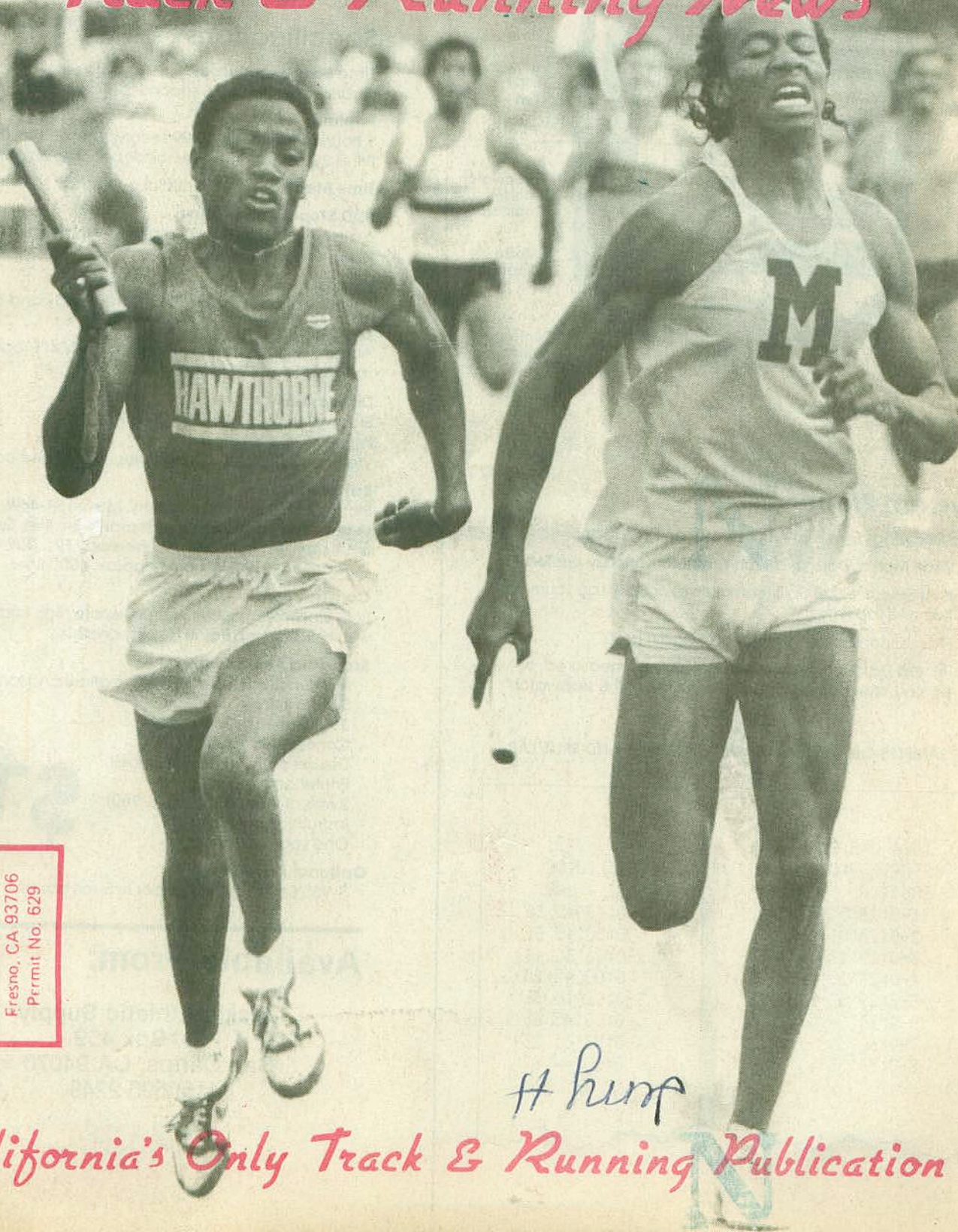


JUNE 1986

ISSUE NO. 115

CALIFORNIA

Track & Running News



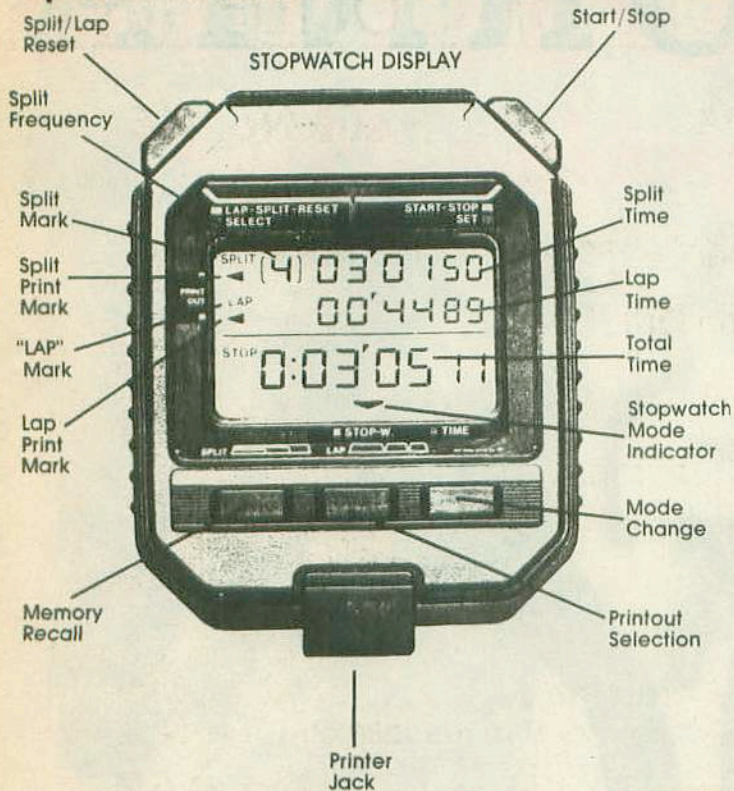
BULK RATE
U.S. POSTAGE
PAID
Fresno, CA 93706
Permit No. 629

#1 run

California's Only Track & Running Publication

Digital Quartz Stopwatch With Printer, SP11

Special Limited Time Offer: \$150 while supply lasts



System Printer

The following data is printed permanently on tape:

1. Year, Month, Date and Time are automatically printed
2. Print Select: either Split (cumulative) or Split/Lap (cumulative and lap times)
3. Places: printed to "99;" then start again at "0"
4. Printed Data: printed out immediately as measured, or printed later from the memory function of the stopwatch

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

```

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 60
    
```

```

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
    
```

Applications

The Seiko Digital Quartz Stopwatch with Printer is a multipurpose system that can be used for timing and training in a variety of activities including: cross country, track, road races, swimming, bicycling, triathlons, cross country skiing, football drills, physical education and intramural sports.

Specifications

Time Base & Accuracy:

Quartz oscillator, ± 0.5 seconds (24 hours/70°F)

Printout:

9 hours, 59 minutes, 59.99 seconds maximum, then repeats. Prints 300 to 600 lines per roll depending on print selection.

Time Measurement:

1/100 of a second

LCD Stopwatch Display:

6 digits Split/Lap Time; 7 digits Running Time; 1 digit shows Place or Lap Number.

Modes:

Split Time and Split/Lap Time; time of day and calendar.

Temperature:

Accuracy guaranteed range 23°F to 104°F; operational range 5°F to 131°F.

Dimensions:

Stopwatch: 2.25"W x 2.85"L x 0.7"D

Printer: 3"W x 5"L x 1.0"D

Weight: 12 ounces with batteries, paper and cord

Batteries:

Stopwatch: 1 miniature battery, Maxell SR-44W, U.C.C. 357 or Sony Eveready 357 (3-year maximum life). System Printer: 3 AA size alkaline batteries, Eveready E91, Ray-O-Vac 815; Duracell MN1500. Will print approx. 6000 lines.

Construction:

Both Stopwatch and Printer cases are high impact plastic with Hardlex stopwatch display crystal.

Standard Accessories:

- Multifunction stopwatch with battery and lanyard
- System printer
- 3 AA batteries for printer
- Connecting cable (SC11)
- Deluxe carrying case with belt
- Printer carrying strap
- 2 rolls of thermal paper (S-950)
- Instruction manual
- One year warranty

Optional Accessories:

- S-950 Seiko thermal paper in 5-roll boxes

\$150

Available From:

Jack's Athletic Supply
P.O. Box 459
San Carlos, CA 94070
(415) 595-2249

CALIFORNIA

Track & Running News



Bill Cockerham
Editor & Publisher

Judy Cockerham
Production Manager

Elaine Fraley
Production Assistant

Keith Conning
High School Editor

Richard Slotkin
Long Distance Editor

Jack Leydig
Scheduling Editor

Steve Subotnick
Medical Editor

Roy Stevenson
Technique & Training Editor

Gregor Robin
Special Features Editor

Photographers: Gene Cohn, Burt Davis, Barbara De Groot, Don Gosney, Louis Hirsch, Bill Leung, Jr., Jim Reynolds, Richard Slotkin, Maurice Wilson.

Senior Editors: Calvin Brown (Girls and Women Track & Field); Nancy Clark (Athlete's Kitchen); Steve Fagundes (Sac-Joaquin High School); Percy Knox (Masters Men Track & Field); Bill Minarik (Southern California); Dean Reinke (National Road Scene); Doug Speck (Southern California High School); Steve Ward (Central Section High School); Bob Womack (High School All Time Lists); Ken & Jen Young (LDR Statistics).

Correspondents: Louis Hirsch, Dennis McClanahan, Otto Pauls, Howard Willman.

California Track & Running News is published 11 times per year - one issue per month except December which is combined in a double issue with November. Each issue is mailed about the first of the month.

California Track & Running News has an average circulation of between 5,000 and 10,000 copies; these consist of paid subscriptions, store sales, and promotional copies.

California Track & Running News is mailed third class bulk rate and is not forwardable. When you move please let us know at least 4 weeks in advance.

SUBSCRIPTION RATES: 1 year (11 issues) \$15; 2 years (22 issues) \$28; 3 years (33 issues) \$39. Add \$6 per year for first class. Foreign rates on request.

ADVERTISERS: Closing date the first of the month previous to cover date. Send for current rate card. Special rates for meet/trace ads.

P.O. Box 6103
Fresno, CA 93703
(209) 255-4904

MEMBER OF RUNNING USA

Table of Contents

June 1986

Issue No. 115

Road Racing Schedule	4
Subscription Order Form	8
Next Issue Preview	10
Reinke on Running	11
"Boston is Back"	
The Athlete's Kitchen	12
"Sugar Quiz"	
Technique & Training	13
"On Your Mark for San Francisco"	
SoCal Diary	14
CTRN Special Feature	16
Interview with PattiSue Plumer	
USC vs. UCLA Dual Track Meet	20
High School Section	22
Girls Best Marks List	
Boys Best Marks List	
Prep Results	
Results Section	
College Open Track & Field	
PR's	
Road Racing	

ON THE COVER: Hawthorne High sophomore Travis Hannah slides by Muir's Tyrone Jeffries on the anchor leg of the Mt. SAC Relays Invitational 1600 Relay with times of 3:15.81 to 3:15.89. See story and results beginning on page 26.
photo by Burt Davis

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 1 (Sunday)

San Francisco: Bay Bridge Run. 8 mile. (Top deck of Bay Bridge). 8 a.m. Mental Health Association of Alameda County, 1801 Adeline St., Room 203, Oakland 94607 (415) 835-5010. **RESCHEDULED for July 27.**

Mill Valley: DSE Practice Dipsea. 7.1 miles. Lytton Square to Stinson Beach. 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco 94127 (415) 585-7772.

San Leandro: Shoreline Run. 10K & 3K Fun Run. San Leandro Marina (Neptune Drive). 8:50 am/3K, 9:05 am/10K. Rob Caughell, San Leandro Recreation Dept., 835 East 14th St., San Leandro 94577 (415) 577-3466.

Napa: St. John's Festival Old Town Run. 5 miles., 960 Caymus St. 9 a.m. Dave Alvarado, 481 Seminary St., Napa 94558 (707) 253-7609.

Novato: Olompali Dipsea Prep Run. 4 miles. Olompali Park (Main Gate). 9 a.m. June Gardner, PO Box 1400, Novato 94948 (415) 479-4654.

Deer Park: Valley View Run & Health Fair. 5 & 10K. St. Helena Hospital (4 miles NE of St. Helena). 9 a.m. St. Helena Hospital, Public Relations Dept., 650 Sanitarium Rd., Deer Park 94576 (707) 963-6467.

Nevada City: Gold Country Road Races. 5, 10, 20 & 30K. Pioneer Park. 8 a.m. Gold Country Lions, PO Box 236, Grass Valley 95945 (Bob: 916/272-2749, eves).

San Luis Obispo: Corbett Canyon 10K Grape Run. (990 Industrial Way). 8:30 a.m. Jeff Herten, MD, 1428 Philips Lane, Suite 103, San Luis Obispo 93401 (805) 543-2833, Vicki.

Redondo Beach: Love Your Heart 10K. (South end of Esplanade) 7 a.m. Barry Pearce, Heart 10K, 1142 Manhattan Ave., Suite CP-6, Manhattan Beach 90266 (213) 375-2626, Village Runner.

Encino: Monty Montgomery 10 Mile & 2 x 5 Mile Partner Run. Woodley Park. 7:30 a.m. Basin Blues, 15840 Ventura Blvd., Suite 147, Encino 91436 (818) 347-1933, eves.

San Marcos: Run for the Fun 5 & 10K. Woodland Park. 7:30 a.m. San Marcos Education Foundation, Attn: Barbara Marchetta, PO Box 4095, San Marcos 92069.

Foster City: Sri Chinmoy Marathon. 7 a.m. Sri Chinmoy Marathon Team, 2438 16th Ave., San Francisco 94116 (408) 996-8036.

Ukiah: Russian River Run & Marathon, Half Marathon & 8K. (PA-TAC marathon championships). 6 a.m., 7:45 a.m. and 8:00 a.m. Tim Morrison, Box 204, Ukiah 95482.

Aptos: Aptos Creek Marathon & 10K. (Nisene Marks State Park). Time TBA. Aptos Creek Marathon, Box 870, Trabuco Canyon 92678.

San Francisco: Statuto Race (66th Annual), 4 & 8.1 Mi., SFIAC, 9 a.m. SFIAC, 1630 Stockton St., San Francisco, CA 94133 (Attention: George Caselli) (415) 781-0165.

Norco: Fleet Analysis Center/Sherman Indian High School 5K, Lake Norconian, 7:30 a.m. Fleet Analysis Center, Attn: R. Varcoe (Code 3522), Corona 91720 (714) 736-4446.

Carlsbad: Carlsbad 5000, Elm & State Sts., 7:45 a.m. (9 a.m./Invit.). In Motion, Inc., 3456 Ingraham St., San Diego, CA 92109 (619) 483-9501.

Lake Mission Viejo: Performing Arts Center Triathlon, 1.5K Swim, 35K Bike, 10K Run, Time TBA. Cal. Athletic Products, P.O. Box 30306, Long Beach, CA 90853.

Long Beach: SCCTA Relay Track Meet & 5K. Cal State Long Beach. Kevin Browning (818) 847-8076, Katie Cunningham (213) 648-6333.

Cupertino: DeAnza Day 5K Fun Run, DeAnza College, 8 a.m. DeAnza College, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 996-4377.

Nevada City: Gold Country Road Races, 5K, 10K, 20K and 30K, Pioneer Park, 8 a.m. Gold Country Lions, Attn: Race Director, P.O. Box 236, Grass Valley 95945. Bob: (916) 272-2749, eves; Bud: (916) 272-8885, days.

June 5 (Thursday)

Tulare: Tulare Sundowner 3K Series. Bob Mathias Stadium. 6 p.m. Kevin Baker, 830 S. Blackstone, Tulare 93274 (209) 688-2001, x575.

June 7 (Saturday)

San Jose: Mirassou Vineyards' Grape Run, 5K. Aborn Rd., 9 a.m. (1000 Limit). Ron Wayne, Mirassou Grape Run, 25930 Kay Ave., #206, Hayward, CA 94545 (Jan Reeder) (408) 274-4000.

Fairfield: Gold Medal Triathlon, ¼ Mi. Swim, 9 Mi. Run, 32 Mi. Bike, Lagoon Valley Park, 8:30 a.m. Rick Gebers, Gebers Motor Corp., 2525 Martin Rd., Fairfield, CA 94533 (707) 425-9564.

Susanville: The Human Race, 5 & 10K, Lassen High School, 8:30 a.m. Judy Ernaga, Salvation Army, P.O. Bpx 1701, Susanville, CA 96130 (916) 257-4139.

Avila Beach: Ride & Stride Relay, 10-person teams (5 bicyclists & 5 runners, with legs varying from 2.1 Mi. Run to 12.6 Mi. Ride), 62 Mi. total distance, 7:30 a.m. Chuck Estabrook, Campus Life, P.O. Bpx 1667, San Luis Obispo, CA 93406 (805) 544-3000.

ARE YOU HOSTING A RUN OR MEET?

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

Date of Event _____ Location of Event _____

Name of Event _____

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

Starting Time _____ Distance if a running event _____

Other Important Info _____

Contact Person _____ Phone _____

Address _____ Street _____ City _____ State _____ Zip _____

MAIL TO: Jack Leydig, Schedule Chairman, P.O. Box 459, San Carlos, CA 94070

□ Schedule

Los Angeles: SCA/TAC Masters 10K Championships and Alive and Well in L.A., c/o Race Central, Box 828, Rialto, CA 92376 (Tom Sturak) (213) 450-5714.

Palmdale: Palmdale 5 & 10K, Courson Park, 8:30 a.m. Dan Hammett, 38260-10th St. E., Palmdale, CA 93550 (805) 273-0513.

Lancaster: High Desert Hospital 5 & 10K, 60th Ave. West & Avenue I, 8 a.m. Running Promotions Unltd., Box 128, Lancaster, CA 93534 (805) 942-3820.

Pasadena: Red Rose Run, 5 & 10K. Brookside Park, 8 a.m./5K, 8:45 a.m./10K. Mark Graham, 95 S. Lake Ave., Pasadena, CA 91101 (213) 684-3330.

Riverside: Jurupa Rodeo Runs, 2 & 5 Mi., Jurupa Jr. High School, 8 a.m. Mike Goltry (714) 685-5549.

Covina: Megan Clinic Health In-Sight, 5K & 1 Mi., Time TBA. Randy Gordon, Megan Clinic, 420 W. Rowland, Covina, CA 91723 (818) 967-4191.

Corona Del Mar: Corona Del Mar Scenic 5K, Ocean Blvd. at Beach, 8 a.m. Nancy Beard, Dept. of Parks & Rec., 3300 Newport Blvd., Newport Beach 92658. (714) 644-3151.

Boulder City/Lake Mead, NV: Road Runner Triathlon, 1 Mi. Swim, 25 Mi. Bike, 10K Run, 6 a.m. Bill Callanan, 6252 Clarice Ave., Las Vegas, NV 89107 (702) 870-8269, 878-2987.

Las Vegas, NV: Commander's 5K Championship, Univ. of Nevada, 7:30 p.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

White Water: Spines to Pines Cross-Country Mountain 50K (runs along the Pacific Crest Trail, starts just east of Banning), 8 a.m. Paul Jacobs, 9578 Pauline Dr., Cypress, CA 90630 (Dean Jacobs) (714) 897-5475, evenings.

McKinleyville: Totem Pole V Race, 5 mile and 2 mile, McKinleyville Shopping Center, 10 a.m. McKinleyville High School (Boosters Club), McKinleyville 95521.

Alta Loma: Saint Peter and Saint Paul 5K and 10K, Banyan & Beryl Ave., 7:30 a.m. Run, c/o P.O. Box 248, Alta Loma 91701. (714) 987-9312.

San Luis Obispo: (Pending) Hospice/YMCA Team Relay Marathon (5-person teams), El Chorro Regional Park, across from Cuesta College, time TBA. Budd Dressler (805) 544-8084.

Alta Loma: Chaffey College Sprint Triathlon, run 5K, bike 15K, swim 200 yards, Chaffey College, 8 a.m. Mick Dickson, 5885 Haven Ave., Alta Loma 91701. (714) 986-7696.

■ June 8 (Sunday)

Hayward: Hayward Soccer Classic, 5 & 10K, Hesperian & Tennyson, 8:30 a.m. John Murillo, 2481 Bradford Ave., Hayward, CA 94545 (415) 887-4008.

ABC's of TRAVEL PRESENTS. Marathon Runner's Tour of New Zealand

Tour Highlights: *Winstone International Marathon, Auckland, New Zealand. Sightseeing at NZ's most interesting and exciting places including Rotorua Thermal Geyser Wonderland, Maori concert and hangi (feast), sheep show/shearing demonstration, Waimangu Thermal Valley. Northland bus tour, Wellington, Auckland sightseeing, one week sightseeing in South Island, Queenstown, Christchurch, Franz Josef Glacier, Mount Cook, three days on Mana Island Resort in Fiji.*

Tour Dates: November 9-30, 1986.

Tour Cost: *Two and three week packages available. Prices \$1500 and \$2100 (subject to confirmation).*

First week's accommodation in NZ is free. Tour group stays with New Zealand runners in their own homes. Normal price for a tour of this length would be \$3100!!! Exchange rate now U.S. \$100 = N.Z. \$175!!

Runner's spouses, friends and supporters welcome. A good time was had by all on last year's trip!! Tour led by Roy Stevenson, Seattle's resident New Zealand running coach.

Call Sharon Olinger for free detailed itinerary of trip at: ABC's of Travel, Inc., 18521 Des Moines Way South, Seattle, WA 98148. (206) 244-4477 or 1-800-633-0616, ext. 444.

Palo Alto: Duck to Ducks, 10K, Baylands, 8 a.m. Bob Cunningham, P.O. Box 51561, Palo Alto, CA 94303 (415) 960-0909.

Aptos: Converse Aptos Women's 5-Miler, Aptos Village Park, 9 a.m. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos, CA 95003 (408) 688-1624.

Berkeley: Wildcat Triathlon, 1/2 Mi. Swim, 5K Run, 15 Mi. Bike, Tilden Regional Park (Lake Anza), 8 a.m. First Tri, 2598 Telegraph Ave., Berkeley, CA 94704 (415) 841-1190.

Napa: Camp Coombs Cross Country Run, 1/2 Mi., 1.5 Mi. & 10K, Napa State Hospital, 9 a.m. Bill Hoy, Napa State Hospital, 2100 Napa-Vallejo Hwy., Napa, CA 94558 (707) 253-5415.

Novato: Tri-For-Fun, 1K Swim, 12K Bike, 5K Run, Indian Valley College, 9 a.m. Mary Sheehan, 2086 Chestnut St., San Francisco, CA 94123 (415) 921-7188.

Los Banos: San Luis Dam Jam, 10K & 1 Mile Fun Run. 12 Miles west of Los Banos (Take Basalt Area turnoff from Hwy 152), 8:30 a.m. Mark Bodley, 419 Madison Ave., Los Banos, CA 93635 (209) 826-0325.

Friant: Tri for Fun Series #1, 0.5K Swim, 20K Bike, 5K Run, 7:30 a.m. Patrick Moss, Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno, CA 93726 (209) 221-8181.

Baywood: South Bay Advocates Run for Youth, 4 Mi., Time TBA. Ron Roundy, 2160-B Pine St., Los Osos, CA 93402 (805) 528-0775.

City of Industry: Run for the Hill, Distance TBA, Azusa Ave. & Industry Hills Pkwy., 7:30 a.m. Olivia Krok, Boy Scouts of America, 540 N. Rosemead Blvd., Pasadena, CA 91107 (818) 351-8815.

Westlake Village: Conejo 8K Run, 8 a.m. Brian Pritchard, 1626 Wellington Pl., Westlake Village, CA 91361 (805) 496-0088.

Van Nuys: Run for Fun 5 & 10K, Sepulveda Basin, 8 a.m. Anne (818) 989-8616.

Embarcadero: Pepsi Ford San Diego Invitational Triathlon, 1K Swim, 30K Bike, 10K Run, Time TBA. Rick Kozlowski, 1550 Market St., San Diego, CA 92101 (619) 233-8797.

Mill Valley: Dipsea Race, 7.1 Mi. (trail run), Lytton Square to Stinson Beach, Time TBA. Mill Valley Jaycees, Dipsea Race, P.O. Box 30, Mill Valley, CA 94941 (415) 381-DIPC.

Canoga Park: Deacon Jones Run for Learning Disabilities, 5K, 10K, and 1 Mi. Fun Run. Pierce College in Woodland Hills, 1 Mi./9:30 a.m., 5/10K/8:00 a.m. Centers for Educational Therapy, 7120 Remmet Avenue, Canoga Park, CA 91303 (818) 883-3500.

San Francisco: The Great S.F. Bike Adventure, 20 Miles. Presidio of San Francisco, Parade Grounds, 8 a.m. The Great San Francisco Bike Adventure, P.O. Box 421989, S.F., CA 94142-1989.

El Segundo: Heart Club 5K, Hughes Aircraft Facility, 8 a.m. Dietmar Oberhoessel, 7916 Denrock Ave., Los Angeles, CA 90045 (days) (213)305-2251, (eves) 216-0122.

Fresno: Chihuahua Road Run, 2 and 6 mile, 6:45 a.m. (209) 224-7857 or 485-8310, or 266-9964.

San Diego: San Diego Invitational Triathlon, Spanish Landing, 7 a.m. Rick Kozlowski, 1550 Market St., San Diego 92101. (619) 233-8797 or (619) 222-7595.

Napa: Sierra Cup 10K & 2 mile, Mt. St. George School, 8:30 a.m. Mimi Grammens, Napa Sierra Club, 500 Kent St., Napa 94558. (707) 255-0775.

McKinleyville: Jack Moore Race, 2 & 5.7 miles, 1713 Balboa Rd., 1 p.m./2 mile, 1:45 p.m. Barbara Ehlers (707) 822-4290.

Orange: TriSCAR '86, run 4 mile, swim 1/2-mile, bike 15 miles. SCAR Clinic, time TBA. John Thorsell or Ed Collins, SCAR Clinic, 871 So. Tustin Ave., Orange 92666. (714) 633-7227.

□ Schedule

■ June 14 (Saturday)

Richmond: Juneteenth 10K Run, Time TBA. Attn: Skip, P.O. Box 1051, Richmond, CA 94802 (415) 233-8336, 235-1874.

Mariposa: Butterfly Days Run, 1 & 4 Mi., Mariposa County High School, 8 a.m. Butterfly Days Run, c/o Bill Yaley, Yosemite Bank, P.O. Box 5000, Mariposa, CA 95338 (209) 966-3777.

Fountain Valley: Sweat Don't Fret 5K, 10K & 20K, Mile Square Park, 7:30 a.m. Mental Health Association, 2110 E. First St., #101, Santa Ana, CA 92705 (714) 547-7559.

Pasadena: Centennial 5 & 10K Runs for Education, Seco St. & West Dr., 8 a.m./5K, 8:45 a.m./10K. Steve Mack, 595 Lincoln Ave., Pasadena, CA 91103 (818) 793-1293.

Long Beach: MADD Pig Run, 10K, El Dorado Park, 8 a.m. Larry Chowen, LBPAA, 1850 Snowden, Long Beach 90815. (213) 594-6307.

Los Angeles Area: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, P.O. Box 1438, Davis, CA 95617.

Las Vegas Area: Camp Care 10K, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

San Francisco: Potrero Hill Scenic Scamper, 8K. Potrero Hill Neighborhood House, 9 a.m. Portero Hill Neighborhood House, 953 DeHaro St., San Francisco, CA 94107 (415) 826-8080.

San Francisco: Golden Gate 100K Relay (up to 6-person teams), Presidio Officers Club to Five Brooks (near Olema), time TBA. Daved Horning, 21 Live Oak, Berkeley, CA 94705 (415) 540-7008.

Palos Verdes: Palos Verdes Marathon, (Indian Peak & Hawthorne), 7 a.m. George Owens, Box 153, Palos Verdes Estates, CA 90274 (213) 377-3419.

Idyllwild: Idyllwild 5 & 10K, town center, 7:45 a.m./5K, 8 a.m. Kreig Campbell, P.O. Box 502, Idyllwild 92349. (714) 659-4549.

Santee Lakes: Santee Lakes 10K & 2 mile fun run, 7:30 a.m. Ross Nightingale, c/o San Diego Fire Equipment Co., 266 - 11th. Ave., San Diego 92101. (619) 239-1279.

South Lake Tahoe: Robert DeCelle II Memorial Tahoe Relays, 7-person, 72-miles, Junction of Hiways 89 & 50, 7 am. Alameda Track Club, P.O. Box 1606, Alameda 94501. (415) 523-2264.

Goleta Beach: McConnell's Ice Cream Endurance Events, 5K, 10K or Biathlon (10K run, 1 mile swim), time TBA. Kevin Young (805) 965-5171.

Santa Barbara: State Street Mile, Pedregosa and State Sts., 8 a.m. Team Second Sole, 3969 State Street, Santa Barbara 93110.

■ June 15 (Sunday)

San Francisco: The San Francisco 25K (& 2.5 Mi.), Golden Gate Park, Polo Fields (south side), 8 a.m./25K, 8:15 a.m. Total Race Systems, 627 Galerita Way, San Rafael, CA 94903 (415) 472-RACE.

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School, 10 a.m. Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

Moffett Field: Round the Runway Footrace, 5 & 10K, NAS Moffett Field (North end of large hanger), 9 a.m./5K, 9:45 a.m. "Round the Runway", c/o Recreational Services, Bldg. 25, NAS Moffett Field, CA 94035 (415) 966-5206.

San Jose: RNPA Heart & Sole 5 & 10K, Coyote Hellyer Park, 8:30 a.m. Registered Nurses Prof. Assoc., Anne Cocchi, 119 Cypress Ave., Santa Cruz, CA 95062 (408) 423-3101.

Oakland: Dick Houston Memorial Woodminster Run, 8.3 Mi., Woodminster Meadow-Joaquin Miller Park, 9 a.m. (Age Handicap, Cross Country). G. A. Wetzork, 3452 Capella Lane, Alameda, CA 94501 (415) 522-3724.

Oakland: Bacardi Rum Run, 5 & 10K, Lake Merritt (Old Boathouse), 8:30 a.m. (5K is PA/TAC Championships). SCARE Foundation, 330 41st St., Oakland, CA 94609 (415) 547-6965.

Hollister: Run for the Health of It, 5 Mi., Hazel Hawkins Hospital, 8:30 a.m. Roy Cramblit, 911 Sunset Dr., Hollister, CA 95023 (408) 637-5711.

Monte Rio: Moscow Road Run, 5 & 10K, Monte Rio Post Office (Moscow Rd), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental, CA 94565 (707) 874-2830.

San Luis Obispo: Laguna Lake Relays (2-person teams), 1.5 & 2.5 Mi. legs, Laguna Lake Park, 9 a.m. San Luis Distance Club, Box 1134, San Luis Obispo, CA 93406.

Fresno: Father's Day Run, 2 & 6 Mi., Tulare & Van Ness Ave., 6:30 a.m. Bob Fries, 1501 E. Browning, Fresno, CA 93710 (209) 439-6394.

Hermosa Beach: Dad's Day Dash 10K, Hermosa Beach Pier, 8 a.m. Big Brothers of Southern California, 1486 Colorado Blvd., Los Angeles, CA 90041 (213) 258-3333.

Thousand Oaks: Conejo Track Club Father's Day 5 & 10K, 8 a.m./10K, 9:30 a.m. Robert & Jan Radnoti, 6173 Fremont Cir., Camarillo, CA 93010 (805) 987-8052.

Oxnard: Centerpoint Father's Day Classic 10K & 2K Fun Run, Centerpoint Mall, 8 a.m. Pat Farrell, Centerpoint Mall, 2655 Saviers Rd., Oxnard, CA 93033 (805) 487-1142.

Valencia: Father's Day Downhill Mile, College of the Canyons, 8 a.m. Gene Blankenship, Box 481, Newhall, CA 91322 (805) 251-5562.

Los Angeles: Run For Gay Pride 5 & 10K, Griffith Park, 8 a.m. Frontrunners Track Club, P.O. Box 5038, Santa Monica 90405. (213) 669-2966.

San Diego: June Jubilation 10K & 2 mile fun run, Balboa Park, 7:30 a.m. Bob Palmatier, P.O. Box 171335, San Diego 92117-0976. (619) 236-0842.

PRINTED
T-SHIRTS
CHEAP

Factory "Seconds" Minor "Misprints" Production Overruns

Specify size(s) and preferred colors(s)...various running events, etc. If not satisfied, return for refund, less shipping charges.

2 for \$6, 4 for \$10, 10 for \$20
Shipping Included
Add \$1/shirt for long sleeves

Make check payable and send to:

Jack Leydig • P.O. Box 459 • San Carlos, CA 94070
(415) 595-2249

□ Schedule



■ June 18 (Wednesday)

Los Angeles: Heart of the City 5K Run, Union Bank Plaza, 6:45 p.m. Union Bank Special Events, 445 So. Figueroa, Los Angeles 90071. (213) 236-5716.

■ June 19 (Thursday)

Tulare: Tulare All Comers Track Meet, Plus Sundowner 3K Road Run Series, Bob Mathias Stadium, 6 p.m./Track Meet, 7:30 p.m./3K, Tulare Parks & Rec. Dept., (209) 688-2001, ext. 575.

■ June 21 (Saturday)

Stinson Beach: DSE Double Dipsea, 14.2 Mi., 9 a.m. (Stinson Beach to Mill valley & return). Mike Taheny, 411 Teresita Blvd., San Francisco, CA 94127 (415) 585-7772.

Santa Barbara: Santa Barbara State Street Mile (downhill), Time TBA. Bob Huebel, Second Sole (805) 967-2614.

Anaheim: Anne Kiyasu Memorial Run, 5 & 10K, Yorba Regional Park, 8 a.m. Sherrie Morimoto, 1830 W. Romneya Dr., Anaheim, CA 92803 (714) 491-5761.

Long Beach: Summer Solstice 5-Miler, El Dorado Park, 6 p.m. C.A.P., P.O. Box 30306, Long Beach, CA 90853 (213) 493-6875.

Tule Springs, NV: Lydia's 5 Mile Shoe In and Picnic, Floyd R. Lamb State Park, 7 a.m. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101 (702) 382-3496.

Pleasanton: 4-H Fair Fun Run, 5K, Alameda County Fairgrounds, 8:30 a.m. Alice Pitts, 1085 Murrieta, #124, Livermore 94550. (415) 422-3702 or 443-6247.

San Diego: Run for Vision 8K & 1 mile fun run, College Grove Shopping Center, 7:30 a.m. Warren Simon, Service Center for the Blind, 5922 El Cajon Blvd., San Diego 92115. (619) 583-1542.

Atascadero: Atascadero Fitness Center 5K. Paula Anton, AFC, Box 2062, Atascadero 93423. (805) 461-1500.

■ June 22 (Sunday)

San Francisco: Great Cable Car Chase, 9K (Hyde & Jefferson), 8 a.m. Epilepsy Society of San Francisco (415) 474-9075.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K, 10K & 15K, Lake Merritt (Old Boathouse), 9 a.m. LMJS, 745 Arimo Ave., Oakland, CA 94610 (415) 834-3110.

Castro Valley: Run to the Lake, 10K, Eden Hospital, 8 a.m. Eden Hospital, Attn: Ellen Kushner, 20102 Lake Chabot Rd. Castro Valley, CA 94546 (415) 889-5061.

Healdsburg: Fitch Mountain Footrace, 10K, Plaza Park, 8:30 a.m. Dayle Puckett, Healdsburg Park & Rec. Dept., Box 578, Healdsburg, CA 95448 (707) 433-3301.

"Dean Reinke on Running is a breezy highly informative newsletter that keeps you absolutely up to the minute on running. Reinke covers the races, the stars, and the trends with detail and depth that is remarkable for such a bulletin. Anyone who wants to keep up with the inside story of running should subscribe." —George Sheehan

"A good, gossipy newsletter about what happens behind the scenes in running. Dean Reinke keeps his eyes open and his nose to the roads." —Hal Higdon, Senior Writer, The Runner

"I've enjoyed every issue of Dean Reinke on Running and must admit I look forward to seeing what's happening in our sport in the newsletter." —Bill Rodgers

"For what's happening on America's Road Show I read Dean Reinke on Running." —Coach Billy Squires

YES! I want to go behind the scenes with DEAN REINKE ON RUNNING.
Please start my one-year (12 issues) subscription immediately.

Name _____ Organization _____
Address _____ City/State/Zip _____
Phone (Office) _____ (Home) _____

TO ORDER, please send this form with \$25 payment to:
DEAN REINKE ON RUNNING • 365 Shadow Bay Blvd. N. • Longwood, FL 32779

Santa Rosa: Redwood Coast Triathlon Series II—Spring Lake Tin Man, 1 Mi. Swim, 6.5 Mi. Run, 21 Mi. Bike, Spring Lake County Park, 8 a.m. Redwood Coast Lifesaving Assoc., Box 337, Healdsburg, CA 95448 (707) 528-7620.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13 Mi. Run, Monterey State Beach, 7 a.m. Joe Ossmann, c/o Friends Outside, 116 E. San Luis St., Salinas, CA 93901 (408) 758-2733.

San Diego: San Diego Invitational Triathlon, 1K Swim, 30K Bike, 10K Run, Spanish Landing Park, Time TBA. Rick Kozlowski, 1550 Market St., San Diego, CA 92101 (619) 233-8797.

Lompoc: Valley of the Flowers Half and Full Marathon, 7:30 a.m./Full, 8 a.m./Half. Valley of the Flowers Marathon, P.O. Box 694, Lompoc, CA 93438 (805) 733-4495 (Lee Heinz - before 9 p.m.).

Ventura: Seabreeze 10K & 20K, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura, CA 93001 (805) 643-1104.

Stanford: Run for Life, 10K, Stanford Stadium, 9 a.m. Scott MacTavish, c/o 3003 Moorpark, San Jose 95128. (408) 247-8555.

Bayside: Jacoby Creek Streak, Bayside Grange, 1.8 & 4.8 mile, 1 p.m. Bill Morris (707) 822-8565.

Oceanside: Oceanside Firecracker 10K & 2 mile fun run, Oceanside Harbor, 5:30 p.m. Toni Deal, 3381 Yucca Ave., San Diego 92117. (619) 272-8316.

Rancho Bernardo: Rancho Bernardo 10K & 2 mile fun run, Towne Center, 7 a.m./2 mile, 7:30 a.m. Ed Coverly, 11827 Bernardo Terr., San Diego 92128. (619) 485-7763.

■ June 24 (Tuesday)

San Diego: One-Hour Run, Grossmont College, 6 p.m. San Diego Track Club (619) 270-7382.

■ June 26 (Thursday)

South El Monte: Haroline Walters/Operation Anti-Drug 8K, Legg Lake, 6:30 p.m. Art Martinez, 9502 Reichling, Pico Rivera, CA 90660 (213) 942-8774.

■ June 28 (Saturday)

San Francisco: Stroh's Run for Liberty III, 8K, Golden Gate Park (Polo Fields, south side), 9 a.m. Pamakid Runners, P.O. Box 27557, San Francisco, CA 94127 (415) 681-2323.

Benicia: Benicia Historical Run, 5 & 10K, Time TBA. Liz McMahon, 1883 Lindo St., Benicia, CA 94510 (707) 642-3555 or 745-4023.

Santa Barbara: Stroh's Run for Liberty 8K & 2K Fun Run, Stow Park, 8:30 a.m. John Brennan, Box 6616, Santa Barbara, CA 93160 (805) 964-2591.

Rosemead: City of Rosemead 5 & 10K, Rosemead Park (4343 Encinital), 8 a.m. Chris Best, City of Rosemead, 8838 E. Valley Blvd., Rosemead, CA 91770 (818) 288-6671.

Century City: Century City 5 & 10K, Century City Shopping Center (Santa Monica Blvd.), 7:30 a.m. Randy Lewis, Beverly Hills YMCA, 9930 Santa Monica Blvd., Beverly Hills, CA 90212 (213) 553-0731.

Los Angeles: Stroh's Run for Liberty III, 8K & 2K Fun Run, Griffith Park, 8 a.m. Sports Shoe, 3215 Los Feliz Blvd., Los Angeles 90039. (213) 668-0709.

Fountain Valley: Stroh's Run for Liberty III, 8K, Mile Square Park, 8 a.m. Debbie Lee (213) 597-2824.

Lake Castaic: Castaic Triathlon Series #3, 1K Swim, 40K Bike, 10K Run, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall, CA 91321 (805) 254-1833.

□ Schedule

Healdsburg: Redwood Coast Triathlon Series III, 1 mile swim, 10K run, 25 mile bike. Lake Sonoma (Warm Springs Dam), 8 a.m. 350 limit. Redwood Coast Life Saving Ass'n., Box 337, Healdsburg 95448. (707) 528-7620.

Donner Lake: Donner Lake Triathlon, ½ mile swim, 6.89 mile run, 13 mile bike. Time TBA. 500 limit. Sherry Griswald-Reed, P.O. Box 1772, Truckee 95734. (916) 587-2754.

Mammoth Lakes: Mammoth Chart House Road Races, 10K & 2 mile, 8 a.m. 7800 ft. elevation. George Fowler, P.O. Box 978, Mammoth Lakes 93546. (619) 934-2562.

Newhall: Castaic Triathlon Series, 1K swim, 40K bike, 10K run. Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 91321. (805) 254-1833.

■ July 27 (Sunday)

San Jose: Sri Chinmoy 7-Mile Run, location TBA, 8 a.m. Sri Chinmoy Marathon Team, 2438 - 16th. Ave., San Francisco 94116. (415) 731-RACE.

Mill Valley: Tamalpa 5K, bike path. 250 limit. 8:15 a.m. Susan Furman, 528 Oakdale, Corte Madera 94925. (415) 924-5976.

Hayward: Sertoma Classic 10K, Hayward Air Terminal, 9 a.m. Doug Daniels, 3508 Depot Rd., Hayward 94545. (415) 489-3385 or 735-2960.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5K, 10K, and 15K, Lake Merritt (Old Boathouse, 1520 Lakeside Dr.), 9 a.m. Elvyn Blair, LMJ&S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Sacramento: River City Triathlon, ¼ mile swim, 15 mile bike, 5 mile run. Time TBA. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-3338.

San Luis Obispo: San Luis Obispo Triathlon, ½ mile swim, 15.3 mile bike, 3.6 mile run, Sinsheimer Park, 7:30 a.m. John Rogers, City Recreation Dept., P.O. Box 8100, San Luis Obispo 93403. (805) 549-7305.

Coronado: Coronado Optimist Sports Fiesta Triathlon, 6 mile bike, 400 yard swim, 1 mile run, Coronado Island, time TBA. John Freeman, 845-B Ave., Coronado 92118. (619) 435-6137.

Oceanside: The Nike Triathlon, 2K swim, 25 mile bike, 10K run, Oceanside Pier, time TBA. The Nike Triathlon, P.O. Box 3449, Rancho Santa Fe 92067.

Mt. Charleston, NV: LVTC Mt. Charleston 4 Mile Notch Run, Kyle Canyon Rd., 8 a.m. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Santa Cruz: Wharf to Wharf Run, Approx. 5.8 miles, Santa Cruz Boardwalk, 8:30 a.m.(?). Wharf to Wharf Race, P.O. Box 307, Capitola 95010. (408) 427-0242.

Olympia, WA: Capital City Marathon (TAC National Championships), 2300 Evergreen Park Dr., S.W., 7 a.m. Capital City Marathon, 4615 Ferndale Ct. S.E., Olympia, WA 98501. (206) 786-1786.

San Francisco: Bay Bridge Run. 8 mile (top deck of Bay Bridge), 8 a.m. Mental Health Association of Alameda County, 1801 Adeline St., Room 203, Oakland 94607. (415) 835-5010. *Date changed from June 1.*

Looking Ahead

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

August 2. Bass Lake: Run Thru the Pines Half Marathon, The Pines Village, 8 a.m. Run Thru the Pines, P.O. Box 6103, Fresno 93703. (209) 255-4904.

August 9. Crater Lake, Oregon: Crater Lake Marathon, time TBA. 6400 to 7800 feet. Bob Freirich, 5830 Mack Ave., Klamath Falls, OR 97603.

August 17. San Francisco: Gay Games Marathon, 7:30 a.m. Marathon Registration Committee, 526 Castro St., San Francisco 94114. (415) 861-8282.

August 20. San Francisco: Manufacturers Hanover 3.5 Mile, Foot of Market (at Spear), 7 p.m. Limited to company/corporate teams. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

August 24. Manitou Springs, CO: Pike's Peak Marathon, 7 a.m. Race Line Systems, P.O. Box 26230, Colorado Springs, CO 80936.

August 24. San Diego: America's Finest City Half-Marathon, Cabrillo National Monument, 7 a.m. No raceday registration. Neil Finn, AFC Half Marathon, c/o American Lung Ass'n., P.O. Box 3879, San Diego 92103. (619) 297-3901.

August 30. South Lake Tahoe: World's Toughest Triathlon, 2.4 mile swim, 115 mile bike, 20 mile run. Time TBA. Limit 500. \$100,00 prize money. Dr. Bill McKean, P.O. Box 9045, So. Lake Tahoe 95731.

August 31. Santa Monica: Santa Monica Sports & Arts Festival Marathon, Half Marathon & 5K. Santa Monica College, 7 a.m. Santa Monica Recreation & Parks Dept., 1685 Main St., Room 210, Santa Monica 90401. (213) 458-8311.

Coming Next Month . . .

The July *California Track & Running News* will be our annual track and field championship issue with coverage of the big end-of-the-season championship meets: High School State Meet, Community College State Meet, PCAA Championships, CCAA Championships, NAIA District III Championships, PAC-10 Championships and other big meets like Modesto S&W and the Jenner Grand Prix events. All of this, plus our regular load of schedule, results and features.

Cross Country Coaches: Please send cross country schedules NOW for inclusion in the upcoming Cross Country Season Schedule.

GERMAN T.&F. AND RUNNING CAMP 28 JULY to 11 AUG

MALES & FEMALES 15-21
IN HISTORIC HEIDELBERG
2 Competitions. Visit
Castles, Rhine,
Adidas Factory.

GERMAN HOST
MIKE WEISENBORN
Coach,
Heidelberg College
National Coaching
Experience
IAAF Lecturer

INFORMATION &
RESERVATIONS
ED OLEATA
BOX 2822
LA JOLLA, CA 92038
619-456-3656

Reinke on Running

By DEAN REINKE

Boston is Back

Yes, without a doubt, Boston is back! At least that's what the sign said greeting runners as they strode onto Boylston Street some 600 yards from the finish of the 90th edition of the Marathon. And the race, which the last few years had fallen from the ranks of the elite, bounced back with the help of \$1 million sponsor John Hancock, flexing its muscles and telling the running world that it hadn't gone anywhere.

You can always tell an event is hot when the taxi driver talks of nothing else on the way to the hotel from the airport. And when the newspaper writes about the field of runners instead of the "mayor running" (which he did). And the wheelchair competitors (which there were), you know its something special. From the treatment of the press (all of whom were given jackets, shoulder bags and treated to a Clambake) to the handling of the last finisher, many had to be reminded that yes indeed, this was Boston.

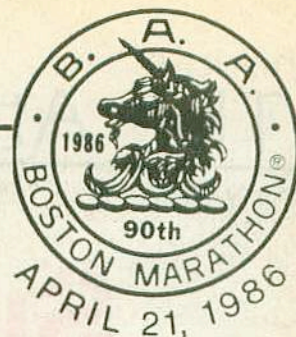
But amid all of the media, running personalities, and world class runners that gather from around the world, the one who laid the groundwork for one of running's all

time high paydays was conspicuously absent. Will Cloney, synonymous throughout the world with this racing classic, declined invitations to the various functions. But ironically present at the press conference stood the controversial Marshall Medoff, the attorney who in 1982 attempted to pull together a similar sponsor package. "There has definitely been a smear campaign to discredit Will and myself. The Hancock contract has never been disclosed but it's not as good as we had in 1982", said the bitter Medoff. "I predicted the demise of the event by 1986 back then but it happened a year early", referring to last year's weak, no prize money field.

But nobody really cared about Medoff nor Cloney, and the real talk was of the TAC awarding of the Olympic Marathon Trials. The Hancock folks had reportedly struck a deal to obtain both the Olympic men's and women's trials in exchange for an affordable insurance package for road races. It smacked of the old "AAU days and smoke filled room decisions", said one insider, which did not sit well amongst the TAC selection committee.

Respected Boston Marathon authority and Boston Globe columnist Joe Concannon wrote an editorial criticizing the trials being held at Boston and numerous other running community leaders doubted that the TAC would be so bold as to circumvent the committee process. As I left Boston, the womens' trials appeared to have a slight chance to be held there but the men's committee was leaning toward Pittsburgh or New Jersey.

Although behind the scenes there were a few rumblings, they were more than drowned out by the enthusiastic "Marathon Fever" that swept the city from the subways to Eliot Lounge. ABC commentator Marty Liquori, in town to provide commentary for one of the 3 local affiliates, started things rolling at the Eliot Lounge on race eve with the challenge of betting any takers that "de Castella would win by less than a minute". Well, he was right on the first count but the tight race that every great event hopes for never materialized for the men nor the women. The personable "Deke" and the seemingly unbeatable Norwegian, Ingrid Kristiansen, had only to contend with the stopwatch. Although "mother" Ingrid predicted a sub 2:20 effort, de Castella's performance was amazing compared to the slow times among the other men, led by Canadian Art Boileau,



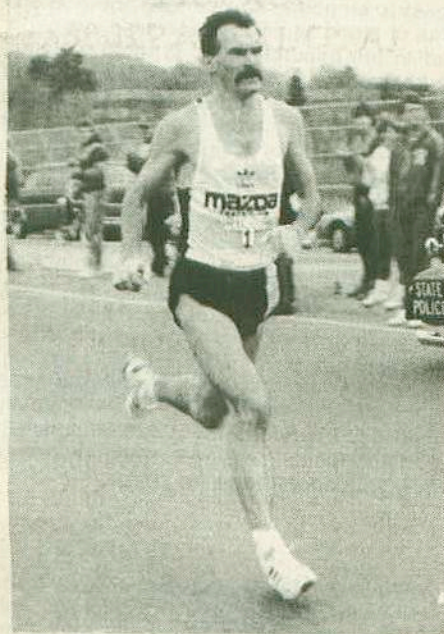
some 3 minutes back. The Aussie had served notice to two of the pre race favorites, Greg "new father" Meyer and Marathon unknown Arturo Barrios, during training runs the week before. Asked if he would have run without the prize money, the tactful exercise physiologist replied, "Prize money itself does not make a marathon. John Hancock, the BAA volunteers and Boston along with the 7 communities on the route have made this a first class marathon".

And if you weren't among the estimated 2 million spectators celebrating Patriots Day along the course, then you could have caught the event live for 3½ hours on ESPN's excellent coverage. As usual, the unflappable Larry Rawson, capably aided by George Hirsch, carried the broadcast, despite his ESPN co hosts. Meanwhile, flipping your channel to the local Boston affiliates was informative as long as Frank Shorter, Marty Liquori, Kathrine Switzer or Tony Reavis appeared, but as is often the case, they were given insufficient air time as the local commentary marred otherwise excellent footage. The locals did however enlighten us with 15 different ways to pronounce "Domingo Tibadueza", references to running "Sneakers" instead of shoes and showing the obligatory "pre race meaningless interview with Suzy Six Pack from Michigan running her 1st marathon" piece, and the old standby "wired reporter in the pack" routine.

But overall, it was an impressive performance for Beantown which showed that although it was knocked down for an 8 count, it's back on its feet and fighting proudly with a renewed energy to reclaim its crown. Most importantly, John Hancock, among America's Corporate giants, has stepped forward while the world watched, laid its money on the table and motivated its colleagues in big business to seriously consider an investment in our sport. Yes, Boston is back!

See Boston Marathon results on page 47...

(Dean Reinke writes a monthly newsletter, "Dean Reinke on Running," covering the national running scene from his perspective as a TV Radio/Commentator/Announcer and consultant to major events throughout the country. He resides in Orlando, Florida, where he is the Vice President of the Wellness Center & Sports Medicine Division of Winter Park Memorial Hospital.)



Boston Marathon winner: Rob de Castella.

The Athlete's Kitchen

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



Sugar Quiz

Misinformation about sugar frequently filters through the popular press. This Sugar Quiz will test your nutrition IQ and help you distinguish fact from fiction.

TRUE or FALSE: Sugar and starch are biochemically similar?

True. Sugar and starch are both carbohydrates and have a similar biochemical structure. Both "refined" table sugar and "natural" fruit sugars are simple carbohydrates comprised of one or two molecules. Starches such as rice, cereal and grain-products are complex carbohydrates made from a chain of simple sugars.

Plants store sugar in the form of starch. This explains why vegetables, such as peas and corn, are sugary-sweet when they're young and become starchier as they mature. In comparison, fruits, such as bananas and pears, convert starch into sugar as they ripen. Humans also store sugar as starch: muscle glycogen, that fuels the muscles for hard exercise, and liver glycogen, that supplies the blood stream with sugar to fuel the brain and muscles.

TRUE or FALSE: The refined sugar in a soft drink converts in to muscle glycogen as effectively as the natural sugar in a glass of orange juice?

True. Sugar is sugar. Your muscles store both natural and refined sugars similarly. The major difference is that a soft drink is a "nutritional zero", as compared to nutrient-rich orange juice that offers lots of vitamin C, potassium and folic acid for top performance.

TRUE or FALSE: You're more likely to experience a "sugar high" from refined white sugar than from the natural sugar in raisins?

False. Although many health-food-fanatics swear that refined sugar inevitably creates a "sugar high" that's followed by a "sugar low" (rebound hypoglycemia), research indicates that raisins elevate blood sugar higher than a calorically equivalent amount of table sugar. When measured on a scale comparing the rate that food digests and enters the blood stream (the "glycemic index"), pure glucose

ranks 100, honey 87, raisins 64 and refined sugar 59. Orange juice ranks 46, apples 39 and ice cream 36. This means that you're more likely to 'get a "sugar high" from raisins than ice cream ...

TRUE or FALSE: You'll feel most energetic if you routinely consume some sugar in your meals, in order to maintain a normal blood sugar level?

False. Although you function most energetically when your blood sugar is within normal limits and adequately feeds the brain (which burns only sugar, as compared to muscles that burn fat, as well), you don't have to eat sugar, per se, for this to happen. Rice, bread, potatoes and most other complex carbohydrates efficiently digest into sugar.

TRUE or FALSE: Candy bars inevitably contribute to a hypoglycemic "let down" soon after eaten.

False. According to a recent survey in the *American Journal of Clinical Nutrition* (March '86) candy bars are NOT a culprit when it comes to "sugar lows". Apparently, the fat content of the chocolate bar delays gastric emptying and curtails the rise and fall of blood sugar that's so vividly described in the popular press. Without a doubt, pure sugar, such as in jelly beans, cola and gum drops, more quickly enters the blood stream and stimulates the body to secrete large amounts of insulin to transport the sugar out of the blood and re-establish a more normal level. The insulin often "overshoots" and takes out too much glucose, which results in rebound hypoglycemia. The popular press has extrapolated this sugar-induced hypoglycemia onto ALL sugary foods - including candy bars. The Hershey Company, that funded this study, is pleased to report that the press is wrong, according to this one well-researched study. Never-the-less, we're metabolically individual, so heed your body's response. If you are "sugar sensitive", then chocolate may be a poor choice for you.

Jack's Athletic Supply

Screened T-Shirts as Low as \$1.85
(\$1.50 in Kid's Sizes)

Embroidered Patches - Ribbons

CHRONOMIX Timers & Clocks

Race Supply Warehouse (Buy-Rent)



Also--We offer free or discounted race-equipment rentals, advertising, prizes, etc., with large volume purchases...call & see what we can offer!

Jack Leydig: Box 459, San Carlos, CA 94070
Phone (415) 595-2249

Nancy Clark MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, is author of the popular book *The Athlete's Kitchen* (available at Dalton Bookstores; Bantam Paperback.)

Technique & Training

By ROY STEVENSON



On Your Mark

The running of this year's popular San Francisco Marathon is set for July 20. That's only about five weeks from now.

If you have yet to run a marathon, but would like to someday, is five weeks too short a time to prepare for this one?

Not in the opinion of running specialist Roy Stevenson.

If you are a runner who now averages four to five miles daily, Stevenson says the San Francisco Marathon may well be an event to which you can aspire — if you don't dally.

Stevenson, a transplanted New Zealander, is a self-styled protege of the legendary Kiwi running coach Arthur Lydiard. A top-flight runner, Stevenson now has a master of science degree in coaching and exercise physiology from Ohio University.

For the beginning marathoner, Stevenson's connection to Lydiard is important. Two decades ago, a heyday for New Zealand distance runners, Arthur Lydiard was the first to demonstrate how long, slow runs could result in not only fitness, but Olympic gold.

The trick is to gradually increase your daily runs, building an ability to go farther on less fuel.

But a marathon in just five weeks?

Stevenson admits that time is of the essence at this late date, and that there is a risk of injury.

But, he claims, if you make good use of what time is left, you should be able to finish all 26.2 miles on July 20.

"If you are doing at least four to five miles a day right now," Stevenson said, "the key will be to start today adding as much extra pure aerobic running as you can."

"If that means you have to walk a bit, fine," he said. His phrase "pure aerobic" is meant to define a running pace that does not leave you out of breath.

Stevenson said there are three variables to training: frequency, intensity and duration. Should you choose the San Francisco Marathon as your next assignment, a change in one of those three will have to take place between now and July 20.

If you already are running daily, a boost in frequency is unlikely. And since five

weeks aren't enough to maintain safety while increasing intensity, that leaves duration.

Simply begin staying out longer and use an old Lydiard trick: Think in terms of minutes, not miles. Stevenson's formula will vary with the person, he said, but consider these examples:

If you are someone who is doing 50 miles a week, or about seven miles a day, you should be able to go to 10 or 11 miles every second day, allowing for your usual seven-mile run on alternate days.

"If you are doing just 30 miles a week, you could go safely up to seven a day.

"The key is staying within your aerobic realm."

Figured in minutes instead of miles, a jogger who averages a nine-minute mile runs his daily five in roughly 45 minutes and should be able to double his road time in four weeks, Stevenson said.

"But remember, the key is slowly. Those variables are important. If you boost duration, you will have to cut back on intensity, because you'll still have to run as frequently if you intend to meet your goal."

For the over-40 runner, Stevenson has this advice: "Regardless of age, aerobic training is aerobic training. Whether you're 12 or 50, the body's ability to adapt is pretty much the same.

"What differs, though, is how the older body handles the work; the older you are, the more you may be prone to musculo-skeletal problems — a sore this, a sore that. So be certain you're running in the correct shoe — a shoe with a nice, thick heel that will help cushion all the pounding you'll be taking — and be sure to get enough rest."

Stevenson said there is "definitely" a correlation between performance and years of running.

"Some of these veteran runners you'll see may not have the latent talent you do; their conditioning may not even be as good. But chances are if they beat you, they will because they know how to run.

"There are a lot of things that go into a marathon," Stevenson said, "and I hope to fill some of the gaps.

"For example," he said, "I want people to know how to survive if, in the race itself, things start going wrong . . . For example, maybe at the halfway point, you begin to feel you have run out of gas and are at a

crossroads where you have to decide whether to stop or simply slow down.

"Should that happen, there's the possibility that by using a walk-for-two-minutes, jog-for-three tactic, you will conserve enough energy to finish.

"Just remember, whether in training or in the race, there's nothing shameful about slowing down. If this is to be your first marathon, you'll find that only about 10 percent really race; the rest are just out to finish."

Heavy Workouts Are On Alternate Days

Roy Stevenson's marathon-training formula allows Friday off, but your work is cut out for you during the remaining six days.

Saturday is set aside for the week's longest run. By July 12 this will have become 140-minute session.

To complete a marathon in 140 minutes, of course, is to produce a world-class effort requiring a five-minute-mile pace. Last July the San Francisco Marathon was won in 2:15:07 while the women's best was 2:38:02.

And most recreation marathon runners figure 3½ hours to be a fulfilling day.

If a nine-minute-mile runner can maintain that pace for a full 26 miles, 385 yards, for example, the run will take just under four hours.

Drop that pace to 10 minutes a mile, and the time will zoom to 4:20.

That's a long time on the road, but you can make it if you prepare now, says Stevenson.

Stevenson's five-week formula calls for heavy workouts on Tuesdays, Thursdays and Saturdays.

Mondays, Wednesdays and Sundays will remain as they are now.

If your usual run lasts between 40 and 50 minutes, boost Tuesdays and Thursdays to 70 and Saturday's to 100; during the next three weeks, increase your running times to the levels listed on the chart.

On July 12, just nine days before the race, you will top out at 140 minutes and look forward to a week of declining work.

On Monday of the final week, begin with an hour run and shorten it by 10 minutes each day until July 19, the day before the race. On that date you will be down to just 15 minutes, time enough for a light jog to loosen up.

SoCal Diary

By BILL MINARIK

□ April 19.

San Diego was the focal point for Prep action over the week-end as the Mt. Carmel Invitational brought together many of SoCal's finest. The wind kept the days marks down, however Carson's Calvin Holmes posted a 10.60-22.11 sprint double while Simi Valley's relay teams had a 42.84-3:21.8 double win and Hawthorne's frosh-soph mile relay team notched a 3:22.6 to highlight boys action. In the girl's competition, Lori Parker of Pomona High literally destroyed the field in the discus throw with a 162-0 effort. That's about a 30 foot improvement over last year, and probably makes Lori the national leader in this event. The Hawthorne girls as expected dominated the meet, but were without star sprinter Tammy Stiles who was reported to be out of state on a recruiting visit.

Elsewhere on the prep scene, at the Valencia Invitational, the host team boys ended up in a 60-60 tie with Estancia, while the Walnut girls were 68-54 winners over Diamond Bar. At the Orange County girls championship at Irvine, it was Mission Viejo using its sprint power to overcome runner-up Newport Harbors distance strength 63-53.

In Community College action, Mt. SAC's men and women were dual meet winners over Cerritos and Orange Coast by scores of 108-32, 86-58 and 89-36, 89-36. At the Metro Conference prelims at Santa Monica CC, it was Long Beach CC as expected leading the qualifying.

In 4-Year College action, first at Westwood, the UCLA men's team beat Houston and TCU 90-55-32 while the Houston women's team was victorious over the Bruins and TCU 85-65-18 as UCLA was without the services of superstar Gail Devers. In the men's meet, TCU displayed its awesome sprint corps which achieved relay marks of 39.2 and 3:02.74, with 8 different runners, the latter being a national dual meet record. The Bruins, still without sprint star Henry Thomas, none-the-less broke their own school record with a 3:03.0 clocking thanks to a 44.1 anchor leg by Danny Everett. The old Bruin record of 3:03.4 was held by a team which included current UCLA sprint coach, John Smith. In the field events, Houston, coached by former Bruin field event coach, Tom Tellez, showed what it could do on the field as horizontal jumpers Larry Burrell and Frank Rutherford posted U.S. outdoor best marks this year of 26-9 and 55-3, while high jumper Mike Reed skyed to 7-4½.

USC traveled up to the Bruce Jenner Invitational and had a number of PRs including a 1:46.8 800 by Joey Bunch in a 2nd place effort to Fresno State's Jeff Roberson

with a winning 1:46.1. In the pole vault, the Trojans' Steve Klassen defeated Switzerland's Felix Bohni on fewer misses at 18-0½. Other top men's marks saw Greg Tafrales enter the 70 foot club with a shot put of 70-4½, while Art Burns continued his hot discus throwing with a winning 224-2 effort. On the distaff side, Carol Cady clearly outclassed the discus field with a strong 204-5 effort while Judy Brown King cruised a 400 in 52.9.

The USC women hosted a Twilight Meet Friday night with Trojan Gervaise McGraw setting a new school record in the 400 with a 53.0 clocking, just ahead of teammate LaWanda Cabells 53.1.

Finally in a 4-way men's meet at Albuquerque, Cal State L.A. pulled a big upset by beating New Mexico, Texas Tech, and Abilene Christian in men's competition 57-54-48-33. This is the Abilene Christian that annihilated the Division II field by over 100 points at last year's NCAA Nationals. CSLA coach, John Tansley, who won just about everything there was to win while at Glendale CC, had indicated that his goal at CSLA is to win a national championship; thus it appears he may be nearing that goal.

□ April 28.

In what has become the U.S. version of the Eastern Bloc's Spartakiade, the Mt. SAC Relays brought together virtually every top SoCal trackster from junior high right through masters in 4 days of uninterrupted competition. Starting off in High School Invitational action, the sprints which usually dominate interest, once again were at the forefront of attention, as super-soph Quincy Watts of Taft made his debut in a big meet a successful one by running away from a boys sprint field in times of 10.61 and 21.03. In the 6400 run, the Mastair brothers apparently decided to compete in NorCal, which allowed Saugus High star Darin Stonerock to take charge and come home a winner 8:25.5. In the boy's relays, it looked like it was going to be Muir all the way, as the Mustang's were easy winners in the 400 & 800 in 40.93 and 1:26.36 and appeared to have a healthy lead on the anchor leg of the 1600 only to see Hawthorne super-soph Travis Hannah come from behind to pull it out at the wire 3:15.81 to 3:15.89.

In the girl's division, it was a toss-up as to who was the star of the show between Pomona's Janeene Vickers and Hawthorne's Tami Stiles. Vickers was able to accomplish here what she couldn't at Arcadia and that was to pull a 100H-300H-400 triple. After winning the 100H & 300H easily in 13.56 and 42.82 she came back to reverse

her 400 defeat by Princess Bennett as she outran the Compton flash 53.28 to 53.85 in the 400. Not to be outdone, Stiles overcame a week of controversy to post easy 11.7 and 23.89 sprint wins, and then helped power her Hawthorne teammates to train length wins in the 400 and 800 relays in 46.21 and 1:37.8.

In the Community College men's division, Taft demonstrated its power on the track with relay times of 39.80 in the 400 and 3:19.33 in the sprint medley. In the seldom run hurdle relays, Long Beach CC had a tremendous 57.54 shuttle hurdle time which equates to less than 14.4 per runner while Mt. SAC clocked a 3:33.3 in the intermediate hurdle relay which works out to about a 53.3 per runner. Most community colleges don't

photo by Jim Reynolds



UCLA's Danny Everett notched a 44.1 mile relay split.

even have a single athlete who could run an average leg on those teams. In the field events Long Beach City athletes Jim Mulligan with a 16-6 pole vault and Tambi Wenj with a 55-10-184-7 weight double showed they were definitely ready for the State Meet.

In the women's division, El Camino with 6 firsts generally dominated the days activity, however it remained for Mt. SAC's 800 medley relay team to set a national record of 1:41.23 breaking West L.A.s 1:42.6 set in 1982.

In 4-Year College/Open competition, most of the top local college athletes were sitting this one out in preparation for big meets next week, however many top U.S.

SoCal Diary

club athletes were here and showed they were ready to take on all comers. Carl Lewis was probably the most notable of those present and he didn't disappoint his fans as he outclassed runner-up Harvey Glance 10.14 to 10.32 in the 100 and then won a surprisingly close long jump competition with a 27-4 effort ahead of UCLA's Mike Powell at 26-11 1/4 and Larry Myricks at 26-11. In the pole vault, Fresno State star Doug Fraley showed that he is just about ready to take on Sergei Bubka as he defeated a classy field with an 18-11 PR.

The big showdown of this meet was definitely in the men's shot put where Texas A & M super soph Randy Barnes who had just popped a 71-9 3/4 throw a few weeks earlier met collegiate record holder John Brenner who entered the meet when he heard Barnes was competing. It looked liked Barnes throw of 70-10 had the event won until Brenner unloaded a 71-5 1/2 heave on his final attempt to win their first confrontation. Just for good measure Greg Tafralis continued his 70 foot throwing with a 3rd place effort of 70-4 1/2. The weights continued to be the main attraction of the meet as Jud Logan destroyed his American record, as well as Olympic Gold Medalist Juha Tiainen, in the hammer throw with a throw of 265-4. Jud definitely appears ready to take on the Russians with whom he trained last year.

The American women also appeared ready for international competition as was evidenced by Evelyn Ashford 11.11, Pam Marshall 22.28, PattiSue Plumer 8:59.6 and 15:52.6, Ramona Pagel 60-5 3/4 and Carol Cady 202-9. The biggest disappointment of the meet had to be former javelin world record holder Tina Lillak. Tina, who at one time was the toast of Finland, managed only a 189-11 effort good for 3rd place behind the United States Cathy Sulinski. The most impressive performance of the meet was definitely that of Jackie Joyner-Kersey who bettered Jane Fredericks American heptathlon record of 6803 with a tremendous 6910 effort which included a 12.9 100 meter hurdles. However, because the hurdles was hand timed, the record can't be accepted.

In other items of note, it appears that the San Diego St. track team has received a clean bill of health in respect to allegations of steroid use and is back in full stride, however its been reported that weight coach Kent Pagel is no longer with the team, but is still teaching at SDS.

I had mentioned earlier about a controversial week for Hawthorne High sprint star Tami Stiles. It seems that the defending state 200 champ almost lost the opportunity to defend her title when Hawthorne coach Kye Courtney kicked her off the team last Thursday; however the AD overruled Kye and reinstated Tami on Friday. According to Kye, the reasons for his action were 1) Tami skipped the Mt. Carmel Invitational to take a recruiting trip to UNLV. 2) she

missed practice the following Monday and a dual meet Tuesday because of alleged illness and then refused to run on the mile relay team Thursday and finally left that meet without the coach's permission. Speculation is that Tami's Mom, who is outspoken about her daughter's running career, put the heat on Hawthorne AD Otto Plum, and was able to get her daughter back on track. Apparently UNLV is anxious to get the entire Stiles family to Las Vegas as its been rumored they put together a package deal which would get Tami a full ride and her Mom, who is a single parent, a job in a local Casino.

As a final note, the big USC-UCLA dual meet has taken a turn against the USC men. In a turnaround, UCLA thrower John Frazier was cleared of charges he competed illegally during his red shirt year while USC strongman Bernd Kneissler was listed as out with an arm injury. This should give the Bruins a sweep in the shot and discus and with it the meet. My last minute dope sheet has the Bruin men winning 97-66 and the Trojan gals ahead 75-61.

May 5.

Most high schools were engaged in final dual meets this past week, many of which were between arch rivals. However some of the girls teams participated in the Claremont girls invitational. At that one, L.A. Crenshaw High was the winner with 78 points ahead of La Mesa with 63, Cajon 61 and Muir with 55. Muir, which was last years state champion, has had a number of problems this year including ineligibilities which have caused the Mustangs to forfeit some dual meets.

The Community Colleges had their Conference Championships and there were a few surprises. In the Metro Conference, it certainly wasn't a surprise to see Long Beach CCs men romp to a whopping 310-141 victory over runner-up Pasadena as the Vikings qualified 50 entires for the SoCal prelims. In the women's meet, El Camino as expected won 206-163 over Santa Monica. I noticed that Harbor CC was shut out in both meets. It was only a few years ago Harbor scored 325 points in a SoCal Conference final. That just goes to show how important recruiting is in Community College track.

In the Mountain Valley Conference, high flying Trade-Tech outran L.A. Valley 214-167 in the men's division, while L.A. Valley overwhelmed Antelope Valley 269-94 in the women's division.

In the Inland Valley Championship, Glendale CC men won their 12th consecutive conference title with a conference record 320 points to 85 for runner-up Citrus, while the Sylvia Mosqueda lead East L.A. CC team were comfortable 154-119 winners over runner-up Glendale.

In the South Coast Conference mens championships over the years, Mt. SAC has had a horror story where on more than one occasion a title has come down to the 1600 relay with the Mounties favored to win, only to have some bad luck knock them out of the picture. Well, lightning struck again this year. In the men's meet, SAC lead by 4 go-

ing into the 1600 relay which they were favored to win. As expected, they cruised wire to wire to lock it up with no red flags in site. In celebration, the anchor man flipped the baton up in the air, and was notified shortly thereafter by the starter that the team was disqualified for his act, with the result that Orange Coast, which had finished 3rd in the race for 6 points had won the Conference by 2, 143-141. In addition since the Mounties didn't have a SoCal qualifying time, it appeared they would not go on to the SoCal meet; however the SoCal rules committee had mercy on Coach Don Ruh's quartet and allowed them into the SoCal prelims. In the women's meet it wasn't that close as Mt. SAC prevailed over runner-up Saddleback 160-126.

In 4-Year College competition, in the big dual meet at the Coliseum. UCLA's men's team and the Trojan women's team apparently wrapped up National Dual Meet Championships with 105-59 and 69-67 victories respectively. I say apparently because the final rankings are done by *Track & Field News*. However, the only other undefeated men's dual meet team of note is Oregon which only beat Cal by one point while the Bruins had a much bigger margin of victory over the Bears, while holding out 3 top performers. The Women of Troy on the other hand could probably win every event against most Div. I teams.

In Division III, Occidental made shambles of the SCIAC Meet, almost doubling the score of the runner-up Claremont-Mudd men 240-121 1/2 and easily outdistancing the 2nd place Pomona-Pitzer women 203-121. The Tiger men led by seniors Vance Mueller and Mal Hardy appear to have their best chance for National prominence since the Steve Haas-Kevin McNair coaching era, while Bill Harvey's women's team will rely on senior heptathlete Shawn Lawson and freshman distance star Michele Trimble for its big meet success.

In another running mark of note, at the New Balance women's invitational at UC Irvine, Alice Brown showed that she was ready for international competition as she posted an 11:02 100 meters.

I noticed on television the other day, where L.A. Marathon champ Nancy Ditz was staring in a G.E. commercial. Nancy, in addition to being highly competitive is both personable and attractive; and people like her are a big asset to the sport of running.

I noticed in a recent CT&RN issue where some readers apparently got some incorrect signals from a comment I made about financial aid to private high school athletes. High schools covered in this column extend only to the Northern boundaries of the Southern C.I.F. section. The fact of a private high school giving financial aid to athletes and C.I.F. action thereon was well documented in a prior issue. In summary, the private high schools giving financial aid to athletes are a small but growing minority, and the impact of this policy is significant enough to tilt the competitive balance

Continued on page 28...

Plumer, continued...

races which I don't really want to do or going overseas and trying to run on the European circuit. And in the fall I'm going to law school at Stanford.

CTRN: Is Puma helping you out enough to make it comfortable?

Plumer: No (chuckle). Not to make it comfortable.

CTRN: Some national and world class men are making \$50,000 to \$100,000 a year

"I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're...controlled by your training."

in contracts.

Plumer: I'm not even close to that. They pay for most of my trips. Maybe if I lived in "Podunk, Iowa," I might be able to be comfortable with what they give me but that's about it. And I don't even think you can do it there.

CTRN: What do you have to do to make it comfortable?

Plumer: I think you have to have some kind of record and more recognition as an athlete. You have to be a face that everyone knows or at least everyone in track and field knows.

CTRN: And how does that happen?

Plumer: You know I'm not sure because it seems to me there are a lot of people who don't really do that well over a long period of time. They've run a few good races and seem to attract the attention. And then there are those of us that don't even get ranked in the top 15. It's very hard for a woman in distance running to make a living unless they run a lot of road races. As a track athlete it's very difficult for a woman distance runner. There aren't that many races in the United States. They don't pay you that much. Especially living in a place like California where the cost of living is so high. My rent is more than I get from Puma. And I don't live extravagantly. You have to be someone like Joan (Benoit), like Mary (Decker-Slaney). Those are the two Americans that come to mind off the top of my head. They are the distance runners that do well. Some people do well because they've been around for a long time like Francie Larrieu. People do well partly by luck. I was talking with one woman who just got signed by Puma. She's run 15:19 (for 5000) this year and 4:08 (for 1500). She's doing great, and she almost couldn't get a contract of any sort, trips or anything. The only way you can make a living is to combine it with road running.

CTRN: What were you doing last season at this time?

Plumer: I was walking. I just started walking again. You want to know what I think a lot of it is (the reason for my comeback)? Weightlifting and aerobics. I think I also took a much more holistic approach to training this year. I did a lot of weightlifting and a lot of aerobics and not a lot of miles. I've averaged maybe 50 miles a week. That's pretty low for someone that just ran a 10,000 yesterday in 32:30.

CTRN: You placed fourth yesterday (May 17) in the TAC national championships 10K road race in Albany, New York in 32:30. Betty Springs won. You were victorious in a triple (1,500, 3,000, 5,000) in the one-day Eastern Airlines meet on April 19 in Tallahassee, Fla. The next weekend at Mt. SAC you raced 3,000 on Saturday night and 5,000 Sunday. What is the reason for this massive dose of racing in such a short period of time? Were you sort of holding back in the races because the fields were not that competitive?

Plumer: At the first meet I felt I had gone (traveled) so far and just to run one or two races I wouldn't get anything out of it. I wasn't pleased with my times. I thought I could at least get a real solid workout out of it. But more importantly, I was having a lot of trouble with my technique. I just wasn't running comfortably. I hadn't run outdoors since 1984. I thought if I could really get into it maybe I could wear myself down and not fight it so much. Everything was such an effort. I think it worked. The following week (at Mt. SAC) I came out and just flowed. It wasn't that fast, but I flowed. I was comfortable and I was very much in control.

CTRN: It seemed like in the 3,000 at Mt. SAC you just pulled away and looked relaxed and easy bringing it in.

Plumer: It was hard but compared to the week before, it was such an effort the week before. Also, it was very hot (in Florida).

CTRN: What are some of the races you plan on running this season?

Plumer: After Jenner and the Carlsbad 5K I won't race again until TACs.

CTRN: What do you think is your best event?

Plumer: That's hard to say. Actually, eventually I think it will be the 10,000. My biggest problem and the reason I was fourth yesterday instead of second or third - Betty Jo ran a beautiful race and she deserved to win and she had no difficulty winning - second, third and fourth, the three of us were very much together the whole race. Half of my foot is a blister and I am not exaggerating. In fact it is very painful right now. This really cost me. I think for sure it cost me third, not to take anything away from Marty Cooksey (second) and Mary Kinsley (third). There was just so much pain the last three miles. This happened the last two times I raced. I can't explain to you how it feels to run with a blood blister on the bottom of your foot for three-and-one-half miles at five-minute pace. It kills. You have to focus so hard and try not to think about the pain, but it's there. The straightaway to the finish was downhill and that made it worse. As they started to accelerate I just couldn't go with them.

The 10,000 is really a mental race. A lot of it's physical, but a lot is mental. I think the

more you run it the experience you get makes a difference.

CTRN: So you think you'll learn the 10,000?

Plumer: I think that's where I'm heading. I just don't like to admit it because I don't want to run that far. My mom will die if she has to watch the 10,000 on the track. My best in the 3,000 is in the top five ever in the United States. My 3,000 time this year 8:48 is No. 1. My indoor (3,000) time is No. 2 by three-tenths of a second to Mary. It's very frustrating because I don't know if I have the raw speed it takes to run a great 3,000 on the international level.

CTRN: What about the TAC and Europe this season?

Plumer: I'd love to do well at TAC and go overseas and run the European circuit.

CTRN: The Olympics in 1988?

Plumer: Oh, that's up in the air between the 3,000 and the 10,000. We'll have to see. I wish they had a 5,000. That's probably my best event at least right now.

CTRN: What was your experience in the 1984 Olympic trials? You placed sixth in the 3,000. Were you in shape?

Plumer: Yeah. I ran really well the first two days. I thought I had a really good chance of making the team. The first day I was knocked down flat on my face and went from third place to dead last in my heat and came all the way back to make the semifinals. I think that might have taken a lot more out of me than I thought because I was real stiff after that. Despite the fact that I did well, I had never been overseas. I had very limited experience in that. If you look at the people who had made it they were true veterans. All had been in the Olympic trials before. Most of them more than once. All had been overseas. It made a difference. There was a lot of pressure. Everyone I talked to said there was more pressure at the Olympic trials than at the Olympic Games. I don't know what happened. I'm not sure. Maybe I just wasn't ready mentally to make the team.

CTRN: Who are the women you fear the most?

Plumer: I don't really fear anyone. I have a lot of respect for a lot of people.

CTRN: Who do you think is doing it the best? Who do you think is doing the right things?

Plumer: Joan (Benoit) is the one who impresses me just by her sheer gut determination and ability to come back from injuries.

CTRN: What is the difference between the women's and men's circuit?

Plumer: Money. Respect too. Especially overseas, well anywhere actually when you come down to it. There are a lot of empty words that say there are no differences, but there are differences. They will say the women aren't as competitive now, which is so baloney because there are more women in track and field than men. There are more women that take up the sport at a younger age now. There are more women doing it when they get to college.

CTRN: Your past indoor season was successful.

Plumer: I ran two races here. At the Meadowlands I won the 3,000 (8:51) and at Millrose I was sick so I didn't run great in

the mile (4:33.36), but it was the second American time of the year at the time. Then I went to Japan for a month and ran a women's relay race on the roads and I ran two more indoor meets, 8:55 and 8:48 in Tokyo. In early January I went back to Japan and ran Osaka.

CTRN: That's quite an experience in traveling.

Plumer: It was the best trip of my life by far.

CTRN: You are now living near UCLA. Why did you move there from Stanford?

Plumer: I moved to Los Angeles because I needed a change of environment. My boyfriend was down here. We're not going out anymore, but he was one of the reasons I came down here. Plus my family is in Irvine. I wanted to be in an environment where it was easy for me to train. I like this area of Westwood. This was a natural place for me to come. I wasn't going to go to Oregon where it rains all the time and I didn't know anyone. I live by myself. My sister is near here, too.

CTRN: About your sister Polly. She is two years younger than you. She is a senior at UCLA with another year of eligibility there after this season. She was a high school sensation at University High in Irvine. As you were growing up did you run together much?

Plumer: No. She lived with my Mom and I lived with my Dad. We grew up in completely different environments 1,000 miles apart from each other.

CTRN: Did you have an influence on her starting to run?

Plumer: I don't think so. We both started running when we were real young. She had more of an influence on me. The only influence I had on her was that I was running distances when I was young. Always. Because I was running in the mile in high school and I was doing pretty well for Col-

CTRN: Do you have any strange eating habits? Are you a vegetarian?

Plumer: I'm pretty much a vegetarian. I'm not real strict. I probably should be a little better with my diet. I don't think it's balanced enough. I think I tend to have too much carbohydrates and not enough proteins.

CTRN: Do you ever feel like you are in a man's sport or do you get that from other people? How do you handle that whole thing?

Plumer: In the past a lot of people asked, "When are you going to grow up?" Now that I'm going to law school that seems to have diminished. It is just incredible how that changed the tune of many people. There are quite a few males that are intimidated by what I do. I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're pretty much controlled by your training. But as far as how I feel about what I do, I feel great about it. I'm very happy about being a female athlete.

I don't have problems with that personally. I'm proud of the fact that I do this. I'm proud of my body and proud of the health I'm in. I'm happy with the fact that I inspire a lot of people. That's one reason why I love my job. I work with a lot of women that don't have a lot of role models.

I've found that a lot of men either consciously or subconsciously are intimidated by what I do and the fact that I'm basically a professional athlete. How can I do it if they couldn't do it? There is that kind of aspect.

It is hard for a man to be a spectator. It is hard for a man to be a cheerleader, to play the support system. They haven't been tailored for that. Society hasn't prepared them for that role.

CTRN: When Chris Evert-Lloyd was Chris Evert she said that she would only marry a man who was better than her in tennis.

Plumer: That sure does limit the range of

have success come easy to them and they don't know how to deal with it. Do you see this, and what about your own situation?

Plumer: It's not been easy for me. I've worked very hard and I know that. I work 30 hours a week besides my running job, plus I run and train and travel and everything else. It doesn't come easy. There are people who it comes easy to, but by the time you get to the international level everyone has basically a similar level of talent and there is a lot of just hard work. Hard work on both sides. Hard work on learning to push yourself but also learning how to rest and taper too.

The worst people you see are people that love to run. You don't have much of a future in competitive running if you do it because you love to run. You have to love to compete. If you love to run you'll overtrain. You see it all the time, especially at the collegiate level. People are good in high school because they love to run. They are in better shape than most of their peers. They get to college and they don't realize that it's a different story and they can't train the same way.

CTRN: So you're telling me that you don't love to run?

Plumer: I love to compete. I tolerate training. I love to train because I love to compete. I love to compete because I love to win. Also, I love to be successful. Winning is not always the first priority for me. I've won a lot of races that I've been unsatisfied with and yesterday I was fairly satisfied despite the fact that I didn't win. Winning is not as important as being successful. And there are a lot of different ways to be successful in athletics.

I think that's why, perhaps right now I'm not entirely satisfied with where I am because I don't think I've been nearly as successful as I can be, for a number of reasons. Partly due to injuries, luck, timing and lack of character at times. Things like that outside my life that have influenced my running career.

Hopefully in the long run it will all even out. The idea with this whole sport is it is a game. It's a sport. It is going in circles no matter if you're going on a loop course on the roads or if you do it on the track. If you run 400 or if you run 10,000 it's basically doing the same thing. You're just going in a big circle. And the idea is you learn things from it and you apply it to your outside life. So when you are ready to make a transfer on to bigger and better things you'll be able to do it effectively.

But it's not always the case. Us runners tend to be neurotic and compulsive and do a lot of stupid things despite the fact that we are great or supposedly great athletes.

"I love to compete. I tolerate training. I love to train because I love to compete. I love to compete because I love to win."

orado, she decided that maybe she should run distances too. She was sprinting, doing the 200 and the 400. My influence was pretty minimal. I think she probably had more influence on my running. She had a great coach, had real good training and good competition at a young age which makes such a difference. One of the reasons the coaches at Stanford felt that I had potential before I went there besides my times, was they saw how well my sister was doing and thought it was probably in the blood. If she could do it then I could do it too. She gives me a lot of incentive to do better. Especially when I know I'm going to have to compete against her. It's hard for your little sister to beat you.

people you could marry. I don't agree with that necessarily, especially with what I do. I can beat most men and I wouldn't judge my mate by how fast he could run. I think what you're saying is you have to marry an equal. You can't expect to have a lasting relationship with your inferior. I think if a man is in an inferior position either intellectually, emotionally or athletically, it doesn't mean you have to be the same caliber. I mean this is my job. It would be like me expecting to go in and take my husband's job over and say, "Yeah, just because you work at this 40 hours a week I should be able to do it." That's ridiculous.

CTRN: There are a lot of runners who

PattiSue Plumer was born on April 27, 1962. She has been running since the fourth grade. Her personal bests from 10,000 meters to 800 meters are: 10K 32:28; 8K 26:50; 5,000 15:29.0; 3,000 8:48.0; 2,000 5:44.48; mile 4:33.36; 1,500 4:11; 800 2:09.

May 3, L.A. Coliseum

TROJANS USC vs. BRUINS UCLA

by Bill Minarik

Last Saturdays USC-UCLA Track Meet marked my first return to the L.A. Coliseum since the Olympics, however I left the meet with much more satisfaction and for a lot less money than at any of the Olympic sessions. In fact you would have to go back to the days of the Coliseum Relays when you could sit back in the huge oval and see 6 hours of nonstop action at a national class level.

This years meet had a slightly different twist than in prior years in that it was the women, whose meet was being contested concurrent with the men, who stole the show, and let me tell you it was some kind of a show. It appeared that UCLA was ready to run away from the Women of Troy as Bruin weight gals Toni Lutjens and Kris Larson went 1-2 in both the Javelin and Discus

down to the final leg and then to the final straightaway with both teams shoulder to shoulder, until Troy's Leslie Maxie pulled away from a leg weary Gail Devers to give USC a 69-67 win and with it a probable national dual meet championship.

For the Bruins, who have been improving ever since an early dual meet loss to San Diego State, there were a number of encouraging performances. As expected, Gail Devers was a tower of strength winning 4 events, placing 3rd in the triple jump and running a pair of gutsy relay legs.

Choo-Choo Knighten showed that she was ready for the NCAA Meet with a 52.26 400 victory over Lawanda Cabel and Gervaise McGraw as well as a 1600 relay leg in about the same time. Polly Plummer, who can't run every week because of a problem

Heidi Adams took a critical 2nd in the shot with a PR against a Bruin pair who had better PRs coming into the meet. Then with 3 events to go before the 1600 relay and the Trojans with their backs to the wall, Lesley Noll who ran 4th in the state high school 800 last year behind winner Kristen Dowell turned the tables on the Bruin star as she kept a slight lead the entire race and finally pulled away with 50 yards to go in a PR 2:06.88. Then in the 400 hurdles, it looked as if the Bruins were going to put the meet away going 1-3 over the final hurdle only to see Leslie Maxie and Sharon Hatfield grab the 1-3 spots right at the wire. Finally in the 200, with the Bruins Gail Devers conceded a first, it was up to the Trojan's Gervaise McGraw to reverse her 400 finish behind the Bruin's Choo-Choo Knighten or the meet

photo by Jim Reynolds



Men's 100: (left to right) Luis Morales, Mike Marsh, and Antonio Manning. One-two-three in that order.

photo by Richard Lee Slotkin



Women's 4x100 Relay: LaWanda Cabel hands to anchor Myra Mayberry who hangs on for the victory over UCLA's anchor Choo Choo Knighten.

to get things going, however Diane Clements and Heidi Adams came back in the shot put going 1-2 over the Bruin pair and the war was on. Things went back and forth from there-right down to the 1600 relay with the meet on the line. In that event, in typical USC-UCLA fashion, the race went

with anemia, was definitely able to run this day as she posted 1500 and 3000 victories over British distance star Elise Lyon.

For USC, more heroes came out of this meet than at the ancient siege at Troy. Wendy Brown came through with another strong jump triple taking 2 firsts and a second.

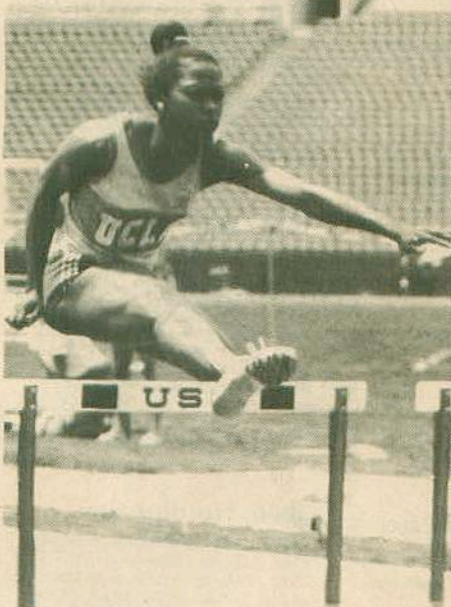
was history. Gervaise did just that, taking a 5 yard lead over Choo-Choo coming off the curve and holding it down the straightaway for the crucial second. In the 1600 relay, the Trojan gals ran 4 incredibly even legs all around 53.0 including Myra Mayberry who was supposed to be the weak link in the quartet.

In addition to the performances of the athletes, there was some incredibly tactical coaching on the part of both UCLA coach Bob Kersee and USC's Fred LaPlante. Kersee was able to maximize the Bruin's point potential with his thin but potent team while LaPlante countered in every event with his greater depth to break the Bruins up. This can be shown by the fact that neither team went 1-2 on the other on the track. In the end, however I feel the Trojan's greater depth was the difference as 6 UCLA athletes accounted for 60 of the Bruins 67 points. In the triple jump, for example, Gail Devers was leading when she had to take part in the 400 relay. In the meantime, Wendy Brown and Yvette Bates moved ahead of her. When Gail returned, she was unable to regain her step on the rest of her jumps and had to settle for 3rd.

Its not often when a women's meet would upstage a men's meet which has the national dual meet championship at stake, but I think all those in attendance would agree it happened this day.

As the men's meet approached this last week, it became apparent that a few key injuries had ruined any chance the Trojans had for a win. Thus the final margin of 104-59 was not a great surprise to most of those attending. With Bernd Kneissler out of the shot put with an injury, UCLA had a concession sweep, and when Ernie Bullard held Joey Bunch out of the 1500, the Bruins had another sweep and the rout was on.

photo by Richard Lee Slotkin



Gail Devers: four first places for UCLA.

Trojans will definitely be heard from at the PAC-10 and NCAA Meets.

The Bruins exhibited depth becoming of a dual meet champion as evidenced by the fact 28 different team members scored. There were also some strong individual efforts. With Henry Thomas running only a 1600 relay leg, it was left to Michael Marsh as the only Bruin entry against the potent USC sprint corps. However, Michael finished a fast closing 2nd in the 100 and then came back in the 200 and passed Antonio Manning with 50 yards to go to win going away. Danny Everett just cruised the 400 in 45.57 and Mark Junkerman looked in the best shape of his life as he notched an easy 1500-5000 double. Kevin Young also continued his streak of strong performances with a 14.11-50.21-25-4½ triple good for a first and 2 seconds.

The performances of both teams were effected to a great extent by the swirling winds which seemed to vary between a crosswind and a headwind, so the marks in this meet don't tell the whole story.

While this was not the Olympic Games, you couldn't tell that by the way this meet was put on: everything about it was world class. The huge Olympic scoreboard was in use giving the spectators virtually every meaningful statistic of the competition. The competition was spread over 6 hours so that all of the field events got the same attention as those on the track. The announcer gave the result of every field event

photo by Jim Reynolds



Joey Bunch

photo by Richard Lee Slotkin



Polly Plumer

photo by Richard Lee Slotkin



Lesley Noll

There were some brights notes for the Trojans as Kneissler was able to get off a 196-4 discus throw and Robert Reading ran a strong 13.96 high hurdles into the wind. In addition the 400 relay team had a very smooth 39.48, while Joey Bunch and Eric Schermerhorn ran a strong 1-2 in the 800. The

attempt so that spectators knew exactly how the event stood at any point in time; and last but not least, former USC great Wait Smith, whom I consider one of the best starters in the world, got every race off on time with NO false starts. For those people who have prime ticket service on their

cable TV system, a delayed tape of the meet was available. However, if you have never been to a USC-UCLA meet, its something that must be seen in person. The various cheers that both teams involve themselves in is worth the price of admission alone. Based on the way both teams have been recruiting, I feel that next years meet will definitely be for the men's and women's national dual meet championship. So if you didn't make it this year, I strongly urge you not to miss out next year.

Men's Results

100m: 1. Morales, USC, 10.31, 2. Marsh, UCLA, 10.34, 3. Manning, USC, 10.41, 4. Dexter, USC, 10.61.
200m: 1. Marsh, UCLA, 20.94, 2. Manning, USC, 21.13, 3. Dexter, USC, 21.14, 4. McCree, USC, 22.96.
400m: 1. Everett, UCLA, 45.57, 2. A. Washington, UCLA, 46.53, 3. Hedgepath, USC, 47.17, 4. Batacul, UCLA, 49.89.
800m: 1. Bunch, USC, 1:47.93, 2. Schermerhorn, USC, 1:48.23, 3. Phillips, UCLA, 1:49.07, 4. Sims, UCLA, 1:50.47.
1500m: 1. Junkermann, UCLA, 3:49.55, 2. Butler, UCLA, 3:51.04, 3. Gaffield, UCLA, 3:53.75, 4. Gomez, USC, 3:56.77.
5000m: 1. Junkermann, UCLA, 14:27.94, 2. Nitti, UCLA, 14:28.94, 3. Hauser, UCLA, 14:51.64.
110m HH: 1. Reading, USC, 13.96, 2. K. Young, UCLA, 14.11, 3. Knight, UCLA, 14.33m.
400m H: 1. K. Young, UCLA, 50.21, 2. M. Graham, USC, 51.48, 3. Knight, UCLA, 53.44.
3000m Steeplechase: 1. Grewe, UCLA, 9:03.74, 2. Mawhorter, USC, 9:08.79, 3. Ortiz, UCLA, 9:18.21.
400m Relay: 1. USC (McCree, Manning, Dexter, Morales), 39.48, 2. UCLA, dropped baton.
1600m Relay: 1. UCLA (Washington, Thomas, Stanich, Everett), 3:08.36, 2. USC, disqualified.
High Jump: 1. Haines, UCLA, 7-2¼, 2. Powell, UCLA, 7-1, 3. Patchett, USC, 6-11¼, 4. Mergenthal, UCLA, 6-10¼.
Pole Vault: 1. Klassen, USC, 16-4¼, 2. Johnson, UCLA, 16-4¼, 3. Richards, UCLA, 16-4¼, 4. Wicks, USC, 16-4¼.
Long Jump: 1. Powell, UCLA, 25-10, 2. K. Young, UCLA, 25-4½, 3. Harris, USC, 24-2½.
Triple Jump: 1. D. Washington, UCLA, 50-5½, 2. Harper, USC, 49-1, 3. Gregory, UCLA, 46-1¼.
Shot Put: 1. Banich, UCLA, 63-7, 2. Frazier, UCLA, 61-7½, 3. Sweeney, UCLA, 60-6¼.
Discus: 1. Kneissler, USC, 196-4, 2. Banich, UCLA, 186-3, 3. Thompson, UCLA, 176-7, 4. Gallo, UCLA, 175-9.
Hammer: 1. Wolltarsky, USC, 216-2, 2. Frazier, UCLA, 205-0, 3. Ansberry, UCLA, 184-6.
Javelin: 1. Connolly, UCLA, 210-3, 2. Gonzales, USC, 208-9, 3. Healey, USC, 190-10.
Score: 1. UCLA, 104, 2. USC, 59.

Women's Results

100m: 1. Devers, UCLA, 11.41, 2. Mayberry, USC, 11.95, 3. Thompson, UCLA, 12.39.
200m: 1. Devers, UCLA, 23.38, 2. McCraw, USC, 23.66, 3. Knighten, UCLA, 24.14.
400m: 1. Knighten, UCLA, 52.26, 2. McCraw, USC, 52.40, 3. Cabell, USC, 53.15.
800m: 1. Noll, USC, 2:06.88, 2. Dowell, UCLA, 2:07.63, 3. Koellnar, USC, 2:11.34.
1500m: 1. Plumer, UCLA, 4:24.62, 2. Lyon, USC, 4:25.84, 3. Ball, UCLA, 4:40.87.
3000m: 1. Plumer, UCLA, 9:29.68, 2. Lyon, USC, 9:54.19, 3. Kendrick, UCLA, 10:04.68.
100m H: 1. Devers, UCLA, 13.30, 2. Brown, USC, 14.20, 3. Kellon, UCLA, 14.23.
400m H: 1. Maxie, UCLA, 56.72, 2. Kellon, UCLA, 57.04, 3. Hatfield, USC, 61.58, 4. Thompson, UCLA, 61.78.
400m Relay: 1. USC (Maxie, McCraw, Cabell, Mayberry), 44.15, 2. UCLA (Kellon, Devers, Phillips, Knighten), 44.73.
1600m Relay: 1. USC (Cabell, McCraw, Mayberry, Maxie), 52.9, 2. UCLA (Phillips, Knighten, Kellon, Devers), 3:33.48.
High Jump: 1. Brown, USC, 5-7¼, 2. Kellon, UCLA, 5-5, 3. Hatfield, USC, 5-3¼.
Long Jump: 1. Devers, UCLA, 21-6½, 2. Brown, USC, 20-10¼, 3. Bates, USC, 19-11¼, 4. Fletcher, USC, 19-5½.
Triple Jump: 1. Brown, USC, 43-4¼, 2. Bates, USC, 43-2½, 3. Devers, UCLA, 42-6¼.
Shot Put: 1. Clements, USC, 51-6½, 2. Adams, USC, 46-11½, 3. Lutjens, UCLA, 46-5¼, 4. Fletcher, USC, 44-4.
Discus: 1. Lutjens, UCLA, 178-2, 2. Larson, UCLA, 169-2, 3. Clements, USC, 167-10, 4. Paris, USC, 164-11.
Javelin: 1. Larson, UCLA, 163-10, 2. Lutjens, UCLA, 153-0, 3. Clements, USC, 148-10.
Score: 1. USC, 69, 2. UCLA, 67.

By KEITH CONNING



Darcy Arreola of Grossmont, San Diego and Tracy Williams of Mountain View, El Monte, in the Girls' 3200 at the Pasadena Games, Occidental College, March 29. Arreola won with a 10:36.05.

These lists contain the best California high school marks (indoors and out). The current California record is listed at the head of each event. The best United States high school mark outside California is listed at the end of each event list.

Times in hundredths are automatic and placed in a position of correspondingly higher value in relation to hand times, which are in tenths.

Symbols: c — converted mark, i — indoor mark, w — wind-aided.

Sections: CS — Central, CCS — Central Coast, LAS — Los Angeles, NCS — North Coast, NS — Northern, OS — Oakland, SDS — San Diego, SFS — San Francisco, SJS — Sac-Joaquin, SS — Southern.

High School Best Marks

by Keith Conning

GIRLS

(Through 5/11/86)

100 Meters (11.34)

11.92w	Smith (Quartz Hill, SS)	11.8
11.7	Stiles (Hawthorne, SS)	
11.7	Burnham (Rio Mesa, SS)	
11.8	Tinkshell (Locke, LAS)	
11.8w	Vickers (Pomona, SS)	
11.8w	Mitchell (Diamond Bar, SS)	
12.08	Rogers (Johnson, SJS)	
12.12w	Thomas (Hawthorne, SS)	11.9
12.13	Simmons (El Monte, SS)	
12.13	Cain (Hueneme, SS)	
U.S.—		
11.58	Caryl Smith (Washington, Denver)	

200 Meters (23.08)

23.89w	Stiles (Hawthorne, SS)	23.8
24.44w	Caldwell (Redwood Chris, CCS)	25.4
24.61	Burnham (Rio Mesa, SS)	
24.74w	Johnson (Aptos, CCS)	25.31
24.74w	Vann (Palo Alto, CCS)	25.64
24.76	Rogers (Johnson, SJS)	
24.6	Amy (Hawthorne, SS)	
24.7	Smith (Quartz Hill, SS)	
24.99w	Thomas (Hawthorne, SS)	25.4
24.8wc	Bennett (Compton)	
U.S.—		
23.72	Carlette Guidry (Sterling, Houston)	

400 Meters (50.87)

53.28	Vickers (Pomona, SS)	
53.85	Bennett (Compton, SS)	
54.82	Turner (Beverly Hills, SS)	
55.6	McAllister (Locke, LAS)	
55.76	Amy (Hawthorne, SS)	
56.35	Alverenga (Milby, CCS)	
56.40	R. Mack (Mountain View, CCS)	
56.58	Smith (Quartz Hill, SS)	
U.S.—		
52.54c	Maicel Malone (N. Centrl, Indnpls)	

800 Meters (2:02.29)

2:10.0	Arreola (Grossmont, SDS)	
2:11.91	Chapel (University City, SDS)	
2:12.4	Smith (Woodbridge, SS)	
2:12.6	Henson (Newport Harbor, SS)	
2:12.62	McAllister (Locke, LAS)	
2:12.8	Clark (Mountain View, CCS)	
2:13.5	Grayson (Mission Viejo, SS)	
2:13.51	D. Joubert (Westlake, SS)	
2:13.7	Chapman (Gunderson, CCS)	
2:13.7	Kochel (Ventura, SS)	
U.S.—		
2:08.73i	Shola Lynch (Hunter, NY)	

Mile (4:35.24)

4:51.84c	Chapel (University City, SDS)	
4:53.39c	Arreola (Grossmont, SDS)	
4:53.62c	Dabul (Temple City, SS)	
4:54.31	T. Williams (Mountain View, SS)	
4:55.53c	Clark (Mountain View, CCS)	
4:59.1	Mendoza (Presentation, CCS)	
4:59.20c	Chapman (Gunderson, CCS)	
U.S.—		
4:45.18i	Suzu Favor (Stevens Pt., WI)	

Two Mile (10:07.8+)

10:32.4	Chapman (Gunderson, CCS)	
10:33.64c	Sutton (Newbury Park, SS)	
10:34.27c	T. Williams (Mtn. View, SS)	
10:37.81c	Scoble (Saugus, SS)	
10:39.77c	Arreola (Grossmont, SDS)	
10:44.89c	Farrell (Thousand Oaks, SS)	
10:49.12c	Chamberlain (Leigh, CCS)	
10:53.72c	Rizzo (Hart, SS)	
U.S.—		
10:21.07	Erin Keogh (Langley, McLean, VA)	

100m Hurdles (13.41)

13.56	Vickers (Pomona, SS)	
14.00	Daetz (Leigh, CCS)	
14.04w	Albanese (Brahman, CCS)	15.03
14.08	McBride (Poly, SS)	
14.19	Peacock (Van Nuys, LAS)	
14.26	Johnson (Aptos, CCS)	
14.27	Outlaw (Lincoln, SDS)	
14.34	Simmons (El Monte, SS)	
14.43	Kuehnis (Los Gatos, CCS)	
U.S.—		
13.18	Yolanda Johnson (Washington, Denver)	

300m Hurdles (40.18)

42.82	Vickers (Pomona, SS)	
43.4	Brooks (Oakland, OS)	
43.8c	Manship (Thousand Oaks, SS)	
44.11c	Albanese (Brahman, CCS)	
43.9	Edmonds (Hawthorne, SS)	
44.1	White (Hawthorne, SS)	
44.41c	Daetz (Leigh, CCS)	
44.49c	Kuehnis (Los Gatos, CCS)	
44.3	Smith (Valley, SJS)	
U.S.—		
43.72	Maureen Bookstrom (Lakewood, CO)	

400m Relay (45.11)

46.21	Hawthorne, SS	
47.76	Hueneme, SS	
47.85c	Mountain View, CCS	
48.14	Compton, SS	

Prep Notes

- 48.0 Roosevelt, CS
- 48.2 Oakland, OS
- 48.2 Edison, CS
- 48.2 Hogan, SJS
- U.S.—
- 45.47 Sterling, Houston

1600m Relay (3:37.69)

- 3:51.22 Compton, SS
- 3:53.19 Hawthorne, SS
- 3:54.21 St. Francis, CCS
- 3:54.3 Hueneme, SS
- 3:54.86 Los Gatos, CCS
- 3:56.3 Grant, SJS
- 3:56.8c Oakland, OS
- 3:57.60 Edison, SS
- 3:57.83 Mission Viejo, SS
- U.S.—
- 3:44.68 Sterling, Houston

High Jump (6-2½)

- 5-10 Carrasco (Anaheim, SS)
- 5-10 McBride (Poly, SS)
- 5-9 Orr (Ocean View, SS)
- 5-8 Anderson (Mt. Miguel, SDS)
- 5-7 Willis (Clovis West, CS)
- 5-7 Schimek (Nevada Union, SJS)
- 5-7 Miller (Crenshaw, LAS)
- 5-7 Pollock (Westlake, SS)
- 5-7 Runyan (Camarillo, SS)
- 5-7 Flynn (Bell-Jeff, SS)
- U.S.—
- 6-0 Holly Kelly (Palmetto, Miami, FL)

Long Jump (20-9¼)

- 21-3w Smith (Quartz Hill, SS)20-6
- 19-7 Brooks (Oakland, OS)
- 19-4 Strachan (Mt. Miguel, SDS)
- 19-0¼w Mitchell (Diamond Bar, SS)18-7¼
- 18-9¼ Jensen (Los Gatos, CCS)
- 18-9w Pile (Highlands, SJS)18-8
- 18-8¼ Henlon (Lynwood, SS)
- 18-8w Anderson (Mt. Miguel, SDS)18-0
- U.S.—
- 20-1¼ Yolanda Taylor (Lewisville, TX)

Triple Jump (42-10½)

- 41-0¼i Anderson (Mt. Miguel, SDS)40-3
- 38-8¼ Orr (Ocean View, SS)
- 38-6½w West (Logan, NCS)37-4
- 38-5¼w Haro (Gilroy, CCS)37-2¼
- 38-1½w Henlon (Lynwood, SS)37-9¼
- 37-7w Bartholomew (Independ, CCS)
- 37-6 Pile (Highlands, SJS)
- 37-6 Moses (Morningside, SS)
- U.S.—
- 42-7¼ Carlett Gidry (Sterling, Houston)

Shot Put (53-7¼)

- 44-8 Gail (Rowland, SS)
- 43-3 Wannamaker (Pleasant Vly, NS)
- 42-11¼ Crawford (Lincoln, SDS)
- 42-1¼ Tables (Vacaville, SJS)
- 42-0 Sexton (Mills, CCS)
- 41-9¼ McKinney (Reedley, CS)
- U.S.—
- 48-9i Melody Johnson (N. Attleboro, MA)

Discus (183-11)

- 162-0 Parker (Ramona, SDS)
- 153-9 Crawford (Southwest, SDS)
- 150-7 Illi (Nogales, SS)
- 141-8 Georgan (Antioch, NCS)
- 141-7 Gail (Rowland, SS)
- 136-6 McMurry (Roosevelt, CS)
- 134-7 Sexton (Mills, CCS)
- U.S.—
- 155-10 Mary Rieghard (Liberty Center, OH)

BOYS (Through 5/18/86)

100 Meters (10.25)

- 10.49 McCree (Madera, CCS)
- 10.60w Holmes (Carson, LAS)10.6
- 10.61 Hendrix (Roosevelt, CS)
- 10.61 Watts (Taft, LAS)
- 10.4w Stewart (Galileo, SFS)10.6
- 10.4w Wellman (Westlake)10.5
- 10.68w Miller (Riordan, CCS)10.99
- 10.70 Rogers (Johnson, SJS)
- U.S.—
- 10.29 Derrick Florance (Ball, Galveston, TX)



National Distance Medley record holders, Jesuit High School: (from left) Mark Mastalir (3:00.8), Paul Thomas (1:57.0), Eric Mastalir (4:07.3), Dan Cahill (51.2), set a Dewey Halden Relays, U.C. Davis, April 25, 1986.

photo by Walt Lange

200 Meters (20.4)

- 21.03 Watts (Taft, LAS)
- 21.0 — McCree (Madera, CS)
- 21.38 Rogers (Johnson, SJS)
- 21.2 Ray (Bullard, CS)
- 21.2 Cannady (Duarte, SS)
- 21.46 Ealy (Muir, SS)
- 21.3w Newsome (Montclair, SS)22.29
- 21.4w Ford (San Pedro, LAS)22.31
- 21.4w Minor (Berkeley, NCS)21.66
- 21.5wc Smith (Gardena, LAS)21.6c
- U.S.—
- 20.63 Derrick Florance (Ball, Galveston, TX)

400 Meters (45.09)

- 47.32 Lewis (American, NCS)
- 47.6 Bixler (Dos Pueblos, SS)
- 48.05 Thompson (Locke, LAS)
- 48.0 Carter (American, NCS)
- 48.21 Johnson (Westchester, LAS)
- 48.27c Watts (Taft, LAS)
- 48.30 Fritz (Anaheim, SS)
- 48.34 Douglas (Fremont, LAS)
- 48.43 Coleman (Duarte, SS)
- 48.46 Hannah (Hawthorne, SS)
- U.S.—
- 46.5 Derrick Cunningham (Carter, Dallas, TX)

800 Meters (1:47.31)

- 1:51.51 Thompson (Locke, LAS)
- 1:52.57 Fitzgerald (St. Ignatius, CCS)
- 1:52.9 McCracken (Loyola, SS)
- 1:53.38 Serratos (Moreno Valley, SS)
- 1:53.8 Sorensen (Villa Park, SS)
- 1:53.88 Gabor (Amador Vly, NCS)
- 1:54.1 Large (Desert, SS)
- 1:54.49 Ewell (Palisades, LAS)
- 1:54.6 E. Mastalir (Jesuit, SJS)
- 1:54.76 Salas (Clovis, CS)
- U.S.—
- 1:49.2 George Kersh (Pearl, MI)

Mile (3:59.4)

- 4:08.06i E. Mastalir (Jesuit, SJS)
- 4:10.31i Dani (Valhalla, SDS)
- 4:11.41i M. Mastalir (Jesuit, SJS)
- 4:14.2c Perez (Manteca, SJS)
- 4:14.4c Thomas (Jesuit, SJS)
- U.S.—
- 4:07.61i John Trautman (Monroe-Woodbury, Central Valley, NY)

Two Mile (8:36.3)

- 8:49.1i Dani (Valhalla, SDS)
- 8:51.64c E. Mastalir (Jesuit, SJS)
- 8:55.10c M. Mastalir (Jesuit, SJS)

- 42.01 Simi Valley, SS
- 42.01 Vallejo, SJS
- U.S.—
- 40.53 Ball (Galveston, TX)

1600m Relay (3:07.40)

- 3:15.1 Hawthorne, SS
- 3:15.89 Muir, SS
- 3:17.59 Fremont, LAS
- 3:17.64 Locke, LAS
- 3:17.82 Dorsey, LAS
- 3:17.95 Santa Ana Valley, SS
- 3:18.14 Centennial, SS
- 3:18.7c Berkeley, NCS
- 3:18.97 Millikan, SS
- 3:19.17 Morse, SDS
- U.S.—
- 3:12.4 Central (Philadelphia, PA)

High Jump (7-4½)

- 7-0 Novitzky (Mills, CCS)
- 7-0 Swanson (Alemany, SS)
- 6-10 Smith (Clovis West, CS)
- 6-10 Young (Fremont, OS)
- 6-10 Tilson (Loyola, SS)
- 6-9¼ Prince (Logan, NCS)
- 6-9½ Juico (Piedmont Hills, CS)
- U.S.—
- 7-2 Clifford Dillard (Christianburg, VA)

Pole Vault (18-2)

- 16-6 Burns (Acalanes, NCS)
- 16-0 Covarubius (Jordan, SS)
- 16-0 Williams (Servite, SS)
- 15-9¼ Toney (Del Mar, CCS)
- 15-6¼ Summerville (San Ramon, NCS)
- 15-2 Miller (Estancia, SS)
- 15-0 Arnett (Los Altos, CCS)
- 15-0 Rankin (Los Gatos, CCS)
- 15-0 Brown (San Pasqual, SDS)
- U.S.—
- 17-8 Pat Manson (Central, Aurora, CO)

Long Jump (26-2¼)

- 24-11w Rogers (Johnson, SJS)24-0¼
- 24-3¼ Knox (Antelope Valley, SS)
- 23-11¼w Rucker (Silver Crk, CCS)23-6
- 23-9 Pride (Grant, SJS)
- 23-9w Spires (Galileo, SFS)
- 23-6 Hooks (Lakewood, SS)
- 23-6w Wright (Edison, CS)22-6¼
- U.S.—
- 25-2 Edward Manderson (Farragut, St. Petersburg, FL)

Triple Jump (53-6½)

- 51-4 Hooks (Lakewood, SS)
- 50-0½ Woods (Hawthorne, SS)
- 49-10¼ Burnett (Lynwood, SS)
- 49-10 Williams (Muir, SS)
- 49-10w McCullough (Edgewood, SS)49-1
- U.S.—
- 51-3¼ Warren Milton (Murphy, Mobile, AL)

Shot Put (69-6½)

- 60-1¼ Boggess (El Capitan, SDS)
- 59-10¼ Bunnell (Gunderson, CCS)
- 59-10 Anderson (Menlo-Atherton, CCS)
- 59-8¼ Barnes (Clovis West, CS)
- 59-5 Carter (Edison, SS)
- 58-3 Harris (Clovis, CS)
- U.S.—
- 64-9 Dail Harper (Caldwell, OH)

Discus (210-8)

- 192-3 Hooper (Del Campo, SJS)
- 183-11 Boggess (El Capitan, SDS)
- 180-8 Waddell (Casa Roble, SJS)
- 176-6 Bain (Corona del Mar, SS)
- 175-3 Van Zandt (Hogan, SJS)
- 174-1 Morales (Garden Grove, SS)
- 173-1 Ane (Saugus, SS)
- 172-6 Stubblefield (South, CS)
- U.S.—
- 203-5 Kamy Keshmiri (Reno, NV)

- 9:05.20c D. Stonerock (Saugus, SS)
- 9:05.6c McAbooy (Miramonte, NCS)
- 9:09.9c Hoepker (Encinal, NCS)
- U.S.—
- 8:56.72c Tim Gargiulo (East Plano, TX)

110m Hurdles (13.41)

- 13.90 Pride (Grant, SJS)
- 14.01 Johnson (Katella, SS)
- 14.14 Bradshaw (Saugus, SS)
- 14.21 Davis (Fairfax, LAS)
- 14.23 Floyd (Eisenhower, SS)
- 14.0 Englehart (DeLaSalle, NCS)
- 14.0w Hall (Ganessa, SS)14.39
- 14.29w Montgomery (Independ, CCS)14.93
- 14.1 Munoz (Quincy, NS)
- 14.1w White (Montclair, SS)14.68
- U.S.—
- 13.73 Pierre Goode (Hazlewood, Town Creek, AL)

300m Hurdles (35.32)

- 37.71 Bradshaw (Saugus, SS)
- 37.79 Harris (Banning, LAS)
- 37.7c Leslie (Washington, LAS)
- 37.99 McElroy (Loyola, SS)
- 37.8 Burnett (Lynwood, SS)
- 38.06 Ellison (Vallejo, SJS)
- 38.15 Bryant (Eisenhower, SS)
- 38.19 Fisher (Notre Dame, SS)
- U.S.—
- 36.3 James Armstrong (Pinkston, Dallas, TX)

400m Relay (40.64)

- 40.93 Muir, SS
- 41.66 Johnson, SJS
- 41.68 Taft, LAS
- 41.6 Lamoore, CS
- 41.82 Hawthorne, SS
- 41.91 Galileo, SFS
- 41.8 Morningside, SS
- 41.95 Duarte, SS

Prep Notes

Prep Results

Pasadena Games

by Mark Evans

March 29. Occidental College.

For the second year in a row the track at Occidental College proved very popular with athletes in the 1986 Pasadena Games. Spectators at this years meet were treated to 12 meet records, one was tied and two national bests.

The national bests came in performances by Locke's Vincent Thompson who ran 1:52.35 in the 800 also breaking Sean Kelly's meet record of 1:52.41. Jeanene Vickers provided the other national best running 43.91 in the 300 meter low hurdles. Jeanene also won the 100 meter low hurdles in a meet record 14.02.

Athlete of the meet honors went to Vincent Thompson who came back in the 400 to hold off Anaheim's Mike Fritz and win 48.05 to 48.30. For the girls Darcy Arreola of Grossmont took Athlete of the Meet

honors for 1600-3200 double and meet records in each. In the 3200 Darcy survived an early race bump and passed Mountain View's Tracy Williams with two laps to go for a 10:36.05 meet record. In the 1600 Arreola led the first finishers under the meet record of 5:07.10 to win in 4:55.33.

In other outstanding races Muir High School of Pasadena climbed to 3rd in the nation with a 400 meter relay time of 41.14. Two members of that team took individual honors later in the meet. Corey Ealy won the 100 in 10.82 and Tyrone Jeffries ran a lifetime best 14.47 to win the 110 Hurdles. The 1600 was won by out of stater Chip Smith a sophomore from Sandia High School in Albuquerque in 4:14.53 over Simi Valley's Jim Zimmer who ran 4:15.35.

On the girls side Hawthorne was a dominant factor winning the 100, 200, 400, and the 1600 relays. Tami Stiles and Deandra Wheeler went 1-2 in the 100 with Stiles also coming back to win the 200. Deanna Amy held off Beverly Hills' Kim

Turner to win the 400. No one was close in the relays with Hawthorne running 46.48 and 3:54.82. In a race that was extremely close Westlake's Desiree Joubert ran a 2:13.51 800 to just nip Locke's Kim McAllister in 2:13.55.

On the field Mike Stubblefield of South Bakersfield threw the disc 163-8 and Dan Tunnickliff threw the shot 53-9. Lori Parker of Ramona also had a meet record throw of 132-9 in the disc. Westlake's Staci Pollack tied the meet record in the high jump of 5-6. In the men's triple jump Anthony Burnett of Lynwood jumped 49-3¼ to win.

Meet Results - Men

Inv. 100: 1. C. Ealy (Muir) 10.82, 2. M. Cannady (Duarte) 10.86, 3. M. Carnes (Simi Vly) 10.93.

Open 100: 1. M. Conway (Patrick Henry, S.D.) 11.00, 2. W. C. Morrison (Pasadena) 11.08, 3. S. Morgan (Blair) 11.12.

200: 1. M. Cannady (Duarte) 21.97, 2. C. Coleman (Duarte) 22.20, 3. W. Morrison (Pasadena) N.T.

400: 1. V. Thompson (Locke) 48.05MR, 2. M. Fritz (Anaheim) 48.30, 3. M. Holcomb (Westlake) 49.00.

800: 1. V. Thompson (Locke) 1:52.35MR, 2. R. Serratos (Moreno Vly) 1:53.38, 3. R. Shaw (Muir) 1:54.77.

1600: 1. C. Smith (Sandia, Albuquerque) 4:14.53MR, 2. J. Zimmer (Simi Vly) 4:15.35, 3. D. Stonerock (Saugus) 4:17.32.

3200: 1. D. Stonerock (Saugus) 9:05.41MR, 2. K. Stonerock (Saugus) 9:24.82, 3. C. Brown (Newport Harbor) 9:25.35.

110m HH: 1. T. Jeffries (Muir) 14.47, 2. T. James (San Dimas) 14.55, 3. A. Burnett (Lynwood) 14.60.

Open 110m HH: 1. R. Barfield (Lynwood) 14.82, 2. L. Parker (Hamilton, LA) 15.09, 3. J. Bryant (Eisenhower) 15.13.

Inv. 300m IH: 1. A. Burnett (Lynwood) 39.14, 2. D. Malden (So. Bakersfield) 39.72, 3. L. Parker (Hamilton) 39.79.

Open 300m IH: 1. B. Jamison (Redlands) 39.40, 2. C. Ingram (Hart) 40.15, 3. J. Godinez (Lincoln, LA) 40.44.

Inv. 400 Relay: 1. Muir 41.14, 2. Simi Valley 42.15, 3. Duarte 42.24.

Open 400 Relay: 1. Pomona 42.93MR, 2. Eisenhower 43.09, 3. Dorsey 43.18.

Inv. 1600 Relay: 1. Muir 3:17.60, 2. Hawthorne 3:19.98, 3. Duarte 3:20.46.

Open 1600 Relay: 1. Santa Ana Valley 3:20.75MR, 2. Crenshaw 3:20.86, 3. Poway 3:23.48.

Distance Medley: 1. Rosemead 10:27.78MR, 2. Belmont 10:31.14, 3. Santa Ana Valley 10:34.47.

Long Jump: 1. M. Carnes (Simi Vly) 23-4, 2. E. Dorn (Estancia) 22-6, 3. T. Wood (Hawthorne) 21-8¼.

Triple Jump: 1. A. Burnett (Lynwood) 49-3¼, 2. T. Williams (Muir) 47-10, 3. T. Woods (Hawthorne) 47-3¼.

High Jump: 1. R. Martin (Arcadia) 6-6, 2. B. Risner (Vista) 6-6, 3. E. Dorn (Estancia) 6-6.

Pole Vault: 1. P. Alduenda (Ramona) 14-6, 2. D. Covarubias (LB Jordan) 14-6, 3. A. Zaldua (Marshall, LA) 14-0.

Shot Put: 1. D. Tunnickliff (Arcadia) 53-9, 2. J. Goodrich (Saugus) 52-5, 3. P. Bodenshot (Blair) 49-11.

Discus: 1. M. Stubblefield (So. Bakers) 163-6¼MR, 2. P. Bodenshot (Blair) 159-9, 3. L. Ane (Saugus) 155-6½.

Meet Results - Women

Inv. 100: 1. T. Stiles (Hawthorne) 12.09, 2. D. Wheeler (Hawthorne) 12.46, 3. C. Williams (Marshall, Pas) 12.66.

Open 100: 1. S. Mitchell (Bakersfield) 12.59, 2. L. West (Grossmont) 12.68, 3. Chris Kaufman (San Pasqual) 13.00.

200: 1. T. Stiles (Hawthorne) 24.53, 2. C. Williams (Marshall, Pas) 25.85, 3. D. Wheeler (Hawthorne) 25.86.

400: 1. D. Amy (Hawthorne) 55.76, 2. K. Turner (Beverly Hills) 55.80, 3. K. McAllister (Locke) 56.20.

800: 1. D. Joubert (Westlake) 2:13.51MR, 2. K. McAllister (Locke) 2:13.55, 3. D. Upsher (Torrey Pines) 2:16.18.

1600m: 1. Arreola (Grossmont)

photo by Burt Davis



Janine Vickers (Pomona HS)

4:55.33MR, 2. C. Farrell (Thous.Oaks) 5:02.70, 3. T. Williams (Mt.View) 5:03.01.

3200: 1. D. Arreola (Grossmont) 10:36.05MR, 2. T. Williams (Mt.View) 10:40.58, 3. C. Farrell (Thous.Oaks) 10:41.14.

Inv. 100m LH: 1. J. Vickers (Pomona) 14.02MR, 2. S. Edmonds (Hawthorne) 14.53, 3. S. Leach (Thous.Oaks) 14.82.

Open 100m LH: 1. S. Mosby (E. Bakers) 14.74, 2. Sharon Attesley (Newport Harbor) 15.88, 3. L. Rogers (Muir) 16.04.

Inv. 300m LH: 1. J. Vickers (Pomona) 43.91, 2. L. Larson (Filmore) 46.02, 3. S. Leach (Thous.Oaks) 46.07.

Open 300m LH: 1. A. Spear (Manual Arts) 47.70, 2. J. Dooley (San Pasqual) 48.29, 3. S. Hartwick (Glendora) 48.73.

Inv. 400 Relay: 1. Hawthorne 46.48, 2. Dorsey 49.13, 3. L. B. Poly 49.37.

Open 400 Relay: 1. Lynwood 49.76, 2. San Pasqual 50.04, 3. Glendora 50.55.

Inv. 1600m Relay: 1. Hawthorne 3:54.82, 2. Thousand Oaks 4:02.43, 3. L. B. Poly 4:10.28.

Open 1600m Relay: 1. Muir 4:02.76, 2. Westlake 4:03.52, 3. San Pasqual 4:04.35.

Distance Medley: 1. Thousand Oaks 12:35.93, 2. Hawthorne 12:44.06, 3. Newport Harbor 12:48.26.

Long Jump: 1. C. Williams (Lynwood) 17-2½, 2. G. Brown (Saugus) 17-2, 3. A. Ralph (Redondo Beach) 16-9¼.

Triple Jump: 1. S. Manship (Thous.Oaks) 37-0½MR, 2. A. Hill (Lincoln, LA) 36-2½, 3. A. Ralph (Redondo) 35-3.

High Jump: 1. S. Pollack (Westlake) 5-6MR, 2. E. Miller (Crenshaw), 3. K. Damon (Redlands) 5-6.

Shot Put: 1. L. Wilkes (Leuzinger) 40-0, 2. S. Ahu (Vista) 38-5½, 3. M. Jones (LB Poly) 37-10¼.

Discus: 1. L. Parker (Ramona) 132-9MR, 2. R. Longwell (Grossmont) 114-1½, 3. M. Sheaffer (Carpinteria) 105-2.

Frosh-Soph Results
100: 1. A. Jefferson (Leuzinger) 11.15, 2. M. Orwat (Paraclete) 11.33, 3. C. Conway (Hawthorne) 11.34.

Sprint Medley: 1. Hawthorne 3:44.45, 2. Esperanza 3:46.18, 3. Fontana 3:47.95.

Distance Medley: 1. Belmont 10:57.01, 2. Hawthorne 10:57.56, 3. Arcadia 11:00.32.

400 Relay: 1. Simi Valley 44.70, 2. Fontana 44.78, 3. Hawthorne 44.90.

1600 Relay: 1. Dorsey 3:29.83MR, 2. Hawthorne 3:32.22, 3. Fontana 3:32.30.



1986

UNITED STATES NATIONAL JUNIOR CHAMPIONSHIPS



June 28-29

Towson State University
Towson, Maryland

Qualifying U.S. Team for the inaugural IAAF World Junior Championships to be held in Athens, Greece, July 16-20. For copy of entry standards and official entry, send a self-addressed, stamped envelope to:

Juniors Championships
P.O. Box 22683
Baltimore, Maryland 21203

Queries: Jack Pfeifer, chairman (301) 522-0811
Open to young men under age 20 and young women under age 19.

\$100 travel stipends available from U.S. Olympic Foundation grant.

CLINIC

Friday, June 27, 6-10 p.m.

Featuring:

Tom Tellez (Houston/pv) □ Harry Groves (Penn State/middle distance)
Lewis Gainey (Georgia/sprints) □ Ed Bowie (Central HS-Seat Pleasant MD/relays)
Tom Ecker (biomechanics-keynote) □ Frank Costello (MD/pylometrics)
Ted McLaughlin (SMU/throws)

Past champions include:

Michael Conley □ Earl Bell □ Carol Lewis □ Renaldo Nehemiah
Denean Howard □ Joni Huntley □ Carl Lewis □ Jackie Joyner
Alberto Salazar □ John Gregorak □ Betty Jo Springs □ Michael Carter

Prep Notes

Orange Co. Girls Champs

April 18, Irvine High School:

100—1. Bertell (Mission Viejo), 12.59;
2. Grant (Estancia), 12.72.
200—1. Bertell (Mission Viejo), 26.66;
2. Grant (Estancia), 26.75; 3. Boeke (Fountain Valley), 26.26; 4. Felix (Mater Dei), 26.30; 5. Reaves (Esperanza), 26.64.
FROSH-SOPH—1. Moyer (El Modena), 26.20; 2. Svoboda (El Dorado), 26.66; 3. Kerr (Corona del Mar), 26.68.
400—1. Coleman (Irvine), 58.2; 2. Grayson (Mission Viejo), 59.0; 3. McHale (Mission Viejo), 59.2; 4. McGrath (Corona del Mar), 59.3; 5. Andre (Edison), 59.4; 6. Brower (Capo Valley), 59.6.
FROSH-SOPH—Kerr (Corona del Mar), 59.88.
800—1. Henson (Newport Harbor), 2:13.2; 2. Grayson (Mission Viejo), 2:13.5; 3. Ritchot (Edison), 2:16.4; 4. Karpel (Ocean View), 2:17.7; 5. Nance (Capistrano Valley), 2:18.2; 6. McGrath (Corona del Mar), 2:18.7.
1,500—1. Smith (Woodbridge), 4:38.7; 2. Rabbit (Newport Harbor), 4:47.4; 3. Ritchot (Edison), 4:51.3; 4. Karpel (Ocean View), nt, 5. Feser (Edison), 4:56.5; 6. Anderson (Newport Harbor), 4:57.8.
3,000—1. Rabbit (Newport Harbor), 10:26.1; 2. Resney (Newport Harbor), 10:47.2; 3. Rospajila (El Dorado), 10:48.7; 4. Nadon (Edison), 10:54.9.
100 LH—1. Ortega (Irvine), 14.89; 2. Carrasco (Anaheim), 15.28; 3. Felix (Mater Dei), 15.39; 4. Kerho (Mission Viejo freshman), 15.49; 5. Linhardt (Capistrano Valley), 15.53; 6. Holland (Saddleback), 15.55.
300 LH—1. Gambin (Esperanza soph), 46.07; 2. Carrasco (Anaheim), 46.64; 3. Attlesley (Newport Harbor), 47.4; 4. Kerho (Mission Viejo), 47.17; 5. Nance (Fountain Valley), 47.57; 6. Phieban (Esperanza), 47.95.
400 RELAY—1. Mission Viejo, 49.46; 2. Edison, 50.18; 3. Esperanza, 50.32; 4. Capistrano Valley, 51.00.
1,600 RELAY—1. Newport Harbor, 4:01.4; 2. Fountain Valley, 4:03.1; 3. Edison, 4:03.3; 4. Capistrano Valley, 4:04.5; 5. Esperanza, 4:07.8.
HIGH JUMP—1. Orr (Ocean View), 5-6; 2. Carrasco (Anaheim), 5-4; 3. Coleman (Marina), 5-2. FROSH-SOPH—Svoboda (El Dorado), 5-3.
LONG JUMP—Orr (Ocean View), 17-0¼. FROSH-SOPH—Moreno (Mater Dei), 17-3¼.
TRIPLE JUMP—1. Orr (Ocean View), 38-3¼; 2. Wright (Esperanza), 35-9½; 3. Holland (Saddleback), 35-4¼; 4. Kulo (Capistrano Valley), 34-9½; 5. Nelson (El Dorado), 34-6; 6. Chandler (Foothill), 34-2½. FROSH-SOPH—Toomey (Mater Dei), 34-9.
SHOTPUT—1. Lovati (El Modena), 41-5½; 2. Bell (Foothill), 38-2¼; 3. Jakubka (Capistrano Valley), 36-0¾. FROSH-SOPH—Goodman (Estancia), 37-2.
DISCUS—1. Lovati (El Modena), 130-2; 2. Wood (Saddleback), 118-6; 3. Ortega (Irvine), 117-11; 4. Kocher (Irvine), 116-0.
TEAM SCORES—1. Mission Viejo, 63; 2. Newport Harbor, 53; 3. Irvine, 43; 4. Ocean View, 38; 5. Esperanza, 37.

Mt. Carmel Invitational

April 19, San Diego:

100—1. Holmes (Carson), 10.60w (4.1 m.p.s.); 2. Rowe (San Diego Lincoln), 10.72; 3. Cannady (Duarte), 10.75; 4. Young (Spring Valley Mt. Miguel), 10.80; 5. Nelson (Simi Valley), 10.89; 6. Conway (SD Patrick Henry), 10.91.
200—1. Holmes (Carson), 22.11; 2. Cannady (Duarte), 22.17; 3. Harris (Simi Valley), 22.31; 4. Coleman (Duarte), 22.57.
400—1. Smith (SV Monte Vista), 49.27; 2. Hannah (Hawthorne), 49.50; 3. Coleman (Duarte), 49.62; 4. Kato (SD Morse), 49.65; 5. Harris (Simi Valley), 49.78.

photo by Burt Davis



Marc Davis, Carmel Invitational 3000 winner.

800—1. Puryear (SD Patrick Henry), 1:56.26; 2. Fraser (SV Monte Vista), 1:56.36; 3. Barragan (SD Kearney), 1:57.47.
1,600—1. Davis (San Diego), 4:17.86; 2. Martin (Fallbrook), 4:20.20; 3. Gabre (Belmont), 4:20.67; 4. Gilson (SD Pt. Loma), 4:24.28.
3,200—1. Zimmer (Simi Valley), 9:26.27; 2. Davis (San Diego), 9:28.38; 3. Castro (Ramona), 9:28.89. Others included: 5. Flores (Hart), 9:35.14.
110 HH—1. Johnson (Katella), 14.21w (5.18 m.p.s. aiding); 2. McKinney (Las Vegas Western), 14.42; 3. Verret (Perris), 14.56; 4. Morris (Hawthorne), 14.61; 5. Floyd (Eisenhower), 14.72; 6. Bryant (Eisenhower), 14.87.
300 IH (combined races)—1. Bryant (Eisenhower), 38.15; 2. Harris (LA Banning), 38.30; 3. Johnson (Katella), 38.70; 4. McKinney (LV Western), 39.21; 5. Jackson (Dorsey), 39.34; 6. Vallery (Hawthorne), 39.44.
400 RELAY—1. Simi Valley, 42.84; 2. Duarte, 42.94; 3. SD Patrick Henry, 43.15; 4. Hawthorne, 43.17; 5. Eisenhower, 43.18; 6. Dorsey, 43.35.
MILE RELAY—1. Simi Valley, 3:21.87; 2. LB Poly, 3:22.60; 3. Hawthorne Frosh-Soph, 3:22.62; 4. Dorsey, 3:23.41.
DISTANCE MEDLEY RELAY—1. Fallbrook, 10:39.61; 2. SV Mt. Miguel, 10:41.16; 3. Hawthorne, 10:44.66; 4. SV Monte Vista, 10:45.01.
HIGH JUMP—1. Peterson (SV Monte Vista), 6-8; 2. tie among Carrier (LB Poly), Risner (Vista) and Greberd (Simi Valley), 6-4.
POLE VAULT—1. Warwick (Hesperia), 14-0; 2. tie between Rafail (Vista) and Baker (La Jolla), 13-6; 4. Parr (Perris), 13-6; 4. Matt Haines (Simi Valley), 13-0.
LONG JUMP—1. Wright (Fresno Edison), 23-6w; 2. Young (SD Mt. Miguel), 23-1¾w; 3. Black (SD University City), 22-6½w; 4. Vallery (Hawthorne), 22-6w; 5. Todd (La Mesa Helix), 22-5w.
TRIPLE JUMP—1. Woods (Hawthorne), 48-10¼; 2. Young (SD Patrick Henry), 46-1¼; 3. Verret (Perris), 45-4¾.
SHOTPUT—1. Boggess (Lakeside El Capitan), 57-9¼; 2. Hooper (Fair Oaks Del Campo), 52-9½; 3. Blaze (Hesperia), 52-3½; 4. Smyllen (Hawthorne), 51-10; 5. Lawther (Simi Valley), 151-9¼.
DISCUS—1. Boggess (Lakewood El Capitan), 183-9; 2. Hooper (FO Del Campo), 172-3; 3. Morales (Garden Grove), 162-10; 4. Ashmore (Katella), 161-6.
Girls
100—1. Thomas (Hawthorne), 12.12w (2.12 m.p.s.); 2. Rhodes (SV Mt. Miguel), 12.18; 3. Williams (Marshall Fundamental), 12.36; 4. Amy (Hawthorne), 12.38; 5. Tinsell (Locke), 12.47.

200—1. Amy (Hawthorne), 25.5; 2. Matthews (SD Morse), 25.9; 3. Williams (Marshall Fundamental), 26.0; 4. Thomas (Hawthorne), 26.4.
400—1. Fitch (SD Morse), 58.09; 2. Bluhm (Thousand Oaks), 59.57; 3. Rothey (San Pasqual), 60.19.

800—1. Chapel (SD University), 2:14.70; 2. Nesbitt (Newbury Park), 2:18.21; 3. Sullivan (Fallbrook), 2:18.72.
1,600—1. Chapel (SD University City), 5:01.99; 2. Toms (LV Valley), 5:06.13; 3. Bryant (Hesperia), 5:08.61; 4. Farrell (Thousand Oaks), 5:12.79; 5. Loveall (Thousand Oaks), 5:20.4.

3,200—1. Sutton (Newbury Park), 10:56.8; 2. Nugent (Del Mar Torrey Pines), 10:57.11; 3. Jorgensen (Vista), 11:19.32; 4. Houle (Hesperia), 11:21.89; 5. Karcher (Ramona, SD Section), 11:24.05.
100 LOW HURDLES—1. Outlaw (SD Lincoln), 14.27 (8.7 m.p.s. aiding); 2. McBride (LB Poly), 14.29; 3. Edmonds (Hawthorne), 14.62; 4. Collum (SD Pt. Loma), 14.80; 5. Leach (Thousand Oaks), 14.82; 6. Mazingo (Hawthorne), 15.05; 7. Davenport (Locke), 15.10.

300 LH—1. Manship (Thousand Oaks), 44.64; 2. White (Hawthorne), 44.82; 3. Edmonds (Hawthorne), 44.85; 4. Mazingo (Hawthorne), 46.45; 5. Leach (Thousand Oaks), 46.55.
400 RELAY—1. Hawthorne, 48.81; 2. Thousand Oaks, 49.40; 3. Fresno Edison, 49.53; 4. Dorsey, 49.81. MILE RELAY—1. Hawthorne, 3:58.97; 2. LB Poly, 4:00.15; 3. Thousand Oaks, 4:03.93; 4. Locke, 4:06.14.

DISTANCE MEDLEY RELAY—1. Newport Park, 12:31.66; 2. Vista, 12:48.28; 3. Del Mar Torrey Pines, 12:52.90; 4. Hawthorne, 12:58.19; 5. Simi Valley, 13:03.70.
HIGH JUMP—1. McBride (LB Poly), 5-8; 2. Patrick (SD Serra), 5-2; 3. Palmer (La Jolla), 5-0.

LONG JUMP—1. Anderson (SV Mt. Miguel), 18-8w; 2. Jiles (LV Western), 18-8; 3. Stowe (DM Torrey Pines), 17-2w; 4. Oliver (Dorsey), 17-0¼w.

TRIPLE JUMP—1. Anderson (SV Mt. Miguel), 38-3¼; 2. Manship (Thousand Oaks), 35-7¾; 3. Hill (LA Lincoln), 35-5; 4. Niles (Chula Vista), 34-3¼.
SHOTPUT—1. Crawford (SD Southwest), 41-8u; 2. Ili (Nogales), 40-11¼; 3. Leppaluoto (SD Madison), 40-8¼; 4. Jones (LB Poly), 39-7½.

DISCUS—1. Parker (Ramona, SD Section), 162-0; 2. Crawford (SD Southwest), 143-5; 3. Ili (Nogales), 143-8; 4. Mann (SD Pt. Loma), 129-7.5; Leppaluoto (SD Madison), 128-10; 6. Stevens (Fallbrook), 123-7.

50.3; 4. Bloodsaw (Foothill), 50.8.
800—1. Sorsenson (Villa Park), 1:53.8; 2. Large (Desert), 1:54.1; 3. Dennis (Covina), 1:56.3; 4. Doyle (Hemet), 1:57.8; 5. Knight (Estancia), 1:58.6.

1,600—1. Meyer (Villa Park), 4:22.9; 2. Williams (La Habra), 4:23.5; 3. S. Hempel (Walnut freshman), 4:24.4; 4. Berko (Covina), 4:24.7; 5. Hormel (Hemet), 4:25.2; 6. Towle (Valencia), 4:26.2.
3,200—1. Lugo (Valencia), 9:29.8; 2. H. Hemple (Walnut), 9:36.8 (Walnut freshman), 9:36.8; 3. Hormel (Hemet), 9:38.2; 4. Longyear (Villa Park), 9:39.6; 5. Hobson (Costa Mesa), 9:43.6.

110 HH—Dorn (Estancia), 15.2. 300 IH—Howard (Los Amigos), 39.00; 2. Wright (Ana. Canyon), 39.96; 3. Dorn (Estancia), 40.05; 4. Larson (Los Amigos), 40.29. 400 RELAY—1. Diamond Bar, 43.35; 2. Valencia, 43.9. 1,600 RELAY—1. Villa Park, 3:27.9; 2. Valencia, 3:28.1; 3. Hemet, 3:30.8; 4. Estancia, 3:31.5.

HJ—1. Dorn (Estancia), 6-7; 2. Price (Valencia), 6-4; 3. Arneus (Foothill), 6-4; 4. Curtis (Elsinore), 6-4; 5. Hefferan (Western), 6-4. PV—1. Miller (Estancia), 14-6; 2. Slocum (Foothill), 13-6; 3. Staub (La Canada), 13-0; 4. McGuire (Villa Park), 13-0.

LJ—1. Dorn (Estancia), 23-1¼w; 2. Robbins (Buena Park), 22-0¼w; 3. Estrada (Elsinore), 21-6¼; 4. Robinson (Covina), 48-6¼; 2. McCullough (Edgewood), 47-7½.

SP—1. Myers (La Canada), 52-9¼; 2. Wiley (Hemet), 52-3¼; 3. Berry (Elsinore), 51-11¼; 4. Haskell (Western), 51-7½; 5. Paulsen (Valencia freshman), 51-0¼. DT—Berry (Elsinore), 149-3.

TEAM SCORES—1. tie between Estancia and Valencia, 60; 3. Villa Park, 46; 4. Elsinore, 32; 5. Hemet, 26.

Girls

100—1. Hargis (Magnolia), 12.82.
200—Clayton (Bishop Amat), 27.0.
400—Ellis (Diamond Bar), 61.3. 800—1. Harkins (La Quinta), 2:22.4; 2. Quacker (Norco), 2:23.9. 1,600—1. Gunn (Walnut), 5:22.4; 2. Quacker (Norco), 5:25.6.
3,200—Acosta (Walnut), 11:50.4.
100 LH—Grand (Los Amigos), 15.9.
300 LH—Grand (Los Amigos), 46.09; 2. Vandenberg (Walnut), 47.0. 400 RELAY—Diamond Bar, 50.0. 1,600 RELAY—La Canada, 4:12.2.
HJ—1. Williams (Western), 5-6; 2. Cragin (Miraleste), 5-4. LJ—Mitchell (Diamond Bar), 19-0¼w. TJ—1. Smith (Elsinore), 35-5; 2. Conner (Barstow), 34-7½.



Eric Dorn (Estancia, Costa Mesa) one of the state's top all-around athletes.

Valencia Inv.

April 19:
100—Brooks (Woodbridge), 11.1.
200—Moreno (Calexico), 22.9. 400—1. Howard (Los Amigos), 49.3; 2. Large (Desert), 49.8; 3. Liddicoat (Valencia),

SP—1. Liszlo (Apple Valley), 39-2; 2. Brown (Bonita), 38-9; 3. Phillips (Walnut), 36-6¼. DT—1. Phillips (Walnut), 120-3¼; 2. Fancher (Valencia), 119-1; 3. Kubota (Valencia), 110-6.
TEAM SCORES—1. Walnut, 68; 2. Diamond Bar, 54¼; 3. Valencia, 32; 4. Los Amigos, 29; 5. Charter Oak, 27¼.

Prep Notes

Ventura Co. Championships

April 19, Rio Mesa HS

Boys

100—Drough (Camarillo), 11.29.
200—Drough (Camarillo), 22.89. 400—Barboza (Rio Mesa), 49.3. 800—1. Fairman (Thousand Oaks), 1:56.6; 2. Aanerud (Rio Mesa), 1:57.8; 3. Yu (Ventura), 1:58.3. 1,600—1. Vett (Buena), 4:23.3; 2. Perez (Rio Mesa), 4:24.2; 3. Worsam (Nordhoff), 4:25.3; 4. Torrier (Rio Mesa), 4:26.6; 5. Pena (Buena), 4:27.8. 3,200—1. tie between Ziglar (Nordhoff) and Vett (Buena), 9:40.10; 3. Valdez (Oxnard), 9:42.6; 3. Williams (Hueneme), 9:43.8.

110 HH—1. Cason (Buena), 15.10; 2. Vener (Thousand Oaks), 15.20. 300 IH—Cason (Buena), 40.78. 400 RELAY—1. Rio Mesa, 44.45; 2. Channel Islands, 44.52; 3. Ventura, 44.53. 1,600 RELAY—1. Rio Mesa, 3:26.0; 2. Thousand Oaks, 3:27.7.

HJ—1. Thomas (Ventura), 6-8; 2. Turner (Ventura), 6-6; 3. Ross (Rio Mesa), 6-4. 4. Richards (Newbury Park), 6-4. PV—Kelly (Ventura), 13-6. LJ—1. Turner (Ventura), 21-8 $\frac{1}{2}$; 2. Chambers (Oxnard), 21-8. TJ—Gammell (Ventura), 42-5. SP—1. Haeflinger (Thousand Oaks), 52-8; 2. Kildee (Rio Mesa), 50-5. DT—1. Kildee (Rio Mesa), 150-8; 2. Swangler (Nordhoff), 145-2.

Girls

100—1. Cain (Hueneme), 12.13; 2. Burnham (Rio Mesa freshman), 12.18; 3. Addison (Hueneme), 12.45. 4. Johnson (Hueneme), 12.72. 200—1. Burnham (Rio Mesa freshman), 25.53; 2. Wiebehaus (Rio Mesa freshman), 26.07. 400—1. Wiebehaus (Rio Mesa), 58.4; 2. Runyan (Camarillo), 59.4. 800—Dallamonica (Calabasas), 2:19.6; 1,600—1. Kochel (Ventura), 5:21.3; 2. Dellamonica (Calabasas), 5:24.9; 3,200—1. Lewis (Buena), 11:19.3; 2. Miller (Nordhoff), 11:40.3; 3. Dietz (Buena), 11:52.5.

100 LH—1. Rosemond (Ventura), 15.62. 300 LH—1. Rosemond (Ventura), 47.92; 2. Turner (Buena), 47.98. 400 RELAY—1. Hueneme, 47.76; 2. Rio Mesa, 49.47. 1,600 RELAY—1. Hueneme, 3:56.5; 2. Rio Mesa, 4:00.1; 3. Buena, 4:11.9. HJ—Runyan (Camarillo), 5-2. LJ—Harris (Buena), 16-10. TJ—Harris (Buena), 33-11. SP—1. Wagoner (Ventura), 37-0 $\frac{1}{4}$; 2. Stahl (Rio Mesa), 36-5; 3. Cochran (Nordhoff), 36-3 $\frac{1}{4}$. DT—Cochran (Nordhoff), 121-1.

Mt. SAC Relays

by Doug Speck

Prep Division

On Friday, April 25th and Saturday, April 26th, the preps moved into the Mt. SAC facility and put on their usual super show of great individual and relay events. With the West again blessed with many of the best in the nation, stars abounded during the two days of action. Janeene Vickers (Pomona) was extremely impressive over the hurdles and on the flat at 400m, Tami Stiles (Hawthorne) and Quincy Watts (Taft, Woodland Hills) were impressive in the sprints, Hawthorne and Muir (Pasadena) again lead the relay action, and Kamy Keshmiri (Reno, Nevada) led the field events with another top discus performance.

Miss Vickers is proving to be heads above everyone around here over the hurdles, and this weekend completed her hurdles-400m triple successfully by taking Princess Bennett of Compton in the flat event. On Friday afternoon Vickers and Bennett both anchored 800m medley teams with 400m splits under 54.0, with Compton emerging with the faster overall time, 1:44.3, which is the #4 All-Time California team. Saturday morning, early,

Vickers lined up against a top field in the 300m LH, and proceeded to blast that group by over a second and a half and lower her 43.41 National Best from Arcadia to 42.82 here. With some step problems down the long final straight Janeene looks capable of going close to 40.0 in a perfect race. Later in the morning the slim Pomona lass had no step problems during the 100m LH, riding a legal 1.5mps breeze and the Mt. SAC surface to a very impressive 13.56 which destroyed the old 14.13 meet record. Her 13.56 is the #2 time in the nation behind Yolanda Johnson (Denver, Colo), who put in a local appearance in the indoor season. With a bit more rest than at Arcadia when she tried an individual triple at the 300m LH, 100m LH, and 400m, Janeene lined up in the early afternoon to tackle the young lady who had bested her in a then-national best 54.26 at Arcadia. Princess is a very determined young lady, but Vickers was just too strong during the stretch run this week, recording a 53.28-53.85 win over the Compton star. This is the #2 time in the nation behind Andrea Thomas (Bronx, NYC), who has run in the high 52's. Compton came back late Saturday afternoon, and in a good race with D.F.-Mexico recorded a new state best for 1986 in the 4x400m relay. Tina Davis (59.4), Kim Milligan (59.0), and Bernitha Whitmyre (59.7) preceded Princess Bennett's 53.3 anchor in a fine 3:51.22.

Tami Stiles (Hawthorne) brought her sprint act to town. In the 100m Hawthorne teammate Dina Thomas had a sling-shot start, but once Stiles gets rolling it is all over for most prep female sprinters. With a legal 1.3mps breeze Stiles went from a meter behind at 80 to two ahead at the finish in her 11.7-11.9 win over Dina. Stiles exhibits a grace and strength that few Southern California preps have had at top speed. Gail Devars, Valerie Brisco, Gwen Loud, Chewakli Knighten, Sherri, and Denean Howard are recent Southland greats who come to mind as having this ability to leave you breathless as they shifted into the gear that Tami has been blessed with. Ashley Rhodes (Mt. Miguel, SD) looked good in a Race 2 100m win in 12.08. The 200m was a replay of the 100, but Stiles rolls into high gear as the race comes off the turn, then steadily and decisively moves away from the pack over the final 100m. Here she bested an excellent group by .78 in 23.89w (+2.75mps). Angela Burnham (Rio Mesa, Oxnard) was 2nd at 24.67w, continuing her fine first year of high school sprinting. In the 4x100m relay, Hawthorne, with Dina Thomas, Dee Dee Wheeler, Deanna Amy, and Stiles (the last three off its 45.11 National Record setting 1985 group) has not been able to put it quite all together this spring. Here, Wheeler was in her first meet back after minor hamstring problems, the passes were so-so, but the group still ran easily the state's best of 46.21, winning by 25 meters. Last year the record setters raced 45.29 here. In the 4x200m, with Tamiko White replacing Wheeler, the Cougars rolled to one of their 50m wins, recording the equal #10 All-Time U.S. Prep mark in the event, at 1:37.8. In the 4x800m Hawthorne was also the winner, with an underclass group of Kendall Stoval (2:23.7), Illana Mozingo (2:26.8), Micki Poolé (2:26.4), and Christina Ross (2:22.1) running 9:36.5. Mozingo has quite a range, having run 14.7 for the 100m LH this spring. Illana started off the Shuttle Low Hurdles team with a 15.3 today, with Tamiko White (15.1), Nicely Smith (16.5), and Sharon Edmunds (14.9) completing the squad's 61.8 Invitational Race win.

Kamy Keshmiri (Reno, Nevada), who rocketed a nation-leading 199-2 in winning at Arcadia, came south again looking for big things. With the five longest throws in the competition he continues to look for some good competition, but after a fine 193-5 on his second toss Kamy lofted his 5th throw way, way out there. His toss proved to be far beyond what

photo by Burt Davis



Newbury Park's Melissa Sutton anchoring winning Girls' Distance Medley 12:03.08 record at Mt. SAC.

photo by Burt Davis



Tami Stiles heads Hawthorne's sprint act.

anyone was prepared for in this prep competition, because right in the middle of the sector at about 205 feet was your basic school desk and chair set-up. Sailing like it had radar Kamy's implement landed right in the middle of the seat, rendering the entire set up a bit uncomfortable for future students. Anyway, after they figured out where it hit (the incident probably cost him a foot and a half) it measured out to 203-5, and another National Leader for the day.

In the Men's sprints there were top groups. In the 100m Karl Stewart (Galileo, SF) joined a top Southern California field. Quincy Watts (Taft, Woodland Hills) had run a number of good dual meet times, and pushed defending state sprint champ Ron McCree (Madera) to the limit at Arcadia in losing by .02 in a 21.37 200m. Development comes fast for youngsters, and Quincy looks better week by week. A tall, smooth, and strong looking runner who really seems to get lift from powerful arm action the last third of his race, Quincy simply destroyed this 100m group over the last 30 meters, racing from out of the pack to a two meter win at 10.61 (wind 0). The match-up in June with McCree will be interesting, since Watts will only get better. Late entrant Kevin Hendrix (Roosevelt, Fresno) looked good in a Race 2 win at 10.74. However, the 200m or 400m will be Watts' best race later in his career, as in the 200 here his vigorous arm action had him blast away from a good group in a windless race to record a 21.03, the #2 time in the nation. Henry Thomas (Hawthorne), who did some real damage before his prep career ended, recorded a 21.02 best by the end of his soph season, and a guy named Roy Martin, who went on to set the current prep National Record at 20.13, has the national soph record at 21.00. Mr. Watts is already running in some select company with the meat of his season left.

In the Men's relays Muir tried for another 4x100, 4x200, and 4x400 sweep.

In the 4x100m a team of Thomas Limbrick, Corey Ealy, Ricky Ervins, and Tyrone Jeffries recorded the nation's best clocking of 40.93 in winning the Invitational race by 10 meters. Hawthorne raced frosh Curtis Conway, sophs Travis Hanna and Leroy Thomas, and junior Robert Carroll in 2nd at 41.82. In the 4x200 Muir ran the same team and won by twice as much, 20 meters in a 1:26.36 run over Galileo of San Francisco's 1:28.08. The afternoon's final prep event, the 4x400m was a classic. Soph Travis Hanna anchored Hawthorne to victory at Arcadia with a 48.6 leg. Here, Muir anchor runner Tyrone Jeffries had a full 8 meter lead over Travis as the two began the stretch run. Amazingly, the fluid Hawthorne soph did not make a real dent in the margin until 50m to go, where he shifted into a gear a talented athlete develops as a part of Coach Kye Courtney's rigorous sprint training program. Seeming to be going twice as fast as Jeffries at the finish Travis looked as if he had not even been on the track the first 350 meters—his 48.4 split took Hawthorne to a 3:15.81-3:15.89 victory. Frosh Curtis Conway led the Cougars off with 49.5 out of the blocks.

Newbury Park's Women's group is undefeated in distance relays this spring, and they put together a very special effort in the Distance Medley here. With Lara Nesbitt leading off (1200) in 3:46.8, Leslie Weak covering one lap in 61.8, and tenacious frosh star Amy Nesbitt pushing through a basically solo 2:16.0 800m, anchor runner Melissa Sutton lacked opposition company through her anchor 1600, covered in a fine 4:58.9 with the team finishing in a super 12:03.80. This is the #12 All-Time U.S. Prep performance ever, and the third fastest California team ever behind Uni of Irvine's Meet and National Record 11:43.53 (1982) and Santa

continued on next page...

Prep Notes

Barbara's 11:56.9 from 1981. Bella Vista (Fair Oaks) recorded a fine 12:15.51 in 2nd (#14 All-Time California team). In the Men's Distance Medley, Villa Park's Jim Sorenson, a 1:53.8 800m runner, put his team out in front with a 3:05.8 1200. Rosemead's Chris Jimenez, a 4:18.7 1600m star, clocked a fine 3:06.3. Eric Sach's 2:00.7 800m gave VP anchor runner Bill Meyer a narrow lead over Aaron Moscarro (Rosemead) to start their 1600m leg. Moscarro tried to edge by with 200m to go in a torrid final lap, but Meyer rocketed away on the homestretch to win in a state-leading 10:18.73. Meyer clocked 4:19.6, with Moscarro 4:19.5.

Fine Flicks by Don Gosney



Laura Chapel (S.D. University HS) won the Mt. SAC 1500 in 4:28.96.

National Mile leader Laura Chapel (University City, San Diego) was the headliner in the Women's 1500m, and she let no one down, taking over the best time in the country at that distance also. Facing a very mature looking Maria Carmen Diaz of CREA-Mexico, Laura showed her kicking ability the final 100 meters in her 4:28.96 win. Darcy Arreola (Grossmont), the nation's #3 returnee in the 800m at 2:09.06 headlined and demolished the field in that event. In virtually a solo effort Darcy looked better than ever in running 2:10.0. At 3000m Tracey Williams (Mountain View, El Monte) started very fast, coming by 1600m at 5:01, then slowing a great deal in the next couple of laps. Mexican visitor Diaz crept caught up and raced away over the final 400m to record a 9:41.6-9:53.1 win, with Saugus fresh Heather Scoble 3rd at 10:07.9.

In the Men's 1500m, with the Mastalir's off setting National Distance Medley Relay records elsewhere, this event was left to Southern California's best. Daren Stonerock (Saugus) found even he could not handle his 2:04.9 800m pace and he dropped back quickly. Over the final lap it boiled down to Jim Zimmer (Simi) a 4:13.48 1600m type, Raul Serratos (Moreno Valley) 4:14.68-1:53.35, and 1986 star Mike McCracken (Loyola, LA) 4:13.63. With 150 meters to go we found who had the best kick, as Serratos repeated the finish that took him to the Southern Section State Qualifying Meet win at 1600m here last May, as he rocketed away to win by over a second from McCracken, with Zimmer in 3rd at 3:52.89-3:53.98-3:55.25.

On Friday afternoon, Daren Stonerock pushed the pace hard all the way in an excellent 8:25.5 3000m. Rosemead junior Aaron Moscarro pressed the Saugus star on the last lap and recorded by far his best track race ever in 8:25.9 for 2nd. Over 800m Cuetemoc Benitez (CREA-Mexico) continued to pressure Vincent Thompson (Locke, LA) after a quick 52.6 first 400m. The strong duo battled every inch of the final 200m, with the American prevailing by .05 at the finish 1:51.51-1:51.56 (Thompson's win is the #3 time in the nation in 1986). An interesting state match-up will come with Neil Fitzgerald (St. Ignatius, SF), who destroyed the South's best by three seconds at Arcadia at 1:52.57.

Eric Bixler (Dos Pueblos, Goleta) was a winner at Arcadia at 400m as a virtual novice in the event. After blazing a 47.3 relay leg Friday here, Bixler steadily lifted away from a top group in the Saturday Invitational event over the final 150 meters to win in 47.79 (new state leader) over Kevin Hendrix (Roosevelt, Fresno) 48.69. Amazing Hawthorne soph, Travis Hanna took Race 2 in 48.65, exhibiting an amazing lift near the end and previewing his later 4x400m relay abilities.

Terry Johnson (Katella, Anaheim) continued his undefeated season in the 110m HH's with a fine 14.04 run that had him edge decisively away over the last couple of flights. Rodney Bradshaw (Saugus) 14.35 and Mark McKinney (Western, Las Vegas) 14.40 also ran very well in Terry's wake. Loyola's Eddie McElroy charged a steady race to win the 300m IH in a fine 37.99 over Bradshaw's 38.09.

The Women's Discus featured three of the country's top four throwers. Lori Parker (Ramona) took over the National lead the previous weekend at 162-0, with Tracy Crawford (Southwest, SD) the Arcadia winner at 153-8, and defending state champion Lil III (Nogales, LaPuente) at 150-7 (162-2 1985). Parker ended the suspense early here, blasting her first throw out to 151-0 while competing in an early flight. Lil had one good toss, at 147-0 1/2 (4th round) and Crawford was out to 143-1 1/2 for 3rd. A fine women's High Jump field featured five with bests between 5-9 and 6-0. Yleana Carrasco (Anaheim) decided it was time to get in gear after only a 5th at Arcadia (at 5-4 in a meet where she cleared 6-0 last year). Debbie Orr (Ocean View, Huntington Beach), the state's best all-around jumper, had improved to 5-9 two days previous, and revived 5-11 (1985) jumper LaShawn McBride (LB Poly) was here. Orr and McBride joined Carrasco over 5-8 today, with Carrasco also over 5-10 on her first attempt. McBride negotiated that height on her second attempt, while Orr could not clear that barrier. Carrasco was the winner on the count-back. In the Women's Long Jump Diamond Bar's Rosalyn Mitchell continued her comeback from a mild hamstring problem, handling a top group here with an 18-7 1/2 leap. Gretchen Jiles (Western, LV), who jumped 19-4 two weeks previous, was 2nd at 18-2 1/4. In the Triple Jump Debbie Orr (Ocean View) handed Jackie Anderson (Mt. Miguel) her first defeat of the year 38-3/4 to 38-7/4 w. In the Shot state leader Brandi Gail (Rowland) could not overcome a 3rd effort 42-11 by Tracy Crawford (Southwest), and suffered her first loss of the year with five puts over 41-5, but with a best of only 42-3.

In the Men's Shot Brian Bogges (El Capitan, Lakeside) exploded on his first toss to 59-7 in extending his seasonal best by over a foot and a half in winning easily over soph Kaleaph Carter (Edison, HB) at 57-6. Dan Covarubias (Jordan, LB) became California's latest 16-footer with a clearance of that height two days previous in a dual. His match up with undefeated 16-footer Steve Williams (Servite, Anaheim) would be interesting. Dan cleared 14-0, 14-6, and 15-0 on his first at-

tempts, but could not negotiate 15-6, a height Williams cleared on his first try to take the win. Doug Miller (Estancia) was over 15-0 for 3rd. In the Triple Jump Dario Robinson (Covina) joined a large group with credentials in this event to go 48 feet consistently, winning at 48-2 1/4 w over Terrence Williams (Muir) 47-4 3/4 w.

Los Gatos had a fine weekend. In the 4x1600m relay Friday evening Coach Willie Harmatz' group rode Eric Wendling's 4:29.1 and Scott LaForce's 4:18.9 to race away from the field in the final two legs on the way to a 17:52.1 win over Rio Mesa (Oxnard) 18:02.9. Walnut High may have established a national record of sorts with their 18:11.3 win in the second level race, as the team's four frosh-soph members averaged under 4:33.0, anchored by Scott Hempel's 4:22.2. Saturday morning in the 4x800m Los Gatos was again victorious. LaForce (1:56.7) and Wendling (1:55.8) again handled the last two legs after Kevin Baiko (1:59.0) and David Hastings (2:00.8) kept the 7:52.23 team competitive through the opening four laps. In the Sprint Medley, Centennial (Compton), with Larry Brother, Mark Briggs, Marvin Briggs, and Demitrios Moore running a fine anchor 800m was the narrow winner over LB Poly 3:32.29-3:32.48. In the Shuttle High Hurdles, Estancia (Costa Mesa) had a fine foursome of Eric Dorn, Tom McCarthy, Doug Miller, and Brian Sherrard that averaged 15.1 per runner on the way to their 60.4 win. Some other fine unofficial splits during this event were Tim James (San Dimas) 14.2, Dana Hall (Ganessa, Pomona) 14.2, and Robert Morris (Hawthorne) 14.2. Dorn came back to win

the Invitational Long Jump, putting four leaps out past those of anyone else in the field in a 22-9 1/2 win.

There are a ton of Southern California jumpers stuck between 6-6 and 6-8. Seven made the 6-6 standard here, with Derrick Moore (Millikan, LB) again proving to have just a touch more than everyone else with his second effort 6-8 clearance that was enough to win when no one else could clear that height.

Edison of Huntington Beach, off Nicky Ritcho's 5:00.3 anchor leg was the top California prep team at 21:20.4 behind a visiting team from Mexico's 20:49.6. Edison's time is the #19 All-Time U.S. prep mark in the event.

BOYS

Invitational

800 RELAY—1. Marshall Fundamental (Roades, Dantzier, Delus, Whitmore), 1:32.6; 2. San Dimas, 1:32.6; 3. Thousand Oaks, 1:34.6; 4. North Torrance, 1:34.9; 5. Gladstone, 1:34.9.

6.400 RELAY—1. Los Gatos (Baiko, Hastings, Wendling, LaForce), 17:52.1; 2. Rio Mesa, 18:02.9; 3. Torrance, 18:02.9; 4. Lompoc, 18:03.5; 5. Arroyo, 18:07.0; 6. Palos Verdes, 18:09.8; 7. Thousand Oaks, 18:10.0; 8. Simi Valley, 18:19.4.

3.000—1. D. Stonerock (Saugus), 8:25.5; 2. Moscarro (Rosemead), 8:25.9; 3. K. Stonerock (Saugus), 8:35.3; 4. Serratos (Moreno Valley), 8:38.0; 5. Honig (Fair Oaks Bella Vista), 8:40.2; 6. Sand (LA University), 8:45.1; 7. Schumacher (St. Anthony), 8:45.2; 8. Rattery (CC Canyon), 8:47.9.

Open

400 RELAY (Race 1)—1. Crespi, 43.6; 2. Thousand Oaks, 44.1. (Race 2)—1. Marshall Fundamental, 44.1; 2. West Covina, 44.2; 3. Ganessa, 44.2; 4. Santa Barbara, 44.2; 5. Corona del Mar, 44.2. (Race 3)—1. Upland, 43.8; 2. Rowland, 44.3; 3. Valencia, 44.3; 4. Western, 44.5. (Race 4)—1. Blair, 43.1; 2. Lompoc, 43.4; 3. Simi Valley, 44.2; 4. Katella, 44.2; 5. Mt. Carmel, 44.5.

800 RELAY (Race 1)—1. Eisenhower, 1:29.3; 2. LB Poly, 1:31.1; 3. Covina, 1:32.6. (Race 2)—Simi Valley, 1:32.6; 2. Montclair, 1:32.9; 3. Rowland, 1:33.1.

1.600 RELAY (Race 1)—1. Blair, 3:30.5; 2. Carpinteria, 3:30.5; 3. Elsinore, 3:31.1; 4. Thousand Oaks, 3:31.1. (Race 2)—1. La Canada, 3:25.1; 2. Simi Valley, "B", 3:26.3; 3. Dos Pueblos, 3:27.3; 4. West Torrance, 3:28.7; 5. Crescenta Valley, 3:29.6; 6. Redwood, 3:30.7. (Race 3)—1. Diamond Bar, 3:26.6; 2. Righetti, 3:27.1; 3. Foothill, 3:29.1. (Race 4)—1. Valencia, 3:26.4; 2. Pasadena, 3:27.5; 3. South Hills, 3:27.9; 4. Corona del Mar, 3:29.1; 5. South Pasadena, 3:30.4. (Race 5)—1. Santa Barbara, 3:27.9; 2. San Diego Mt. Carmel, 3:27.0; 3. Alta Loma, 3:29.5; 4. Bishop Amat, 3:32.0.

3.200 RELAY—1. Duarte (Bowden, Horton, Oseguera, Schwable), 8:17.4; 2. Dos Pueblos, 8:18.0; 3. Edison, 8:19.0; 4. Elsinore, 8:23.4; 5. Crespi, 8:23.4.

SPRINT MEDLEY RELAY—1. Morningside (Charles, Mancief, Rubholz, Hernandez), 3:37.9; 2. West Torrance, 3:38.7; 3. Los Gatos, 3:42.2; 4. Upland, 3:45.6; 5. Redwood, 3:46.2.

SHUTTLE HURDLE RELAY (Race 1)—1. San Dimas, 1:03.8; 2. Thousand Oaks, 1:05.6; 3. West Torrance, 1:06.2. (Race 2)—1. Livermore Granada, 1:05.0; 2. Villa Park, 1:06.2; 3. Alta Loma, 1:06.9.

POLE VAULT—1. Patrick (Arroyo Grande), 13-6 1/2; 2. Roger (Don Lugo), 13-0 1/4; 3. tie between Dunlap (Baldwin Park) and Dertch (Arroyo), 12-6.

LONG JUMP—1. Welis (Nogales), 20-8 1/2; 2. Zabel (Darmin), 20-8 1/4; 3. Aio (San Dimas), 19-11.

TRIPLE JUMP—1. McCullough (Edgewood), 46-3 (wind 1.2 m.p.s. aiding); 2. Abel (Darmin), 44-8 1/2; 3. Ford (Dos Pueblos), 44-0.

photo by Burt Davis



Kamy Keshmiri of Reno, winner of the Boys' Discus at the Arcadia Inv., April 12, with a nationally leading mark of 199-2.

continued on next page...

Results

400m Relay: 1. Northridge "A", 47.65, 2. Northridge "B", 49.58, 3. SLO, 50.41.
1600m Relay: 1. Northridge "A", 3:57.10, 2. Northridge "B", 3:57.64, 3. SLO "A", 4:03.28.
3000m: 1. Lesley White, SLO, 9:47.9, 2. Nena Manriquez, N, 9:51.7, 3. Alez Aguirre, N, 10:02.6.
5000m: 1. Tammy McCarty, N, 17:41.1, 2. Heather Brookes, N, 17:49.2, 3. Katie Dunsmuir, SLO, 17:51.7.
High Jump: 1. Karen Kraemer, SLO, 5-8 3/4, 2. Rachael Bray, SLO, 5-6, 3. Beth Sullivan, N, 4-8.
Javelin: 1. Karen Kraemer, SLO, 108-2, 2. Beth Sullivan, N, 105-2, 3. Kathy Kahn, SLO, 104-3.
Triple Jump: 1. Lori Costello, N, 40-5 1/4, 2. Terri Davidson, N, 40-2 1/4, 3. Danielle Sharkey, SLO, 38-2.
Discus: 1. Kathy Kahn, SLO, 143-9, 2. Emily Ethington, SLO, 119-8, 3. Julie Hoots, SLO, 114-7.
Long Jump: 1. Lori Costello, N, 18-11 1/4, 2. Panny Franklin, N, 18-5 1/4, 3. Danielle Sharkey, SLO, 17-4.
Shot Put: 1. Not Available, UCR, 42-1 1/2, 2. Julie Hoots, SLO, 37-6 3/4, 3. Roberta Prater, N, 35-1 3/4.

Multi-Team Meet

April 19, at Albuquerque:

Men

200 (combined races)—1. Okon (New Mexico), 20:5. 5. Freeman (CSLA), 21:09w. 400—Jones (Texas Tech), 48:05. 2. Jackson (CSLA), 47:54. 800—Williams (Abilene Christian), 1:48:55. 3. Briglia (CSLA), 1:51:3. 1000—Keith (New Mexico), 3:46:70. 2. Young (CSLA), 3:50:76. 110 HH—1. Pugh (TT), 13:88. 3. Sims (CSLA), 14:49. 400 IH—Pugh (TT), 52:55. 3. Sims (CSLA), 53:22. 400 RELAY—1. Texas Tech, 40:0. 2. CS Los Angeles, 41:10. 1,600 RELAY—CS Los Angeles, 3:15:51. HJ—tie between Jones (CSLA) and Taylor (Abilene Christian), 6-11 PV—1. Thaxton (Abilene Christian), 17-0. LJ—Oporski (CSLA), 23-5 1/2. TJ—Oporski (CSLA), 52-2. SP—1. Crawford (NM), 58-0 1/2. 2. Boldon (CSLA), 54-11 1/2. JT—Fatum (CSLA), 202-3. TEAM SCORES—1. CS Los Angeles, 57. 2. New Mexico 54. 3. Texas Tech, 48. 4. Abilene Christian, 33.

Bruce Jenner Classic

April 19, at San Jose City College:

Men

100 — Kenny Henderson, BYU, 10.35. 2. tie, Harvie Milner, San Diego TC, and Marly Krutez, Adidas, 10.45.
 200 — Marly Krutez, Adidas, 20.55 (wind-aided). 2. Kenny Henderson, BYU, 20.66. 3. Mike Dexter, Southern Cal, 20.67.
 400 — Michael Franks, Athletics West, 45.79. 2. Peter Howard, Cal, 46.67. 3. Tim Morris, Sacramento St., 46.91.
 800 — Jeff Roberson, Fresno St., 1:46.1. 2. Joey Bunch, Southern Cal, 1:46.8. 3. Eric Schermerhorn, Southern Cal, 1:49.3.
 Mile — Andy DiConti, Stars & Stripes, 4:03.6. 2. Jay Margen, Cal, 4:04.3. 3. Chris Monroe, Long Beach St., 4:05.1.
 5000 — Charles Alexander, Stanford, 14:27.4. 2. Hal Schultz, SF Olympic TC, 14:36.3. 3. Dyrus Deminter, Long Beach St., 14:36.5.
 110 HH — (tie) Tonie Campbell, Stars & Stripes, and Malcolm Dixon, South Bay TC, 13.64. 3. Rod Jeff, California, 13.87.
 400 IH — Andri Hargrove, Stars & Stripes, 50.74. 2. Bernie Holloway, Maccabi TC, 50.85. 3. Ron Sheffield, San Diego TC, 59.94.



Steve Kalsen, winning at Jenner with 18-0 1/2.

Hammer — Juha Tienen, Finland, 248-3, 2. Harri Huhtala, Finland, 241-6. 3. Mike Maynard, Azusa Pacific, 229-2.
Shot — Greg Trafalis, NYAC, 70-4 1/2. 2. Rob Suelhohn, Stars & Stripes, 66-5. 3. Brian Oldfield, unat., 63-4 1/2.
Javelin — Mike Barnett, Azusa Pacific, 249-2. 2. Gary Kinder, Adidas, 239-3. 3. Dave Stevens, unat., 234-4.
Discus — Art Burns, Athletics West, 224-2. 2. John Powell, unat., 207-2. 3. Marcus Gordien, unat., 205-11.
LJ — Mike McCrae, Bay Area Striders, 26-4 1/2. 2. Ricky Dobbins, unat., 24-5 3/4. 3. Mike Harris, Southern Cal, 24-5.
TJ — Ray Kimble, Alther TC, 54-0. 2. Daniel Kelly, Road Runner TC, 53-0 3/4. 3. Allon Henry, Bakersfield St., 51-9 3/4.
HJ — Ron Lee, Bakersfield St., 7-5. 2. Tyke Peacock, unat., 7-3 3/4. 3. Milton Goode, unat., 7-1 3/4.
PV — Steve Klassen, Southern Cal, 18-0 1/2. 2. Felix Bohni, Accusplit, 18-0 1/2. 3. Doug Fraley, Fresno St., 17-8 1/2.

Women

100 — Randy Givens, Puma TC, 11.57. 2. Judy Brown King, Athletics West, 11.67. 3. Asia Bouldware, Fresno St., 11.95.
 400 — Judy Brown King, Athletics West, 52.97. 2. Palrice Carpenter, Cal Poly-SLO, 54.79. 3. Jackie Hardman, San Francisco St., 54.95.
 800 — Fran Castro, Puma TC, 2:07.3. 2. Deann Gulowski, LA Mercurelles, 2:08.2. 3. Kerri Zaleski, Long Beach St., 2:12.0.
 Mile — Kelly Buzza, Fresno St., 4:57.2. 2. Dianne Fairman, Fresno St., 4:58.3. 3. Mandy Whistler, Fullerton St., 4:58.6.
 3000 — Lori Lopez, Cal Poly-SLO, 9:41.2. 2. Sally Carlson, Cal-Davis, 9:53.5. 3. Nancy Riedel, Cal-Davis, 9:53.8.
 100 HH — Helga Hallidorsdottir, Cal, 14.10. 2. Roanne Byrd, unat., 14.28. 3. Ruth Whitehead, San Francisco St., 14.31.
 400 IH — Helga Hallidorsdottir, Cal, 58.60. 2. Natalie Day, Sacramento St., 59.95. 3. Laurie Hagon, Cal Poly-SLO, 1:00.32.
Shot — Peggy Pollack, Coast Athletics, 56-11 1/2. 2. Carol Cady, unat., 55-8 1/4. 3. Dot Jones, Fresno St., 53-3.
Javelin — Liz Mueller, San Diego TC, 172-5. 2. Deena Bernstein, Cal Poly-SLO, 169-3. 3. Sheila Beuler, Long Beach St., 149-0.

Discus — Carol Cady, unat., 204-5. 2. Lacy Barnes, NYAC, 188-5. 3. Lorna Griffin, Nike TC, 180-1.
HJ — Sue McNeal, Stars & Stripes, 6-0. 2. Tonya Mendonca, Fresno St., 6-0. 3. Carina Schmidt, Alther TC, 5-10.
LJ — Brenda Bertillon, Golden Bear TC, 19-2 3/4. 2. Sheila Hudson, Cal, 19-2. 3. Jewel Lovelady, Bakersfield St., 18-10 1/2.

Poly Royal Invitational IV

April 26, San Luis Obispo.

Men's Results

10,000m: 1. Mark Castro, UCR, 31:57. 2. Dean Rinde, SacSt, 32:59. 3. Tom Peterson, Cal Lutheran, 33:11. 4. Martin Ruiz, SacSt, 33:44. 5. Craig Godwin, SLO, 34:05.
4x100m Relay: 1. UCSB, 42.64. 2. Cal Lutheran, 42.73. 3. Army "A", 43.61. 3. FSU, 43.63. 4. Pioneer TC, 44.33. 5. Army "B", 45.22.
Hammer: 1. Fred Schumacher, SJS, 217-1. 2. Mike Fritchman, Unat., 207-3. 3. Dave Debus, PTC, 202-11. 4. Ron Wopat, Unat., 197-11. 5. Mike Wilmer, UCSB, 188-8.
1500m: 1. Ziblat, Oxy, 3:50.37. 2. McGovern, Reno, 3:51.48. 3. Porter, SLO, 3:51.57. 4. Rubio, SLO, 3:51.96. 5. Ri Burns, SCVTC, 4:00.05.
Javelin: 1. O'Connor, UNR, 204-5. 2. Lister, PTC, 196-10. 3. Warren, SLO, 181-0. 4. Bowen, UCSB, 173-2. 5. Sweeney, SJSU, 170-5.
110m HH: 1. Benjamin, Army, 14.53. 2. White, UCSB, 14.54. 3. Funk, AIA, 14.80. 4. Harrison, SacSt, 14.90. 5. McGraw, SJSU, 15.29.
400m: 1. Cooper, SJSU, 47.60. 2. Pratt, SLO, 48.34. 3. Ellis, SacSt, 48.35. 4. Mayler, SLO, 48.36. 5. Norville, UCSB, 48.70.
100m: 1. Gadison, PTC, 10.57. 2. Griffin, SLO, 10.59. 3. Hines, SacSt, 10.61. 4. Josephson, SLO, 10.74.
800m: 1. Padene, UNR, 1:52.05. 2. McFadden, C of ND, 1:53.27. 3. McGovern, UNR, 1:54.01. 4. Nann, SacSt, 1:54.65. 5. Lallicker, AIA, 1:54.85.
Shot Put: 1. DeSoto, SJSU, 60-5 1/4. 2. Halter, SLO, 57-1 3/4. 3. Schmidt, PTC, 55-3 1/4. 4. Fritchman, Unat., 53-3 1/4. 5. Dubus, PTC, 52-7 1/2.
400m H: 1. Johnson, SLO, 52.30. 2. Von Ratabor, UNR, 53.64. 3. DePetro, CSB, 55.30. 4. Moore, Army, 55.69. 5. DeBruner, SacSt, 55.78.
200m: 1. Griffin, SLO, 21.38. 2. Hynes, SacSt, 21.39. 3. Josephson, SLO, 21.62. 4. Morris, SacSt, 21.75. 5. Monaco, Unat., 21.91.
High Jump: 1. Trijullo, UNR, 7-0. 2. Patterson, Army, 7-0. 3. McNamera, Unat., 6-10. 4. Reis, SJSU, 6-8. 5. Tucker, SLO Alum, 6-8.
5000m: 1. Rubio, SLO, 14:48.56. 2. Livingston, SLO, 15:05.28. 3. Denzine, Army, 15:05.62. 4. McGreat, UNR, 15:11.94. 5. Watson, UCR, 15:17.16.
4x400m Relay: 1. Sacramento State, 3:13.04. 2. Cal Poly "A", 3:14.20. 3. San Jose State, 3:15.86. 4. UC Santa Barbara "A", 3:17.04. 5. Army "A", 3:19.52.
Discus: 1. Katches, SJSU, 169-8. 2. Wilmer, UCSB, 166-8. 3. Schmidt, PTC, 163-8. 4. DeSoto, SJSU, 157-9. 5. Sorensen, WI-C, 155-1.
Pole Vault: 1. Horvath, Unat., 17-0. 2. Besmer, SJSU, 16-0. 3. Florine, SLO, Schindelar, Outreach, and Bishop, UCSB, 15-0.
Triple Jump: 1. Brooks, Army, 51-2. 2. Morris, Army, 49-8 1/2. 3. Miles, Army, 49-3 1/2. 4. Wallace, Army, 48-9. 5. Freeborn, SLO, 48-7 1/2.
Women's Results
4x100m Relay: 1. CPSLO 47.79. 2. Cuesta College, 50.10. 3. Sacramento State, 50.17. 3. UC Santa Barbara, 50.98. 4. Army 51.80.

1500m: 1. Dunn, SLO, 4:37.04. 2. Hildebrand, SLO, 4:40.75. 3. Donaldson, SLO, 4:47.20. 4. Ross, Cuesta, 4:50.76. 5. Delf, SacSt, 4:52.00.
Shot Put: 1. Senz, Army, 42-10 1/2. 2. Kahn, SLO, 42-10 1/2. 3. Sacker, Westmont, 36-9 1/4. 4. Rehder, Hancock, 36-2. 5. Biall, Army, 35-3.
100m H: 1. Day, SacSt, 13.57. 2. Hanson, SLO, 14.09. 3. Moore, CSUB, 15.26. 4. Liberatore, UCSB, 15.46. 5. Pearson, SacSt, 15.66.
100m: 1. Parrish, Army, 12.33. 2. Anthony, CSB, 12.40. 3. Whipper, CSB, 12.61. 4. Farnum, SLO, 12.62. 5. Hagan, SLO, 12.77.
400m: 1. Carpenter, SLO, 54.89. 2. Saville, SLO, 56.60. 3. Winder, FSU, 57.81. 4. Owens, Cuesta, 57.92. 5. Britton, Army, 60.05.
800m: 1. Tubman, UCSB, 2:15.73. 2. Saravia, FSU, 2:17.44. 3. Barrett, FSU, 2:17.47. 4. Hildebrand, SLO, 2:18.17. 5. Spurlock, FSU, 2:21.85.
400m LH: 1. Hanson, SLO, 80.05. 2. Day, SacSt, 80.99. 3. Hagan, SLO, 81.79. 4. Klein, UCSB, 83.00. 5. Binns, Cuesta, 83.56.
200m: 1. Carpenter, SLO, 23.75. 2. Saville, SLO, 24.36. 3. Stewart, UCSB, 24.84. 4. Wallin, Westmont, 26.08. 5. Kouremetis, UCSB, 26.40.
Javelin: 1. Miller, SacSt, 164-1/2. 2. Senz, Army, 159-3. 3. Kevany, SLO, 151-7. 4. Sheppard, Army, 144-9. 5. Sacker, Westmont, 131-9 1/2.
3000m: 1. Bearson, Army, 9:58.60. 2. Nieto, Unat., 10:27.88. 3. Dunsmuir, SLO, 10:29.16. 4. Sullivan, CND, 10:34.16. 5. Wick, Army, 10:37.83.
Discus: 1. Dentinger, SacSt., 169-7. 2. Kahn, SLO, 156-1. 3. Moseley, FSU, 150-4. 4. McMillan, SacSt., 138-5. 5. Scott, SacSt., 135-11.
Long Jump: 1. Sharkey, SLO, 19-3 1/2. 2. Whipper, CSB, 18-3 1/4. 3. Farnum, SLO, 17-10. 4. Woodward, SLO, 17-9 1/4. 5. Loya, Cuesta, 17-4.
High Jump: 1. Mariscal, FSU, 5-6. 2. Kraemer, SLO, 5-4. 3. Bray, SLO, 5-4. 4. McNamara, SLO, 5-4. 5. Byrne, UCSB, 5-2.
4x400m Relay: 1. Cal Poly, 3:47.65. 2. Cuesta, 3:55.70. 3. Fresno State 4:01.41. 4. Westmont, 4:19.20. 5. College of Notre Dame, 4:39.61.



FOR RUNNERS RACE NUMBERS

\$10.95 per Box
 10 gross
 1440 pins

10 boxes/\$9.00 each

Also:
 RACE SUPPLIES
 Traffic Cones
 Safety Vests
 Banners, etc.

Jack's Athletic Supply
 P.O. Box 459
 Carlos, CA 94070
 (510) 595-2249

Results

Pepsi Invit.

May 17, at UCLA:

MEN

400—1. Tiaoh (Washington St.), 44.32 (meet record, old mark, 44.81). Innocent Egbunike (Nigeria, 1984) (sixth fastest performer of all time); 2. Robinson (Mazda), 44.45 (equal tenth fastest performer of all time); 3. Phillips (World Class), 44.71; 4. Egbunike (Nigeria), 44.82; 5. McKay (Mazda), 45.02; 6. Thomas (UCLA), 45.42; 7. Witherspoon (SDTC), 45.49; 8. Franks (Athletics West), 45.55; 9. Rish (Arizona St.), 46.37.

800—1. Gray (Santa Monica TC), 1:45.22; 2. Mack (Santa Monica TC), 1:46.01; 3. Guymaraes (Brazil), 1:46.68; 4. Herron (Arizona), 1:47.00; 5. Roberson (Fresno St.), 1:47.01; 6. Bunch (USC), 1:47.26; 7. Armour (Puma), 1:47.64.

MILE—1. Spivey (Athletics West), 3:56.72; 2. Scott (Tiger), 3:57.05; 3. Byers (unat), 3:57.60; 4. Jones (Santa Monica TC), 3:58.76; 5. Fricker (Accusplit), 3:59.66. Others included 9. Junkermann (UCLA), 4:04.9.

3,000—1. Wicksell (unat), 7:51.55; 2. Draddy (Athletics West), 7:51.90; 3. Brantley (Kangaroo TC), 7:54.97; 4. Korir (Washington St.), 7:55.87; 5. Padilla (Athletics West), 7:56.93; 6. Lacy (New Balance), 7:58.62; 7. Giusto (Arizona), 8:08.15; 8. Roberts (Santa Monica TC), 8:10.72; 9. E. Mastalir (Sacramento Jesuit HS), 8:11.0 (sixth fastest high school performer of all time); 10. Konings (Puma), 8:11.4; 11. M. Mastalir (Sacramento Jesuit HS), 8:26.4.

110 HIGH HURDLES—1. Foster (World Class), 13.27; 2. Kingdom (unat), 13.40; 3. Campbell (Stars & Stripes), 13.47; 4. Turner (Mazda), 13.54; 5. Clark (Houston TC), 13.72; 6. Burnett (Arizona),



Pepsi 800: (left to right) Jeff Roberson, Joey Bunch, Johnny Gray.

13.73; 7. K. Young (UCLA), 13.84; 8. Reading (USC), 13.85; 9. Kerho (Santa Monica TC), 13.93.

POLE VAULT—1. Tully (Mazda), 18-11½ (meet record, old mark, 18-10½); Mike Tully, New York AC, 1985); 2. Bell (Pacific Coast Club), 18-8¼; 3. Fraley (Fresno St.), 18-4¼; 4. Kenworthy (Stars & Stripes), 17-8½; 5. Hoppner (Fresno St.), 17-8½; Klassen (USC) and Richards (UCLA), no height.

TRIPLE JUMP—1. Banks (Mazda), 56-4¼; 2. Emordi (Nigeria), 54-10¼; 3. Cannon (Cheetahs), 54-6; 4. Elliott (Nike), 54-3¼; 5. Oporiski (CS Los Angeles), 52-8¼.

SHOTPUT—1. Brenner (Mazda TC), 69-1½; 2. Tafrales (Stars & Stripes),

photo by Jim Reynolds

photo by Jim Reynolds



Pam Marshall, 49.99

69-0¼; 3. Akins (New York AC), 68-8¼; 4. Oldfield (Chicago TC), 67-8¼; 5. Laut (Athletics West), 65-9¼; 6. Banich (UCLA), 63-9¼; 7. Smith (New York AC), 63-7¼; 8. Frazier (UCLA), 61-9.

DISCUS—1. Bugar (Czechoslovakia), 220-5; 2. Burns (Athletics West), 219-10; 3. Hjeltnes (Norway), 216-9; 4. Buncic (New York AC), 210-1; 5. Brenner (Mazda), 209-1; 6. Binley (Stars & Stripes), 203-8; 7. Okoye (Azusa Pacific), 194-4; 8. Blutreich (Santa Monica TC), 181-7.

JAVELIN—1. Petranoff (Athletics West), 254-5; 2. Roggy (unat), 250-8; 3. Jadwin (Tiger), 243-1; 4. Johansson (Washington St.), 239-10; 5. Bradstock (Britain), 238-6; 6. Miller (Washington St.), 236-78; 7. Barnett (unat), 225-6.

WOMEN

100—1. Brisco-Hooks (World Class), 10.99 (wind 1.3 m p.s. aiding); 2. Brown (World Class), 11.06; 3. Cooman (Netherlands), 11.37; 4. Inniss (Atoms TC), 11.38; 5. Ogundo (Utah St.), 11.72; 6. Franklin (Nevada Las Vegas), 11.83.

200—1. Brisco-Hooks (World Class), 22.54 (wind 0.6 m p.s. aiding); 2. S. Green (Nevada Las Vegas), 24.38; no third.

400—1. Marshall (Mazda), 49.99; 2. Crooks (Mazda), 50.84; 3. Bakare (Azusa Pacific), 52.35; 4. Howard (CS Los Angeles), 52.67; 5. Knighten (UCLA), 53.13.

800—1. Groenendaal (Athletics West), 1:59.9; 2. Walton-Floyd (Puma), 2:00.1; 3. Clark (Athletics West), 2:00.2; 4. Ross (San Diego St.), 2:03.8; 5. Hull (Nevada Las Vegas), 2:04.6; 6. Gutowski (LA Meruettes), 2:06.7.

1,500—1. Addison (Reebok), 4:11.75; 2. McRoberts (Canada), 4:12.66; 3. Jacobs (Los Angeles TC), 4:15.00; 3. Wysocki (Brooks TC), 4:15.30; 5. M. Joyce (Ireland), 4:15.92; 6. Malloy (BYU), 4:17.71; 7. Polly Plumer (UCLA), 4:18.80; 8. Barrington (UC Irvine), 4:18.93. Others included 11. Dowell (UCLA), 4:27.7.

100 HURDLES—1. Page (Los Angeles TC), 13.12; 2. Devers (UCLA), 13.38; 3. Watkins (Cheetahs), 13.55; 4. Cannon (Coast Athletics), 13.60; 5. Tolbert (Politabs), 13.61; 6. Thompson (UCLA), 13.84; 7. Walker (Puma), 14.02.

400 HURDLES—1. Brown-King (Athletics West), 55.23; 2. Sheffield (San Diego St.), 55.74; 3. Farmer (Puma), 56.23; 4. Kellon (UCLA), 56.55; 5. Bryant (Los Angeles TC), 56.57; 6. Hanson (Cal Poly SLO), 59.37.

LONG JUMP—1. Inniss (Atoms TC), 21-11¼; 2. Henry (Texas El Paso), 21-8¼; 3. Williams (Coast Athletics), 21-4¼; 4. Devers (UCLA), 21-0¼; 5. Bell (SoCal Cheetahs), 20-10¼.

DISCUS—1. Fagel (Mazda), 192-2; 2. Griffin (unat), 188-1; 3. Neer (Coast Athletics), 184-8; 4. Lutjens (UCLA), 182-3; 5. DeSnoo (San Diego St.), 179-8; 6. Dasse (Coast Athletics), 175-10; 7. Larson (UCLA), 172-7.

PR's

By RICHARD LEE SLOTKIN

Airat Bakare (AP/Nigeria) Mt.SAC Relays 400m	52.71
Lee Berg (Hack) L.A. Relays 1500m	4:20.9
Rose Diaz, Santa Monica 10K	44:14
Tom Grewe (UCLA) Mt.SAC Relays Stpl	8:47.1
Tom Grewe (UCLA) vs. TCU, Houston 2M	8:51.74
Mark Junkerman (UCLA) Mt.SAC Relays Stpl	8:44.1
Mark Junkerman (UCLA) vs. Cal 1500m	3:42.7
Judy Kewley (STC) Fontana ½ Mara	81:00
Kiki Labortaux (UCLA) Mt.SAC Relays 1500m	4:33.8
Joe Nitti (UCLA) Mt. SAC Relays 5000m	14:08.3
Leslie Noll (USC) vs. UCLA, 800m	2:06.88MR
Jim Ortiz (UCLA) vs. TCU, Houston 1500m	3:50.49
John Stanich (UCLA) vs. Cal 800m	1:49.39
Rick Tanner (Stanford) Dual Meet Stpl	9:47
Vincent Thompson (Locke HS) Mt.SAC Relays 800m	1:51.51

SPRINTS

Wendy Brown (USC) Stanford Inv. 100H	14.20
Roy Carls (UCLA) Mt.SAC Relays Decath	7,077 pts
Danny Everett (UCLA) 7-11 Inv. 200m	20.66
Danny Everett (UCLA) vs. Cal 400m	45.49
Danny Everett (UCLA) vs. TCU, Houston 200m	20.65
Derek Knight (UCLA) Mt.SAC Relays 100m HH	14.18w
Mike Marsh (UCLA) vs. TCU, Houston 100m	10.40
Mike Marsh (UCLA) vs. TCU, Houston 200m	20.69
John Stanich (UCLA) 7-11 Inv. 400m	47.58
Quincy Watts (Taft HS) Mt. SAC Relays 100m	10.81
Quincy Watts (Taft HS) Mt. SAC Relays 200m	21.03
Gail Wilson (USC) Stanford Inv. 100H	14.44
Kevin Young (UCLA) 7-11 Inv. 400m IH	50.23
Raymond Young (UCLA) vs. TCU, Houston 400m IH	51.09

FIELD EVENTS

Yolanda Fletcher (USC) vs. SDSU, UNM JT	116-4
Troy Haines (UCLA) vs. TCU, Houston HJ	7-3¼
Mike Johnson (UCLA) 7-11 Inv. PV	17-0¼
Chris Sweeney (UCLA) 7-11 Inv. SP	60-8¼
Chris Sweeney (UCLA) vs. Cal SP	59-10¼
Gail Wilson (USC) vs. SDSU, UNM TJ	37-1¼

photo by Jim Reynolds



Raymond Young, 400 IH PR

photo by Jim Reynolds



Tom Grewe, 2 mile PR

photo by Jim Reynolds



Jim Ortiz, steeple PR

Results

Road Racing Results

Mercury News 10K

March 23. San Jose.

Carmelo Rios of San Luis Obispo beat out Daniel Gonzalez of Mountain View to take first place. Both men were timed at 29:23 for the closest finish in the events history.

The overall winning time for the women was 34:13 run by Terry Puckett of Reno, NV who won against defending champion Rebecca Chamberlain of San Jose by 13 seconds.

Marty Ball of Clovis took first place in the men's wheelchair division with a winning time of 27:13 from a field of 12, while Candice Cable-Brooks of San Luis Obispo took the women's wheelchair division with a 30:44 time.

Rios, Puckett, Ball, and Cable-Brooks each received first place medals and a trip to Hawaii. First through fifth place medals were also awarded in six other divisions.

Division Results - Men

15 & Under: 1. Ian Champeny 33:14, 2. Jordan Carroll 33:25, 3. Brian Rivers 34:21. **16-39:** 1. Carmelo Rios 29:23, 2. Daniel Gonzalez 29:23, 3. Armando Siqueiros 29:34. **40-49:** 1. Sal Vasquez 31:21, 2. David Rivera 33:06, 3. Gary Goettelmann 33:09. **50 & Over:** 1. Bill Mossie 37:09, 2. Bob Farrington 37:48, 3. Ken Napier 37:58. **Wheelchair:** 1. Marty Ball 27:13, 2. Rory Cooper 31:56, 3. Peter Brooks 32:57.

Division Results - Women

15 & Under: 1. Nika Horn 40:59, 2. Reina Felix 42:49, 3. Klimik Anderson 42:51. **16-39:** 1. Terry Puckett 34:13, 2. Rebecca Chamberlain 34:27, 3. Sharlet Gilbert 35:24. **40-49:** 1. Juana Stavolone 37:16, 2. Judi Shade 39:51, 3. Kristine Morrella 41:29. **50 & Over:** 1. Elizabeth Ross 44:26, 2. Georgia Abrams 51:06, 3. Diane Gomes 54:41. **Wheelchair:** 1. Candice Cable-Brooks 30:44, 2. Colleen Sweet 41:44, 3. Lynne Carlton 43:50.

Calvary Community Reach & Care

March 22. Westlake Village. 5K & 10K.

Overall Results - 5K

1 Bob Daniels (30-34)	15:24
2 Hector Nieves (20-24)	15:51
3 Jeff Olson (20-24)	15:57
4 Archie Santos (20-24)	16:54
5 Mike Smith (20-24)	16:54
6 Fred Doubeel (35-39)	17:07
7 Kent Crosier (15-19)	17:25
8 Keith Broccoli (25-29)	17:30
9 Richard Hallblom (35-39)	17:36
10 Mark Dawson (30-34)	17:51
11 Jerry Fox (30-34)	17:56
12 Charles McClung (45-49)	18:20
13 Kevin Glovins (15-19)	18:36
14 Pauline Brown (30-34)	18:43
15 Robert Radnoti (25-29)	18:44

Overall Results - 10K

1 Steve Glocke (35-39)	32:59
2 Ed Kitchen (25-29)	34:20

3 Steve Bitterly (30-34)	34:36
4 Jim Hughes (35-39)	34:56
5 Hamalainen Jussi (35-39)	35:06
6 Phil Hood (25-29)	35:31
7 George Morse (35-39)	35:44
8 Ted Eggleston (40-44)	35:44
9 Nick Trozzi (25-29)	35:45
10 Charles McClung (45-49)	35:45
11 Jerry Fox (30-34)	35:55
12 Ralph Casillas (30-34)	36:18
13 Tim Martinez (15-19)	36:34
14 Roger Patrick (40-44)	36:34
15 Regis Boyle (50-54)	36:38

Oxnard Spring Tri

from Gil Ramirez

March 28. Oxnard.

Swim 0.26 Mile, Bike 11.2 Mile, Run 2.6 Mi.

The course record for the second annual Spring Tri, sponsored and conducted by the Oxnard Parks and Recreation Department, was a 54:36 set in March of last year. But to Jim Davis, 31, of Oxnard, this was no insurmountable goal, as he smashed the old record by turning in a 52:40 performance. Troy Neilan, 25, of Coronado, who set the original course mark, bettered his own PR with a 52:56 and finished second. Neilan who led the whole race was passed by Davis with less 1/3 of a mile left in the race. Jim Davis now has won back to back super sprint events by winning both the Turkey Tri in November and this race.

The husband and wife duo of Butch, 34, and Kim, 29, Stinton of Simi Valley both finished third overall in times 56:38 and 1:10:38 respectively.

Melinda Wallace, 24, of Thousand Oaks won her second straight super sprint event in a time of 1:09:01. She was the first woman out of the water with a split of 5:21 but 15 year old Tiffany Vogel of Oxnard roared past her on the bike portion and built almost a 5:00 minute lead over Wallace. However, Melinda, a stronger runner came back to nip Tiffany by 25 seconds in an exciting finish.

Melinda who won her first race last year during the Oxnard Turkey Tri, improved her time by 2 minutes. The women's record remained in tact at 1:05:05 which was set in 1984.

Overall Results - Men

1 Jim Davis (31) Oxnard	52:40
2 Troy Neilan (25) Coronado	52:56
3 Butch Stinton (34) SimiVly	56:38
4 Karl Thieme (35) Newbury Park	56:57
5 Mike Langley (18) SimiVly	57:05
6 Eric Bjorn (22) Oxnard	57:16
7 Greg Seale (19) Oxnard	57:36
8 Randy Wisegraver (27) Granada HI	58:05
9 Rick Kern (29) Camarillo	59:20
10 Mark Ellis (19) Ventura	59:48

Overall Results - Women

1 Melinda Wallace (24) ThousOak	69:01
2 Tiffany Vogel (15) Oxnard	69:26
3 Kim Stinton (29) Simi Vly	70:38
4 Mindy Morter (31) Ventura	72:52
5 Lori Lytle (24) Oxnard	74:14

Glendora Pride of the Foothill Run

March 29. Glendora.

Runners from throughout Southern California competed in Glendora's 8th Annual Pride of the Foothills 2K, 5K, 10K and half marathon.

John Moore of Los Angeles won the 2K race with Art Martinez of Pico Rivera and Mickey Forte of Whittier finishing second and third respectively.

In the women's division, Glendora High School student Bonnie Heaton took top honors and placed 15th overall. Heaton, a sophomore at Glendora High, competes on the Tartan track team. Kathleen Jaragin of Arcadia was second and Doris Chung of Alhambra finished third.

In the 5K, Rob Slick placed first, Enrique Castro, second, and Billy Jones of Covina came home third. Leading the pack in the women's division was Mary Tracey of Santa Monica with a time of 17:22.02. Kelly Babcock of Irvine was second and Carmen Maldonado of La Puente third.

John Koningh of Irvine won the 10K race. Koningh, a graduate of La Canada High and University of Irvine, has been racing for 17 years. He qualified for the 1984 Olympics but did not make the final U.S. team.

In the demanding half marathon, Ron Cornell took top honors. Cornell was behind most of the race, but took the lead at the 8-mile mark. Cornell held off his old teammate from UCLA to win the race. He has been racing for 14 years. Earlier in his running career, Cornell won the Long Beach Marathon.

Rory Cooper won the wheel chair division in the 2K and 10K. Cooper lives in San Luis Obispo and has been racing for three years. He won the Long Beach and Sacramento marathons. Cooper placed 10th in the Boston Marathon and participated in the Los Angeles Marathon but could not finish because of a flat tire.

Rabbit Run

April 5. Thousand Oaks. 5K & 10K.

Overall Results - Men's 5K

1 Jim Zimmer	16:12
2 Neff Magee	16:31
3 Terry Howell	16:36

Overall Results - Women's 5K

1 Anne Hayden	18:26
2 Misty Allen	20:05
3 Terry Young	20:42

Division Results - Men's 5K

12 & Under: 1. Chip English 19:55, 2. Bill Canalez 20:18, 3. David Roberts 21:32. **13-15:** 1. Tom Bibbs 17:25, 2. Shawn Goetzinger 17:42, 3. Chris Harris 18:20. **16-18:** 1. Jim Zimmer 16:12, 2. Neff Magee 16:31, 3. Tim Martinez 17:16. **19-29:** 1. Robert Radinoli 16:42, 2. Ed Kitchen 16:49, 3. Robert Corlew 16:54. **30-39:** 1. Terry Howell 16:36, 2. Gary Lynn 18:38, 3. Michael Phillips 20:06. **40-49:** 1. Roger Patrick 17:52, 2. Joe Jacobsen 18:05. **50-59:** 1. Tom Steele 20:25, 2. George Marret 20:48, 3. Dick Ruwe 24:47. **60 & Over:** 1. Gunnar Brickner 20:09.

Division Results - Women's 5K

12 & Under: 1. Jennifer Jarret 25:20, 2. Tera Sturm 25:28, 3. Lynn Hoppes 34:52. **13-15:** 1. Barbara Gormley 22:06, 2. Rebec-

continued on next page...

the

RUNNING

scene

A running magazine featuring:

- INTERVIEWS
- MEDICAL ADVICE
- TRAINING TIPS
- FOOD TIPS
- HUMAN INTEREST
- ...And Much More!

SUBSCRIBE NOW AND SAVE

THE RUNNING SCENE,
4020 EL CAMINO AVE., SACRAMENTO, CA 95821

Please send me:

10 issues \$9.99

20 issues \$16.99

CHECK ONE:

PAYMENT ENCLOSED

BILL ME LATER

Mr. _____ (please print full name)

Mrs. _____

Address _____

City _____ State _____ Zip _____

Results

ca Snider 22:58, 3. Santi Goertzinger 23:03. **16-18:** 1. Terry Young 20:42, 2. Diana Lane 21:41, 3. Shanon McAndes 28:80. **19-29:** 1. Misty Allen 20:05, 2. Watson Laucer 21:33, 3. Tami Dell 23:10. **30-39:** 1. Anne Hayden 18:26, 2. Kathy Sanders 21:23, 3. Mary Jo Del Capo 21:50. **40-49:** 1. Carol Daugherty 23:33, 2. Wanda Whitmore 26:03, 3. Pamela Jolicœur 28:20. **50-59:** 1. Patricia Puritt 24:04, 2. Neva Howe 24:18, 3. Audrey Flanigan 26:58. **60 & Over:** 1. Margaret Miller 20:49.

Overall Results - Men's 10K

1 Steve Glocks 33:48
2 Dan Davies 35:34
3 Art Anrand 36:02

Overall Results - Women's 10K

1 Ann Watson 46:06
2 Samantha Brown 49:43
3 Jeanne Johnson 49:45

Division Results - Men's 10K

12 & Under: 1. James Brown 47:18, 2. Jerry Martinez 52:32, 3. Oscar Andrave 55:08. **13-15:** 1. John Anderson 41:19, 2. Robert Vigil 51:13. **16-18:** 1. Steve Garcia 37:49, 2. Mike Tully 39:30, 3. Bill Murray 41:05. **19-29:** 1. Dan Davis 35:34, 2. David Adams 37:16, 3. Matt Hawblitzer 38:29. **30-39:** 1. Jerry Fox 36:45, 2. Art Anrand 36:02, 3. Kemp Aaberg 37:03. **50-59:** 1. Burt Elliot 41:08, 2. Jim Vanmanen 42:37, 3. George Marrett 48:05. **60 & Over:** 1. Bill Wick 59:31, 2. Mack Harbin 59:54, 3. William Fleseman 1:07:0.

Division Results - Women's 10K

12 & Under: 1. Samantha Brown 49:43, 2. Carina Castrejon 1:05:46. **19-29:** 1. Ann Watson 46:06, 2. Juliet Mazer 52:34. **30-39:** 1. Judy Weis 51:14, 2. Linda D'Orto 53:04, 3. Pam Mongelli 54:41. **40-49:** 1. Jeanne Johnson 49:45, 2. Mary Lou Wigley 55:12, 3. Bev McGoffin 57:39. **60 & Over:** 1. Margaret Miller 50:15.

Indian Valley Cross Country Run

April 5. Novato. 5 Mile.

Division Results - Men

12 & Under: 1. Bradley Greenberg 40:32. **13-15:** 1. Matthew Peterson 32:51, 2. Andy Kayser 34:27, 3. Kim Laur 35:28. **16-19:** 1. Eric Walker 29:20, 2. Jesse White 30:40, 3. Brian Forsyth 33:08. **20-29:** 1. Peter O'Reilly 26:43, 2. Dan Buck 27:31, 3. Brian McGuire 27:45. **30-34:** 1. Peter Jansson 26:51, 2. Andy Takaha 29:18, 3. Michael Anduz 29:27. **35-39:** 1. Michael Graves 27:49, 2. Connaitre Chateobriant 29:23, 3. Don Jacobs 29:41. **40-49:** 1. Darryl Beardall 28:43, 2. Daryl Zapata 29:33, 3. Martin Hillyer 30:22. **50-59:** 1. Bob Justice 35:50, 2. Morgan Peterson 36:05, 3. Walter Dods 38:19. **60 & Over:** 1. Karl Bollinger 36:12, 2. Ernie Beyer 42:43, 3. Donovan Larson 44:47.

Division Results - Women

12 & Under: 1. Karin McCall 36:31, 2. Kari Horn 36:48, 3. Jodie Horn 55:52. **13-15:** 1. Monica Haas 58:35, 2. Joanne Kinane 59:49. **16-19:** 1. Cynthia Fox 36:17, 2. Elise Hillyer 39:47, 3. Jennifer McDevitt 46:53. **20-29:** 1. Maribeth Duffy 32:13, 2. Bonnie Zapata 33:53, 3. Jane Patocchi 34:40. **30-34:** 1. Beckie S. Kesedard 31:37, 2. Marti Menz 34:13, 3. Linda Lee 37:33. **35-39:** 1. Donna Chan 35:20, 2. Susan Pallesuti 35:26, 3. Kathy Easley 43:17. **40-49:** 1. Eve Pell 33:14, 2. Joan Colman 33:22, 3. Nadine O'Connor 37:23. **50-59:** 1. Joanne Kamiar 43:56, 2. Barbara Wein 52:44, 3. Mary Olson 53:05. **60 & Over:** 1. Els Tuinzing 45:40, 2. Teresa Allen 49:10, 3. Juanita Orlando 1:11:27.

Human Performance Fun Run

April 5. San Jose. 3K & 10K.

Overall Results - Men's 10K

1 Dave Eagle, San Jose 34:57
2 Gilbert Munoz, Watsonville 35:39

Overall Results - Women's 10K

1 Susan Brown, San Jose 45:07
2 Carla Dunlap, San Jose 45:16

Overall Results - Men's 3K

1 Mike Flanagan 10:25
2 Glen Unsicker 10:45

Overall Results - Women's 3K

1 Lori Lopez 11:43
2 Hronn Gudmundsdottir 12:43

Mother Lode Biathlon

April 6. El Dorado Hills.

Division Results - Men

16-19: 1. Michael Lambert 2:29:47, 2. Curtis Fowler 2:35:20, 3. Ted Groyette 2:40:07. **20-29:** 1. Robert Hammond 2:08:33, 2. Bob Gobbel 2:10:42, 3. Jim Walker 2:11:10. **30-39:** 1. Robert Veltzen 2:12:20, 2. Steve Crane 2:16:55, 3. John Ellis 2:18:31. **40-49:** 1. Lin Fell 2:18:34, 2. Marco Martin 2:19:46, 3. Tom Davies 2:20:44. **50 & Over:** 1. Alan Schmeiser 2:35:46, 2. Not Available 2:38:22, 3. John Giniel 2:48:14.

Division Results - Women

20-29: 1. Luanne Pauk 2:27:37, 2. Eva Overth-Veltzen 2:34:16, 3. Mildred McBroom 2:39:46. **30-39:** 1. Holly Beattie Farr 2:31:20, 2. Mary Hayes 2:32:38, 3. Karen Coe 2:33:13. **40-49:** 1. Joan Reiss 2:46:21, 2. Susan Munn 2:48:59, 3. Ann Byarz N.T.

Men's Teams

16-34: 1. Feenstra/Fralick 2:11:45, 2. Hansen/Seltz 2:12:14, 3. Ford/Lipske 2:12:41. **35 & Over:** 1. Baker/Miller 2:21:40, 2. Goodwin/Nelson 2:22:01, 3. Grow/Kiskis 2:24:54.

Women's Teams

16-34: 1. Bua-Moseley/Dalton 2:23:10, 2. Farley/Rush 2:48:36, 3. Baker/Quisenberry 2:54:02. **35 & Over:** 1. Ewing/Oberth 2:54:31, 2. Allen/Stuart N.T.

Mixed Teams

1. Coffey/Kaiser 2:17:05, 2. Not Available, 2:20:06, 3. O'Donnell/O'Donnell 2:29:07.

Houlihan's to Houlihan's 8-Mile Bay Race

April 6. San Francisco.

The elite runners gave Roger Bourbon, "The World's Fastest Waiter," some elbow room at the starting line, a few yards ahead of them. Bourbon, in waiter's tux and carrying a open bottle of Weinhard's Ale on his tray, covered the rugged 8.3 mile course from San Francisco's Fisherman's Wharf to Sausalito in 49 minutes. But, he quickly sacrificed his headstart to the 5 minutes/mile pace of the lead pack.

Going over the Fort Mason hill out of Fisherman's Wharf the lead pack of men had formed up to include Tom Borschel of Salt Lake City, Larry Weber—the winner of "The Ultimate Runner" competition, Dave Parish of Reno and Jeffrey Shaver of Sunnyvale. Immediately behind them Bill Sevald, a San Francisco runner who became a Master just last month, was seriously challenging Sal Vasquez (4 time



Bill Sevald, Houlihan's masters winner.



Dave Parish, Houlihan's overall winner.

winner of The Dipsea). Sal won the Houlihan's to Houlihan's Master's Division in both previous years.

By the 4 mile mark on the Golden Gate Bridge, Dave Parish had clearly defined his lead by half a minute. Parish's winning time of 42:04 put him at slightly over a 5 minute/mile pace; Shaver's second place finish was 29 seconds slower. This year's Houlihan's course was exactly a half-mile longer than the course previously used, so the records are new. But, Derrick May's '85 winning pace was 9 seconds per mile faster than Parish's. May, also from Reno, was too ill to defend his title this year.

All of the three top women's '85 finishers ran again at Houlihan's this year. But, this year the prize to the winners of Seattle's St. Patrick's Day Dash was a trip to San Francisco for Houlihan's to Houlihan's. Prize winners Kim Dryden of Anchorage Alaska and Regina Joyce, formerly of the Irish Olympic Team, dominated the San Francisco women by taking 1st and 2nd place. Sharlet Gilbert of Richmond took 3rd place for the third year in a row. Both Dryden and Joyce ran at a significantly faster pace than Laurie Binder winning pace for the first two years. Binder finished 6th place this year.

Overall Results - Women

1 Kim Dryden (28) Alaska 47:53
2 Regina Joyce (29) Ireland 48:20
3 Sharlet Gilbert (35) Richmond 48:37
4 Donna Chin (25) San Diego 49:25
5 Peggy Smyth (34) SanAnselmo 49:34
6 Laurie Binder (38) Oakland 49:47
7 Mary Moulton (27) Orinda 51:50
8 Wink Luskin (34) San Anselmo 51:57
9 Joann Dahlkoetter (32) S.F. 52:50
10 Sharon Swann (34) Menlo Pk. 53:17

Men's Results

1 David Parish (25) Reno 42:04
2 Jeffrey Shaver (25) Sunnyvale 42:33

3 Larry Weber (28) Olympia, WA 42:55
4 Tom Borschel (28) SaltLkCity 42:58
5 Terrance Zerzan (29) RedwoodC 43:01
6 Bill Sevald (40) S.F. 43:07
7 Casey Reinking (28) SantaClara 43:20
8 Randy Accetta (22) S.F. 43:21
9 Tony O'Halloran (25) SanJose 43:23
10 Sal Vasquez (46) Alameda 43:25

Nike Cherry Blossom

April 6. Washington DC. 10 Mile.

Olympic bronze medalist Rosa Mota of Portugal set a new women's world record, and Thom Hunt of San Diego, nearly made it a matched set as he just missed the men's mark in the fourteenth edition of the Nike Cherry Blossom Ten-Mile in the nation's capital.

Mota, who has been suffering from achilles tendinitis in recent weeks, seemed unhampered by the injury as she blasted through the first two miles in 5:06 and 10:12. That pace convinced Lorraine Moller and the rest of the field to let Mota go, which the 1984 Cherry Blossom winner did with conviction, as she raced to a 53:09 victory, nine seconds better than the former world best for ten miles, set in 1982 by Joan Benoit Samuelson.

"The important thing today was to finish the race," said Mota, referring to her tendon problem. "The achilles started to hurt a bit the last two miles, and I had to slow down."

Mota was followed by Moller, who set a personal best of 53:48, while Joan Nesbit

continued on next page.

□ SoCal Diary

club athletes were here and showed they were ready to take on all comers. Carl Lewis was probably the most notable of those present and he didn't disappoint his fans as he outclassed runner-up Harvey Gience 10.14 to 10.32 in the 100 and then won a surprisingly close long jump competition with a 27-4 effort ahead of UCLA's Mike Powell at 26-11 $\frac{3}{4}$ and Larry Myricks at 26-11. In the pole vault, Fresno State star Doug Fraley showed that he is just about ready to take on Sergei Bubka as he defeated a classy field with an 18-11 PR.

The big showdown of this meet was definitely in the men's shot put where Texas A & M super soph Randy Barnes who had just popped a 71-9 $\frac{3}{4}$ throw a few weeks earlier met collegiate record holder John Brenner who entered the meet when he heard Barnes was competing. It looked liked Barnes throw of 70-10 had the event won until Brenner unloaded a 71-5 $\frac{1}{2}$ heave on his final attempt to win their first confrontation. Just for good measure Greg Tafalls continued his 70 foot throwing with a 3rd place effort of 70-4 $\frac{1}{2}$. The weights continued to be the main attraction of the meet as Jud Logan destroyed his American record, as well as Olympic Gold Medalist Juha Tiainen, in the hammer throw with a throw of 265-4. Jud definitely appears ready to take on the Russians with whom he trained last year.

The American women also appeared ready for international competition as was evidenced by Evelyn Ashford 11.11, Pam Marshall 22.28, PattiSue Plumer 8:59.6 and 15:52.6, Ramona Pagel 60-5 $\frac{3}{4}$ and Carol Cady 202-9. The biggest disappointment of the meet had to be former javelin world record holder Tina Lillak. Tina, who at one time was the toast of Finland, managed only a 189-11 effort good for 3rd place behind the United States Cathy Sulinski. The most impressive performance of the meet was definitely that of Jackie Joyner-Kersey who bettered Jane Fredericks American heptathlon record of 6803 with a tremendous 6910 effort which included a 12.9 100 meter hurdles. However, because the hurdles was hand timed, the record can't be accepted.

In other items of note, it appears that the San Diego St. track team has received a clean bill of health in respect to allegations of steroid use and is back in full stride, however its been reported that weight coach Kent Pagel is no longer with the team, but is still teaching at SDS.

I had mentioned earlier about a controversial week for Hawthorne High sprint star Tami Stiles. It seems that the defending state 200 champ almost lost the opportunity to defend her title when Hawthorne coach Kye Courtney kicked her off the team last Thursday; however the AD overruled Kye and reinstated Tami on Friday. According to Kye, the reasons for his action were 1) Tami skipped the Mt. Carmel Invitational to take a recruiting trip to UNLV, 2) she

missed practice the following Monday and a dual meet Tuesday because of alleged illness and then refused to run on the mile relay team Thursday and finally left that meet without the coach's permission. Speculation is that Tami's Mom, who is outspoken about her daughter's running career, put the heat on Hawthorne AD Otto Plum, and was able to get her daughter back on track. Apparently UNLV is anxious to get the entire Stiles family to Las Vegas as its been rumored they put together a package deal which would get Tami a full ride and her Mom, who is a single parent, a job in a local Casino.

As a final note, the big USC-UCLA dual meet has taken a turn against the USC men. In a turnaround, UCLA thrower John Frazier was cleared of charges he competed illegally during his red shirt year while USC strongman Bernd Kneissler was listed as out with an arm injury. This should give the Bruins a sweep in the shot and discus and with it the meet. My last minute dope sheet has the Bruin men winning 97-66 and the Trojan gals ahead 75-61.

□ May 5.

Most high schools were engaged in final dual meets this past week, many of which were between arch rivals. However some of the girls teams participated in the Claremont girls invitational. At that one, L.A. Crenshaw High was the winner with 78 points ahead of La Mesa with 63, Cajon 61 and Muir with 55. Muir, which was last years state champion, has had a number of problems this year including ineligibilities which have caused the Mustangs to forfeit some dual meets.

The Community Colleges had their Conference Championships and there were a few surprises. In the Metro Conference, it certainly wasn't a surprise to see Long Beach CCs men romp to a whopping 310-141 victory over runner-up Pasadena as the Vikings qualified 50 entires for the SoCal prelims. In the women's meet, El Camino as expected won 206-163 over Santa Monica. I noticed that Harbor CC was shut out in both meets. It was only a few years ago Harbor scored 325 points in a SoCal Conference final. That just goes to show how important recruiting is in Community College track.

In the Mountain Valley Conference, high flying Trade-Tech outran L.A. Valley 214-167 in the men's division, while L.A. Valley overwhelmed Antelope Valley 269-94 in the women's division.

In the Inland Valley Championship, Glendale CC men won their 12th consecutive conference title with a conference record 320 points to 85 for runner-up Citrus, while the Sylvania Mosqueda lead East L.A. CC team were comfortable 154-119 winners over runner-up Glendale.

In the South Coast Conference mens championships over the years, Mt. SAC has had a horror story where on more than one occasion a title has come down to the 1600 relay with the Mounties favored to win, only to have some bad luck knock them out of the picture. Well, lightning struck again this year. In the men's meet, SAC lead by 4 go-

ing into the 1600 relay which they were favored to win. As expected, they cruised wire to wire to lock it up with no red flags in site. In celebration, the anchor man flipped the baton up in the air, and was notified shortly thereafter by the starter that the team was disqualified for his act, with the result that Orange Coast, which had finished 3rd in the race for 6 points had won the Conference by 2, 143-141. In addition since the Mounties didn't have a SoCal qualifying time, it appeared they would not go on to the SoCal meet; however the SoCal rules committee had mercy on Coach Don Ruh's quartet and allowed them into the SoCal prelims. In the women's meet it wasn't that close as Mt. SAC prevailed over runner-up Saddleback 160-126.

In 4-Year College competition, in the big dual meet at the Coliseum, UCLA's men's team and the Trojan women's team apparently wrapped up National Dual Meet Championships with 105-59 and 69-67 victories respectively. I say apparently because the final rankings are done by *Track & Field News*. However, the only other undefeated men's dual meet team of note is Oregon which only beat Cal by one point while the Bruins had a much bigger margin of victory over the Bears, while holding out 3 top performers. The Women of Troy on the other hand could probably win every event against most Div. I teams.

In Division III, Occidental made shambles of the SCIAC Meet, almost doubling the score of the runner-up Claremont-Mudd men 240-121 $\frac{1}{2}$ and easily outdistancing the 2nd place Pomona-Pitzer women 203-121. The Tiger men led by seniors Vance Mueller and Mal Hardy appear to have their best chance for National prominence since the Steve Haas-Kevin McNair coaching era, while Bill Harvey's women's team will rely on senior heptathlete Shawn Lawson and freshman distance star Michele Trimble for its big meet success.

In another running mark of note, at the New Balance women's invitational at UC Irvine, Alice Brown showed that she was ready for international competition as she posted an 11:02 100 meters.

I noticed on television the other day, where L.A. Marathon champ Nancy Ditz was staring in a G.E. commercial. Nancy, in addition to being highly competitive is both personable and attractive; and people like her are a big asset to the sport of running.

I noticed in a recent CT&RN issue where some readers apparently got some incorrect signals from a comment I made about financial aid to private high school athletes. High schools covered in this column extend only to the Northern boundaries of the Southern C.I.F. section. The fact of a private high school giving financial aid to athletes and C.I.F. action thereon was well documented in a prior issue. In summary, the private high schools giving financial aid to athletes are a small but growing minority, and the impact of this policy is significant enough to tilt the competitive balance

Continued on page 28. . .



photo by Maurice Wilson

An Interview With . . .

PATTISUE PLUMER

by Gregor Robin

One year ago PattiSue Plumer was still troubled with a leg injury she sustained. She had been hit by a taxi cab while walking across a street in Japan during a racing tour there. She suffered a broken fibula that kept her out of consistent training for eight months.

Plumer admits that she tested the leg too soon on at least one occasion when she raced the Peachtree 10K road race. That left her with "constant pain" in the leg, she said. It wasn't until October that she could run without pain. It was a long dedicated comeback program of weightlifting and aerobics that she now credits for her full recovery from the injury.

The 1984 NCAA 5,000 meter champion is at full strength now and racing as well as any woman in the nation again.

During her four years of competition at Stanford University, Plumer helped to establish a very competitive distance tradition there. She placed second in the NCAA 3000 in 1982, 1983 and 1984. She won the indoor national title at 3000 in 1983.

The Stanford women placed second in the NCAA cross country championships Plumer's senior year. She was second-woman on the powerhouse team as she finished eighth in the race.

Now, at 24-years-old, Plumer is one of America's hottest track runners and road runners. She has been dueling with the best runners in the nation on the roads this year.

Plumer ran 32:28 for third at the Buick 10,000 in San Diego on March 23. She also ran 32:30 for fourth place in the TAC national championships in Albany, New York on April 17.

She has a 5000 personal best of 15:29 and leads the nation this season with her 8:48.0 3000 meter PR which she ran in Japan this year. She is fourth on the national list this season with her 4:33.36 mile time.

On April 19th in Tallahassee, Florida at the Eastern Airlines meet Plumer won the 1500 in 4:19.75, took the 3000 in 8:57.66 and won the 5000 in 16:00.68 for a demanding distance triple. The next weekend at the Mt. San Antonio Relays she won the 3000 on Saturday night in 8:59.6 to beat Monica Joyce and on Sunday she won the 5000 in 15:52.6.

Plumer is back and it seems like nothing is going to stop her now, except maybe Plumer herself. She admits that she is still trying to conquer many of the hazards world class runners face. But the way she was so open about her experiences, her outlooks and her worries, shows that she can see herself from an even broader perspective now that her college running is over.

She has moved away from the running scene at Stanford, at least for a while and is living in Westwood near UCLA. She will return in the fall to enter law school at Stanford. She lives by herself in a studio apart-

ment in Westwood now. Her apartment is small, but she calls it, "cozy." It has a little fireplace. She loves to bake and says, "I love to have people over . . . not big parties, but I do love to have people over. I have a hard time cooking just for myself."

If you look at the top 10 American women in the 5000 meters, which Plumer considers her specialty, you see that eight of the 10 times in front of her 15:29 best were run in 1985, a year in which Plumer was battling the injury. She ran 15:29 in 1984. So she has some catching up to do this season.

Plumer spent her whole college career at Stanford under the strict and often emotional guidance of Coach Brooks Johnson. Johnson said he saw her talent from the beginning when she first showed up from Colorado's Montrose High School where she took third in the state meet in the mile and two mile. Her best times in high school were 5:12 and 11:41.

"The first thing I noticed in her freshman year was she had excellent technique," said Johnson. "The next thing was the AIAW qualifying mark was 9:40 her freshman year and she ran 9:39.9. That led me to believe that perhaps she was a person that established goals and went out and set them. If there was a problem it might be because she set goals that were too modest for her talent.

"It was in her sophomore year at an indoor meet that I realized how competitive

she was. Mary Decker was in the race. Mary streaked out to take the lead and everybody else in the pack just sat behind. All of a sudden PattiSue just broke out of the pack and went streaking after Mary. Well obviously and most definitely she never caught Mary, but the point is she wasn't afraid of her either.

"And the other thing that came out is PattiSue loves to compete. She likes to win obviously, but she loves to compete. Track and field running is just a way of her competing."

Johnson said that this isn't really a comeback for Plumer.

"I don't know if you can call it a comeback," he said. "She got hit by a car. She came back and was running incredible times within a few months of that. There are a lot of circumstances that dictate her progress and she and I don't have control of it all. For example her most natural event is probably the 5000 meters but that's not an Olympic event. Then there is a question of how do you sustain yourself in amateur track and field when (the money comes from) running the roads. Most of the good road races are 10K. Her next strongest even is the 3000 and it's hard to train for 3000 when you're trying to make a living at the 10K on the road. Those are the kind of things that we'll juggle to determine progress, not so much her basic talent, but the reality of paying the rent. Then next year she enters law school at Stanford. That's the No. 1 priority, becoming a lawyer."

The prospective lawyer sat in her apartment late Sunday night, the day after her race in New York, and looked at her career with a very keen eye. She began by talking about Montrose High.

CTRN: You said you never took running seriously in high school.

Plumer: It was another sport I did. It was important to me and my high school coaches were wonderful people, but they knew nothing about track and field. They really didn't know how to train me. They knew I had potential. They knew I had talent, but they didn't know what to do with it. They didn't know how to bring that out. My best finish was third in the mile and the two mile in the Colorado State Meet. I had a lot of injuries. I didn't know how to train at all. It wasn't possible. There were no age-group runners. There was nothing but school track.

CTRN: How did you end up at Stanford?

Plumer: Luck, really. Basically I had a very good financial aid offer from them. I had a good academic scholarship. I wanted to go to a good college: I planned to go to Georgetown, but the coaches at Stanford were very encouraging to me. They gave me a lot of support. They told me I would do a lot better at Stanford than I would at Georgetown. And I thought I would have an opportunity to run on the team my freshman year if I went to Stanford. They wouldn't give me the time of day at Georgetown.

CTRN: What year did your career start flourishing at Stanford?

Plumer: The beginning of my sophomore year. After my freshman year my coach (Brooks Johnson) sat me down and told me

that if I really put my mind to it I could win a national championship. If you know Brooks, he won't take time with you unless it's legitimate. He doesn't hand out compliments by any stretch of the imagination, especially to non-productive freshmen. After I hadn't run well, he didn't give me the time of day my freshman year. I barely made it to the nationals. I made it by one-tenth of a second in the 3000. I didn't make it to the finals. I was very upset. They took 16 to finals and I was 17th. We finished and I was real upset. He came over and just started yelling at me. It went on forever. I don't have any idea what he said. All I do know is that if he thought I was as terrible as he sounded, then he wouldn't be yelling at me.

That's the way Brooks is. If he doesn't care he'll keep his mouth shut. So while I was upset that he was yelling, I was happy that for the first time he was paying attention to me. Later we sat down and had a conversation and he told me that I could be a national champion. Again, knowing Brooks, I knew he wouldn't tell me that just to tell me it.

CTRN: So you came around in track your sophomore year.

Plumer: Yes. My first big race that I ran that hit me in the head was an indoor meet in Canada my sophomore year. I got in it by luck. I didn't do great there but I was close to the leaders, about four seconds out of first place. I was fourth place. It was a 3000. It was the first time I ran indoors. That I was even in there shook me up. The following weekend I was able to get in the L.A. Times meet. I was awfully overwhelmed by that one, yet I was third. I was out-kicked by Joan Hansen. I was just a little off the 3000 collegiate record. Looking back, it was a real weak record. I shouldn't have given myself so much credit. But it was enough to make me realize I could run with most peo-

my friends. It was my first vacation in four years. I didn't lift. It was just fun running. In about November I started training again. I was just getting back into shape. Then in early 1985, I had just come back from the world indoor championships where I was third in the 3000. I ran a nine minute 3000 indoors which was about the third fastest time in the world that year. I was just coming around. I was invited to Japan and I was going to stay there and run a few indoor meets. My second day there I was hit by a taxi cab when I was crossing the street. It broke my fibula and tore my ankle cord slightly. What at first appeared to be a month or two month injury ended up being about eight months. I wasn't able to train normally again until the middle of October, 1985.

CTRN: How long until you raced again?

Plumer: The problem was, I raced too soon. About four months after the accident I raced at Peachtree. That was a mistake. It was a good race for me but I wasn't able to sustain the training. About a week after that I was in constant pain. Not overwhelming pain, but whenever I'd run it was quite overwhelming. For a while I couldn't even walk.

CTRN: So when were you fully back?

Plumer: I started racing in November, just easy road races. Just to get the idea of where I was at ... get my feet in the water again. Then I started running indoors.

CTRN: What do you credit for this comeback?

Plumer: I think a lot of things. I was out of school. I was in a new environment. I learned to really listen to my body, to know when to back off and to know when to go harder. I was working with my coach but not with him in person. I had to force myself to make a lot of decisions on my own about how I felt. If I was feeling good maybe I'd go a little bit harder than the workout called for

"You don't have much of a future in competitive running if you do it because you love to run. You have to love to compete."

ple. I beat two former NCAA champions in that event. All of a sudden it made me realize that, hey, if I put my mind to something I can do it with the right training and right attitude. It makes a world of difference. It's mostly attitude. My training hadn't changed that much. It's a belief in yourself.

CTRN: Your experience at Stanford ... Any regrets?

Plumer: No. It's the best place for a female athlete to attend school. If you are interested in an education and athletics it's the best place to go, absolutely.

CTRN: You've come back from an injury. Can you tell us about that?

Plumer: After the summer of 1984 I took about three months off. I just jogged with

and if I was feeling bad then I'd have to learn to back off. And when you can start reading your body that way, sometimes it's a bit scary but other times you really learn what you can do and what you can't do. Your body is going to respond a lot better. I took a lot of time off. I would take two days off a week without running. But the days I would go I would go very hard.

CTRN: You say you are working?

Plumer: I'm a personal trainer at the Beverly Hills Health and Fitness Club. I also teach aerobics there. This is my last week, though. I'm deciding right now about staying in the states and running a few road

continued on next page...

Plumer, continued . . .

aces which I don't really want to do or going overseas and trying to run on the European circuit. And in the fall I'm going to law school at Stanford.

CTRN: Is Puma helping you out enough to make it comfortable?

Plumer: No (chuckle). Not to make it comfortable.

CTRN: Some national and world class men are making \$50,000 to \$100,000 a year

"I love my life in a lot of ways. The only thing I don't like is that I can't take off time. You can't do that. You're...controlled by your training."

in contracts.

Plumer: I'm not even close to that. They pay for most of my trips. Maybe if I lived in "Podunk, Iowa," I might be able to be comfortable with what they give me but that's about it. And I don't even think you can do it there.

CTRN: What do you have to do to make it comfortable?

Plumer: I think you have to have some kind of record and more recognition as an athlete. You have to be a face that everyone knows or at least everyone in track and field knows.

CTRN: And how does that happen?

Plumer: You know I'm not sure because it seems to me there are a lot of people who don't really do that well over a long period of time. They've run a few good races and seem to attract the attention. And then there are those of us that don't even get ranked in the top 15. It's very hard for a woman in distance running to make a living unless they run a lot of road races. As a track athlete it's very difficult for a woman distance runner. There aren't that many races in the United States. They don't pay you that much. Especially living in a place like California where the cost of living is so high. My rent is more than I get from Puma. And I don't live extravagantly. You have to be someone like Joan (Benoit), like Mary (Decker-Slaney). Those are the two Americans that come to mind off the top of my head. They are the distance runners that do well. Some people do well because they've been around for a long time like Francie Larrieu. People do well partly by luck. I was talking with one woman who just got signed by Puma. She's run 15:19 (for 5000) this year and 4:08 (for 1500). She's doing great, and she almost couldn't get a contract of any sort, trips or anything. The only way you can make a living is to combine it with road running.

CTRN: What were you doing last season at this time?

Plumer: I was walking. I just started walking again. You want to know what I think a lot of it is (the reason for my comeback)? Weightlifting and aerobics. I think I also took a much more holistic approach to training this year. I did a lot of weightlifting and a lot of aerobics and not a lot of miles. I've averaged maybe 50 miles a week. That's pretty low for someone that just ran a 10,000 yesterday in 32:30.

CTRN: You placed fourth yesterday (May 17) in the TAC national championships 10K road race in Albany, New York in 32:30. Betty Springs won. You were victorious in a triple (1,500, 3,000, 5,000) in the one-day Eastern Airlines meet on April 19 in Tallahassee, Fla. The next weekend at Mt. SAC you raced 3,000 on Saturday night and 5,000 Sunday. What is the reason for this massive dose of racing in such a short period of time? Were you sort of holding back in the races because the fields were not that competitive?

Plumer: At the first meet I felt I had gone (traveled) so far and just to run one or two races I wouldn't get anything out of it. I wasn't pleased with my times. I thought I could at least get a real solid workout out of it. But more importantly, I was having a lot of trouble with my technique. I just wasn't running comfortably. I hadn't run outdoors since 1984. I thought if I could really get into it maybe I could wear myself down and not fight it so much. Everything was such an effort. I think it worked. The following week (at Mt. SAC) I came out and just flowed. It wasn't that fast, but I flowed. I was comfortable and I was very much in control.

CTRN: It seemed like in the 3,000 at Mt. SAC you just pulled away and looked relaxed and easy bringing it in.

Plumer: It was hard but compared to the week before, it was such an effort the week before. Also, it was very hot (in Florida).

CTRN: What are some of the races you plan on running this season?

Plumer: After Jenner and the Carlsbad 5K I won't race again until TACs.

CTRN: What do you think is your best event?

Plumer: That's hard to say. Actually, eventually I think it will be the 10,000. My biggest problem and the reason I was fourth yesterday instead of second or third -Betty Jo ran a beautiful race and she deserved to win and she had no difficulty winning - second, third and fourth, the three of us were very much together the whole race. Half of my foot is a blister and I am not exaggerating. In fact it is very painful right now. This really cost me. I think for sure it cost me third, not to take anything away from Marty Cooksey (second) and Mary Kinsley (third). There was just so much pain the last three miles. This happened the last two times I raced. I can't explain to you how it feels to run with a blood blister on the bottom of your foot for three-and-one-half miles at five-minute pace. It kills. You have to focus so hard and try not to think about the pain, but it's there. The straightaway to the finish was downhill and that made it worse. As they started to accelerate I just couldn't go with them.

The 10,000 is really a mental race. A lot of it's physical, but a lot is mental. I think the

more you run it the experience you get makes a difference.

CTRN: So you think you'll learn the 10,000?

Plumer: I think that's where I'm heading. I just don't like to admit it because I don't want to run that far. My mom will die if she has to watch the 10,000 on the track. My best in the 3,000 is in the top five ever in the United States. My 3,000 time this year 8:48 is No. 1. My indoor (3,000) time is No. 2 by three-tenths of a second to Mary. It's very frustrating because I don't know if I have the raw speed it takes to run a great 3,000 on the international level.

CTRN: What about the TAC and Europe this season?

Plumer: I'd love to do well at TAC and go overseas and run the European circuit.

CTRN: The Olympics in 1988?

Plumer: Oh, that's up in the air between the 3,000 and the 10,000. We'll have to see. I wish they had a 5,000. That's probably my best event at least right now.

CTRN: What was your experience in the 1984 Olympic trials? You placed sixth in the 3,000. Were you in shape?

Plumer: Yeah. I ran really well the first two days. I thought I had a really good chance of making the team. The first day I was knocked down flat on my face and went from third place to dead last in my heat and came all the way back to make the semifinals. I think that might have taken a lot more out of me than I thought because I was real stiff after that. Despite the fact that I did well, I had never been overseas. I had very limited experience in that. If you look at the people who had made it they were true veterans. All had been in the Olympic trials before. Most of them more than once. All had been overseas. It made a difference. There was a lot of pressure. Everyone I talked to said there was more pressure at the Olympic trials than at the Olympic Games. I don't know what happened. I'm not sure. Maybe I just wasn't ready mentally to make the team.

CTRN: Who are the women you fear the most?

Plumer: I don't really fear anyone. I have a lot of respect for a lot of people.

CTRN: Who do you think is doing it the best? Who do you think is doing the right things?

Plumer: Joan (Benoit) is the one who impresses me just by her sheer gut determination and ability to come back from injuries.

CTRN: What is the difference between the women's and men's circuit?

Plumer: Money. Respect too. Especially overseas, well anywhere actually when you come down to it. There are a lot of empty words that say there are no differences, but there are differences. They will say the women aren't as competitive now, which is so baloney because there are more women in track and field than men. There are more women that take up the sport at a younger age now. There are more women doing it when they get to college.

CTRN: Your past indoor season was successful.

Plumer: I ran two races here. At the Meadowlands I won the 3,000 (8:51) and at Millrose I was sick so I didn't run great in

Results

Boston Marathon

April 21, Boston, MA.

Overall Results - Men

- 1 Rob de Castilla, Aust, \$60,000 2:07:51
- 2 Art Boileau, Canada, \$21,000 2:11:15
- 3 Orlando Pizzolati, Italy, \$16,000 2:11:43
- 4 Bill Rodgers, Dover, \$12,000 2:13:36
- 5 Arturo Barrios, Mexico, \$10,000 2:14:09
- 6 Bob Hodge, Hopkinton, \$8,500 2:14:50
- 7 Domingo Tibaduiza, Col, \$7,000 2:15:22
- 8 Paul Cummings, UT, \$5,500 2:16:05
- 9 Dan Schlessinger, Camb, \$4,000 2:16:29
- 10 Kunimitsu Ito, Japan, \$2,500 2:17:02
- 11 Pertti Tiainen, Finland, \$1,400 2:17:04
- 12 Greg Meyer, G. Rapids, \$1,300 2:17:29
- 13 Hiroshi Nagashima, Jap, \$1,200 2:17:38
- 14 Gonzalo Huggins, Venez, \$1,100 2:18:11
- 15 Bobby Dovie, Provid, \$1,000 2:19:03

Overall Results - Women

- 1 Ingrid Kristiansen, Nor, \$35,000 2:24:55
- 2 Carla Beurskens, Neth, \$23,000 2:27:35
- 3 Lizanne Bussieres, Mt, \$15,000 2:32:16
- 4 Evy Palm, Sweden 2:32:47
- 5 Sinikka Keskiitalo, Fin, \$10,000 2:33:18
- 6 Julie Ispording, OH, \$8,500 2:33:40
- 7 Christa Vahlensieck, WGS, \$7,000 2:34:50
- 8 Lorraine Moller, NZ, \$5,500 2:35:06
- 9 Eileen Claugus, Sacto, \$4,000 2:38:23
- 10 Elen Rochefort, Cana, \$2,500 2:40:00
- 11 Hazel Stewart, NZ, \$1,400 2:41:12
- 12 Mary Johanson, Belmt, \$1,300 2:41:50
- 13 Sisse Grottenberg, Nor, \$1,200 2:43:00
- 14 Bobbi Rothman, Florida 2:43:36
- 15 Audrey Kemp, Cupertino, \$1,100 2:46:52

Overall Results - Masters Men

- 1 Michael Hurd, Eng, \$2,500 2:19:04
- 2 John Sheridan, Ireland, \$1,500 2:24:35
- 3 Les Roberts, Eng, \$500 2:24:59
- 4 John Loschhorn, Irvine, 2:27:03
- 5 John Davies, Eng, 2:29:32
- 6 Guy Ogden, England 2:29:41
- 7 Allan Rushmer, England 2:30:31
- 8 Joseph McGuire, Canada 2:30:48
- 9 Don Coffman, KY 2:33:25
- 10 Keith Deathridge, England 2:33:44
- 11 Colin Gouldson, Chelmsford 2:35:05
- 12 John Weston, Canada 2:35:22
- 13 William Harvey, Florida 2:35:56
- 14 Toby Skinner, Oregon 2:36:05
- 15 Dennis Scott, Toledo 2:36:53

Overall Results - Masters Women

- 1 Evy Palm, Sweden 2:32:47
- 2 Bobbi Rothman, Florida 2:43:36
- 3 Betty Nelson, Indiana 2:58:06
- 4 Peggy Couper, Bermuda 2:58:15
- 5 Jane Hutchison, Mo. 3:00:27
- 6 Connie Burroughs, Mo. 3:02:54
- 7 Kathleen Beebe, Medford, OF 3:06:19
- 8 Joan Reiss, Sacto 3:07:31
- 9 Constance Kimball, Brattleboro 3:10:18
- 10 Elizabeth Sonne, Salt Lake City 3:10:20
- 11 Donna McDonald, Middleboro 3:13:25
- 12 Anne Bing, Conn. 3:15:22
- 13 Sharon Martin, Colo 3:16:41
- 14 Sonija Buchanan, Mich. 3:17:31
- 15 Georgia Allen, Indiana 3:17:40

California Finishers

24. Peter Kanfer, Pasadena, 2:22:42, 44.
- John Loschhorn, Irvine, 2:27:03, 74.
- Richie Brownsberger, El Cayon, 2:30:23, 75.
- Will Pittenger, Santa Barbara, 2:30:30, 80.
- David Chairez, Fair Oaks, 2:31:07, 88.
- Keith Berta, West Covina, 2:31:30, 132.
- Fred Villegas, Merced, 2:35:00, 172.
- Martin Rizzo, Portola, 2:37:17, 198.
- Edwin Kit-chen, Thous.Oaks, 2:38:13, 9.
- Eileen Claugus, Sacto, 2:38:23, 221.
- Ted Pawlak, Rohnert Pk, 2:38:48, 232.
- Richard Kenn-drthy, Dana Pt., 2:39:05, 249.
- George O'Connor, Piedmont, 2:39:43, 257.
- Richard Moore, Encinitas, 2:39:54, 262.
- John Trettin, Lompoc, 2:39:59, 281.
- Bill Sullivan, San Jose, 2:40:47, 301.
- Guy Gary, Del Mar, 2:41:20, 310.
- Ronald Kubokawa, El Cerrito, 2:41:40, 344.
- Fernando Ramirez, Pico Rivera, 2:43:23, 349.
- Jim O'Brien, Sierra Madre, 2:43:34, 361.
- Kie Soohoo, Anaheim, 2:43:48, 363.
- Timothy

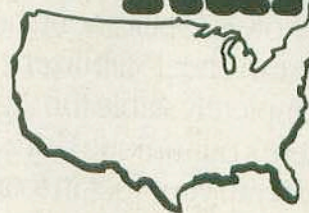
Johnson, Port Hueneme, 2:43:51, 400. Jon Efler, Huntington Beach, 2:44:53, 418. James Beuselinck, Saratoga, 2:45:25, 463. Theodore Wong, Oakland, 2:46:33, 466. Michael Dumas, S.F., 2:46:38, 474. Bret White, Sunnyvale, 2:46:43, 15. Audrey Kemp, Cupertino, 2:46:52, 491. Harold Goforth, El Cajon, 2:46:57, 518. Mark Hines, S.F., 2:47:26, 528. Albert Lomell, Fresno, 2:47:41, 535. Steve Russell, Balboa, 2:47:46, 542. John Rosmus, Fullerton, 2:47:52, 554. Thomas Homeyer, LaJolla, 2:48:07, 570. Michael Schweska, San Leandro, 2:48:28, 580. Richard Apostolos, Roseville, 2:48:40, 593. Steven Burke, Carlsbad, 2:48:48, 600. Don Dugdale, San Jose, 2:48:55, 609. Michael Kohrs, Coronado, 2:49:10, 617. Raymond Deschenes, West L.A., 2:49:18, 618. George Riley, Oakland, 2:49:19, 17. Ooagh Bruni, Encinitas, 2:49:22, 624. Harry Maloney, Bakersfield, 2:49:34, 628. Jon Root, Paso Robles, 2:49:37, 624. Harry Maloney, Bakersfield, 2:49:34, 628. Jon Root, Paso Robles, 2:49:37, 655. David Lucas, Edwards AFB, 2:50:03, 699. Randy Saletnik, San Diego, 2:50:58, 709. Scott Peterson, Pleasant Hill, 2:51:10, 733. Steven Shapiro, Newport Beach, 2:51:38, 734. Franklin Ruona, San Jose, 2:51:39, 735. Edmund Plenkoowski, S.F., 2:51:40, 740. Willis Rasmussen, El Cajon, 2:51:46, 874. Barrie Graham, Santa Rosa, 2:54:23, 875. Robert Crooks, S.F., 2:54:25, 879. Steven Fairclough, San Lorenzo, 2:54:27, 887. Armen Khachadourian, San Carlos, 2:54:36, 896. Mark Williams, Sacto, 2:54:44, 843. Bruce Horiguchi, Gardena, 2:53:56, 850. Richard Leutzinger, Pacific Grove, 2:54:02, 908. Ralph Koenig, Covina, 2:54:56, 913. David Cook, Ontario, 2:55:03, 919. Art Terzakis, Sacto, 2:55:07, 927. Roger Zoldan, Fremont, 2:55:22, 953. Steven Kern, Medina, 2:55:45, 969. Raymond Maranda, Bakersfield, 2:56:08, 971. Mike Claycomb, S.F., 2:56:13, 984. Adrian Ruiz, Simi Valley, 2:56:26, 993. Ron Kobrine, Woodland Hills, 2:56:35, 1013. Dennis Yamnitsky, Yosemite, 2:57:03, 1036. Reg Price, Colton, 2:57:23, 1055. Dana Gard, Citrus Hts., 2:57:37, 1056. Mark Winitz, Los Altos, 2:57:39, 32. Christine Iwahashi, Sacto, 2:58:00, 1104. Gary Goettelmann, Santa Clara, 2:58:23, 1106. Miguel Reyes, Roseville, 2:58:29, 1109. Donald McDougall, La Mirada, 2:58:33, 1116. Brett Ferguson, Chameron

Park, 2:58:36, 1122. Kenny Warde, Susan-ville, 2:58:39, 1124. Jim Howell, Los Altos, 2:58:40, 1129. Howard McNair, La Crescenta, 2:58:45, 39. Leslie Lewis, Tor-rance, 2:59:06. 1167. David Morris, Victorville, 2:59:28. 1174. Marshall Ricker, Oakland, 2:59:36. 1175. Phil Penna, Redwood City, 2:59:36. 1178. Kenneth Grebensteir, Mill Valley, 2:59:38. 1203. Henry Lange, Beverly Hills, 2:59:58. 1216. Wayne Stanfield, Idyllwild, 3:00:22. 1227. Douglas Stevens, Menlo Park, 3:00:38. 1228. Kevin O'Keefe, El Segundo, 3:00:45. 1246. David Klein, Alrany, 3:01:17. 1247. Don Determan, San Diego, 3:01:18. 1248. Hollis Lenderking, S.F. 3:01:18. 44. Peggy Lavelle, S.F., 3:01:27. 1261. Larry Haynes, Santa Rosa, 3:01:30. 1279. Steven Levy, Fresno, 3:01:51. 1285. John Demorest, Colfax, 3:02:01. 1295. Scott Jones, Bossier City, 3:02:16. 1296. Jim Parker, Mt. Shasta, 3:02:17. 1330. Peter Todd, Berkeley, 3:03:05. 1337. Olof Carmel, Yosemite, 3:03:12. 1338. Edward Garrity, San Diego, 3:03:13. 56. Suzanne Rice Morris, Encinitas, 3:03:23. 1361. Robert Little, Hun-tington Beach, 3:03:39. 57. Kimberlee Campo, San Diego, 3:03:41. 59. Kathleen Barcia, Santa Clara, 3:04:00. 1382. Leslie Kim, San Diego, 3:04:14. 82. Julie McKin-ney, San Pedro, 3:04:24. 1412. Timothy Twietmeter, Citrus Hts., 3:04:39. 1445. Charles Hanson, Claremont, 3:05:28. 1450. Jack Richard, Los Altos, 3:05:31. 1457. Barry Turner, Grass Valley, 3:05:34. 65. Ellen Nichols, Chino, 3:05:40. 1468. Samuel Rugh, Westlake Village, 3:05:41. 1485. Daniel Trone, San Diego, 3:06:04. 1513. Tom Walsh, Oakland, 3:06:42. 1515. George Parrott, Sacto, 3:06:46. 70. Tracy Christopherson, Davis, 3:07:07. 74. Bar-bara Reid, Diablo, 3:07:17. 75. Joan Reiss, Sacto, 3:07:31. 1568. Leo Withers, S.F., 3:07:35. 1583. Tony Monroe, Oakland, 3:07:48. 1612. Christopher Spears, Walnut Creek, 3:08:14. 1671. Charles Constantin, Laguna Beach, 3:09:03. 1691. Ric Hatch, Ventura, 3:09:21. 1694. Tom Egan, S.F., 3:09:23. 1698. Joseph Marino, Simi Valley, 3:09:27. 1699. Michael Wapner, Santa Bar-bara, 3:09:27. 1708. Jerry Cole, San Mar-cos, 3:09:31. 1750. Patrick Keating, Woodland Hills, 3:10:19. 1753. Stephen Labowitz, L.A., 3:10:21. 1754. James Ochman, S.F., 3:10:22.



Boston female winner, Ingrid Kristiansen of Norway.

Running USA



A National Information Clearing House and Advertising Office

Participating Publications

Boston Running News
California Track & Running News
Indiana Runner
Inside Running
Michigan Runner
Nor'Wester
Ohio Runner

Racing South
Rocky Mtn. Running News
Runner's Gazette
Runner's Update
Running New Jersey
Running & Triathlon News
Running Through Texas
Southern Runner

For More Information:

Running USA • 4770 Sawmill Rd. • Columbus, Ohio 43220
(614) 889-9106

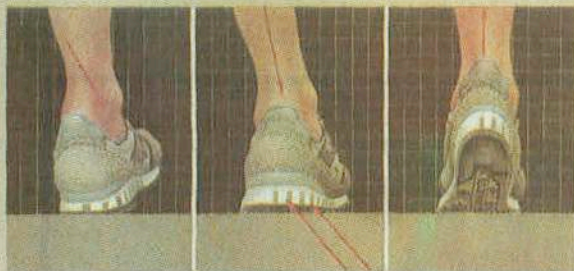
The heel counter stabilizer keeps your foot locked in place throughout your stride.

The Gore Band Tie System adds support to the heel and midfoot area, and wraps your foot in total comfort.

The dual durometer midsole gives you firmer pillars of EVA-Lite on the inside of your foot, to prevent over-pronation.

IT'LL AMAZE YOU, BUT IT WON'T SHOCK YOU.

The new Revenge™ from Converse will amaze you for a lot of reasons. But there's one good reason it won't shock you – our EVA-Lite Domino Midsole. It's biomechanically designed to give you soft cushioning on the outside of your foot. And the pillars of firmer EVA-Lite along the inside of your foot give you extra support and prevent your foot from rolling too far inward during your stride.



Where your foot strikes, the EVA midsole is soft to give you great cushioning. As your foot rolls to the inside, the firmer pillars of EVA prevent over-pronation and add support.

Now, let's talk about the amazing features. First, the heel-stabilizer counter keeps your foot completely stable throughout your stride. Then there's our unique Gore Band Tie System that

helps support your heel and midfoot area, and wrap your foot in total comfort.

What's more amazing about the Revenge? The price. No other shoe gives you a better combination of cushioning and control for so little money.

Check out the Revenge at your Converse dealer. It's the most advanced shoe in its class. Which shouldn't amaze you at all because it's made by Converse.



CONVERSE

Reach for the stars.