gordien (SSTC) 193-11; 2. Mills (Unat) 191-5; 3. Bryant (UCLA) 184-8; 4. Binley (AATC) 184-4; 5. Brenner (UCLA) 178-0.

Javelin: 1. Kennedy (Pacific Coast) 241-3; 2. Chen-Hung-Yan (China) 229-1; 3. Kotinek (Unat) 217-2.

Hammer: 1. Green (CS Long Beach) 222-11; 2. Galle (NYAC) 218-11; 3. Rohovit (CSLB) 209-6; 4. McSeveny (AATC) 196-0; 5. Briski (Unat) 194-9; 6. Nickerson (UCLA) 194-5; 7. Brenner (UCLA) 184-0; 8. Bryant (UCLA) 180-1.

Budweiser Nat'l Invitational

From Keith Conning

May 2, Bud Winter Field, San Jose: 16th Budweiser National Invitational.

Hammer: 1. Ed Burke (Unat) 228-1; 2. John McArdle (Oregon TC) 224-0; 3. Jan DeSoto (Wt. City) 202-5; 4. Dave DeBus (CS Hayward) 184-1.

Shot Put: 1. Al Feuerbach (AW) 65-10½; 2. Mike Weeks (Unat) 65-4½; 3. Brian Oldfield (Chicago TC) 64-10½; 4. Rob Suefflohn (San Jose State) 63-11; 5. Greg Tafra (Wt. City) 63-2½.

400 Relay: 1. San Jose State (Prince, Torrence, Green, Thomas) 40.29; 2. Maccabi 40.51; 3. Sacramento TC 41.22; 4. Merritt College 41.85; 5. San Jose State TC 41.68.

1500 Meters: 1. Chuck Aragon (AW) 3:48.8; 2. Andy Clifford (Golden Bear) 3:49.7; 3. Steve Pradere (Nevada Reno) 3:52.7; 4. Tom Hussey (San Jose State) 3:52.8; 5. Peter Churney (Golden Bear) 3:54.0.

110 High Hurdles (combined): 1. Larry Cowling (UCB) 13.69; 2. BJ Carmichael (UCLA) 14.19; 3. Mark Carley (Maccabi) 14.25; 4. Derek Ligon (Maccabi) 14.30; 5. Ron Kennedy (Maccabi) 14.38.

400 Meters (combined): 1. Adrian Rogers (Maccabi) 48.21; 2. Earl Wilson (West Texas St.) 48.63; 3. Brad McDonald (Maccabi) 47.18; 4. Shawn Rogers (UC Davis) 47.43; 5. Cieve Prince (San Jose State) 47.63.

Javelin: 1. Curt Ransford (Unat) 247-0; 2. Kevin Goode (CS Northridge) 231-10; 3. Jim Lothrop (Wt. City) 225-6; 4. Mickey Cutler (Nevada Reno) 220-10; 5. Mike Jones (UC Davis) 220-1.

100 Meter Dash (combined): 1. Herman Panzo (France) 10.35; 2. Ken Thomas (San Jose State) 10.50; 3. Mark Kent (Inner City TC) 10.58; 4. Virgil Torrence (San Jose State) 10.60; 5. Marion McCoy (Maccabi) 10.63.

High Jump: 1. Jim Moran (CS Hayward) 7-1½; 2. Joe Radan (Maccabi) 7-1½; 3. Scott Dunham (West Valley TC) 6-10; 4. Thuris Gibbs (Unat) 6-10; 5. Chris Dunn (Unat) 6-10.

800 Meter Run: 1. Chuck Aragon (AW) 1:50.94; 2. Simon Hoogewerf (Brit. Columbia) 1:51.43; 3. Steve Pradere (Nevada Reno) 1:52.25; 4. Carl Bonner (UCB) 1:52.34; 5. Reggie Green (San Jose State) 1:52.39.

Long Jump: 1. Essodina Atchade (San Jose State) 25-3½w; 2. Greg Turner (SFCT) 25-2½; 3. Tom Campbell (UCB) 24-9w; 4. Norman Alston (SSTC) 24-2½; 5. Craig Roberts (San Jose State) 23-7½w.

400 Intermediates (combined): 1. Andre Phillips (Wilts) 49.48; 2. Bernie Holloway (San Jose State) 49.49; 3. James King (Maccabi) 50.18; 4. Sandy LeBaux (CS Hayward) 51.27; 5. Peter Grimes (UCB) 51.78.

200 Meters: 1. Harman Panzo (France) 20.65; 2. Mark Kent (Inner City) 20.69; 3. Adrian Rogers (Maccabi) 20.76; 4. Brad McDonald (Maccabi) 20.90; 5. Larry Cowling (UCB) 21.02.

Women's 200 Meters: 1. Rose Almas Bocquil (France) 23.03; 2. Kella Bolton (Stanford TC) 23.97; 3. June Griffith (Stanford TC) 24.30; 4. Cathy McKean (BEBTC) 27.31 (wind 2.87 mps).

Masters 200 Meters: 1. Bob Simpson 24.00; 2. Gil Latture 24.09; 3. Mel Brooks 24.23; 4. Bruce Springbett 24.57.

5000 Meter Run: 1. Simon Killilli (San Jose State) 14:16.1; 2. Jay Marden (Golden Bear) 14:16.5; 3. Derek May (Nevada Reno) 14:20.1; 4. Henry Carzajal (Nevada Reno) 14:48.5; 5. Sid Leibovitch (CS Northridge) 14:57.3.

Mile Relay: 1. Maccabi (Greenway, Rogers, McDonald, King) 3:09.6; 2. San Jose State 3:09.7; 3. California 3:09.9; 4. Sacramento TC 3:10.3; 5. Nevada Reno 3:15.2.

Pole Vault: 1. Dan Ripley (PCC) 18-6½; 2. Felix Bohm (San Jose State) and Tom Hintnans (Striders) 17-7½.

Triple Jump: 1. Ray Kimble (BAS) 51-0½w; 2. Marcus McGlory (CS Hayward) 49-9½; 3. Ken Hayes (Unat) 49-5½; 4. Anthony Trammell (Merritt College) 48-2½; 5. Randy Scott (San Jose State) 48-1½w.

Discus: 1. John Powell (San Jose State) 209-1; 2. Mac Wilkins (AW) 208-11; 3. Dave Voorhees (Oregon TC) 208-7; 4. Ken Stadel (AW) 206-3; 5. Art Burns (AW) 205-2.

So. Cal Women's Invitational

May 8, UC Irvine: Southern California Women's Invitational.

100 (Inv): 1. Griffith (UCLA) 11.28; 2. Nedd (UCLA) 11.51; 3. Sherrill (CS Northridge) 11.93. (Col-Open) 1. Anderson (Naturite) 11.92.200: (Col-Open) 1. Griffith (UCLA) 22.70; 2. Bolden (UCLA) 23.49; 3. Brown (Wilt's) 24.01; 4. Bryant (Naturite) 24.11; 5. Dabney (Naturite) 24.21. 400: 1. Paige (CS Long Beach) 54.64; 2. Hacche (VineTC) 55.50; 3. Cumbess (UCLA) 55.61; 4. Jackson (Cal Poly Pomona) 56.25; 5. Griffith (UCLA) 56.45. 800: 1. Bottomley (UC Irvine) 2:07.6; 2. Reiston (Wilt's) 2:07.6; 3. Zaleski (Coast Athletics) 2:10.9; 4. Martell (UCSB) 2:11.4; 5. Ward (UCLA) 2:12.0. 1500: 1. Martell (UCSB) 4:32.4; 2. Koterba (CSLB) 4:32.7; 3. Antoniewicz (Naturite) 4:36.8; 4. Cooper (UCLA) 4:37.7; 5. Volmer (UC Irvine) 4:39.4. 5000: 1. Mason (UCSB) 17:21.5; 2. Keller (CSUN) 17:31.2.

100 Hurdles: 1. Page (Naturite) 13.62w; 2. Watkins (Coast Athletics) 13.88; 3. Joyner (UCLA) 14.18; 4. Farmer (Naturite) 14.20; 5. Edwards (Redlands) 14.20. **400 Hurdles**: 1. Paige (CSLB) 60.81; 2. Peterson (UCLA) 60.89. **400 Relay**: 1. Naturite 45.44; 2. UC Irvine 48.48; 3. CS Long Beach 48.51. **1600 Relay**: 1. CS Northridge 3:54.7. **800 Relay**: 1. UCLA 1:40.8; 2. Naturite 1:41.2; 3. UC Irvine 1:48.8. **HJ**: 1. Alston (Wilts) 5-9; 2. Joyner (UCLA) 5-7; 3. Soja (Unat) 5-7; 4. Morris (UCSB) 5-7. **LJ**: 1. Joyner (UCLA) 20-7; 2. Bell (CPP) 20-0½; 3. Kelley (UC Irvine) 19-8½; 4. Boyar (Coast Athletics) 19-6½; 5. Oshikoya (Wilts) 19-4. **SP**: 1. Pagel (CSLB) 53-4; 2. Pollack (CSLB) 50-4½; 3. Dasse (Vit. Plus) 47-5; 4. Ray (UCLA) 47-5; 5. Kennedy (Vit. Plus) 47-3. **DT**: 1. Pagel (CSLB) 156-5; 2. Toman (UCLA) 155-5. **JT**: 1. Nelson (UCLA) 166-6; 2. Ray (UCLA) 157-7; 3. Rona (Unat) 149-8; 4. Bernstein (Coast Athletics) 147-11.

Johnny Mathis Invitational

May 6, San Francisco State University: The Johnny Mathis Invitational Track Meet.

10,000 Meters: 1. Roy Kissin (Mission TC) 29:35.5; 2. Mike Cassidy (West Valley TC) 29:44.8; 3. Jim Tracy (Excelsior TC) 32:14.8.

400 Meter Relay: 1. Sacramento State 41.4; 2. Humboldt State 42.2.

High Jump: 1. Kevin Hall (Unat) 7-0; 2. Scott Dunham (West Valley TC) 6-10; 3. Stan Watson (Pomona Pitzer) 6-8.

3000 Meter Steeplechase: 1. Tim Gruber (Humboldt State) 9:02.3; 2. Lee Young (Sacramento State) 9:12.6; 3. Dan Martinelli (Greater SFTC) 9:21.3.

Hammer: 1. Jan DeSoto (Wt. City) 185-0; 2. Doug Silcox (Wt. City) 170-2; 3. Mike Songer (Hayward State) 167-3.

Long Jump: 1. Ken Hailey (Unat) 22-8; 2. Ron Thompson (Hayward State) 22-2 1/4; 3. Terry Green (Chico State) 21-11.

Shot Put: 1. Mike Smith (Wt. City) 53-8 1/4; 2. Greg Tafrales (Wt. City) 62-3 1/4; 3. Bob Gummerson (Wt. City) 59-3.

400 Meters: 1. Dave Jackson (Unat) 47.5; 2. Johnson 48.2; 3. Danny King (Humboldt State) 48.4.

Pole Vault: 1. Robert Osten (Maccabi) 16-6 1/4; 2. Frank Lives (Chico State) 15-5 1/4; 3. Paul White (Pomona Pitzer) 15-0.

Triple Jump: 1. Floyd Gipson (Sacramento State) 47-2 1/4; 2. Stan Watson (Pomona Pitzer) 46-4 1/4; 3. Jim Wogulis (Pomona Pitzer) 46-3 1/4.

Discus: 1. Greg Tafrales (Wt. City) 185-0; 2. John Garvey (Skyline College) 172-8; 3. Chris Soranson (Wt. City) 172-4.

110 Hurdles: 1. Carl Fiorant (Innercity) 14.0; 2. Bob Thompson (Skyline College) 14.3; 3. Ed Alazraqui (UC Davis) 14.4.

1 Mile Relay: 1. Sacramento State 3:14.5; 2. Hornet Track Club 3:19.0; 3. US Army 3:19.4.

200 Meters: 1. Dave Jackson (Unat) 21.7; 2. Akin Lewis (Unat) 22.2; 3. Ron Thompson (Hayward) 22.3.

100 Meters: 1. Mark Taylor (Sacramento State) 10.8; 2. Akin Lewis (Unat) 10.8; 3. Brent Reinke (Occidental) 10.7.

400 Hurdles: 1. Rick Luttrell (UC Davis) 52.4; 2. Ed Alazraqui (UC Davis) 52.5; 3. Ron Kennedy (Unat) 53.4.

5000 Meters: 1. Kevin Ostenberg (Sacramento State) 14:43.9; 2. Greg Jenkins (Sacramento State) 14:57.9; 3. Mike Galligan (Sacramento State) 14:59.6.

1500 Meters: 1. Chris Hood (Chico State) 3:51.8; 2. Scott Kinzy (Sonoma State) 3:52.5; 3. Greg Fogg (Chico State) 3:52.5.

800 Meters: 1. Bruce Orner (Chico State) 1:50.0; 2. Craig Johnson (Unat) 1:50.7; 3. Leonard Sperandeo (Unat) 1:50.8.

Javelin: 1. Jim Lothrop (Wt. City) 226-2; 2. Steve Roller (Wt. City) 224-10; 3. Ralph Howe (Wt. City) 217-8.

West Coast Relays

From Dave Haglund

May 6, Lemoore: 55th Annual West Coast Relays.

Intercollegiate/Open Men:

Distance Medley (Intercollegiate): 1. Cal Poly Pomona (Tony Wells, Demetrius Cook, Tony Reyes, Matt Blaty) 4:07.4; 9:48.38; 2. Fresno State (Kelly Brown 48.8, Ron Arnold 1:53.0, Ray Kneer 3:01.3, Scott Mayfield 4:12.3) 9:55.39; 3. Nevada Reno 9:55.75.

400 Meter Relay: 1. San Jose State (Dwayne Green, Virgil Torrence, Cleve Prince, Ken Thomas) 40.45; 2. Fresno State 41.07; 3. Cal State Bakersfield 41.09; 4. Maccabi 41.19; 5. Army 41.58.

5000 Meters Run: 1. Jose Gomez (Mexico) 14:15.64; 2. Domingo Tibidulza (Sub-4) 14:18.06; 3. Doug Brown (AW) 14:19.30; 4. Andy DiConte (Sub-4) 14:24.92; 5. Wen-Chen Hwang (China) 14:31.4ht.



Del Davis

800 Meter Run: 1. John Trott (Idaho) 1:48.58; 2. Leroy Robinson (Idaho) 1:48.88; 3. Sam Sawney (AIA) 1:50.29; 4. Dave Brown (UCLA) 1:50.82; 5. Steve Praders (Nevada) 1:51.14.

110 High Hurdles (Intercollegiate): 1. Frank Williamson (Fresno State) 14.37; 2. Eric Carter (CS Bakersfield) 14.56; 3. Rod Dickerson (CS Bakersfield) 14.81; 4. Dan Rhoades (Fresno State) 15.04; 5. Ed Alazraqui (UC Davis) 15.33.

110 High Hurdles (Open): 1. Greg Foster (Wilts) 13.39; 2. Marcus Allen (UCLA) 14.57; 3. John Johnson (Unat) 14.36; 4. Mark Carley (Maccabi) 14.58; 5. Colin Williams (Army) 14.57.

400 Meter Dash: 1. Andre Phillips (Wilts) 46.48; 2. Steve Campbell (FSU TC) 47.39; 3. Bennie Brown (SSTC) 47.70; 4. Billy Hicks (Unat) 48.73.

2 Mile Relay (Intercollegiate): 1. Cal Poly Pomona (Tony Wells, Tony Reyes, Demetrius Cook, Matt Blaty) 7:39.12; 2. UC Santa Barbara 7:43.86; 3. Fresno State 7:44.88; 4. UC Davis 7:51.50.

100 Meters Dash (Intercollegiate): 1. Wendie McNeal (CS Hayward) 10.83; 2. Dwayne Green (San Jose) 10.81; 3. Tim Cooper (UC Davis) 10.84; 4. Bill Stone (Stanislaus St.) 10.85; 5. Mark Wyatt (UN Reno) 10.86.

100 Meter Dash (Open): 1. Herman Panzo (French Nat'l Team) 10.59; 2. Fred Harvey (SS TC) 10.73; 3. Greg James (SS TC) 10.75; 4. Herb McKinnley (Maccabi) 10.87; 5. Joe Sial Sial (Maccabi) 10.93.

5x220 Yard Relay: 1. Maccabi Track Club (Sial Sial, Frey, McKinnley, Fields, McCoy, Benson, Conioy, Smith) 2:52.39; 2. San Jose State 2:52.57; 3. Cal State Bakersfield 2:53.86; 4. Unat. 2:54.05; 5. Fresno State 2:54.33.

4 Mile Relay: 1. Athletes in Action (Sam Sawney, Terry Drake, Bill Adams, Tom Rapp 4:13.2) 17:10.17; 2. Cal Poly Pomona 17:36.30; 3. Fresno State 17:57.61; 4. FSU Alumni 18:09.10.

1 Mile Relay: 1. San Jose State (Paul Jones 48.1, Harry Campbell 48.0, Cleve Prince 47.5, Bernie Holloway 47.2) 3:10.74; 2. Cal State Bakersfield 3:10.94; 3. Nevada Reno 3:13.00; 4. Fresno State 3:13.42; 5. UC Davis 3:16.25.

Hammer: 1. Bill Green (Cal State Long Beach) 225-1; 2. John McArdle (Oregon TC) 219-10; 3. Harold Willers (Victoria TF) 217-9; 4. Steve Rohowit (CS Long Beach) 214-0; 5. Matt Mileham (Fresno State) 213-9.

Javelin: 1. Fred Carpenter (AIA) 238-1; 2. Mike Jones (UC Davis) 237-5; 3. Hong-Yen Chen (China) 235-7; 4. Tom Jadwin (SS TC) 231-11; 5. Paul Kulak (CS Northridge) 224-8.

Shot Put: 1. Ron McKee (CS Northridge) 57-2; 2. John Frazier (UCLA) 56-8 1/4; 3. Dennis DeSoto (Nevada Reno) 54-11 1/4; 4. Jim Kruger (UC Davis) 52-10; 5. Kevin Goode (CS Northridge) 52-2.

Long Jump: 1. George Gaffney (FSU TC) 25-7 1/4; 2. Don Boardingham (CS Northridge) 24-9 1/4; 3. Terry Armitage (Cal Poly SLO) 24-0 1/4; 4. Henry Ellard (Fresno State) 23-11 1/4; 5. Ron Wayne (Cal Poly SLO) 23-8 1/4.

Pole Vault (Intercollegiate): 1. Steve Thomas (Cal Poly SLO) 16-6; 2. Jeff Quaille (Reno) 16-0; 3. Jeff Kitka (UC Santa Barbara) 16-0; 4. Loren Dias (Cal Poly SLO) 15-8; 4. Kurt Straumann (CS Long Beach) 15-6.

Discus: 1. Mike Weeks (Unat) 191-0; 2. Ken Mills (AATC) 185-11; 3. Judd Binley (AATC) 185-8; 4. John Brenner (UCLA) 177-0; 5. Frank Reilly (AATC) 175-9.

High Jump (Intercollegiate): 1. Del Davis (UCLA) 7-4; 2. Jim Moran (CS Hayward) 7-0; 3. Kelly Gordien (CS Long Beach) 6-10; 4. Dan McNamara (Fresno State) 6-10; 4. Tim Arnwine (CP Pomona) 6-10.

Pole Vault (Open): 1. Anthony Curran (UCLA) 17-10 1/4; 2. Don Baird (Unat) 17-0; 3. Allen Sauck (Maccabi) 17-0; 4. Ken Corney (CS Long Beach) 17-0; 5. Steve Hardison (Unat) 17-0.

Triple Jump: 1. Henry Ellard (Fresno State) 50-9; 2. Marcus McGlory (CS Hayward) 50-5; 3. Phillip Roberts (CS Bakersfield) 50-4 1/4; 4. Terry Armitage (Cal Poly SLO) 49-8 1/4; 5. Fred Brooks (Army) 48-11 1/2.

Shot Put (Open): 1. John Brenner (UCLA) 62-2; 2. Doug Lane (SSTC) 62-0 1/4; 3. Mike Weeks (Unat) 61-5; 4. Brian Faul (Maccabi) 57-6 1/4; 5. Dennis DeSoto (Nevada Reno) 56-2 1/4.

High Jump (Open): 1. Joe Radan (Maccabi) 7-0; 2. John Valentine (AATC) 7-0; 3. Chris Dunn (Unat) 6-10; 4. Jin-Chiang Liu (China) 6-10; 5. Jay Melster (AATC) 6-10.

Collegiate Team Scores: 1. Fresno State 70 1/2; 2. San Jose State 40; 3. Cal Poly Pomona 39 0 1/4; 4. Nevada Reno 38; 5. Cal State Bakersfield 34 1/4.

Open Intercollegiate Women:

400 Meter Relay: 1. Cal Poly San Luis Obispo (Tameia Holland, Eloise Mallory, Janet Yarbrough, Ariene Van Warmerdam) 45.5; 2. CS Sacramento 46.2; 3. CS Hayward 47.2; 4. USC 48.8; 5. Army 49.3.

100 Meter Hurdles: 1. Janet Yarbrough (Cal Poly SLO) 13.91; 2. Yeh-Shiang Lin (China) 14.07; 3. Velma Banks (CS Sacramento) 14.79; 4. Kerry Zwart Bell (USC) 15.03; 5. Nancy Wallace (CS Sacramento) 15.39.

1500 Meter Run: 1. Eileen Kraemer (Cal Poly SLO) 4:23.16; 2. Amy Harper (Cal Poly SLO) 4:29.94; 3. Mary Anne Scannell (CS Sacramento) 4:36.09; 4. Ester Scherzinger (Cal Poly SLO) 4:36.95; 5. Mary Gaffney (UC Berkeley) 4:39.92.

100 Meter Dash: 1. Rosie Bacoul (French Nat'l Team) 11.57; 2. Donna Carley (CS Sacramento) 11.71; 3. Jewel Lovelady (CS Bakersfield) 12.08; 4. Bobbie Gilmore (CS Sacramento) 12.11; 5. Eloise Mallory (Cal Poly SLO) 12.20.

1 Mile Relay: 1. Cal State Sacramento (Felicia Thomason, Donna Carley, Nancy Wallace, Bobbie Gilmore) 3:47.09; 2. Cal Poly San Luis Obispo 3:50.39; 3. Cal State Hayward 3:51.88; 4. USC 3:55.39; 5. San Francisco State 4:04.82.

High Jump: 1. Sue McNeal (Cal Poly SLO) 6-2; 2. Phyllis Blunston (CS Bakersfield) 5-10; 3. Kerry Zwart Bell (USC) 5-8; 4. Maggie VanZeeiland (UC Berkeley) 5-4; 5. Julie Philyaw (CS Sacramento) 5-4.

Javelin: 1. Lynn Duntan (AIA) 153-2; 2. Danelia Barnes (Cal Poly SLO) 152-0; 3. Elaine Sundby (CS Hayward) 151-0; 4. Sherri Bates (Unat) 148-2; 5. Cora Howard (UC Davis) 137-5.

Shot Put: 1. Sharon Hamilton (CS Bakersfield) 48-4; 2. Deborah Corley (CS Bakersfield) 48-3; 3. Amy Van Galder (UC Berkeley) 44-10 1/4; 4. Kerry Zwart Bell (USC) 44-10; 5. Sue Springer (UC Berkeley) 44-9.

Long Jump: 1. Sandy Crabtree (USC) 19-7 1/2; 2. Sheila Nicks (CS Bakersfield) 19-7 1/2; 3. Jewel Lovelady (CS Bakersfield) 19-3 1/4; 4. Yeh-Shiang Lin (China) 19-3 1/4; 5. Debra Wilford (CS Bakersfield) 18-1 1/4.

Discus: 1. Jan Svendsen (Wilts) 175-0; 2. Glenda Ford (CS Hayward) 159-8; 3. Sue Springer (UC Berkeley) 158-5; 4. Leslie Hoerner (AIA) 156-6; 5. Dianne Oswald (CS Hayward) 148-8.

Team Scores: 1. Cal Poly San Luis Obispo 56; 2. Cal State Sacramento 44; 3. Cal State Hayward 28; 4. Cal State Bakersfield 27; 5. USC 25.

P.R.'s - Field Events

By Richard Slotkin

Send your P.R.'s (that's Personal Record updates) to Richard Slotkin, 14212 Summer-time Lane, Culver City, CA 90230.

Tanya Alston (Wilts) Mt. SAC Relays heptathlon javelin	132-10
Jamie Anderson (UCLA) So. Cal Championships javelin	130-1
Chip Benson (UCLA) UCLA/USC Inv. long jump	(25-9 1/4 legal) 25-11w
Mark Bongo (SCRR) OCAA Boys Track Meet long jump - 1st	11-10
Mark Bongo (SCRR) Jesse Owens Arco Meet long jump - 1st	11-10
Jamie Braun (SCRR) SCAAF T&F Meet long jump - 1st	9-0
Diana Carmen (UCLA) vs. USC & Utah St. javelin	133-8
Duane Clark (UC Irvine) PCAA shot put	50-5 1/4
Del Davis (UCLA) West Coast Relays high jump	7-4
Chris Dubols (CPSLO) Southwest Inv. javelin	112-1
Henry Ellard (Fresno State) CPSLO dual triple jump	(55-5 1/2 legal) 56-6 1/4w
Jackie Joyner (UCLA) vs. USC & Utah St. javelin	129-8
Kathy Kahn (CPSLO) West Coast Relays discus	144-9
Sue McNeal (CPSLO) West Coast Relays high jump - 1st	6-2
Carolyn Norman (UCLA) WCAA long jump	17-6
Amy Proust (SCRR) SCAAF T&F Meet long jump	14-4
Elaine Sundby (Hayward State) Conference javelin	159-2
Deborah Thurston (UCLA) WCAA long jump	18-10
Lindy Toman (UCLA) USC Inv. discus	161-9
Lindy Toman (UCLA) vs. Oregon shot put	45-1 1/4

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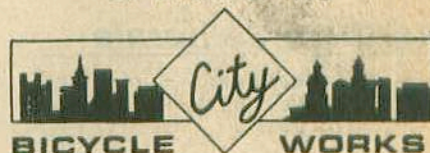
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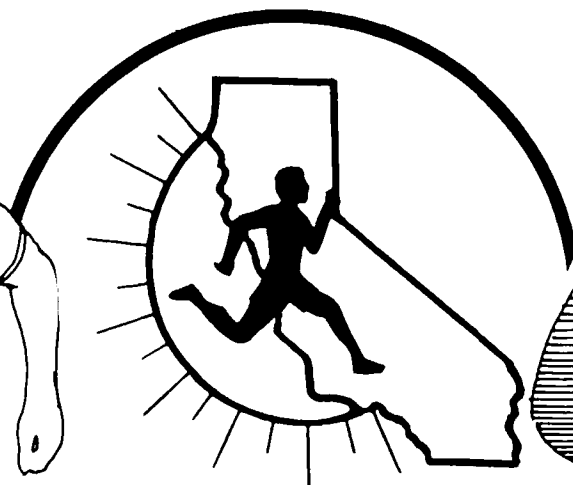


SACRAMENTO MASTERS
SWIMMERS

hosts

- WHEN:** SATURDAY, SEPTEMBER 11, 1982.
- START:** IRONWOMEN AND IRONMEN 7:30 a.m. — RELAYS 8:30 a.m.
- WHERE:** GRANITE BAY, Folsom Lake Recreation Area, Folsom, California.
- COURSE:** 2 mile lake swim — 55 mile mountainous bicycle ride — 13.1 mile trail run
- INFORMATION:** This is a very difficult race designed for highly conditioned athletes. The cold lake water, hilly course, high air temperature, dirt trails, and steep downhill bicycle turns will require extensive preparation. Course will close after 10 hours. One bicycle handler required for transitions only. No assistance allowed on the course. Aid stations are provided. Pre-race packets with detailed information will be mailed to registered entrants starting July 1, 1982.
- AWARDS:** \$2,000 in cash prizes for first five IRONMEN and IRONWOMEN. Trophies to IRONMEN and IRONWOMEN Division winners. Awards to Relay Division winners. Solid brass belt buckles to all IRONWOMEN and IRONMEN finishers. Solid brass award to each member of a finishing relay team. T-shirts to all competitors.
- FACILITIES:** Showers and dressing rooms, as well as swim and picnic facilities are available. Spectator attendance is encouraged.
- ENTRY:** Completed entry forms, accompanied by a \$25 entry fee for Ironwomen and Ironmen or \$30 for each Relay Team, must be received no later than August 31, 1982. No refunds after August 31, 1982.
- COURSE RECORDS:** Ironman — GRANT BOSWELL — Chico, CA 5:14.54
Ironwoman — EVA OBERTH — Fair Oaks, CA 6:32.13
Women's Relay — PRATT, DEVON, PALMER — Davis, CA 6:26.44
Men's Relay — PICKETT, SMITH, COBB — Chico, CA 4:42.33
Coed Relay — MCGREGOR, SLICHTER, PESIS — Davis, CA 5:14.10
- RACE DIRECTOR:** Bill Thomas
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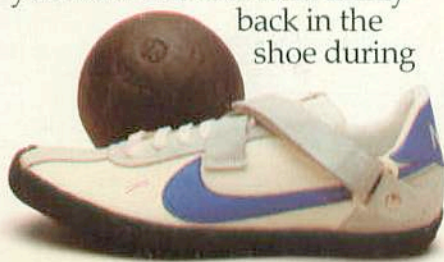
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2. SD 73. Never was fit so critical. When you're throwing the shot, or the discus, you want the foot held firmly back in the shoe during



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3. HJ 8. Floppers and straddlers have one thing in common. Namely, the need for superior spring and lift. Here it is, with a full length, one-piece spike plate, good for either style. Plus pyramid rubber outsole for



better traction. And a nice snug fit. The HJ 8 also comes with matching non-jumping shoe.

4. TJ 60. It's three shoes in one, actually. With both midsole and



outsole wrapped-up at the heel, so triple jumpers can take advantage of its unique "rocker" effect. Reinforced with suede side panels. Metal eyelets for longer shoe life. Impressive, three times over.

5. LJ 29. True, you don't have to be a world-class long jumper to feel the extra



traction and lift that come from this six hole spike plate. But it helps. Built for extended flight,

the LJ 29 not only has suede side panels for stability and strength, but an extra nylon panel to protect the toe area during take-off.

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Thus the lateral support strap. You also want it to stick in the ground. So the J 300 comes with six spike holes in the forefoot, four in the rear. About the only thing that won't stick is the toe, thanks to a hefty wrap-around guard.

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