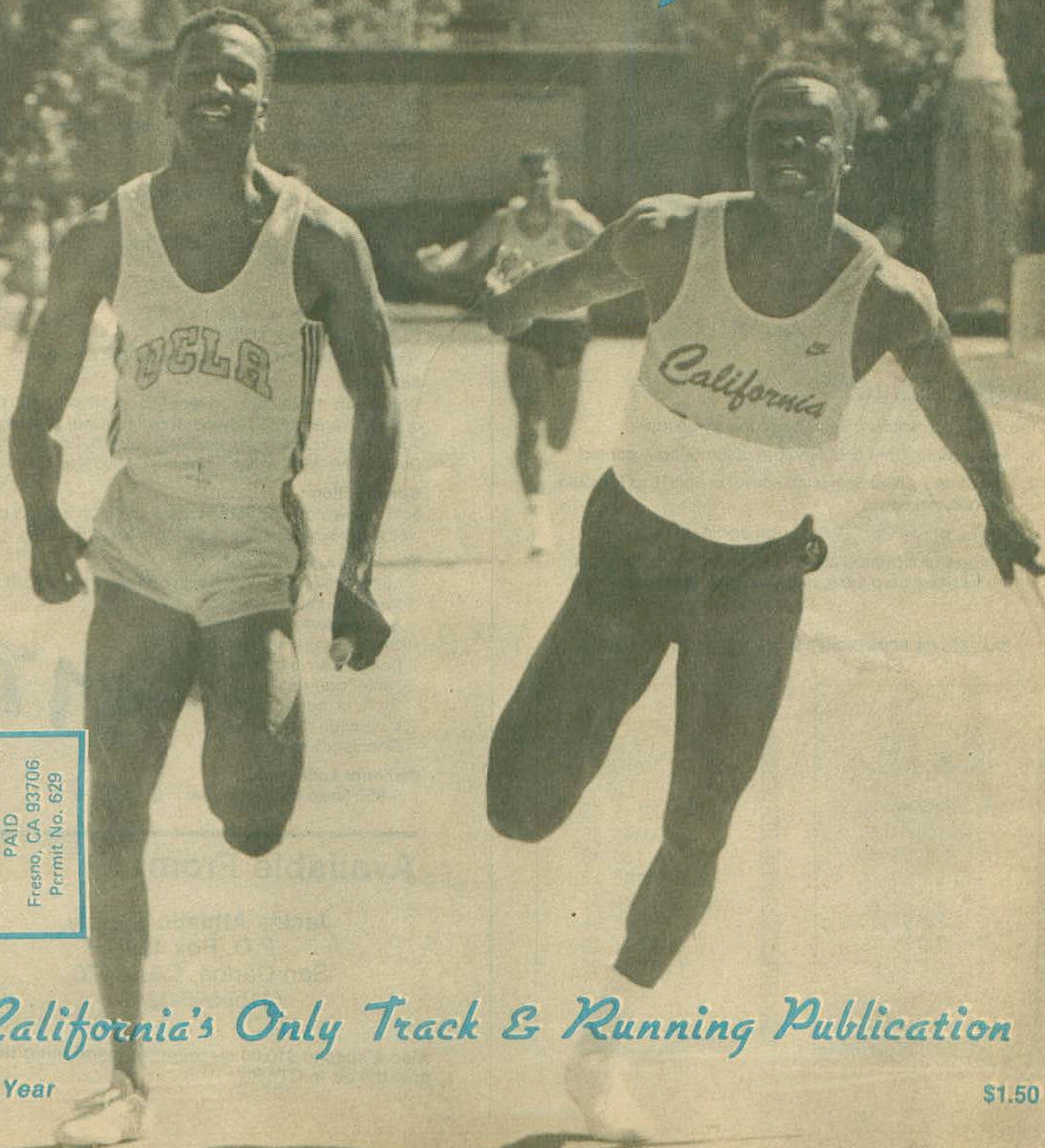


JUNE 1987

ISSUE NO. 126

CALIFORNIA

Track & Running News



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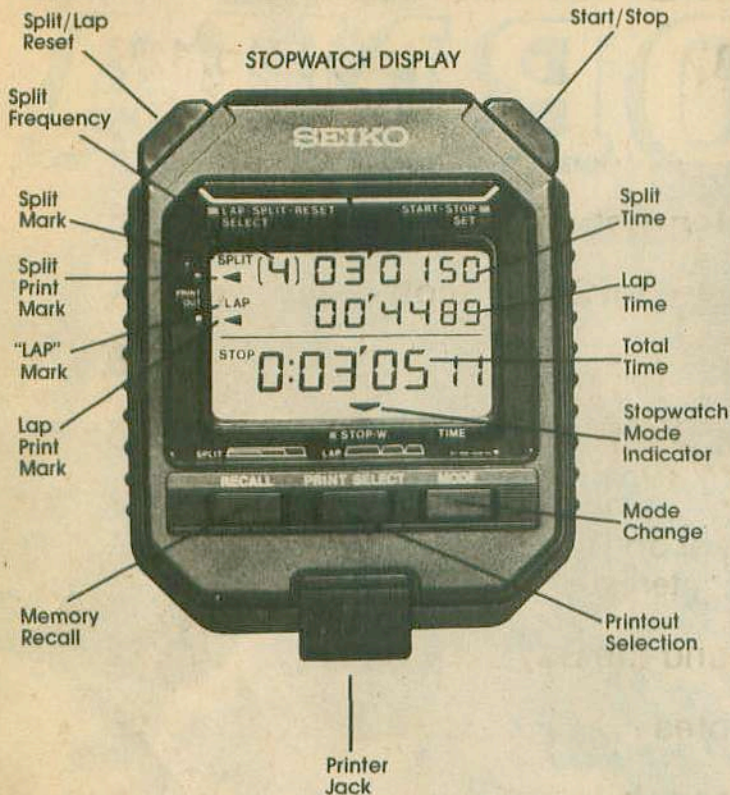
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Special Limited Time Offer: \$175 while supply lasts



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The following data is printed permanently on tape:

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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

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1984  9 25
START 9:00
SPLIT
1-0:28'50 33
2-0:29'07 20
3-0:29'18 55
4-0:29'28 44
5-0:29'53 23
6-0:30'04 03
7-0:30'31 96
8-0:30'53 60
    
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1984  9 25
START 10:00
SPLIT / LAP
1-0:00'45 38
   0:00'45 38
2-0:01'30 48
   0:00'45 10
3-0:02'16 36
   0:00'45 88
4-0:03'01 23
   0:00'44 87
    
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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)

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Time Measurement: 1/100 of a second

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

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Temperature:

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Weight: 12 ounces with batteries, paper and cord

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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.

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

Standard Accessories:

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- System printer
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CALIFORNIA

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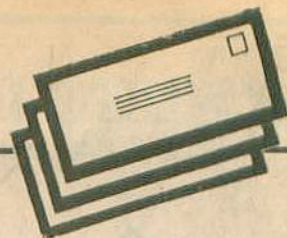
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ON THE COVER: So, who won? Henry Thomas of UCLA and Atlee Mahorn of Cal Berkeley each think he's the winner in the 400 Relay at the UCLA-UCB meet in Berkeley March 28th. The officials couldn't tell any better than we can, and ruled the race a dead heat! See results on page 37.

photo by Burt Davis



BAY TO BREAKERS MONEY

Mark Winitz's column about Bay to Breakers in your May issue omitted some remarks of mine that I'd hoped Mark would include for full comprehension of why I criticize the event's current structure.

Foremost is a comparison of B to B with mass races in much smaller cities than San Francisco, Spokane's Bloomsday and Portland's Cascade Runn Off. By inviting many world-class athletes (over thirty, each) and by putting into prize money all the money that's available to these athletes, Bloomsday and Cascade produce down-to-the-kick races, drawing international attention as serious athletic events, year after year. By contrast, year after year the San Francisco Bay Area is deprived of such fierce, world-class racing due to the B to B's structure of money paid only for appearance in the event.

To me, the race would be UNQUESTIONABLY enhanced if all the money for runners to earn was waiting at the finish-line, to be paid by the athletes' performance. Instead of seeing one leader cruise alone down Kennedy Drive, the city would watch a world-class battle. This could be effected by the simple transfer of the amount the B to B paid as appearance money in 1987 (over \$50,000) to prize money.

Such a move would also open the Bay to Breakers as a source of potential earnings and support to national-class and world-class runners of the Pacific Association's region, as I wished to stress to Mark. This year most regional runners

of such quality (including Bill Donakowski, Derrick May, Janine Aiello, Dan Gonzalez, John Moreno, the Tibaduiza brothers, Jeff Atkins, ...) stayed away from the race as individual competitors. This year the event paid appearance money to only two athletes residing in all of California: the ineffably profled Nancy Ditz and New Zealand citizen Rod Dixon, both friends and neighbors of B to B's Director, Terri Robbins.

Bay to Breakers still needs to be opened up, to become a world-class athletic competition and to be fair to the runners in its region.

Lastly, I'd like to correct some statements made about me by John Mansoor of the PA-TAC. First, Crossing Lines never takes more than 10% of a client's earnings that have come through negotiation by the agency — John said "10 to 20 percent" in Mark's article. Sometimes the agency takes less than 10%. Sometimes it defers payment. Sometimes it doesn't get paid at all.

Its main reason for being is to promote distance running. If money were its motive, it would pursue baseball, basketball and football players as clients. And my main impetus for criticism of Bay to Breakers (John's suggestion that I'm solely interested in making money through clients is disproved by the truth that Crossing Lines has never approached B to B for appearance money on their behalf) is to make the event what it can readily be: the world's top road-race as well as its biggest ambulatory party.

Toward that end, as a very small start, Crossing Lines offers \$1,000 as prize money for the first three Pacific Association finishers in next year's B to B (\$250, \$150, \$100 each gender).

Don Paul
Crossing Lines
Athletes' and Artists' Representatives
San Francisco

MORE BAY AREA RUMBLINGS

Somebody ought to blast the typical Bay Area provincialism that Mark Winitz urges in his April column.

He writes, "Still they aren't Bay Area marathons — races that we can call our own. Races that you hop out of your own bed in the morning for, without having to drive 1-2½ hours, or spending the pre-race night in a motel."

That provincial attitude is precisely why some of the best races in Northern California attract relatively few runners. Races like Avenue of the Giants, Humboldt Marathon, Sacramento and Modesto races which are flatter and faster than Bay Area races.

Incidentally, across the board, the quality of these races is superior to the typical Bay Area race.

Obviously, Winitz has a Bay Area mentality. Does it occur to him that runners in Northern California (we're talking about outside the Bay Area) have to "hop out of their own bed" and drive 1-2½ hours and spend the night in a motel, often, for Bay Area races.

Of course, in honesty, Winitz's column is ... "Around the Bay" ... and, additionally, you have one for "SoCal Diary." Which kind of leaves Central Cal and Northern Cal out in the cold. Right?

Paul Francis
Sacramento

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 94078

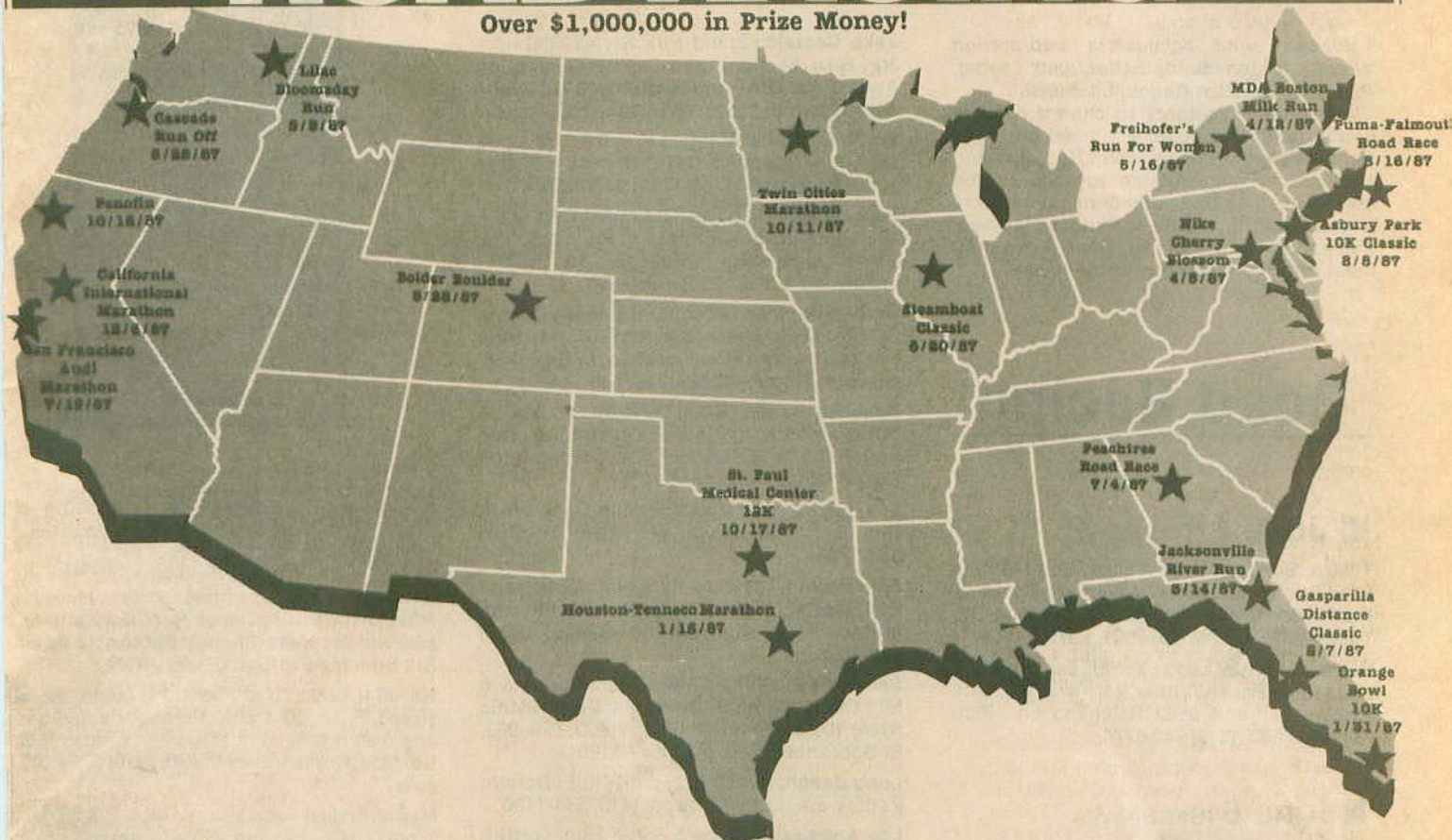
LOOKING FOR RESULTS

We would appreciate seeing the results of the NorCal Multi-Event Meet held in Redding, April 13 and 14. It's been an annual event for several years and it has not been acknowledged in *California Track & Running News*. (It may have been one year, but usually not).

John Konopasek
Sebastopol

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The Association of Road Racing Athletes (ARRA) has worked since 1980 to promote prize money competition on the roads. The ARRA organization of top competitive runners, in cooperation with major road racing events in the U.S., has established a year-round series like that found in other professional sports.

JANUARY Houston-Tenneco Marathon (Houston, TX) 713/757-3185
Orange Bowl 10K (Miami, FL) 305/255-1521

FEBRUARY Gasparilla Distance Classic 15K (Tampa, FL) 813/229-7866
Jacksonville River Run 15K (Jacksonville, FL) 904/739-1917

MARCH Nike Cherry Blossom 10 mile (Washington, D.C.) 301/445-4177
MDA-Boston Milk Run 10K (Boston, MA) 617/396-3001

APRIL Lilac Bloomsday Run 12K (Spokane, WA) 509/838-1579
Freihofer's Run For Women 10K (Albany, NY) 518/465-5210
Bolder Boulder 10K (Boulder, CO) 303/444-7223

MAY



Association of Road Racing Athletes

For more information on ARRA membership and the 1987 ARRA Circuit, contact:

Association of Road Racing Athletes
1081 Paulsen Building
Spokane, WA 99201
509/838-8784

JUNE Steamboat Classic 4 Mile (Peoria, IL) 309/671-7077
Cascade Run Off 15K (Portland, OR) 503/226-0717

JULY Peachtree Road Race 10K (Atlanta, GA) 404/231-9064
San Francisco/Audi Marathon (San Francisco, CA) 415/681-2323

AUGUST Asbury Park 10K Classic (Ocean Twp, NJ) 201/631-4156
Puma-Falmouth Road Race (Falmouth, MA)

OCTOBER Penofin (Ukiah, CA) 707/462-7413
Twin Cities Marathon (Minneapolis-St. Paul, MN) 612/929-8646
St. Paul Medical Center 12K (Dallas, TX) 214/879-3966

DECEMBER Calif. International Marathon (Sacramento, CA) 916/447-2786

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.

Road Racing

■ June 4 (Thursday):

Tulare: Sundowner 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, Parks & Recreation Dept., 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

South El Monte: Legg Lake 8K Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 6 (Saturday):

Vacaville: Gold Medal Triathlon, 0.75 Mi. Swim, 5.4 Mi. Run, 8.4 Mi. Bike, Lagoon Valley Pk., 8 am. Rick Gebers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

Menlo Park: Celebrate Education Run, 5 Mi. (& 2 Mi. Stride), Hillview School (Santa Cruz & Elder), 9 am. Nancy Davidson, 6 White Oak Ct., Menlo Park 94025. (415) 326-6615, eves.

San Jose: Mirassou Grape Run, 5K, Aborn Rd., 9 am. Ron Wayne, 25930 Kay Ave., #206, Hayward 94545. (408) 274-4000, Susan Peterson. 1000 limit.

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

McKinleyville: Totem Pole V, 2 & 5 Mi., McKinleyville Shopping Center, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521. (non-SRRC Race, send SASE for info).

Reedley: The Luke Trimble Triathlon, Swim 8 Lengths, 4 Mi. Bike, 1 Mi. Run; or Swim 24 Lengths, 12 Mi. Bike, 3 Mi. Run, 8 am. Dianne Dixon, 100 N. East Ave., Reedley 93654. (209) 638-6881, x267.

Lake Castaic: Grand Prix Series Biathlon, 30K Bike, 8K Run, Lake Castaic Recreation Area, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 92321. (805) 254-1833.

South El Monte: Menudo Run 5 & 10K, Legg Lake Park, 8 am. Lt. David Gomez, P.O. Box 2353, Irwindale 91706. (714) 547-7559.

Long Beach: Diabetes Treatment Center 5 & 10K Benefit Runs, El Dorado Park, 8:30 am. Steve McGovern, 3700 E. South St., Lakewood 90712. (213) 408-0454.

Corona Del Mar: Corona Del Mar 5K, Corona Del Mar State Beach, 8 am. (1500 limit). Nancy Beard, City of Newport Beach, Box 1768, Newport Beach 92658. (714) 644-3151.

Rosarito Beach, BC (Mexico): Festival de Primavera 5 & 10K, 8 am. Finish Line International, 7486 Connie Dr., Huntington Beach 92648. (213) 634-3027.

Las Vegas, NV: Mike's 9 Mile Deer Creek Run & Picnic, 8 am. Mike Naylor: (702) 383-1276.

San Mateo: The Nun Run, 10K, College of San Mateo, 6 pm. Runner's Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

San Rafael: China Camp Challenge, 4 & 6 Mi., China Camp State Park (Miwok Picnic Area) 10 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Long Beach: MADD Pig Run 10K, El Dorado Park, 8 am. Larry Chowen. (415) 841-1190.

Los Angeles: Be Free 5 & 10K Run, Griffith Park, 7:30 am./5K, 8:30 am. Race Central, P.O. Box 828, Rialto 92376. (805) 496-1491.

■ June 7 (Sunday):

Napa: Napa Old Town 2 & 5 Mile, St. John's Church, 9 am. Dave Alvarado, 481 Seminary St., Napa 94558. (707) 253-7609.

Mill Valley: DSE Practice Dipsea, 7.1 Mi., Lytton Square (start 2 blocks away in Park), 8 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Cupertino: DeAnza Day 5K Fun Run, DeAnza College (near tennis courts at south entrance), 8 am. Bruce Fremd, DeAnza College, 21250 Stevens Creek Blvd., Cupertino 95014. (408) 996-4377.

Talmage: Russian River Marathon, Half-Marathon & 8K (8K is PA/TAC Championships), 2600 East Side Rd., 6 am./Marathon & Half Marathon, 8 am./8K. Anne Veno, Russian River Marathon, P.O. Box 204, Ukiah 95482. (707) 463-1880.

San Leandro: City of San Leandro Shoreline 10K & 3K Fun Run, San Leandro Marina (Neptune Dr.), 9 am. Dr. Fred Framsted, San Leandro Rec. Dept., 835 E. 14th St., San Leandro 94577. (415) 577-3466.



Salinas: Heart & Sole '87, 5 & 10K, Salinas Valley Memorial Hospital (450 E. Romie Ln.), 9:30 am. Clark Grant, KSBW-TV, 238 John St., Salinas 93901. (408) 758-8888.

Sonoma: "Hit the Road Jack" Run for Hospice, 4 & 10K, Depot Park, 7:30 am./4K, 8:30 am. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 996-1000.

Nevada City: Gold Country Lions Road Races, 5, 10, 20 & 30K, Pioneer Park, 8 am. Joe Tennyson, Gold Country Lions, P.O. Box 236, Grass Valley 95945. (916) 272-7902, eves.

McKinleyville: Jack Moore Race, 2 & 5.7 Mi., 1 pm./2 Mi., 1:45 pm. Six Rivers R.C., P.O. Box 214, Arcata 95521. Barbara Ehlers (707) 822-4290.

Santa Barbara: Santa Barbara Savings 10K, 8 am. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

El Segundo: HEART Club 5K Run, 2000 E. El Segundo, 8 am. Dietmar Oberhoessel, 7916 Denrock Ave., Los Angeles 90045. (213) 305-2251, days.

Westlake Village: Conejo 8K Run, Westlake Elem. School, 8 am. (No pre-entry). Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

Fresno: Benefit Run, 1 & 4 Mi., San Joaquin Memorial High School, 7:30 am. Fred Pereira, 4048 N. Angus, Fresno 93726. (209) 485-8310.

Aptos: Aptos Creek Marathon, Nisene Marks State Park, 8 am. Contact: (213) 374-9940.

Bay Area: (Location TBA) Sri Chinmoy Marathon, one-mile loop, Time TBA. Contact: (415) 731-RACE.

□ Schedule

Burbank: Run For The Hungry, 8K, Warner Records Parking Lot (3300 Warner Blvd.), 8 am. (1K "Munchkin Mile" at 9 am.). Runners Soie, 1602 W. Olive Ave., Burbank 91506. (818) 846-2915.

Bonelli Park: Los Angeles Triathlon Series #3, 1K Swim, 40K Bike, 8K Run, or 0.5K Swim, 20K Bike, 5K Run, Time TBA. Los Angeles Triathlon Organizing Comm., 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Rancho Bernardo: Rancho Bernardo 10K & 2 Mi., Town Center, 7 am. Ed Coverley: (619) 485-7763.

Coronado: Coronado Hospital 10K Bridge Run, 7:30 am. Mary Kay Forsy: (619) 437-4556.

Foster City: Sri Chinmoy Marathon, Sea Cloud Park, 7 am. (Listed last issue as "Bay Area", Location TBA). Sri Chinmoy Marathon Team, 2438 - 16th Ave., San Francisco 94116. (415) 731-RACE.

San Luis Obispo: (Listed last issue as June 14 in error). Corbett Canyon 10K Grape Run, 900 Industrial Way, 8:30 am. Special Olympics, 1428 Phillips Ln., San Luis Obispo 93401. (805) 543-2833.

Encinitas: Flower Festival 10K & 2 Mi., 8 am. John Collias (619) 942-1730.

■ June 9 (Tuesday):

San Diego: One-Hour Run (Listed as June 23 last issue-DATE CHANGED), Grossmont College, 5:30 pm. 6:30/Mi. or slower, 6:30 pm. 6:30/Mi. or faster). Joni Pendleton (619) 287-8694.

■ June 11 (Thursday):

San Francisco: Corporate Jazz 5K, Golden Gate Park (Polo Field, South Side), 7 pm. Rhodyco Productions, 805 Lake St., #3, San Francisco 94118. (415) 668-2243.

South El Monte: Legg Lake 5 Mile Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 13 (Saturday):

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

Santa Barbara: Sansum Clinic 8K, Stow Grove Park, 8 am. Mike Triplett, P.O. Drawer LL, Santa Barbara 93102-1239. (805) 682-2621, x351.

Yorba Linda: Anne Kiyasu Memorial 5 & 10K and 1 Mi., Yorba Linda Regional Park, 8 am./5K, 8:45 am. Cynthia Winner, M.L. King Medical Center, 1830 W. Romneya, Anaheim 92803. (714) 491-5571.

City of Industry: Run For The Hill, Azusa Ave. & Industry Hills Pkwy., 7:30 am. Moses Gonzales, 540 N. Rosemead Blvd., Pasadena 91107. (818) 351-8815.

Las Vegas, NV: Las Vegas T.C. 5K, Sunset Park, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.

South Lake Tahoe: Robert DeCelle, Jr. Lake Tahoe Memorial Relays, 72-Mile, 7-person teams, 7 am. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264.

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

Ford Ord: Monterey Spring Sprint Triathlon, 500y Swim, 12 Mi. Bike, 5K Run, 8 am. (No Raceday Registration). Tri-Mty., 26 Greenwood Vale, Monterey 93940. (408) 647-9458.

La Verne: La Verne Centennial 2, 5 & 10K Runs, 8 am. City of La Verne, 3660 "D" St., La Verne 91750. (714) 596-8700.

Pacific Beach: Crystal Pier 9K, 8 am. John Hughes (619) 483-6666 or 481-3285.

San Diego: Lori Marian Rehab Run, 5K & 1 Mi., Kit Carson Park, 7:30 am. Ozzie Osgood (619) 485-7536.

San Diego: Frontrunner's Run for Pride, 3 & 1 Mi., Balboa Park, 9 am. Debbie Chaddock (619) 291-7534.

Bakersfield: Bakersfield Beach Park Good Ole Run, 4 Mi., Time TBA. Bill McDonald (805) 871-1306.

■ June 14 (Sunday):

Windsor: Empire of America Great Grape Stampede 10K & Fun Run, Windsor River Rd., (dntn.), 8 am. Paul Jensen, P.O. Box 755, Windsor 95492. (707) 838-2904.

San Francisco: DSE Golden Gate Bridge Run, 3.53 Mi., Toll Gate Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

San Francisco: Great San Francisco Police Chase, 10K, Time TBA. Len Wallach, P.O. Box 416, Belmont 94002.

San Jose: Quicksilver Challenge Half-Marathon, Castillero School (Leland Park Dr.), 8 am. Fleet Feet R.C., Jan Barclay, P.O. Box 41474, San Jose 95160. (408) 997-1917.

Aptos: Aptos Women's 5-Miler, Aptos Village Park (10 Mi. South of Santa Cruz on Hiway 1), 9 am. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

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□ Schedule

Napa: Camp Coombs Cross-Country Run, 6.2, 1.5 & 0.5 Mi., Napa State Hospital, 8:30 am. Bill Hoy, c/o Volunteer Center, Napa State Hospital, 2100 Napa/Vallejo Hwy., Napa 94558. (707) 253-5415.

San Luis Obispo: Corbett Canyon 10K Grape Run, 900 Industrial Way, 8:30 am. Special Olympics, 1428 Phillips Ln., San Luis Obispo 93406-1134.

Santa Barbara: Santa Barbara Savings 10K, 8 am. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

Riverside: Riverside Medical Clinic 5 & 10K Fitness Classic, Arlington High School (Lincoln & Jackson), 8 am. Race Central, P.O. Box 828, Rialto 92376. Desta Stoner: (714) 782-3837, Riverside M.C.

Orange County: Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Dana Point at Doheny Beach State Park, 7 am. (2000 limit). Bud Light USTS, P.O. Box 1389, Solana Beach 92075. (619) 943-7500.

San Diego: June Jubilation 10K & 2 Mile, Balboa Park, 7:30 am. Bob Palmatier: (619) 437-4556.

Mill Valley: Dipsea Race, 7.1 Mile, Time TBA. Dipsea Race, c/o Mill Valley Jaycees, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC. (Entries Closed).

Lassen Park: Mike High Ultra, 28 & 48 Mile, Turner Mountain, Time TBA, (5200 to 6200 feet altitude). Contact: (916) 597-2944.

Palo Alto: Palo Alto Baylands 5K & 10K Stride, Bayland's Athletic Center, Embarcadero & Geng Rd., 9 am. Anne Cribbs, Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2429.

Lodi: YMCA Spring Out II, 10K & 5K Fun Run, Micke Grove Park, 6:30 pm. Gary Vangan, YMCA of San Joaquin Co., 640 No. Center, Stockton 95202. (209) 466-9603.

Napa: Sierra Cup 10K & 2 Mi. Run, Mt. George School (2nd Ave. & Coombsville Rd.), 8:30 am. Napa Valley Sierra Club, 500 Kent St., Napa 94559. (707) 255-0775.

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

Los Osos: South Bay Advocates for Youth Four Mile Run, Time TBA. Ron Roundy, 2160-B Pine St., Los Osos 93402.

Encino: Run for Fun 5 & 10K and 1 Mi., Woodley Park, 7:45 am/1 Mi., 8 am/5K, 8:30 am. L.A. City Dept. of Rec. & Parks, 6335 Woodley Ave., Van Nuys 91406. (818) 989-8616.

Los Angeles: Run for Gay Pride, 5 & 10K (& 5K Race Walk), Griffith Park (Near Merry-go-round), 8 am. Frontrunners T.C., P.O. Box 5038, Santa Monica 90405. (213) 669-2966.

San Diego: Tierrasanta-Kiwanis 10K & 2 Mi., Serra High School, 7 am. Hani Shatila (619) 268-4184.

■ June 17 (Wednesday):

Los Angeles: Heart of the City 5K Run, Union Bank Plaza (445 So. Figueroa), 6:45 pm. Heart of the City Run, P.O. Box 30509, Los Angeles 90030. (213) 236-5716.

■ June 18 (Thursday):

Tulare: Tulare Sun Downer 3K Series, Bob Mathias Stadium, 6 pm. Greg Coleman, 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x 575.

South El Monte: Legg Lake 5K Evening Run, Legg Lake Park (Whittier Narrows), 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 20 (Saturday):

Santee Lakes: Santee Lakes 10K & 2 Mile, 7:30 am. Ross Nightingale: (619) 437-4556.

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

Duluth, Minn: National TAC Sr. Women's Marathon Championships (Grandma's Marathon), time TBA. Scott Keenan, P.O. Box 6234, Duluth, MN 55806. (218) 727-0947 or 525-6460.

Bay Area: Sri Chinmoy Oneness-Home Peace Run, a 27,000 Mile, 55 Country, around the world torch relay to promote international peace will be passing through the Bay Area on June 20-21. For information on free participation, send SASE to: The Peace Run, 600 Los Pinos, San Francisco 94127. (415)334-4532.

Gardon Grove: Garden Grove 10K, Village Green Park (Main St.), 8 am. Race Central, P.O. Box 828, Rialto 92376. (714) 638-6623.

Ramona: Kiwanis Father's Day 5 & 10K, 7:30 am. Ed Waddell (619) 789-5502.

■ June 21 (Sunday):

Oakland: Bacardi Rum Run, 5 & 10K, Lake Merritt (New Boathouse), 9 am. Melody Broome, S.C.A.R.E., 330-41st St., Oakland 94609. (415) 547-6965.

Oakland: Dick Houston Memorial Woodminster Run, 8.1 Mi., Joaquin Miller Park, 9 am. (X-Country, Handicapped). Gail Wet-zork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

San Francisco: DSE Low Tide Run, 6 Mi. & 0.6 Mi. Kid's Run, Great Hwy. & Balboa, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Fresno: Father's Day Run, 2 & 6 Mile, Tulare and Van Ness Avenues, 6:30 am. Bob Fries, 1501 E. Browning, Fresno 93710. (209) 439-6394.

Palo Alto: Palo Alto Baylands 5 & 10K Stride, Bayland's Athletic Center (Embarcadero & Geng Rd.), 9 am. Anne Cribbs, Palo Alto Rec. Dept., 1305 Middlefield Rd. Palo Alto 94301. (415) 329-2429.

Lompoc: Valley of the Flowers Marathon & Half Marathon, Lompoc High School, 7:30 am./Half. Valley of the Flowers Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz (805) 733-4495, before 9 pm.

Monte Rio: Moscow Road Race, 5 & 10K, Time TBA. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

Hollister: Run For The Health Of It, 5 Mi., H. Hawkins Memorial Hospital, 8:30 am. Roy Cramblit, 911 Sunset Dr., Hollister 95023. (408) 637-5711, days.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13 Mi. Run, Monterey State Beach, 7 am. Friends Outside, 116 E. San Luis St., Salinas 93901. (408) 758-2733.

Long Beach: SCA/TAC 8K District Championships, El Dorado Park, 6 pm. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 439-6875.

Oxnard: Centerpoint Mall Father's Day 2 & 10K Classic, Saviers & Channel Islands Blvd., 8 am. Pat Farrell, Centerpoint Mall, Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 487-1142.

San Diego: San Diego International Triathlon, 1K Swim, 30K Bike, 10K Run, Spanish Landing Park, Time TBA. Rick Kozlowski, 1550 Martin Luther King Way, San Diego 92101. (619) 233-8797.

Palo Alto: Duck to Ducks 10K, Palo Alto Baylands Athletic Center, 8 am. Don Shaw P.O. Box 51561, Palo Alto 94303. (415) 329-2615.

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

Hermosa Beach: Dad's Day Dash V 10K, Hermosa Beach Pier, 8 am. Pro-Motion, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Westwood Village: Glendale Federal/Bob Seagren 5/10K Run, & Kid's Fun Run, Westwood Blvd., & Kinross, 8 am./5K, 8:15 am./10K, 9:30 am. Bruin Classic/UCLA Foundation, 1000 Veteran Ave., Room 23-10, Los Angeles 90024. (818) 409-5786.

Napa: Father's Day Run, 5 & 10K, 8 am. Silverado Striders, 609 Cabot Way, Napa 94559. (707) 257-1616.

■ June 25 (Thursday):

South El Monte: Harolene Walters Anti-Drugs 8K, Legg Lake, 6:30 pm. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 942-8774.

■ June 27 (Saturday):

San Francisco: Great Cable Car Chase, Distance & Time TBA. Dave Horning, Tri-Sport, 21 Live Oak, Berkeley 94705. (415) 540-7008.



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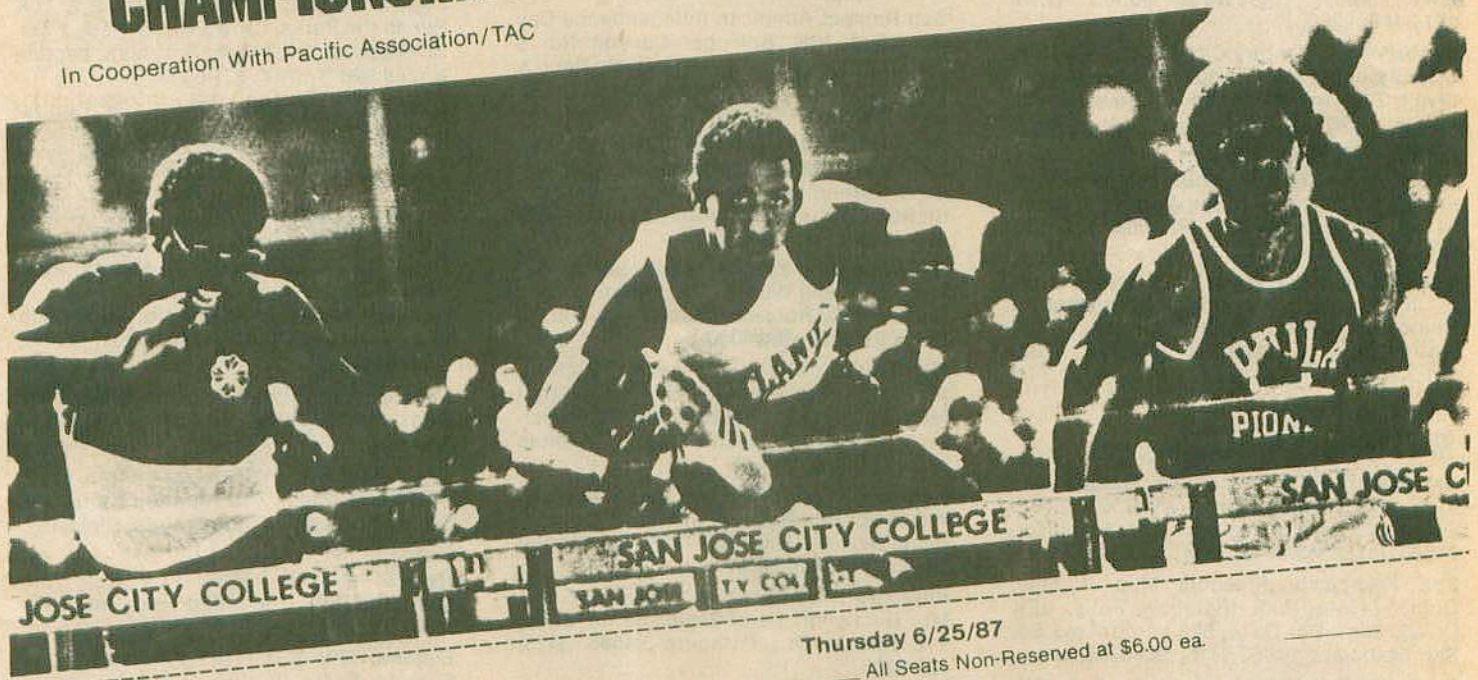
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□ Schedule

Benicia: Benicia Historical Run, 5 & 10K, Foot of First St., 9 am. Liz McMahon, 1883 Lindo St., Benicia 94510. (707) 642-3555.

Stinson Beach: DSE Double Dipsea, Stinson Beach to Mill Valley & return, 14.2 Mi., 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Lompoc: Flower Festival Parade Route 5K, Time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438.

Santa Barbara: Sri Chinmoy 5 Miler, Palm Park (across from Red Lion Inn), 8 am. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Camarillo: Gold Coast Triathlon Series, 0.5-Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Time TBA. Tri-Club Ventura Co., P.O. Box 28, Camarillo 90311.

So. El Monte: Run For Glory 2 & 8K (2K Partners Run), Legg Lake, 8 am. Contact: (818) 814-2302.

Watts: Run For Health, 5 & 10K and 3K Celebrity Walk. (103rd & Compton), 8 am. Watts Health Foundation, 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, x360.

Century City: Century City 5 & 10K, Century City Shopping Center (10250 Santa Monica Blvd.), 7:30 am. Randy Lewis, Beverly Hills YMCA, 9930 Santa Monica Blvd., Beverly Hills 90212. (213) 553-0731.

Squaw Valley: Western States 100 Mile, 5 am. Entries Closed. Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

Healdsburg: Fitch Mountain Footrace, 10K & 3K Fun Run, Plaza Park (Matheson & Healdsburg Ave.), 8 am. J. Hefflin, 126 Matheson St., Healdsburg 95448. (707) 431-3301.

■ June 28 (Sunday):

San Francisco: S.F. Dime 10K, Golden Gate Park (JFK Drive & 36th Ave.), 9:30 am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

San Francisco: Freedom Mile, 1 Mile, Golden Gate Park (Rainbow Falls, JFK Drive), 9am. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Castro Valley: Run to the Lake 5 & 10K, Eden Hospital, 8 am. Ellen Kushner, Eden Hospital, 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061.

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5, 10 & 15K, Old Boathouse (Lake Merritt), 14th & Lakeside Dr., 9 am. Elvyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Santa Rosa: Redwood Coast Triathlon Series II, Spring Lake Tin Man, 1 Mi. Swim, 6.2 Mi. Run, 20 Mi. Bike, Spring Lake Park, 8 am. (Individuals Only, Pre-Entry by 6/14, 350 Limit). Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Ventura: Sea Breeze 10 & 20K Races, 8 am. Inside Track, 1410 E. Main St., Ventura 93001. (805) 643-1104.

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

Oceanside: Oceanside Firecracker 10K & 2 Mi., 5:30 pm. Contact: Breaking Forth Race Consultants, 3381 Yucca Ave., San Diego 92117. (619) 272-8316.

Olympia, WA: National TAC Masters (Men & Women) 1 Mile Road Championships, Time TBA. Walt Jorgensen, 823 North St., Tumwater, WA 98501. (206) 786-1649.

Portland, OR: Cascade Run Off, 15K. Cascade Run Off, P.O. Box 40228, Portland, OR 97240. (May 15 entry deadline).

Cerritos: SCCAA Regional Championships, Gahr High School, 8 am. Keith Browning (805) 251-7572.

San Luis Obispo: Santa Barbara Savings & Loan, Run & Sportswalk, 10K Run and 5K Walk. Santa Barbara Savings & Loan, Race Administration, P.O. Box D-D, Santa Barbara 93102.

■ July 4 (Saturday):

San Ramon: American Independence Day Run, 5 & 10K, Bollinger Canyon Rd. & Alcosta Blvd., 8 am. Rick Reed, c/o Recr. & Parks Dept., 2222 Camino Ramon, San Ramon 94583. (415) 866-1410.

Palo Alto: The Great Chill Chase, 5K, Mitchell Park (3800 Middlefield Rd.), 9 am. Dave Korner, Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

Redwood City: 4th of July Parade Run, 5K, Time TBA. Bill Wooten, Red Morton Recr. Center, 1120 Roosevelt Ave., Redwood City 94061. (415) 364-8060.

Milpitas: Milpitas Firecracker 10,000 (10K), Milpitas Civic Center, 8:30 am. Karen McNamara, Milpitas Parks & Leisure Service, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

Kenwood: Kenwood Footrace, 10K & 3K, Warm Springs Rd., 7:30 am. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

Pittsburg: Delta Festival Fun Run, 5 & 1 Mi., Buchanan Park, 9 am. Santo Enea, 112 Pueblo Dr., Pittsburg 94565. (415) 427-0306.

Corte Madera: Corte Madera-Larkspur Official 5 Mile Community Field Run & 2.5 Mi. Walk, Redwood High School (Track at Doherty Dr.), 8 am/Runs, 8:10 am/Walk. Community Field Run, P.O. Box 605, Larkspur 94939. (415) 924-2306.

San Francisco: DSE Lake Merced Runs, 4.6 & 9.2 Mi., Sunset Blvd. Parking Lot, 10 am. Mike Taheny, 411 Teresita Blvd., San Francisco 94127. (415) 585-7772.

Santa Cruz: Firecracker 10K, Time TBA. Lisa McGinnis, Santa Cruz Parks & Recr., 307 Church St., Santa Cruz Parks & Recr., 307 Church St., Santa Cruz 95060. (408) 429-3477.

Atwater: Run for Independence, 2 & 5 Mi., Ralston Park, 7:30 am. Dan Wilmoth, 3841 Claremont Ct., Merced 95340. (209) 383-3470, eves.

Brownsville: Mountain Run, 5 & 10K, 16850 Willow-Glen Rd., 8 am. American Cancer Society, 621 "B" St., Marysville 95901. (916) 742-2896.

Mt. Shasta: Mt. Shasta July 4th Foot Race, 2 & 5 Mi., Mt. Shasta Blvd., 8:30 am. Jim Parker, M.D., 828 Pine St., Mt. Shasta 96067. (916) 926-5261, days.

Arcata: Northern California Fourth of July Jubilee Run, 10K & 3K Fun Run, Arcata Plaza, Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Lompoc: Firecracker 8K Run, Beattie Park (Olive & Fifth), 9 am. Lompoc Elks Club, 905 E. Ocean, Lompoc 93436. Ray Fuller: (805) 866-7578 or 736-1352.

North Fork: Chainsaw Ridge Run, 10K & 2 Mi., North Fork Center, 7:30 am. Larry Duke, P.O. Box 38, North Fork 93643. (209) 877-4866.

Santa Barbara (Goleta): Semana Nautica 15K, San Marcos High School, 8 am. Semana Nautica, Box 6616, Santa Barbara 93160. (805) 964-2591.

Laguna Niguel: Monarch Bank 5 & 10K Run in the Parks, Crown Valley Park, 7 am. Bill Pascual, 24372 Las Naranjas, Laguna Niguel 92677. (714) 831-6618.

La Palma: La Palma ADP 5 & 10K, Central Park, 7:30 am. La Palma Recreation Dept., 7821 Walker St., La Palma 90623. (714) 522-6740.

Torrance: Spirit of America 5K, Wilson Park, 8 am. Exchange Club of Torrance, P.O. Box 5102, Torrance 90510. (213) 320-2255.

Huntington Beach: Huntington Beach 4th of July Parade 8K, City Hall, 8:30 am. Info: (714) 631-8700.

Lake Miramar: Scripps Ranch 10K & 2 Mi. Runs, 7 am. Ron Hoppenstand. (619) 566-5137.

Las Vegas, NV: LVTC 5,000 meters, Univ. of Nevada, 7 am. The Running Store, 602 So. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

Delano: Delano Lions Fun Run, 5K, Memorial Park, 7 am. Jim Nagatani, 1319 Main St., Delano 93215. (805) 725-9105.

Eugene, OR: Butte to Butte 10K Run. Spencer Butte Jr. High to Skinner Butte Park, 8 am. Butte to Butte, c/o Oregon Track Club, Box 1107, Eugene, OR, 97440. (503) 995-8248.

Coronado: Coronado Half-Marathon & 2 Mile, 7th & G Sts., 6:30 am. Kathy Loper (619) 437-4667.

■ July 5 (Sunday):

Callistoga: Great Callistoga Footrace, 8K, Napa County Fairgrounds, 8:30 am. Silverado Striders R.C., 1325 Imola Ave., Napa 94559. (707) 257-1618.

☐ Schedule

San Rafael: County Fair Run 10K & 1 Mi. Kid's Run, Marin Civic Center, 8 am./1 Mi., 8:30 am. Marin Center Box Office, Marin Civic Center, San Rafael 94903. (415) 499-6400.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina (17930 Lake Chabot Rd.), 8 am. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 8 pm.

Fountain Valley: Firecracker 5 & 10K, Mile Square Park, 7 am. Info: (714) 968-5597, or 839-3101.

■ July 6 (Monday):

Fortuna: Fortuna Rodeo Run, 10K & 2 Mi., Shopping Center, evening. Six Rivers R.C., Box 214, Arcata 95521.

■ July 7 (Tuesday):

Santa Barbara: Runners are Smilers 2-Mile Run, Palm Park, 6:15 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

■ July 11 (Saturday):

Felton: Race Thru the Redwoods, 6.9 Mi., Henry Cowell State Park, 9 am. Linda Beach, P.O. Box 6, Felton 95018. (408) 336-2858 or 335-7922.

Petaluma: Stride for Life, 3 & 10K, Walnut Park (Petaluma Blvd. & D St.), 8 am. Petaluma Valley Hospital Foundation, 1360 N. McDowell Blvd., Petaluma 94952. (707) 778-7441.

Woodland: Woodland Classic 5-Miler, Vince's Restaurant, 8 am. Vince's Restaurant, 140 W. Main St., Woodland 95695. (916) 666-5049, Daniel Silva.

Folsom: Tri for Fun Triathlon Series, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8

am. Will Roxburgh, Fleet Feet, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Sacramento: Buffalo Chips Summer 10K, William Land Park (Tentative), 8 am. David Ragsdale: (916) 922-6199.

Fontana: Biathlon, 14 Mi. Bike, 5K Run, Shadow Park, 8 am. Info: (714) 820-0166.

Castaic Lake: Grand Prix Series Biathlon, 1K Swim, 40K Bike, 10K Run, Lake Castaic Recreation Area, Time TBA. Tom Redfern, 22946 Lyons Ave., Newhall 93654. (805) 254-1833.

■ July 12 (Sunday):

San Francisco: Gay Run, 5 & 10K, Golden Gate Park (Polo Fields, South Parking Lot), 9 am. S.F. Frontrunners, 1550 California St., Suite 6L200, San Francisco 94109.

Foster City: Bill Ring/49er Players Race for C.I.D., 10K, Shell Blvd. & E. Hillsdale Blvd., 8 am. Helen Curtis, 1928 Jackson St., San Francisco 94109. (415) 885-3162.

Mill Valley: Mill Valley 5K, Camino Alto & Sycamore, 8:15 am/Men, 9 am/Women. Susie Shattuck, 90 LaVerne, Mill Valley 94941. (415) 388-0317.

Hayward: Sertoma Classic, 10K & 1 Mi., Hayward Air Terminal (Golf Course Rd. & Hesperian Blvd.), 9 am. Doug Daniels, 3508 Depot Rd., Hayward 94545. (415) 489-3385 or (408) 735-2960.

Salinas: Share the Road Biathlon, 8 Mi. Run, 33 Mi. Bike, Alisal High School, 777 Williams Rd., Time TBA. (No Raceday Registration). Fleet Feet, 364 Main Street, Salinas 93901. (408) 424-3533.

San Luis Obispo: Santa Barbara Savings & Loan 10K (Laguna Lake Park), Time TBA. Felicia Sutherland, 3908 State St., Santa Barbara 93110.

Newport Beach: Bastille Day 8K, Hotel Meridien, 8 am. United Cerebral Palsy Ass'n., 3020 W. Harvard St., Santa Ana 92704. (714) 641-3774 or 993-6267.

Oceanside: Triterium at Oceanside, 1.2 Mi. Swim, 25 Mi. Bike, 6 Mi. Run, Municipal Pier, Time TBA. Denis E. White & Assoc., P.O. Box 3449, Rancho Santa Fe 92067.

San Diego: Great Earth 10K & 2 Mi., Balboa Park, 7:30 am. Michael Ing, P.O. Box 80696, San Diego 92138. (916) 236-0842 or 448-3119.

■ July 14 (Tuesday):

Santa Barbara: Runners are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

San Diego: Three Mile Run, South of Hilton, 6 pm. Alan Olson: (619) 274-4144.

■ July 18 (Saturday):

Roseville: Fair Classic, Distance TBA, Placer County Fair Grounds, Time TBA. Fleet Feet, 107 So. Harding Blvd., Roseville 95678. (916) 783-4558.

Livermore: Del Valle Biathlon, 3/4-Mi. Swim, 5.5 Mi. Run, & Relay, Del Valle Regional Park, 9 am. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Tulare: Krazy Daze Run, 4 & 1 Mi., Tower Square on So. K St., 7 am. Greg Coleman, Tulare Parks & Rec., 830 So. Blackstone St., Tulare 93274. (209) 688-2001, x575.

San Luis Obispo: RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. btwn. Hiway 101 & Los Osos Valley Rd.), 8:30 am. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406.

San Diego: Spirit of San Diego 5K & 1 Mile, 7:30 am. Kathy Loper: (619) 437-4556.

Lodi: Lodi Triathlon, 1,000y Swim, 5 Mi. Bike, 3 Mi. Run, 8:00 am., Lodi Lake, Turner Rd. Dr. Wm. Henshaw, 801 S. Fairmont Ave., Lodi 95240. (209) 334-2020.

Sacramento: Eppie's Great Race, 6.1 Mi. Run, 13.5 Mi. Bike, 6.35 Mi. Paddle, William Pond Rec. Area (Arden Way), 8 am. Shirley Wild-Wagner (916) 366-2940.

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□ Schedule

■ July 19 (Sunday):

Arcata: Mad River, 15K & 2 Mi., Water District Park #4 (Warren Creek Rd. off West End Rd.), Time TBA. Six Rivers R.C., P.O. Box 214, Arcata 95521.

Cerritos: Cerritos Parks & Recreation 5K Run, Los Cerritos Mall, 7:30 am./Men, 7:50 am./Masters, 8:10 am./Women. Team Runners High 5K, 5519 Del Amo Blvd., Lakewood 90713. (213) 920-3580.

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi., Kyle Canyon Rd., 8 am. The Running Store, 802 So. Maryland Pkwy., Las Vegas, NV. 89101. (702) 382-3496.

Ontario: United States National Biathlon, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 am. U.S.N.B., 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

San Francisco: San Francisco Audi Marathon, Time TBA. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2322.

■ July 21 (Tuesday):

Santa Barbara: Runners are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

■ July 25 (Saturday):

Mill Valley: Strawberry Village 4-Mile Run, (Back entrance on Reed Blvd.), 9 am. Angela Cincotta, #618 Strawberry Village, Mill Valley 94941. (415) 388-4523.

Geyserville: Redwood Coast Triathlon Series III: Lake Sonoma Championships, 1 Mi. Swim, 10K Run, 25 Mi. Bike, Lake Sonoma, 7:30 am. (July 11th Entry Deadline, 350 limit). Redwood Coast USLA, Box 337, Healdsburg 95448. (707) 575-7144.

Gilroy: Gilroy Garlic Festival Run, 10K, Gavilan College (5055 Santa Teresa), 7:30 am. Jane Maringer, P.O. Box 2311, Gilroy 95021. (408) 842-1625.

Truckee: Donner Lake Triathlon, 1/2 Mi. Swim, 6.89 Mi. Run, 14 Mi. Bike, Donner Lake, 9 am. Sherry Griswold Reed, Box 1772, Truckee 95734. (916) 587-2754.

Escalon: Escalon Park Fete Race, 10K & 2 Mi., Main St., 7:30 am. Carol Caten, P.O. Box 115, Escalon 95320. (209) 838-7694.

Santa Barbara: Sri Chinmoy 3 Mile Run, Palm Park (across from Red Lion Inn), 8 am. Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Cypress: Cypress 5 & 10K, 5700 Orange, 7:30 am. Tony Wyatt, Cypress Rec. & Park District, 5700 Orange, Cypress 90630. (714) 821-9500.

Fallbrook: Tri-4-Fun, 800y Swim, 7 Mi. Bike, 3 Mi. Run, Fallbrook High School, Time TBA. Ken Brower, 1841 Chapulin Ln., Fallbrook 92028. (619) 728-4555.

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

■ July 26 (Sunday):

Courtland: Pear Fair 10-Miler, Bates School, 8:30 am. Jeff Bogle, City Sports Works, 5114 Madison Ave., Sacramento 95841. (916) 332-6453.

Santa Cruz: Wharf to Wharf Race, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 am. Wharf to Wharf Race, Box 307, Capitola 95010. (408) 475-2196.

Oakland: Lake Merritt J&S, Eivyn Blair, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

Napa: Exertec 5K Run, 920 Yount St., 8:30 am. Exertec Health Systems, 920-A Yount St., Napa 94558. (707) 226-1842.

Davis: Bud Light USTS Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, Box 1438, Davis 95617. (916) 758-9868.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 1/2 Mi. Swim, 15 Mi. Bike, 3 1/2 Mi. Run, 7:30 am. San Luis Obispo Rec. Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7305.

San Pedro: Palos Verdes Rehabilitation Clinic 5 & 10K (& 1 Mi. Walk), 6th & Palos Verdes, 8 am./5K, 8:30 am./10K, 9:30 am./Walk. Pro-Motion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

Carlsbad: Carlsbad 5K, Grand & Madison, 7:45 am. In Motion (619) 483-9501.

San Diego: Lions-Padres 10K & 2 Mi., JM Stadium, 7:00 am. Jim Reed: (619) 239-7264.

Big Bear Lake: Big Bear Triathlon Series, 1/2 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. GO Sport, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

■ July 28 (Tuesday):

Santa Barbara: Runners Are Smilers 2-Mile, Palm Park, 6:30 pm. Sri Chinmoy Marathon Team: (805) 685-3325.

LOOKING AHEAD

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

August 2. San Leandro: Skyline 50K, Lake Chabot Marina, 7 am. Howard Brining, 100 Iris Ct., Hercules 94547. (415) 799-2502.

August 8. Ocean Township, N.J.: Nat'l TAC Sr. Men's 10K Road Championships, Time TBA. Phil Benson, Box 2287, Ocean Township, NJ 07712. (201) 531-4156.

August 22. Manitou Springs, CO: Pikes Peak Marathon, Time TBA. Carl McDaniel, 5520 N. Union Blvd., Colorado Springs, CO 80218. (303) 594-0505.

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An Interview With

By GREGOR ROBIN

photo by Bill Leung, Jr.

STEVE SCOTT



Steve Scott was sitting in his and wife Kim's home in Southern California on May 15, the day before the Pepsi Invitational. He gave a shout to his five-year-old boy, "No Corey, not in the house," when the youngster was about to bring in some water. He then chuckled at his fatherly outburst.

He talked about his sterling season of 1986 where he came back from six weeks of illness and fatigue to run 3:48.7 for the mile at the Bislett Games in Oslo and 3:33.9 for 1,500 meters, also in Europe. His strong return brought him wins at the prestigious Zurich and Nice track meets and a victory over Olympic gold medalist Sebastian Coe. In 1986 Scott also won his sixth TAC 1,500 title and won the mile at the Jeriner and Jerome meets.

When talking to the 31-year-old American Record holder in the mile, one begins to relax. Scott, like many other world class athletes, has a soothing way about him. He's traveled the world, he set the tone in the 1984 Olympic 1,500 meter final and he has been extremely competitive in world record races. But when

you talk to him you feel like you're talking to the next door neighbor or a close friend of the family's. Steve Scott seems like a genuinely nice guy and that's what most people who know him say about him.

After the interview Scott planned to go to the pool to do "deep-water running" as he called it, and then in the early evening he would run a very easy 5-to-7 miler.

The next day at the Pepsi meet, Scott came on strong in the later stages of the mile after a slowly paced start by the rabbit (63, 2:03, 3:04) and ran 3:59.08 to win.

Scott ran 3:39 for 1,500 meters the week before Pepsi in Israel and also hit 4:01 for a road mile in Tel Aviv.

Scott's American Record in the mile (3:47.67) and his No. 2 all-time American 1,500 meter time (3:31.76) put him in a select company. He says that he'll move up to the 5,000 meters when he no longer can come near or reach personal bests at the mile and 1,500. In fact, this season at the Prefontaine meet on June 6 in Eugene, Oregon, Scott plans on running a 5,000. The winning time there should be under 13:30. Scott's personal best in the event is

13:38, so if all goes well, he should have another PR on June 6.

Scott keeps a low key approach to talking about his running. He never bragged in the interview, although he certainly has a lot to brag about. So a friend's compliment at this point might show another view of Scott's incredible talent.

"He can run 13-flat!" was how 4:01 miler Andy DiConti put it, when told of Scott's planned move up to 5,000. Simply put, but certainly possible.

Presently though, Scott's main talent still lies in the four-lapper. He has run well over 100 one-mile races in under four minutes. It must seem like a natural physical state for him when his heart rate is near 200-beats a minute and his legs are churning out repeat sub-60 second quarters.

Looking toward the next day's Pepsi Invitational, Scott said he was confident.

"I feel a little more pressure running right in my hometown crowd," said Scott. "I really want to win. But I feel confident, much more so than last year. If anybody's going to beat me it's going to be down to

□ Interview

the wire. No one's going to run away from me."

CTRN: You just got back from Israel. Was there a track meet over there?

SCOTT: It was called the Hapoel Games. I guess it happens every four years. They have all the Olympic events. It's pretty small, but they're trying to keep building it up. I ran a 1,500 meters on Thursday and a road mile on Sunday. I ran 3:39 for 1,500 and won that and won the road mile in 4:01.

CTRN: What kind of road was it on?

SCOTT: It was in Tel Aviv. It was a neat course because it was in the center of the richest area of Tel Aviv, with all these real expensive high rises. It was in a park and it was a half-mile round loop.

CTRN: How did you get to be invited there?

SCOTT: Actually it was through a friend of ours I knew back in Arizona. Calvin Smith and Harvey Glance were suppose to go but at the last minute they pulled out. I just think they didn't want to go (travel) that far.

CTRN: That's understandable. The last time we talked was about a year ago. You had been struggling with fatigue and illness, but came back to have an outstanding outdoor season. How is your training going now?

SCOTT: Very well. In fact I'm very pleased with how my training is going. I haven't had any serious breaks or any problems to speak of. Everything's been going really just as I've wanted. The 3:39 was a pretty good indicator, because coming off a long trip like that you have a little jet lag and can't expect to run up to par. I figured if I could run a 3:54 or 3:55 start up race, it'd be great. It (3:39) equated to a 3:56 so without the jet lag in would be a few seconds faster. So everything is right on schedule.

CTRN: So you run outside and you automatically have a better go of it than indoors, it seems.

SCOTT: Oh (chuckle) yes. The last (indoor) meet of the season a couple of years ago I ran 3:59-or-4:00, then two weeks later I ran 3:53 outdoors.

CTRN: Not to be negative, but is it possible to foresee when you won't be able to hit a personal best? You've been consistent for so long. Can you see your overall fitness in a yearly or a career picture?

SCOTT: I don't think in those terms. I think, when I can't get a personal best at the mile, I'll start running 5,000. I still have a full career at 5,000 meters, considering my personal best is (only) 13:38.

CTRN: How do you see this season unfolding? Where will the highlights be? Which meets, races and athletes do you think will be outstanding this season?

SCOTT: Obviously the World Championships will be the highlight of the whole season. I'll also be running the Pan Am

Games. As far as European meets, Oslo will be big again I'm sure as will Zurich and the Grand Prix final. And the athletes to watch out for in my event are Sebastian Coe, Steve Cram, Jose Gonzalez and Jose Abascal.

CTRN: Any Americans?

SCOTT: Jim Spivey's running pretty good. I think he'd be one to look out for, too.

CTRN: You didn't mention Sydney Maree.

SCOTT: You've always got to be beware when Sydney's running, but I think in the championships and what happens between here and there really doesn't matter. I don't think in terms of him or Said Aouita because I believe they're both running the longer races.

CTRN: A year ago you were questioning whether Aouita could stay healthy.

SCOTT: Keeping up the schedule he was keeping, running the 5,000's and he ran the 10,000 and the 3,000 and the mile. It's one thing to run a lot of races and have some tactical and some fast. But every time he stepped on the track he was trying to set a world record. He was running some incredible times. Your body just has to give way sooner or later, otherwise you're classified under super-human instead of human.

CTRN: In general, do you think running is on the downslide in America? I mean, the two major running magazines have merged, Americans aren't controlling marathons like in the past. Certainly Mark Nenow's 10,000 meter American Record performance on the track and his consistency on the roads could be a center point. But is running in general slipping in America?

SCOTT: I don't think running in general is because you're seeing a lot of the same races increase in the amount of people running. But, it's leveling out. There aren't as many races, but the races that have been established are continuing to grow.

about the athletes for another four years?

SCOTT: Yeah, that's true. It is a fad, and they really don't get to know any of the athletes in between time. They follow what they read before the Games and kind of forget about it afterwards.

CTRN: Let's get into racing. What's the difference between racing when you're ready and racing when there are gaps in your training? Some athletes never race unless they are primed. Are you like that?

SCOTT: For me it's a little different. I'll race, but not off gaps in training. I'll race when I'm still in heavy training. I've never had to race when there's been gaps in the training outside of maybe last year, but that was the exception. There are races that I peak for at a time of year and there are other races I just run to run myself into shape. I'm not backing off for them. Like at this time of year, from now until TAC Nationals (June 25-27, San Jose), the races I run, I still can perform and perform well in, but I'm definitely not in sub-3:50 shape.

CTRN: So you're getting ready for tomorrow's Pepsi Invitational. You've run it about 10 times now. This could be a good judgement of where you're at.

SCOTT: I feel like I'll probably be like 85-to-90 percent. Spivey's running. It's kind of a mixed field. Tim Hacker, who hasn't raced at all since 1985, he was injured all last year, he's running. So are Mark Fricker and Richie Harris. Harris told Al Franken (meet director) that he's in very good shape. So it's kind of an interesting field. (Note: Spivey took second in 3:59.93 and Hacker was third in 4:00.3)

CTRN: Steve, lets reminisce a little. When you were in high school, just starting out, how quickly did you start hitting good times. This season there is quite a large group of freshmen running quick miles and half miles in California. How did it go for you as a youngster?

SCOTT: I started as a freshman in cross country and my first track season was as

"I think it's important for athletes to be positive role models and to think about that before they do something stupid."

So I think the public running has increased, but the public's awareness of track has suffered. We're talking about two different things - running road races and track and field. The road racing scene has continued to thrive while track and field has suffered.

CTRN: Do you think it's just the American way to go along with a fad, in that every four years everyone goes wild about the Olympics and then they forget

a junior. I was pretty decent. As a junior I probably started out a little over two minutes and by the end of the year I was under two minutes with 1:57 or 1:58. I had a big jump my senior year. I was a lot more dominant and I continued to improve all year long. I started at right under two minutes and I went down to 1:56 and 1:54

continued on next page...

□ Interview



Footlocker Summer Games Men's Mile, June 23, 1985. Left to right: 28 - Mark Fricker, 31 - Steve Scott, 24 - Richie Harris, Jay Marden, 29 - Ray Flynn, 30 - John Walker, 73 - Gary Lewis.

and then by the end of the year I ran a 1:51 relay and a 1:52 open. I was second (in the State Meet).

My progression was fairly steady. I didn't make any big jumps. They were just constantly improving. I never opened anybody's eyes or went from two minutes down to 1:51 in one race. It was a slow, steady improvement, kind of overshadowed by some of the other performers.

CTRN: What was your best high school mile?

SCOTT: I ran 4:16 in a relay at Mt. SAC.

CTRN: What's your opinion about youngsters who are running fast times early? A 15-year-old freshman, at Carpinteria High, Coley Candaele, has run 4:24.2 for 1,600 and 1:56.5 for 800 this season. (Note: The day of the interview Candaele ran 4:22.33 and 1:55.34 to win his heats at the CIF 1-A prelims. In the finals Candaele ran 4:21.48. Another freshman, Bryan Dameworth ran 9:16.54 to win the C.I.F. 1-A 3,200 meter final.) What do you think about kids running that fast at that age? One opinion is if they can run that fast, let them do it. But of course there is the whole background behind them, possible overtraining and all. What do you think?

SCOTT: I would have to have more information, like what kind of training they're doing, how much training. I know as a freshman I did what the coach told me, but that was it. Nothing more. I wouldn't run on the weekends. I wouldn't run in the mornings. I'd just run five days a week when we were at school and that was it. Now if he can do those type of times on training the coach tells him to do, say 40-to-50 miles a week, then that's great. But if he's running 60-to-70 miles a week, there's a possibility he won't be able to

maintain it into his collegiate years.

CTRN: Running is a way of life for you. How do you keep the training and racing exciting? Money must be a factor, but is there the ego and the health aspect also?

SCOTT: More the ego. Like I said before, people ask, "How long are you going to keep running?" I say, "As long as I can be competitive."

As long as I can rank in the top 10 in the world and win races, I'll continue to run. As long as I feel competitive and can beat people and there is a chance for improving, I'll stay in it. That's where I get my inspiration. The goal setting, achieving these goals, maybe falling short, but readjusting the goals and making new ones. Money's a factor too, I've got to admit. That's the way I support my family. If I don't train and don't race well, I'm not going to make any money.

CTRN: Steve, the Olympics are around the corner. What kind of season will this be for the world class athletes. In an overview, what is the plan for yourself and others hoping to make the Olympic team?

SCOTT: For most athletes, since they've started the World Championships, it will be just like an Olympic year. You won't see athletes coming out and racing a lot. You won't see them going for the fast times. You'll see them being a lot more selective. To all athletes the World Championships will be the major meet of the year for them. It's nice to have another meet that's a world class meet. For Americans there was only the Olympics and now we have two major meets. It gives a lot of athletes a chance to go through the pressures and the race situations in the World Championships to prepare for the Olympics.

CTRN: They ran an indoor master's mile

recently where 41-year-old Tracy Smith ran a 4:20.00 world master's record. What kind of time do you think you could run at 40? You've just turned 31.

SCOTT: Well, if it hasn't been done by then I hope to run under four minutes. A lot of the older gentlemen are pointing towards that. I heard that Ken Popejoy has been training quite diligently. I hear he's turning 40 next year. I think a lot of the athletes of the past, Jim Ryun, Gerry Lindgren, are going to try and break four minutes. Who knows, it may have already been broken by the time I reach 40, but I think it'd be fun to do.

CTRN: Steve, give us the inside scoop on some of these athletes who haven't been making the headlines recently. Carlos Lopes? Joaquin Cruz? Joan Benoit?

SCOTT: No one really ever calls me and tells me what they're doing (chuckle). I don't really get many running magazines to tell you the truth, so I really don't know what's going on with any of them. I heard that Joan Benoit is having a baby and Cruz, I saw him down here over Easter break. He looks fit. He's been training quite hard. I guess he's looking forward to running a really good mile at the Prefontaine meet.

CTRN: Are you going to be there?

SCOTT: Yeah, but I'm going to run a 5,000 just to give myself a chance to run one. To see how my strength is, how I can perform at 5,000. To see if the training I'm doing for 1,500 can produce a good 5,000 or whether I need to change my training a little. It's like going back to school.

"As long as I can rank in the top 10 in the world and win races, I'll continue to run."

CTRN: That's a good place to test it.

SCOTT: Yeah. I don't see any reason to jump in a 5,000 on the track and run 13:30 or something. It's a long race and if you're going to do it, do it right.

CTRN: How much are you running now. Have you changed anything in your training over the last few years.

SCOTT: I have changed my training quite a bit. It really educated me after the problems I had last year. I think it was a virus that I had, but I think it also may have been associated with over-training. I've cut back my mileage this year. Instead of reaching for 80-to-90 miles a week, I'm reaching for 70 and 80. I'm making up that extra mileage by going to the pool and doing the deep-water running, two to four days a week about a half-hour each time. I go pretty slowly. And I'll tell you, I had about a 4-to-6 week break in training last year and I was doing the deep-water running and swimming. I came out for the

□ Interview

season and ran one of the best seasons I've had. I think adding this to my normal training definitely can't hurt and I think it would help.

CTRN: Are you aware of injuries setting in or do they catch you by surprise?

SCOTT: I'm very cautious of injuries. If I ever feel anything coming on I back off of my training right away, go into the spa or get some ice on it. Surprisingly this year I haven't even had an ache or a pain. And I think going in the water has really helped. I'm not thrashing my body. I've been stretching more and doing the weight training. I think I'm doing all the preventative measures. If I'm going to get hurt it's going to be from stepping in a hole or falling, it's not going to be from stress.

CTRN: Do you have any regrets in your career? What was the highlight, so far?

SCOTT: The regret and the highlight would probably be the same race. I'd say anytime you compete in the Olympic Games its got to be a highlight no matter

how you do. But it would be a regret since I ran the race I ran. I would like to go back and do it again and have a different race plan.

CTRN: Would that mean holding back a little bit?

SCOTT: Yeah, it would mean holding back and making a move when Abascal made his move.

CTRN: What's it going to take to make the US Olympic team? What kind of time do you think will be third place in the 1,500 meters?

SCOTT: That's hard to say because time really doesn't come into play. It's usually a lot more tactical. You're going to have to have a pretty good finishing 400 to make it. At this point I'd have to say myself and Spivey should make the team and the third spot would be between Chuck Aragon, Tim Hacker, some of the younger kids coming along, Dub Myers, Mike Stahr.

CTRN: Steve, you could be considered one of the California spokesmen for running. You're consistently in the forefront in your event. Do you consider yourself a role model?

SCOTT: Oh, I try to be. I try to be a positive role model for everybody. We are impressed upon a lot of young athletes. The things we say and do, the younger athletes will take and just gobble up.

So I try my best to do things I feel are right and which will help the youth of this country. I try to be a positive role model because there are so many negative role models in athletics right now. Not track and field necessarily, but in all sports. So I think it's important for athletes to be positive role models and to think about that before they do something stupid.

The athletes have a responsibility whether they like it or not.

Steve Scott was born on May 5, 1956. He is 6-1 and 165-pounds. His personal records from the marathon down to the 400-meter run are: Marathon-2:32; half marathon-1:03.30; 10 Mile-48:00; 10K-28:31 (he has run in the 28:30's four times); 8K-22:59; 5 Mile-22:57; 5,000 meters-13:38; 3,000 meters-7:36.69; 2,000 meters-4:54.71; mile-3:47.69; 1,500 meters-3:31.76; 1,000 meters-2:16.4; 800 meters-1:45.0; 400 meters-48.0.



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SoCal Diary

By BILL MINARIK

April 20

The UCLA-Houston dual meet topped last weeks track & field action with both the Men and Lady Bruins prevailing by counts of 98-44 & 76-60. Top performances included a 10.3-20.5 sprint double by UCLA's Michael Marsh; an 11.1-23.2-20-10-44.32R quad win for Gail Devers; a 255-0 hammer throw by Bill Green throwing for the Mazda TC in a non scoring capacity; and an American Record 73-0½ shot put by Mazda teammate John Brenner. When you consider John is just beginning his competitive season, you wonder where he'll be at seasons end.

Elsewhere, at the USC Women's Twilight Meet the Women of Troy, lead by Wendy Brown's jump triple showed some tremendous team depth which should be more than UCLA can handle at their upcoming dual meet extravaganza.

At San Diego State, the meet came down to the 1600m Relay with the Aztecs pulling it out right at the wire to top the UC Irvine men 86-77. At Occidental, the Oxy men and women posted 92-66 and 76-55 wins over an ever improving Redlands team. At Cal State L.A., the CSLA men were 110-62-30 winners over Cal Poly Pomona and C/S Bakersfield. The Cal State Bakersfield women however topped CSLA and CPP 67-62-41 in tri-meet scoring; only to have CSLA win the dual meet scoring over CSB 74-57.

At Cal State Northridge in a multi-dual meet affair; first in the mens, it was CSN in a surprisingly easy 104-49 win over CPSLO with CSN 131-8 over Chapman, CPSLO 96-43 over UC Riverside and UCR 68-22 over Chapman. The women's meet saw CSN surprise national power CPSLO 73-52, and ease by Chapman 102-21. Both CPSLO and Chapman eased by UCR 98-21 and 51-27.

In a womens meet at San Diego State, the Aztecs just out ran UCI and UNLV by a 75-68-40 count with the dual meet scoring bringing about the same result. The big story coming out of here however happened in the 3000 where former Compton High star Trena Hull running for UNLV apparently traded a few elbows with UCI star Jenifer Abrahams and then suddenly threw Jenifer to the ground and began choking her until a coach pulled her off, according to reports. What action, if any, will be taken in this matter will have to wait until a video tape of the event can be reviewed.

At the Community College level, the Ed Adams Invitational at Hartnell College in Salinas brought together the finest small schools in the state; with the host team winning 2 out of the 3 major categories. The men from College of the Siskiyous

just edged out Hartnell and Sequoias 72-70-70, while the Hartnell women were 97-86 winners over Sequoias and Hartnell was a 167-156 combined winner over runner-up Sequoias.

On the High School scene, the feature attraction was the Mt. Carmel Invitational in San Diego. Again it was Kamy Keshmiri of Reno who stole the show with a 64-10½ shot put and a 223-5 discus throw. Corey Ealy of Muir High had a 10.6-21.4-41.9R triple win for the meets other top performance.

April 27

As usual on this past week-end, virtually every top trackster around SoCal made his or her way over to Mt. SAC for four days of non-stop track & field action.

There were a lot of familiar names in the prep victory column beginning with Quincy Watts who eased to a 10.52 100 meter victory. Reno's Kamy Keshmiri continued his dominance of the weights with a 63-11½-224-1 double and the now famous Hawthorne boys relay team of Hanna, Vallery, Carrol, and Conway posted winning relay marks of 41.04, 1:25.41, and 3:16.84. Pomona's Janeene Vickers posted an easy 11.89-24.17-42.3 sprint triple while the Hawthorne girls 400 relay team was upset by San Diego Morse 46.89 to 47.04.

In the Community College division, Central Arizona came into town and was just about as impressive in the sprint relays as it was in cross country at the Mt. SAC Invitational. C/A ran away from the field which included Long Beach CC in a time of 39.49 and then proceeded to do the same in the 800 relay with an unavailable time. LBCC, however came back to defeat C/A in both the shuttle hurdles and 4x400 I.H. relay with times of 57.52 and 3:31.83 which figures out to 14.4 and 52.7 per leg which would be outstanding for any 4-year school. Individually, Mt. Sac's Kenny Washington showed why he is SoCal's top CC middle distance runner as he set a PR 3:44.1 in the Invitational 1500.

At the Invitational portion of the meet, John Brenner followed up his AR of last week with a new A.R. shot put of 73-10¾. Not to be outdone, Carl Lewis recorded what was probably the greatest long jump series ever with efforts of 28-4¼, 28-5, 28-3¾, 28-9¼, 28-5, and 28-5. UCLA's 1600 relay team of Anthony Washington, Kevin Young, Henry Thomas (43.8) and Danny Everett showed why they're NCAA picks with a new school record of 3:01.09.

May 4

All of the high schools in SoCal were finishing up dual meets last week in preparation for this weeks league prelims and finals.

The Community Colleges held their Conference Meets with most of the top marks coming out of the powerful South Coast Conference where the Long Beach CC men out-powered Mt. SAC 253-187; while the El Camino women out-ran the Tammy Stiles lead Mt. SAC Mounties 180-155. The women's 400m relay was probably the most exciting event of the meet with E.C. winning with a lean at the finish line in 46.78 to Mt. SAC's 46.80.

At the Western States Conference Meet, the Glendale men won their 13th consecutive championship to go along with their 116 consecutive dual meet wins by a 143-127 count over Bakersfield as the final outcome was not decided until a number of protests were resolved after the meet. In the women's meet, Santa Monica showed that it was in a class by itself with a runaway 172-81 win over 2nd place Moorpark. In the Orange Empire Conference, Rancho Santiago's men defeated runner-up Saddleback 192-160, while the always powerful Orange Coast women destroyed the field and runner-up Saddleback 241-104. At the Pacific Coast Conference men's meet, Mira Costa just got by a surprising San Diego Mesa team 209-197.

You probably could have got any kind of odds you wanted against the UCLA men and USC women winning this year's dual meet extravaganza by the identical scores they won by last year, but that's what took place as the old adage that anything can happen at the USC-UCLA meet was proven again.

The Women of Troy's 69-67 margin of victory was due mainly to their 38-16 edge in the field events where the Bruins had only Toni Lutjens as a full time field event athlete, with Gail Devers and Gayle Kellon used in the jumps.

The most notable efforts for Troy came from Wendy Brown and Evette Bates in the triple jump where Wendy set an AR of 44-11¾ and Evette followed with a not-too-shabby 44-0½. Another very strong performance was turned in by Troy's Gervaise McCraw who began things by running an awesome second leg on the 400m relay team, then proceeded to reverse last year's 400 loss to Choo-Choo Knighten by pulling away from the Bruin star down the stretch in 52.83; and finally ran a meet clinching second in the 200 in 23.07 just a few feet behind Gail Devers.

As far as the Bruin's were concerned, it was the Gail Devers show. The little Bruin dynamo had individual first place efforts of 11.30, 23.04, 13.1, and 21-10 as well as a 41-8¾ 3rd in the triple jump. However Gail's most dynamic performance came in the 400m relay, where she took the stick 8 yards behind Troy's Myra Mayberry who is

SoCal Diary

a quality sprinter in her own right, and proceeded to close the gap right down to the finish where she won it with a lunge at the line. That effort was the most spectacular come-from-behind women's relay leg I've seen since Wilma Rudolph smoked that Russian girl in the 1960 Olympics. Another Bruin standout was freshman Laura Chapel, the state high school 800 champ who looked very strong in winning the 1500 over Trojan stars Shannon Clark and Elise Lyon.

If there was a single reason why the Women of Troy came out victorious in this meet, it may have been the scheduling of events. For some reason the 3000m was run first with the 1500m run just two events later after the 400m relay. The result was that the Bruin's Polly Plummer who helped UCLA breeze to a sweep in the 3000 didn't have enough left in the 1500; and was subsequently burned off by a brisk Trojan pace and finished out of the money. Additionally, had Polly run the 1500 instead of the 3000 the Bruin's would have gone 8-1 and 8-1 instead of 9-0 and 5-4 and would have won the meet.

The men's meet was history before it started as the already thin Trojan's lost Joey Bunch and Mike Dexter to grades at the beginning of the season; and then lost Antonio Manning to injuries, with the result that USC could only muster one entry for the first 3 running events. However the Men of Troy did have some excellent performances. Eric White skyed to 18-0½ in the vault for a meet record; Luis Morales out-ran both Danny Everett and Henry Thomas in the 200 with an NCAA qualifying 20.53, and Romney Mawhorter ran a 8:52.5 steeplechase which is a PR good for a 3rd place. For the Bruins, Michael Marsh 10.27, Danny Everett 20.55, Henry Thomas 45.66, Steve Kerho 13.76, Kevin Young 49.65, and the 400m relay team 39.52 all turned in NCAA qualifying times.

The future also appears to be rosy for the Bruins as they have signed 400 meter sensation, Steve Lewis of American High and Reno strongman Kamy Keshmiri, who is generally regarded as the country's top prep thrower to team up with UCLA's Art Venegas, who is considered by most to be the country's top all around weight coach.

In other track action, at the SCIAC Championships at Pomona, the Sage Hen men gave the home crowd a real treat as they upset perennial champ Oxy 199-164, while the Oxy women lead by Michelle Trimble and Cressey Stewart emerged with a tough 133-99-94-90 win over Claremont, Redlands and Pomona, in what is probably the most balance position this conference has ever been in.

While the USC women were celebrating their tough dual meet win over UCLA for the rest of the week-end, the celebration was cut short for Troy's All-American heptathlete Sharon Hatfield who had been instrumental in USC's win with two critical seconds in the javelin and high jump.

It seems that the junior national record holder from Fountain Valley High was attending a party after the meet at the house of a USC alumni, when star USC footballer Aaron Emanuel reportedly made a pass at her. After being rebuffed, Emanuel reportedly started pinching the blonde co-ed in the rear repeatedly until finally in exasperation, she threw a beer in his face. Emanuel countered with a punch to Hatfield's face which knocked Hatfield out causing a concussion. Hatfield has filed a complaint with the sheriff's department, and the district attorney is currently considering whether or not to file charges against Emanuel who has been suspended from the football team.

Another female trackster who was beat up during a race, Jennifer Abraham of UCI, has indicated she will file charges against UNLV's Trena Hull for the April 18th incident when Hull punched, kicked, and physically held Abraham during a 3000 meter race after some elbowing had taken place in close. UCI Coach Vince O'Boyle said the incident was the most violent he had seen in 30 years of coaching, and that he sent a videotape of the race to PCAA Commissioner Dennis Farrell in hopes the PCAA would discipline Hull in the matter. UNLV Coach Al McDanille said he thought Abraham was at fault and should be disciplined. PCAA Commissioner Farrell had indicated that the PCAA can take no direct action because the meet was not a sanction meet; and that only the conference meet is sanctioned.

From what I've read and heard in this matter, I've got to go along with Vince O'Boyle. Elbowing is as common to distance running on a track as hand checking is to basketball. Anyone who goes bezerk during a race and attacks an opponent should be suspended from competition. The PCAA position in this matter sounds like a cop-out to me.

May 11.

The preps all concluded their League Meets last week with almost all top competitors advancing to the Southern and L.A. City Section Prelims. A notable exception is in the L.A. City Mid-Valley League where defending 3200 champ Sheri Lawson of Kennedy High was disqualified after finishing 1st because she was wearing a ring; which apparently violates the national rule against wearing jewelry. The funny thing here is that Sheri hasn't had the ring off her hand in 3 years and won the 1600 race an hour earlier wearing the same ring without disqualification. However the officials weren't through yet as they disqualified Birmingham's Sabino Miranda in the boys 3200 for wearing a sweatband on his wrist which they said constituted jewelry. When you combine these two decisions with the one during cross country season where a coach was DQed for giving mile splits, you can see why the L.A. City is looked down upon in certain track circles.

At the SoCal Community College Championships, it certainly didn't surprise anyone to see powerful Long Beach City

roll over runner-up Mt. SAC 155-104 in the men's division as the Vikings took 4 of the top 5 spots in the 200 to win going away. LBCC was lead by state high school 100 meter champ Ron McCree of Madera who took both sprints and anchored the winning 400 relay team. In the women's competition, Santa Monica which dominated the Western States Conference, but was otherwise quiet during the season, came to life and surprised both El Camino and Mt. SAC by a 92-85-82 count. The Corsairs were lead by Tish Giddens who upset Mt. Sac's Tammy Stiles in the 100 with an 11.98 clocking.

At the PCAA Championships in Irvine, it was all Fresno State as the Bulldogs predictably won the men's division 209-162 over a strong UC Irvine team and 159-127 over the UNLV women in a meet which wasn't as close as expected.

At the CCAA Championships at Northridge, the Cal State L.A. men gave Coach John Tansley another title with a hard fought 175-167-154 win over Cal State Northridge. CSUN's head coach Don Strametz was voted Coach of the Year; and if you saw what Don had in the way of athletes last year, you could understand the rebuilding job he did. In the women's section, the CPSLO gals rolled to an easy 6th straight title 256-146 over the runner-up host team.

At the Modesto Invitational, there were lots of fast times which included Harvey Glance 10.03, Carl Lewis 20.25, Tony Campbell 13.19, UCLA's 1600 relay team in 3:02.44 and Odessa CC's relay times of 39.10, 1:21.2, and 3:03.90.

Some good news as far as track programs go and that is that Cal State Long Beach has reinstated it's program. However it appears that the assistant coaches will have to take a pay cut to make ends meet, which is unfortunate since part-timers are usually way under paid anyway.

May 18

All of the prep sections completed preliminary rounds with all top contenders advancing safely including Taft's Quincy Watts who qualified in the 100 despite the fact his starting blocks slipped from under him. In addition, L.A. City C.I.F. Section Commissioner Hal Harkness reversed those disqualifications to runners Sheri Lawson and Sabino Miranda in last weeks Mid-Valley League Finals by saying that the officials decisions were clearly erroneous. Harkness also indicated that he was going to draft some strict guidelines for high school coaches recruiting junior high athletes, which he stated is totally out of control in the L.A. Section.

At the Community College State Meet, the women's competition turned into a repeat of the SoCal Meet with Santa Monica, Mt. SAC, and El Camino taking things right down to the 1600 relay with Santa Monica up by 4 over Mt. SAC and 7 over E.C. El Camino just nipped the Mounties with the Corsairs in 3rd which was just enough to give them the title 64-62-61.

The men's meet as expected went to Long Beach CC over a tough Mt. SAC squad 118-89 as Ron McCree lead the Vikings with a 10.69-21.19-39.83R triple.

Racing Report

By MARK WINITZ

Big Sur International Marathon The Second Presentation April 26, 1987

photo by Mark Winitz



PATTY SELBICKY

April 26. Pfeiffer Big Sur St.Pk.to Carmel.

There is no doubt that this beautiful course along Route 1 from Big Sur to Carmel is a tough one. This is the steep, rugged portion of the Pacific Coast adjacent to the wild Santa Lucia Mountains. The 26.2 up and down miles include a total vertical rise of 755 feet, a two-mile climb of 520 feet at Hurricane Point, followed by vertical drops of 1020 feet over the last half.

In the first rendition last year the turnout was substantial (1500 runners) but the winning times were slow (John Skeels, 2:35, and Leslie McMullen, 3:00). A stiff headwind over the entire route made the opening course records on this roller-coaster route a bit misleading. However, the 1986 race was punctuated by blue skies and clear, spectacular vistas.

This year the morning dawned a bit more typically for the Big Sur Coast: overcast and still, with temperatures in the upper 40's rising to the mid 50's later on. 1,000-plus runners, including race consultants Frank Shorter and Katy Schilly-Laetsch took off down the deceptive gentle downslope that gives no hint of the difficult climb and descent that comes mid-race.

Brad Hawthorne of Oakland, Oregon's Leonard Hill (2-mile winner of the Portland Marathon and 2:16 best) plus Emil Magallanes of Boise shared the lead for the opening miles. Hawthorne, who only two weeks before had run the World Cup Marathon in Seoul, South Korea in 2:15 (he owns a 2:12 best) looked surpris-

photo by Mark Winitz



BRAD HAWTHORNE

ingly smooth and relaxed. Jay Johnson of Boulder took over third at about 11 miles as Hawthorne and Hill forged the lead up the steep slope to Hurricane Point. The halfway split was 1:09:11. At 18 miles the dynamite Hawthorne pulled away like a rocket from the fading Hill and proceeded to push it to the finish, crossing in a exemplary 2:16:39.

The Big Sur course proved not so slow after all, and the 31 year-old Hawthorne proved that he plans on being a serious contender at the Olympic Trials as he ran his third qualifying time this year. (He also won last February's Las Vegas Marathon in 2:14:04.) Jay Johnson finished a distant second in 2:23:41 and Hill hung on for third.

"This was actually kind of an easy win for me," reflected the full time Chevron Oil employee who runs for Reebok. "I was dying the last six miles in Seoul two weeks ago. My legs were just blown away. So in this one I ran conservatively and took off at 18 miles. I didn't care about my time until about 20 miles when I saw that I could break 2:20."

Although Hawthorne averages 90 miles a week year-around, running six at lunch hour and ten after work every day when preparing for marathons, he dropped it to 40 a week and "just took it easy and ate a lot" during the several weeks between Korea and Big Sur.

On the women's side, Patty Selbicky of nearby Pacific Grove improved four minutes and two places over her third place finish last year. Her 3:02:59 winning time was a PR and her first marathon win. "But I didn't run smart at all," said Selbicky as she reclined rather painfully

for a massage afterward. "I went out too fast. My halfway split was 1:27 on the tougher part of the course." Leslie McMullen, last year's female winner, dropped out at 19 miles, weakened by a recent bronchial virus.

Schilly-Laetsch and Shorter bowed out at 13 and 21 miles respectively on training runs.

For the second year in a row Judge Bill Burleigh directed a well-organized, full-fare race with all the perks. Even without a major corporate sponsor, the local community works hard at putting on a race that provides the best of everything for runners including running clinics with celebrity runners, pre-race pasta feed, Dean Reinke as start and finish line announcer, and enough post race refreshments to revive an army. Athletes from 36 states and fifteen foreign countries were entered. The scenic yet challenging running conditions are popular, indeed, since Big Sur was listed the 19th largest of 204 U.S. marathons by the National Running Data Center and the largest all-rural marathon in the world.

April 26. Big Sur to Carmel.

Overall Results - Men

1	Brad Hawthorne (31) Oakland	2:16:38
2	Jay Johnson (27) Boulder, CO	2:23:40
3	Leonard Hill (34) Oregon	2:24:15
4	Patrick Moss (32) Fresno	2:26:45
5	Nick Yray (38) Morgan Hill	2:32:06

Overall Results - Women

1	Patty Selbicky (31) Pac.Grv	3:02:58
2	Karen Miller (28) Telluride	3:09:58
3	Mary Campbell (40) Bev.Hills	3:12:40
4	Randi Bromka (34) Aspen	3:12:52
5	Katharin Gustafson (22) Berk	3:13:45

Division Results - Men

16-19:	1. Theodore Labbe 3:16:16, 2. Earl Devore 3:23:25, 3. Gonzalo Vincent 3:26:25, 20-24: 1. Jeff Bernal 2:48:03, 2. Craig Johnson 2:52:26, 3. Dale Capewell 2:56:41, 25-29: 1. Jay Johnson 2:23:40, 2. Naranjo Javier 2:34:42, 3. Ken Linoeli 2:41:46, 30-34: 1. Brad Hawthorne 2:16:38, 2. Leonard Hill 2:24:15, 3. Patrick Moss 2:26:45, 35-39: 1. Nick Yray 2:32:06, 2. Michael Duncan 2:37:01, 3. Miguel Herrera 2:48:53, 40-44: 1. McAvoy Layne 2:56:55, 2. Michael Hicks 2:57:23, 3. Timothy Hicks 2:58:24, 45-49: 1. Richard Leutzinger 2:49:58, 2. Rick Sylvester 2:54:18, 3. Tom Meyer 2:57:01, 50-54: 1. Bob Barber 2:54:41, 2. Curtie Riddling 3:00:00, 3. Al Kirkman 3:09:09, 55-59: 1. Robert Gehl 3:14:47, 2. John Lockhart 3:16:46, 3. James Blount 3:21:35, 60-64: 1. Bill Dennee 4:06:51, 2. Ned Birdsall 4:27:37, 3. Ralph Paffenbarger 4:30:12, 65-69: 1. Jack Kirkpatrick 3:40:52, 2. Wulfgang VonWaltzer 4:04:48, 3. Richard McGough 4:15:15, 70 & Over: 1. Pierre Delfauss 4:43:20.
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Division Results - Women

16-19:	1. Monica Wynveldt 4:05:22, 20-24: 1. Katharin Gustafson 3:13:45, 2. Kelly McConnell 3:39:36, 3. Dawn Fain 3:42:06, 25-29: 1. Karen Miller 3:09:58, 2. Barbara Frank 3:18:12, 3. Margaret Chung 3:21:23, 30-34: 1. Patty Selbicky 3:02:58, 2. Randi Bromka 3:12:52, 3. Donna Troyna 3:14:31, 35-39: 1. Suzanne Rohr 3:13:58, 2. Dian-LaPierre 3:26:06, 3. Florianne Harp 3:35:03, 40-44: 1. Mar Campbell 3:12:40, 2. Gail Rodd 3:28:37, 3. Sandra Har 3:31:57, 45-49: 1. Joan Reiss 3:26:14, 2. Reva Collive 3:29:49, 3. Josephine Rogers 3:41:15, 50-54: 1. Gaby McQuitty 3:34:48, 2. Yvette Tazuin 3:53:54, 3. Khartoo Tudhope 3:54:49, 55-59: 1. Frances Sackerman 3:52:17, 60-64: 1. Kit Pickles 4:39:52, 65-69: 1. Shirley Tobin 4:52:44.
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Dean Reinke on Running

By DEAN REINKE



Big Sur International Marathon

A Classic Affair

Monterey County Municipal Judge Bill Burleigh is such a nice guy that I would get a speeding ticket in his county just to appear before him. A runner for 11 years, Judge Burleigh's favorite running route is old U.S. 1 which near Rio Road, sports a road sign that reads "Big Sur - 26". Running by that sign for years sowed the seed in Burleigh's fertile mind to make the "Big Sur Marathon" a reality.

While the vociferous crowds signify Boston and the dollars flow freely in New Jersey and Pittsburgh, Big Sur is tastefully and with a special charm typifying the wine country of Carmel, California, spreading its wings and emerging as the marathon to watch over the ensuing years. Already the "largest rural marathon" in the country with over 1500 runners representing 36 states and 15 foreign countries, Big Sur has staked its claim as a major force on the international marathon scene.

When I first read the course description I thought, "Oh no, the PR folks are at it again!" It read, "the Big Sur Marathon is a 26.2 mile stretch of Pacific Coast Highway 1 which hugs the cliffs overlooking the foamy surf and vast blue of the Pacific Ocean.

Beginning among the giant redwoods of Pfeiffer Big Sur State Park, the course meanders and climbs northward along the awe-inspiring central California coast toward the finish line at Rio Road, Carmel". If that leads you to think the scenes qualify for a *National Geographic* feature, well -they do! But it doesn't end there. A classical music buff, Burleigh and his committee of 26, all decked out in navy blue blazers, looking like they just stepped off of the 18th hole at Augusta and 'The Masters', didn't miss a detail and truly captured the spirit of this high class city on the ocean. "The sound of dedicated feet" were complemented by more than 20 portable stereos along the course, each playing recorded classical music "to complement the experience". Add to that a 15-piece brass ensemble and string quartet at the finish as well as a grand piano playing at the 23-mile mark, then you start to get the picture!

With that introduction, I had high expectations but was truly shocked to discover that the descriptions clearly painted the picture of the Big Sur experience. Without a doubt, the course is hands down the most beautiful in the world and even makes you lose sight of how damn difficult it is. Hey, who cares when you're having fun! And besides, you are not going to have thousands of spectators screaming at the top of their lungs in your ears as you run. Just a cow or two grazing as you climb Hurricane Point and the other mountains, not hills, that make up Big Sur. But you want to run fast? Well, Brad Hawthorne, this year's

winner will give you fast. His 2:16.38 performance was simply amazing just two weeks after finishing as the first American in Seoul at the World Cup. What makes his effort even more impressive was his 7-minute margin of victory which shattered the existing course record by a whopping 19 minutes!

Great job Brad but frankly (as in Shorter, race consultant and TV commentator along with Katy Schilly-Laetsch on the 1-hour post race special), this is not a race for the elite. Its for folks like 70-year "young" Fred Foster who has suffered from a number of small strokes, two bouts with cancer and high blood pressure. He missed the 5-hour course cutoff time but he still finished on his own. Or for 26-year-old Ann Miller running her first ever marathon on her 26th birthday in 4:49:09. And then there's Chuck and Janie Paone of San Jose who ran Big Sur together a year ago to celebrate their 18th wedding anniversary and this year ran their 19th wearing bib #19 and #68 to commemorate 1986, the year they married.

The list goes on and on with inspiring stories but none is more so than the down-to-earth warmth and consideration that goes out from the heart to each and every participant. It was after 11:00 p.m. the night before the race when race director Burleigh received a call from a frantic runner from New Mexico who had just arrived in town. "Mr. Burleigh, I don't know if you can help me but I'm in a pinch", he pleaded, "I set my shoes out for tomorrow and I just discovered I have two size-12 right shoes". Without hesitation, the kindly Judge quickly responded, "Its your lucky day, I'm a size 12" and the rest is history. I don't think you'd find that at too many marathons around the country.

Already the Big Sur Marathon is the 19th largest marathon in the country after just two years. But Big Sur is more than a numbers game on the marathon scale. Its a style and an experience entirely its own unmatched anywhere else in the world. From the buses that transport all the runners the 26.2 miles to the starting line with military-like precision to the VIP tent area with its china and crystal luncheon spread, nary a detail is left alone. Without a doubt, the Big Sur Marathon is carving its unique place in history and it will be an event to watch for years to come on the World Class scene.

Dean Reinke is a Running/Triathlon Columnist and Announcer/Commentator/Consultant to major running and triathlon events across the country. In addition to his syndicated monthly columns, he writes two newsletters, Dean Reinke on Running and the Dean Reinke Triathlon Report from his base in Orlando, Florida.

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■ CTRN Around the Bay

By MARK WINITZ



Mental Conditioning for Runners

Back in April's column I mentioned a book called *The Total Runner* by Santa Cruz-based runner and sports psychologist Jerry Lynch, Ph.D. Already, in four months this year it has sold 5,000 copies. I promised more on Jerry and this valuable new collection of mental conditioning exercises, techniques, and tips designed for serious runners at all levels. I've been recommending the book to Bay Area runners since Nancy Ditz originally called my attention to it as a remedy for my own lagging performances. Even while in top physical shape and despite high-quality training, my races weren't reflecting it. After only skim-reading a couple of *The Total Runner's* fourteen chapters, I immediately went out and set 5 and 10 mile PR's after a long drought.

The nice thing about Jerry's book is that it's organized for the busy runner who stretches the limits in order to get 5 or 10 daily miles in, and who doesn't have much time for reading or thinking about running otherwise. You don't have to read it from cover to cover to begin applying the same mental techniques that are used (and described) by top-notch athletes like Alberto Salazar, Steve Scott, Bill Rodgers, and Joan Benoit. And virtually all of the methods can easily fit into your workouts without adding extra time to your current training. In fact, these techniques will help you focus and improve on specific areas in your running so you can truly maximize the time that you spend at it.

Lynch, who is the director of the Center for Optimal Performance in Santa Cruz, provides seminars, workshops, and lectures to athletes, corporations, and organizations throughout the world in the areas of goal setting, motivation, and mental training. As a consultant to the U.S. Olympic Training Center, he has provided guidance to numerous track and field athletes. Many of his articles have appeared in leading national running magazines. He is a licensed Marriage, Family, and Child Counselor. Perhaps most importantly, Lynch is a devoted runner himself. He regularly competes in major Masters' competitions, and has won numerous long distance races in the last few years, including the Summit Marathon.

I interviewed Lynch several months back, and again more recently, to gain an inside perspective on the inner workings of the competitive mind and to learn more about the makeup of the "total" runner.

CTRN: Your book, *The Total Runner*, is subtitled "A Complete Mind-Body Guide to Optimal Performance." What exactly is optimal performance?

Lynch: It's getting the most out of what you have on any given day. That means bringing together your physical, nutritional, emotional, and mental preparations in a way that maximizes your performance in a race, or what you get out of a workout. That doesn't mean you'll run PR's on those particular days, although there's a very good chance that you will. You might run a slower time and still feel that overall you had one of your best runs ever.

CTRN: What percentage of maximum performance would you say is mental?

Lynch: About 90 percent of performance is mental. Most of the elite athletes that I've talked to and worked with believe that's the case. The runners who perform the best in terms of the overall training that they've done are the ones who are best prepared. It can't be overlooked if you want to be a complete athlete.

CTRN: For any particular runner, are there limits to how well they can perform? Can your book help runners to extend their limits?

Lynch: That's a key question in optimal performance. Our beliefs about limits—about what we can or cannot do—play a critical part in how we perform. For instance, if you believe that you can't run a 2:27 marathon, you'll never do it, even if you have the physical capabilities. You won't have the motivation to do the workouts required. However, if you believe you can do it and you have the physical capacity, you'll do it.

The perfect example is Rodger Bannister, back in the 50's. Fifty medical journals gave all runners a limiting belief by saying a sub-four minute mile was impossible. Well, Bannister broke through that limit, but that wasn't the big story. The big story was that within a year and a half of Bannister's breakthrough over fifty-two runners throughout the world went under four minutes. Bannister shattered the myth, or the limit. My attitude is that I really don't know what my personal limits are as a runner until I test them. Starting with that as a framework, I can start pushing my limits back.

CTRN: What about running goals? How do you approach that area?

Lynch: I guarantee that people will reach their goals if they are realistic, challenging, short term, and they have the patience to wait for them to come. My book can help you in setting realistic goals. Once the goal is set, you have to af-

firm it. You need to visualize it. Using the right methods, I've seen people set goals and run right through them to their destination. On the other hand, I've seen a lot of Olympic-caliber athletes who either have no goals, or no knowledge of the way to achieve them.

CTRN: Which top runners that you know really use mental preparation effectively?

Lynch: In my mind, Herb Lindsay and Jon Sinclair epitomized the mind-body athlete. You probably recall that Lindsay was the top road runner in the world back in 1980 and 1981. After every workout he would sit down for ten minutes and review the workout in his mind, going over the details and preparing for the next one. Sinclair was so strong mentally that nobody could intimidate him. No matter what the competition, it wouldn't phase him. That kind of worried the other guys.

Today, on the women's side, you have to look at Kristiansen. She's outrageous. And she really uses the techniques that I talk about. Unfortunately, I don't see a lot of American women runners really taking a look at the mental component and doing something about it. One that does is Nancy Ditz. In the men's field, Seko (of Japan) comes to mind. He's just total concentration.

CTRN: Do you feel that the Eastern Europeans and oriental athletes use mental conditioning to better advantage than Americans?

Lynch: In this country I think we have a lot of raw talent and we get by on that. However, over the last few years, with the substantial increase in road racing here, there has been a loss of concentration and focus. In the Eastern European countries and in Japan, the approach is different, more dedicated. They don't run as many races and they're more focussed on particular goals. They come out of the woodwork and run well. Their mental tenacity is incredible because their philosophy, religion, and lifestyle encourage focus and integration of the body and the mind.

This country has been arrogant in getting by on raw talent. We're just beginning to realize the power of the mind. Sometimes we criticize the East Germans, Rumanians, Poles, and Russians. We talk about blood doping and drugs. When will

□ Around the Bay

we start to realize that they are doing well because they are trained to be focussed and positive, with well-defined goals?

CTRN: Let's turn the conversation a bit to the average runner. How can, say, the executive, or the engineer, or the accountant who works maybe 40 to 60 hours a week and runs maybe 20 or 30 miles benefit from *The Total Runner*?

Lynch: I don't discriminate among people in the techniques presented in the book. They're applicable to runners at many levels, and even to non-runners. In fact, I use the book as a text in some of the workshops that I do with corporate clients to assist people in reaching optimal performance at work.

It's not the amount of miles you put in, or the time you put in on the job. The quality is more important. Even if you're running only ten miles a week, my book will help make them a better ten miles. It will allow you to enjoy your running more, and how to avoid self-imposed limits and self-criticism. It allows people to put their work in perspective while giving them the confidence that they need to be fit. I don't believe that talent determines where you will go or how successful you'll be. I

believe it's the absence of limitations that makes a person successful and a high achiever.

CTRN: What's the most common mental pitfall for a beginning runner?

Lynch: I could take about a half hour to respond to that one. Just a quick reaction: What I see most among beginning runners is a self-image pitfall. They see all these lean and mean runners around them. They feel embarrassed, awkward, fat and overweight. They become overly self-conscious. All the negative mental chatter interferes with making a commitment to fitness. The trick is to replace the negatives with positive mental images that build confidence.

CTRN: Tell me a little about your own running.

Lynch: I started running late, when I was thirty-five. I ran in Boulder for five years. Nothing really spectacular. Then, when I moved to California—maybe it was the change to a lower altitude—I went wild and really improved suddenly. That's when I really started to question whether I had limits. From there, I developed a regular mental training program. It helped me to do quite well when I turned forty. As a Master, I've won several races overall and I've run what I consider very good times (sub-2:30 marathon and high 10K's). I don't see any reason why I can't keep getting better.

I now spend about ten minutes a day on mental training, usually when I wake up, in bed in the morning. That's a convenient time for me. Actually you can do it anytime. What's significant is that these methods helped me to overcome my limits. I began running times that I never thought were possible five years before. Every time I'd take off two or three minutes, I'd ask myself "Why not? Why can't I take off another couple of minutes?"

CTRN: After picking up *The Total Runner*, how long would it take a runner to begin seeing improvement?

Lynch: Right away. That's if you really follow the directions and you don't back off on your training. You have to do the running. You don't just lie in bed and imagine yourself running a 2:28 marathon. If you take three or four days to read the book—concentrating on those sections that seem important to you—and apply what you read, you should start seeing changes immediately. If you follow the methods each day for, say, twenty-one days, you're going to see significant improvements.

continued on next page...

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Winitz is a columnist and feature writer for California Track and Running News and has been the Bay Area Editor for Running Scene Magazine.

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—Nancy Ditz

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—Rod Dixon

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—Coach Peanut Harms, Aggie Running Club

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□ Around the Bay

CTRN: I'm looking forward to trying the techniques.

Lynch: Great. Remember, consistency is important. If you begin a regular daily mental conditioning program like I've outlined, and you keep with it, I guarantee you'll have your best year of running ever. You'll perform better and you'll enjoy it more.

The Total Runner is available at your local bookstore. If you don't see it, ask your bookstore to order it for you from Prentice-Hall Inc.

For information on Dr. Jerry Lynch's athletic, fitness, and personal transformation consulting services and workshops, contact the Center for Optimal Performance, 744 Pine Street, Santa Cruz, CA 95062, (408) 479-0404 or (408) 426-3525.

This summer Lynch will be assisting elite junior athletes at the U.S. Olympic Training Center in Colorado Springs. He

will also be at Jeff Galloway's Vacation Camp in Lake Tahoe, July 18-25, where he will present his practical techniques for runners and give individual guidance. Galloway, Joe Henderson, and Sister Marion Irvine will join others on the camp staff. Contact Jeff Galloway at (404) 875-4268 for more information.

Power Food for Runners

So, now you're putting in the miles, and you've started your mental conditioning program. Still, you won't maximize your efforts without the proper nutrition. I just have to mention Brian Maxwell's new **Powerbar** product, which is simply the best tasting, most nutritious and convenient packaged food for runners and other endurance athletes that I've come across. (No hype or hard sell intended. The only

reward or compensation I get from mentioning or endorsing products is the satisfaction of spreading the word about quality items.)

Brian Maxwell is a familiar name around town: Berkeley resident, ex-Canadian Olympian in the marathon, and a former distance running coach at Cal Berkeley. Now, he's hoping to make his **Powerbars** even more familiar to runners all over the country. The bar was developed by Maxwell, research biochemist Dr. William Vaughan, and triathlete/nutritionist Jennifer Biddulph over the course of four years.

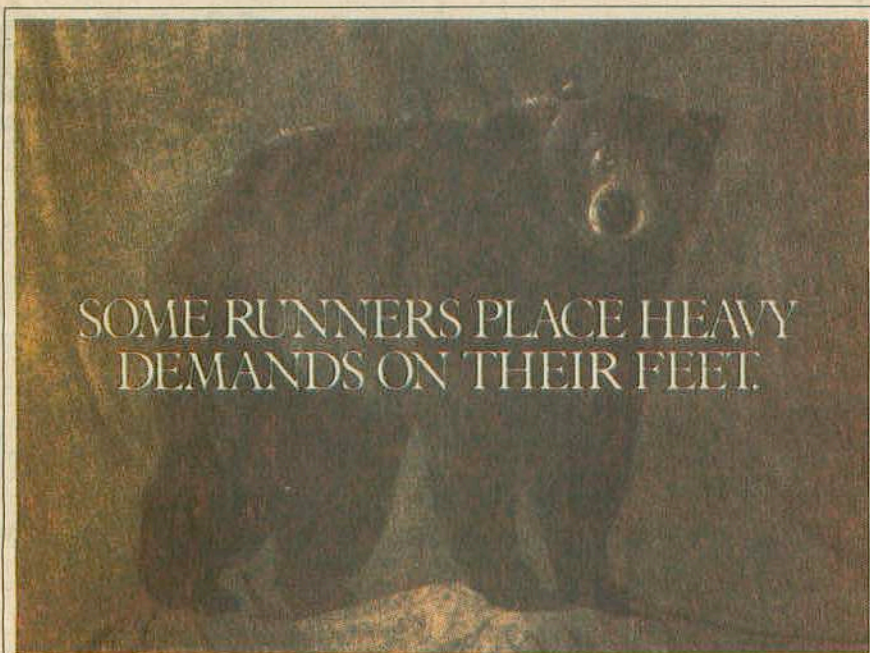
"We needed a 'power food'--something that we could eat on the morning of a race, before a hard workout, or during a triathlon or extended training session," Maxwell writes. "We all tried the standard things like fig bars, fruit, cookies, toast or candy and we'd never found anything that was near what we wanted: a high-energy, low-fat, easy-to-digest food that would psych us up by tasting good while providing all the nutrients that our bodies need to perform their best."

With Powerbars, this team has succeeded in creating a bar without sucrose or added oil of any kind. Instead, fructose, water and grains are used as a base to which high quality vitamins, minerals, amino acids and other ingredients for high performance are added. Total fat content is less than 3%. I found both the malt-nut and chocolate flavors excellent, and I had no problems in eating one 1/2 hour before a hard run. U.S. cross country champ Pat Porter reports that he eats a Powerbar one hour before hard track sessions. Janine Aiello reported good success after downing a bar 45 minutes before her 2:34 win at the San Diego Marathon. Dane Larsen finished third in the ultra-tough Leadville 100 without a support crew--only Powerbars. You can order a trial pack of 5 Powerbars for \$3.00 from Powerfood, Inc., 1442A Walnut Street, Berkeley, CA 94709.

People

Two California runners reported how they fared in last April's Boston Marathon. Congratulations to Novato's Eamon Cooke who is a 44 year-old master who runs with the Tamalpa Runners. He ran 3:05:30 at Boston. Also, a pat on the back for San Francisco's Kim Lilot who ran 2:46:50 in his first Boston. Both are fine times on a challenging course on a day where headwinds prevailed. Although I could have run Boston again this year, and hated missing it, I didn't mind avoiding the less-than-ideal running conditions. See you there next year!

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



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By JOHN MANSOOR

THEY'RE OFF AND RUNNING

The first event of the 1987 LDR Grand Prix was recently held in Danville during the Devil Mountain 10K. This event was the Open Men's Championship and kicks off the Grand Prix for this year. As expected, a top flight field assembled with the cream rising to the top. Presented below are the top twenty-five open men with their points earned towards the overall title, and their times from the event. Also below are the team results from that event as this year we also have a team category within the Grand Prix. Each month I will keep you abreast of all the action, which you too can catch first hand by participating in the Grand Prix events. The next event on the schedule is the 5K Combined Championships in Pinole on May 30th, followed by the 8K Combined Championships in Ukiah on June 7th. See you there!

OPEN MEN'S 10K CHAMPIONSHIP (DEVIL MOUNTAIN 10K)

PLACE	NAME	TIME	PTS	CLUB
1	Jay Marden	29:14	30	Nike
2	Ivan Huff	29:16	24	Reebok Aggies
3	Mark Conover	29:27	23	Reebok Aggies
4	Jeffrey Adkins	29:31	22	Sub 4 TC
5	Daniel Gonzalez	29:34	21	Reebok Aggies
6	Robert Anex	29:42	20	Pacific Flyers
7	Domingo Tibaduiza	29:50	19	Peppermill RT
8	Alan Dehlinger	30:11	18	Peppermill RT
9	Mark Patterson	30:30	17	Reebok RT
10	Dave Minter	30:31	16	Peppermill RT
11	Joaquin Leano	30:37	15	Peppermill RT
12	Ray Cook	30:41	14	Peppermill RT
13	Ernie Reith	30:47	13	Reebok Aggies
*14	Douglas Avrit	30:50	12	AIA
15	Robbie Wright	30:57	11	Reebok Aggies
16	Joe Rubio	31:00	10	Cal Poly
17	Scott Buttinghausen	31:04	9	Reebok Aggies
*18	Dennis Kurtis	31:09	8	
19	Jose Alspuro	31:12	7	Reebok Aggies
20	Mark Hoefler	31:22	6	FF Racing
21	Glyn Reynolds	31:24	5	Reebok Aggies
22	Jeff Shaver	31:27	4	Reebok Aggies
23	Richard McCann	31:33	3	Pacific Flyers
24	Jon Klinkman	31:35	2	Pacific Flyers
25	Joseph Green	31:36	1	Reebok Aggies

*TAC card status still in question

INTERMEDIATE TRAVEL FUNDS ADDED TO JUNIOR TRAVEL FUNDS

In the previous issues of CT&RN we have been reporting that travel funds are available from the Pacific Association for the Junior National meet held this year in Tucson, Arizona for the top qualifier in each event. At the most recent meeting of the Board of Athletics for the Pacific Association, the group present also decided to add the Intermediate Athletes to this funding. The Intermediate National meet will also be held in Tucson in conjunction with the Junior meet on June 16-20. An intermediate athlete is one that is either 20 or 21 years of age for men, and either 19, 20 or 21 for women. A junior athlete is one that has not reached their 20th birthday for the men, and 19th birthday for the women. The standards are printed below for the Intermediate men and women. All applicants for either the Junior meet or the Intermediate meet must apply to the Pacific Association office prior to June 16, 1987. The address is P.O. Box 1495, Fair Oaks, CA 95628. Please call if you have any questions on standards or procedures. The number is (916) 966-6185. Good Luck!

TEAM RESULTS

1st-REEBOK AGGIES		2nd-PEPPERMILL RT		3rd-PACIFIC FLYERS	
I. Huff	29:16	D. Tibaduiza	29:50	R. Anex	29:42
M. Conover	29:27	A. Dehlinger	30:11	R. McCann	31:33
D. Gonzalez	29:34	D. Minter	30:31	J. Klinkman	31:35
E. Reith	30:47	J. Leano	30:37	M. VanHorn	31:41
R. Wright	30:57	R. Cook	30:41	J. Drew	31:43
	150:01		151:50		156:14
	3 points		2 points		1 point

INTERMEDIATE STANDARDS

EVENT	MEN		WOMEN		EVENT	MEN		WOMEN	
	FAT	MT	FAT	MT		FAT	MT	FAT	MT
100m	10.5	12.04	11.8		100m	-	-	14.24	14.0
200m	21.14	-	24.54	24.3	400mH	52.22	-	62.64	62.5
400m	47.04	-	55.54	55.4	300mH	-	-	43.64	43.5
800m	1:50.33	-	2:11.14	2:11.0	10K Walk	50:30.0	-	60:00.14	60:00.0
1500m	3:47.50	-	4:36.24	4:36.0	5K Walk	-	-	29:38.24	29:38.0
1600m	-	-	4:55.04	4:54.8	Pole Vault	5.10m	16-8 3/4	-	-
1 Mile	-	-	4:56.24	4:56.0	High Jump	2.17m	7-1 1/2	1.73m	5-8
3000m	-	-	9:58.24	9:58.0	Long Jump	7.53m	24-8 1/2	5.87m	19-3
3200m	-	-	10:38.24	10:38.0	Triple Jump	15.5m	50-10 1/4	11.58m	38-0
2 Mile	-	-	10:43.24	10:43.0	16# SP	17.53m	57-6 1/4	-	-
5000m	14:16.6	-	18:00.24	18:00.0	4K SP	-	-	13.0m	42-8
10,000m	30:39.0	-	36:58.14	36:58.0	Discus 2K	54.06m	177-4	-	-
3000SC	9:01.2	-	-	-	Discus	-	-	41.76m	137-0
110mH	14.26	-	-	-	Javelin (N)	61.0m	200-1	40.84m	134-0
					16# Hammer	53.8m	176-6	-	-
					Decathlon	7325	7325	-	-
					Heptathlon	-	-	4600	4600

The Athlete's Kitchen

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



How to Build a Better Salad

"Real Athletes" Eat Salads

As an athlete, perhaps you've wondered if salads can offer you adequate carbohydrates to fuel your muscles, calories to sustain your energy level and protein to build your muscles.

Yes, salads can potentially meet these nutritional demands. However, not all salads are created equal. Some offer little more than crunch, with no substance. Others are power-houses of nutritional value, filled with vitamin C, potassium, calcium, fiber, protein... the stuff that Real Athletes need to top performance.

To help you get the most from your bowlful, here are some tips on how to build a better salad:

Choose dark, colorful veggies. Salads radiant with red tomatoes, green peppers, orange carrots and dark lettuces will far surpass those made with paler lettuce, cucumbers, onions, celery and radishes. For example, a salad made with spinach has six times the vitamin C as one made with pale iceberg lettuce. Dark romaine has twice the C. Compare these popular salad ingredients:

Broccoli, 5" stalk	110 mg Vitamin C*
Green pepper, 1/2	65
Spinach, 2 cups	50
Tomato, medium	35
Romaine, 2 cups	20 mg Vitamin C

Iceberg, 2 cups	10
Cucumber, 1/2 medium	5
Celery, 1 stalk	2

* = RDA: 60 mg

In general, colorful veggies have more nutrients than paler ones. Exceptions include (pickled) beets and corn (relish). Although colorful, they have minimal nutrients. On the other hand, cauliflower, although colorless, is a good source of vitamin C (75 mg per cup raw).

* Salad veggies are a great way to boost your intake of potassium, a mineral that's not only lost in sweat but also is protective against high blood pressure. You should try to get at least 2000 milligrams of potassium per day - an easy task for salad lovers. Some of the veggies richest in potassium include:

Mushrooms, 4 large	415 mg
Broccoli, 5" stalk raw	380
Tomatoes, 1 medium	365 mg
Carrot, 1 large	340

* For a meal-in-one salad, you can boost the protein value by adding flaked tuna, canned salmon, sliced turkey or chicken or other lean meats. Vegetarian proteins include diced tofu, chick peas (garbanzo beans), three bean salad, walnuts, sunflower seeds and peanuts.

* For calcium, add grated part-skim mozzarella cheese, a scoopful of low-fat

cottage cheese or make a low-calorie dressing from plain yogurt seasoned with oregano, basil and other Italian herbs. Have a glass of milk along with the salad, a fruit yogurt for dessert.

* The typical salad-bar meal may have inadequate carbohydrates for athletes. Researchers at the University of Mississippi report that the salad-bar meals created by female students had about 1000 calories, of which only 45% were from carbohydrates. Athletes who train hard day after day need at least 60% carbs to replace muscle glycogen.

To boost a salad's carbohydrate content, simply add carbohydrate-dense veggies, such as corn, peas and beets; chick peas, limas and kidney beans (excellent sources of carbs as well as protein) and toasted croutons. In addition, eat hunks of hearty bread as an accompaniment.

* The majority of a salad's calories come from the dressing. For example, the salad-meals made at the Univ. of Mississippi were 43% fat. This far surpasses the American Heart Association's recommendation for a 30% fat limit. A few ladlefuls of blue cheese dressing (@ 300-400 calories) can too easily drown a dieter's good intentions in fat and cloggage - the stuff that leads to heart disease. Even a simple tablespoon of olive oil has 120 calories. You'll be better off using more vinegar, less oil.

* "Lite" salad dressings are a tasty alternative to the "real thing". Although some brands are essentially calorie-free, many brands still have a significant amount of calories (30-40 per tablespoon) that add up. Use even diet dressings sparingly!

* At restaurants, always request that the dressing be served "on the side", so that you can control the amount you consume. You can save some calories - but still enjoy the flavor and moistness - by diluting a dressing with vinegar or water. Replace those fat calories with carbs, muscle fuel and premium nutrition!

Nancy Clark, MS, RD, nutritionist at Boston-area's Sports Medicine Brookline, is author of *The Athlete's Kitchen* (Simon and Schuster; Bantam Paperback; available by asking at Dalton Bookstore.) For a list comparing the nutritional value of some commonly eaten veggies, send a self-addressed, stamped envelope to Nancy Clark, Sports Medicine Brookline, 830 Boylston Street, Brookline, MA 02167.

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Ranking

P.C.A.A. Men

As of May 5, 1987.

100 Meters:	
Rick Jones, FSU	10.35
William Stople, UCI	10.50
Fred Simmons, UCI	10.50
Keith McCoy, FSU	10.55
Anthony Ford, CSULB	10.55
Sandy Combs, UCSB	10.61
200 Meters:	
Sandy Combs, UCSB	21.07
Fred Simmons, UCI	21.1
Glenn Stewart, UCI	21.1
Anthony Ford, CSULB	21.2
Larry Walker, FSU	21.47
Fernando Ramsey, NMSU	21.52
Keith McCoy, FSU	21.60
400 Meters:	
Larry Walker, FSU	46.70
Demetrius Carter, SJSU	47.1
Fernando Ramsey, NMSU	47.36
Wes James, USU	47.48
Scott Baker, UCSB	48.24
800 Meters:	
Marc Goulet, UCI	1:50.5
Mark Guest, UCI	1:50.9
Scott Baker, UCSB	1:51.40
Terry Poppo, FSU	1:52.85
Chris Becerra, SJSU	1:52.9
Todd Eubanks, NMSU	1:53.20
110m Hurdles:	
Richard Hill, UCI	14.3
Walter Harris, UCI	14.8
Cecil Lynn, NMSU	14.80
Carlin Davis, SJSU	14.86
Dave Crume, FSU	14.92
Scott Krupitski, FSU	14.94
1500 Meters:	
Marc Foullet, UCI	3:49.31
Richard Perez, NMSU	3:49.63
Chris Becerra, SJSU	3:49.83
Richard Graves, UCI	3:49.9
J.P. Hall, UCI	3:51.1
Ernie Freer, FSU	3:51.88
3000 Steeplechase:	
Jim Hardimon, FSU	8:58.68
Boyd Prince, USU	9:02.00
Tom Martin, UCI	9:07.35
John King, FSU	9:08.00
Glen Charanduk, FSU	9:09.90
Pete Vincencio, UCI	9:17.9
Grag Boulgate, UCI	9:18.4
5000 Meters:	
Richard Graves, UCI	13:54.99
Ralph Garibaldi, UCI	14:13.52
Gus Quinonez, UCI	14:14.45
Art Escobedo, NMSU	14:25.33
Glen Charanduk, FSU	14:40.02
Rick Wilhelm, UCI	14:45.1
10,000 Meters:	
Ralph Garibaldi, UCI	29:46.4
Gus Quinonez, UCI	30:10.0
Steve Imlay, UCI	30:34.64
David Schumacher, CSULB	30:39.2
Ralph Trujillo, NMSU	30:46.40
Rich Wilhelm, UCI	30:56.0
400m Hurdles:	
Tyrone McCullough, CSULB	52.40
Don Daves, FSU	52.42
Kyle Jensen, USU	52.42
Raymond Brooks, FSU	52.5
Mike Valtrois, UCI	52.7
Joe Sordi, UCI	52.9

High Jump:

Doug Dreibelbis, UCSB	7-0 3/4
Jim Reis, SJSU	6-8
Rob Richardson, FSU	6-8
Dave Crume, FSU	6-8
Rob Martin, CSULB	6-7 1/2
Long Jump:	
Lawrence Nelson, FSU	24-11 1/4
Ken Frazier, FSU	24-8 1/4
Trae Gates, USU	23-11 1/2
Dave Crume, FSU	23-10
Cornell Archie, FSU	23-7 1/4
Larry Weldon, SJSU	23-2 1/2
Shot Put:	
John Bender, FSU	61-8 1/2
Neil Leonard, SJSU	56-9
Dan Katches, SJSU	52-9 1/4
Mark Meyerhoff, SJSU	52-2 1/2
Darren Robuck, UCSB	51-9
Hammer:	
Mike Ostrom, FSU	205-1
Daron Crass, FSU	199-0
Darren Robuck, UCSB	187-0
Paul Kim, UCSB	184-0
Chris Dumbadge, CSULB	169-7
Pole Vault:	
Doug Fraley, FSU	18-8 3/4
Scott Krupitski, FSU	17-8 1/2
Erik Kenyon, UCI	16-1
Bob Bishop, UCSB	15-6
Todd Sprague, FSU	15-6
Triple Jump:	
Ken Frazier, FSU	53-5 3/4
Cornell Archie, FSU	51-5
Adrian Justice, UCI	49-11 3/4
David Ramey, UCSB	47-5 3/4
Larry Weldon, SJSU	47-5 1/4
Discus:	
Dan Katches, SJSU	175-7
Jeff Budwig, FSU	165-4
Mark Meyerhoff, SJSU	163-5
George Wainscoat, UCI	158-11
John Bender, FSU	157-9
Daron Crass, FSU	157-4
Javelin:	
Roy Seidmeyer, FSU	225-9
Miles Nelson, USU	211-0
Mike Ostrom, FSU	208-2
Evan Bowen, UCSB	192-4
James Polk, UCI	188-2
Decathlon:	
Scott Krupitski, FSU	7518
Tim Baker, FSU	6784
Rob Martin, CSULB	5914
400m Relay:	
Fresno State	40.7
UC Irvine	40.8
CSU Long Beach	41.03
New Mexico State	41.52
San Jose State	41.68
UC Santa Barbara	41.74
1600m Relay:	
UC Santa Barbara	3:11.39
Fresno State	3:11.92
UC Irvine	3:13.3
San Jose State	3:13.05
CSU Long Beach	3:19.42
New Mexico State	3:21.76
1 Mile Relay:	
UC Santa Barbara	3:11.88
New Mexico State	3:15.14
Utah State	3:19.09

C.C.A.A. Women

As of May 14, 1987.

100 Meters:	
Junea White, CSB	11.8
Lolita Pile, CSUN	11.8
Charrett Polk, SLO	12.23
Sharon Hansen, SLO	12.28
Dee Dee Williams, CSUN	12.34
200 Meters:	
Sharon Hansen, SLO	24.6
Felicia Price, CSB	24.88
Junea White, CSB	25.1
Charrett Polk, SLO	25.16
Jessica Johnson, SLO	25.21
Monique Anthony, CSB	25.29
400 Meters:	
Felicia Price, CSB	56.16
Tina Colebrooke, SLO	56.36
Robin Stinson, CSUN	56.73
Jessica Johnson, SLO	57.31
Teri Porter, CSB	57.43
Kim Turner, CSUN	57.97
800 Meters:	
Tina Colebrooke, SLO	2:03.68
Darcy Arreola, CSUN	2:06.15
Gladees Prieur, SLO	2:09.26
Noreen DeBenecourt, SLO	2:09.90
Jennie Stachura, CSUN	2:10.72
Laurie Hagen, SLO	2:12.7
1500 Meters:	
Tina Colebrooke, SLO	4:15.67
Darcy Arreola, CSUN	4:18.77
Gladees Prieur, SLO	4:26.45
Noreen DeBenecourt, SLO	4:27.79
Tina Cheney, CSUN	4:30.06
Jenny Stachura, CSUN	4:29.75
3000 Meters:	
Tina Colebrooke, SLO	9:22.8
Gladees Prieur, SLO	9:24.94
Nancy Bowman, CSUN	9:25.49
Leslie White, SLO	9:30.74
Pauline Stehly, SLO	9:34.40
Darcy Arreola, CSUN	9:39.9
5000 Meters:	
Pauline Stehly, SLO	16:35.2
Nancy Bowman, CSUN	16:38.5
Leslie White, SLO	16:38.61
Sherri Roach, CPP	16:54.4
Trisha Molina, CPP	17:37.8
Collen Donovan, SLO	17:52.3
10,000 Meters:	
Pauline Stehly, SLO	34:05.0
Leslie White, SLO	34:50.1
Sherri Roach, CPP	35:10.9
Trisha Molina, CPP	36:31.4
Heather Brooks, CSUN	36:38.3
Collen Donovan, SLO	36:48.0
100m Hurdles:	
Cee Cee Chandler, SLO	13.64
Sharon Hanson, SLO	13.75
Shawn Kern, CSB	13.8
Junea White, CSB	13.87
Jessica Johnson, SLO	14.30
Felicia Price, CSB	14.5
400m Hurdles:	
Laurie Hagen, SLO	59.80
Sharon Hanson, SLO	59.83
Felicia Price, CSB	62.01
Kim Turner, CSUN	62.09
Cee Cee Chandler, SLO	62.24
Christie Binns, SLO	62.30
High Jump:	
Nana Novak, SLO	5-10

Julie Wiegmann, SLO	5-10
Durelle Schimek, CPP	5-9 1/4
Noheen Flynn, CSUN	5-8 1/2
Nyki Rhinnsmith, CSB	5-6
Kimber Reed, CPP	5-5
Long Jump:	
Shawn Kern, CSB	19-5 1/2
Penny Franklin, CSUN	19-5
Cee Cee Chandler, SLO	19-0 1/2
Angela Lee, SLO	18-10
Danielle Sharkey, SLO	18-6 1/4
Sharon Hanson, SLO	18-5
Triple Jump:	
Lolita Pile, CSUN	39-8 1/4
Penny Franklin, CSUN	38-3 1/2
Terri Davidson, CSUN	39-6 1/4
Danielle Sharkey, SLO	39-6 1/4
Angela Lee, SLO	38-7 1/2
Cee Cee Chandler, SLO	38-0 1/4
Shot Put:	
Brandi Gail, CPP	48-2
Celeste Paquette, SLO	46-1 1/2
Jenelle Strohmeier, CPP	43-10 1/4
Lalise Hagen, CSUN	43-5
Mary Nagata, CPP	41-2 1/4
Durelle Schimek, CPP	41-1 1/4
Discus:	
Celeste Paquette, SLO	166-4
Brandi Gail, CPP	151-6
Gina Beveck, CSUN	137-2
Emily Ethington, SLO	127-5
Lalise Hagen, CSUN	127-1
Buffy Sexton, SLO	123-11
Javelin:	
Colleen Gainey, CSUN	155-4
Curelle Schimek, CPP	154-6
Tricia Lundberg, SLO	148-9
Kimber Reed, CPP	146-7
Sharon Hanson, SLO	141-1
Shann Kern, CSB	125-4
Heptathlon:	
Sharon Hanson, SLO	5412
Shann Kern, CSB	5169
Durelle Schimek, CPP	4792
Christine Glenn, CPP	4809
400m Relay:	
Cal Poly San Luis Obispo	46.83
Cal State Bakersfield	47.04
Cal State Northridge	47.36
Chapman	52.70
UC Riverside	53.3
1600m Relay:	
Cal Poly San Luis Obispo	3:46.34
Cal State Bakersfield	3:51.82
Cal State Northridge	3:57.46
Cal Poly Pomona	4:00.1
UC Riverside	4:04.8
Chapman	4:20.8



Prep Notes

By KEITH CONNING

□ Dawn Dumble

April 11. Arcadia Invitational-- Freshman Dawn Dumble (Bakersfield) set a new California freshman class record of 146-10 in the discus. The old record of 144-11 was set by Leslie Deniz (Gridley) in 1977.

The national freshman class record of 155-0 was set by Cindy Johnson (Chandler, Arizona) in 1979.

□ Bruce Jenner II

May 16. San Jose City College--Senior Scott Robinson (Bellarmine, San Jose) won the 1500 in 3:55.0.

"The wind was really bad on the one turn," Robinson said to Dean Kahl of the *Times Tribune*. "I felt like I was running in place."

Robinson wears a red bandana when he competes. "I've worn it for as long as I can remember," Robinson said. "I started wearing it to keep my hair out of my face, but I forgot it once before a meet and got so nervous that I made my mom go home and get it."

"I felt good, but it was pretty windy," Robinson said to Marvin Wamble of the *Mercury News*. "I was going for 3:50, but the wind held me back."

His goal for this year had been 4:12. "Now it's 4:05," he said.

Bellarmine coach Terry Ward said Robinson's development is based on his maturity.

"It's just being a senior," Ward said. "As a junior he ran 4:19, but he was up and down. This year, he is more consistent. It's the difference between a junior and senior year."

Brent Burns (Acalanes, Lafayette) cleared a national season best 17-4 1/2. His jumps: (16-0) OX, (16-8) OX, (17-0) OOX, (17-4 1/2) OOX, (17-8 1/2) OOO.

Reft Summerville (San Ramon, Danville) placed second at 16-0. Summerville's jumps: (15-0) OOX, (15-6) X, (16-0) OOX, (16-6) OOO.

"I want to go real high," said Burns to Joe Roderick of the *Contra Costa Times*. "I had some good jumps and some bad jumps. I'm getting into a transition period right now. It will take me awhile before I jump well on all my vaults."

"My plant used to be pretty weak, and I'm really working on the energy I generate when I take off," Burns said to Alan McAllaster of *The Tribune*.

Summerville said to McAllaster: "What was good was that I was blowing through the pole I was using, which means I can get on a stiffer pole."

Karen Lawson (St. Francis, Mountain View) long jumped 19-0 1/4 wind-aided. Her series: 17-4 1/4 w, 18-9 1/4 w, 19-0 1/4 w, 18-9 1/4 w, foul, 18-6 w.

"It didn't bother me that the 100 heats and the finals were so far apart," Lawson said to Kahl. "Having the long jump and relay in between made it easier. If I would have had to wait around for it (the 100 finals) it would have been tough."

Felicia Harris (San Lorenzo), the State Meet triple jump champion, leaped 40-2 1/2 w. Her series: 38-0 1/2, 40-2 1/2, pass, 40-0 1/4, 39-11 1/2, foul. (No wind readings were indicated on the result sheet.)

Harris said to McAllaster that she was "real nervous" about her first competition at San Jose City College, "and when I'm nervous I jump better."

Tony Miller (Riordan, San Francisco) won the 200 in 21.22w (+4.17mps).

Joel Smith (Cordova, Rancho Cordova) triple jumped 50-6 1/2 w. His series: 48-11 1/2, 50-6 1/2 (+5.49mps), pass, foul, 48-6 1/4 w, foul. **Anthony Terrell** (Mission San Jose, Fremont) placed second at 49-4 1/2. Terrell's series: foul, 49-4 1/2, pass, foul, foul, pass. **Cedric Boyd** (Stagg, Stockton) took third at 48-2 1/4. Boyd's series: 45-4, 48-2 1/4 w, 45-11 1/4 w, foul, foul.

Stacey Rogers (Johnson, Sacramento) captured the 200 in 24.24 (+4.17mps).

Angela Rolfe (Dorsey, Los Angeles) ran the 400 in 55.28.

Mary Mendoza (Presentation, San Jose) defeated **Katy McCandless** (Castilleja, Palo Alto) in the 3,000-9:53.0 to 9:57.2.

Effie Daetz (Leigh, San Jose) hurdled the 100 lows in 13.76 (+2.85mps). She ran a legal 14.23 in heat one.

Gina Albanese (Branham, San Jose) hurdled 400 lows in 62.2.

The **St. Francis** of Mountain View girls' 4x100 relay sprinted 47.97.

The **Dorsey** of Los Angeles 4x400 relay ran 3:54.2.

Heidee Ruiz (Los Gatos) put the shot 43-0 1/4. Her series: 37-10 1/2, 40-8, 43-0 1/4, 38-11, 41-3 1/4, 41-2.

Michelin Shaeffer (Carpinteria) threw the discus 139-9. Her series: 123-11, 133-10, 131-6, 139-9, 122-8, foul.

□ Sanger Metric Classic

Temeka Richardson (Tulare Western) turned in the outstanding field performance with her 38-6 triple jump. She won by 3 feet 5 1/4 inches.

□ College Letters of Intent

Brent Burns (Acalanes, Lafayette), the national leader in the pole vault at 17-4 1/2, signed a letter of intent to continue his education at the University of California in Berkeley.

Steve Lewis (American, Fremont), who won the State Meet 400-meter championship last year with a time of 46.50, signed to attend UCLA.

"I couldn't live in the (Los Angeles) smog so I had to wipe them (UCLA) off," Burns said to the *Oakland Tribune*. "Kansas was my No. 2 choice. It's a really good school, and they've got three 18-foot vaulters, but it was just not quite what I was looking for. I picked Cal because I feel it's the spot where I can do my best."

"I really like the situation I'm coming into," Burns said to John Crumpacker of the *San Francisco Examiner*. "It gives me what I'm looking for. I really like the coaches a lot, they're great guys, Erv (Hunt, the head coach) and Ed (Miller, the field event coach). I'm really looking forward to working with them."

"It (Cal) seems to fit what I'm looking for better. I like the school a little better. It's a better school academically. It's going to be fun."

Effie Daetz (Leigh, San Jose), third best 300 low hurdler in the nation at 42.72, is going to USC. She will be joined by sprinter **Rhonda Brooks** (Oakland).

□ Leigh/West Valley Invitational

April 25. West Valley College, Saratoga--The Bellarmine four mile relay team of Ian Champeny (4:23.5), Rob

Fine Flicks by Don Gosney



Karen Lawson

Fine Flicks by Don Gosney



Quincy Watts (Left) & Calvin Holmes

Meinhardt (4:29.6), Torre Pena (4:35.8), and Scott Robinson (4:16.1) won in 17:45.0. Last year **Jesuit** of Carmichael paced by the Mastalir and Thomas brothers set the meet record of 17:28.5, the third best team-all-time in California and 14th best all-time in the nation.

The **St. Francis** (Mountain View) girls' 440 yard relay team of Karen Lawson, Joslyn Mack, Roslyn Mack and Jennifer Jackson set a new meet record of 47.7. The old meet record of 48.1 was set by St. Francis last year.

Ronda Brooks (Oakland) set a new meet record of 11.8 in the 100 meters. The old meet record of 11.9 was set by Lawson of Saint Francis in 1982.

Effie Daetz (Leigh, San Jose) set a new meet record of 13.6 in the 100m low hurdles. The old meet record of 13.8 was set by Daetz last year.

"I like the short hurdles the best," said Daetz to Marvin Wamble of the *San Jose Mercury News*. "It just sort of came to me."

□ Sacramento County Championships
April 25--Stacey Rogers (Johnson, Sacramento) ran the 100 meters in 11.6.

□ Chico Invitational
April 25--Wannemaker (Pleasant Valley) put the shot 43-0.

□ Charlie Eaton Relays
May 1. Acalanes High School, Lafayette--The Acalanes 4xMile relay team of Corey Trovinger (4:36.4), freshman Scott Sutch (4:26.2), Chris Mihm (4:30.8) and Mahoney (4:33.7) won in 18:07.1.

Senior **Brent Burns** (Acalanes) vaulted 16-0.

The **Acalanes** girls' 4xmile relay team, paced by Maria Ravazza's 5:20.0, won by 17.6 seconds.

Acalanes is now coached by **Scott Brady-Smith**, who transferred from Antioch and is a University of California at Berkeley graduate. Former distance coach Dan Brown, who was also a good 10K runner, took a college coaching job in South Carolina.

□ Top 8 Central Coast Section
May 2. Los Gatos--Mary Mendosa (Presentation, San Jose) ran the second-fastest high school girls' mile in the nation this season (4:54.9) at 6:45 p.m., won the 800 in 2:15.7 at 8:20 p.m., and the No. 3 2-mile (10:30.6) at 9:20 p.m.

Freshman **Beth Bartholomew** (Fremont, Sunnyvale) ran 5:00.7 to finish second in the mile.

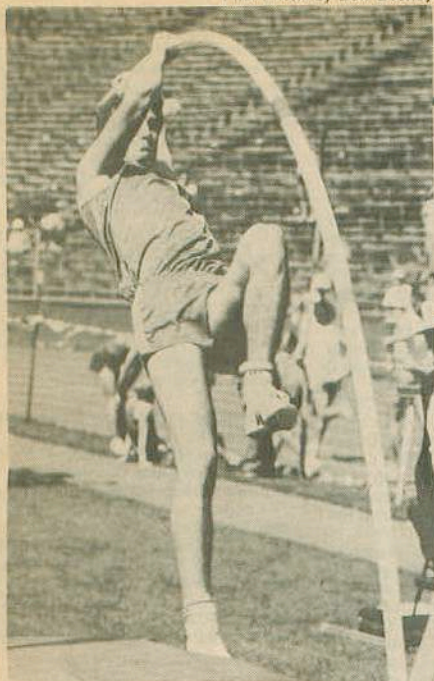
"My goal was 5:20 at the start of the season," Bartholomew said to Glenn Reeves of the *Times Tribune*.

"Her next goal is, obviously, to break five minutes," Fremont coach Doug Boys said.

"She has a good temperament," he said. "She's loose, giggly, happy and nothing seems to bother her. She has a good physique for a distance runner. She's tall and gangly, but stronger than she looks. Distance running is brand new for her, so she should show considerable improvement during the next few years."

Katy McCandless (Castilleja, Palo Alto) placed second in the two-mile in 10:36.5. Mendoza and McCandless broke the meet record of 10:49.2 set by Shannon Clark (Mountain View) in 1985.

The **St. Francis** 4x100 team of Josalyn Mack, Julie Southworth, Rosalyn Mack, and Karen Lawson ran 48.01.



Brent Burns

California Bests

Compiled by Keith Conning

These lists contain the best California High School marks (indoor and out) reported to our High School Editor by April 26 (men) and May 11 (women). The current California record is listed at the head of each event. Times in 100ths are automatic and placed in a position of correspondingly higher value in relation to hand times, which are in 10ths.

Please send all men's high school information to Keith Conning, 2235 Browning Street, Berkeley, CA. 94702. Please be sure to include wind information on all affected events and specify if timing is hand or automatic. All marks without specific wind information are placed on the illegal list until proven otherwise.

Symbols: c = converted mark; i = indoor mark.

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

MEN

100 METERS (10.25)

10.51	Watts (Taft, LAS)
10.58	Hoimes (Carson, LAS)
10.59	Miller (Riordan, CCS)
10.60w	Ealy (Muir, SS) 10.87
10.61w	Ethridge (Crawford, SDS) 10.80
10.76w	Conway (Hawthorne, SS) 11.00
10.80	Carroll (Hawthorne, SS)
10.80	S. Provenzano (Arcadia, SS)
10.80	King (Johnson, SFS)
10.85w	Stringer (Vacaville, SJS)
10.86	Orwat (Paraclete, SS)

200 METERS (20.4)

20.89	Watts (Taft, LAS)
21.22w	Miller (Riordan, CCS) 21.52
21.35	Ealy (Muir, SS)
21.43	Hoimes (Carson, LAS)
21.50w	Shipp (Silver Creek, CCS)
21.61	Bridgewater (Washington, LAS)
21.62	Barnes (Monrovia, SS)
21.69w	Burroughs (Independence, CCS) 21.96
21.71	S. Provenzano (Arcadia, SS)
21.72	Carroll (Hawthorne, SS)
21.90	Peters (Santa Ana Valley, SS)
21.90	Lawyer (Santa Barbara, SS)

400 METERS (45.09)

46.70	Lewis (American, NCS)
47.34	Peters (Santa Ana Valley, SS)
47.56	Watts (Taft, LAS)
47.8	Hanna (Hawthorne, SS)
48.10	Cumby (Logan, NCS)
48.10	Johnson (Compton, SS)
48.18	Rowe (Lincoln, SDS)
48.25	Bernard (Thousand Oaks, SS)
48.34	Myles (North Monterey County, CCS)
48.45	R. Coleman (Manual Arts, LAS)
48.45	S. Provenzano (Arcadia, SS)

800 METERS (1:47.31)

1:54.0	Gabor (Amador Valley, NCS)
1:54.06	Robertson (Muir, SS)
1:54.30	Olson (El Dorado, SS)
1:54.32	Houston (Locke, LAS)
1:54.33	Fraser (Monte Vista, SDS)
1:54.55	Serratos (Moreno Valley, SS)
1:54.7	Breckenridge (Immanuel, CS)
1:54.73	Salas (Clovis, CS)
1:54.78	Amendt (Lick, CCS)

1500 METERS (3:46.4)

3:53.76	Davis (San Diego, SDS)
3:55.0	Robinson (Bellarmine, CCS)
3:55.33	Davis (Henry, SDS)
3:55.95	Serratos (Moreno Valley, SS)
3:56.11	Sabra (Ocean View, SS)
3:56.29	Lienau (Clovis, CS)
3:56.64	Thomas (Jesuit, SJS)

MILE (3:59.4)

4:12.24i	Thomas (Jesuit, SJS)
4:12.25	Robinson (Bellarmine, CCS)
4:13.48c	Serratos (Moreno Valley, SS)
4:14.51c	Sabra (Ocean View, SS)
4:14.75c	Lienau (Clovis, CS)
4:14.95c	Martin (Fairbrook, SDS)
4:16.29c	Fairman (Thousand Oaks, SS)
4:17.4c	Munoz (Lassen, NS)

3000 METERS (8:07.60)

8:21.4	Thomas (Jesuit, SJS)
8:24.14i	Davis (San Diego, SDS)
8:34.6	S. Hempel (Walnut, SS)
8:35.1	Erbes (Glendale, SS)
8:35.8	Cole (Yosemite, CS)
8:36.2	Mascorro (Rosemead, SS)
8:39.0i	Myers (Vacaville, SJS)
8:42.22	Williams (Hueneme, SS)
8:43.08	Davis (Henry, SDS)

TWO MILE (8:36.3)

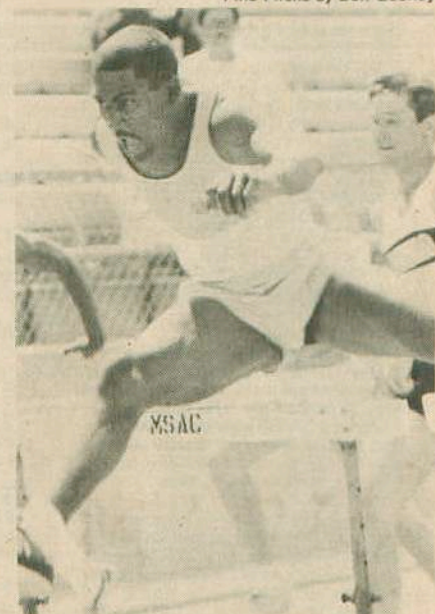
8:57.04c	Thomas (Jesuit, SJS)
8:58.34i	Davis (San Diego, SDS)
9:10.24c	S. Hempel (Walnut, SS)
9:10.88c	Erbes (Glendale, SS)
9:11.20c	Cole (Yosemite, CS)
9:11.4i	Mascorro (Rosemead, SS)
9:15.2	Hernandez (Mission San Jose, NCS)
9:15.8i	Myers (Vacaville, SJS)

110m HURDLES (13.41)

14.09	Hall (Ganessa, SS)
14.34	Montgomery (Independence, CCS)
14.34w	Copeland (Dorsey, LAS) 14.35
14.44w	Sutton (Logan, NCS)
14.49	Boykin (San Fernando, LAS)
14.55	Connor (St. Mary's, NCS)
14.62	Crear (Rowland, SS)
14.85w	Lockett (Dorsey, LAS) 14.92
14.70	Pride (Grant, SJS)
14.71	Smith (Oakland, OS)

300m HURDLES (35.32)

37.53	Hall (Ganessa, SS)
37.3c	Cannady (Duarde, SS)
37.79	Montgomery (Independence, CCS)
38.06	Jamison (Redlands, SS)
38.07	Malden (South, CS)
38.0	Horton (Edison, CS)
38.1	Wilford (Diamond Bar, SS)
38.1	Pride (Grant, SJS)
38.44	Lockett (Dorsey, LAS)
38.3	Vallery (Hawthorne, SS)



Dana Hall

Ranking

4x100m RELAY (40.64)

40.91	Hawthorne, SS
41.19	Muir, SS
41.37	Taft, LAS
41.89	Dorsey, LAS
41.91	Carson, LAS
42.03c	Crawford, SDS
42.10	Lincoln, SDS
42.21	Morningside, SS
42.23	Duarte, SS
42.32	Compton, SS

4x400m RELAY (3:07.40)

3:12.35	Hawthorne, SS
3:17.31	Simi Valley, SS
3:17.84	Taft, LAS
3:18.30	Independence, CCS
3:18.30	Morningside, SS
3:18.49	Muir, SS
3:19.5	Logan, NCS
3:19.65	Thousand Oaks, SS

HIGH JUMP (7-4½)

6-10¼	LeQuay (Vacaville, SJS)
6-10½	Pickett (Clovis, CS)
6-10¼	Krumwiede (Saratoga, CCS)
6-10	Amneus (Foothill, SS)
6-10	Swanson (Alemany, SS)
6-10	Donofrio (Alta Loma, SS)
6-10	Prince (Logan, NCS)
6-10	Barney (Livermore, NCS)
6-10	Young (Fremont, OS)

POLE VAULT (18-2)

17-4½	Burns (Acalanes, NCS)
18-0¼	Alduenda (Ramona, SDS)
18-0	Summerville (San Ramon, NCS)
18-0	Parker (Notre Dame, S.O., SS)
18-0	Slocum (Foothill, SS)
15-7	Henson (Newport Harbor, SS)
15-5¼	Bruce (Atascadero, SS)
15-3	Warwick (Heperia, SS)

LONG JUMP (26-2¼)

26-0½w	Knox (Antelope Valley, SS) 25-5
24-2	Anderson (Bakersfield, CS)
24-2w	Reyes (Orange, SDS)
23-6¼	Jones (Hoover, CS)
23-5½w	Davis (Fairfield, SJS) 22-11¼
23-5	Jackson (Riordan, CCS)

TRIPLE JUMP (53-6½)

51-4¼	Anderson (Bakersfield, CS)
50-6½w	Smith (Cordova, SJS) 48-11½
49-11½w	Davis (Fairfield, SJS) 49-3¼
49-8½w	Terrell (Mission San Jose, NCS) 49-4¼
49-6	Miller (Palmdale, SS)
49-3½w	McCullough (Edgewood, SS) 48-11½
49-1½w	Prince (Logan, NCS) 46-3

SHOT PUT (69-6½)

61-6¼	Bultman (Edison, SS)
60-10¼	Carter (Edison, SS)
60-0	Cavaliaro (Logan, NCS)
58-8	Fuller (Arroyo, SS)
57-10	Cox (San Ramon, NCS)
57-3½	Blanchard (Edison, SS)
56-9½	Stubblefield (South, CS)
56-8¼	James (Enterprise, NS)
56-8	Smith (Madera, CS)

DISCUS (210-8)

192-1	Bultman (Royal, SS)
189-10	Bain (Corona Del Mar, SS)
187-3	Cox (San Ramon, NCS)
176-6	Stubblefield (South, CS)
175-6	Smith (Madera, CS)
174-2	Wirtz (Leland, CCS)
172-3	Clemens (Willows, NS)

WOMEN

100 METERS (11.34)

11.79w	Brooks (Oakland, OS) 12.01
11.89w	Vickers (Pomona, SS) 12.10
12.00	Burnham (Rio Mesa, SS)
12.02w	Adams (Hawthorne, SS) 12.16
12.03w	Rogers (Johnson, SJS) 12.27
12.04w	Li (North Torrance, SS) 12.4
12.09	Simmons (El Monte, SS)

200 METERS (23.08)

24.09	Adams (Hawthorne, SS)
24.17	Vickers (Pomona, SS)
24.24w	Rogers (Johnson, SJS) 24.82
24.32w	Alvarenga (Mitty, CCS) 24.99
24.47	Burnham (Rio Mesa, SS)
24½62	Matthews (Morse, SDS)
24.62	Williams (East Nicolaus, NS)
24.74	Smith (Quartz Hill, SS)
24.75w	Williams (Vallejo, SJS) 25.33

400 METERS (50.87)

53.68	Rolfe (Dorsey, LAS)
55.09	Hamilton (Locke, LAS)
55.12	Irving (L.B. Poly, SS)
55.4	Alvarenga (Mitty, CCS)
56.04	R. Mack (St. Francis, CCS)
56.40	Jensen (Los Gatos, CCS)
56.44	D. Smith (Valley, SJS)
56.46	Brooks (Oakland)

800 METERS (2:02.29)

2:12.38	Kochel (Ventura, SS)
2:12.42	McAllister (Locke, LAS)
2:12.61	Hand (Fallbrook, SDS)
2:13.2	Stearns (Santa Teresa, CCS)
2:14.10	Smith (Upland, SS)
2:14.72	Leider (Clovis, CS)
2:15.7	Mendoza (Presentation, CCS)
2:15.77	MacKenzie (Dixon, SJS)

1500 METERS (4:16.8)

4:30.88	Jorgensen (Vista, SDS)
4:31.3	Stearns (Santa Teresa, CCS)
4:35.56	T. Williams (Mountain View, SS)
4:36.62	K. Karpel (Ocean View, SS)
4:39.9	Hand (Fallbrook, SDS)
4:41.0	McLean (Belmont, LAS)
4:41.4	Mendoza (Presentation, CCS)
4:43.2	Lewis (Dana Hills, SS)
4:43.36	Farrell (Thousand Oaks, SS)
4:45.50	Freyne (Poly, R, SS)

MILE (4:35.24)

4:52.73c	Jorgensen (Vista, SDS)
4:54.9	Mendoza (Presentation, CCS)
4:57.15c	Cervantes (Montebello, SS)
4:58.67c	K. Karpel (Ocean View, SS)
4:59.62c	Bryant (Hesperia, SS)
5:00.39c	T. Williams (Mountain View, SS)
5:00.7	Bartholomew (Fremont, CCS)
5:01.0	McCandless (Castilleja, CCS)
5:01.7	Farrell (Thousand Oaks, SS)

3000 METERS (9:11.80)

9:36.6	Jorgensen (Vista, SDS)
9:53.0	Mendoza (Presentation, CCS)
9:57.2	McCandless (Castilleja, CCS)
9:59.2	T. Williams (Mountain View, SS)
10:00.7	Farrell (Thousand Oaks, SS)
10:02.1	Cervantes (Montebello, SS)
10:02.4	Nugent (Torrey Pines, SDS)
10:03.5	Hexox (South Hills, SS)
10:04.8	Freyne (Poly, R, SS)

TWO MILE (10:07.8)

10:27.88c	Jorgensen (Vista, SDS)
10:30.6	Mendoza (Presentation, CCS)
10:35.6	McCandless (Castilleja, CCS)
10:40.92c	Farrell (Thousand Oaks, SS)
10:42.82	Freyne (Poly, R, SS)
10:44.41c	Nugent (Torrey Pines, SDS)
10:44.61c	Hexox (South Hills, SS)
10:45.74c	Houle (Hesperia, SS)
10:46.22c	T. Williams (Mountain View, SS)

100m LOW HURDLES (13.41)

13.76w	Daetz (Leigh, CCS) 13.82
13.78	Simmons (El Monte, SS)
13.98	Vickers (Pomona, SS)
14.19	Williams (Poly, R, SS)
14.19	Leach (Thousand Oaks, SS)
14.26	Hale (Poly, R, SS)

300m LOW HURDLES (40.18)

42.3	Vickers (Pomona, SS)
42.72	Daetz (Leigh, CCS)
42.7	Manship (Thousand Oaks, SS)
42.7	Ainsworth (Fremont, LAS)
43.50c	Alanese (Branham, CCS)
43.4	Leach (Thousand Oaks, SS)
43.75	L. Smith (Valley, SJS)
43.7c	McBride (Poly, LB, SS)
44.42	Young (Madera, CS)
44.66	Johnson (Stagg, SJS)

4x100m RELAY (45.11)

46.31	Hawthorne, SS
46.89	Morse, SDS
47.52	Locke, LAS
47.5c	St. Francis, CCS
48.0	Johnson, SJS
48.18	Vallejo, SJS
48.2	Dorsey, LAS
48.25	Pomona, SS
48.46	Henry, SDS

Fine Flicks by Don Gosney



Jackie Anderson

4x400m RELAY (3:37.69)

3:47.58	Hawthorne, SS
3:50.88	Muir, SS
3:52.93	Locke, LAS
3:54.2	Dorsey, LAS
3:54.48	Morse, SDS
3:54.5	Valley, SJS
3:55.4	St. Francis, CCS
3:58.03	Thousand Oaks, SS
3:58.6	Woodbridge, SS
3:58.94	Clovis, CS
4:00.4	Vallejo, SJS

HIGH JUMP (6-2¼)

5-10	McBride (Poly, LB, SS)
5-10	Damon (Redlands, SS)
5-9	Willis (Clovis, CS)
5-9	Prince (Paradise, NS)
5-8	Pollock (Westlake, SS)
5-8	Sroboda (El Dorado, SS)
5-8	Dabney (Morningside, SS)
5-8	Evans (Vanden, SJS)
5-8	Patrick (Serra, SDS)

LONG JUMP (20-11¼)

20-11	Smith (QAuartz Hill, SS)
19-2	Simmons (El Monte, SS)
19-1	Stowe (Torrey Pines, SDS)
19-1w	Joseph (Etiwanda, SS) 17-7
19-0¼w	Lawson (St. Francis, CCS) 18-11
18-10¼	Outlaw (Lincoln, SDS)
18-8	Goen (El Monte, SS)
18-8	Anderson (Mt. Miguel, SDS)
18-7½	Jensen (Los Gatos, CCS)

TRIPLE JUMP (42-10½)

41-0¼	Anderson (Mt. Miguel, SDS)
40-2½w	Harris (San Lorenzo, NCS)
39-7½w	Lassair (Northgate, NCS)
39-6½	Moses (Morningside, SS)
38-10w	Simmons (Santa Rosa, NCS)
38-6	Richardson (Tulare Western, CS)

SHOT PUT (53-7¾)

45-4	Dumble (Bakersfield, CS)
43-0¼	Ruiz (Los Gatos, CCS)
43-0	Wannamaker (Pleasant Valley, NS)
42-3	Campbell (Crawford, SDS)
42-2¼	Whelchel (Agoura, SS)
41-10¼	Hill (Poly, R, SS)
41-7¼	Ahu (Vista, SDS)

DISCUS (183-11)

157-7	Dumble (Bakersfield, CS)
144-2	Mann (Henry, SDS)
142-2	Shaeffer (Carpinteria, SS)
141-7	Taylor (Grant, SJS)
140-11	Weis (Bakersfield, CS)
138-7	Ruff (Sequoia, CCS)

Prep Notes

Prep Results

Santa Barbara Easter Relays

March 28. La Playa Stadium, SBCC.
High School Boys Results

Shuttle Hurdle Relay: 1. Royal 1:05.1, 2. Rio Mesa 1:06.3, 3. Buena 1:09.2, 4. Lompoc 1:09.5, 5. Glendale 1:13.0.

100m: 1. David Lawyer (SB) 11.01w, 2. Jake Brown (Lompoc) 11.13w, 3. Chad Sourbeer (Royal) 11.24w, 4. Brandon Lewis (Verbum Dei) 11.39w, 5. Eddie Schram (SB) 11.49w.

Two Mile: 1. Richard Erbs (Glendale) 9:25.2, 2. Anthony Williams (Hueneme) 9:27.4, 3. Bret Kimpie (Carpinteria) 9:46.3, 4. Ed Trotter (Rio Mesa) 9:47.7, 5. Anthony Valdez (Oxnard) 9:53.8.

Long Jump: 1. Marc Chambers (Oxnard) 23-4 1/2w, 2. Stacey Gibson (Royal) 22-7 1/2w, 3. Conrad Nolan (San Marcos) 20-8 1/2w, 4. Delvin Grimes (Cabrillo) 20-6w, 5. Ray Martinez (Carpinteria) 20-3 1/2w.

Triple Jump: 1. Dawson (Ventura) 44-8 1/2w, 2. Chris Savage (Westlake) 43-8 1/2w, 3. Delvin Grimes (Cabrillo) 43-5w, 4. Greg Gemell (Ventura) 42-3 1/2w, 5. Conrad Nolan (San Marcos) 42-3.

Distance Medley: 1. Rio Mesa 10:42.9, 2. Carpinteria 10:55.7, 3. Lompoc 11:07.8,

4. San Marcos 11:08.2, 5. Buena 11:15.6.
High Jump: 1. Rick Welch (Westlake) 6-4, 2. Cory Richmond (ThousOaks) 6-2, 3. Jerry Edwards (Westlake) 6-0, 4. Eric Thomas (Rio Mesa) 6-0, 5. Doug Noble (Royal) 6-0.

Pole Vault: 1. John Bruce (Atascadero) 14-6, 2. Tom Richards (San Marcos) 14-0, 3. John Grden (SLO) 13-0, 4. Mike Scaife (Cabrillo) 12-6, 5. Sam Valencia (Nordhoff) 12-6.

Shot Put: 1. Dave Blutman (Royal) 58-3, 2. Parish (Nordhoff) 50-7 1/2, 3. Kevin Boesler (San Marcos) 50-2 1/4, 4. Chris Ablin (Glendale) 46-1 1/2, 5. Won Lee (Ventura) 45-9 1/4.

Discus: 1. Dave Blutman (Royal) 171-5, 2. Parish (Nordhoff) 147-9, 3. Gregg Hirschler (Lompoc) 143-7, 4. Bill Henshaw (Rio Mesa) 136-2, 5. Tran Sanders (Ventura) 135-8.

High School Girls Results

440 Yd. Relay: 1. Hueneme 50.7, 2. San Marcos 50.8, 3. Rio Mesa 51.4, 4. Camarillo 51.8, 5. Buena 52.0.

Sprint Medley: 1. Rio Mesa 1:50.8, 2. San Marcos 1:54.3, 3. Camarillo 1:54.8, 4. Buena 1:58.3, 5. Glendale 2:00.0.

Mile Relay: 1. Hueneme 4:13.3, 2. Rio Mesa 4:13.3, 3. Santa Barbara 4:18.4, 4. Santa Ynez 4:18.5, 5. San Marcos 4:21.0.

Two Mile Relay: 1. Santa Ynez 10:34.9, 2. Cabrillo 11:03.7, 3. Ventura 11:04.3, 4. Royal 11:10.5, 5. Buena 11:47.3.

Shuttle Hurdle Relay: 1. Royal 1:08.6, 2. Westlake 1:10.2, 3. Rio Mesa 1:11.1, 4. Dos Pueblos 1:13.3, 5. Santa Ynez 1:13.3.

100m: 1. Angela Burnham (Rio Mesa) 12.04w, 2. Simone Cain (Hueneme) 12.30w, 3. Charlotte Vines (San Marcos) 12.64w, 4. Tina Johnson (Hueneme) 12.85w, 5. Faha Banks (SB) 13.10w.

Two Mile: 1. Jaime Park (SB) 11:09.1, 2. Jessica Craven (Camarillo) 11:54.8, 3. Evelyn Martino (St. Joseph) 12:08.4, 4. Tina

Dobel (Nordhoff) 12:10.0, 5. Mary Dietz (Buena) 12:13.1.

Distance Medley: 1. Santa Barbara 13:02.1, 2. Rio Mesa 13:08.1, 3. Glendale 13:43.2, 4. Santa Ynez 13:54.7, 5. Buena 14:05.3.

Long Jump: 1. April Broussard (Royal) 17-2, 2. Mary Bittner (Rio Mesa) 17-0 1/2, 3. Kristin Lindsey (Westlake) 15-6 1/2, 4. Penny Smith (San Marcos) 15-2 1/4, 5. Nikki Brooks (Hueneme) 15-2 1/4.

Triple Jump: 1. Kris Young (Camarillo) 34-0 1/2, 2. Penny Smith (San Marcos) 33-2, 3. Jole Miller (Ventura) 32-4 1/2, 4. Kimberly Harvey (San Marcos) 32-2 1/4, 5. Kristin Lindsey (Westlake) 32-0 1/2.

High Jump: 1. Marla Runyan (Camarillo) 5-4, 2. Cindy Morris (Atascadero) 5-2, 3. Pam Beaver (Moorpark) 5-0, 4. Kimi Mays (Westlake) 4-10, 5. Karla Gomez (Royal) 4-8.

Shot Put: 1. Karry Wagoner (Ventura) 36-6 1/4, 2. Becky Palmer (Fillmore) 34-4 1/2, 3. Dee Inman (Santa Maria) 33-9, 4. Julie Henderson (Channel Islands) 33-9, 5. Michelle Sheaffer (Carpinteria) 32-7 1/2.

Discus: 1. Laurie Edelbrock (St. Joseph) 136-0MR, 2. Michelle Sheaffer (Carpinteria) 132-8, 3. Marcie Cochran (Nordhoff) 126-11, 4. Becky Palmer (Fillmore) 121-7, 5. George (Nordhoff) 110-4.

Top 8 Meet

Los Gatos High School. All races in meters.

Varsity boys

Mile — Kelly (Serra) 4:20.7, Amendt (Lick) 4:21.4, Kuchta (St. Ignatius) 4:21.7, Woodland (Gunderson) 4:22.1, Fernandez (Del Mar) 4:23.3, Baulista (Santa Teresa) 4:27.3, 400 relay — Riordan 42.45, Milly 42.79, Independence 43.12, Monta Vista 43.29, Westmoor 43.32, Los Gatos 43.53; 100 HH — Gilbert (Overfelt) 14.51, Uribe (Capuchino) 14.85, Coleman (Independence) 14.93, Modeste (St. Francis) 14.99, Viarengo (Palma) 15.42; 400 — Myles (N. Monterey) 48.36, Shipp (Silver Creek) 48.87, Stonerios (Independence) 49.53, Clay (Gunn) 49.55, Carr (Westmoor) 49.68, Fleweller (Riordan) 50.13; 100 — Miller (Riordan) 10.69, Hodges (Santa Cruz) 10.90, Carlson (Monta Vista) 10.96, Davis (Branham) 10.99, Redes (N. Salinas) 11.01, Harris (Valley Christian) 11.04; 800 — Robinson (Bellarmine) 1:54.3, Dolph (Monta Vista) 1:55.9, Gasseff (Westmont) 1:56.3, Baulista (Santa Teresa) 1:56.4, Jones (N. Monterey) 1:56.6, Christie (Homestead) 1:56.9; 300 IH — Coleman (Independence) 39.14, DeBorde (Half Moon Bay) 39.65, Gilbert (Overfelt) 39.70, McGurik (St. Ignatius) 39.73, Phillips (Silver Creek) 39.99, Coats (Seaside) 40.06; 200 — Miller (Riordan) 21.35, Shipp (Silver Creek) 21.99, Hodges (Santa Cruz) 22.14, Redus (N. Salinas) 22.27, Carlson (Monta Vista) 22.32, Fulton (Mt. Pleasant) 22.34; 2 mile — Lopez (Andrew Hill) 9:26.5, O'Driscoll (El Camino) 9:35.2, Brodie (St. Francis) 9:36.8, Meinhardt (Bellarmine) 9:37.2, Villegas (Half Moon Bay) 9:38.9, Chamberlain (Leigh) 9:39.9; MR — Independence 3:20.13, North Monterey County 3:23.22, Westmoor 3:25.13, Overfelt 3:26.40, Monta Vista 3:28.22, St. Ignatius 3:28.35.

LJ — Calderon (Ailsal) 22-1 1/4, Starbird (Soquel) 22-0 1/4, Carmichael (Wilcox) 21-9 3/4; Atkins (Milly) 21-7, Coats (Seaside) 21-4 1/4, Krumweide (Saraloga) 21-1 3/4; Discus — Borgstedt (Soquel) 172-3, Winkler (St. Francis) 161-7, Cvitanovic (Serra) 158-9, Rawles (Palma) 157-10 1/2; Stevens (Yerba Buena) 155-2, Bird (Westmont) 153-4; SP — Maloata (Pioneer) 55-5, Wirtz (Leland) 53-11, Blair (Salinas) 52-10 1/2, Gath (Santa Clara) 51-9 1/2, Winkler (St. Francis) 50-3 1/2, Thomas (Fremont Christian) 50-1 1/2; TJ — Woolfer (Serra) 45-4 1/4, Calderon (Ailsal) 44-10 1/4, Frank (Overfelt) 44-9, Chong (Gunderson) 43-11, Woo (Pacific Grove) 43-5 3/4, Car-

michael (Wilcox) 43-1; HJ — Juico (Piedmont Hills) 6-8, Conroy (St. Ignatius) 6-6, Cornell (Soquel) 6-4, Squires (Leland) 6-4, Krumweide (Saraloga) 6-4, Brook (Gunn) 6-4; PV — Patton (Del Mar) 14-0, Prall (Monta Vista) 13-6, Nowak (Del Mar) 13-0, Martinez (N. Monterey) 12-6, Glover (M-A) 12-6, Squires (Leland) 12-6.

Girls

Mile — Mendoza (Presentation) 4:54.9, Bartholomew (Fremont) 5:00.7, McCandless (Castilleja) 5:01.0, Andeen (M-A) 5:07.5, Ilnicki (Harbor) 5:12.3, Bowie (Woodside) 5:18.0; 400 relay — St. Francis 48.01, Westmoor 49.50, Milly 49.72, Leland 49.86, Harbor 50.04, M-A 50.09; 100 LH — Daetz (Leigh) 13.82, Finerly (Piedmont Hills) 14.63, Darbonne (Sequoia) 14.73, Albanese (Branham) 14.76; 100 — Lawson (St. Francis) 12.17, Daetz (Leigh) 12.21, Devoe (Piedmont Hills) 12.65, Barga (Fremont) 12.69, Johnson (Leland) 12.76, Caine (Westmoor) 12.81; 400 — Alvarano (Milly) 55.92, Jensen (Los Gatos) 56.40, R. Mack (St. Francis) 56.46, August (Gunderson) 57.95, Handy (Piedmont Hills) 57.96; J. Mack (St. Francis) 58.94; 800 — Mendoza (Presentation) 2:15.7, Loq (Leland) 2:19.0, Sooy (Santa Teresa) 2:20.1, Arnold (Pal Alto) 2:20.6, Flynn (Los Gatos) 2:21.3, Bartholomew (Fremont) 2:22.6; 200 — Alvarano (Milly) 24.99, R. Mack (St. Francis) 25.07, Devoe (Piedmont Hills) 25.83, Barga (Fremont) 25.98, Bickerstaff (Westmoor) 26.20; Whalley (M-A) 26.37; 330 LH — Daetz (Leigh) 43.35, Albanese (Branham) 23.75, Finerly (Piedmont Hills) 45.88, Alger (Sequoia) 46.05, Ballesteros (Fremont) 46.86; Ballesteros (Milly) 47.0; 2 mile — Mendoza (Presentation) 10:30.6, McCandless (Castilleja) 10:36.5, Kosek (Gunn) 11:02.1, Andeen (M-A) 11:04.7, Bowie (Woodside) 11:10.6, Siles (Fremont) 11:23.7, MR — St. Francis 3:59.0, Los Gatos 4:03.34, Palo Alto 4:06.69, Westmoor 4:10.89, Gunderson 4:11.22, Milly 4:11.34.

IJ — Prince (Pacific Grove) 36; 7 1/2, Coleman (Carlmont) 36-4, Bartholomew (Fremont) 36-0 3/4, Haro (Girov) 35-8, Lampkin (Independence) 35-1, Darbonne (Sequoia) 34-10 1/4; Discus — Ruff (Sequoia) 136-0, Peters (Gunn) 129-8; Bermudes (Fremont) 125-4, Schaff (Del Mar) 117-11, Hakman (San Mateo) 115-2, Bruno (N. Monterey) 106-3; SP — Ruiz (Los Gatos) 42-10, Schall (Del Mar) 38-7, Ruff (Sequoia) 37-6, Bruno (N. Monterey) 35-1, Wood (Independence) 34-11, Gentile (Gunderson) 34-9; LJ — Lawson (St. Francis) 18-7 1/4, Jensen (Los Gatos) 18-3 3/4, Van (Pal Alto) 17-7 3/4, Owens (Santa Cruz) 17-4 3/4, Ruiz (Los Gatos) 16-11, Riley (Independence) 16-6 1/2.

Meet of Champions

BOYS

3,200 — Thomas, Jesuit, 9:18.5; R. Williams, River City, 9:20.1; Myers, Vacaville, 9:21.1; Parrott, Jesuit, 9:25.4; Anderson, Casa Roble, 9:27.1; Ron, Modesto, 9:27.1.

TJ — Smith, Cordova, 49-5; Gildersleeve, Grant, 46-11 1/2; Satcher, Hiram, 46-4; Boyd, Stagg, 44-2 1/2; Rogers, Hiram Johnson, 44-2; Murry, Yreka, 42-3.

200 — A. Williams, River City, 21.98; Goodlow, Tokay, 22.27; Brown, Hiram Johnson, 22.37; Stebbins, Amador, 22.71; Garner, Burbank, 22.75; Lee, Big Valley, 22.84.

HJ — LaQuay, Vacaville, 6-8 1/2; Arentz, Valley; Findley, Bella Vista, 6-4; Curry, Turlock, 6-4; Quinn, Vanden, Paule, Del Campo, 6-4.

800 — Joshua, Hiram Johnson, 1:55.3; Miller, Hiram Johnson, 1:55.3; Hottinger, Nevada Union, 1:56.0; Eminger, Tokay, 1:57.5; Gonzales, St. Mary's, 1:58.0; Stevens, Cordova, 1:58.5.

SP — Gentry, Placer, 56-1; Marks, Nevada Union, 55-11 1/2; Fisk, Davis, 54-6 1/2; Conner,

USA Jr./Intermediate Track and Field Championships

Rincon Vista Track Complex
University of Arizona
Tucson, Arizona

- June 16 & 17, 1987:
Men & Women Jr./Intermediate Multi Events
- June 18 & 19, 1987:
Men & Women Intermediate Competition
- June 19 & 20, 1987:
Men & Women Jr. Competition

See TAC Competition Rules for exact details on ages for eligible competitors.

Specific information about the championships can be requested by sending a self-addressed stamped envelope to:

USA Jr./Intermediate Championships
P.O. Box 30674
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Prep Notes

Mt. SAC, continued:

qualification process began. She passed the test with flying colors, running three races at an amazingly high level for someone who had been held back by injury for quite a long time. Early Saturday morning, at the 300m hurdle distance Vickers would meet a top field, but she looked as good as ever in racing away to a 42.3 nation-leading effort. Looking quick and strong, Vickers was perfect until hurdle seven, where she stutter-stepped her obligatory flight that has always left observers knowing she can run real close to 40.0 with a perfect race. With her lack of competition recently we will forgive her this time.

Laura Ainsworth (Fremont, L.A.) was 2nd in 43.2, with Sharon Manship (Thousand Oaks) 3rd in 43.3. Over 100m on the flat Vickers blasted a top group by two meters, racing 11.89w with a 2.04 meter per second wind at her back. Kee-Sha Adams (Hawthorne) was 2nd in 12.02, with LaShawn Simmons (El Monte) 12.13 in 3rd. Defending State Champion at 100m, Angela Burnham (Rio Mesa, Oxnard), has the chicken pox and did not compete. Kim Matthews (Morse, SD) gave a preview of later relay action with a Race 2 12.14w (+2.05 mps) win. Over 200m Jeneene closed out her day with a blazing 24.17 (+1.2 mps) win, cruising in 5 meters ahead of Matthews (24.62). Under the new state meet schedule one has to wonder how difficult would it be for Vickers to run four individual events. She looked super here.

LaShawn Simmons (El Monte) preceeded her third place in the 100m with a fine 13.81 (+0.01 mps) 100m Low Hurdle win. LaShawn McBride (Poly, Long Beach), who raced a 13.8 hand-timed in a dual meet two days previous, pushed Simmons right to the final hurdle before falling over there, then courageously rose to still finish (in 8th place). Doris Williams (Riverside Poly) finished 2nd in a fine 14.29. McBride showed real heart in heading back over to the High Jump area after her hurdles fall, winning at 5-9 over rival Karol Damon (Redlands) and Cindy Eddy (Basic, Nevada), who tied at 5-7 for second. In the Long Jump, Saturday morning's first event, Simmons had warmed up for the 100m and hurdles with a fine series, capped by a final leap Meet Record 18-11½ (+1.10) to win by a foot over Australia's Rachel Kothe (17-11, +1.05).

Angela Rolfe (Dorsey, L.A.) and Kira Jorgensen (Vista) were the other highlights for the women on the oval. Rolfe, a sophomore, who has been an age-group for a number of years at 400 meters, burst onto the interscholastic scene in a big way here, blazing a 53.68 national leader over Crystal Irvine (LB Poly) 55.12. Simone Cain (Hueneme, Oxnard) gave the 400 a serious try and recorded a 56.82 in a Race II win. Jorgensen, another 10th grader, continued undefeated against the best in the west (and internationally here) with wins on Friday over 3000m (in a meet record 9:36.6) and Saturday over 1500m (at 4:30.88). On Friday Kira showed real tenacity over the final lap in the 3K to edge last year's winner here, Carmen Diaz (Mexico) (9:38.8). The same duo raced Saturday 1-2, with the margin widening to nearly 4 seconds in the 1500 (Diaz 4:34.35). Kim McAllister (Locke, LA) was the 800m winner at 2:14.19, with Shannon Lieder (Clovis) improving to 2:14.72 in third.

The Hawthorne men's relay groups met

outstanding fields in the 4x100m, 4x200m, and 4x400m relays. Muir (Pasadena) was here with fire in their eyes after early season losses, with Taft (Woodland Hills) and the best of the rest around along for the ride. Very simply the Hawthorne teams continued to prove their dominance of the locals with three decisive wins. In the 4x100 (at 1:45 p.m. on Saturday), Travis Hanna, Yki Vallery, Robert Carroll, and Curtis Conway raced 41.04 to handle Muir (41.19) and Taft (41.37). Vallery is the lone Hawthorne senior, with the super soph Conway racing a fine anchor leg to seal the win over Muir and the screaming anchor by Quincy Watts (Taft). In the 4x200 (2:55 p.m. Saturday) Muir was close, but sub-21 second legs by Carroll and Conway with the wind down the homestretch kept Hawthorne out in front 1:25.41 to 1:25.73. So dominant is Hawthorne that their "B" squad (fresh Anthony Smith, soph Kevin Gatlin, Richard Harrison, and Leroy Thomas) had the day's third quickest time at 1:28.97. At the end of a long Saturday (4:30 p.m.) Travis Hanna followed Conway, Carroll, and Vallery with his patented rocket stretch run to seal the 4x400m event in 3:16.84 over Morningside (Inglewood) 3:18.58 and Muir (Pasadena) 3:19.19.

Quincy Watts (Taft, Woodland Hills) emerged here last year with two big sprint wins after pressing defending State Sprint Champion Ron McCree (Madera) at Arcadia. On Saturday morning this year Watts really had to work, as Calvin Holmes (Carson), a footballer who has obviously taken pride in his conditioning for track, rode a 1.89 meter per second breeze to a big first 80 meters before Watts finally squeezed by in the last 10 meters to win 10.52-10.58. Over 200m, with Watts a scratch, the USC bound Holmes ran hard the entire way and recorded a fine 21.43 (+2.00 mps). Ernie Barnes (Monrovia) looked very good throughout the weekend, anchoring a 4x400m group at 49.5 on Friday, then taking Race II sprint victories on Saturday in

10.6 (+0.33 mps hand timed) and 21.62 (0 wind). Paul Peters (Santa Ana Valley) has been laying kind of low this spring, with a lot of wins in Orange County Invitationals. Here, against a good 400m group he exploded to a solid 47.34 win, with Patrick Rowe (Lincoln Prep, San Diego) closest at 48.18.

Thousand Oaks took part in a lot of good relay action. A men's 4x800m group cruised to a big solo win earlier in the season in the Alemany Relays at just over 8:00, and here they came fresh and looking for competition. They found it in a strong Rio Mesa (Oxnard) group that was undefeated in 1987 distance relays since the indoor season, with a nation-leading 10:15.70 Arcadia Distance Medley Relay win. Cross Country stars Paul McCarter and Doug Fairman led off and anchored, sandwiching Dave Patterson and Derrick Tadlock in the number two and three positions. Fairman (1:53.2) ran down the Rio Mesa Anchor runner on the final straight, as TO recorded 7:45.78 (a meet record) and Rio Mesa 7:46.08.

Christy Farrell anchored TO's women's 4x1600m (Friday) and Distance Medley Relay (Saturday) groups with four laps legs right at 5:00 as the Lancers recorded fine 21:15.5 (#3 All-Time California team) and 12:18.32 clockings respectively. Staci Leach and Sharon Manship raced strong legs on a TO Shuttle Hurdles team that was an easy winner over Hawthorne 62.45-64.68. The Hawthorne women's 4x800m group ran an excellent 9:26.60 off four legs between 2:20 and 2:24.

Dana Hall (Ganessa, Pomona) continued his fine season of hurdling. The University of Washington bound footballer was a 300m IH winner early Saturday over improving Mark Crear (Rowland, Rowland Heights) 38.1-38.4, then Dana clobbered a few of the barriers later in a 14.34 - 14.62 High's win over Crear. Hall sailed an unofficial 13.7 anchor for a winning 60.47 Shuttle Hurdles team, edging away from Dorsey's fine junior, Ron

photo by Burt Davis



Brian Dameworth of Agoura gets a big surprise in the 3000. But, he picked himself up to finish. Aaron Moscarro was first with an 8:41.87, while Anthony Williams of Hueneme (shown in this picture) was second in 8:42.22.

Copeland, who anchored his 60.65 squad with a 13.9.

The men's pole vault featured Brent Burns (Acalanes, Lafayette) against a group of five Southern Californians with bests of between 15-0 and 16-0. As usual, Brent sat back while just about all the other combatants eliminated themselves on the way up to his 16-0 starting height. Interestingly, this week Pat Alduenda (Ramona) and junior Tom Parker (Notre Dame, Sherman Oaks) joined Brent in clearances at that 16-0 height, Parker for the first time in a meet. At 16-6 all were unsuccessful, as Burns' timing seemed a bit off this weekend. Parker and Burns were tied on the countback rule, so a jump off commenced at the 16-6 height. Parker missed, Burns cleared, establishing a new meet record, and continuing undefeated during 1987. Dave Swanson (Alemany, Mission Hills) continues to chase his 7-0 clearance of last year as a personal best, but the San Fernando Valleyite is still putting together a sterling season of competitive triumphs in 1987. Here he bested another fine group, clearing 6-10 in a jump-off with Australian Cameron Lucht after both had tied at 6-8 in the regular competition. In the men's Invitational Long Jump Percy Knox (Antelope Valley, Lancaster) had only two fair jumps, one a 23-6 (+1.78 mps) best that moved him ahead of early leader, Australian Albert Juhasz (23-0½, +0.04). In the Triple Jump Dario Ruiz (Mexico) put together a fine series that had him improve each of his five fair jumps out to 49-6½ (+0.80) to win over Herman McCullough (Edgewood, West Covina) 48-11½ (+1.12), soph Russell White (Crespi, Encino) 46-7¼w (+2.46), and improving Dion Tolbert (Etiwanda) 46-5¼ (+0.72).

Jackie Anderson (Mt. Miguel, Spring Valley) won the women's Triple Jump with a fine 40-7 effort. In another of Friday's botch-ups the wind readings for this event were lost. Steve Brand of the San Diego Union was on the field and recalls the 40-7 leap as windy, with an earlier 39.2 jump by Anderson legal (thus establishing a new meet record). Jenny Whelchel (Agoura) continued her fine season of Shot Putting with a 42.2 win and four puts better than Yvonne Hill (Riverside Poly) in second at 40-7. Michelle Sheaffer (Carpinteria) took the discus in a fine 137.5.

Corona del Mar moved into one of the favorite positions for the State Cross Country titles that will be awarded in the future with a big underclass effort in the 4x1600m men's event. With sophs Greg Shryock (4:25.2), Paul Scott (4:33.8), and Eddie Lavelle (4:20.4) running the first three legs, vet junior Jim Robbins (4:19.5) sealed a win for the Sea Kings at 17:38.9. Aaron Mascarro (Rosemead) was at the center of most of the rest of the men's distance action. Friday, over 3000m, Mascarro outkicked Anthony Williams (Hueneme, Oxnard) 8:41.87-8:42.22. On Saturday morning the Rosemead senior brought his Distance Medley Relay team from far back with a 4:15 1600m anchor to win the Invitational race at 10:25.66. A star is being born at the prep level at Carpinteria, as that school features established 1A level top performer Bret Kimpie, but has added National Age Group champion, ninth grader Coley Candee, who ran well under 2:00 and under 4:05 for 1500m in the eighth grade in 1986. Here, Kimpie and Coley took either end of a 10:28.66 Open level distance medley race win. Those who have seen Coley are all very impressed, and if he were to concentrate on running he could be one of the prep greats.

Dan Gabor (Amador Valley, Pleasanton) had a fine double on Saturday. First, he anchored a Sprint Medley Relay team with an 800m effort close to 1:53.0 in a 3:30.06 Invitational Race win. Later, against a top 800m field he raced a con-

Results

LBCC vs. PCC

March 26. At USC. Long Beach 114, Pasadena 30.

Faulkner (SM), 21.8. 400—Walltower (SM), 49.4. 800—Stiles (Glendale), 1:56.4. 1,500—Williamson (Hancock), 4:03.2. 5,000—Iniguez (Hancock), 15:24.0. 10,000—Iniguez (H), 31:29.0. 110 HH—Bradshaw (G), 15.1. 400 IH—Bradshaw (G), 55.7. 3,000 STEEPLECHASE—Myers (Moorpark), 9:44.8. 400 RELAY—Glendale, 42.7; Santa Monica, 41.8; Moorpark, 42.7. MILE RELAY—Bakersfield, 3:18.9; Santa Monica, 3:19.0; Moorpark, 3:21.3. HJ—Richards (Ventura), 6-8. PV—Wicks (B), 16-8; Duncan (Cuesta), 15-0. LJ—Senders (B), 24-2. TJ—Senders (B), 50-8; Johnson (B), 47-9; Allmon (B), 46-0. SP—Laut (M), 54-1¾; Schain (G), 53-4¼; Loutner (M), 51-6½. DT—Maulhardt (M), 148-11. TJ—Brant (V), 209-7; Poling (M), 197-0; Schain (G), 191-0. HJ—Williams (SM), 170-1. TEAM SCORES—Glendale 143 (13th straight title); Bakersfield, 127; Moorpark, 89; Santa Monica, 73; Hancock, 64; Ventura, 53; Oxnard, 27; Cuesta, 22.

WOMEN: 100—Giddings (SM), 12.9. 200—Giddings (SM), 25.9. 400—Johnson (SM), 59.9. 800—Hite (SM), 2:24.2. 1,500—Arteaga (SM), 4:55.6; Rigby (M), 4:59.2. 3,000—Almendariz (SM), 10:21.6. 100 HURDLES—Courtwright (O), 15.0. 400 HURDLES—Warren (B), 69.1. 400 RELAY—Santa Monica, 47.8; Bakersfield, 49.0. 1,600 RELAY—Santa Monica, 4:14.0. HJ—Kee (B), 5-2. LJ—Johnson (SM), 18-9; Courtwright (O), 18-5½; Warren (B), 18-4½. TJ—Walker (B), 38-6¾. SP—King (SB), 36-4. DT—Ward (G), 120-9. JT—Carroll (M), 121-10.

TEAM SCORES—Santa Monica, 172; Moorpark, 81½; Bakersfield, 84½; Hancock, 44; Santa Barbara, 42; Ventura, 34½; Glendale, 32; Cuesta, 28.

photo by Burt Davis



Roland Weedon

Pacific Coast Conference

May 4. Southwestern College.

MEN: 200—Gillis (San Diego), 21.8. 800—Vincent (MiraCosta), 1:52.2; Archer (SD Mesa), 1:53.0. Chagnon (MC), 1:55.2. 5,000—Chio (MC), 15:12.0. 10,000—Chio (MC), 31:52.0. 110 HH—Herron (MC), 14.8. 400 IH—Williams (SD Mesa), 52.1; Herron (MC), 52.2; Swanson (SD), 52.3; Martinez (SDM), 53.4. 400 RELAY—SD Mesa, 41.4; San Diego, 42.5. MILE RELAY—SD Mesa, 3:17.1; MiraCosta, 3:17.8. HJ—Wedge (MC), 6-8; Rianer (MC), 6-8; Curtis (MC), 6-8. PV—Hickey (Grossmont), 15-3; Schnobelen (MC), 14-8. TJ—Black (SD Mesa), 47-7. SP—Robinson (MC), 50-8. DT—Heigesen (MC), 153-10; Quiroz (MC), 145-3. TEAM SCORES—MiraCosta, 209; SD Mesa, 197; San Diego, 88; Grossmont, 77; Southwestern, 31.

Multi-Team Meet

March 21. UC Irvine.

MEN: 200—Ford (CSLB), 21.4. 1,500—1. Goulet (UCI), 3:50.6. 2. Whiteley (B), 3:51.0. 400 IH—1. Valenzuela (UCI), 52.7. 2. Daniel (NA), 53.0. 3,000 STEEPLECHASE—Martin (UCI), 9:12.7. 400 RELAY—1. UC Irvine, 41:59. 2. Northern Arizona, 41:84. PV—Kenyon (UCI), 16-0. TJ—1. Justice (UCI), 49-9½. 2. Joseph (NA), 49-7¾. FINAL TEAM SCORES—UC Irvine 93, Northern Arizona 66, CS Long Beach 30, Brown 14.

WOMEN: 800—Rabbit (UCI), 2:12.0. 1,500—1. Harrington (UCI), 4:18.8. 2. Chalmers (NA), 4:23.7. 3. Abraham (UCI), 4:28.3. 4. McLaughlin (UCI), 4:33.5. 5. McCracken (NA), 4:33.7. 400 RELAY—UC Irvine, 47.7. SP—Norton (CSLB), 47-2¼. DT—Norton (CSLB), 169-4. JT—Johnson (NA), 144-3. FINAL TEAM SCORES—UC Irvine 75, Northern Arizona 67, CS Long Beach 37, Brown 5.

Willie Williams Classic

March 21. Rincon Vista Stadium, Tucson.

MEN'S RESULTS
100m: 1. Ken Henderson (BYU) 10.60, 2. Iziak Adeyngju (Missouri) 10.61, 3. Phil Ferguson (Mich) 10.92.
200m: 1. Iziak Adeyngju (Miss) 21.46, 2. Ken Henderson (BYU) 21.6, 3. J.J. Woods (Mich) 21.82.
400m: 1. Omar Davidson (Mich) 46.30MR, 2. John Okoye (Miss) 46.72, 3. Onesimus Strachan (Ariz) 47.23.
800m: 1. Doug Herron (Ariz) 1:49.77, 2. Ken Barton (BYU) 1:50.67, 3. Bob Ingram (Unat) 1:51.42.
1500m: 1. John Quade (Ariz) 3:47.29, 2. Aaron Ramirez (Ariz) 3:47.80, 3. James Maxwell (Ariz) 3:49.09.

UCLA vs. UCB

400m: 1. Jenny Phillips (St.Thomas) 58.64, 2. Regina Shouse (Miss) 58.88, 3. Donna Russell (Illinois) 59.22.
800m: 1. Cynthia Bagles (Unat) 2:08.82, 2. Michelle Walsh (Unat) 2:11.92, 3. Melanie Child (BYU) 2:11.95.
1500m: 1. Camilla Harron (Ariz) 4:34.89, 2. Tracy Murray (Miss) 4:44.79, 3. Melissa Straza (Illinois) 4:45.58.
3000m: 1. Camilla Harron (Ariz) 9:49.2, 2. Nancy Anderson (BYU) 9:49.4, 3. Jill Kingsbury (Miss) 10:12.3.
10,000m: 1. Judy Chamberlin (Unat) 34:35.5, 2. Rebecca Chamberlin (BYU) 36:53.4, 3. Lisa Burgoyne (BYU) 38:14.1.
100m Hurdles: 1. Victoria Fulcher (Unat) 13.80, 2. Susan Devries (BYU) 14.07, 3. Erin Dougherty (Ariz) 14.27.
400m Hurdles: 1. Kathy Gordon (BYU) 62.61, 2. Laura Zaugg (BYU) 63.75, 3. Mary Fontenette (Ariz) 1:04.52.
4x100m Relay: 1. Illinois (Bevery, McClatchey, Carr, Moundie) 45.73, 2. Missouri (Monroe, LeBlanc, Allen, Richardson) 45.77, 3. Brigham Young, 46.47.
4x400m Relay: 1. Missouri (Osborn, Smolin, Allen, Shouse) 3:56.57, 2. St. Thomas, 4:05.30, 3. Brigham Young, dq.
High Jump: 1. LaTonya Tatum (Miss) 6-0, 2. Tatiana Smolin (Miss) 5-6, 3. Sherri Morford (BYU) 5-6.
Discus: 1. Becky Levi (Unat) 197-3, 2. Sara Ballenger (BYU) 160-7, 3. Mary Beth Weaver (Ariz) 134-4.
Shot Put: 1. Linda Burt (BYU) 46-5½, 2. Kim Body (Illinois) 44-11, 3. Mary Beth Weaver (Ariz) 43-6½.
Javelin: 1. Chris Lee (BYU) 180-9, 2. Jennifer McElowney (Ariz) 132-6, 3. Mary Beth Weaver (Ariz) 129-5.
Long Jump: 1. Lorinda Richardson (Miss) 20-11¼, 2. Leticia Beverly (Illinois) 19-2¼, 3. Erin Dougherty (Ariz) 19-1.

March 28. UC Berkeley. UCLA 100½, California 62½.

100—1. Marsh (UCLA), 10.42; 2. Thomas (UCLA), 10.42. 400—1. Washington (UCLA), 46.98.
800—1. Ottaway (Cal), 1:50.23; 2. Phillips (UCLA), 1:50.88. 1,500—1. Ortiz (UCLA), 3:47.90; 2. Cushing-Murray (UCLA), 3:49.49; 3. McAbe (Cal), 3:50.12; 4. Jaspers (UCLA), 3:51.48.
110 HH—1. Jett (Cal), 13.76; 2. R. Young (UCLA), 14.12; 3. Kerho (UCLA), 14.13. 400 IH (hand timed)—1. R. Young (UCLA), 50.9; 2. Jett (Cal), 50.9.
3,000 STEEPLECHASE—1. Junkermann (UCLA), 8:42.7, 400 RELAY—Tie between UCLA (Marsh, R. Young, Bixler, Thomas) and California (Jett, Gonsolin, C. Rogers, Mahorn), 39.50. 1,600 RELAY—1. UCLA (Bixler, Marsh, Thomas, Washington), 3:11.1. 2. California, 3:16.7. HJ—1. Harris (C), 7-3½. PV—Richards (UCLA), 16-0¾; LJ—1. C. Rogers (Cal), 24-6½; 2. K. Young (UCLA), 24-4½. TJ—1. Harris (C), 52-8¾; 2. Piterman (Cal), 52-4¾; 3. Mooring (Cal), 50-8; 4. Washington (UCLA), 50-7½.
SP—Banich (UCLA), 62-5. DT—1. Nilusa (Cal), 186-1; 2. Banich (UCLA), 181-9; 3. Blutchrich (UCLA), 175-9; 4. Wilson (UCLA), 170-10.
HT—1. Wilson (UCLA), 191-1; 2. Ansbeyer (UCLA), 181-8. JT—Connolly (UCLA), 243-7.



Multi-Team Meet

March 21. USC.

MEN
100—Fuller (USC), 11.03. 200—Hedgpeth (USC), 21.75. 400—1. Hedgpeth (USC), 47.62; 2. Robinson (SDS), 47.65. 800—Schermhorh (USC), 1:51.59. 1,500—Griffin (USC), 3:51.06. 5,000—Gomez (USC), 14:31.74. 110 HH—Reading (USC), 14.46. 400 IH—Doud (SDS), 53.75. 1,600 RELAY—USC, 3:15.06. HJ—1. Cody (SDS), 6-10¾; 2. Hodgert (SDS), 6-10¾. PV—White (USC), 16-0. LJ—Van (SDS), 23-9. TJ—1. Harper (USC), 50-11½; 2. Pullins (USC), 50-5¼; 3. Finch (I), 49-0¾. SP—1. Wenj (USC), 56-4½; 2. Gambol (I), 56-2½; 3. Michaels (USC), 55-5. DT—Wenj (USC), 170-7. HT—1. Tolpurt (USC), 196-0; 2. Wenj (USC), 179-9; 3. Hoth (SDS), 177-8. JT—Van Liew (SDS), 189-4.

FINAL TEAM SCORES—USC 99, San Diego St. 64; USC 123, Iowa 21, San Diego St. 128, Iowa 24.

WOMEN
100—Mayberry (USC), 12.10. 200—1. Mayberry (USC), 24.29; 2. Smith (SDS), 24.46. 400—1. Hemmons (SDS), 54.93; 2. Hawkins (I), 55.04. 800—Noll (USC), 2:11.33. 1,500—1. Krunckberg (I), 4:23.26; 2. Clark (USC), 4:26.10; 3. Lyon (USC), 4:26.10. 5,000—Boyle (I), 17:06.71; 2. Seleine (USC), 17:18.81 (school record, old mark, 17:43.14. C. Hill, 1980); 3. Bradley (SDS), 17:28.69. 100 HURDLES—1. Bates (USC), 14.39; 2. Smith (SDS), 14.45.
400 HURDLES—1. Maxie (USC), 69.6; 2. Hemmons (SDS), 60.3; 3. Hoeliner (USC), 61.8. 400 RELAY—1. USC (Simmons, McCraw, Maxie, Mayberry), 45.59; 2. San Diego St., 47.17; 3. USC "B", 47.44. 1,600 RELAY—1. USC (Taylor, McCraw, Mayberry, Maxie), 3:46.03; 2. Iowa, 3:51.31; 3. USC "B", 3:54.94. HJ—Brown (USC), 5-10. LJ—Bates (USC), 19-2¼; TJ—Bates (USC), 41-2¼. SP—Clements (USC), 48-6¼. DT—Parris (USC), 158-10. JT—Clements (USC), 126-10.
FINAL TEAM SCORES—USC 106, Iowa 24; USC 102, San Diego St. 33; San Diego St. 80, Iowa 51.

College Open Track

Results

photo by Burt Davis



Wendy Brown

photo by Burt Davis



Kevin Young

1,600 RELAY—1. UCLA (Kellon, Phillips, Parros, Knighten), 3:43.76; 2. USC (Chapin, Taylor, Maxie, Noll), 3:51.48.
 HIGH JUMP—1. Brown (USC), 5-8½; 2. tie between Kellon (UCLA) and Hatfield (USC), 5-6½.
 LONG JUMP—1. Devers (UCLA), 21-10 (wind 1.2 m.p.s. aiding); 2. Bates (USC), 21-0 (wind 1.7 m.p.s. aiding); 3. Brown (USC), 20-10 (wind .5 m.p.s. aiding).
 TRIPLE JUMP—1. Brown (USC), 44-11¾ (wind 1.6 m.p.s. aiding) (American and meet record, old American mark, 44-9¾; T. Turner, Texas, 1986; old meet mark, 43-4½; Brown, 1986); 2. Bates (USC), 44-0¾ (wind 2.8 m.p.s.); 3. Devers (UCLA), 41-8¾ (wind 1.7 m.p.s. aiding).
 SHOTPUT—1. Clements (USC), 54-2¾ (meet record, old mark, 51-6½; Clements, USC, 1986); 2. Lutjens (UCLA), 49-5¾; 3. Adams (USC), 45-9.
 DISCUS—1. Lutjens (UCLA), 178-1; 2. Parris (USC), 165-10; 3. Adams (USC), 135-6.
 JAVELIN—1. Clements (USC), 158-5; 2. Hatfield (USC), 143-8; 3. Brown (USC), 136-3.
 FINAL SCORE—USC 69, UCLA 67.

Women's Inv.

May 2, UC Irvine.

100—Williams (Puma), 11.50; Thimm (West Germany), 11.63; Johnson (SoCal Cheetah), 11.81; Gill (Roadrunners), 11.83; Walsh (unat), 11.87.
 200 (combined races)—Thimm (WG), 23.24; Williams (Puma), 23.41; Walsh (unat), 24.04; Vaughn (UCI), 24.12; Washington (LA Mercurettes), 24.55.
 400—Allen (Canada), 55.61; Gutowski (LAM), 55.94.
 800—Jacobs (Los Angeles TC), 2:06.52; Arreola (CS Northridge),

2:07.83; Zaleski (CS Long Beach), 2:08.68; Warner (unat), 2:08.75; DeBettencourt (Cal Poly SLO), 2:09.90; Hensel (Nev. Las Vegas), 2:10.57.
 1,500—Wysocki (Brooks), 4:16.47; Harrington (UCI), 4:19.16; Buchichio (unat), 4:20.80; Rabbitt (UCI), 4:21.58; Ward (Santa Monica TC), 4:26.58.
 3,000—1. Prieur (CP SLO), 9:24.94; Abraham (UCI), 9:43.65; King (UCI), 9:45.99.
 5,000—Keller (Running Experience), 16:38.5; Lohr (CS Los Angeles), 16:52.8; Nagle (RE), 17:04.9; Tracey (RE), 17:15.3; Fett (Arizona), 17:20.9.
 100 HURDLES—Hagger (Britain), 13.60w; Chandler (CP SLO), 13.72; McGee (LAM), 13.72; Epps (SoCal Cheetahs), 13.81; Watkins (SoCal Cheetahs), 13.84; White (CS Bakersfield), 13.87.
 400 HURDLES—Bryant (Los Angeles TC), 58.59; Wright (San Diego TC), 59.76; Ice (CSLB), 60.31.
 400 RELAY—UC Irvine (Harvey, Vaughn, Gage, Fearney), 47.07; CS Fullerton, 48.16.
 1,600 RELAY—Los Angeles TC, 3:39.39; CS Fullerton, 3:51.43; CS Bakersfield, 3:54.82.
 HIGH JUMP—McNeal (Stars & Stripes), 6-0¼; Patterson (CA) and King (Reebok), 5-10½; Buchan (CA), 5-8½.
 LONG JUMP—Harvey (unat), 19-5½w; Wiley (CSLB), 19-2¼.
 TRIPLE JUMP—Gressison (UCI), 40-3¼; Jiles (Venus), 39-11¼; Sharkey (CP SLO), 39-6¼; Davidson (CSB), 39-0¼; Cooper (CSLB), 38-8¼.
 SHOTPUT—Dasse (CA), 60-0¼; Norton (CSLB), 47-0¼; Paquette (CP SLO), 46-1½; Weaver (Arizona), 45-8¼.
 DISCUS—Levi (Arizona), 192-1; Dasse (CA), 183-6; Kaylor (CA), 175-5; Norton (CSLB), 165-3; Paquette (CP SLO), 158-11; Ford (unat), 155-1.
 JAVELIN—Moro (unat), 168-4; Roblin (unat), 167-8; Bernstein (CA), 153-7; Nicoils (CA), 152-9; Lilly (unat), 152-9; Norton (CSLB), 148-3.
 UNIVERSITY/OPEN LJ—Lee (CP SLO), 19-1; JT—Carpenter (Athletes in Action), 142-9.

Road Racing

Solidarity Run For Teachers of El Salvador

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

Overall Results - Men's 5K

- | | | |
|---|-------------------|-------|
| 1 | Michael Rodriguez | 16:28 |
| 2 | William McGowan | 17:00 |
| 3 | Robert Clay | 17:14 |

Overall Results - Women's 5K

- | | | |
|---|------------------|-------|
| 1 | Heather Sullivan | 18:16 |
| 2 | Wanda Dukes (9) | 20:08 |
| 3 | Karen Scannell | 21:21 |

Overall Results - Men's 10K

- | | | |
|---|--------------|-------|
| 1 | Kim Lillet | 35:00 |
| 2 | David Fuller | 35:40 |
| 3 | Ted Gorn | 35:55 |

Overall Results - Women's 10K

- | | | |
|---|---------------|-------|
| 1 | Cathy Douglas | 38:55 |
| 2 | Hilary Naylor | 39:08 |
| 3 | Susan Boon | 40:33 |

San Gabriel River 5K

March 7, So. El Monte.

Division Results - Men

- | | |
|--------|--|
| 10-14: | 1. Richard Vasquez 22:46; 15-18: 1. Henry Raigosa 18:13; 2. Kevin Geme 28:52; 3. Miguel Galan 30:40; 25-29: 1. Jim Granados 21:31; 2. Ralph Parillo 24:23; 30-34: 1. Oscar Nevarez 18:09; 35-39: 1. Bob Helwig 18:44; 2. Miguel Galon 19:04; 40-44: 1. Jarrett Williams 18:03; 2. Dave Lance 19:49; 3. Mike Lalum 21:20; 45-49: 1. Ted Heaton 18:26; 2. Booker Washington 19:12; 3. Eugene Hampton 20:03; 50-54: 1. Cliff Stoiba 19:15; 2. Stan Ramsey 20:24; 55-59: 1. Orlo Keniston 18:26; 2. Robert Perry 21:39; 3. Daniel Mejia 22:39; 60-64: 1. Wiley Nelson 27:12; 70-79: 1. Fred Shanley 27:19. |
|--------|--|

Division Results - Women

- | | |
|------|---|
| 8-9: | 1. January Galan 32:07; 19-24: 1. Nancy Defeo 22:02; 30-34: 1. Doris Chung 26:48; 35-39: 1. Alica Quiroga 31:41; 45-49: 1. Donna Myers 38:15; 60 & Over: 1. Orpha Humphrey 49:58; 2. Dorcas Mitchell 51:32. |
|------|---|

PCPA Theaterfest

March 7, Santa Maria. 10K.

Overall Results

- | | | |
|----|--------------------------------|-------|
| 1 | Rory Cooper (27) Which SLO | 31:44 |
| 2 | Daniilo Perez (26) S.Maria | 33:17 |
| 3 | Felix Mantilla (41) S.Maria | 34:53 |
| 4 | Richard Quintero (33) S.Maria | 35:33 |
| 5 | Keith Kirkpatrick (40) LosOsos | 35:51 |
| 6 | Kirk Spry (34) S.Maria | 37:34 |
| 7 | Catherine Hennelly (27) SLO | 37:49 |
| 8 | Charlie Sepko (42) ORCT | 37:53 |
| 9 | David Book (38) ORCT | 37:57 |
| 10 | Stan Rosenfield (39) SLO | 38:02 |
| 11 | David Condit (47) S.Maria | 38:49 |
| 12 | Michael Symens (26) SLO | 39:32 |
| 13 | Jim Batterson (34) S.Maria | 39:36 |
| 14 | Bill Winstanley (57) LosOsos | 39:41 |
| 15 | Wes Forman (34) ORCT | 40:26 |
| 16 | Luis Escobar (24) S.Maria | 40:29 |
| 17 | Ralph Baldiviez (37) S.Maria | 40:34 |
| 18 | Ron Levy (32) S.Maria | 40:39 |
| 19 | John Reynolds (33) S.Maria | 40:48 |
| 20 | Bob Keefe (41) SHLB | 41:11 |
| 21 | Luiz Perez (60) S.Maria | 41:25 |
| 22 | Steve Schmidt (25) VAFB | 41:27 |
| 23 | Heidi Hanson (16) S.Maria | 41:59 |
| 24 | Pat Lamb (29) VAFB | 42:12 |
| 25 | Bruno Brunello (51) S.Maria | 42:21 |

Division Results - Men

12 & Under: 1. Shawn Hiatt 44:45; 2. Jason Chaplin 47:52; 3. David Sewell 48:12; 13-17: 1. Nathan Williams 54:55; 2. Jeremy Forman 57:01; 18-29: 1. Daniilo Perez 33:17; 2. Michael Symens 35:32; 3. Luis Escobar 40:29; 30-39: 1. Richard Quintero 35:33; 2. Kirk Spry 37:34; 3. David Book 37:57; 40-49: 1. Felix Mantilla 34:53; 2. Keith Kirkpatrick 35:51; 3. Charlie Sepko 37:53; 50-59: 1. Bill Winstanley 39:41; 2. Bruno Brunello 42:21; 3. N.J. Hoffman 44:09; 60 & Over: 1. Luis Perez 41:25; 2. Bill Denneen 47:24; 3. Joe Graham 51:03. Wheelchair: 1. Rory Cooper 31:44. Special Honoree: 1. Dr. Paul Spangler (88) 63:56.

Division Results - Women

13-17: 1. Heidi Hanson 41:59; 18-29: 1. Catherine Hennelly 37:49; 2. Dabi Cole 45:58; 3. Melissa Giles 58:26; 30-39: 1. Teri Pierce 47:57; 2. Joanne Cameron 48:36; 3. Vicki Book 49:05; 40-49: 1. Angie Fuhrmann 44:21; 2. Gaby McQuilty 48:26; 3. Dottie Renfrow 58:01; 50-59: 1. Jean Spierling 49:40; 2. Doris Conner 52:44; 3. Lisa Norcutt 55:13; 60 & Over: 1. Elizabeth Baker 65:06.



Food & Fitness Run

March 8, Stanford. 5K & 10K.

Overall Results - Men's 5K

- | | | |
|---|--------------------------|-------|
| 1 | John Aranas (29) | 15:40 |
| 2 | Richard Greiffinger (27) | 15:44 |
| 3 | Carlos Sillas (21) | 16:08 |

Overall Results - Women's 5K

- | | | |
|---|--------------------|-------|
| 1 | Danita Reese (32) | 18:34 |
| 2 | Rita Schnepf (32) | 20:05 |
| 3 | Daphne Satter (24) | 21:26 |

Overall Results - Men's 10K

- | | | |
|---|-----------------------|-------|
| 1 | Michael Lawrence (26) | 33:37 |
| 2 | John Adams (28) | 33:55 |
| 3 | Bob Caro (27) | 34:20 |

Overall Results - Women's 10K

- | | | |
|---|------------------------|-------|
| 1 | Jacqueline Hansen (38) | 38:28 |
| 2 | Evelyn Silvey (29) | 38:47 |
| 3 | Ellen Coleman (33) | 40:19 |

10K

Overall Results

- | | | |
|----|--------------|-------|
| 1 | W. Wagstaffe | 32:16 |
| 2 | R. McCann | 32:28 |
| 3 | R. Rjordan | 34:56 |
| 4 | J. Schoeduve | 36:00 |
| 5 | M. Cow | 36:17 |
| 6 | J. Wildfogel | 36:28 |
| 7 | J. Narron | 36:41 |
| 8 | B. Getchell | 38:49 |
| 9 | J. Brulan | 37:00 |
| 10 | D. Smith | 37:06 |

Division Results - Men

Open: 1. William Wagstaffe 32:16; 2. Richard McCann 32:28. Masters: 1. Pegan Mortensen 37:38; 2. Carl Cull 37:47; Child: 1. Steve Markovich 40:08; 2. Erin Ferguson 40:56.

Division Results - Women

Open: 1. Sharon Given 38:54; 2. Linda Gallagher 42:44. Masters: 1. Janeene Johnson 43:55; 2. Mary Jo Feeney 44:47.

Results

Delano Fools' Run

March 28, Delano. 5K & 10K.

Division Results - Men's 5K
13 & Under: 1. Rodney Del Rio 20:18, 2. Carlos Pangaldan 23:23, 3. John Padilla 24:00. **14-20:** 1. Ruben Ozuna 18:31, 2. Sloan Reape 18:35, 3. Vincente Guerrero 18:49. **21-29:** 1. Adrian Huerta 16:38, 2. Oscar Correa 17:00, 3. Sammy Hередia 17:07. **30-39:** 1. Isaias Luna 16:06, 2. Ron Lessley 17:26, 3. Jeff Lessley 17:36. **40-49:** 1. Arnold Buchanan 18:44, 2. Francisco Nuno 19:07, 3. Samuel Marquez 19:16. **50-59:** 1. Richard Ramirez 17:35, 2. Tom AlMBERG 22:15, 3. Tony Salazar 22:41. **60 & Over:** 1. Richard Mahburn 29:18, 2. Edward Yoe 29:46, 3. John Foose 44:57.

Division Results - Women's 5K
13 & Under: 1. Lori Miller 20:43, 2. Stacy Cole 25:30. **14-20:** 1. Shelly Cole 25:28, 2. Hollie Wykoff 27:07, 3. Sallie Saenz 30:16. **21-29:** 1. Anna Armendariz 24:25, 2. Carol Venegas 24:34, 3. Sharon Terhune 27:04. **30-39:** 1. Julie Salazar 24:29, 2. Virginia Torres 24:56, 3. Helen Padilla 28:00. **40-49:** 1. Oia Buchanan 25:44, 2. Judy Fortenberry 26:05, 3. Mary Saenz 26:46. **50-59:** 1. Margaret Castro 33:08, 2. Shirley Pearce 33:49. **60 & Over:** 1. Anita Foose 43:27.

Division Results - Men's 10K
13 & Under: 1. Jimmy Castro 40:24, 2. Chris Garcia 45:16. **14-20:** 1. Jaime Mendoza 38:35, 2. Jonathan Wykoff 46:51. **21-29:** 1. Richard Gonzales 36:01, 2. Anthony Cooper 39:27, 3. John Wenger 41:14. **30-39:** 1. Marty Higginbotham 34:27, 2. Stephen Penner 36:40, 3. Robert Rodriguez 37:45. **40-49:** 1. Bob Blakeley 39:37, 2. Jim Wakeman 42:12, 3. Darrell White 43:35. **50-59:** 1. Tommy Upton 42:08, 2. Ray Myers 43:00, 3. Jerrie Hill 46:25. **60 & Over:** 1. Harry Harder 47:32, 2. Jim Nagatani 54:03, 3. James Johnston 54:44.

Division Results - Women's 10K
21-29: 1. Renee Ortiz 39:04, 2. Laura Lowe 39:44, 3. Lorraine Melendez 45:44. **30-39:** 1. Rosa Medina 39:26, 2. Leslie King 40:00, 3. Lee Denham 46:27. **40-49:** 1. Susie Olivarez 48:42, 2. Heidi Fialho 50:46, 3. Judy McDole 51:44. **50-59:** 1. Aurora Perez 55:29.

San Gabriel River 10K

March 28, So. El Monte.

Division Results - Men
14 & Under: 1. Richard Vasquez 41:31, 15-18: 1. Matthew Kearl 39:47. **19-24:** 1. Art Gutierrez 34:25, 2. Steve Trujillo 42:07, 3. Wayne Yada 42:18. **25-29:** 1. Vicente Rivera 37:17, 2. Sylvester Badajos 46:20. **30-34:** 1. Jerry Martinez 37:34, 2. Francisco Madrigal 43:22. **35-39:** 1. Miguel Galan 37:43, 2. Michael Nese 43:39, 3. Armando Rodriguez 50:50. **40-44:** 1. Salvador Gonzalez 37:09, 2. John Larsen 37:51, 3. Ron Zappen 42:21. **45-49:** 1. Catartino Gonzalez 36:04, 2. Mickey Latum 45:40. **50-54:** 1. Stan Ramsey 42:44. **55-59:** 1. Robert Culling 44:37, 2. Carl Barnes 48:26, 3. Alfred Cruz 59:15. **60-64:** 1. Wiley Nelson 55:22. **70-79:** 1. Fraser MacMinn 55:23, 2. Fred Shanley 57:05.

Division Results - Women
19-24: 1. Mary Brady 1:00:34. **25-29:** 1. Beverly Lopez 58:26. **30-34:** 1. Doris Chung 55:23. **35-39:** 1. Donna Morin 47:30, 2. Maria Rodriguez 59:24. **40-44:** 1. Theresa Dominquez 51:09.

Redwood Empire 24-Hour Run

March 28-29, Santa Rosa. (Miles/Yards)

Overall Results
 1. Chuck Ferguson (46) 137/269
 2. Rob Volkenand (56) 127/880
 3. Nancy Crawford (40) 116/1499
 4. John Vonhof (39) 111/1450
 5. Phil Hicks (47) 108/440
 6. Phil Edmunds (38) 107/1320
 7. Michael Quigley (35) 105/471
 8. Terry Seyfarth (39) 104/1499
 9. Ephraim Romesberg (56) 104/595
 10. Bill Wood (58) 103/1320

Conejo Valley Days Rabbit Run

March 28, Thousand Oaks. 10K & 5K.

Division Results - Men's 10K
13-15: 1. Martin Ouimet 49:26. **16-18:** 1. Bill Murray 42:16, 2. Andrew Ouimet 42:17, 3. Sean Clayton 45:59. **19-29:** 1. Brian Nelson 33:58, 2. Dave True 34:36, 3. Kevin Lee 36:06. **30-39:** 1. Nolan Smith 35:36, 2. Ken Gerry 36:44, 3. Bill McMorran 40:28. **40-49:** 1. Keith May 38:14, 2. Bob Milam 38:26, 3. Mike Lovell 38:49. **50-59:** 1. F. J. Petracek 40:17, 2. Gary Farnham 41:42, 3. Dick Durand 45:07. **60-69:** 1. Dennis Robson 49:01, 2. Ed Hagelberg 60:27.

Division Results - Women's 10K
16-18: 1. Loren Wipff 49:49. **19-29:** 1. Maureen Doderlein 46:55, 2. Michele Beller 49:36, 3. Carol Hillygas 49:59. **30-39:** 1. Rita Schnepp 44:44, 2. Ann Watson 45:18, 3. Pam Mongelli 48:24. **40-49:** 1. Marie Stevenson 45:19, 2. Ruth Hemming 48:23, 3. Mary Lou Wigley 55:01.

Division Results - Men's 5K
12 & Under: 1. Mark Watson 22:16, 2. Teddy Barnes 23:10, 3. Timothy Symonds 30:19. **13-15:** 1. Bill Becher 19:00, 2. Dave McCarter 20:23, 3. Cabot Richards 21:03. **16-18:** 1. William Schrader 19:36, 2. David Fischer 20:50, 3. Tim McWilliams 24:35. **19-29:** 1. Robert Radnoti 16:30, 2. Chris Jensen 17:54, 3. David Adams 18:08. **30-39:** 1. Terry Howell 16:36, 2. Richard Hallblom 18:09, 3. Gary Lynn 18:14. **40-49:** 1. Joe Jacobsen 18:12, 2. Lott Steffey 19:02, 3. Mike Froman 19:24. **50-59:** 1. Ron Nisbet 20:00, 2. George Merrett 20:54, 3. J.C. McFeeters 21:00. **60-69:** 1. Gunnar Brickner 19:49, 2. Demetrio Miller 22:49, 3. Ralph Schneider 25:00.

Division Results - Women's 5K
12 & Under: 1. Kathryn Schrader 29:34. **13-15:** 1. Angela Watson 27:32, 2. Kerry Kelleher 37:29. **16-18:** 1. Michelle Chabot 21:53, 2. Gail DeCamp 29:46. **19-29:** 1. Amy Sue Johnson 21:04, 2. Sally Elliott 22:47, 3. Jamie Chabot 23:36. **30-39:** 1. Mila Horak 23:18, 2. Mary Niepp 23:26, 3. Kim Stinton 24:30. **40-49:** 1. Joyce Parkel 21:44, 2. Ruth Hemming 21:55, 3. Judy Alexander 25:45. **50-59:** 1. Marie Eshleman 35:27. **60-69:** 1. Margaret Miller 21:44, 2. Irene Frank 36:20, 3. Roselle Haggood 39:54.

Whale Festival Run

March 29, Fort Bragg. 1/2 Mar. & 10K.

Division Results - Men's Half Marathon
14 & Under: 1. John Henry 1:55:21, 2. Jesse Miklase, N.T. **20-29:** 1. Jerry Drew 1:17:18, 2. Tony Chan 1:24:56, 3. Ted Knapp 1:33:26. **30-39:** 1. Bruce Ellis 1:11:16, 2. Mike Holt 1:13:06, 3. Stuart Scholl 1:13:20. **40-49:** 1. Mike Bellanca 1:24:02, 2. Theodore Jones 1:24:15, 3. James Rader 1:28:06. **50-59:** 1. Doiv Mitelstaedt 1:30:09, 2. Sunyung Kim 1:33:05, 3. John Bailey 1:35:44. **60 & Over:** 1. Alan

Bellon 1:29:03, 2. Josh Fitch 1:43:06, 3. Jack Selvey N.T.

Division Results - Women's Half Mar.
14 & Under: 1. Nika Horn 1:43:32. **20-29:** 1. Suzette Moore 1:29:20, 2. Cindy Seikkula 1:29:23, 3. Michelle Vanderhalk 1:35:32. **30-39:** 1. Karen Koslaw 1:29:18, 2. Karen Kelley-Day 1:29:41, 3. Tracy Achells 1:32:29. **40-49:** 1. Kathi Fennelly 1:49:23, 2. Kathi Hewko 1:56:40, 3. Gail Graser 1:56:53. **50-59:** 1. Carmen Maddock N.T., 2. Lois Cook, N.T.

Division Results - Men's 10K
14 & Under: 1. Eddie Piles 45:32, 2. Lonnie Gilmore 43:04, 3. Treavor Lee 49:10. **15-19:** 1. Dan Timms 35:47, 2. Victor Dunlap 38:08, 3. Shaun Pyorre 39:18. **20-29:** 1. Doug Larson 35:43, 2. Bob Lyman 40:25, 3. Steve Rispoli 40:26. **30-39:** 1. John Zinselair 34:20, 2. Chris Christensen 37:12, 3. Jim McClatchy 38:38. **40-49:** 1. David Barr 40:41, 2. Lanny King 41:17, 3. Eric Johnson 41:54. **50-59:** 1. Michael Bigelow 40:30, 2. Ron LeBlanc 47:40, 3. Ronald Rader 49:21. **60 & Over:** 1. V. Ratti 47:36, 2. Walter Jaye 55:37.

Division Results - Women's 10K
14 & Under: 1. Kate Conkling 47:17, 2. Kerri Horn 48:34, 3. Jennie King 52:53. **15-19:** 1. Eva Belt 43:25, 2. Amy Viall 45:45, 3. Julie Taylor 50:21. **20-29:** 1. Barbara Padilla 45:26, 2. R. Reynolds 46:58, 3. Jonette Volmer 47:01. **30-39:** 1. Mari Anne Skidmore 40:03, 2. Rhonda Champagin 44:58, 3. Mary Ellen Sheppard 46:16. **40-49:** 1. S. Larkin 53:59, 2. Janice Bigelow 54:12, 3. Rockanne Vold 56:41. **50-59:** 1. Jeanie Kayser-Jones 50:13, 2. Shirley Wood 58:17, 3. Naomi Kerwin 60:25.

Division Results - Men's 2 Mile
14 & Under: 1. A. Dodge 12:41, 2. Robert

Cavender 12:51, 3. M. Dodge 13:05. **15-19:** 1. Adam Villagomez 12:41, 2. Dan Yeontans 14:09, 3. Scott Flanders 14:40. **20-29:** 1. B. Cranford 10:47, 2. J. Shoemaker 11:15, 3. Kevin Eldridge 11:31. **30-39:** 1. Michael Degregorio 11:27, 2. J. Gillette 12:07, 3. M. Casey 12:21. **40-49:** 1. Jim Gibbons 10:24, 2. Thomas Hastings 11:02, 3. John Meyers 12:11. **50-59:** 1. Les Fredrickson 11:45, 2. Carli Jackson 12:56, 3. Carter Keane 14:32. **60 & Over:** 1. Cecil Ranney 23:45.

Division Results - Women's 2 Mile
14 & Under: 1. Daisy Stanhope 13:51, 2. Stacie Morse 16:56. **15-19:** 1. Christine Henry 13:53, 2. Tara Medor 14:17, 3. Julie Paoil 18:52. **20-29:** 1. Ardeg Stanhope 15:08, 2. Diana Vidulich 15:17, 3. Consuelo Ayala 15:37. **30-39:** 1. Deb Barr 13:56, 2. Karen Pinnt 14:52, 3. Delora Komtuz 15:35. **40-49:** 1. Shirley Bayne 15:37, 2. Sue Ann Mattizzuo 16:25, 3. Patsy Winkler 16:31. **50-59:** 1. Doris Morabito 19:14, 2. Alice Frye 21:15, 3. Inge Heim 21:30. **60 & Over:** 1. Fran Brocco 26:44, 2. Artie Goldman 46:59.

50 Kilometer Track Race

March 29, Santa Monica.

Overall Results
 1. John Montgomery (40) DelMar 3:25:29
 2. Donald Ciceri (21) CulverCity 3:33:41
 3. Fred Nagelschmid(62)Ventura 4:03:20
 4. Richard Boston (39) Lakewood 4:11:06
 5. Jeff Kinzel (33) Tustin 4:16:00
 6. Tom Rohrer (50) FrazierPk 6:13:37



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Results

Bonne Bell 10K

March 29, Golden Gate Park, S.F.
Overall Results

- 1 Barbara Myers-Acosta(29)S.Cruz 35:47
- 2 Laurie Binder (39) Oakland 36:14
- 3 Eileen Bickard (29) Santa Cruz 36:46

photo by Mark Winitz



Barb Myers Acosta won the Bonne Bell 10K.

- 4 Johanna Reneke (24) Berkeley 37:10
- 5 Christie Patterson (38) 37:33
- 6 Sandy Sup (28) Fair Oaks 37:34
- 7 Colleen Sweet (37) Carmel 37:36
- 8 Heidi Perham (29) 37:55
- 9 Barbara Zimmer (34) PaloAlto 37:58
- 10 Alison Unterreiner(30)PaltoAlto 38:02
- 11 Sally Edwards (39) Sacto 38:07
- 12 Judy Leydig (35) SanCarlos 38:10
- 13 Sue Vinella-Brusher(32)Oaklnd 38:15
- 14 Sharon Maley (27) 38:21
- 15 Luanna Park (26) Chico 38:23
- 16 Juana Stavolone (41) 38:23
- 17 Shari Gilbert (36) Richmond 38:26
- 18 Joan Colman (43) Sausalito 38:30
- 19 Joann Dahlkoetter(33) S.F. 38:31
- 20 Laura Sanchez (25) 38:38
- 21 Noreen Kelly (30) S.Clara 38:41

Division Results

- 19 & Under: 1. Kathleen Hopkins 43:25
2. Erin Ferguson 45:00, 3. Heather Weisel 45:03. 20-24: 1. Johanna Reneke 37:10, 2. Karen Scholte 39:06, 3. Monika Zieschang 39:08. 25-29: 1. Eileen Bickard 36:46, 2. Sandy Sup 37:34, 3. Heidi Perham 37:55. 30-34: 1. Barbara Zimmer 37:58, 2. Alison Unterreiner 38:02, 3. Sue Vinella-Brusher 38:15. 35-39: 1. Laurie Binder 36:14, 2. Christie Patterson 37:33, 3. Sally Edwards 38:07. 40-44: 1. Juana Stavolone 38:23, 2. Joan Colman 38:30, 3. Hilary Naylor 39:03. 45-49: 1. Joan Ullooy 40:38, 2. Birthe Kirsch 42:02, 3. Agatha-Sue Lee 42:45. 50-59: 1. Alice Rose 43:28, 2. Ruth Anderson 47:21, 3. Jo Sullivan 48:08. 60-69: 1. Jaclyn Caselli 49:35, 2. Kit Pickles 52:19, 3. Els Tuinzing 57:27. Wheelchair: 1. Colleen Sweet 37:36.

Fontana Days

April 4, Fontana. 5K & Half Marathon.

- Overall Results - Half Marathon
- 1 Agapius Masong (25) 1:00:25
 - 2 Sam Sitonik (31) 1:00:46
 - 3 Sam Rotich (29) 1:01:55
 - 4 Seogarde Martin (22) 1:02:14

- 5 David Olds (25) 1:02:23
- 6 Carlos Victorino (29) 1:05:25
- 7 Mike Batts (20) 1:05:44
- 8 Stan Heinrichs (27) 1:08:24
- 9 Don Ocana (36) 1:08:52
- 10 Art Gutierrez (19) 1:09:03
- 11 Bernie Brizuala (30) 1:09:18
- 12 Jim O'Brien (34) 1:10:02
- 13 Catarino Gonzalez (45) 1:10:13
- 14 George Dinsmore (23) 1:10:14
- 15 Tony David (31) 1:10:31
- 16 Mindy Ireland (35) 1:10:40
- 17 Kim Ulle (31) 1:10:55
- 18 Lawrence Contreas (20) 1:11:04
- 19 Salvador Cervantes (35) 1:11:14
- 20 Rick Vandertie (36) 1:11:18
- 21 Vicente Rivera (27) 1:11:29
- 22 George Pierce (27) 1:12:20
- 23 David Green (20) 1:12:38
- 24 Alberto Santana (26) 1:12:41
- 25 John Mills (32) 1:12:50
- 26 Osvaldo Santos (27) 1:13:02
- 27 Phillip Conway (25) 1:13:18
- 28 Mel Sanchez (36) 1:13:21
- 29 Tom Edralin (36) 1:13:39
- 30 Marty Balding (50) 1:13:43
- 31 John Isakson (34) 1:13:59
- 32 E. Eino (47) 1:14:46
- 33 Salvador Gonzalez (40) 1:14:46
- 34 Ian Hall (25) 1:15:12
- 35 Octavio Canche (41) 1:15:26
- 36 Bob Milam (41) 1:15:50
- 37 Juan Cabeza (44) 1:16:03
- 38 Bob Dale (27) 1:16:28
- 39 Nicolas Vargas (18) 1:16:33
- 40 Danny Martinez (35) 1:16:47
- 41 Ruben Navarro (42) 1:17:02
- 42 Beverly Wassmer (27) 1:17:16
- 43 Don McBarlin (44) 1:17:28
- 44 Mike O'Halloran (31) 1:17:34
- 45 Bill Higgins (36) 1:17:42
- 46 Gene Martin (39) 1:17:45
- 47 Gregg Olson (26) 1:18:04
- 48 Claudia Morales (36) 1:18:06
- 49 Fred Wilding (39) 1:18:16
- 50 Dan Takahashi (30) 1:18:19

Division Results - Men's Half Mara.

- 12 & Under: 1. Jake Gebbie 1:48:06, 2. Bradley Andersen 1:49:01. 13-19: 1. Art Gutierrez 1:09:03, 2. Nicolas Vargas 1:16:33, 3. Scott Wilson 1:20:35. 20-24: 1. Leogarde Martin 1:02:14, 2. Mike Batts 1:05:44, 3. George Dinsmore 1:10:14. 25-29: 1. Agapius Masong 1:00:25, 2. Sam Rotich 1:01:55, 3. David Olds 1:02:23. 30-34: 1. Sam Sitonik 1:00:46, 2. Bernie Brizuala 1:09:18, 3. Jim O'Brien 1:10:02. 35-39: 1. Don Ocana 1:08:52, 2. Salvador Cervantes 1:11:14, 3. Rick Vandertie 1:11:18. 40-44: 1. Salvador Gonzalez 1:14:46, 2. Octavio Canche 1:15:26, 3. Bob Milam 1:15:50. 45-49: 1. Catarino Gonzalez 1:10:13, 2. E. Eino 1:14:46, 3. Terry Swets 1:19:57. 50-54: 1. Marty Balding 1:13:43, 2. John Ghini 1:19:41, 3. Dick Belliss 1:22:53. 55-59: 1. Tracy Brown 1:22:46, 2. Paul Saucedo 1:25:08, 3. Leo Prado 1:26:59. 60-64: 1. Lester Trujillo 1:19:08, 2. Robert Koch 1:31:02, 3. Albert Boone 1:33:29. 65-69: 1. Casey Poole 1:34:36, 2. Reese Walton 1:39:25, 3. Sam Simon 1:40:30. 70 & Over: 1. Dutch Benedetti 1:34:42.

Division Results - Women's Half Mara.

- 12 & Under: 1. Sheri Savel 1:41:42. 13-19: 1. Debra Savel 2:05:06. 20-24: 1. Beth Krueger 1:37:20, 2. Denise Denard 1:37:21, 3. Karen Saez 1:41:21. 25-29: 1. Beverly Wassmer 1:17:16, 2. Laura Lowe 1:20:53, 3. Laura Held 1:25:08. 30-34: 1. Janet Mellott 1:28:33, 2. Julie Thompson 1:30:33, 3. Karen Hellman 1:32:42. 35-39: 1. Mindy Ireland 1:10:40, 2. Claudia Morales 1:18:06, 3. Neva Ingersoll 1:28:15. 40-44: 1. Judy Palmer 1:31:46, 2. Peggy Boedecker 1:35:59, 3. Barbara Reukema 1:36:51. 45-49: 1. Sigrid McAllister 1:27:19, 2. Betty Frankum 1:33:21, 3. Lorraine Hashey 1:36:13. 50-54: 1. Dixie Madsen 1:35:30, 2. Missy Jennings 1:38:54, 3. Jane Dods 1:41:34. 55-59: 1. Patricia Pruitt 1:44:58, 2. Ariene Simon 2:28:47. 60-64: 1. Mary Storey 1:40:36. 70 & Over: 1. Bess James 2:14:19.

Overall Results - 5K

- 1 Terry Cotton (32) 13:30
- 2 Dave Ortiz (26) 14:01
- 3 Fernando Vasquez (23) 14:11

- 4 Steve Kovisto (23) 14:44
- 5 Mel Peterson (22) 14:47
- 6 Jose Duarte (21) 14:51
- 7 Mike Triplett (28) 14:55
- 8 Bill Lind (19) 14:59
- 9 Enrique Serratos (34) 15:07
- 10 Barry Schaeffer (35) 15:19
- 11 Gilbert Ortega (22) 15:31
- 12 Stewart Boden (32) 15:38
- 13 Daniel Gonzales (26) 15:38
- 14 Bob Dillman (36) 15:38
- 15 Kyle Korcha (20) 15:41
- 16 Curtis Styvaert (20) 15:42
- 17 Jeff Grubbs (24) 15:44
- 18 Pat Kelley (28) 15:53
- 19 Bruce Geddes (42) 15:58
- 20 Chris Pohl (16) 15:59
- 21 Greg Greiner (22) 15:59
- 22 John Gaherty (38) 16:07
- 23 Larry Hall (29) 16:08
- 24 Bobby Queen (17) 16:08
- 25 Jim Brownfield (55) 16:09
- 26 Nati Carrasco (27) 16:09
- 27 Lari Bright (26) 16:13
- 28 Charles McClung (46) 16:19
- 29 Michele Tiff (36) 16:26
- 30 Ray Hughes (48) 16:30
- 31 Albert Camacho (17) 16:34
- 32 Moses Hernandez (16) 16:35
- 33 John Brown (44) 16:37
- 34 Clint Lamom (22) 16:37
- 35 Troy Nelson (15) 16:44
- 36 David Cebahatiah (16) 16:45
- 37 Joaquin Granada (47) 16:48
- 38 James Causey (15) 16:48
- 39 John Allen (37) 16:49
- 40 Bill Stevenson (39) 16:50

Division Results - Men's 5K

- 12 & Under: 1. Keith Richards 17:39, 2. Jeremy Burton 19:13, 3. Manuel Subia 20:11. 13-19: 1. Bill Lind 14:59, 2. Chris Pohl 15:59, 3. Bobby Queen 16:08. 20-24: 1. Fernando Vasquez 14:11, 2. Steve Kovisto 14:44, 3. Mel Peterson 14:47. 25-29: 1. Dave Ortiz 14:01, 2. Mike Triplett 14:55, 3. Daniel Gonzales 15:38. 30-34: 1. Terry Cotton 13:30, 2. Enrique Serratos 15:07, 3. Stewart Boden 15:38. 35-39: 1. Barry Schaeffer 15:19, 2. Bob Dillman 15:38, 3. John Gaherty 16:07. 40-44: 1. Bruce Geddes 15:58, 2. John Brown 16:37, 3. Manuel Vasquez 16:55. 45-49: 1. Charles McClung 16:19, 2. Ray Hughes 16:30, 3. Joaquin Granada 16:48. 50-54: 1. Wally Ingram 17:06, 2. Clirr Larkins 18:48, 3. Mike Dunn 19:32. 55-59: 1. Jim Brownfield 16:09, 2. Robert Culling 17:20, 3. Charles Hanson 17:50.

- 60-64: 1. Larry Banuelos 18:36, 2. Rodolfo Silva 20:13, 3. John Baird 21:54. 65-69: 1. Karlis Smiltens 23:13, 2. Leopoldo Fregoso 23:46. 70 & Over: 1. Ed Rumble 22:49.

Division Results - Women's 5K

- 12 & Under: 1. Katy Baker 22:13, 2. Amy Stanfield 25:02, 3. Jeanne Rowland 25:20. 13-19: 1. Luisa Villanueva 19:59, 2. Anna Solorio 20:33, 3. Sandy Serratos 21:23. 20-24: 1. Gina Onweiler 22:06, 2. Julie Pfalinger 22:35, 3. Joan DaBie 23:30. 25-29: 1. Lari Bright 16:13, 2. Patricia Contreras 18:25, 3. S. Deary 18:36. 30-34: 1. Laurie Land 20:09, 2. Naomi Waka 20:47, 3. Debbie Stanfield 21:33. 35-39: 1. Michele Tiff 16:26, 2. Judy Aleks 20:27, 3. Jamie Nichols 20:33. 40-44: 1. Betty Walsh 22:03, 2. Linda Ewart 22:08, 3. Chrystal Wilkerson 23:05. 45-49: 1. Joyce Morita 19:38, 2. Margaret Shields 20:30, 3. Eloisa Casarea 22:17. 50-54: 1. June Dickinson 20:38, 2. Ruth Granados 22:59, 3. Bobbie Hamm 24:56. 55-59: 1. Esther Milich 21:23. 60-64: 1. Helen Sorenson N.T. 65-69: 1. Nyia Cook 31:08, 2. Patricia Pedersen N.T.



... I like the clear-cut way the information is presented. There's no ridiculous jargon thrown in to confuse readers. —Bill Rodgers

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Results

Apple Juice Run

April 5. Sebastopol. 10K & 2 MI.
Division Results - Men's 10K

9-13: 1. Matthew Sloat 40:19, 2. Jeff Baustista 41:01, 3. Jeffrey Logue 48:37.
14-18: 1. Greg Archuleta 38:29, 2. Jon Aloa 39:02, 3. Matt Cline 44:27. 19-24: 1. Richard Ferguson 38:53, 2. Gerardo Rosas 40:21, 3. Brian Averell 42:59. 25-29: 1. Bruce Phonney 34:16, 2. John Shoemaker 34:53, 3. Alec Penngrove 35:23. 30-34: 1. Mike Hutton 35:38, 2. Mark Lane 35:41, 3. Daniel Turek 39:10. 35-39: 1. Bob McClennan 33:31, 2. Ron Smith 33:35, 3. John Hirschberger 36:44. 40-44: 1. Keith Kreger 35:18, 2. Walter Boles 37:08, 3. Dave Sjosted 37:09. 45-49: 1. Bill Novato 37:31, 2. Bob Frescura 45:08, 3. Jess Nieto 46:10. 50-60: 1. Daryl Beardall 35:40, 2. Morton Gray 37:48, 3. Bob Miyashiro 45:35. 60 & Over: 1. Harm Jensen 46:18, 2. Earl Turner 46:53, 3. Ray Mahannah 52:28.

Division Results - Women's 10K

9-13: 1. Amy Logue 58:09, 2. Vicki Fisher 1:14:34. 19-24: 1. Catherine Dubay 40:37, 2. Maribeth Duffy 41:37, 3. Donna Buckendahl 42:36. 25-29: 1. Connie Kondo 41:04, 2. Mary Cilley 42:31, 3. Nancy Heming 43:08. 30-34: 1. Donna Walsh 47:49, 2. Donna Fisher 48:29, 3. Jan Kandeman 48:38. 35-39: 1. Judy Wetch 45:23, 2. Deborah Ross 45:34, 3. Patti Blount 47:44. 40-44: 1. Carol Murray 44:46, 2. Reta Bartwo 45:13, 3. Joyce Bennett 46:47. 45-49: 1. Carol Kelly 47:18, 2. Shirley Howe 51:49, 3. Holly Gustafson 1:02:09. 50-60: 1. Janet Buckendahl 42:27, 2. Elaine Frank 49:49, 3. Jackie Leach 59:26. 60 & Over: 1. Lura Delanty 53:12, 2. Helen Kuzlara 58:32.

Division Results - Boy's 2 Mile

8 & Under: 1. Todd Carey 14:51, 2. Taylor Stephens 16:19, 3. Patrick O'Leary 16:33.

9-13: 1. Matt Corrow 14:16, 2. Anthony Ciamechillil 14:22, 3. Shane Coyt 14:23.
14 & Over: 1. Jerold Drew 9:41, 2. Erick Studenick 9:45, 3. Don Nauman 9:55.

Division Results - Girl's 2 Mile

8 & Under: 1. Andrea Hellwege 16:45, 2. Sarah Heagy 19:00, 3. Katy Brones 19:11.
9-13: 1. Karlin McCall 12:48, 2. Helke Beeson 14:58, 3. Carrie Sloat 14:59. 14 & Over: 1. Nora Cooney 11:51, 2. Mary Stompe 13:18, 3. Jennie Dempsey 13:25.

Houlihan's to Houlihan's 12K Across the Bay

April 5. San Francisco.

Some ran for the prize money or because of the quality of the competition. Some ran because of the reputation of the post-race "Celebration of Running." And, many ran despite it being the first day of daylight savings time. But, regardless of other reasons or attitudes 3,900 Houlihan's to Houlihan's Race entrants shared the motivation and rewards of running a spectacular 12K course from Sausalito to San Francisco across the Golden Gate Bridge.

Bill Donakowski's winning time, 35:48, and the sub-5 minute/mile pace run by all ten top male finishers of the 4th Annual Houlihan's to Houlihan's Race disguise the difficulty of this nationally certified 12K course. After starting out from the Golden Gate National Recreation Area in Marin County, runners dropped a gradual 100 feet, to sea level, in the first mile and a half of the race, then climbed a sharp 300 feet on a half-mile swish-back road up to the Golden Gate Bridge. Donakowski's hill-climbing power gave him the lead on the ascent to the Bridge. And, although strongly pursued by Dave Parish (of Reno), who won the '86 Houlihan's race (when the course went 8 miles in the opposite direction) and by Jeff Adkins, Donakowski maintained his lead.

Once on the Bridge runners had a smooth descent through the San Francisco Presidio and a straight, flat shot past the San Francisco Marina. Donakowski maintained a 4:46/mile pace that gave him nearly a half-minute lead over Parish as they went over the short Fort Mason hill and down to the finish at Aquatic Park on Fisherman's Wharf.

Janine Aiello, who ran her P.R. Marathon time to win the San Diego Marathon in December, was the first woman into the Houlihan's finish with a time of 42:45. Her toughest competition came from Terry Puckett and from Seattle's Kathy Kroll, whose prize for winning the Seattle St. Patrick's Day Dash was a trip to the Houlihan's to Houlihan's Race. Aiello's 5:42/mile pace put at the finish line alone with Puckett and Kroll finishing at 43:29 and 43:45 respectively. The top 3 men and top 3 women split a \$1000 purse.

Masters Champion Sal Vasquez (age 47) ran an impressive 38:57 to win the master's division. He has won the Houlihan's master's division every year but last year when Bill Sevald ran his first master's race and beat Sal. Sal is known best as the only 4-time consecutive winner of the renowned Dipsea Race in Marin County, California.

Sal Vasquez and women's master winner, Karen Lanterman were two among 48 men and 25 women who ran Houlihan's to Houlihan's under the qualifying time (42:20/men, 48:40/women) for seeded positions at Examiner Bay to Breakers. Houlihan's has become an official qualifying race for the 12K Examiner Bay to Breakers Race in May.

Also among top finishers at Houlihan's was Roger Bourban, a.k.a. "Le Garcon



Janine Aiello, Houlihan's top female finisher.



Bill Donakowski, Houlihan's overall winner.

Rapide." Roger, who is the Guinness Book of World Record's "Fastest Waiter in the World" ran in waiter's togs, complete with a Houlihan's waiter's apron, carrying a full open bottle of Vittel mineral water free-standing on a tray. He finished in 50 minutes. The Swiss-born Bourban manages the famous Nikki Blair's in Beverly Hills. He established his running-waiter record by running the London Marathon with a full bottle of champagne in 2:47.

Overall Results - Men

1	Bill Donakowski (30)	35:48
2	Dave Parish (28)	36:15
3	Jeff Adkins (26)	36:22
4	Mark Conover (26)	36:50
5	Alan Dehlinger (26)	36:52
6	David Minter (26)	37:01
7	Randy Accetta (23)	37:06
8	Don Paul (36)	37:13
9	Chris Ryalls (22)	37:21
10	Greg Carrillo (27)	37:24

Overall Results - Women

1	Janine Aiello (27)	42:45
2	Terry Puckett (31)	43:29
3	Kathy Kroll (26)	43:45
4	Margaret Beardsley (28)	45:14
5	Ann Danford (28)	45:36
6	Joann Dahlkoetter (33)	45:52
7	Helke Skaden (24)	46:05
8	Sue Vinella-Brusher (32)	46:12
9	Sue Gyorey (28)	46:45
10	Sharon Swann (35)	46:51

Men/Masters:

1	Sal Vasquez (47)	38:57
2	Jim Gibbons (42)	40:43
3	Gene Dangel (40)	41:27

Women/Masters:

1	Karen Lanterman (42)	48:23
2	Joan Ulloy (46)	49:48
3	Laurie Fisher (44)	49:56

Seal Beach 10K

April 11. Seal Beach. 10K.

Division Results - Men

14 & Under: 1. Robert Kyle 37:59, 2. Matt Fulvio 39:01, 3. David Pohl 39:43. 15-18: 1. Matthew Gott 35:33, 2. Bruce Anderson 36:21, 3. Chris Pohl 36:58. 19-24: 1. Allen Just 30:27, 2. Jim Reish 31:58, 3. Scott Whitaker 35:12. 25-29: 1. Greg Gonzales 31:38, 2. Jim Kelley 33:05, 3. Sean Lieblang 34:00. 30-34: 1. Daniel Babcock 32:08, 2. Kie Soohoo 34:42, 3. Bill Fitzpatrick 34:48. 35-39: 1. Jesse Leyva 36:32, 2. Larry Weisenthal 37:18, 3. Lorenzo Herrera 37:25. 40-44: 1. Don McCathy 34:05, 2. Larry Lake 34:08, 3. Jerry Laverty 34:49. 45-49: 1. Pat Gorman 36:52, 2. Jim Crawford 36:58, 3. Fred Holcomb 38:24. 50-54: 1. Frank Greene 38:11, 2. Joe Iseri 39:29, 3. Bob Rice 39:38. 55-59: 1. Tracy Brown 39:30, 2. Clarence Wingate 39:40, 3. Fred Castaneda 41:50. 60-69: 1. Ed Horning 43:53, 2. George Travis 50:22, 3. A.J. Cior 50:30. 70 & Over: 1. Eddie Lewin 42:28, 2. Dean Scofield 1:00:58.

Division Results - Women

14 & Under: 1. Bonnie Johnson 44:20, 2. Katy Donahue 51:05. 15-18: 1. Erica Terrack 45:49, 2. Teri Lynn 49:08, 3. Peggy Farrell 52:26. 19-24: 1. Tracy Rose 37:58, 2. Anita Johnson 38:32, 3. Jennie Mason 38:39. 25-29: 1. Vicky Mills 39:27, 2. Julie Valentino 39:35, 3. Cherie Boufford 39:41. 30-34: 1. Laurie Madson 36:34, 2. Jennie Cole 42:28, 3. Georgina Ried 43:19. 35-39: 1. Dabbe Wilkinson 40:00, 2. Neva Ingersoll 42:53, 3. Cindy Van Stralen 44:19. 40-44: 1. Cheryl Allen 40:32, 2. Denny Shryock 41:46, 3. Isadora Johnson 44:11. 45-49: 1. Carolyn Watkins 51:05, 2. Sandy Pirkle 51:08, 3. Florence Jeong 51:40. 50-54: 1. Mickie Shapiro 47:03, 2. Mary Dugan 50:32. 55-59: 1. Jean Windshar 58:11, 2. Gloria Eldred 1:00:32. 60-69: 1. Antoinette Hill 53:52, 2. Edith Dalton 1:10:24. 70 & Over: 1. Lucile Adney 1:11:50.



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