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MEMBER OF RUNNING USA

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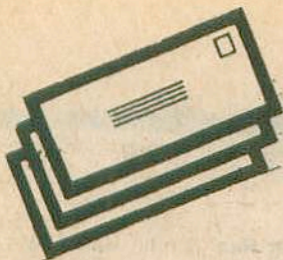
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ON THE COVER:

Left: Polly Plumer leading teammate Denise Ball in USC-UCLA 1500 dual (photo by Burt Davis). Top Right: Ramona Pagel, shotput/discus star. Bottom Right: Darwin Cook, USC sprinter (photo by Maurice Wilson).



Mailbag

RUNNING IN THE RAIN

Dear Mr. Slotkin:

I was shocked to read your article in the January issue of CTRN about the Los Angeles City Cross Country finals being postponed because of rainy weather.

Having been in over 120 road races, I have never seen a course like Pierce that could be dangerous to the health of a runner when heavy rain fall on the agricultural departments course.

To allow high school runners to run on those crater-like cow path would show negligence on the part of the city officials who insisted hundreds of runners must run the race.

I ran the Bakersfield Half Marathon in pouring rain BUT it was on paved roads. Also, I chose to run this race even though I knew it was raining.

With TAC insurance, I could claim up to \$3,000 if I was injured like some friends of mine have done.

Donald Dunn
Canoga Park, CA

SLOTKIN'S REPLY:

I don't know...we let kids play football, soccer, lacrosse, drive cars, put them in Vietnam...be serious, Mr. Dunn. Injury risk is everywhere. Muddy cross country courses are probably the least of the risks these kids will face.

ALL-WESTERN PREP PICKS

Dear Editor:

I feel a need to comment on your pick of All-Western Junior Athlete of the Year, Eric Mastalir. (January 1985 issue.)

Let the record be known that Eric's brother, Mark, defeated his brother all year in cross country, and also has not lost to him ever in cross country.

I believe that Mark should have been your pick. You failed to pick him because of his eighth place finish at Westerns and 17th at Nationals. It has not been noted that he was plagued with tendonitis in his knee these last two meets.

If he had been healthy, history would have probably repeated itself with Mark being victorious.

This is not to take away from Eric's fine performances, but to express what I believe to be an unfair choice. I feel that this article needs to be printed to inform the public.

I regret not being able to sign my name, but since I know the twins well, it would be detrimental to do so.

Anonymous

DAVE PARISH x 2

Mailbag:

Some confusion exists, in road races run in NorCal events, of two individuals who have the same name.

No, I have not recovered from a 1978 disabling (non-running) ankle injury. Another Dave Parish is running those faster times! Recently relocating has also left some questions as to what happened to me, since unemployment struck. I've left San Jose for Auburn. That's all. (It was my year 30 birthday present!) See you at the races.

Dave Parish
1977 San Jose City College/Div. II
Member of State Championship Team

JUNIOR NATIONAL REVISION

Dear Editor:

Hi, my name is Stan Davis and I ran track for Inglewood High School. I was just reading your article on how the California runners placed at the Jr. Nationals. I ran 10.71 in the 100m 1st round and 10.82 in the semi-finals but it seems like no one noticed. It would be nice to know that someone knows you're there. I also notice that there was a list of the high school fastest times for this year and, still again, it seems as if I just don't exist.

Through the summer I've acquired a few titles which seem meaningless because next year I'll probably be the lone runner again. I won the 100m and 200m California Junior Olympic Championship at Cal State Fullerton—100m in 10.65, 200m in 22.1. Also I won the national championships for my age group (17-18) in the 100m in 10.76 beating the New Mexico State Champion James Hilliard. I would like to know what would it take for me to be noticed, so I would know the hard work is paying off.

Thank you.
Stanley Davis, Jr.

PR's: 100m—10.65 / 200m—21.7

NOTE: Stanley Davis (Inglewood, CA) won the young men's 100 meters at the 1984 TAC Youth National Championships at Brigham Young University in 10.79A (mark made at altitude above 1000m). He won semifinal heat 1 in 10.44A to rank him as number three in California behind Henry Thomas (Hawthorne) 10.27 and Ray Brown (Muir, Pasadena) 10.39.

Davis, a defensive back at 5-9 and 150, signed a NCAA Division 1A letter of intent on February 13 with Long Beach State.

INSPIRED BY PACKARD

I was overwhelmed and greatly inspired when I saw the results of Josiah Packard's outstanding, if not exceptional, world class performances at the age of eighty. Can you imagine carrying your body with the form this man did at any age! I know a little about the body and its physiologic response to aging. (Yes, even athletes.) For one thing, you lose minerals from the bone; and synovial fluid from the joints (stiffness), muscle mass is lost to a point also energy levels drop.

This man has got to be the world's greatest athlete based on age and performance. All I can say is I take my hat off to Mr. Packard and say thanks for his excellence in the sport.

Humbly,
Marlynn Harbin

OPINION ON CERUTTY ARTICLE

Regarding Larry Myers' article, "Breakdown to Buildup", on the methods of Percy Cerutti—an article must be readable to be informative. "Breakdown to Buildup" was not, in my opinion, informative. Mr. Myers appears to have difficulty transferring ideas to paper, inasmuch as his lengthy, rambling sentence structure leads the unwary reader from the point of the sentence to a maze of confusion. Cerutti's reputation is legend; this kind of writing can only serve to tarnish that reputation.

Stevens T. M. Frey, Jr.
Hayward, CA

THANK YOU

Thank you and all the judges who selected me as "Runner of the Year" for masters women, 60-64. I really appreciate the very great honor. Participating at the Nationals in Eugene last August, and winning a Gold Medal in the 10,000 on my 39th wedding anniversary, was one of the highlights of my life!

Thank you most sincerely.

Jaclyn Caselli

AN ENCOURAGING WORD

Thank you for providing the ONLY running magazine that I will read. I appreciate the format and willingness to listen to your reader's input.

My running has seen its peaks and valleys. Through it all I continue to anticipate the monthly arrival of your publication.

Please maintain your standards of excellence...it's much appreciated.

Running and serving Christ,
Sean

DISGRUNTLED EX-SUBSCRIBER

This is to inform you that I am sick and tired of getting my issue near the end of the month. If you can't start getting it to me in the first week of each month I WILL NOT renew my subscription.

John Neely
Vallejo, CA

MISTAKE CORRECTED: THE GOLDEN GATE MARATHON

I made a mistake and it made its way into CTRN and now both you and I will probably get a couple of angry phone calls.

On the other hand, the "real" story isn't that great either, so perhaps there won't be a bad reaction.

For the record, the Golden Gate Marathon (according to Carl Wisser) was, indeed, recertified in time for last fall's race. However, Paul Oerth went out on the course and remeasured it and found it to be about 80 meters short. Consequently, the course was decertified and no marks will count from the event because the course was short (the tolerance was 0.1 percent).

We understand that the course is a tough course to measure—let alone run—unless the measurer is an expert. This experience strongly illustrates why the Course Measurement instruction booklet is so very important. We hope to have it back from the printer's very shortly now that it has been completed.

I apologise for any inconvenience my error may have caused/might cause you. Thank you again for printing the CA list of certified courses. It sure will help.

Jennifer Hesketh Young
National Running Data Center, Inc.

Subscribe to California Track & Running News

Schedule

By JACK LEYDIG

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

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

JUNE

JUN 1: "Spines to Pines" Cross Country Mountain Marathon. White Water (east of Banning). 9 am. Paul Jacobs, 9758 Pauline Dr., Cypress 90630 (714) 952-8915.

JUN 1: Wine Country Hospice Run. 3 & 10K, Sonoma (Depot Park), 8:30 am. Valley of the Moon Hospice, P.O. Box 600, Sonoma 95476. (707) 938-4545, x397.

JUN 1: Great Grape Stampede. 10K, Windsor, 8 am. Paul Jensen, 8050 Oak Way, Windsor 95492. (707) 838-2904.

JUN 1: Camp Coombs Cross-Country Run. ½ mile, 1½ mile & 10K. Napa (Napa State Hospital), 9 am. Bill Hoy, 2100 Napa-Vallejo Highway, Napa 94559. (707) 253-5415.

JUN 1: St. Margaret's 5/10K Runs. Chino, time TBA. Tom & Cathy Payne, 12686 Central Ave., Chino 91710. (714) 597-1080.

JUN 1: Health Fair 5K & Mile Fun Run. Covina (420 W. Rowland), 8 am/1 mile, 8:30 am/5K. Randy Gordon, 128 E. College, Covina 91723. (818) 967-4191.

JUN 1: Oasis Micro-Marathon. Menlo Park (Nealon Park) Distance ??? 9 am. Dominick Peloso, 801 Laurel St., Menlo Park 94025. (415) 858-3300.

JUN 1: Sweat Don't Fret 5/10/20K. Fountain Valley, 7:30 am. Mental Health Ass'n, 2110 E. First St., #101, Santa Ana 92705. (714) 547-7559.

JUN 1: TAC Junior Olympic (CCA) 2 & 10K Championships. Taft (Franklin field), 8:30 am. 3K/born 1971 or later; 10K/born 1965-1970. Westside Roadrunners AC, P.O. Box 274, McKittrick 93251. (805) 762-7557 or 762-7593.

JUN 1: Nun Run. 10K, San Mateo (College of San Mateo), 5:45 pm. Ken Giebel, St. Matthews School, 9th & El Camino, San Mateo 94402. (415) 956-7470.

JUN 1: Children's Network Benefit Run. 5/10K, Elmira (2 miles east of Vacaville; Elmira School), 8 am. Fleet Feet, 153-A Peabody Rd., Vacaville 94688. (707) 447-7867.

JUN 1: Quicksilver 50 Mile Endurance Run. San Jose (thru Santa Cruz Mtns.), 6 am. Jerry Simons, c/o Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-4223.

JUN 1: Nugget 50 Mile. No. San Juan, 5:05 am. Frank Plavan, 1610 Cottonwood St., Woodland 95695. (916) 443-8161 or 666-3979. *Mountainous terrain.*

JUN 1: Corona Del Mar Phoenix 5K. Corona Del Mar State Beach, 7:30 am. CDM Chamber of Commerce, 3300 Newport Blvd., Newport Beach 92663. (714) 644-3151.

JUN 1: Startest 8K. Irvine (Mason Regional Park), 8 am. Don Feinstein, 609 Milwood, Venice 90201. (213) 823-8637.

JUN 2: The MADD Pig Run. Long Beach (El Dorado Park East), 8 am. Larry Chowen, c/o LBPA, P.O. Box 2468, Long Beach 90801. (213) 430-8293.

JUN 2: Salute to Recreation 5 & 10K. 8:30 am. Northridge (Community Center). Ann Baker, c/o 6335 Woodley Ave., Van Nuys 91406. (818) 989-8616.

JUN 2: Chihuahua Road Run. 2 & 6 Mile. Fresno (Fresno & E Streets), 7:00 am. Chihuahua Road Run, PO Box 11312, Fresno 93772 (209) 266-9964.

JUN 2: Sri Chimnoy Marathon. Atherton (Selby Lane School), 7 am. Sri Chimnoy Marathon Team, 2438 16th Ave., San Francisco 94116. Giribar D'Angelo (408) 255-6941, evenings.

JUN 2: Gold Country Marathon & Half Marathon & 10K. Nevada City (Pioneer Park), 7 am/Marathons, 7:30 am/Half, 8 am/10K. Gold Country Lions Marathon, PO Box 236, Grass Valley 95945-0236 (916) 265-3574, John Gordon

JUN 2: Russian River Run & Marathon. Includes half-marathon and 4.9 mile. Talmage (2 miles SE of Ukiah), 6 am. Russian River Run, 505 S. State St., Ukiah 95482. (462)-8879.

JUN 2: Dam Tough Run. 38.6 Mile. 4-Person Relay (2x10K & 2x½-marathon) or Solo. Lake Isabella (45 miles east of Bakersfield). 7 am. Isabella Chamber of Commerce, PO Box 567, Lake Isabella 93240. (619) 379-5236.

JUN 2: Old Town Run. 5 mile, Napa (960 Caymus), 9 am. Dave Alvarado, 481 Seminary St., Napa 94559.

JUN 2: DSE Practice Dipsea. 7.1 mile, Mill Valley (near Lytton Square), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 2: Festival at the Lake Run. 5 & 10K, Oakland (Sailboat House, Bellevue), time TBA. Festival at the Lake Run, 1515 Webster St., Oakland 94612. (415) 893-0677.

JUN 2: Freedom Mile. San Francisco (Golden Gate Park, at Rainbow Falls on Kennedy Dr.), 8:50 am/men, 9 am/women. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268.

JUN 2: San Francisco Liberty Dime. 10K, San Francisco (Golden Gate Park, Polo Fields, North Side), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

JUN 2: Lake Tahoe Series 5K. Squaw Valley, 10 am. Gerald Rockwell, P.O. Box 5905, Tahoe City 95730. (916) 583-7649.

JUN 2: San Leandro Shoreline Run. 5 & 10K, San Leandro Marina, 8:45 am/5K, 9 am. Rob Caughell, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3462.

JUN 2: Apple Run. 10K, Watsonville (Walker St. & Pajaro River levee), 9 am. Jack B. Smith, P.O. Box 430, Watsonville 95077. (408) 728-6082.

JUN 2: Converse Aptos Women's 5-Miler. Women Only. Aptos (Nisene Marks State Park), 9 am. Gail Goetteimann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

JUN 2: John's Festival 5-Mile. Nevada City (Pioneer Park), 7 am. John Gordon, 10655 Piper Ln., Nevada City 95959. (916) 265-3574.

JUN 2: Heart & Soul 5/10K Runs. Salinas (Salinas Valley Memorial Hospital), 9:30 am. Clark Grant, 238 John St., Salinas 93901. (408) 758-8888.

JUN 2: Run for Fund 5/10K. San Marcos (Woodland Park), 7:30 am. San Marcos Educational Foundation (Barbara Marchetta), P.O. Box 1332, San Marcos 92069. (619) 744-4776.

JUN 2: Downhill Mile Triathlon. Swim 1000 yds, bike 25 mile, run 4.3 mile. Los Angeles, time TBA. Bill Fulton (818) 331-0169.

JUN 2: The Great Political Runaround. 10K, Brentwood (Veteran's Administration), 8:30 am. Daphne Satter, 405 Hilgard Ackerman Union, #A-213, Los Angeles 90024. (213) 825-0831.

JUN 2: Moorpark College 5/10K Stadium Runs. Moorpark, 7:30 am. Athletic Dept., Moorpark College, 7075 Campus Rd., Moorpark 93021. (805) 529-2321, x220.

T-SHIRTS

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TIGER TEES
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JUN 2: Commander Wildemann's 5K Championship. Univ. of Nevada, Las Vegas, Nevada, 7:30 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (707) 382-3496.

JUN 6: Tulare Sundowner 3K. Tulare (Mathias Stadium), 7:45 pm. Kevin Baker, Tulare Parks & Recreation Dept., 830 So. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 8: Palos Verdes Marathon. Palos Verdes (Indian Peak & Hawthorne), 7 am. George Owens, Box 153, Palos Verdes Estates 90274 (213) 377-3419.

JUN 8: DeCelle Memorial (Tahoe) Relays. 7-Person, 72 mile, Lake Tahoe (Southshore), 7 am. Bob DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

JUN 8: Morro Bay to Cayucos 6 Mile. Morro Bay, 9 am. *No Pre-Entry.* San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

JUN 8: Saddleback 6/12K & Kids Cup 1-Mile. Mission Viejo (Saddleback College), 7:30 am/6K, 8 am/12K. NBRA, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JUN 8: El Camino-Century 21 Victory Realty 5K Run. Woodland Hills (Valley Cir. & Burbank), 8 am. Don Dunn, 23461 Hamlin St., Canoga Park 91307. (818) 346-8160.

JUN 8: G.G.P. Run as One 5/10K. Pomona (Los Angeles County Fairgrounds), 8 am. Tiffany Bottom, Ganesha High School, 1151 Ganesha Blvd., Pomona 91768. (714) 623-5251, x491.

JUN 8: Run for PAC 5K. Las Vegas, Nevada (Cashman Field), 7:30 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 8: Gold Medal Triathlon. ¼-mile swim, 9 mile run, 32 mile bike, Vacaville (Lagoon Valley Park), 7 am. Rick Gebers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

JUN 8: Ricky Bell Scholarship Fund 5 & 10K. Irvine (Fluor Corp.) 8 am. Stan Mintz, Fluor Corp., 333 Michaelson Dr., Irvine 92730. (714) 975-2161.

JUN 8: Save the Boardwalk Beach Run. 2 & 4 mile. Long Beach (54th Pl. & Ocean Blvd.), 8 am. A Running Experience, 5305 E. Second St., Long Beach 90803. (213) 439-6875.

JUN 8: Catch a Splash 1 & 5 Mile. Manteca (Oakwood Lake Resort), 9 am. George Kininmonth, 8734 E. Woodward Ave., Manteca 95336. (209) 239-2250(?).

JUN 8: The Human Race. 5/10K, Susanville (Lassen H.S. Athletic Field), 8:30 am. No contact listed. . . Lassen High School??

JUN 8: Horizon 10K. San Diego, 8 am. Bob Zarubin (619) 223-8934.

JUN 8: Sunset Park Run. 5K, Las Vegas, Nevada, 7:30 am. The Running Store, 602 So. Maryland Pkwy., Nevada 89101. (707) 382-3496.

JUN 8: The Gratitude 8K Run. San Diego (Balboa Park), 8 am. In Motion, 2321 Morena Blvd., Suite A, San Diego 92110. (619) 275-0996.

JUN 9: Round the Runway 10K. Moffett Field NAS (Hanger #1), 9 am. Dorsey White, Recreation Fund, Bldg. 2, Moffett Field NAS, 94035. (415) 966-5540.

JUN 9: SLO Motion Riders 5 & 10K. San Luis Obispo (Meadow Park), 8 am/5K, 8:30 am/10K. SLO Motion Riders, c/o 1383 21st Ct., Oceano 93445. (805) 489-3207, Tim Davis.

JUN 9: Jack Moore Races. 2 & 5.7 miles, McKinleyville (1713 Balboa Ave.), 1 pm/2 mile, 1:45 pm/5.7 mile. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 826-0616.

JUN 9: Rancho Bernardo 10K & 2 Mile. Rancho Bernardo (town center), 7 am. Ed Coverly, 11827 Bernardo Terr., #B-206, San Diego 92128. (619) 485-7763.

Quinn's Cooler QUICK 5K RUN

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Address _____

City _____ State _____ Zip _____

T-SHIRT SIZE: S M L DIVISIONS: Male
(circle one) Female

AGE GROUP:
 20 & under 30-39 50 & over
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In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in the event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Participant's signature _____ Date _____
Parent or legal guardian's signature necessary if under 18 years of age.

Schedule

JUN 9: Flower Festival 10K. Encinitas (Moonlight Beach), 8 am. Road Runners Athletics, 543 First St., Encinitas 92024. (619) 942-1730.

JUN 9: Richmond Lions Quota Club Benefit Club. 4½ miles, Pinole (YMCA), 9 am. Brian Hartley, 15 Moonstone Court, Hercules 94547. (415) 234-8873 days, 799-2034 home.

JUN 9: Dipsea Race. 7.1 Miles. Mill Valley to Stinson Beach. Time TBA. Dipsea Race, Box 30, Mill Valley 94941 (415) 381-DIPC.

JUN 9: Hayward Soccer Classic. 5/10K, Hayward (Tennyson & Hesperian Blvd.), 8:30 am. Grace Ragan, 27813 LaPorte Ave., Hayward 94545. (415) 887-6471.

JUN 9: Bay Bridge Run for Mental Health. 7+ miles, San Francisco, time TBA. Jon Gresley, MHAC, 1801 Adeline St., Oakland 94607. (415) 835-5010.

JUN 9: Bunyan Run. 5 & 10K, Ft. Bragg, 9 am. C.E.F. Bunyan Run, P.O. Box 245, Ft. Bragg 95437. (707) 964-3153.

JUN 9: San Luis Dam Jam. 10K, Los Banos (San Luis Dam), 8:30 am. Mark Bodley, 419 Madison Ave., Los Banos 93635. (209) 826-0325.

JUN 9: Fresno Diocese Benefit Run for St. Paul Church. 1 & 4 mile, Fresno (San Joaquin Memorial H.S.), time TBA. Fred Pereira, 4048 N. Angus, Fresno 93726. (209) 224-7857.

JUN 9: Catalina Island Triathlon. ½ mile swim, 35 mile bike, 4 mile run. Catalina Island, time TBA. Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.

JUN 9: Heart Club 5K Run. El Segundo (El Segundo Blvd. & Sepulveda), 8:30 am. Dietmar Oberhoessel, 7916 Denrock Ave., Los Angeles 90045. (213) 305-2251, days.

JUN 9: Conejo 20K Run. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

JUN 9: Paradise 5 & 10K Runs. Irvine, 7 am/5K, 7:45 am/10K. Kathleen Burke, 62 Orange Blossom, Irvine 92715. (714) 551-5038.

JUN 9: Deacon Jones Run for Learning Disabilities. Distance TBA, Woodland Hills (Pierce College), 8 am. Center for Educational Therapy (818) 883-3500.

JUN 11: San Diego Track Club One-Hour Run. El Cajon (Grossmont College track), 6 pm (7 pm fast section - District Championships). San Diego T.C., P.O. Box 7853, San Diego 92107. (619) 277-RUN2.

JUN 12: Manufacturer's Hanover Corporate Challenge. 3.5 mile, Irvine, 5:30 pm. Jackie Lapin, c/o Lapin & Rose, 22551 Ventura Blvd., Woodland Hills 91364. (213) 887-2284.

JUN 15: Mirassou Grape Run. 5K, San Jose (Aborn Rd.), 9 am. Ron Wayne, 25930 Kay Ave., Hayward 94545. Jan Reeder (408) 274-4000.

JUN 15: Golden West College 10K Run. Huntington Beach (Golden West College track), 8 am. Jan Dunlop, Golden West College, 15744 Golden West St., Huntington Beach 92647. (714) 895-8333.

JUN 15: Rosarita Beach Triathlon. ½ mile swim, 12 mile bike, 3 mile run. Rosarita Beach (Baja California, Mexico), time TBA. Bicycling West, P.O. Box 15128, San Diego 92115-0128. (619) 583-3001.

JUN 15: LVTC 2 & 5 Mile (& Picnic). Tule Springs State Park (Floyd R. Lambe Park), Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 15: Santee Lakes Father's Day 10K & 2 Mile Fun Run. San Diego (Fanita Pkwy. & Lake Canyon Rd. Ross: (619) 449-4562.

JUN 15: Anne Kiyasu 5 & 10K & Kid's Cup. Yorba Linda (Yorba Regional Park), 8 am/5K, 8:30 am/10K, 9:30/kids. Melodie Kaltenbaugh, 1830 West Romneya Dr., Anaheim 92803. (714) 491-5571.

JUN 15: U. Olympian Las Vegas Triathlon. 1 mile swim, 30 mile bike, 10K run. Lake Mead. June 5 Deadline. J.B. Bonelli, 1904 Maryland Parkway, Las Vegas 89104. (702) 369-3101.

JUN 15: Try-SCAR 85. 4 mile run, ½ mile swim, 15 mile bike. Orange. 100 limit. Ed Collins, c/o SCAR Clinic, 871 South Tustin Ave., Orange 92666. (714) 633-7227.

JUN 16: Valley of the Flowers Marathon & Half-Marathon. Lompoc (Huyck Stadium, Lompoc HS). 7:30 am/marathon, 8 am/½ marathon. Valley of the Flowers Marathon, PO Box 694, Lompoc 93438.

JUN 16: Bacardi Rum Run. 5 & 10K (PA/TAC 5K Championships), Oakland (Lake Merritt, Boathouse - Bellevue St.), 8:30 am/5K, 9 am/10K. Rum Run, 330 - 41st St., Oakland 94609. (415) 547-6965.

JUN 16: DSE Daly City Scenic Run. 6.8 mile, Daly City (Colma School), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 16: Woodminster 15K Cross Country Race. Oakland (Woodminster Meadow, Joaquin Miller Park), 9 am. Handicap starts. Gail Wetzork, 881 Cedar St., #A, Alameda 94501. (415) 522-3724.

JUN 16: Moscow Road Race. 5 & 10K, Monte Rio, 8 am. Valley of the Moon R.C., P.O. Box 879, Forestville 95436.

JUN 16: Run for the Health of It. 5 mile, Hollister (Hazel Hawkins Memorial Hospital), 8:30 am. Roy Cramblit, 911 Sunset Dr., Hollister 95023. (408) 637-5711, x258.

JUN 16: Father's Day Run. 6 miles, Fresno (Downtown), 6 am. Bob Fries (209) 442-4600.

JUN 16: Mammoth Chart House 10K. Mammoth Lakes (Chart House), 9 am. George Fowler, P.O. Box 878, Mammoth Lakes 93546.

JUN 16: The Great Cable Car Chase. 5.4 mile, San Francisco, 8 am. Epilepsy Society, Cable Car Chase, 3221 Pierce, Room 6, San Francisco 94123. (415) 346-9075.



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Schedule

JUN 16: Monty Montgomery 10-Mile & 2.5 Mile Partner Run. Encino, 7:30 am. Basin Blues, 15840 Ventura Blvd., Suite 147, Encino 91436. (818) 347-1933, eves.

JUN 16: Dad's Day Dash 10K. Hermosa Beach (Hermosa Beach Pier), 8 am. Big Brothers of So. Calif., 1486 Colorado Blvd., Los Angeles 90041. (213) 258-3333.

JUN 16: Conejo T.C. Father's Day 10K. Thousand Oaks, 8 am. Mike Meteyer, 512 Meteyer, 512 Hollyburn Ln., Thousand Oaks 91360. (805) 495-5459 or (805) 494-2117.

JUN 16: Vincent De Paul Triathlon. 1K swim, 15 mile bike, 5 mile run. San Diego, time TBA. St. Vincent De Paul Center (619) 233-7495.

JUN 16: Summer Beach 8K & 1 Mile Fun Run. Imperial Beach, 7:30 am. Kathy (619) 435-3354.

JUN 16: Run for Gay Pride. 5 & 10K. Silverlakes (Hyperion & Scotland Blvds.), 8 am. Joan Coogan, P.O. Box 42923, Los Angeles 90042. (213) 221-4651.

JUN 16: Fleet Feet Anniversary 5K & 1/2 Mile Run. Yorba Linda, 8 am. Mike Minell, 18232 Imperial Hwy., Yorba Linda 92686. (714) 528-3338.

JUN 16: San Diego Invitational Triathlon. 1K swim, 15 mile bike, 5 mile run. San Diego Harbor. *June 1 Deadline.* Rick Kozlowski, 1550 Market St., San Diego 92101. (619) 233-8797.

JUN 16: Slide Triathlon. 2 mile swim, 13 mile bike, 5 mile run, Rio Dell (Eel River), 9 am. Deanna Toole, 2024 Shamrock, Fortuna 95540. (707) 442-5285, days.

JUN 16: Imperial Beach 8K & 1-Mile Fun Run. Imperial Beach (Pier), 7:30 am. End of the Line Race Consulting, P.O. Box 1049, Coronado 92118. Ross: (619) 449-4562.

JUN 20: Tulare Sundowner 3K. Tulare (Mathias Stadium), 7:45 pm. Kevin Baker, c/o Tulare Parks & Recreation, 830 Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 21: Ultimate Endurance Triathlon. swim 5 mile, bike 200 mile, run 50 mile. Sacramento, time TBA. Tri-Triathlons (916) 442-3962.

JUN 21: Summer Solstice 5 Mile. Long Beach (El Dorado Park) 6:30 pm. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 439-6875.

JUN 22: Potrero Scenic Scamper. 8K, San Francisco (953 De Haro St.), 9 am. Ruth Passen, 953 De Haro St., San Francisco 94107. (415) 826-8080.

JUN 22: DSE Double Dipsea. 14.2 mile, Stinson Beach to Mill Valley & back, 8:30 am. Walt Stack, 741 Kansas St., San Francisco 94107. (415) 647-9459.

JUN 22: Toughest Triathlon. 1.2 mile swim, 45 mile bike, 12 mile run. Castaic Lake (Los Angeles area), time TBA. Tony Adler, Runner's Sole, 17820-A Chatsworth, Granada Hills 91344. (818) 368-7889.

JUN 22: Otay Lakes Biathlon. 6 mile run, 34 mile bike. Chula Vista (Lower Otay Park), time TBA. Bruce Norvell, P.O. Box 12172, San Diego 92112. (619) 296-7649.

JUN 22: Point Loma Handicap 10K. Point Loma (Dupont Savoy), 7 am. Joni Pendleton (619) 286-2555 or 287-8694.

JUN 22: Summer Solstice Run for R.I.O. Anaheim (Anaheim Stadium), 7:30 am. Nancy Adams, 1800 E. La Veta Ave., Orange 92666. (714) 633-7400.

JUN 22: 2-Person 5-Mile Relay. University of Nevada (track), Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 22: Run for the Blind 8K & Fun Run. San Diego (College Grove Shopping Center), 7:30 am. Warren (619) 583-1542.

JUN 22: Orange County Lifeguard Games 10K. Huntington Beach (Bolsa Chica State Beach, Tower 24), 9 am. Herb White, c/o P.O. Box 5220, Huntington Beach 92615. (714) 968-0208.

JUN 22: The Grizzly Run. 5 & 10K. Big Bear Lake, 8 am. Jim Bollingmo, Alpine Sports Center, P.O. Box 1788, Big Bear Lake 92315. (714) 866-7541.

JUN 22: Potrero Scenic Scamper. 8K, San Francisco (953 DeHaro St.), 9 am. Ruth Passen, 953 DeHaro St., San Francisco 94107. (415) 826-8080.

JUN 22: 4-H Fair Fun Run. 5K, Pleasanton (Alameda County Fair), time TBA. Alameda County 4H Clubs, 224 W. Winton Ave., Room 174, Hayward 94544. Barbara Costella: (415) 422-3844.

JUN 23: Jacoby Creek Streak. 1.8 & 4.8 miles, Bayside (Grange), 1 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. (707) 822-8565, Bill Morris.

JUN 23: Downhill Mile Classic. 1 mile. West Covina (South Hills High School), 1 pm. The Complete Runner, c/o Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.

JUN 23: A Summer's Evening Run. 5 & 10K, Placentia (Chapman & Kramer), 5 pm. Mike Manell, 18232 Imperial Hwy., Yorba Linda 92686. (714) 528-3338.

JUN 23: Lake Merritt Joggers & Striders Fourth Sunday Run. 5/10/15K, Oakland (Lake Merritt, Old Boathouse), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

JUN 23: The San Francisco 25K. PA/TAC Championships. San Francisco (Golden Gate Park, So. side of Polo Fields), 8 am. Total Race Systems, 627 Galerita Way, San Rafael 94903. (415) 479-3839.

JUN 23: Fitch Mountain Footrace. 10K, Healdsburg (Plaza Park), 8:30 am. The Tribune, P.O. Box 518, Healdsburg 95448. (707) 433-4451.

JUN 23: Sea Breeze 10/20K. Ventura (Mission Park), 8 am. Paul Ellison, 327 Colby Cir., Ventura 93003. (805) 642-0686, eves.

JUN 23: Chariots of Fire 5K and Century City 10K. Century City (Century City Shopping Center), 8 am. Maccabi Union USA, 2080 Century Park East, Suite 401, Century City 90067. (213) 553-9322 or 553-4929.

JUN 23: St. Patrick's Benefit Run. 5 mile and 1 mile, Fresno (Kearney Park), 7 am/1 mile, 7:30 am/5 mile. Robert Fain, 1590 N. Poplar, Fresno 93728. (209) 264-9042.

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JUN 26: Heart of the City 5K. Los Angeles (4th & Figueroa Sts.), 6:45 pm. Antoinette Mongelli (213) 236-5124.

JUN 27: Sepulveda Dam Evening 10K. Woodley (Woodley Ave. Park), 6:30 pm. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

JUN 28: Run for the Wine. 4 mile, Merced (Applegate Park), 6 pm. HR&W Run for the Wine, 642 Berkeley Ct., Merced 95340. *Limited to first 40 pre-registered, no race-day entry... June 1 Deadline.*

JUN 29: Top of the State Footraces. 2 mile, 4.7 mile, 7 mile. Weed (College of the Siskiyou), 8:45 am/2 & 4.7 mile, 9 am/7 mile. Weed Recreation & Park District, 450 College Ave., Weed 96094. (916) 938-4685.

JUN 29: Downey 5 & 10K. Dowhey (Wilderness Park), 5 pm. G. Myers, 11040 Brookshire Dr., Downey 90241. (213) 869-7301.

JUN 29: Beals Point Tri for Fun. 1K swim, 20K bike, 5K run. Folsom Lake (Beals Point), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

JUN 29: Castaic Triathlon Series. 1K swim, 40K bike, 10K run. Castaic Lake, time TBA. Runners Up, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

JUN 29: LVTC 2 & 5 Mile. Las Vegas (Blue Diamond & Industrial Rds.), Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUN 29: Central Valley YMCA Summer Heat Biathlon. 4 mile run, 12 mile bike, Fresno (Woodward Park), 8 am. Central Valley YMCA, 1408 N St., Fresno 93721. Julie Matteson (209) 233-5737 or 221-8181.

JUN 29: Bloodrun VI. 5 & 10K, Sacramento (Miller Park), 8 am. Central California Hemophilia Foundation, 601 West Acres Rd., West Sacramento 95691. (916) 453-2259 or (916) 371-8795 (Wilbur Curtis).

Schedule

JUN 29: Meet of Miles. (1 mile track races), Rohnert Park (Sonoma State Univ.), 8 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

JUN 29: San Francisco Summer Cross-Country Challenge Series. 1 mile thru 3.5 miles (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

JUN 30: Old Glory Run. 5/10K, Santa Clara (Mission Community College), 8 am. Old Glory Run, c/o Santa Clara County Council - BSA, P.O. Box 28547, San Jose 95159. (408) 249-6060.

JUN 30: Quicksilver Challenge Half-Marathon. San Jose, 8 am. Fleet Feet, 1375 Blossom Hill Rd., San Jose 95118. (408) 723-7223. *Limit 300.*

JUN 30: Firecracker 10K Fun Run. Oceanside, 5:30 pm. Chamber of Commerce, Box 1578, Oceanside 92054. (619) 722-1534.

JUN 30: Pride House 10K. Los Angeles (Griffith Park), 8 am. Glen Smuts, 3637 Motor Ave., Suite 360, Los Angeles 90034. (213) 204-3047.

JUN 30: MDA Triathlon. 1 mile swim, 20K bike, 10K run. San Diego (Fiesta Island, Mission Bay), Don Garcia, c/o MDA, 6136 Mission Gorge Rd., #129, San Diego 92119. (619) 584-2484.

JUN 30: DSE Roller Coaster Run. 3 mile & 0.6 mile kids' run. San Francisco (Mountain Lake Park, 12th Ave. & Lake St.), 9:30 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUN 30: Monterey Bay Triathlon. 1.5 mile swim, 52 mile bike, 13 mile run. Uvas Lake (near Morgan Hill), 8 am. Joe Ossmann, 116 E. San Luis St., Salinas 93901. (408) 758-2733.

JUN 30: Olympic Torch 5/10K Runs. Newport Beach (Fashion Island), 7:30 am. Robert McCaffrey, 409 No. Bay Front, Balboa Island 92662.

JULY

JUL 4: SPATAC - Semana Nautica 15K Championships. Goleta, 8 am. John Brennan, P.O. Box 6616, Santa Barbara 93160. (805) 964-2591.

JUL 4: Coronado Half Marathon. Coronado (7th & G Sts.), 6:30 am. Contact: End of the Line, P.O. Box 1049, Coronado 92118. Ernie: (619) 437-4556.

JUL 4: Embarcadero 5-Mile Optimist Run For Youth. Oakland (Estuary Park, 1/2 mile south of Jack London Square), 9 am. Run for Youth, 2704 Tulare Ave., El Cerrito 94530. (415) 834-3110.

JUL 4: Kenwood Footrace. 10K, Kenwood (White Church/Warm Springs Rd.), 7:30 am. Valley of the Moon RC, P.O. Box 879, Forestville 95436.

JUL 4: DSE Double Lake Merced Run. 9.6 mile, San Francisco (Lake Merced/Boathouse), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

JUL 4: Milpitas Firecracker 10K. Milpitas (Civic Center), 8:30 am. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

JUL 4: Redwood City 4th of July Parade Run. 5K, Redwood City (downtown), time TBA. parks & Recreation Dept., Attn: Bill Wooten, 1400 Roosevelt Ave., Redwood City 94061. (415) 364-6060.

JUL 4: Run for Independence. 2 & 5 mile, Atwater (Ralston Park), 7:30 am. The Signal, 927 Atwater Blvd., Atwater 95301. (209) 357-2739, Bruce Wong.

JUL 4: Northern California 4th of July Jubilee Run. 3 & 10K, Arcata (Arcata Plaza), 9:30 am/3K, 10 am/10K. Ken Yanosko (707) 826-1765.

JUL 4: Spirit of America 5K & Kiddy Kilometer. Torrance (Wilson Park, east side), 8 am/5K, 9 am/kilo. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 437-2935.

JUL 4: La Palma ADP Running Celebration 5/10K. La Palma (Central Park), 7:30 am. Kitty Rudometkin, City of La Palma, 7821 Walker St., La Palma 90623. (714) 522-6740.

JUL 4: Palisades Will Rogers 10K. Pacific Palisades (Will Rogers Park), 8:30 am. Brian W. Shea, P.O. Box 487, Pacific Palisades 90272. (213) 394-9611.

JUL 4: Independence Run 5/15K. Fountain Valley (Mile Square Park, Brookhurst & Hell), 8 am. Fountain Valley Chamber of Commerce, 10101 Slater Ave., #106, Fountain Valley 92708. (714) 962-4441.

JUL 4: Monarch Bank 5/10K. Laguna Niguel (Crown Valley Community Park), 7 am/10K, 8 am/5K. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

JUL 4: City of Rosemead 5/10K. Rosemead (Rosemead Park, 4343 Encinita), 8 am. Chris Best, 8838 E. Valley Blvd., Rosemead 91106. (818) 288-6671, x30.

JUL 4: Oak Park 5/10K. Agoura (Oak Park), 8 am. Carolyn Knight, 272 No. Kanan Rd., Agoura 91301. (818) 889-0457.

JUL 4: Freedom 10K Run. Walnut (Mt. SAC College), 8 am. Freedom Run, Covina Rotary Club, Covina 91723. (818) 967-4191.

JUL 4: Independence Day 10K. Newhall (Hart High School), time TBA. Sue Simms, P.O. Box 298, Saugus 91350. (805) 251-5562.

JUL 4: Scripps Ranch 10K. Lake Miramar (north of San Diego County), 7 am. Walt Albright, P.O. Box 261154, San Diego 92126. (619) 695-1297.

JUL 6: Western States Endurance Run. 100 miles, Squaw Valley to Auburn, 5 am. *Field Closed... 300 Limit.* Bob Suter, 1721 Placer Hills Rd., Meadow Vista 95722. (916) 878-RUNR.

JUL 6: San Francisco Summer Cross-Country Challenge Series. 1 mile thru 3.5 miles (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

JUL 6: Ponderosa Ridge Run. 9.5 mile, Spooner Summit (Lake Tahoe, Nevada side - highway 28 & 50), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.

JUL 6: Benbow Triathlon. Arcata/Eureka Area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 6: Westlake Hospital 5/10K. Westlake Village, 7 am/5K, 8 am/10K. Kim Shehorn, Westlake Village Community Hospital, 4415 S. Lakeview Canyon Rd., Westlake Village 91361. (818) 706-6163.

JUL 6: Semana Nautica/Santa Barbara Sports Fest Biathlon. 4 mile run, 1 mile swim, Santa Barbara (East Beach), time TBA. Semana Nautica, City of Santa Barbara, 620 Laguna St., Santa Barbara 93101. (805) 965-0509.

JUL 6: Carlsbad Triathlon. 1 mile swim, 14 mile bike, 6.2 mile run. Carlsbad (Tamarack Beach), time TBA. City of Carlsbad, 1200 Elm Ave., Carlsbad 92008. (619) 438-5575.

JUL 6: Las Vegas TC 8K. Sunset Park, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 7: Couples Relay. 2x2 mile (male/female), Larkspur (Larkspur Landing), 9 am. The Good Sport, 2011 Larkspur Landing Circle, Larkspur 94939. (415) 461-1930.

JUL 7: HELP Century City 10K For Youth. Rancho Park (Chevrolet Hills), 8 am. Sam Theus, P.O. Box 1576, Inglewood 90308. (213) 292-5533. *Listed incorrectly as April 28 in last month's issue.*

JUL 7: Lake Chabot Trail Challenge. 13.1 mile, Castro Valley, 8 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255.

JUL 7: Women's & Girl's Run in the Park. 5 miles, San Francisco (Golden Gate Park, Polo Fields), 9 am. The Women's Bldg., c/o Diane Jones, 3543-18th St., San Francisco 94110. (415) 431-1180.

JUL 7: Benbow Race. 2 & 6 mile, Arcata/Eureka area, 9:30 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 8: Twilight Cross Country Series. 1, 2 & 4 mile. Long Beach (El Dorado Park), time TBA (evening). Pat Patterson, A Running Experience, 5304 E. 2nd St., Long Beach 90803. (213) 439-6875.

JUL 8: Duane Shaffer Birthday Marathon. Anaheim (Anaheim Lake), 7 am. Duane Shaffer, 4042 Bycroft, Yorba Linda 92686. (714) 524-5398.

JUL 10: 29th Anniversary Evening 5/10K & Kids Cup One-Mile. Santa Ana (Centennial Park), 6:30 pm. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

JUL 11: College of the Canyons 5K Series. Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

JUL 13: Eppie's Great Race. 6 mile run, 12 1/2 mile bike, 6.35 mile paddle. Sacramento (American River Pkwy.), time TBA. Shirley Wagner, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2066.

Schedule

JUL 13: Solidarity Run. 4.7 mile, San Francisco (Lake Merced, Sunset Circle Parking Lot), 9 am. PESCom., 942 Market St., Room 709, San Francisco 94102. (415) 433-6055.

JUL 13: San Francisco Summer Cross-Country Challenge Series. 1 mile thru 3.5 mile (varying distance for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

JUL 13: Clovis Chamber of Commerce Fun Runs. 2 & 5 mile, Clovis, 6:45 am. Clovis Chamber of Commerce, 608 Fourth St., Clovis 93612. (209) 299-7273.

JUL 13: Tri For Fun Series #1. 0.5K swim, 20K bike, 5K run. Friant (Millerton Lake), time TBA. Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

JUL 13: The Spirit 5K. San Diego (Balboa Park), 7:30 am. Kathy Lopez, 4535 - 30th St., San Diego 92116. (619) 283-6131.

JUL 14: Felton Race Thru the Redwoods. 6.9 miles, Felton (Henry Cowell State Park off Hiway 9), 9 am. Mark Christensen, P.O. Box 6, Felton 95018. (408) 335-4332.

JUL 14: Gay Run '85. 5 & 10K, San Francisco (Golden Gate Park, Polo Fields South Parking Lot), 10 am. Mark Indihar, 1040 Dolores, #302, San Francisco 94110. (415) 282-6085.

JUL 14: Tiburon 8-Miler. Tiburon (Blacky's Pasture at Trestle Glen Blvd. & Tiburon Blvd.), 8 am. Tiburon Recreation Dept., 1155 Tiburon Blvd., Tiburon 94942. (415) 435-4355 or 479-3839.

JUL 14: Tall Trees Fun Run. 0-17 mile, Arcata/Eureka area, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 14: Run for Cancer. 5 mile, Merced, 7 am. Pat Castellucci, 2829 Montana Ave., Merced 95340. (209) 383-3710.

JUL 14: San Diego Track Club 3-Mile. San Diego (Mission Bay Park), 5:30 pm. Contact: (619) 748-2459.

JUL 15: Fortuna Rodeo Run. Distance(?), Fortuna, time TBA. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-9435.

JUL 15: Twilight Cross-Country Series. 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.

JUL 18: Sepulveda Dam Evening 10K. Encino (Woodley Park), 6:30 pm. Connie Rodewald, 852 Sharon Rd., Camarillo 93010. (805) 482-5360.

JUL 18: College of the Canyons 5K Series. Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.

JUL 19: Las Vegas TC 2 & 5 Mile. Las Vegas (Blue Diamond & Industrial Rds.), 7 pm. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

JUL 20: Strawberry Point 4-Miler. Mill Valley (Strawberry Village), 8 am. Debra Vinson, 618 Strawberry Village, Mill Valley 94941. (415) 388-4523.

JUL 20: San Francisco Summer Cross-Country Challenge Series. 1 mile thru 3.5 mile (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.

JUL 20: Wine Valley Women's Run. 5K, Sebastopol (Rangle Ranch Park), 8 am. Patsy Young, 9550 Occidental Rd., Sebastopol 95472. *Note: A run for men will be held either before or after the women's run.*

JUL 20: Women's Distance Festival. 5K, Ukiah, 8 am. North Coast Striders, P.O. Box 1556, Ukiah 95487. (707) 463-1534, Bruce Dawson.

JUL 20: Beals Point Tri for Fun. 1K swim, 20K bike, 5K run. Folsom (Folsom Lake), time TBA. Will Roxburgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

JUL 20: Tulare Crazy Daze Four Mile Run. Tulare (Zumwalt Park), 7 am. Norm Takeuchi, Tulare Parks & Recreation Dept., 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

NINETEENTH ANNUAL

Father's Day run



6 or 2 mile

June 16, 1985

Race Starts at 6:30 a.m. SHARP



Entry Fee: \$6.00 (deadline 6/10)
\$8.00 (raceday)

For Entry Blank write:
Father's Day Run
1501 East Browning
Fresno, California 93710

Sponsored by: Gottschalk's, Dr. Pepper,
Downtown Association and KMGX-FM.

OPTIMIST YOUTH TRACK MEET

(BOYS & GIRLS)

SATURDAY JULY 27, 1985

SANCTIONED BY: THE ATHLETIC CONGRESS (TAC)

STARTING TIME: 8:00 a.m. SHARP

LOCATION: Oxnard High School (Houser Field)
937 West 5th Street
Oxnard, California 93030

ENTRY FEES: \$200 per Event - \$8.00 for Relays

CHECKS PAYABLE TO: OPTIMIST YOUTH TRACK MEET

ENTRY DEADLINE: Friday, July 21, 1985 - 5:00 p.m.

MAIL ENTRIES TO: OPTIMIST YOUTH TRACK MEET
350 North C Street
Oxnard, California 93030

AWARDS: Awards will be medals for 1st, 2nd, and 3rd place finishers, including relays. Ribbons will be awarded to 4th through 6th place finishers.

FOR FURTHER INFORMATION CALL OR WRITE: Michele Izay or Karen Burnham
(805) 984-4643 (8:00-5:30)
350 North C Street
Oxnard, California 93030

OXNARD SPORTS FESTIVAL

Schedule

- JUL 20: Runner's Sole Sprint Triathlon.** 1K swim, 20K bike, 8K run. Los Angeles (Castaic Lake), 7 am. Dave Babiracki, Runner's Sole, 17820-A Chatsworth, Granada Hills 91344. (818) 368-7889.
- JUL 20: Oxnard Sports Festival & Team Athlete's Feet ½-Marathon & 5K Fun Run.** Oxnard, 7:30 am. Ed Doucette, Athlete's Feet Unltd., 455 W. Channel Islands Blvd., Port Hueneme 93041. (805) 985-5888.
- JUL 20: Swim-Run-Swim.** ½-mile/5 mile/½-mile, San Diego, 8:30 am. Tom Warren, 2393 La Marque St., San Diego 92109.
- JUL 21: Mad River Race.** 2 mile & 15K, Arcata/Eureka area, 10:45 am. Six Rivers RC, P.O. Box 214, Arcata 95521. (707) 822-7435.
- JUL 21: King of the Hill Triathlon.** Swim 1 mile, bike 25 mile, run 5 mile. Big Bear Lake, time TBA. Don Frantz, P.O. Box M6-32, Big Bear Lake 92315. (714) 585-5650.
- JUL 21: Cerritos Men's & Women's 5K.** Cerritos (Los Cerritos Mall), time TBA. Runners' High, 5519 Del Amo Blvd., Lakewood 90713. (213) 960-3580.
- JUL 21: Conejo 8K Run.** Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.
- JUL 21: Las Vegas TC 10K & 2 Mile.** Las Vegas (Ed Fountain Park, Decatur & Vegas Dr.), 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- JUL 21: San Francisco Marathon.** San Francisco, 8 am. Pamakid Runners, 1233 Taraval St., San Francisco 94116. (415) 681-2323. 10,000 Entry Limit.
- JUL 22: Twilight Cross-Country Series.** 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.
- JUL 25: College of the Canyons 5K Series.** Valencia (College of the Canyons), 7 pm. Santa Clarita Runners, P.O. Box 298, Saugus 91350. (805) 259-1028, Lorrin Peterson.
- JUL 27: San Francisco Summer Cross-Country Challenge Series.** 1 mile thru 3.5 miles (varying distances for each division), San Francisco (Polo Fields, Golden Gate Park), 10 am. Tim Wason, 350 Frederick, #3, San Francisco 94117. (415) 753-1215.
- JUL 27: Bodega Bay to Breakers 8K.** Bodega Bay (Westside Rd. at foot of Bodega Head), 9 am. Dave Sjøstedt, Box 562, Bodega Bay 94923. (707) 875-2188.
- JUL 27: Trout Creek Run.** 5 mile, South Lake Tahoe (Inter School Track, Al Tahoe Blvd.), 10 am. Austin Angell, Box 1521, So. Lake Tahoe 95705. (916) 541-5224.
- JUL 27: Coronado Optimists 10K.** Coronado (Sunset Park), 7 am. End of the Line, P.O. Box 1049, Coronado 92118. Dave (619) 437-4556.
- JUL 27: Donner Lake Triathlon.** ½-mile swim, 6.89 mile run, 15 mile bike. Donner Lake (Truckee), time TBA. Sherry Griswold-Reed, Box 1772, Truckee 95734. (916) 587-2754.
- JUL 27: Cypress 5/10K.** Cypress, 7:30 am. Susan markel, 5700 Orange Ave., Cypress 90630. (714) 821-9500.
- JUL 27: The Grizzly Runs 5 & 10K.** Big Bear Lake, 8 am. Jim Bollingmo, Alpine Sport Center, P.O. Box 1788, Big Bear Lake 92315. (714) 866-7541.
- JUL 27: Mt. Charleston 4 Mile Notch Run.** Mt. Charleston, Nevada (near Las Vegas), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- JUL 28: Wharf to Wharf Run.** Approx. 5½ miles, Santa Cruz to Capitola, time TBA. Wharf to Wharf Run, c/o City of Capitola, P.O. Box 307, Capitola 95010.
- JUL 28: Lake Merritt Joggers & Striders Fourth Sunday Runs.** 5/10/15K, Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt J&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.
- JUL 28: Sertoma Classic 10K.** Hayward (Air Terminal, Skywest Dr., & A St.), 9 am. Sertoma Classic, 3508 Depot Rd., Hayward 94545. (408) 735-2960.
- JUL 28: Pear Fair 10 Miller.** Courtland (Bates Elementary School), 8 am. City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.
- JUL 28: San Luis Obispo Triathlon.** ½-mile swim, 15.3 mile bike, 3.8 mile run. San Luis Obispo, 7:30 am. Joan Ponza, P.O. Box 321, San Luis Obispo 93406-0321. (805) 549-7282.
- JUL 28: Coronado Optimist Sports Fiesta Triathlon.** Bike 6 mile, swim 540 yards, run 1 mile. Coronado, time TBA. Optimist Club of Coronado, P.O. Box 251, Coronado 92118. Rob Weaver (619) 435-6389.
- JUL 28: Padres-Lions 10K & 2-Mile Fun Run.** San Diego (Jack Murphy Stadium), 7 am. End of the Line, P.O. Box 1049, Coronado 92118. (619) 232-7451, Roger.
- JUL 29: Twilight Cross-Country Series.** 1, 2 & 4 mile, Long Beach (El Dorado Park), time TBA. Pat Patterson, A Running Experience, 5304 E. Second St., Long Beach 90803. (213) 439-6875.
- JUL 29: Sports Runner OCTC Fun Run.** 4 to 10 mile, Newport Beach (Sports Runner), 6 pm. Sports Runner, 1000 No. Bristol, Newport Beach 92660. (714) 955-0165.

LOOKING AHEAD

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

- AUG 4: Skyline 50.** National Masters 50K, Western Regional 50K, PA/TAC 50K...Cross Country Championships. El Sobrante (Wildcat Canyon Regional Park, Clark Gate off San Pablo Dam Rd.), 7 am. 650 Limit. Steve Justice, c/o Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.
- AUG 17: Bass Lake Half Marathon.** 13.3 miles, Bass Lake (The Pines Village), time TBA. Bass Lake Half Marathon, P.O. Box 6103, Fresno 93703. (209) 264-5847.

August 18-23, 1985

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AUG 17: Nat'l TAC Senior Men's 10K Road Championships. Asbury Park, N.J., time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712. (201) 531-4156.

AUG 25: Santa Monica Sports & Art Festival Marathon & Half Marathon. Santa Monica College, 7 am. Ed Montan, Santa Monica Parks & Rec., 1685 Main St., Rm. 210, Santa Monica 90401. (213) 458-8311.

AUG 25: South Hill 50-Mile Ultra & 10-Leg 5-Man 50-Mile Relay. Camarillo (Adohr Dairy, Pleasant Valley Rd.), 6 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

AUG 25: June Lake Loop 18-Mile Relay. 3x6 mile, June Lake (June Lake Beach), 8:30 am. Newport Beach Runners Ass'n., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

AUG 25: America's Finest City Half-Marathon. Point Loma (Cabrillo Nat'l Monument), 7 am. American Lung Ass'n., 3861 Front St., P.O. Box 3879, San Diego 92103. (619) 297-3901.

AUG 25: Presidio 10-Miler. San Francisco (Presidio Parking Lot), 9 am. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

MASTERS TRACK & FIELD

JUN 1: Southern Pacific Assoc. TAC Championships. Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUN 8: TAC Western Regional Championships. San Diego. Joe Horn, 1147 Agate St., San Diego 92109. (619) 488-8885.

JUL 5-6: TAC Nat'l Masters Decathlon/Hep-athlon Championships. Point Loma College, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla 92037. (619) 453-4570(w).

JUL 13: Taco Bell Relays. Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

JUL 20: NorCal Seniors Classic. Berkeley (UC Edwards Stadium). Mark Grubi, P.O. Box 4512, San Francisco 94101. (415) 285-3352.

AUG 3-4: West Valley Masters Meet. Los Gatos High School and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-5660.

Schedule

AUG 10: Trojans Masters Invitational. USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina 91790. (818) 338-1623.

AUG 18-23: Masters Games. Toronto, Canada. Suzie McKeegan, Box 1985 Postal Station P, Toronto, Canada M5S 2Y7. (416) 927-1985.

AUG 23-25: TAC National Championships. Indianapolis, Indiana. Marshall Goss, Track Office, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

AUG 31: TAC National Pentathlon. Aurora, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. (303) 341-2980.

SEP 14: Northern California Senior Olympics. Laney College, Oakland. NSCO Headquarters, 1520 Lakeside Dr., Oakland 94612. (415) 273-3191.

OCT 5: Club West Masters Meet. UC Santa Barbara, Goleta. George H. Adams, P.O. Drawer K, Goleta 93117. (805) 687-6323.

COLLEGE/OPEN TRACK & FIELD

JUN 1: IAAF/High School Heptathlon/Decathlon. Mt. San Antonio College, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 1: Prefontaine Grand Prix. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

JUN 2: All Comers. Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUN 2: U.S. Corporate Track Assoc. Relay Meet. Los Angeles. USCTA, 6173 Fremont Circle, Camarillo 93010. (805) 987-8052.

JUN 6: Tulare All Comers. Mathias Stadium, 6 pm. Kevin Baker, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 7: The Coliseum Classic. Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.

JUN 8: World Class T.C. Invitational. UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

JUN 8-9: Santa Cruz County Track & Field Championships. Cabrillo College. SCTFC, P.O. Box 307, Capitola 95010. (408) 475-5993.

JUN 9: SPATAC Olympic Development Meet. U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 14-16: TAC Sr. Men & Women National Championships. University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Championships. University of Indiana... see contact above.

JUN 20: Tulare All Comers. Mathias Stadium, 6 pm. Kevin Baker, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

continued on page 15...



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SoCal Diary

By BILL MINARIK

□ April 29.

Virtually all the high schools as well as all other competition the past 4 days was centered in the Walnut Valley at the one and only Mt. SAC Relays. For the preps, a strong head-wind virtually wiped out any chance for records in the straightaway races and field events. However, in the relays, the girls were out to show their stuff as a Hawthorne High quartet of DeDe Wheeler, Kim Grant, Deanna Amy, and Pam Stiles recorded 400 and 800 winning times of 45.29 and 1:36.87 which rank as the 2nd and 3rd fastest high school times ever. Not to be outdone, the Muir High 1600 team of Linetta Wilson, Lana Cantrell, Nikky Caddell, and Carrie Franklin became the national leader with a 3:45.10 clocking.

In the Community College competition, the big match-up was in the open triple jump where Joe Oporski from Poland, who is competing for Moorpark College jumped a wind aided 55-0 to defeat Glendale's Joe Richardson who leaped a legitimate 53-4.

In the open division such big names as Carl Lewis 9.90w, Kirk Baptiste 20.04w, Mike Tully 18-10 $\frac{1}{4}$, Brad Pursley 18-8 $\frac{1}{4}$, Larry Myricks 26-10 $\frac{1}{2}$, Willie Banks 56-1 $\frac{1}{4}$, Jud Logan 252-2 (a new American hammer record), Tom Petronoff 295-1, Merlene Ottey-Page 10.92, Carol Lewis 22-8 $\frac{1}{2}$, Ramona Pagel 61-4, Bonnie Dasse 61-2, Carol Cady 203-11, Lorna Griffin 200-5 and Ed Eyestone 27:41.05, showed their stuff as gusty winds which became unpredictable as to direction played havoc with virtually every event.

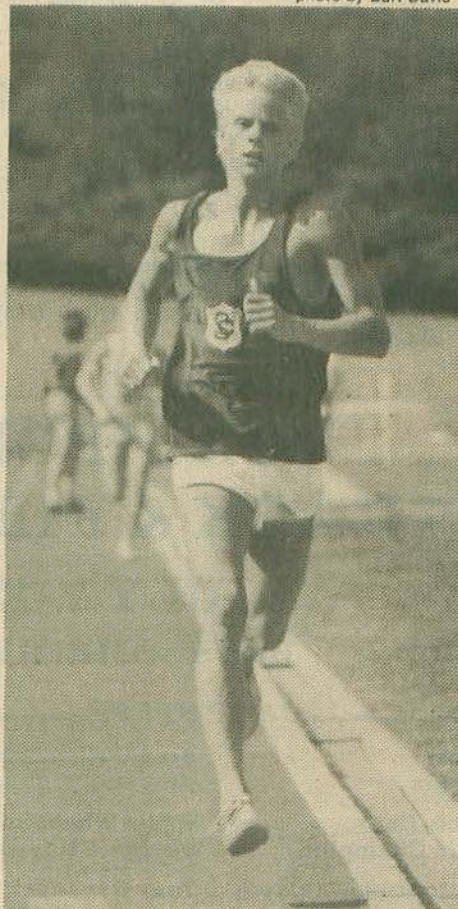
□ May 6.

SoCal prepsters help their league finals over the week-end and it appeared that all CIF contenders made it safely to the prelims or quarter finals.

The community colleges had their SoCal preliminaries and it appeared that Taft in the mens competition and El Camino in the womens would be the teams to beat for the championship next week.

In 4-year college action, the big meet was out at Westwood where both the men and women from USC and UCLA locked horns in what is hoped to be a renewed string of such head to head competitions. What was suppose to be a rout in the mens meet went down to the wire as the Bruins pulled away for an 89-73 win. A potentially close womens meet turned into a rout as the Bruins front line strength was too much for USC as the 89-43 score would suggest. For the Trojans, Darwin Cook 10.14 and 20.43, Antonio Manning 10.29 and 20.41, John Wolitarsky 225-10 and Romney Mawhorter who broke up expected Bruins sweeps in the steeplechase and 5000 with 2nd place

photo by Burt Davis



ROMNEY MAWHORTER broke up UCLA 5K sweep.

finishes were the stars. For the Bruins Steve Kerho 13.7 and 50.8 and John Frazier 65-2 lead the mens team while Gail Devers 11.19, 13.18, and 20-8 $\frac{1}{2}$, Jackie Joyner 13.19, 22-11, 5-11 $\frac{1}{2}$ and 157-5, and Toni Lutjens 49-0 $\frac{3}{4}$, 176-10, and 158-10 starred for the Lady Bruins.

In another dual meet, both the Fresno State men and women took the measure of Northern Arizona and C/S Sacramento 95-71-35 and 84-47-33.

In the SCAC Championships at Oxy, it was Occidental's men getting revenge for a dual meet loss to Pomona-Pitzer by using its depth to overcome the Sagehen's front line strength by a 231-165 count while the Bengal women also were victorious 172-106-103 over Redlands and P.P.. Looking ahead to the Division III Nationals, it looks like Pomona's big point men will have the best chance of bringing home a team place winner to SoCal.

□ May 13.

High Schoolers continued their qualifying meets as all top individuals in both Southern and L.A. City CIF sections advanced.

In the SoCal Community College Championships at Bakersfield, it was the men from Taft with a 159-124-51 win over Long Beach City and Mt. SAC and the ladies from El Camino with a 151-93-48 win over Mt. SAC and Orange Coast. Taft put on an awesome performance on the track as they scored 153 points in running events lead by their 400 relay team which broke the national record with a clocking of 39.47. They also went 1-2-3-4 in the 200 and their winning 1600 relay team was an entirely different group than the one which won the 400 relay. I can think of some good community college teams which wouldn't score a point against Taft on the track.

In 4-year College Championships; first at the WCAA meet at UCLA where the Bruins ran away Stanford and USC by a 157-106-96 score. As usual Jackie Joyner and Gail Devers were a dynamic duo combining to score in 13 events with Jackie winning both hurdles, both horizontal jumps and running a leg on the winning 400 relay team. Gail won both sprints, took 2nd in the 100 hurdles and anchored the 400 relay team.

In the PCAA meet at UC Irvine, Fresno St. as expected cruised to a 207-157-103 win against San Jose St. and Utah St. in the mens competition, while UNLV lead by Hephthlete Shiela Tarr, outdistanced runner-up UCI 90-65. I noticed where UC Irvine was not allowed to participate in team scoring in the mens meet which might suggest some probationary action. I'll follow up on this story.

In the CCAA Meet, the CPSLO men rejoined their womens team on top again with a 158-143-136 victory over C/S Northridge while the CPSLO women notched their 4th straight conference title 242-136-117 over C/S Northridge and Cal Poly Pomona.

Up at the Modesto Relays, there were some outstanding marks from Carl Lewis 9.98, Darwin Cook 10:10, Roger Kingdom 13:14, Odessa CC 3:03.82, Art Burns 221-4, Merlene Ottey-Page 10.94, Kim Gallager 2:00.85, Carol Cady 206-9 and Jud Logan who had a 255-0 hammer throw disallowed when officials said the wire on his hammer was too long. That would have been an American Record for Jud.

At the NAIA District III Championships at San Diego, Azusa-Pacific as expected won both the men and womens competition by scores of 230-170-167 over Pt. Loma and Cal Lutheran and 78-39-28 over Pt. Loma and Westmont.



Running & Money The Real McCoy

by Alvin Chriss,
Special Ass't. to the Executive Director
TAC/USA

Can an athlete make money at sport and still compete in the Olympics? It depends. Track & field and road-running stars can. Salaried football players can't. How come?

Trying to distinguish between a pro and an amateur athlete won't give you the answer. No meaningful distinction can be made out of outworn semantics. Frankly, eligibility for Olympic and international athletic competition no longer has to do with money. Three years of TACTRUST has established beyond argument that money isn't and shouldn't be the pivot to eligibility.

Guiding our wonderful sport into the "big-time" of money and television without losing its important values is at the nub of the issue. Come what may, athletics is not just competing for money and celebrity. It's about and let's hope it'll always be about human excellence and personal achievement. Athletic values and sports entertainment need to be kept in balance. Elite and recreational athletes should still be encouraged to do their thing together.

Who makes the rules for athletics, its events, competitors, clubs, sponsors and business people is the key to understanding modern athletic eligibility concepts. Maintaining the integrity of our sport is the paramount issue.

Take a look at pro football. All NFL player contracts vary. Yet, each contains a standard clause regardless of the club or player. All players, and all clubs, agree that the rules of the game are made by the NFL Commissioner. Infractions subject players and clubs to discipline and loss of income. Football's player eligibility and the game's integrity are removed from the control of individual owners, agents and television networks. (No one denies their economic power; but the success of the NFL rests on the inviolability of that single clause.)

In our sport every athlete thinks they are an entity unto themselves. That feeling is made the more vivid because the clubs and the thousands of meets and road events of the sport are scattered about the country, each seemingly responsible only to itself. The powerful agent, the deep-pocketed sponsor and the coercion of television have imposed a new sort of uniformity. But it's a uniformity that deadens leaving a wasteland behind it.

As TACTRUST grew up, becoming central to athletics, the dangers to the integrity of our sport were heightening. Athletes, cheating for money finishes, became a real concern to race directors. Important road race courses turned out to be short when independently measured. Athlete schedules

were made to fit media needs. Burn-out and injury became real risks to hard working athletes. Cut-throat competition among events fighting for scheduling and athletes cropped up, here and there, in the news columns. Solomon's wisdom wasn't necessary to see that the values of the sport were under attack from interests operating outside the sport and its rules. A Ph. D. isn't a pre-requisite to figuring out that something has to be done, and quickly at that.

The good news is that TAC/USA is coming up with solutions that promise a happy ending. The Amateur Sports Act of 1978 directs TAC/USA to do no less. We now know that the real business of this national governing body isn't to peek into an athlete's checkbook to discover how hard earned money is spent. TAC/USA is now giving more and more attention to road events and track meets that are the source of athletes' incomes. The real business of TAC/USA is preserving the balance between athletes, events and sponsors so that everyone prospers.

It's now obvious to TAC/USA that regulating athletes is not at all critical to the well-being of the sport. Making effective rules for those who pay athletes is at the heart of the matter. That's because the meet and race organizer has the most to lose by not following rules that promote the sport's best interest. In the governance of athletics, that's a brand new concept. Our sport's renewed strength and future glory rest on that foundation stone.

Implementation of this epochal idea comes about by means of the TACTRUST sanctioning program. Two distinct kinds of athletic competitions have emerged. By far, most events ask for and receive the traditional TAC/USA sanction. That sanction

TRUST sanction it is issuing a TAC/USA license to pay athletes. Without the license, an event may not pay money to athletes. Since athletes may not accept funds from an unlicensed event, TAC/USA is shaping a new circuit of moneyed events. It is this policy which accounts for the success of ARRA (Association of Road Racing Athletes). It is this policy which will lengthen athletic careers. Under TAC/USA influence, there's to be money and glory for all—not just the darlings of a few powerful agents or networks.

At this time the TACTRUST sanctioning program is still a fledgling. Nevertheless, its effects are already discernible. Cities like Pittsburgh and Los Angeles actively sought out TAC/USA approval for their new marathons. They knew that without that approval a world class event could not be mounted. Agents who recently were strutting about, claiming to control the sport, have begun singing a different tune. Athletes are finding out that they are not subject to forces they neither understand nor control. Events have in TAC/USA an ally. They will not be picked off one by one by agents and media as long as they use that alliance to their advantage.

This simple idea is just beginning to take root. It's happening because TAC/USA has taken a fresh look at an old problem. Someday, maybe soon, even the Olympics will revamp its rules about athletes who sign professional league contracts. Don't give up hope, because the winds of change are still a-blowin'.

TAC/USA's sports policy must reflect our entire community. So says the federal statute. That means everyone, one way or another, must take part. Otherwise the sport will develop as agents and television

The real business of TAC/USA is preserving the balance between athletes, events and sponsors so that everyone prospers.

assures an athlete that proper attention has been given to things like timing, scoring and the personal safety of competitors. These events remain "amateur" in the traditional sense of the word.

Over the last three years, a new breed of events has come into being. These events apply for, and receive when they're qualified, a TACTRUST sanction. There's nothing "automatic" about receiving a TACTRUST sanction. In effect when TAC/USA's national office grants a TAC-

networks dictate. That's not the way it should be.

And that's not TAC/USA's style either. It's in everyone's interest to keep the sport healthy and not just a branch of show biz. Shaping our sport through the TACTRUST event licensing system is an idea whose time is ripe. The sport is ready for it.

All sports persons need to let TAC/USA know they care. Let TAC/USA hear from you. Better yet, come join us. We're waiting to greet you.

Medical Notes for Runners

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

The Gain and Pain of Exercise Fitness



Fitness is simply being in such a condition that you are able to live life to its fullest extent without the type of fatigue you would have if you are not fit. Fitness allows you to have more stamina, more life, and a better attitude about things. By definition, fitness is that state that is arrived at when one does aerobic activity. Aerobics means that the resting pulse is about doubled for twenty-five to thirty minutes at a time during various activities, such as fast walking, jogging or running, rowing, biking, or dancing. The type of activity carried out should be playful and joyful. What happens then when one is fit and healthy?

True health is wellness, and wellness is a combination of peace and health of the spirit, mind, and body. When one is exercising or involved in aerobic activity (Aerobic meaning you are not out of breath), the spirit is uplifted, and you feel better about yourself and your environment. During aerobic exercises, such as running, much stress is relieved from the mind as one free associates. You get a better image of yourself, your playing, and this playful attitude releases stress. The mind has time to be creative. You disassociate yourself from everyday problems and worries. You day dream and become at one with yourself. After prolonged aerobic exercise, perhaps forty-five minutes to an hour, there is a tendency for the ego and alter ego to let go, and you become your true self.

What happens to the body? Over all, when one embarks on an aerobic fitness program, the body changes. A certain amount of fat and excessive weight is lost as the body becomes more efficient.

The heart has an increase in the stroke volume of 2.5 times. The heart becomes a more efficient pump. That means that, while at stress, during the aerobic activity, it is working harder, but, for the rest of the time that you are not involved in aerobic activity, it is working with greater efficiency and less stress. Along with this, your pulse goes down, and your diastolic blood pressure decreases.

The Lungs

The VO_2 max increases. This means that the amount of oxygen that you can maximally take into your lungs at one time increases. This increases the oxygen diffusion between your lungs and your alveoli. In other words, you get more oxygen into your system and body, and this increased oxygenation decreases the aging process. It allows you to think better when you have more oxygen in your brain. More oxygen comes in, and you use it better.

The cardiovascular system becomes more efficient. More collateralization of the blood vessels occurs. This means that, if you do have blood vessels that

aren't working too well, you will form new ones to take the place of the older ones. This can make a big difference if you are on your way to having arteriosclerosis due to poor life style, hereditary factors, or diet. Along with this, your plasma volume increases as does your red cell mass.

The muscles

Prolonged exercise - aerobic exercise - performed when your pulse is doubled and you are not out of breath, causes an increase in the endurance white slow twitch fibers. You have about a 3.5 times increase in the mitochondria in the muscles. The mitochondria are the power houses that have oxidative capacity. They metabolize the food you eat and the waste products of your body. It has been found that the gastrocnemius, or calf muscle, has seven times more capacity for burning fat in a trained athlete. What this really means is that the food we eat is metabolized much more rapidly and much more efficiently. We have a tendency not to put on fat, and the components of our blood are healthier.

Cholesterol

There are two types of cholesterol, high density lipoprotein and low density lipoprotein. The high density lipoprotein is the good type. It is in long chains and doesn't break off easily and cause clots within the blood vessels. There is a relative increase in the HDL and a decrease in the low density lipoprotein. This may have an influence or play a role in the prevention of cardiovascular disease or heart disease. Likewise, the trained athlete metabolizes free fatty acids better, and the triglycerides decrease.

Digestive System

Because you metabolize food better and there is more blood in your digestive system, you also digest foods better.

The Joints

Gentle exercise actually helps the joints by increasing the pumping mechanism of the synovial fluid. More nourishment gets through the cartilage into the bone. Stretching exercises and using your range of motion also helps the joints. What you don't use, you lose. This explains much of the stiffness and decreased range of motion in elderly patients who don't exercise or do yoga type stretching.

Overall, there is an increase in wholeness with a playful, peaceful aura about the spirit, mind, and body. There is a balance in harmony, which causes a feeling of wellness.

Does exercise prolong life and protect you from cardiovascular disease or degenerative disease?

We really don't know. It is my contention that one exercises and does aerobic activity because it makes them feel good,

because it's playful, and because it reminds one of the child within. In all likelihood, however, it does prolong life and decrease degenerative diseases and cardiovascular disease. The factors that would promote this are the shift, the high density lipoprotein, the lower triglycerides, the rapid metabolism of fat, a change of diet to one which is healthier and promotes aerobic activity, and the better attitude. This adds to increased endurance and may have something to do with protection from disease.

How much aerobic exercise is enough? I contend that the first twenty to thirty minutes of aerobic exercise is for your body. Aerobic exercise over thirty minutes is for your mind. At about thirty minutes, metabolism changes so that you are metabolizing free fatty acids more than the stored sugar or glycogen in your body. This gives you the runner's high and causes you to have higher levels of endorphins and enkephalins. These endogenous morphine like substances make you feel good and decrease stress. They also can cause addiction to aerobic exercise so that, if you don't exercise, you feel lousy.

What are the down sides of exercise? The down side is injury from overzealous exercise. Training is gradual adaptation to stress. Overstress causes overstress injuries, such as aches and pains, and then finally damage to the musculoskeletal system. Fatigue can cause injury. Compulsion causes injury, and overheating or heat stroke can cause considerable injury. There are even those athletes who are addicted to exercise and addicted to endorphins and enkephalins. If you are exercising and note that your pulse is usually about 60 in the morning when you awake and you are feeling fatigued and having difficulty breathing and your pulse has gone up 10 or 15 beats, then you are exercising too much and have overstressed. Take a day or two off. Most studies show that those who run have 50% fewer injuries when they run only five days a week, rather than seven days a week.

What can be done to prevent injuries? Stretching and, at times, the utilization of excellent shoes or arch supports if you have foot imbalance. An imbalanced foot can cause imbalance anywhere else in the body and can cause anything from a strained foot, ankle, knee, to back. The problem really isn't so much with our bodies, but the surfaces we use. We exercise on flat unyielding surfaces when we run, and any little imbalance in the foot will cause an imbalance in the body. If you have a problem, see a sports podiatrist.

What type of people exercise? There are three basic classifications of people; the ectomorphs, the mesomorphs, and the endomorphs. The ectomorphs are

basically skinny people. When threatened, they have a tendency to retreat and be alone. They are the natural runners. They have low body fat. The mesomorphs are muscular people. When threatened, they will fight. They hit first and ask questions later. They will enter an exercise program by simply being challenged. The endomorphs are heavy, fat people, whose natural environment is water. They do poorly on land. They like to be in groups and, when threatened, huddle together. They will survive in an exercise program if they are in a group, because misery loves company.

What are the phases that an athlete normally goes through? At first, there is the beginner, who is the casual athlete involved in aerobic exercises for twenty to thirty minutes, four to five times a week.

These beginners then become Phase II athletes or occasional racers. They might be involved in a three kilometer race once a month. They are more serious about their exercises and, at least, exercise five to six days a week. They become a bit upset if they have to miss a day, but they are not compulsive yet. They have lost about 20 pounds from when they were beginning runners if they were overweight to begin with.

Phase III athletes are obsessive compulsive athletes addicted to endorphins and enkephalins and addicted to exercise. They have lost 25 to 30 pounds from when they started their exercise program, are slender, and their total body fat is low. Exercise becomes their whole life. They are exercising for an hour to an hour and one-half a day, every day, and may be doing double workouts. They are competitive athletes, and this phase usually lasts for a good three to four years. After three to four years of being hurt or being addicted and married to exercise, one enters the fourth phase.

The fourth phase athletes are mellowed out; race, run, or compete once in a while; are never serious about the competition, but exercise for the pure joy of it. They will gain another ten pounds from when they were Phase III athletes, but still are a good healthy normal weight. They are the individuals who are exercising for life because it is fun and enjoyable and enhances their quality of life.

Remember, life is supposed to be joyful and playful. Aerobic exercise and fitness, likewise, should be joyful and playful. If you are not having a good time exercising, you have chosen the wrong exercise. Find something else. Find some time during the day when you are doing your aerobic exercise to be alone, perhaps go for a walk or jog in the woods. At other times, be with other people. Remember, genius is simply being yourself, and this applies to exercise too. Find that exercise that is really for you and allows you to be yourself.

Best of health.

Athlete's Kitchen

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



Rating Your Diet

What are the nutritionally Worst foods to eat -- the ones on your Bad List?

Health conscious people frequently ask me, a registered dietitian, my opinion about so called junk foods. Although the fatty, greasy culprits—bacon, pepperoni, butter, ice cream—jump to the top of the list, I hesitate to label any one food as being "good" or "bad". The answer is not clear-cut. Even a nutritionally empty soft drink that contains no vitamins, minerals or protein can be incorporated into a wholesome diet—if consumed in moderation. Needless to say, I recommend you limit your intake of these nutritionally-poor foods. However, I recognize that the whole day's diet and the whole week's intake is the more critical factor when it

tional merits and deficits. For example, foods gain points for their content of protein, fiber, naturally occurring sugars and starches, polyunsaturated fatty acids, vitamins A,C, B-2, B-3, and the minerals Iron comes to nourishing yourself optimally. The once-a-year "baseball game hotdog" will not do-you-in, as might the daily lunchtime hotdog.

Rather than categorizing foods as "good" or "bad", you're better off looking at their relative nutritional value. The Center for Science in the Public Interest, a non-profit consumer protection group, has developed a "Nutrition Scoreboard" which rank-orders foods according to their nutri-

and calcium. Foods lose points for saturated, monounsaturated and total fat content, cholesterol, sodium and added sugars. The values, which are based on average sized portions, range from raw spinach (+91) to soft drinks (-55). The following comparisons, taken from the CSPI "Nutrition Scoreboard", might help you rate your diet and perhaps encourage you to make the most healthful food choices:

Whole wheat toast (+55) with jelly (-6) or honey (-7) rates higher in healthfulness than a blueberry muffin (+8) with butter (-13).

You'd be better off eating cereal with either skim milk (+55) or plain lowfat yogurt (+64) than whole milk (+28) or fruit-flavored yogurt (+10).

Orange juice (+47) or tomato juice (+36) have it all over cranberry juice cocktail (-6) or Welchade grape drink (-19).

Watch out for those summer-time thirst quenchers: Lemonade (-20), Gatorade (-34), and soft drinks (-55). Iced tea or coffee (0) with sugar (-6) and cream (-6) also has its downfalls...

When selecting fruit, you might want to opt for cantaloupe (+60) or banana (+36) rather than an apple (+23), red plum (+12) or grapes (+10).

Salads with dark colored veggies—spinach (+91), tomatoes (+56), green peppers (+44)—are far superior to the paler versions made with iceberg lettuce (+11), bean sprouts (+18) and cucumbers (+6). If you add dressing (-6), that's another deduction!

Instead of topping the salad with cottage cheese (+17), cheddar cheese (-20) or sliced egg (-7), how about some garbanzo beans (+90), waterpack tuna (+75), chicken (+68).

What's healthiest for carbo-loading?? - Baked potato (+71) surpasses pasta (+32)

For your copy of the "Nutrition Scoreboard", send \$3.50 to CSPI, 1501 16th St. NW, Washington, DC 20036. For nutrition questions, write Nancy Clark, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167, or read *The Athlete's Kitchen* (Bantam).

Schedule

continued from page 11:

JUN 21-22: TAC Jr. Men & Women Championships. Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.

JUN 22: U.S. Corporate Track Assoc. Relay Meet. Los Angeles. USCTA 6173 Fremont Circle, Camarillo 93010. (805) 987-8052.

JUN 22-23: FootLocker Summer Games/Pacific Conference Games. U.C. Berkeley. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 655-9326.

JUL 26-28: TAC Junior Olympic Championships. Seattle, Washington. Dr. Kent Sullivan, 19219 51st Ave., N.E., Seattle, WA 98155. (206) 367-0660.

JUL 27: Optimist Youth Track Meet. Oxnard High School, 8 am. For all youth age 5 to 17. Oxnard Parks & Recreation, 800 Hobson Way, Oxnard 93030. (805) 486-4311, x2536/2614.

JUL 27-28: U.S. Corporate Track Assoc. National Invitational. UCLA (Drake Stadium). USCTA, 6173 Fremont Circle, Camarillo 93010. (805) 987-8052.

BACK ISSUES AVAILABLE

Beginning with issue No. 1—Sept./Oct. 1974 all back issues (except No. 36—June, 1979) are still available. \$1.50 each (plus 50¢ each postage/handling). Order 10 or more and we pay postage. Order by number and/or date. Send check to: California Track & Running News, P.O. Box 6103, Fresno, CA 93703.

TRAINING TIPS FROM

GALLOWAY'S BOOK ON RUNNING

by Jeff Galloway

3 TIPS ON FORM

Here are three steps to efficient running form. These are the major aspects of improved mechanics, and when mastered can improve any running style.

Note: It's hard to remember all the aspects of form when you're out running. If you forget everything else about form, try to remember these three points. A friend of mine from California tells me he remembers these three by thinking CHP—California Highway Patrol—for Chest/Hips/Push:

1. Chest Up. Lift your chest. Take a deep breath and hold that forward position as you exhale. Lydiard says to imagine you have a pulley attached to a harness around your chest. The other end of the pulley is attached to a three-story building a block away. As you run, lift your chest up and forward; it leads the way. Don't lean forward, just get your chest up and out. It will give you extended lung capacity. Don't change your shoulders or arms at all. Work only with your chest and you'll achieve better posture and lung efficiency.

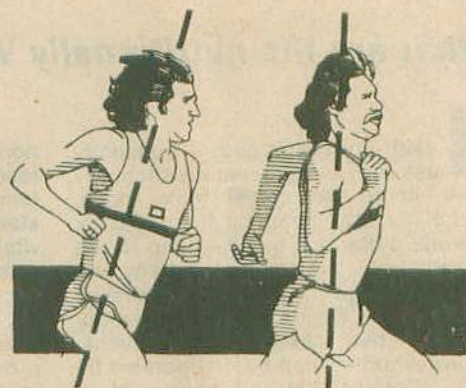
2. Hips Forward. When you pull your chest up it helps pull your hips forward automatically. Before you start running, get your chest up; then put your hands on your butt and push forward. Your shoulders, head, hips and feet should all be lined up. In this position you can extend your legs for maximum power. Lydiard contrasts this with the typical runner's position, which he calls "sitting in the bucket." When your hips are under and forward you'll feel the muscles of the calf being used and hardly any exertion in the hamstrings. You should feel light on your feet and run quieter when hips are forward.

3. Push Off strongly with your foot. With your ankle brought into position by a forward chest and hips, a small amount of work from the calf muscle can produce a major effect in push-off power from your feet.

Most runners lean slightly back as they run and must overcome gravity with each step. A wear spot on the shoe heel indicates this. It's fine to land on your heel, but don't stay there. It's harmful to the knees. The knee cap is pulled tightly into the knee, grinding the cartilage against the bones. When your ankle does the work, this knee tension is reduced considerably.

If you naturally land on the heel, don't try to shift suddenly to your forefoot. After landing, shift your weight to the midfoot and let the ankle exert its leverage. Gradually make your running an *ankle reflex action*, which will give you a feeling of floating, more than pounding.

Practice These Three Tips. These three tips work together; they're not isolated factors. Try this standing up: Lift your chest and shift your hips; you should feel yourself roll off on your toes. Lining yourself up properly generates forward momentum. By running in proper alignment, you reduce wasted motion. You're directing energy and generating power in the right direction.



The most efficient way to run is to have your head, neck and shoulders erect, as at right. When you run leaning forward, as at left, you're always fighting gravity.



Ankle angle
Quickly shift forward so ankle is in position to push strongly.

Heel landing
For cushion and to respond to your body alignment.

Foot push
Take strong, quick push



Reprinted from GALLOWAY'S BOOK ON RUNNING © 1984 by Jeff Galloway. Shelter Publications/Random House. \$8.95. Available in bookstores.

Club News

Clubs wishing to be included in "Club News" should send typed monthly reports of 300 words or less to Club News, California Track & Running News, P.O. Box 6103, Fresno, CA 93703. Clubs are also encouraged to send black and white photographs.

Basin Blues

7711 Marborough Court, Canoga Park 91304

Back in December Jerry Alexander represented the Blues at the Fiesta Bowl Marathon. Jerry, who had run along the marathon course before while he was competing for Arizona State in the mid-seventies, cruised to a 2:23:08 for seventh overall placing on his familiar stomping grounds. Later that month many club members journeyed out to Westlake Village to compete in the SPATAC 8K Championship. The districts have been a curious spectacle to attend this year. At the 5K, with some of their fastest runners, they managed to take fourth overall in a hot field. So, on the same course at a little longer distance one would expect another tough field. They didn't even have all of their top runners as many had been plagued by injuries. Nevertheless a few Blue diehards ran the 8K and were curiously rewarded with an open team championship for both the men and women. Tom Sneddon led the men's squad in clocking a 26:41 for 14th overall. Donna Chin led all the women runners to capture her first district championship in a time of 28:35. The surprising men's open championship victory enabled the Basin Blues to end the year tied with Culver City RC for the most SPATAC District Championships with three. The club has claims to distances at 30K, 15K, and 8K for the year 1984.

At the end of the same month Tom Sneddon ran the difficult Westlake 20 Mile Run. The hilly course proved no match for Tom as he ran an effortless 1:57:59 for third overall and first in the 35-39 division.

Marathom's Racing Team

1434 W. 25th St., San Pedro 90732

Marathom's Racing Team was formed last year by Marathom's Running Shop owner Thom Lacie to support the local competitive runner. Encouraging training, camaraderie, fitness and improvement while developing the runner to the best of their talents is the purpose of the team.

Team Members Include:

Open: Fernando Vasquez, Luis Pinon, Harry Staalberg, Brent Griffiths, Ron Cornell, Jerry Hernandez, and Steve Corona.

Submasters: Manny Burroia, Thom Lacie, Bill Leung, Jack Cochran, Art Nuno, Herb Tanzer, Richard Provost, Steve Harris, Paul Maier, and Bill O'Melveney.

Masters: Allen Johnson, Andre Tocco, Joe Bird, Dave Holland, and Ron Hardesty.

Women: Kathy Martin and Judy Vivian.

Andre Tocco running what he calls the "worst" conditions (they must be bad if "Ironman" Andre thinks so) won the National 50 Mile Masters Division in Buffalo, New York. He took fourth overall.

Luis Pinon, currently, has to be the hottest runner on the club. In less than a year he improved his time in the 10K from 31:24 to 30:57, ran a 1:08:55 at the Harbor Lite Half Marathon in San Pedro and this was all in preparation for the Long Beach Marathon. Tying for fifth place overall with track specialist teammate Ron Cornell, Luis' time of 2:24:25 was almost a half hour better than his previous best. Luis in his last year of track for Harbor Junior College is going to be a lucky catch for some four year college.

The club also welcomes three new members. Marathon runner Ron Hardesty. Ultra-distance man Steve Corona and Judy Vivian who had the second fastest 25K time in the nation last year.

Mizuno East Bay Striders

6006 Claremont Ave., #3, Oakland 94618

It was muddy. Fearing that they may get their new shoes dirty the East Bay Striders sent in their "B" Team to compete in the PATAC 10K Cross Country Championships at Pinole. Not only did the team grab 5th place for the second year in a row but they also fell down fewer times than the "talented" Aggies.

The EBS "Totally Awesome" award for the month went to masters runner Joe Cavanaugh for his 2:36 marathon at Cal International. Other good shows were notched by Thom Trimble in winning S.F.'s Christmas Carol 10K (out-doing over 1200 others in a time well under 32:09) and Dann Brown in winning a big turkey at the Holicay 10K in Antloch by predicting his time. The EBS submasters team snagged 6th place at the 1984 Christmas Relays. Team members included Dann Brown, Bill Brusher, Rex Merrill, Mike Frankfurt, and John Monteverdi.

The Striders really layed rubber at this year's prestigious Cal 10 in Stockton. Wonderful times and sub 55 t-shirts were earned by Joe Schieffer (53:08), Dwight Hendrix (53:12), and Gene Dangel (54:18). Jay Kassabian didn't quite get his 55 shirt but did get a PR by over a minute with his 55:05 finish. Matt O'Brien and Dan Williams duked it out over the last mile with O'Brien prevailing by less than a second in 57:55. His time was a new EBS "meandering" record for 10 miles (meandering being defined as running aimlessly with no intent of finishing). John Monteverdi also picked up a t-shirt by sauntering in under an hour.

Other EBS notables include Lee Rice's 21:55 (PR) for 4 miles in S.F.'s Zoo Run, Gary Broad's 34:15 (PR) in the Christmas Carol 10K, and Joe Cavanaugh's 56:40 (PR) in the Waterfront 10 Mile.



Marathom's Racing Team coach Thom Lacie (right) congratulating Luis Pinon after his 2:24 marathon.

Christian Runner's Assoc.

1025 Grange Road, Meadow Vista 95722

The purpose of the Christian Runner's Association is to GLORIFY God through physical health, spiritual maturity and Christian service. To PRESENT Jesus Christ as Lord and Savior to the running population. To DEVELOP Christian Runners to fulfill their unique role within the great commission.

CRA has just printed a new batch of the tract entitled "How to be a Member of God's Team." This little booklet makes it easy to share your faith effectively with runners. Contact CRA at above address for copies.

Jerry Hill, a new CRA member in Sunnyvale, is currently organizing a Chapter in that area. Those interested in joining a CRA Chapter in the San Jose General area may contact him at (408) 735-7739 or the address above.

Tim Powell is currently working to organize a CRA Chapter in the South Lake Tahoe area. Those who are interested in joining this new chapter may call him at (916) 544-3126.

West Valley Track Club

P.O. Box 459, San Carlos 94070

Christmas was a big year-end celebration for WVTC. It started with the Christmas Relays on December 16th and ended with the 12th night Christmas Party on January 5th. Here is where the LDR and T&F people compare notes, exchange news, and found 1984 well worth celebrating.

The Open Women's team won the National 20K Team Championship on March 25. The Masters Women's Team also won this 20K masters Team Champ. In addition, the Masters Women won team championships in the PATAC 10K on May 28, the PATAC 8K on July 1 and the PATAC 25K on July 22 leading up to an incredible finale where they won the Masters Team Championship at the Avon International Marathon in France on September 23rd.

Individual championships were won by Barbara Zimmer in the Hayward 1/2 Marathon on October 24 and the CCPM 10 Mile on November 5. Karen Lanterman won four PATAC masters championships in the 8K and 10K plus 1/2 Marathon and 10K cross country. Joan Ulyot was 1st Woman Master at Boston Marathon (2:54:15).

Four WVTC women qualified for the U.S. Olympic Marathon Trials and participated. They were Judy Leydig (2:45:12), Sue Brusher (2:53:32), Barbara Zimmer (2:54:11) and Rainey-Kay Stolp (dnf-llu).

In the National Indoors Masters T&F Championships Bruce Springbett won the 50-54 60 yard (6.98) and 300 yard (34.79) dashes. Gill LaTorre won the 45-49 60 yards in 7.03 and Bernib Stevens (55-59) won his 60 yard in 7.60. In the 40-44 group Dan Fitzsimmons was 2nd in the 60 in 6.91.

Club Hack

1720 Ardmore St., #301, Hermosa Beach 90254

The Performance of the Month goes to Rick Tanner for his show at the Pasadena Relays. Tanner "Return of the High School Hack," demolished the Hamilton High School record (previously held by Hack Eric Gottesfeld) with his awesome 4:16.65 (1600m). This performance places Rick with the best high school milers in Southern California, and along with his superior academic standing, should help get him into a top university. Congratulations are also in order for his coach, Club Hack President (Dictator), Bruce Thomson.

The Hacks have been pointing for the Mt. SAC Relays and Bay to Breakers for a "seeded" Hackpede to chase the Aggies. Reports on these next time. In the meantime look for the yellow and black string of runners on San Vicente Blvd.

By KEITH CONNING

✓ JENNER CLASSIC

April 20. San Jose City College.
Calvin Gaziano (Castro Valley) won the 1500 in 3:55.7, the fastest outdoor time in the nation this season.

Jeff Rogers (Overfelt, San Jose) high jumped 7-0. Pete Thompson (Cupertino) threw the discus 181-3.

Angela Bonomini (Red Bluff) won the 1500 in 4:38.1, the fastest outdoor time in the nation this season.

The race with the greatest depth was the girls' 3000 as six girls went under the national standard of 10:09.5. Colleen Donovan (Lodi) won in 9:46.1. She was followed by Laurie Chapman (Gunderson, San Jose) 9:48.2, Sherri Minkler (Analy, Sebastopol) 9:52.1, Sally Wood (Piedmont) 9:52.5, Rebecca Chamberlain (Leigh, San Jose) 9:54.9, and Mary Mendoza (Presentation, San Jose) 10:07.0.

Latrese Johnson (Clovis), the national record holder in the high jump, cleared 5-8. Joey Classen (Clovis) threw the discus 140-8.

✓ LOGAN INVIT.

April 20. Union City.
Crissy Cerkel (Redwood, Larkspur) received the outstanding performer award for her 19 1/4 long jump. Wendi Simmons (Santa Rosa) was second in 18-11 1/2.

✓ SANGER METRIC

Yvette Roberts (Washington Union, Easton) received the outstanding field performer award for 19-1/2 wind-aided long jump. Roberts is the second best long jumper in the nation this year at 19-10.

✓ STANFORD UNIV. RECRUITS

April 25.
Stanford has recruited Erica Wheeler of Sequim, Washington, the top girl's javelin thrower this season with a best of 170-5; Patty Purper of Grand Forks, North Dakota, who ranks No. 1 in both the discus (168-6) and shot put (49-4); and middle distance standout Stacy Zartler of Irving, Texas, (2:09.25 in 1984).

For the men's team, they have acquired Andy Papanthanasios, a 6-4, 242-pound shot putter from Emerson, New Jersey, he has thrown 65-9. Also coming West are 16-year-old sprinter James Browne from Barbados and Brooklyn; sprinter Christopher Barlow, the 1984 New York State champion in the 200; 190-foot discus thrower Glen Schneider of Ft. Wayne, Indiana; and South African distance runner James Alborough, who has run the equivalent of a 4:04 mile.

✓ SHEILA HUDSON

Sheila Hudson (Rio Linda), third in the State Meet triple jump at 40-4 in 1984 and number two in the U.S., now at 40-9, has signed with the University of California at Berkeley. Hudson as a 4.0 GPA and will study engineering. She was also an all-Northern California basketball player.

✓ NORTHERN CALIFORNIANS AT MT. SAC RELAYS

April 27.
Mark Mastalir (Jesuit, Carmichael) placed third in the 1500 in 3:55.8. The Bella Vista (Fair Oaks) girls' distance medley team won in 12:22.63.



Angela Bonomini

✓ LEIGH-WEST VALLEY RELAYS

April 27. Saratoga.
Pete Thompson (Cupertino) set a new meet record of 187-9 1/2 in the discus, bettering the mark of 179-4 by Dan Katches (Mills, Millbrae) in 1982.

Bellarmine (San Jose) won the four-mile relay in 18:02.07. Steve Toney (Menlo-Atherton, Atherton) set a school record of 15-7 in the pole vault. It was the

best vault in the Central Coast Section this season.

Robert Reading (St. Mary's, Berkeley) ran a state season-best of 13.8 in the high hurdles. Sonji Green (Menlo-Atherton), who was named the standout performer in the meet, ran the 100-meter dash in 11.7.

Santa Teresa (San Jose) defeated Gunderson (San Jose) in the girls' distance medley—12:24.9 to 12:35.0.

Fine Flicks by Don Gosney



Mary Mendoza

Sophomore Angela Stearns (Silver Creek, San Jose) set a meet record of 4:56.3 in the mile, bettering the 4:59.4 by Kerry Brogan (Los Altos) in 1980. Rebecca Chamberlain (Leigh, San Jose) was second in 5:00.9. Chamberlain also improved her meet record from 10:32.1 to 10:18.8 in the 3000-meter run.

Leslie Maxie (Mills, Millbrae) the world junior record holder in the 400 hurdles, used the meet to continue her recovery from an early season stress fracture.

Maxie ran two 440's in the sprint medley relay and mile relay (57.2).

✓ LYNWOOD

The Lynwood varsity clinched its 7th consecutive league championship by defeating Carritos 87 to 40. This was the Knights' 48th straight win in the San Gabriel Valley League under the direction of coach Rick Smith. Lynwood's last loss in league was in April 1978. They are led by triple jumper Anthony Burnett (48-2 1/4) and high jumper Kerry Theus (6-10), the school record holder.

✓ BRENT BURNS

May 1. Lafayette.
Brent Burns of Acalanes established an all-time East Bay record in the pole vault by clearing 15-9 in the Dons' dual meet victory over Liberty.

Burns, a sophomore, broke the mark of 15-6 set by Acalanes' Scott Christensen in 1982 and tied by Antiochs' Mitch Mikula last year. Burns had vaulted 15-7 in an all-comers meet earlier this year.

Burns, who has been bothered by a toe injury lately, showed no effects Wednesday. He opened at 14-9 and cleared it on his first attempt. He also made 15-3 and 15-9 on his first try before missing three attempts at 16-3.

✓ CCS TOP 8

May 3. Los Gatos HS.
King (Menlo-Atherton, Atherton) set a meet record of 37.76 in the 330 IH, bettering the mark of 39.89 by Cary Nobles (Independence, San Jose) in 1984.

Jeff Rogers (Overfelt, San Jose) improved his high jump meet record from 6-8 to 7-0. Kristin Dowell (Santa Teresa, San Jose) won the 800 in 2:09.9 and the mile in 4:51.7. Laurie Chapman (Gunderson, San Jose) was second in 4:55.2 and Sabrina Han (Westmoor, Daly City) third in 5:00.0.

Shannon Clark (Mountain View) set a two mile meet record of 10:49.2, bettering the 10:52.9 by Linda Van Housen (Sacred Heart, Menlo Park) in 1981. Mary Mendoza (Presentation, San Jose) was second in 10:54.6.

Stacy Kuehnis (Los Gatos) set a meet record of 43.9 in the 330 LH, bettering the mark of 44.0 by Roberta Eccles (Gunderson, San Jose) in 1983. Gina Albanese (Branham, San Jose) was second in 44.0.

Beth Vidakovits (St. Francis, Mountain View) tied Karen Robinson's (Fremont, Sunnyvale) meet record of 5-8 in the high jump set in 1981.

Karen Lawson (St. Francis, Mountain View) long jumped 19-1.

✓ MEET OF CHAMPIONS

May 3. American River College.
Steve Jones (Burbank, Sacramento) was a double winner in the 100 (10.62) and 200 (21.14).

Mark Mastalir (Jesuit, Carmichael) won the 1600 in 4:13.65. Craig Cooper (Fairfield) won the 3000H in 37.40.

Hooper (Del Campo, Fair Oaks) threw the discus 183-9. Stacy Rogers (Johnson, Sacramento) won the 100 in 12.01.

Angela Bonomini (Red Bluff) won the

1600 in 4:58.75. Danielle Knox (Vacaville) won the 100LH in 14.18. Michelle Wooten (Bella Vista, Fair Oaks) defeated Sheila Hudson (Rio Linda) in the 300 hurdles—43.83 to 44.08. Hudson also long jumped 19-1 and triple jumped 39-5.

✓ NORTH YOSEMITE LEAGUE MEET

May 3. Fresno State University.

Latrese Johnson (Clovis) set a meet record in the high jump with a 5-10 1/4 clearance. Joey Classen (Clovis) set a meet record in the discus of 144-7.

✓ WOODLAND INVITATIONAL

May 4.

Steve Shelley (Vallejo) triple jumped 49-0 wind-aided. Stephanie Smith (Yreka) threw the discus 139-1 1/2.

✓ KERRI ZALESKI

May 4. New Balance Invitational, UC Irvine.

Kerri Zaleski (Millikan HS, Long Beach/Coast Athletics), second in the 1984 State Meet 800, placed fourth in the 1500 in 4:31.76.

✓ GINA NIKO

May 9. Chabot College, Hayward.

Gina Niko (Mt. Eden, Hayward), sixth in the 1984 State Meet discus, won the Hayward Area Athletic League title with a throw of 148-10.

As a sophomore on May 13, 1983, Niko won the North Coast Section 2A South title with a throw of 150-7.

"It seemed like everything I was throwing last year was in the 130s, and this year was basically the same," said Niko to Mike Marino a staff writer for *The Daily Review*. "But I'd never thrown in this type of wind before, and some people were telling me that it was the best for the discus."

✓ SALLY WOOD

May 10. College of Alameda.

Senior Sally Wood (Piedmont) won the Alameda County Athletic League 3200 meter title in 10:43.3. It was the fastest time in the North Coast Section this season. Only one other girl—Sherri Minkler (Analay, Sebastopol) at 10:52.1—has broken 11 minutes this year.

✓ ROBERT READING

May 11. St. Mary's High School, Berkeley.

Senior Robert Reading (St. Mary's, Berkeley) won the Catholic Athletic League 110-meter high hurdles in 13.9.

✓ WEST VALLEY LEAGUE

May 11. San Jose.

Effie Daetz (Leigh, San Jose) won the 110 low hurdles in 14.1. Gina Albanese (Branham, San Jose) defeated Stacy Kuehnis (Los Gatos), second in the 1984 CCS 300LH, 43.8 to 44.0.

✓ MT. HAMILTON LEAGUE

May 11. San Jose.

Henry Barba (Lick, San Jose), 7th in the 1984 State Meet 100 meters, won in 10.53. Billy Gaines (Independence, San Jose) won the 300 intermediate hurdles in 37.69.

✓ PENINSULA LEAGUE

May 11. College of San Mateo.

Sonji Green (Menlo-Atherton, Atherton) won the 100 meters in 11.7. Leslie Maxie (Mills, Millbrae), the 1984 State Meet 300LH champion, won in 44.0.

CALIFORNIA STATE MEET COMPETITORS WHO WON GOLD MEDALS IN THE OLYMPIC GAMES

Name	High School	Competed In State Meet	Olympic Games	Olympic Gold Medal Event
Earl Thomson	Long Beach	1915	1920	HH (for Canada)
Charley Paddock	Pasadena	1916-18	1920	100, 400 relay
Bud Houser	Oxnard	1920-22	1924 1928	SP, Dis Dis
Lee Barnes	Hollywood	1923-24	1924	PV
Frank Wykoff	Glendale	1926-28	1928 1932 1936	400 relay 400 relay 400 relay
Bill Miller	San Diego	1927-29	1932	PV
Ken Carpenter	Compton	1931	1936	Dis
Foy Draper	Huntington Park	1931-32	1936	400 relay
Cornelius Johnson	Los Angeles	1931-33	1936	HJ
Wilbur Thompson	Modesto	1937	1948	SP
Willie Steele	Hoover, SD	1941	1948	LJ
Bob Mathias	Tulare	1947-48	1948 1952	Decathlon Decathlon
Parry O'Brien	Santa Monica	1949	1952 1956	SP SP
Leamon King	Delano	1951-54	1956	400 relay
Rafer Johnson	Kingsburg	1954	1960	Decathlon
Charles Dumas	Centennial, Compton	1953-55	1956	HJ
Jack Yerman	Woodland	1956	1960	1600 relay
Ulis Williams	Compton	1960-61	1964	1600 relay
Richard Stebbins	Fremont, LA	1962	1964	400 relay
Tommie Smith	Lemoore	1962-63	1968	200
Bob Seagren	Pomona	1963	1968	PV
James Hines	McClymonds, Oak	1964	1968	100, 400 relay
Lee Evans	Overfelt, SJ	1964-65	1968	400, 1600 relay
Randy Williams	Edison, Fresno	1969-71	1972	LJ
Benny Brown	Sunnyvale	1969 & 71	1976	1600 relay
Millard Hampton	Silver Creek, SJ	1972-74	1976	400 relay
Alice Brown	Muir, Pasadena	1975-78	1984	400 relay
Jeanette Bolden	Centennial, Compton	1976-78	1984	400 relay
Valerie Brisco (Hooks)	Locke, LA	1976-78	1984	200, 400, 1600 relay
Ron Brown	Baldwin Park	1979	1984	400 relay
Sherri Howard	San Geronio & Kennedy	1979-80	1984	1600 relay

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✓ CCS REGION III

May 17. Los Gatos.

Jeff Rogers (Overfelt, San Jose) won the high jump at 7-0. Kristin Dowell (Santa Teresa, San Jose) won the 800 in 2:11.7 and the mile in 4:58.6. Rebecca Chamberlain (Leigh, San Jose) won the 3200 in 10:41.8. Effie Daetz (Leigh, San Jose) won the 100LH in 14.0. Gina Albanese (Branham, San Jose) won the 300LH in 43.8.

✓ PEPSI INVITATIONAL

May 18. UCLA.

Danny Everett (Fairfax, Los Angeles) placed fourth in the 400 in 46.19. That makes him the fourth fastest all-time in California.

Choo Choo Knighten (Locke, Los Angeles) placed third in the 400 in 52.17, her lifetime best. Last year she ran 52.32. She moves to fourth on the California all-time list.

Leslie Maxie (Mills, Millbrae) finished sixth of seven runners in the 400 hurdles. Fifth place was 58.12.

✓ NCS 2A SOUTH

May 18. Berkeley.

Robert Reading (St. Mary's, Berkeley) won four events—long jump 23-4 1/2 in the morning, 110HH 13.9 at 3:10 pm, 200 21.8 at 4:25 pm, and 300IH 37.9 at 4:50 pm.

Calvin Gaziano (Castro Valley) won three events—800 in 1:54.4 at 2:25 pm, 3200 in 9:17.7 at 3:25 pm, and 1600 in 4:21.8 at 5:25 pm. His coach Tony Casillas said that this is the first time that anyone has pulled off this triple in this meet. Rich Kimball (De La Salle, Concord) tried and failed in 1974. He went on to win the mile and two mile in the State Meet at Bakersfield.

Sally Wood (Piedmont) won the 3200 in 10:36.7. Her splits were: 1:17.2, 2:36.7 (1:19.1), 3:54.5 (1:18.3), 5:14.5 (1:20.0), 6:35.1 (1:20.7), 7:56.8 (1:21.7), 9:17.7 (1:21.0), 10:36.7 (1:19.1).

Gina Niko (Mt. Eden, Hayward) won the discus at 141-11.

✓ NCS 2A NORTH

May 18. Santa Rosa Junior College.

Sherri Minkler (Analay, Sebastopol) won the 3200 in 10:49.6. Crissy Cerkel (Redwood, Larkspur) won the long jump at 19-2 1/4, the triple jump at 37-8, and the 300 IH in 44.6.

✓ OAKLAND ATHLETIC LEAGUE

May 18. Laney College.

Sophomore Ronda Brooks (Oakland) won the 300m low hurdles in 42.3.

The Oakland 4x100 team of Dee Dee Banks, Ronda Brooks, Charzet Polk, and Josie Alexander set a meet record of 47.1, bettering the mark of 48.3 by Skyline in 1983.

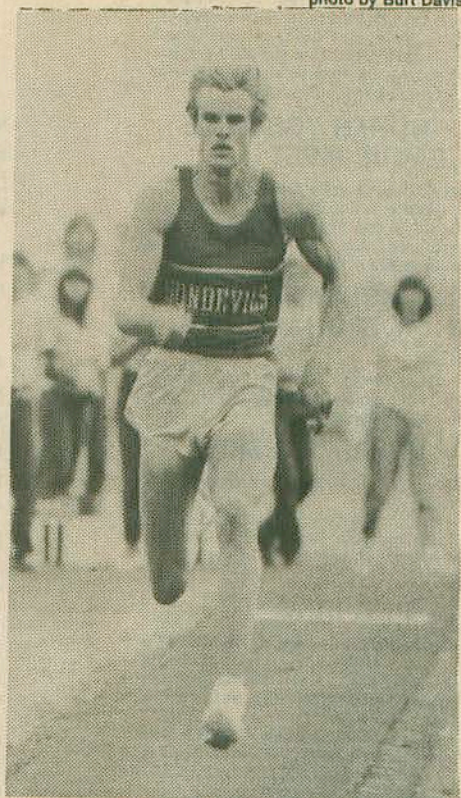
The Oakland 4x440 team of Banks, Patrice Crosby, Alexander and Brooks set a meet record of 3:51.6, bettering the 4:03.1 by Skyline in 1983.

✓ ROMAN GOMEZ

Roman Gomez, the 1984 State Meet 1600 and 3200 champion, left the starting line at a meet to give first aid to a heart attack victim, then returned to win the race. Officials at Birmingham High School delayed the start of the 1600-meter semifinal race Friday as Gomez administered mouth-to-mouth resuscitation on Louis Gorelick, 76, an unofficial photographer for Roosevelt High School. The race began after paramedics transported Gorelick to Rancho Encino Hospital, where he died shortly thereafter.

High School Leaders

by
Keith Conning



Jim Chapon (Mt. Carmel HS) number two long jumper in the state with 24-3 1/4 w.

BOYS

Through May 5, 1985

100 Meters (10.25)

10.0w	Henry Thomas (Hawthorne) 10.25
10.62w	Steve Jones (Burbank, Sacramento) 10.73
10.63w	Sean Tillis (Valley, Sacramento)
10.64	Ronald McCree (Madera)
10.4	Gerry Wellman (Westlake, Westlake Village)
10.64w	Teddy Baker (Saddleback, Santa Ana) 10.85
10.4w	Chip Rish (Marina, Huntington Bch) 10.7
10.4w	Derrick Bowman (Fremont, Oakland) 11.08
10.4w	Lawrence Dixon (Eisenhower, Rialto)

U.S. Leader

10.18 Roy Martin (Roosevelt, Dallas, TX)

200 Meters (20.4)

20.4	Henry Thomas (Hawthorne)
21.14	Steve Jones (Burbank, Sacramento)
21.1	Danny Everett (Fairfax, Los Angeles)
21.44	Ronald McCree (Madera)
21.2	Chip Rish (Marina, Huntington Beach)
21.2	Michael Marsh (Hawthorne)
21.47	Teddy Baker (Saddleback)
21.3	Michael Roberts (Poly, Long Beach) 22.01

U.S. Leader

20.5 Joe DeLoach (Bay City, TX)

400 Meters (45.51)

46.71	Danny Everett (Fairfax, Los Angeles)
46.8	Henry Thomas (Hawthorne)
48.20	Taylor (Woodside)
48.27	Chip Rish (Marina, Huntington Beach)
48.48	Michael Marsh (Hawthorne)
48.50	Robert Ellis (Highlands, North Highlands)
48.4	Parker (Kennedy, Sacramento)
48.55	John Denny (Moras, San Diego)
48.65	Kent Johnson (Westchester, Los Angeles)
48.6	Riley (Jordan, Long Beach)
48.6	Troy Caillier (Poly, Long Beach)

U.S. Leader

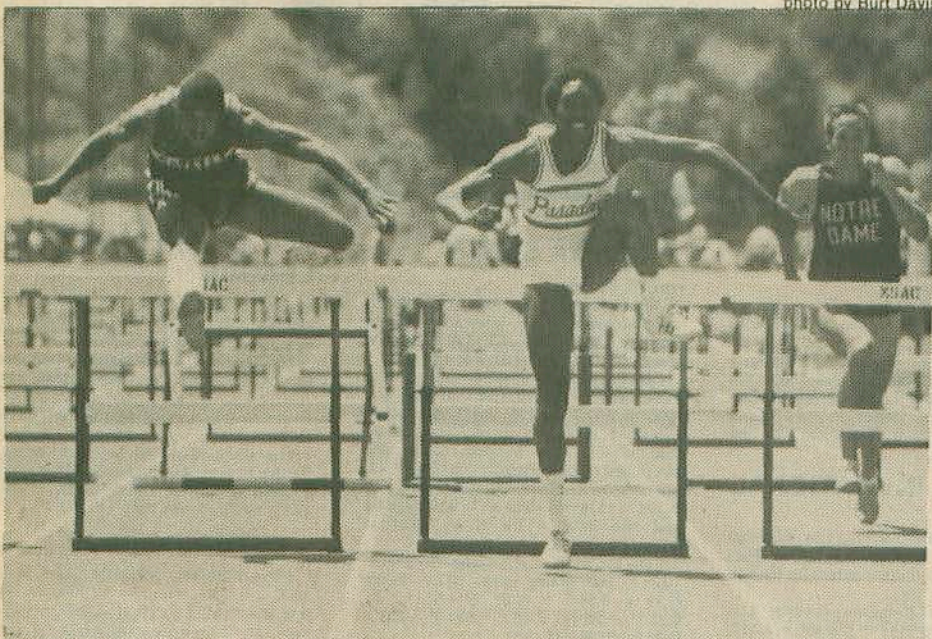
46.7 Raymond Pierre (Willowridge, Sugarland, TX)

800 Meters (1:47.31)

1:51.51	Sean Kelly (Hawthorne)
1:52.66	Neil Fitzgerald (St. Ignatius, S.F.)
1:52.77	Arlen Anderson (Mission Viejo)
1:53.22	Roman Gomez (Belmont, Los Angeles)
1:53.61	Sean Langer (Bakersfield)
1:53.97	Travis Akins (Wilson, Hacienda Heights)
1:54.46	Michael Uranga (Bakersfield)
1:54.8	Trout (Irvine)
1:54.81	Tommy Jordan (Pittsburg)
1:54.89	Jeff Haux (Serra, San Diego)

U.S. Leader

1:50.83 John Quade (Woodinville, WA)



Mt. SAC Relays high hurdle race (left to right) Terry Johnson (Katella), Damon Thomas (Pasadena) and Joe Duarte (Notre Dame).

* The mark after each event title is the all-time state best for that event.

1500 Meters (3:46.4)

3:52.78	Roman Gomez (Belmont, Los Angeles)
3:54.8	Mark Mastalir (Jesuit, Carmichael)
3:55.7	Calvin Gaziano (Castro Valley)
3:56.1	Rawl Serratos (Moreno Vally, Sunnymead)
3:56.74	Jim Zimmer (Simi Valley)
3:56.99	Greg Whiteley (University, Irvine)
3:57.8	Aaron Cuthbertson (Piedmont)
3:59.2	John Domingue (Leigh, San Jose)
3:59.34	Ellis Del Sol (Hilltop, Chula Vista)

U.S. Leader

3:49.91 Mark Deady (Stevenson, Prairie View, IL)

Mile (3:59.4)

4:13.69c	Roman Gomez (Belmont, Los Angeles)
4:14.9c	Greg Whiteley (University, Irvine)
4:15.14c	Mark Mastalir (Jesuit, Carmichael)
4:15.70c	Eric Mastalir (Jesuit, Carmichael)
4:16.21c	Perez (Manteca)
4:17.45c	Jason Lienau (Clovis)
4:17.61c	Ellis Del Sol (Hilltop, Chula Vista)

U.S. Leader

4:11.2 John Quade (Woodinville, WA)

3000 Meters (8:09.0)

8:21.51	Calvin Gaziano (Castro Valley)
8:29.7	Greg Whiteley (University, Irvine)
8:30.20	Darrin Stonerock (Saugus)
8:30.4	Ellis Del Sol (Hilltop, Chula Vista)
8:34.8	Roman Gomez (Belmont, Los Angeles)
8:35.7	Eric Mastalir (Jesuit, Carmichael)
8:46.52	David Rees (Pt. Loma, San Diego)
8:47.03	Marc Davis (San Diego)

U.S. Leader

8:21.51 Scott Fry (Perkins, Sandusky, Ohio)

Two Miles (8:36.3)

8:55.71	Calvin Gaziano (Castro Valley)
9:00.6c	Greg Whiteley (University, Irvine)
9:07.13c	Ellis Del Sol (Hilltop, Chula Vista)
9:11.86c	Darrin Stonerock (Saugus)
9:17.9	John Domingue (Leigh, San Jose)
9:20.86c	Eric Mastalir (Jesuit, Carmichael)
9:21.7	Shane O'Flaherty (Bellarmine, San Jose)
9:21.7	Lopez (Silver Creek, San Jose)

U.S. Leader

8:54.0 Scott Fry (Perkins, Sandusky, Ohio)

110m HH (13.41)

13.8	Robert Reading (St. Mary's, Berkeley)
14.09	Johnson (Katella, Anaheim)
14.13	Damon Thomas (Pasadena)
14.13w	Jim Wynne (Valley, Sacramento) 14.22
14.0	George Porter (Cabrillo, Lompoc)
14.0w	Kenny Hall (Ganessa, Pomona)
14.1	Kevin McPherson (Mt. Pleasant, San Jose)
14.54	Daryl Johnson (Washington, Los Angeles)
14.3	Edward Tillman (Hawthorne)
U.S. Leader	
13.61	Michael Timpson (Miami Lakes, Hialeah, FL)

300m IH (36.10)

35.9	George Porter (Cabrillo, Lompoc)
37.40	Craig Cooper (Fairfield)
37.3	Pontiflet (Esperanza, Anaheim)
37.55c	King (Menlo-Atherton, Atherton)
37.62	Michael Graham (Hawthorne)
37.63	Kenny Hall (Ganessa, Pomona)
37.4	Grant (St. Francis, LaCanada)
U.S. Leader	
36.3	Gerry Guster (Perman, Odessa, TX)

400m Relay (40.64)

40.64	Hawthorne
41.43	Muir (Pasadena)
41.3c	Padadena
41.7	Johnson (Sacramento)
41.9	Highlands (North Highlands)
42.05	Crenshaw (Los Angeles)
42.06	Madera
42.0c	Compton
42.17	Roosevelt (Fresno)
42.2	Gardena
42.2	Oxnard
U.S. Leader	
40.60	Roosevelt (Dallas, TX)

1600 Relay (3:07.40)

3:07.40	Hawthorne
3:16.6	Muri (Pasadena)
3:17.6	Centennial (Compton)
3:18.0	Poly (Long Beach)
3:19.20	Madera
3:19.7	Pasadena
U.S. Leader	
3:09.89	Roosevelt (Dallas, TX)

High Jump (7-4½)

7-1	Jeff Rogers (Overfelt, San Jose)
6-10¼	George Smith (Clovis West, Fresno)
6-10¼	Lyndon Early (Gardena)
6-10	Mark Webster (Homestead, Cupertino)
6-10	David Morrow (Upland)
6-10	Eric Wheelwright (Edison, Huntington Beach)
6-10	Kerry Theus (Lynwood)
6-9	Charles Brooks (Oakland)
6-9	Jones (San Pedro)
6-9	Paul Moebius (Rolling Hills)
U.S. Leader	
7-4¼	Tom Smith (Heyworth, IL)

Pole Vault (17-4¼)

17-6i	Brandon Richards (San Marcos, Santa Barb)
15-9	Brent Burns (Acaianes, Lafayette)
15-3	Gibbons (Del Mar, San Jose)
15-2	Ed Gagnon (Simi Valley)
15-1	Wally Summers (Beyer, Modesto)
15-1	Kevin Quaille (Hughson, Modesto)
15-1	Fritz Howser (Newport Harbor, Newport Bch)
15-0¼	Steve Toney (Menlo-Atherton, Atherton)
U.S. Leader	
17-0	Cam Miller (South, Raytown, MO)

Long Jump (26-2¼)

24-4¼w	Lawrence Nelson (Simi Valley) 23-3½
24-3¼w	Jim Chapon (Mt. Carmel, San Diego) 23-5
23-8½	Smith (Dixon)
23-7¼	Rogers (Johnson, Sacramento)
23-5½	Jackson (Tulare Western, Tulare)
23-4w	Mike Carnes (Simi Valley) 22-10½
23-3¼w	Michael Pringle (Kennedy, Granada Hills) 23-3
23-2½	Parker (Kennedy, Sacramento)
U.S. Leader	
25-5¼i	Eric Metcalf (Bishop O'Connell, Arlington, VA)

Triple Jump (53-6½)

49-10	Marcus Hooks (Lakewood)
49-7	James Williams (Coalinga)
49-6½	Jackson (Tulare Western, Tulare)
49-0w	Steve Shelly (Vallejo)
48-11¼	Terrance Strong (Bakersfield)
48-10	Mark Triplett (Marshall Fundamental, L.A.)
48-5	Tim Williams (Rubidoux, Riverside)
48-2¼	Anthony Burnett (Lynwood)
47-7½	Delano Doss (Salesian, Richmond)
U.S. Leader	
50-5	Latin Berry (Milwaukie, OR)

Shot Put (69-3¾)

66-6½	Brian Blutreich (Capistrano Vly, Mission Viejo)
60-10¼	Jon Knight (Oak Park, Agoura)
59-1¼	Bunnell (Gunn, Palo Alto)
58-10	Jack Mohr (Los Altos)
58-1¼	Fortino (Palma, Salinas)
57-11¼	Ziad Khozam (El Modena, Orange)
57-7	William Amelong (Wilson, Long Beach)
56-6½	Brent Riederich (Edison, Huntington Bch)
U.S. Leader	
67-3	J.J. Grant (Liverpool, N.Y.)

Discus (210-8)

210-8	Brian Blutreich (Capistrano Vly, Mission Viejo)
183-9	Jeff Hooper (Del Campo, Fair Oaks)
181-3	Pete Thompson (Cupertino)
175-1	Ziad Khozam (El Modena, Orange)
174-8	Chuck Reep (Arroyo, El Monte)
172-0	Cathers (Oroville)
171-10	Elm (Vacaville)
171-6	Jeff Swenning (Kingsburg)
171-6	John Knight (Oak Park, Agoura)
U.S. Leader	
192-6	Billy Sims (Ball, Galveston, TX)



Arlen Anderson (Mission Viejo) a Dutch exchange student is number 3 in the state in the 800 at 1:52.77.

GIRLS

Through May 12, 1985

100 Meters (11.34)

11.88	Choo Choo Knighten (Locke, Los Angeles)
11.6	Tami Stiles (Hawthorne)
11.7	Sonji Green (Menlo-Atherton, Atherton)
12.00	Carrie Franklin (Muir, Pasadena)
12.01	Tesha Giddens (Locke, Los Angeles)
12.01w	Stacy Rogers (Johnson, Sacramento) 12.0
12.04	De De Wheeler (Hawthorne)
11.8	Kim Grant (Hawthorne)
12.15w	Hawkins (Grant, Sacramento) 12.1
12.21	Lashun Peters (Woodside)
U.S. Leader	
11.63	Carlette Guidry (Sterling, Houston, TX)

200 Meters (23.08)

23.2	Choo Choo Knighten (Locke, Los Angeles)
23.4	Leslie Maxie (Mills, Millbrae)
23.8	Janeene Vickers (Pomona)
24.17	Tesha Giddens (Locke, Los Angeles)
24.0	Kim Grant (Hawthorne)
24.44	Tami Stiles (Hawthorne)
24.4	Sonji Green (Menlo-Atherton, Atherton)
24.5	De De Wheeler (Hawthorne)
24.5	Deanna Amy (Hawthorne)
U.S. Leader	
23.84	Carlette Guidry (Sterling, Houston, TX)

400 Meters (50.87)

53.96	Linetta Wilson (Muir, Pasadena)
54.18	Choo Choo Knighten (Locke, Los Angeles)
54.81	Princess Bennett (Compton)
54.9	Deanna Amy (Hawthorne)
55.29	Janeene Vickers (Pomona)
55.77	Tami Allen (Hawthorne)
U.S. Leader	
51.9	Andrea Thomas (Walton, New York)

800 Meters (2:02.29)

2:05.69	Kerri Zaleski (Millikan, Long Beach)
2:09.9	Kristen Dowell (Santa Teresa, San Jose)
2:14.6	Darcy Arreola (Grossmont, LaMesa)
2:14.9	Karen Dowell (Santa Teresa, San Jose)
2:15.3	Tracy Wright (Irvine)
2:15.36	Lesley Noll (Mt. Carmel, San Diego)
2:15.8	Long (Mission Viejo)
2:15.9	Kochel (Ventura)
2:16.0	Smith (Woodbridge, Irvine)
2:16.1	Tresa Currie (Pittsburg)
2:16.1	Angela Bonomini (Red Bluff)
U.S. Leader	
2:05.6	Andrea Thomas (Walton, New York)

1600 Meters (4:33.44c)

4:49.9c	Kristen Dowell (Santa Teresa, San Diego)
4:53.2c	Laurie Chapman (Gunderson, San Jose)
4:54.5c	Angela Stearns (Silver Creek, San Jose)
4:55.00	Nichole Ritchot (Edison, Huntington Beach)
4:55.09	Shannon Clark (Mt. View)
4:57.29	Darcy Arreola (Grossmont, La Mesa)
U.S. Leader	
4:43.0	Suzie Tuffey (Bergan, Peoria, IL)

3200 Meters (10:04.2)

10:29.8c	Rebecca Chamberlain (Leigh, San Jose)
10:34.3c	Laurie Chapman (Gunderson, San Jose)
10:39.59	Tracy Williams (Mt. View)
10:39.80	Darcy Arreola (Grossmont, La Mesa)
10:43.3	Sally Wood (Piedmont)
10:47.12	Amy Dabul (Temple City)
10:48.52	Sabrina Han (Westmoor, Daly City)
U.S. Leader	
10:06.3c	Suzie Tuffey (Bergan, Peoria, IL)

100m LH (13.41)

13.71	Choo Choo Knighten (Locke, Los Angeles)
13.7	Lana Cantrell (Muir, Pasadena)
14.04	Carrie Franklin (Muir, Pasadena)
14.06	Janeene Vickers (Pomona)

continued on next page...

- 14.18 Knox (Vacaville)
 14.38 Misako Hill (Cordova, Rancho Cordova)
 14.44 Williams (Poly, Riverside)
 14.2 Kristine Babenko (Tamalpais, Mill Valley)
U.S. Leader
 13.2 Tonya Davis (Sterling, Houston, TX)

photo by Burt Davis



Darcy Arreola (right) of Grossmont HS and Melissa Sutton of Newbury Park HS.

300m LH (40.18)

- 42.26 Linetta Wilson (Muir, Pasadena)
 42.54 Lana Cantrell (Muir, Pasadena)
 43.83 Michelle Wooten (Bella Vista, Fair Oaks)
 44.08 Sheila Hudson (Rio Linda)
 44.10 Ronda Brooks (Oakland)
 44.33 Nicky Caddell (Muir, Pasadena)
 44.1c Hall (Millikan, Long Beach)
 44.59 Peacock (Van Nuys)

U.S. Leader
 42.67 Kristi Nore (Chaparral, Scottsdale, AZ)

400m Relay (45.13)

- 45.29 Hawthorne
 46.14 Muir (Pasadena)
 47.79 Compton
 47.89 Morse (San Diego)
 48.29 Menlo-Atherton (Atherton)
 48.33 Kennedy (Granada Hills)
 48.2 Oakland
 48.3 Bishop O'Dowd (Oakland)
 48.54 Beverly Hills

U.S. Leader
 46.03 Smiley (Houston, TX)

1600m Relay(3:37.71)

- 3:45.10 Muir (Pasadena)
 3:46.51 Hawthorne
 3:51.02 Compton
 3:53.28 Beverly Hills
 3:56.48 Ganasha (Pomona)

U.S. Leader
 3:44.31 Sterling (Houston, TX)

High Jump (6-2 $\frac{3}{4}$)

- 6-2 $\frac{1}{4}$ Latrese Johnson (Clovis)
 6-0 Yleana Carrasco (Anahelm)
 5-11 Ursula Lovely (Kennedy, La Palma)
 5-9 Celia Willis (Clovis West, Fresno)

- 5-9 Michelle Wooten (Bella Vista, Fair Oaks)
 5-9 Lashawn McBride (Poly, Ling Beach)
 5-8 Beth Vidakovits (Mt. View)
 5-7 Woo (Bella Vista, Fair Oaks)
 5-7 Pollock (Westlake, Westlake Village)
 5-7 Christy Lee (Rolling Hills)

U.S. Leader
 6-2 $\frac{1}{4}$ Angie Bradburn (Norwell, Ossian, Ind.)

Long Jump (20-9 $\frac{3}{4}$)

- 19-10 Yvette Roberts (Washington, Easton)
 19-5 $\frac{1}{2}$ Rosalyn Mitchell (Diamond Bar)
 19-3 $\frac{1}{2}$ Sheila Hudson (Rio Linda)
 19-2 $\frac{1}{2}$ Karen Lawson (St. Francis, Mt. View)
 19-0 $\frac{1}{4}$ Crissy Cerkel (Redwood, Larkspur)
 18-10 Cynthia Salery (Roosevelt, Fresno)

U.S. Leader
 20-3 Carlette Guidry (Sterling, Houston, TX)

Triple Jump(42-10 $\frac{1}{2}$)

- 40-9 Sheila Hudson (Rio Linda)
 39-5 $\frac{1}{2}$ Kim Taylor (Valencia, Piacentia)
 38-10 $\frac{3}{4}$ Yvette Roberts (Washington, Easton)
 38-10 Anderson (Mt. Miguel, San Diego)
 38- $\frac{1}{4}$ Gaylen Ames (El Modena, Orange)
 37-9 $\frac{1}{2}$ Debbie Orr (Ocean View, Huntington Beach)
 37-7 $\frac{1}{2}$ Hendrix (McClatchy, Sacramento)
 37-6 Tina Robinson (Yerba Buena, San Jose)

U.S. Leader
 41-2 $\frac{1}{4}$ Carlette Guidry (Sterling, Houston)

photo by Barbara DeGroot



Heidi Adams (Mission Viejo HS)

Shot Put (53-7 $\frac{3}{4}$)

- 46-11 $\frac{1}{4}$ Elaine Oden (Irvine)
 46-9 Adams (Mission Viejo)
 43-9 Gail (Rowland, Rowland Heights)
 43-3 Karollina Lappaliato (Madison, San Diego)
 42-8 $\frac{1}{2}$ Stephanie Smith (Yreka)
 42- $\frac{1}{4}$ Henderson (Branham, San Jose)
 41-11 $\frac{1}{4}$ Shelly Lovati (El Modena, Orange)
 41-9 $\frac{1}{2}$ Celeste Paquette (Rancho Alamitos, Garden Grove)

U.S. Leader
 49-4 $\frac{1}{4}$ Patty Purper (Red River, Grand Forks, N.D.)

Discus (183-4)

- 151-1 Lil Ill (Nogales, La Puente)
 149-2 Elaine Oden (Irvine)
 146-10 Gina Niko (Mt. Eden, Hayward)
 143-4 Joey Classen (Clovis)
 141-8 Tracy Crawford (Southwest, San Diego)
 139-6 Stephanie Smith (Yreka)
 137-11 Celeste Paquette (Rancho Alamitos, Garden Grove)
 137-11 Kelly Wilson (Woodbridge, Irvine)
 135-6 Stacy Horn (Cordova, Rancho Cordova)
 135-6 Shelly Lovati (El Modena, Orange)

c = converted time

i = indoor mark

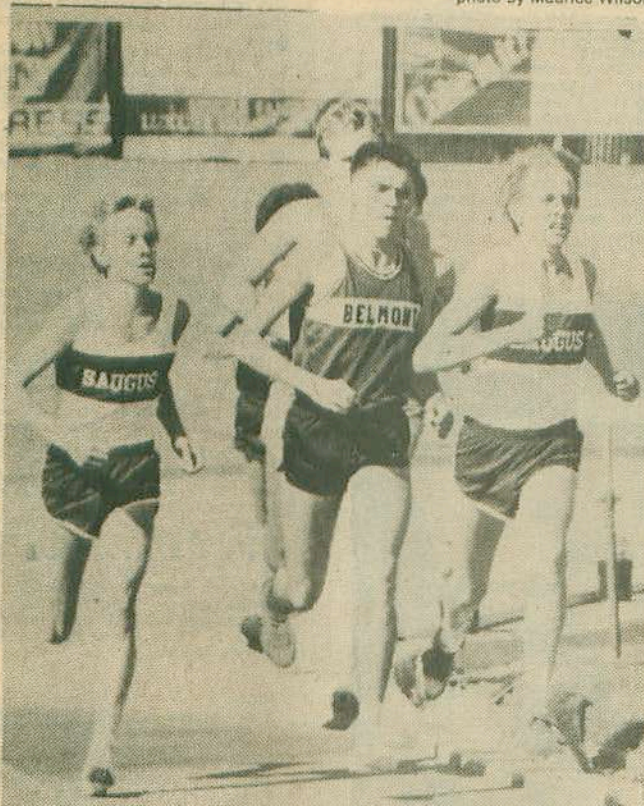
w = wind-aided mark

All times in hundredths are fully automatic. To equate hand times to fully automatic times add .24 to hand times in races 300 meters or less; add .14 to hand times in 400-meter races.

photo by Barbara DeGroot



Elaina Oden (Irvine HS)



Roman Gomez flanked by the Stonerock twins in Mt. SAC 3,000

Mt. SAC Relays

by Doug Speck

April 28:

On Friday, April 19th, and Saturday, the 20th, the preps took over Mt. SAC once again for the annual Invitational spikefest. With nine solid hours of track and field action from a number of the country's (and Australia's and Mexico's) finest there were the usual number of super performances. Hawthorne High School, without an ill Henry Thomas, relied, on the young ladies for relay fireworks this week. Choo-Choo Knighten and Tessa Giddens (Locke, LA), Fairfax's surprising quarter miler, Danny Everett, weight ace Brian Blutreich (Capistrano Valley), distance star Roman Gomez (Belmont, LA), and Muir's always swift male and female relay groups provided most of the other headlines.

The Hawthorne Cougar Women's squad has to have the deepest group of sprinters in U.S. prep history. The "B" sprint relay could surely place in the State Meet. Here, the "A" team (DeeDee Wheeler, Kim Grant, DeAnna Amy, and Tami Stiles) cranked 45.29 for 400 meters, the second fastest prep mark of all-time. The same group cut loose over 800 meters in the 4 x 200 with a 1:36.87 win that put them #3 All-Time for U.S. preps. Muir (Pasadena), anchored by Linetta Wilson, handled the Cougars again over the 4 x 400m route, recording a nation-leading 3:45.10.

Choo Choo Knighten and Tessa Giddens over at Locke have not conceded the team state title to Hawthorne yet, though. Here the torrid senior duo was all over the place, running fast and winning. Some pretty stiff winds blew in the face of the sprinters most of Saturday, ruining some very fast times for the groups of top

dashers gathered here. Choo Choo edged Tessa at 100m 12.24-12.27 into a stiff gale, then returned to run away from a 100m LH field at 14.23. Giddens handled Janeen Vickers (Pomona) over 200m in a swift 24.17-24.54 race.

Danny Everett (Fairfax, LA) continues to look super, taking it out very hard in the 400m despite a strong wind, and sailing on in down; the homestretch to record a nation-leading 46.71 win over Australian Anthony Bond (48.47). Brian Blutreich (Capistrano Valley) completed another fine weight double, putting out 65-0 and throwing the discus 191-7. Roman Gomez tackled his yearly 3000 (Friday) and 1500 (Saturday) double here. Some big winds held things down on Friday, but the defending State 1600 and 3200 champion edged away during the final lap in the longer event to win at 8:34.8 over Eric Mastalir (Jesuit, Sacramento) 8:35.7 and Darrin Stonerock (Saugus) 8:36.6. On Saturday, Australian Anthony Westaway looked very strong as he ran away from the crowd in the final 300 meters of the 1500. Gomez gave the foreigner 5 meters and steadily chopped that down over the final half lap. It was not until the final 20 meters that the local flash caught Westaway and won 3:52.78-3:53.02. Mark Mastalir (Jesuit) survived the wind best here, for 3rd in 3:55.8.

Muir (Pasadena) does not have a sprinter on top like in previous years, but they have a lot of people who can run pretty quick. Their Frosh-Soph 400m relay has run 42.64 and here a "B" team raced 42.42. The "A" team took an exciting sprint relay over a fast-closing Pasadena squad, anchored by Cleo Bates, 41.84-41.87. The Mustangs returned to win easily in the 4 x 200m at 1:27.00, and run away from Centennial in the 4 x 400m 3:16.6-3:17.7. The Muir women's shuttle hurdle team had a real shot at the Na-

tional Record 59.2, but a fall by Lana Cantrell on the lead-off left the team that could have run somewhere around 58.0 a bit behind pace, even though they got up to run 60.3 for the win.

Lawrence Burkley (Oxnard) and Chip Rish (Marina, Huntington Beach) traded sprint victories. Both football stars, Burkley ran Rish down in the 100m 10.97-11.04 into a stiff wind, while Rish returned the favor over 200m, running 21.77 out of lane one while Burkley was back at 22.13. Pasadena's Damon Thomas continues undefeated in the High Hurdles, handling Katella's junior, Terry Johnson, who was also unscathed this season, 14.56-14.71, with Saugus's Rodney Bradshaw also sneaking in ahead of Johnson in 2nd with the same 14.71 time. Kenny Hall (Ganesha, Pomona) ran down Keith Pontifflet (Esperanza, Anaheim) over the final barrier in the 300m IH to win 37.5-37.6. South Orange County distance power was evident in the Distance Relays for men. Mission Viejo won over Irvine 7:52.25-7:55.80 in the 4 x 800m race, University (Irvine) took the 4 x 1500m at 16:33.3, anchored by Greg Whiteley's fine 3:54.2, and Villa Park led from the start in the Distance Medley, recording a fine 10:21.71 in their nine second win.

Australian Mia Gabbedy showed what running over the 400m hurdles does for you when you step down 100m, as the Aussie rocketed the final 30 meters to edge Michelle Wooten (Bella Vista, Fair Oaks) 44.2-44.4 in the 300m lows. Edison (Huntington Beach) took the 4 x 1500m on Friday evening, recording a fine 19:42.5 (#5 All-Time U.S.), anchored by Nicole Ritchot's fine 4:39.8. On Saturday morning the Chargers, of Coaches Doug Smith and Gordon Duff, took the 4 x 800m at 9:41.9. Bella Vista, with Kuphaldt's on both ends distance-wise (1200 lead off and 1600 anchor) took the Distance Medley at 12:22.63 over Thousand Oaks 12:25.3.

Jamie Houlton (San Dimas) had her coming out in the High Jump, topping a fine field with a not too spectacular 5-6 clearance. The jumpers, were however, running into a very stiff wind during their approach. Australian Sandra Priestly edged Diamond Bar's Rosalyn Mitchell in the Long Jump, 19-1 1/4 to 19-1/4. Heidi Adams (Mission Viejo) edged a reviving Brandi Gail (Rowland) 44-4-43-9 in the Shot Put. Lee III (Nogales, La Puente) handled a good Discus field with a 139-9 win (she tossed out to 151-1 the next week in her League Prelims). Frosh Lynda Jones (Mt. Carmel, San Diego) shocked a top Triple Jump field with a fine 37-5 1/4 win jumping into a stiff breeze.

Travis Akins (Wilson, Hacienda Heights) looked very strong in disposing of a good 800m field in 1:55.3 in the other Men's individual running event. Hawthorne was supposed to go after the California record in the Men's Shuttle Higs, but ended up scratching from the event with car troubles. A fine Pomona group braved the north-south hurricane to win over Pasadena 1:01.4-1:02.4. Long Beach Poly picked up the Sprint Medley win at 3:32.45 when a fine anchor leg by Vince Thompson of Ganesha was for naught as the victorious Pomona school was disqualified. Edison's Eric Wheelwright edged Arcadia's junior Rob Martin on misses at 6-8 in the High Jump as the guys had the same troubles as the young ladies with a stiff breeze into the face of any run-ups. Lawrence Nelson (Simi) handled Mt. Carmel's Jim Chapon again in the Long Jump, as the State's two 24-footers were held to 22-1 1/4 and 22-2 1/4 respectively into the steady wind. Bakersfield's Terrance Strong took the Triple Jump at 47-7 over the 47-5w jump of Desi Cathron (Bonanza, Las Vegas) and 47-4 1/2 of Mark Triplett (Marshall, Pasadena). Simon Arkel (Australia), Fritz Howser (Newport Harbor), and Patrick Johnson (Huntington Park) all cleared 15-0 in the Vault, with the big news another no-height for Brandon Richards

(San Marcos, Santa Barbara). The 17-6 Indoor National Record Holder continues his "crash and burn" season outdoors, as he no-heighted at the 16-6 starting height he decided upon. Brandon, for one reason or another, did not get out of his League competition the next week, so his interscholastic season in the Golden State did not amount to much.

With teammate Paulette Blalock on the sidelines with hamstring problems, Princess Bennett took over for Compton in the Open 400m, moving to a strong 55.68 win. Leslie Noll (Mt. Carmel, San Diego) looked very good in moving away to an 800m triumph, recording a 2:15.36 to edge in ahead of the 2:16.86 of Jodie Wertz (Redwood, Larkspur). Australia's Krishna Wood was far too strong for locals over 1500m, with her 4:36.01 very good in the windy conditions over the 4:44.61 of Nicole Ritchot of Edison (Huntington Beach). California's latest distance star, Mary Mendoza (Presentation, San Jose) ran well against a contingent of fine Mexican 3000m runners, placing third in a fine 10:11.6 for the conditions. Hawthorne was putting together a super 800m sprint medley (200-100-100-400) until they were disqualified for a handoff that took place before the zone line. Their 1:43.8 is way up the National List but the official win went to Redwood (Larkspur) 1:48.8.

Boys

3,000—1. R. Gomez (Belmont), 8:34.8; 2. E. Mastalir (Sacramento Jesuit), 8:35.7; 3. D. Stonerock (Saugus), 8:36.6; 4. K. Stonerock (Saugus), 8:48.8; 5. Moscarro (Rosemead), 8:49.6; 6. S. Sandoval (San Diego Southwest), 8:51.2; 7. Feliciano (Cypress), 8:53.5; 8. Honig (Fair Oaks Bella Vista), 8:55.9; 9. Schumacher (St. Anthony), 8:58.6; 10. Vickers (Moreno Valley), 8:59.1; 11. Cohee (South Hills), 8:59.6.

400 RELAY (Race One)—1. West Torrance, 44.2; 2. Corona, 44.4; 3. Fontana, 44.5; 4. Moreno Valley, 44.6. (Race Two)—1. Mission Viejo, 44.0; 2. Corona del Mar, 44.1; 3. Santa Barbara, 44.2; 4. Marshall Fundamental, 44.3. (Race Three)—1. Morningside, 42.8; 2. Pomona, 43.2; 3. Arcadia, 44.1; 4. Edison, 44.6.

800 RELAY (Race One)—Marshall Fundamental, 1:31.9. (Race Two)—West Torrance, 1:34.7. (Race Three)—1. Ganesha, 1:31.2; 2. Montclair, 1:31.7; 3. Eisenhower, 1:31.9.

1,600 RELAY (Race One)—1. Covina, 3:26.28; 2. Crescenta Valley, 3:27.27; 3. San Diego Mt. Carmel, 3:27.73; 4. Tustin, 3:30.70. (Race Two)—1. Valencia, 3:27.49; 2. Moreno Valley, 3:27.85. (Race Three)—1. Corona, 3:28.24; 2. South Pasadena, 3:30.38; 3. West Torrance, 3:30.38; 4. Corona del Mar, 3:31.74.

3,200 RELAY—1. Ganesha, 8:13.5; 2. Corona, 8:18.9; 3. Alta Loma, 8:20.0; 4. Montebello, 8:26.0; 5. Upland, 8:29.5.

6,000 RELAY—1. Irvine University, 16:33.3 (Whiteley, 3:54.2); 2. El Modena, 16:44.2; 3. Thousand Oaks, 16:45.3; 4. Torrance, 16:57.6; 5. H.W. Wilson, 16:58.8.

SPRINT MEDLEY (Race One)—1. Tustin, 3:38.1; 2. Alta Loma, 3:38.9; 3. Redwood, 3:41.1; 4. Garden Grove, 3:43.9. (Race Two)—West Torrance, 3:44.3.

SHUTTLE HIGH HURDLES (Race One)—Montebello, 1:08.0. (Race Two)—1. Simi Valley, 1:05.1; 2. Baldwin Park, 1:07.4; 3. Thousand Oaks, 1:07.4; 4. Alta Loma, 1:08.4.

LONG JUMP—1. Haines (Corona), 22-0w; 2. O'Banion (Marshall), 21-8w; 3. Hudson (Pomona), 21-6 1/2.

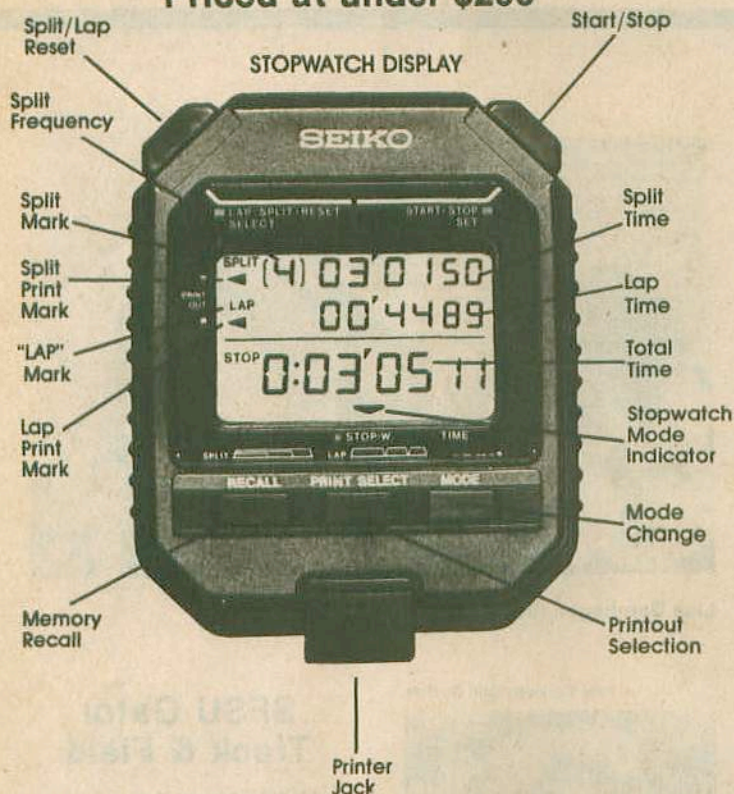
POLE VAULT—1. Horvath (Torrance), 13-0; 2. Carroll (Mission Viejo), 13-0.

Girls

3,000 (Inv)—1. Corona (Mexico), 9:56.0; 2. Garcia (Mexico), 10:10.7; 3. Mendoza (San Jose Presentation), 10:11.6; 4. Gonzales (Mexico), 10:11.8; 5. Kuphaldt (Fair Oaks Bella Vista), 10:24.2; 6. Farrell (Thousand Oaks), 10:24.2; 7. Kingle (Mexico), 10:32.8; 8. Rizzo (Hart), 10:33.9; 9. L. Williams (Mountain View), 10:35.2; 10. Prince (Rubidoux), 10:43.9; 11. Basore (Pasadena), 10:45.8; 12. Jarvis (Havre, Mont.), 10:51.7; 13. Reiter (Tustin), 10:51.7; 14. McDonald (Diamond Bar), 10:59.3.

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SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 80
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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
0:00'45 38
2-0:01'30 48
0:00'45 10
3-0:02'16 36
0:00'45 88
4-0:03'01 23
0:00'44 87
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Results

Track & Field

Cal Stanford Dual

MEN

Hammer — 1, Brian Masterson, Stanford, 222-11; 2, Shaun Pickering, Stanford, 220-9; 3, Scott Hudson, Cal, 179-8.

3000-Meter Steeplechase — 1, Brian Pettigilli, Stanford, 8:48.3; 2, Ryan Soll, Stanford, 8:53.3; 3, Sam Skinner, Cal, 8:57.4.

Shot Put — 1, Dave Maggard, Cal, 62-11; 2, Paul Rosali, Cal, 58-8 1/4; 3, Kari Nisula, Cal, 53-10 1/2.

Javelin — 1, Fred Mondragon, 236-0; 2, Mark Richardson, Cal, 227-6; 3, Iipo Paullanen, Cal, 223-7.

4 x 100 Meter Relay — 1, Cal, 40.80; 2, Stanford, 42.84.

Pole Vault — 1, David Pickett, Stanford, 15-0; 2, John Gash, Stanford, 15-0; 3, Brian Nagy, Cal, 14-0.

Long Jump — 1, Henry Green, Stanford, 24-1/4; 2, Ken Smith, Cal, 23-10 1/4; 3, Eric Wright, Cal, 23-4.

1500 Meters — 1, Jeff Atkinson, Stanford, 3:46.23; 2, Marc Oleson, Stanford, 3:47.30; 3, Jay Marden, Cal, 3:49.49.

110-Meter High Hurdles — 1, Rod Jett, Cal, 14-22; 2, Pal Duffy, Cal, 14-47; 3, Kralo Sanders, Stanford, 14-69.

400 Meters — 1, Walt Jones, Cal, 46.80; 2, David Timmons, Cal, 46.87; 3, Leslie Morris, Stanford, 52.93.

100 Meters — 1, Peter Howard, Cal, 10.72; 2, Noah Croom, Stanford, 11.00; 3, Steve Deener, Cal, 11.11.

800 Meters — 1, Jeff Atkinson, Stanford, 1:49.22; 2, Brian Connolly, Stanford, 1:49.46; 3, Chris Skoop, Stanford, 1:51.98.

400-Meter Intermediate Hurdles — 1, Miguel Torrente, Cal, 52.16; 2, Dave Cheserek, Cal, 53.10; 3, Kralo Sanders, Stanford, 53.43.

Discus — 1, Dave Maggard, Cal, 198-7; 2, Kari Nisula, Cal, 191-11; 3, Rob Shenk, Cal, 178-5.

High Jump — 1, Brian Marshall, Stanford, 73-3/4 (new school record); 2, John Morris, Cal, 7-0; 3, Terry Perks, Stanford, 6-10.

300 Meters — 1, Walt Jones, Cal, 21.69; 2, Noah Croom, Stanford, 21.95; 3, Eric Wright, Cal, 22.67.

Triple Jump — 1, Ken Williams, Cal, 51-10 1/4; 2, Joe Sterling, Cal, 49-7 1/2; 3, Phil Cannon, Stanford, 49-1/2.

5000 Meters — 1, Marc Oleson, Stanford, 14:30.9; 2, Mike McCollum, Cal, 14:37.9; 3, Ryan Stoll, Stanford, 14:41.9.

4 x 440-Yard Relay — 1, Cal, 3:13.64; 2, Stanford - did not compete.
Final team score: Cal 90, Stanford 73

WOMEN

Long Jump — 1, Brenda Berillion, Cal, 19-4 1/4 (new school record); 2, Terri Givens, Stanford, 18-5 1/4; 3, Denise Gastlambide, Stanford, 17-9 1/2.

Javelin — 1, Denise Gastlambide, Stanford, 146-4; 2, Elizabeth Archer, Stanford, 145-4; 3, Cindi Durchslap, Cal, 129-5.

Shot Put — 1, Pam Dukes, Stanford, 50-1 1/2; 2, Cindi Durchslap, Cal, 46-6 1/2; 3, Latoria Floyd, Cal, 45-4 1/4.

High Jump — 1, Lisa Bernhagen, Stanford, 6-0 (new school record); 2, Denise Gastlambide, Stanford, 5-6; 3, Loren Levine, Cal, 4-10.

3000 Meters — 1, Kirsten O'Hara, Cal, 9:28.6; 2, Alison Wiley, Stanford, 9:32.2; 3, Kathy Smith, Stanford, 9:53.6; 3, Michelle Mason, Stanford, 10:00.2.

4 x 100-Meter Relay — 1, Stanford, 47.91; 2, Cal, disqualified.

1500 Meters — 1, Regina Jacobs, Stanford, 4:16.39; 2, Ellen Lyons, Stanford, 4:33.28; 3, Laurie Hollingworth, Cal, 4:33.81.

100-Meter Hurdles — 1, Helga Halldorsdottir, Cal, 14.07; 2, Roberta Eccles, Cal, 14.71; 3, Pam Board, Stanford, 15.18.

400 Meters — 1, Marcia Martin, Stanford, 55.32; 2, JoAnn Zulaica, Cal, 56.81; 3, Kim Kistler, Cal, 59.78.

100 Meters — 1, Brenda Berillion, Cal, 12.15; 2, Gina Cole, Cal, 12.46; 3, Terri Givens, Stanford, 13.05.

800 Meters — 1, Regina Jacobs, Stanford, 2:07.95; 2, Bridget Cunningham, Cal, 2:11.80; 3, Lanelle Davis, Cal, 2:14.71.

400-Meter Intermediate Hurdles — 1, Roberta Eccles, Cal, 59.80; 2, Helga Halldorsdottir, Cal, 60.28; 3, Pam Board, Stanford, 61.55.

Triple Jump — 1, Terri Givens, Stanford, 36-5; 2, Denise Gastlambide, Stanford, 35-7 1/4; 3, Ellen Ison, Cal, 33-10 1/2.

200 Meters — 1, Brenda Berillion, Cal, 24.85; 2, Gina Cole, Cal, 22.50; 3, Marcia Martin, Stanford, 25.65.

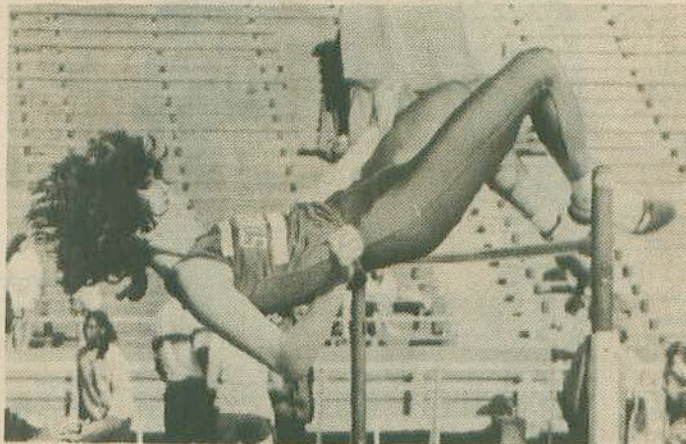
5000 Meters — 1, Kirsten O'Hara, Cal, 16:23.9; 2, Ellen Lyons, Stanford, 16:27.3; 3, Alison Wiley, Stanford, 17:05.3.

Discus — 1, Karen Nickerson, Stanford, 176-0; 2, Cindi Durchslap, Cal, 164-7; 3, Kim Kesler, Cal, 155-10.

4 x 440-Yard Relay — 1, Stanford, 3:45.0; 2, Cal, 3:45.4.

Final team score: Stanford 78, Cal 67

Fine Flicks by Don Gosney



Lisa Bernhagen (Stanford)

Fine Flicks by Don Gosney



Laurie Hollingworth (Cal)

SFSU Gator Track & Field

April 6, SFSU Campus, S.F.

Men's Results

Hammer: 1. Aubuchon, CP, 133-4; 2. Beach, CP, 96-1; 3. Mosbacher, CP, 70-8.

Javelin: 1. Koel, SFSU, 216-9; 2. Barhard, CP, 172-1; 3. Lin, SFSU, 167-11.

Pole Vault: 1. McClanahan, SFSU, 14-6; 2. Cramer, CP, 14-6; 3. Florina, CP, 14-6.

4 x 100 Relay: 1. Cal Poly, DQ.

1500m: 1. Kirk, SFSU, 3:54.4; 2. Castillas, SFSU, 3:56.0; 3. Stomms, CP, 3:58.5.

3000m Steeplechase: 1. Prieur, CP, 9:46.7; 2. Fine, CP, 9:56.4; 3. Abenathy, CP, 9:56.1.

Shot Put: 1. Tafrales, Unat., 68-11 1/4; 2. Aubuchon, CP, 49-0; 3. Akellan, CP, 45-7.

110m Hurdles: 1. McDanielis, SFSU, 15.1; 2. Crain, SFSU, 15.8; 3. Montague, Unat., 16.9.

100m Dash: 1. Thompson, SFSU, 10.7; 2. Shows, CP, 10.9; 3. Batiste, CP, 10.9.

800m: 1. Hill, CP, 1:56.9; 2. Casillas, SFSU, 1:58.7; 3. Clark, CP, 2:01.2.

Long Jump: 1. Fisher, CP, 21-6 1/4; 2. Cardelli, CP, 20-6 1/4; 3. Shows, CP, 20-1 1/4.

400m Hurdles: 1. Farrell, SFSU, 53.9; 2. Shows, CP, 55.5; 3. Muller, CP, 55.5.

High Jump: 1. Rebattaro, SFSU, 6-6 1/4; 2. Mudy, CP, 6-4 1/4; 3. Stojkov, SFSU, 6-0.

200m: 1. Thompson, SFSU, 22.0; 2. Batiste, CP, 22.0; 3. Pratt, CP, 22.1.

Triple Jump: 1. Cardelli, CP, 40-7; 2. Mudy, CP, 40-4 1/4; 3. Cramer, CP, 40-2 1/4.

5000m: 1. Hernandez, CP, 14:59.8; 2. Trissel, CP, 15:00.7; 3. Storm, CP, 15:03.6.

Discus: 1. Aubuchon, CP, 130-0; 2. Usher, SFSU, 128-4; 3. Berensmire, SFSU, 127-3.

1800m Relay: 1. Cal Poly "A", 3:21.0; 2. SFSU "A", 3:24.4; 3. Cal Poly "B", 3:28.5.

Men's Final Score: 1. Cal Poly 102, 2. SFSU 56.

Women's Results

Shot Put: 1. Vercher, SFSU, 38-0; 2. Sugar, UCD, 38-0; 3. Self, SFSU, 37-1 1/4.

Long Jump: 1. Sims, SFSU, 17-8 1/4; 2. D. Smith, UCD, 17-1 1/2; 3. Sanders, SFSU, 16-11 1/4.

Address Change?

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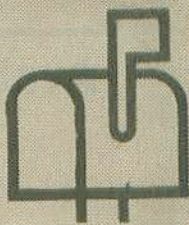


photo by Burt Davis



Jeff Atkinson leads Mt. SAC distance medley with 4:04 split.

(Bud Light), 10.17; 3. Giance (Pollitabs), 10.19; 4. Cook (USC), 10.22; 5. Wheeler (Fresno St.), 10.28; 6. Krullee (Bud Light), 10.29; 7. D. Williams (Pacific Coast Club/Canada), 10.29; 8. Robinson (Arizona St.), 10.38.

200 (Race One)—1. Baptiste (Houston), 20.04w (2.5 m.p.s.); 2. Crain (Pollitabs), 20.16; 3. Evans (Pollitabs), 20.36; 4. D. Williams (Pacific Coast

(Puma), 20.86; 3. Collins (AccuSplit), 21.15; 4. McCoy (unat), 21.17; 5. Brown (Mt. San Antonio College), 21.32.

400—1. Armstead (AccuSplit), 45.33; 2. Rowe (AccuSplit), 45.67; 3. Daniels (Bud Light), 45.87; 4. McCoy (Bud Light), 46.31; 5. Egbunike (Azusa Pacific), 46.66; 6. Williams (Puma), 46.83; 7. McDonald (Stars & Stripes), 46.93.

800—1. Robinson (Inner City), 1:47.41; 2. Mays (Bud Light), 1:47.67; 3. Armour (Fresno St.), 1:48.70; 4. Cunningham (Nebraska), 1:49.49; 5. Briowaki (Oregon International), 1:50.11; 6. Flores (Mexico), 1:50.35.

1,500—1. Fricker (AccuSplit), 3:44.01; 2. Beck (Tiger), 3:44.83; 3. Konchellah (Los Angeles TC/Kenya), 3:46.32; 4. Barroto (Mexico), 3:46.89; 5. Draddy (Athletics West), 3:47.92; 6. Mangan (Athletics West), 3:47.98.

110 HURDLES—1. Clark (Houston TC), 13.48w (2.5 m.p.s. aiding); 2. McCoy (Pacific Coast Club/Canada), 13.61; 3. McCraney (Stars & Stripes), 13.68; 4. Stewart (Los Angeles TC), 13.77; 5. Johnson (Puma), 13.86; 6. Lenstrom (Stars & Stripes), 13.99; 7. R. Young (UCLA), 14.23.

400 HURDLES—1. Hawkins (AccuSplit), 49.34; 2. Cooper (Stars & Stripes), 49.82; 3. Rambo (Bud Light), 49.99; 4. Holloway (Stars & Stripes), 50.34; 5. Page (Los Angeles TC), 50.88; 6. J. King (Maccabi), no time; 7. Graham (Canada), 52.1 (hand time).

400 RELAY—1. Pollitabs (Moore, D. Evans, Crane, Giance), 39.05; 2. Stars & Stripes, 39.48; 3. Texas Tech, 39.82; 4. San Diego St., 39.86; 5. SoCal Striders, 40.08; 6. Arizona St., 40.57.

800 RELAY—1. Bud Light (Coolie, Clarence, Myricks, Butler), 1:22.16; 2. Stars & Stripes, 1:23.22; 3. Texas Tech, 1:23.63.

1,600 RELAY—1. AccuSplit (Roe, Carls, Hawkins, Armstead), 3:04.36 (meet record, old mark, 3:04.57, Tiger International, 1983); 2. Santa Monica TC, 3:04.98; 3. Pollitab, 3:05.78; 4. UCLA, 3:10.81; 5. Stars & Stripes, 3:15.30.

HIGH JUMP—1. Balkin (Stars & Stripes), 7-2 1/2; 2. Howard (Pacific Coast Club), 7-2 1/2; 3. L. Williams (unat), 7-2 1/2; 4. Peacock (Puma), 7-2 1/2; 5. Lewis (Long Beach CC), 7-0 1/2; 6. Reed (Houston), 7-0 1/2; 7. Nordquist (Tiger), 6-10 3/4; 8. Goode (Puma), 6-10 3/4.

POLE VAULT—1. Tully (New York AC), 18-10 3/4 (meet record, old mark, 18-5 1/4, M. Tully, 1984); 2. Pursley

(Light), 18-0 1/2; 8. Olson (Pacific Coast Club), 17-8 1/2.

LONG JUMP—1. Myricks (Bud Light), 26-10 1/2 (wind 1.6 m.p.s. aiding); 2. Powell (unat), 26-5 1/2; 3. McRae (Bay Area Striders), 26-1/4w (25-9 1/4 legal best); 4. Tave (USC), 25-6 1/4; 5. Jackson (Stars & Stripes), 25-2 1/2; 6. Whitley (unat), 24-11w (24-9).

TRIPLE JUMP—1. Banks (Los Angeles TC), 56-1 1/4w (2.1 m.p.s.) (65-3 3/4 legal best); 2. Oporasi (Moorpark/Poland), 55-0w (51-7); 3. Hays (USC), 53-10 1/2w (53-2 1/4); 4. Rudd (ledidas), 53-10 1/4w; 5. Kimble (Bay Area Striders), 53-5w (52-7 1/4); 6. Richardson (Glendale College), 53-4 1/4; 7. Agbebaku (Pollitabs/Nigeria), 52-7 1/4; 8. Marlow (Stars & Stripes), 52-2 3/4w (52-1 1/4).

photo by Richard Lee Slotkin



Carl Lewis

SHOTPUT—1. Taffais (Stars & Stripes), 69-2 3/4; 2. Wolf (unat), 68-8 3/4; 3. Wilkly (Maccabi), 65-3 1/2; 4. Brenner (Puma), 65-2; 5. Smith (Stars & Stripes), 64-10; 6. Frazier (UCLA), 64-4 1/2; 7. Williams (Athletics in Action), 63-10 1/4; 8. McKee (Weight City), 56-1 1/4.

DISCUS—1. McSeveney (Stars & Stripes), 217-4; 2. Powell (Bud Light), 214-11; 3. Buncie (Kentucky), 214-5; 4. Okoya (Azusa Pacific/Nigeria), 212-4; 5. Swarts (Shore AC), 209-7; 6. Meyer (Houston), 206-8; 7. Riley (Stars & Stripes), 203-7; 8. Brenner (Puma), 199-3; 9. Bishop (unat), 191-6; 10. Wilkly (Maccabi), 191-4; 11. Jensen (Texas El Paso), 189-0; 12. Kovar (Weight City), 185-4.

HAMMER—1. Hegarty (Puma/Ireland), 255-3; 2. Taimen (Team Nike/Finland), 254-0; 3. Logan (New York AC), 252-2 (American record, old mark, 251-0, Bill Green, Stars & Stripes, 1984); 5. Mileham (Fresno St.), 244-10; 6. Deal (unat), 224-1; 7. Rohovit (Converse West), 218-0; 8. Littlejohn (Fresno St.), 217-5; 9. Pickering (Stanford/Britain), 210-11; 10. McArdle (Oregon International), 209-9; 11. Maynard (Azusa Pacific), 202-0; 12. Mann (Azusa Pacific), 200-11; 13. Hibert (Pomona-Pitzer), 197-9.

JAVELIN—1. Petranoff (Athletics West), 295-1; 2. Bender (Stars & Stripes), 270-10; 3. Stevens (Coast Athletics), 258-10; 4. Crouser (Oregon), 256-8; 5. M. Barnett (Athletics West), 255-9; 6. Den-

ton (CS Northridge), 243-5; 7. Collatz (CS Bakersfield), 243-0; 8. De la Garza (Texas A&M), 242-7; 9. Lundeil (Pt. Loma), 238-11; 10. Ranford (Puma), 233-7; 11. Mondragon (Stanford), 228-3; 12. Pickett (Stanford), 214-3.

10,000 WALK—1. Valerio (Bauchert St. Walkers), 45:14.3; 2. Walker (Vns), 46:08.6; 3. Funes (Pilo RR), 47:55.9; 4. Flores (Mexico), 48:40.5; 5. Ward (Walker Club), 49:46.4; 6. Cortez (BSW), 51:52.6; 7. Coats (BSW), 54:42.7; 8. Warrell (BSW), 54:49.2.

College/Open

100—1. Brobee (Maccabi), 10.32w (2.8 m.p.s.); 2. Holmes (Mexico), 10.44; 3. Carter (Texas Tech), 10.53; 4. Pavoni (Puma/France), 10.57; 6. Clark (Arizona St.), 10.67; 6. Wilson (Muzik), 10.71; C. Edwards (unat), did not finish.

1,500—1. Young (CS Los Angeles), 3:45.47; 2. Lewis (Fresno St.), 3:46.51; 3. Martinez (Mexico), 3:47.43; 4. Langstaff (unat), 3:47.94.

5,000—1. Dooson (UC Irvine), 14:10.2; 2. Silva (Mexico), 14:11.7; 3. Sojar (Texas San Antonio), 14:12.0; 4. Caldwell (Northern Arizona), 14:17.5; 5. Shamyeh (Etonic), 14:21.3; 6. Kedge (New Mexico), 14:23.7; 7. Ferguson (Adams St.), 14:26.1; 8. Deminter (Santa Monica TC), 14:26.7.

10,000—1. Miranda (Mexico), 29:38.3; 2. Odum (Houston Harriers), 30:14.9; 3. Moore (Glendale), 30:36.7; 4. Beatrice (Mexico), 30:47.0; 5. Matsumaz (Santa Monica TC), 30:52.1.

3,000 STEEPLECHASE—1. Stoll (Stanford), 8:56.2; 2. Pettigill (Stanford), 9:02.2; 3. Kerr (Utah St.), 9:04.3; 4. Marquez (Mexico), 9:07.2; 5. Price (Utah St.), 9:09.2; 6. Armijo (New Mexico), 9:11.8; 7. Grenzer (Pomona-Pitzer), 9:19.4; 8. Ede (Kentucky), 9:21.2; 9. Heredia (Mexico), 9:22.8; 10. Carlton (New Balance), 9:25.1; 11. Yost (Athletics in Action), 9:26.7; 12. Thomas (unat), 9:27.3.

110 HURDLES—1. Joyner (Athletics West), 13.60w; 2. White (UC Santa Barbara), 14.04; 3. Ross (unat), 15.72.

400 RELAY—1. Puma, 45.11; 2. San Diego St., 45.79; 3. Nevada Las Vegas, 46.14.

6,000 RELAY—1. Santa Monica TC (Barnett, Roberts, S. Ortiz, Harbour), 15:36.61; 2. Washington, 15:44.11; 3. UCLA, 16:09.4 (hand time); 4. CS Long Beach, 16:09.4; 5. CS Fullerton, no time; 6. USIU, 16:14.2; 7. UC Irvine, 17:10.5.

SHUTTLE HURDLE RELAY (Race One)—1. Stars and Stripes (McCraney, Turner, Lenstrom, D. Jackson), 55.06; 2. Northern Arizona, 59.38; 3. Stanford, 1:00.53 (Race Two)—1. Azusa Pacific, 59.37; 2. New Mexico, 1:02.38.

WOMEN

Invitational

100—1. Ottey-Page (Los Angeles TC), 10.92 (wind 1.0 m.p.s. aiding) (meet record, old mark, 11.30, D. Fleetwood, SoCal Cheetahs, 1980; Ottey-Page's mark makes her the fourth fastest performer of all-time); 2. Marshall (Los Angeles TC), 11.19; 3. Clette (Bud Light), 11.43; 4. Johnson (Washington), 11.47; 5. Bolden (Puma), 11.86; 6. Deis (Mexico), 11.98.

200—1. Clette (Bud Light), 23.30 (wind 1.1 m.p.s. aiding); 2. McCraw (USC), 23.46; 3. Belle (Puma), 23.80; 4. Vassquez (Mexico), 24.14.

400—1. Ross (San Diego St.), 52.24; 2. S. Howard (CS Los Angeles), 52.45; 3. Gallagher (Los Angeles TC), 52.78; 4. Emerson (Puma), 53.76.

800—1. Zaleski (Coast Athletics/Milikan HS), 2:05.69 (1985 national high school leader); 2. Dabney (CS Los Angeles), 2:06.19; 3. Davidson (Puma), 2:07.41; 4. Curtis (USC), 2:07.52; 5. Guess (unat), 2:08.24; 6. Hull (Nevada Las Vegas), 2:08.28; 7. Wertz (Colorado St.), 2:10.01; 8. Jacobs (Stanford), 2:10.39; 9. McDermid (Canada), 2:10.66.

1,500—1. Warren (Oregon), 4:15.83; 2. Chalmers (Northern Arizona/Canada), 4:17.52; 3. M. Joyce (Converse West/Ireland), 4:18.31; 4. Odum (Houston Harriers), 4:19.47; 5. Hopper (Puma), 4:22.01; 6. Clark (Canada), 4:23.96.

100 HURDLES—1. BIANFARO (Nebraska), 13.01 (wind 1.9 m.p.s. aiding); 2. Fitzgerald-Brown (Pollitab), 13.10; 3. Page (Los Angeles TC), 13.42; 4. Chandler



Fresno State's Tonya Mendonca wins Mt. SAC college high jump competition.

Club/Canada), 20.51; 5. Moose (Pollitabs), 20.73; 6. Robertson (Lay Witnesses), 20.83; 7. Pavoni (Puma/France), 21.00.

(Race Two)—1. Robinson (Los Angeles TC), 20.74w (2.5 m.p.s.); 2. W. Smith (Pacific Coast Club), 18-8 1/4; 3. Tarpening (Oregon), 18-8 1/2; 4. Hintaus (Los Angeles TC/Brazil), 18-4 1/2; 5. Frakey (Fresno St.), 18-0 1/2; 6. Ripley (Pacific Coast Club), 18-0 1/2; 7. Stubblefield (Bud

continued on next page...

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