

JUNE 1988

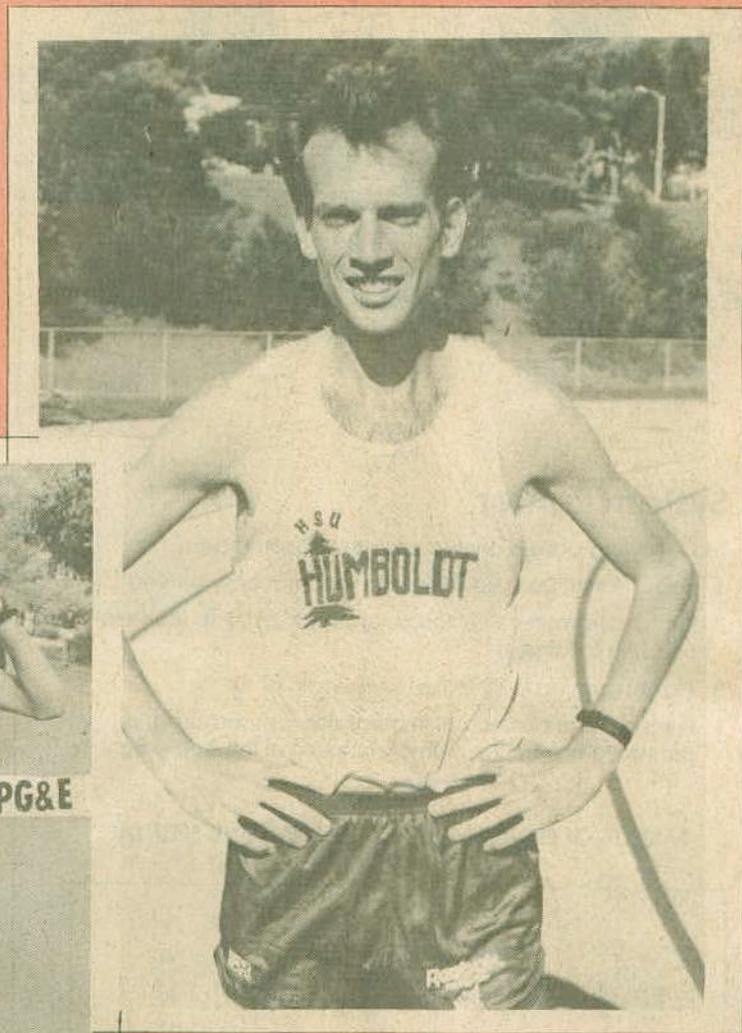
ISSUE NO. 137

CALIFORNIA

Track & Running News

Californians to Seoul

08/88
Walt Lange
4920 Oak Leaf Ave.
Carmichael CA 95608



DITZ and
CONOVER

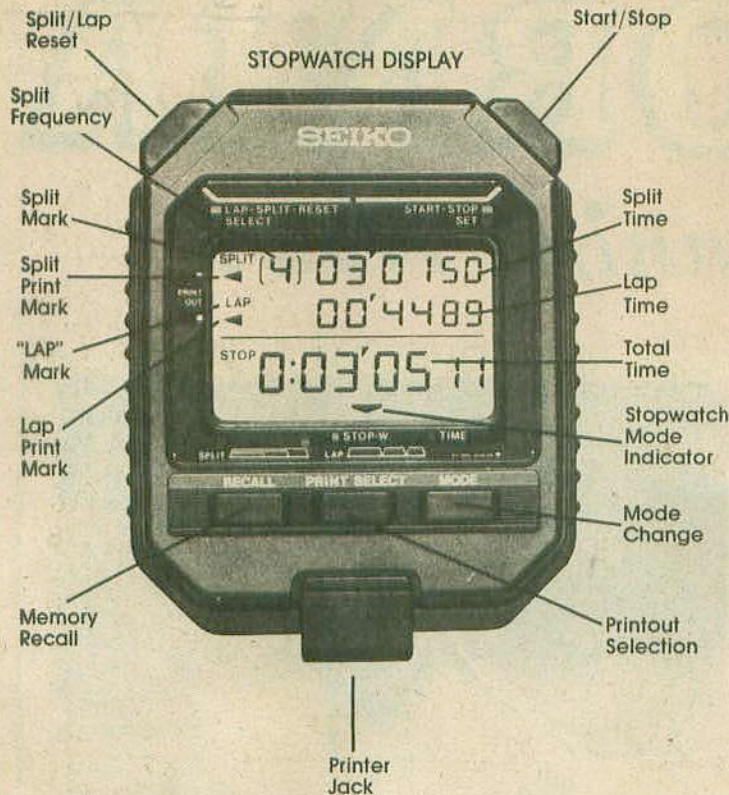
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Digital Quartz Stopwatch With Printer, SP11



System Printer

The following data is printed permanently on tape:

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

SAMPLES OF PRINTER TAPE SHOWING SPLIT AND SPLIT/LAP

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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)

Printout:

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

Time Measurement: 1/100 of a second

LCD Stopwatch Display:

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

Modes:

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

Temperature:

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

Dimensions:

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

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

Weight: 12 ounces with batteries, paper and cord

Batteries:

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

Construction:

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

Standard Accessories:

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

Optional Accessories:

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

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CALIFORNIA

Track & Running News



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MEMBER OF RUNNING USA

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ON THE COVER: California's Olympic Marathon qualifiers Mark Conover and Nancy Ditz. Conover can still fit into his Humboldt State jersey (photo by Gregor Robin). Ditz is pictured winning the Earthquake Day 10K on April 17 (photo by Gene Cohn). See page 21 for an interview with Conover and page 27 for an interview with Ditz. Results of the Marathon Trials are on page 31.

Schedule

By JACK LEYDIG

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

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

June 2 (Thursday)

Tulare: Sundowner 3K Road Run, Bob Mathias Stadium, 6 p.m. Barrie Lee Perry, c/o Recreation & Parks Dept., 830 So. Blackstone St., Tulare 93274. (209) 688-2001.

South El Monte: 099'ers Legg Lake 5K Challenge, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

June 4 (Saturday)

New York, N.Y.: L'Eggs Mini-Marathon, 10K, (Women Only), Central Park, Time TBA. New York RRC, 9 East 89th St., Dept. C, New York, NY 10128.

Fairfield: Gold Medal Triathlon, 3/4M Swim, 5.4M Run, 9.5M Bike, Lagoon Valley Park, 8:30 a.m. Rick Gabers, 2525 Martin Rd., Fairfield 94533. (707) 425-9564.

Patterson: Run for Apricots, Distance TBA, Patterson High track, 7 a.m. Tom Klein, P.O. Box 442, Patterson 95363. (209) 892-2454.

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

Sonoma: "Hit the Road Jack II" Wine & Cheese Country Run 10K, Time TBA. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476.

Squaw Valley: Squaw Valley Sports Day 5-Miler, Squaw Valley Theatre, 9 a.m. Rick Sylvester, Box 2483, Olympic Valley 95730. (916) 583-6402.

Bakersfield: Bakersfield T.C. Fun Run, Hart Park, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Burbank: Burbank "Run for the Hungry", 8K, Warner Blvd. & Riverside Dr., 8 a.m. Tom Moriarty, P.O. Box 906, Montrose 91020. (818) 957-2807.

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

Corona: Run for the Crown 5 & 10K, Corona High School, 8 a.m. Dale Hahlbeck, 815 W. 6th Street, Room 150, Corona 91720. (714) 736-2241.

Rosarita Beach, BC (Mexico): Festival de Primavera 5K, 10K & 10 Mi., 8 a.m./5K, 8:05 a.m./10K, 8:10 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (213) 634-3027.

McKinleyville: Totem Pole V Race, 2 & 5 Mi., McKinleyville High School, 10 a.m. No contact: Raceday signup only.

Chino: St. Margaret's Parrish 5 & 10K Runs, St. Margaret's Church, 7:45 a.m. Tom Tyner (714) 591-5132.

Covina: Fun Run & 5K Run, Charter Oak Hospital, 7:30 a.m. Contact: (818) 966-1632.

San Diego: Crystal Pier 9K, Pacific Beach, 8 a.m. John Hughes (714) 483-6666.

June 5 (Sunday)

San Dimas: Los Angeles Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. LATOC, 2564 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Foster City: Sri Chinmoy Marathon, Sea Cloud Park, 7 a.m. Giribar DeAngelo, 951 W. Dana St., Mt. View 94041. (415) 964-6372.

Mill Valley: DSE Practice Dipsea, Lytton Square to Stinson Beach, 7.1 Mi., 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Mateo: Friends of Sawyer Camp Trail 5 & 10K, 9 a.m. Computer Results, P.O. Box 758, Millbrae 94030.



Ukiah: Russian River Run, Marathon, Half-Marathon & 8K (PA/TAC 8K Masters Championships), Time TBA. Russian River Run, 505 S. State St., Ukiah 95482. (707) 462-8879.

Palo Alto: Shore to Shore Optimist 10K Run, Time TBA. Optimist Club, P.O. Box 505, Palo Alto 94302. (415) 321-3522 Dan Morris.

Santa Clara: The Race for Time 3 & 10K, Mission College Campus (Mission College Blvd. & US-101), 9 a.m. Rod Lajoie, MMI FCU, 2175 Mission College Blvd., Santa Clara 95054. (408) 970-9700, x463.

San Leandro: San Leandro Shoreline Run, 3 & 10K, San Leandro Marina, Fairway & Neptune Dr., 8:45 a.m./3K, 9 a.m. Melinda Chinn, 835 E. 14th St., San Leandro 94577. (415) 577-3467.

Nevada City: Gold Country Lions Road Races & Fun Walk, 5K, 10K, 20K, 30K and 5K Walk, 7:30 a.m. Gold Country Lions, P.O. Box 236, Grass Valley 95945. (916) 265-5005 Tom.

Sacramento: Bike America Biathlon, 3 Mi. Run, 20 Mi. Bike, 6531 Bruceville Rd., 8 a.m. CCT, 6531 Bruceville Rd., Sacramento 95823. (916) 423-3035, 924-8311.

Fresno: KNXT-Channel 49 Benefit Run, 4 Mi., 1 Mi. & 1 Mi. Walk, Guadalupe Park (E. Carmen Ave. & N Angus St.), 6:45 a.m. Fred Periera, 4048 N. Angus, Fresno 93726. (209) 224-7857, 485-3200, 486-4949.

Schedule

Modesto: SOS Triathlon, 8:30 a.m.
Mark Boese: (209) 521-6005.

South El Monte: Legg Lake 5K
Morning Run, 8 a.m. Arthur Martinez,
9502 Reichling Lane, Pico Rivera 90660.
(213) 949-0394.

Redondo Beach: Love Your Heart
10K, South end of The Esplanade (to
Live Oak Park in Manhattan Beach), 7
a.m. Larry Chowen, 1850 Snowden,
Long Beach 90815. (213) 594-6307.

San Luis Obispo: Grape Race 10K,
8:30 a.m. Vicki Sacksteder, P.O. Box
1164, San Luis Obispo 93406. (805)
544-6444.

Westlake Village: Conejo 8K Run,
Westlake Elementary School, 8 a.m. (No
Pre-Entry). Brian Pritchard, 1626
Wellington Pl., Westlake Village 91361.
(805) 496-0088.

Los Angeles: Bob Seagren 5 & 10K
Runs, UCLA, 8 a.m./5K, 8:30 a.m.
UCLA Intervention Program, 1000
Veteran Ave., #23-10, Los Angeles
90024. (213) 825-2405 Kit Kehr.

Orange County: Orange County
Performing Arts Center Triathlon, 1.5K
Swim, 35K Bike, 10K Run, Lake Mission
Viejo, 7 a.m. Orange County Performing
Arts Center, P.O. Box 2218, Costa
Mesa 92626. (714) 846-0813.

La Jolla: Golden Triangle 10K and 2
Mi., Jewish Comm. Center, 7:30 a.m.
Gary Levitt. (619) 437-4556.

San Marcos: Run for the Fund, 5 &
10K, Woodland Park, 7:30 a.m. Toni
Deal (714) 744-4776.

Cupertino: DeAnza Day 5K Fun Run,
DeAnza College Parking Lot "D", 8 a.m.
DeAnza College, c/o Intramural Sports,
21250 Stevens Creek Blvd., Cupertino
95014. (408) 977-3644.

San Dimas: Los Angeles Triathlon
Championship Series, 1K Swim, 40K
Bike, 8K Run, Bonelli Park, Time TBA.
LATOC, 2564 E. Garvey Ave., West
Covina 91791. (818) 331-0169.

June 7 (Tuesday)

Bakersfield: Summer Triathlon #1,
Time TBA. Bakersfield T.C., P.O. Box
6154, Bakersfield 93386.

Oxnard: Oxnard 3 Mile Evening Run, 6
p.m. Lorraine Mercado, Parks &
Recreation Dept., 325 South A Street,
Oxnard 93030. (805) 984-4643.

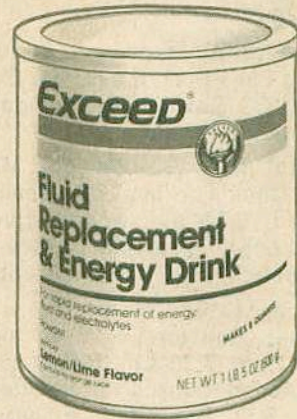
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June 9 (Thursday)

South El Monte: 099'ers Legg Lake
5 Mile, 6:45 a.m. Arthur Martinez, 9502
Reichling Lane, Pico Rivera 90660.
(213) 949-0394.

June 10 (Friday)

Los Angeles: Aztlan Sunset Indian
5K x-Country, Elysian Park, 6 p.m. (1st
race). Aztlan T.C., 1703 Laurel St., So.
Pasadena 91030. (213) 255-1234 Frank
Meza.

June 11 (Saturday)

So. Lake Tahoe: DeCelle Jr.
Memorial Tahoe Relays, 72-Mile 7-
Person Relay around Lake Tahoe, 8
a.m. Robert DeCelle, P.O. Box 1606,
Alameda 94501. (415) 523-2264, days.

San Francisco: 5K Run to Home
Plate, Candlestick Park, Lot C, 11 a.m.
Valerie Moyes, Candlestick Park, San
Francisco 94124. (415) 468-3700.

Novato: Stafford Lake Biathlon,
Stafford Lake County Park (Marin
County), 5 Mi. Run, 21 Mi. Bike, 9 a.m.
Team Challenge, P.O. Box 963, El
Sobrante 94803. (415) 841-1190.

Mariposa: Butterfly Days Run, 1 & 4
Mi., 8 a.m. Yosemite Bank, P.O. Box
5000, Mariposa 95338. (209) 966-3777.

Oxnard: Oxnard 5K Morning Run, 8
a.m. Oxnard Parks & Recreation Dept.,
Attn: Lorraine Mercado, 325 So. A
Street, Oxnard 93030. (805) 984-4643.

Ventura: Harbortown Expo 5K,
Harbortown Hotel (Harbor Blvd.), 8:30
a.m. Inside Track, 1410 E. Main St.,
Ventura 93003. (805) 643-1104.

□ Schedule

Idyllwild: Idyllwild 5 & 10K Runs, Idyllwild Town Center, 8 a.m. Dave Pelham, P.O. Box 3185, Idyllwild 92349. (714) 659-4045.

South El Monte: Menudo 5 & 10K Runs, Legg Lake Park, 8 a.m. Lt. Dan Alvarez, P.O. Box 2353, Irwindale 91706. (714) 547-7559.

Corona del Mar: Corona del Mar Scenic 5K, Corona del Mar State Beach, 8 a.m./men, 8:30 a.m./women (pre-registration only). Nancy Beard, City of Newport Beach, Box 1768, Newport Beach 92658. (714) 644-3151.

Santa Ana: Run for Life 5 & 10K, Centennial Park, 7:30 a.m./10K, 8 a.m. Christian Action Council for Southern California, P.O. Box 6114, Fullerton 92631. (714) 526-8200 Mary Ann.

Rosarito Beach, BC (Mexico): Rosarito Beach Triathlon, 0.3 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 9 a.m. Bicycling West, P.O. Box 15128, San Diego 92115. (619) 583-3001.

Kerman: 3 & 10K Kerman Run for the Son. Kerman Covenant Church, 9 a.m. Kerman Covenant Church, 15459 Whitesbridge Rd., Kerman 93630. (209) 846-5307.

Windsor: Great Grape Stampede, 10K & 2.5 Mi., Windsor River Rd. (near Methodist Church), 8 a.m. Lynn Branscomb, P.O. Box 284, Windsor 95492. (707) 838-9536.

Bakersfield: Good Ole Run, 4 Mi. & 2 Mi. 'rock' handicap, Beach Park (at the bike path), 6:30 a.m. (2 Mi.), 7 a.m. Steve Moehlman. (805) 326-3994.

Palos Verdes: Palos Verdes Marathon, 7 a.m. Marathon Running Store, 1454 W. 25th St., San Pedro 90732. (213) 548-6865.

Point Loma: Point Loma Handicap, 10K, 7:30 a.m. Chuck Pennell. (714) 460-3110.

June 12 (Sunday)

Mill Valley: Dipsea Race, 7.1 Mi. Trail Race (to Stinson Beach over Mt. Tamalpais), Time TBA. Note: Apr. 1 was deadline for entry requests. Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

San Francisco: DSE Polo to Breakers, 5.5 Mi., Golden Gate Park (Polo Fields, South side), 9:30 a.m. (0.6 Mi. Kid's run), 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Aptos: Aptos Women's 5 Miler, Aptos Village Park (entrance to Niesene Marks State Park), 9 a.m. (Women Only). Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

San Jose: Quicksilver Challenge Half-Marathon, Quicksilver Park, 8 a.m. Bill Barclay, P.O. Box 41474, San Jose 95160.

Mountain View: Round the Runway Footrace, 5 & 10K, NAS Moffett Field (North end of large hangar), 8:30 a.m./5K, 9:15 a.m. Bob Kelly, P.O. Box 197, Moffett Field 94035. (415) 966-5793, 966-5875.

Redwood City: Boardwalk "10" Race, 10K, Boardwalk Auto Center, 9 a.m. Bob Kissick, Boardwalk VW, 1 Bair Island Rd., Redwood City 94062. (415) 364-0100.

Napa: Sierra Cup 10K, Mt. George School (Coombsville Rd. at 2nd Ave.), 8:30 a.m. George Grammens, 500 Kent St., Napa 94558. (707) 255-0775.

Baywood Park: South Bay Advocates Junefest 4 Mile, 9 a.m. Ron Roundy. (805) 528-0775.

Palmdale: Punchbowl 10 Miler, Devil's Punchbowl Parking Lot (above Pearblossom, east of Palmdale), Time TBA. Bob Kimmerly. (805) 270-1378.

Camarillo: Gold Coast Triathlon Series #1, 1.5K Swim, 40K Bike, 10K Run, Ventura State Beach, Time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

Riverside: Riverside Medical Clinic 5 & 10K Fitness Classic, Arlington High School (Lincoln & Jackson), 8 a.m. Race Central, P.O. Box 828, Rialto 92376.

Encino: Run for Fun, 5 & 10K and 1 Mi. Kid's Run, Woodley Park (Sepulveda Dam Basin), 7:45 a.m./1 Mi., 8 a.m./5K, 8:30 a.m. L.A. City Dept. of Recr. & Parks, 6335 Woodley Ave., Van Nuys 91406. (818) 989-8616.

Coronado: Coronado Hospital Bridge Run, 10K & 3 Mi., Glorietta Blvd., 7 a.m. Kathy Loper. (619) 437-4667.

Isleton: Isleton Crawdad Festival 5 Mile Classic, 6th & School Sts., 9 a.m. Chamber of Commerce, Box 204, Isleton 94535. (916) 777-6031.

Mountain View: Round the Runway Footrace, 5 & 10K, NAS Moffett Field (north end of large hangar), 8:30 a.m./5K, 9:15 a.m. Bob Kelly, P.O. Box 197, Moffett Field 94035. (415) 966-5793, 5875.

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

Encinitas: Flower Festival 10K & 2 Mi., 8 a.m. John Collias. (714) 942-1730.

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□ Schedule

June 14 (Tuesday)

Oxnard: Oxnard 5 Mile Evening Run, 6 p.m. Lorraine Mercade, Parks & Recr. Dept., 325 South A Street, Oxnard 93030. (805) 984-4643.

Bakersfield: BTC Handicap Series #1, 5K, East of Hart Park (Alfred Harrell Highway), 7 p.m. Steve Moehlman. (805) 326-3994.

June 15 (Wednesday)

Point Loma: Point Loma Handicap, 10K, NOSC Bldg. 33, 5:45 p.m. Chuck Pennell (619) 460-3110. Note: SDTC & DRR Members Only!

June 16 (Thursday)

South El Monte: Legg Lake 5K Carrera de los Venanos, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

June 18 (Saturday)

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

Reno, NV: Port of Subs Captain's Cup, 5K (PA/TAC Championships), Downtown (Reno Arch), 8 a.m. David Minter, 1950 Brisbane, Reno, NV. 89503. (702) 747-4781.

South El Monte: 5 & 10K Running for Glory, Legg Lake, 8 a.m. Running for Glory, 1432 W. Puente Ave., West Covina 91790. (818) 814-2302.

El Segundo: El Segundo 5 & 10K and 1 Mi. Kids Run, El Segundo & Main St., 8 a.m. El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1210.

San Diego: Tug's Tavern Memorial Biathlon, 1/2 Mi. Swim, 5 1/2 Mi. Run, 1/2 Mi. Swim, Mission Beach, 8:30 a.m. Tom Warren, 2393 La Marque St., San Diego 92109.

San Diego: Tierrasanta-Kiwanis 10K, Serra High School, 7 a.m. Hani Shatila (619) 268-4184.

Sausalito: Headlands Wolf Ridge Classic 10K & Half-Marathon, Golden Gate Headlands, Bunker Rd. (across from Gunnery Range), 8 a.m./H-M, 8:30 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705.

Riverside: Tin Man Triathlon, 5K Run, 10.3 Mi. Bike, 75m Swim, Sherman Indian High School, 8 a.m. Tin Man Triathlon, Parks & Recr., 3900 Main St., Riverside 92522. (714) 782-5407.

June 19 (Sunday)

Lompoc: Valley of the Flowers Marathon and Half-Marathon, Lompoc High School, 7 a.m. Valley of the Flowers Marathon, P.O. Box 694, Lompoc 93438. Lee Heinz: (805) 737-0025, before 9 p.m.

San Francisco: DSE Fort Point Run, 3.8 Mi., Little Marina Green, 10 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

San Jose: Fujitsu 5 Mile Classic, North San Jose (Fujitsu Hqtrs.), Time TBA. Rhodyco Productions, 805 Lake St., #3, San Francisco 94118.

Oakland: Dick Houston/Memorial Woodminster 8 Mi., Joaquin Miller Park (Meadow), 9 a.m. (handicapped starts). Gail Wetzork, 3452 Capella Lane, Alameda 94501. (415) 522-3724.

Palo Alto: Robert Krohn Baylands 5 & 10K Stride, Palo Alto Baylands (Embarcadero & Geng), 9 a.m. Palo Alto Recr. Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Monte Rio: Moscow Road Race, 5 & 10K, Main St. at Moscow Rd., 8 a.m. Dan Northern, P.O. Box 268, Monte Rio 95462. (707) 865-2487/.

Merced: Fathers Day Run, Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

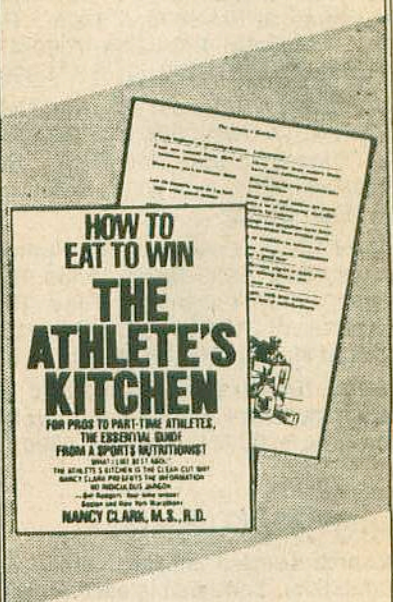
Oxnard: Fathers Day Classic, 10K, 8:15 a.m. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. (805) 483-3849.

Camarillo: Gold Coast Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Ventura State Beach, Time TBA. Ron O'Keefe, P.O. Box 28, Camarillo 93011. (805) 388-3912.

Los Angeles: Gay Pride 5 & 10K Runs, Griffith Park, Merry-go-Round (Near Riverside/Los Feliz entrance), 8 a.m. RFGP, Box 5038, Santa Monica 90405.

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□ Schedule

Hermosa Beach: Dad's Day Dash, 8K, Hermosa Beach Pier, 8 a.m. Promotion Events, P.O. Box 7000-470, Redondo Beach 90277. (213) 374-8990.

San Diego: Pepsi San Diego Triathlon, 1K Swim, 30K Bike, 10K Run, San Diego Harbor, Time TBA. R.A. Kozlowski, P.O. Box 5031, San Diego 92105. (619) 222-7595.

Tahoe City: Lake Tahoe Running Series, 5 & 10K, North Tahoe High School (the Highlands), Time TBA. Northstar-at-Tahoe, P.O. Box 129, Truckee 95734. (916) 587-0280.

Fresno: Father's Day Run, 2 & 6 Mi., Time TBA. Bob Fries, 1101 E. University Ave., Fresno 93741. (209) 442-4600.

June 21 (Tuesday)

Oxnard: Oxnard 3 Mile Evening Fun Run, 6 p.m. Lorraine Mercado, Parks & Recreation Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

Long Beach: Summer Solstice 5 Mile Run, El Dorado Park, 6 p.m. California Athletic Productions, P.O. Box 30306, Long Beach 90853. (213) 439-6875, A Running Experience.

June 23 (Thursday)

South El Monte: Harolene Walters Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

June 24 (Friday)

Oxnard: (Verify Date) Oxnard Budlight Triathlon (Gold Coast Triathlon Series), 1.5K Swim, 40K Bike, 10K Run, Time TBA. Oxnard Rec. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4641.

June 25 (Saturday)

Squaw Valley: Western States 100 Mile Endurance Run, to Auburn over rugged trails, 5 a.m. (Entries closed Dec. 12, 1987). Helen & Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

San Francisco: The Embarcadero Challenge (40 flights of stairs), Embarcadero Center #4, 9 a.m. (heats by division). Art Hoffman, Leukemia Society, 323 Geary St., #711, San Francisco 94102. (415) 781-4270.

Palo Alto: Bay Area Corporate 5K Team Championship, Stanford Univ., Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

Benicia: Benicia Historical Run, 5K & 10K, 9 a.m. B.T. Smith, 347 Goldenslopes Ct., Benicia 94510. (707) 745-4675.

Stinson Beach (Marin County): Double Dipsea, 14.2 Mi., (to Mill Valley and back), 9 a.m. Jim Skophammer, 666 Orange St., Daly City 94014. (415) 994-5727.

Carson City, NV: Celebrate Summer 8K, Mills Park, 8:30 a.m. Butch Cattanaich, Fleet Feet, 3771 So. Carson St., Carson City, NV 89701. (702) 883-3361.

Santa Barbara: State Street Mile, State & Pedragoza, 8 a.m. Second Sole, 3969 State St., Santa Barbara 93105. (805) 964-0296.

Santa Barbara: Sri Chinmoy 5 Mile Run, Palm Park, 8 a.m. Aditi Carnahan (805) 685-3325.

Oxnard: Oxnard 5K Morning Fun Run, 8 a.m. Lorraine Mercade, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

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

Fresno: Millerton Lake Triathlon, 1/2 Mi. Swim, 23 Mi. Bike, 6 Mi. Run, Time TBA. Race Director, 735 N. Fulton, Fresno 93728. (209) 266-9831.

Pleasanton: 4-H Fair Fun Run, 5K, Alameda County Fairgrounds, 8 a.m. Barbara Costella, 4133 Florida Ct., Livermore 94550. (415) 447-6109.

Lompoc: Lompoc Flower Festival Parade Route 5K Run, Lompoc Shopping Center, 9 a.m. Lompoc Valley Festival Ass'n., 113-A North "I" St., P.O. Box 505, Lompoc 93438. (805) 735-8511.

Rosemead: City of Rosemead 5 & 10K, Rosemead Park (4343 Encinita Ave.), 8 a.m. Jean Sherwood Scott, City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6771.

June 26 (Sunday)

Portland, OR: Cascade Run Off, 15K, Time TBA. Chuck Galford, P.O. Box 40228, Portland, OR 97240. (503) 287-7689.

Oakland: Oakland Double 10K Classic (20K - PA/TAC Championship), & 5K Run, 14th St. & Broadway), 9 a.m. RhodyCo Productions, 805 Lake St., #3, San Francisco 94118.

Oakland: Lake Merritt Joggers & Striders Fourth Sunday Runs, 5, 10 & 15K, Lake Merritt (old boathouse, 14th & Lakeside), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Castro Valley: Run to the Lake 10K Run & 5K Stride, 8 a.m. Eden Hospital Medical Center, 20103 Lake Chabot Rd., Castro Valley 94546. (415) 889-5061.

San Francisco: Bill Ring Players 10K Race Golden Gate Park, Time TBA. CID, 875 O'Neil Ave., Belmont 94002. (415) 595-0783.

San Rafael: China Camp Challenge, 7 Mi., China Camp State Park (Miwok Picnic Area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Santa Rosa: Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, Spring Lake Park, 8 a.m. USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144.

Ventura: Sea Breeze 10K & 20K, Mission Park, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93003. (805) 643-1104.

South El Monte: Legg Lake 5K Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Merced: Castle Airshow 10K Run, & 3K, Castle AFB (gym), 8 a.m. Castle Airshow 88, 93 AREFS, Castle AFB 95342. (209) 358-6855, Marty Bannon.

Placentia: A Summer's Evening 5 & 10K Run & Walk, Kraemer & Chapman, 5 p.m. VIP, 1237 Caracas Dr., Placentia 92670. (714) 996-4596.

Yreka: The Chili Runs, 5 & 10K, 8:30 a.m. Gary Hawke, 316 Lawrence Ln., Yreka 96097. (916) 842-4158.

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

Schedule

Huntington Beach: Huntington Beach Host Lions Triathlon State Championships, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Jack Caress, 4255 Campus Dr., #A-100, Irvine 92715. (714) 854-0364.

San Dimas: Los Angeles Triathlon Championship Series, 1K Swim, 40K Bike, 8K Run, Bonelli Park, Time TBA. Bill Fulton, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 52 Mi. Bike, 13 Mile Run, Time TBA. Ken Bradford, 546 E. Market St., Salinas 93905. (408) 424-3603.

Oceanside: Oceanside Firecracker 10K & 2 Mi., Oceanside Harbor, 5:30 p.m. Toni Deal. (619) 272-8316.

Moss Beach: Coastside Preservation & Recreation Run, 8K & 1.5 Mi., (by El Granada), 8:30 a.m. Joyce Anzelc, P.O. Box 941, Moss Beach 94038.

Palo Alto: Duck to Ducks 10K, Baylands Interpretive Center, 8 a.m. Palo Alto Recreation Dept., Special Events, 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Watsonville: Strawberry Jam 5 & 10K, Santa Cruz County Fairgrounds, 9 a.m. Linda Long, P.O. Box 1051, Castroville 95012. (408) 633-6462.

Healdsburg: Fitch Mountain Footrace, 3 & 10K, Healdsburg Plaza Park, 8 a.m. Jenni Heflin, 126 Matheson St., P.O. Box 578, Healdsburg 95448. (707) 431-3301.

June 28 (Tuesday)

Oxnard: Oxnard 3 Mile Evening Fun Run, 6 p.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

Bakersfield: BTC Handicap Series #2, 5K, East of Hart Park (Alfred Harrell Highway), 7 p.m. Steve Moehlman. (805) 326-3994.



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BOYS & GIRLS AGES 9-18

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Ed Miller, Asst. Coach, Cal
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Ray Burton, Throws Coach
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Milan Donley, Asst. Women's Coach
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□ Schedule

June 29 (Wednesday)

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

San Diego: Dave Pain B'Day Biathlon, 4 Mi. Run, 1K Swim, 6 p.m. Dave Pain. (714) 582-3316.

June 30 (Thursday)

South El Monte: Legg Lake 5K Verano Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross-Country 2 Mi. & 3 Mi. Grand Prix, 6:30 p.m./2 Mi., 7 p.m. Bill Duley: (818) 992-6219.

July 1 (Friday)

Orange: Orange County 12 & 24 Hour Solo (or relay), Orange Canyon High School (440 Yd. track), teams up to 10 persons, 6 p.m. Don Pycior, 17352 Grovement, Santa Ana 92705. (714) 538-8338.

July 2 (Saturday)

San Rafael: County Fair 10K & Kids' Mile, Time TBA. Marin Center Box Office, Marin Civic Center, San Rafael 94903.

San Francisco: O'Neill Reach, Ride & Run Triathlon, Windsurf (1st & 4th Legs), 5 Mi. Bike, 8K Run, Presidio, teams (2-4) or individuals, 10 a.m. Events West, 99 E. Blithedale Ave., Mill Valley 94941. (415) 383-WEST.

Antioch: Black Diamond Mines, 9.1 & 6.5 Mr., Black Diamond Mines Regional Preserve (Somerville Rd. Parking Area), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

Bakersfield: BTC Fun Run, Distance TBA, Hart Park, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Morro Bay: Morro Bay to Cayucos Beach Run, 6 Mi., beach run (from Morro Rock to Cayucos Pier), Time TBA. Morro Bay Rec. Dept., (805) 772-1241x226.

Long Jump: Ruly Adauto Memorial 8K, El Dorado Park, 7:30 a.m. ALADS, 828 W. Washington, Los Angeles 90015. (213) 749-1020.

July 3 (Sunday)

San Francisco: Pamakid Ocean Beach 2 Mi. & 10K, Great Hiway & Balboa St. (on beach at very low tide), 8 a.m. Bill Dake, 528 Larch Ave., So. San Francisco 94080. (415) 583-6268, eves.

Calistoga: Great Calistoga Footrace, 8K, 8:30 a.m. Silverado Striders R.C., 1325 Imola Avenue, Napa 94559.

South El Monte: Legg Lake 5K Independence 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

July 4 (Monday)

Atlanta, GA: Peachtree Road Race, 10K, Time TBA. Atlanta Track Club, 3097 E. Shadowlawn Ave., NE, Atlanta, GA 30305. (404) 231-9064.

San Francisco: DSE Peak Busters Benefit Run, 4.5 Mi. Run & Walk, 1.0 Mi. Kids' Run, Lake Merced (Sunset Parking Lot), 9:30 a.m./1 Mi., 9:30 a.m./walk, 10 a.m. Jim Skiphammer, 666 Orange St., Daly City 94014. Hotline: (415) 566-2542.

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

Milpitas: Milpitas Firecracker 10,000 (10K), 457 E. Calaveras Blvd., 8:30 a.m. Milpitas Parks & Leisure Services, 457 E. Calaveras Blvd., Milpitas 95035. (408) 942-2470.

San Ramon: American Independence Day Run (Run San Ramon), 5 & 10K, Bollinger Canyon Rd. & Alcosta Blvd., 8 a.m./5K, 8:30 a.m. Rick Reed, 2228 Camino Ramon, San Ramon 94583. (415) 866-1410.

Palo Alto: Great Palo Alto Chili Chase, 5K, Mitchell Community Center (3800 Middlefield Rd.), 8:30 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Kenwood: Kenwood (Bud Light) Footrace, 10K & 3K Run/Walk, White Church (off Warm Springs Rd., downtown), 7:30 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

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

Mt. Shasta: Mt. Shasta 4th of July Run, Distance TBA, Time TBA. Dr. Jim Parker, 828 Pine St., Mt. Shasta 96067.

Arcata: Northern California Fourth of July Jubilee Run, 3 & 10K, Arcata Plaza, 9:30 a.m./3K, 10 a.m. Dennis & Marilyn Lewis (707) 822-5464.

Tracy: Run for the Boy Scouts, 2 Mi. & 10K, Lincoln Park, 7 a.m. Bob Milliron, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

Atwater: Run for Independence, 2 & 5 Mi., Ralston Park, 7:20 a.m./7:30 a.m./2 Mi. Dan Wilmoth, 3841 Claremont Ct., Merced 95340. (209) 726-4369.

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

Lompoc: Firecracker 8K, Beattie Park (Olive & Fifth), 9 a.m. Ray Fuller: (805) 866-7578.

Goleta: Semana Nautica 15K, 8 a.m. Semana Nautica 15K, Box 6616, Santa Barbara 93160. (805) 964-2591.

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

Pacific Palisades: Will Rogers 5 & 10K, 8:15 a.m. Brian W. Shea, Box 487, Pacific Palisades 90272. (213) 394-9611.

La Palma: La Palma ADP 5 & 10K Run/Walk Celebration, Central Park, 7:30 a.m. La Palma Rec. & Community Services, 7821 Walker St., La Palma 90623. (714) 522-6740.

Huntington Beach: Parade 8K Run, Huntington Beach City Hall (Yorktown at Main), 8 a.m. Phil Beukema, March of Dimes, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

Torrance: Spirit of America 5K & Kiddy K Run, Wilson Park (north parking lot), 8 a.m./5K, 8:45 a.m./1K.

Schedule

Coronado: Coronado Half-Marathon & 2 Mi., 7th & G Streets, 6:30 a.m. Kathy Loper: (619) 437-4667.

Lake Miramar: Scripps Ranch 10K Run, and 2 Mi., 7 a.m. Mark Axelson. (619) 586-0240.

July 5 (Tuesday)

Bakersfield: Summer Triathlon #3, Distances TBA, Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Oxnard: Oxnard 3 Mile Evening Run, 6 p.m. Lorraine Mercado, Parks & Recreation Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

July 7 (Thursday)

South El Monte: Legg Lake 5K Summer Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Valencia: College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

Agoura: Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley. (818) 992-6219.

El Toro: 3 Mile Cross Country Series, Sycamore Park, 6:30 p.m. Arthur Martinez, 2462 Twig Street, El Toro 92630. (714) 770-0444.

July 9 (Saturday)

Rio Vista: Brannan Island Triathlon, 0.5 Mi. Swim, 5K Run, 12 Mi. Bike, Brannan Island State Rec. Area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Modesto: Can to Can Run, Distance TBA, 10 a.m. SOS Jogging Assoc., Carl Peterson, 3908 Trillium Ave., Modesto 95356.

Oxnard: Oxnard 5K Morning Run, 8 a.m. Lorraine Mercado, Parks & Recreation Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

South El Monte: Legg Lake 5K Summer Morning Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Fontana: Biathlon Fund Raiser, 14 Mi. Bike, 5K Run, Shadow Park, 8 a.m. F.R.W. Biathlon, P.O. Box 853, Rialto 92376. (714) 820-0166 or 825-0158.

La Jolla: Scripps Clinic Torrey Pines Stride, 1 & 5 Mi. Walks, Scripps Clinic, 8 a.m. In Motion, 2204 Garnet Ave., Suite 303, San Diego 92108. (619) 483-9501.

July 10 (Sunday)

Mill Valley: Mill Valley 5K, Middle School (Camino Alto & Sycamore), 8:15 a.m./Men, 9 a.m./Women. Susie Shattuck, 90 La Verne Ave., Mill Valley 94941. (415) 388-0317.

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

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□ Schedule

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina (hill and trail run), 8 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 8 p.m.

Benicia: Swamp Run & Stride, 5 Mi., Benicia State Park (Dillon Pt. Picnic Area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Rancho Cordova: American River Parkway Foundation Run, 5 & 10K, Kilgore Rd. off Folsom Blvd., 8 a.m. Rick Summers, P.O. Box 2501, Rancho Cordova 95741. (916) 355-5324.

Tracy: Tracy 2 Mi. & 10K, Dr. Powers Park (Tracy Blvd. & Lowell), 7 a.m. Bob Milliorn, 7759 W. Cabe, Tracy 95376. (209) 832-1054.

Incline Village, NV: Lake Tahoe Running Series, 5 & 10K, Time TBA. Northstar-at-Tahoe, P.O. Box 129, Truckee 95734. (916) 587-0280.

Newport Beach: Bastille Day 8K Run, Le Meridien Hotel, 8 a.m. United Cerebral Palsy, 8K, 3020 W. Harvard, Santa Ana 92704. (714) 557-5100.

San Diego: Great Earth Run & Walk, 10K & 2 Mi., Balboa Park, 7:30 a.m. Lyn Lacye, Project Wildlife, P.O. Box 80696, San Diego 92138. (619) 236-0842.

Carlsbad: Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach, Time TBA. Sara Drapkin, 1200 Elm Ave., Carlsbad 92008. (619) 434-2856.

July 12 (Tuesday)

Bakersfield: BTC Handicap 5K Race Series, East of Hart Park (Alfred Harrell Hwy), 7 p.m. Steve Moehlman. (805) 326-3994.

Oxnard: Oxnard 5 Mile Evening Run, 6 p.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

July 14 (Thursday)

Valencia: College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

South El Monte: Legg Lake Noche de Verano 5K Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross-Country 2 & 3 Mi. Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley. (818) 992-6219.

El Toro: 3 Mile Cross-Country Series, Sycamore Park, 6:30 p.m. Arthur Martinez, 24362 Twig St., El Toro 92630. (714) 770-0444.

July 16 (Saturday)

Livermore: D1 Valle Biathlon, 3.25 Mi. Swim, 5.5 Mi. Run, Del Valle Regional Recreation Area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Cotati: Cotati 25th Anniversary Runs, 5 & 10K, "The Hub", 8 a.m./10K, 9 a.m. City of Cotati, P.O. Box 428, Cotati 94928. (707) 795-5478.

Tulare: Krazy Daze 4 Mile & 1 Mile Prediction Run, 7 a.m. Barrie Lee Perry, Recreation Dept., 630 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

San Luis Obispo: RRCA Women's Distance Festival, 5K, Laguna Lake Park, 8:30 a.m. (women only). San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

Santa Paula: Santa Paula Citrus Festival 10K, Glen City School, 8 a.m. Optimist Club of Santa Paula, P.O. Box 507, Santa Paula 93060 (Jeff Cowan: 805/933-1962).

Fountain Valley: "Run for the Hills" 7K, Edinger & Brookhurst, Mile Square Park, 8 a.m. OCFED/7K, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

Watts: 5 & 10K Runs & 3K Celebrity Walk for Health, Watts Health Center (103rd and Compton), 8 a.m./5 & 10K, 8:30 a.m. Watts Health Fndn., 3405 W. Imperial Hwy., #401, Inglewood 90303. (213) 671-3465, x360.

Valencia: Castaic Triathlon Series, 1K Swim, 30K Bike, 8K Run, Time TBA. Tom Redfern, 23725 Castilla Ct., Valencia 91355. (805) 253-3118.

Rancho Cordova: Eppie's Great Race, 6 Mi. Run, 12 1/2 Mi. Bike, 6.35 Mi. Kayak, Time TBA. Phil Sinclair, 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

July 17 (Sunday)

Palo Alto: Bay-to-Breakfast 5 & 10K, Baylands Athletic Center, 9 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2342.

Occidental: Occidental Country Run, 10K & 3K Fun Run/Walk, Bohemian Hwy & Graton Rd., 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 874-2830.

Bakersfield: Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Leona Valley: European Style Cross-Country, 2.5 Mi., 9235 Leona Ave. (near Palmdale), 8:30 a.m. Bob and Glenda Kimmerly. (805) 270-1378.

Ontario: National Bud Light Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 a.m. Rob Hogan, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

Ontario: National Bud Light Triathlon Championship, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Clarion Hotel, Time TBA. Rob Hogan, 7211 Ramona Ave., Alta Loma 91701. (714) 989-6512.

July 19 (Tuesday)

Bakersfield: Summer Triathlon, Distances & Time TBA. Bakersfield T.C., P.O. Box 6154, Bakersfield 93386.

Oxnard: Oxnard 3 Mile Evening Run, 6 p.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

July 21 (Thursday)

Valencia: College of the Canyons 5K Cross-Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

South El Monte: Legg Lake 5K Evening Challenge Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Agoura: Paramount Ranch Cross Country 2 & 3 Mi. Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley. (818) 992-6219.

El Toro: 3 Mile Cross Country Series, Sycamore Park, 6:30 p.m. Arthur Martinez, 24362 Twig St., El Toro 92630. (714) 770-0444.



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ULTRA-HALF MARATHON

*14 MILES

Saturday, July 30, 1988

Plumas-Eureka State Park In Plumas County, California



PLACE: 240 miles from San Francisco, 62 miles from Reno, 30 miles from Quincy

TIME: 8 am. Pick up numbers on Friday evening at the River Pines or Saturday prior to the race at Plumas Eureka State Park.

ENTRY FEE: Entries received by July: \$30 for Ultra, \$25 for Ultra-half.
Entries received after July 26 and on race day: \$35 for Ultra, \$30 for Ultra-half.

T-SHIRTS: Free to each participant.

AGE GROUPS: Both races, men and women: 0-15, 16-29, 30-39, 40-49, 50-59, 60-69, 70+

\$\$\$\$\$: ULTRAMARATHON ONLY. Individuals and teams must be registered with TAC prior to race day to qualify for prize money. A team may enter any number of runners, the times of the 3 fastest runners will be used to determine team finishing order.

- Open Men & Open Women: Place 1 \$150, Place 2 \$100, Place 3 \$50.
- Master Men & Master Women: Place 1 \$100, Place 2 \$50, Place 3 \$25.
- Senior Men & Senior Women (50+): Place 1 \$50.
- Open Men's Teams & Open Women's Teams: Place 1 \$250, Place 2 \$100.
- Master Men's Teams & Master Women's Teams: Place 1 \$150, Place 2 \$50.
- Senior Men's Teams & Senior Women's Teams: Place 1 \$100.

COURSE: Start and finish at Plumas Eureka State Park. Elevation at start is 6200 feet. There is an elevation gain of approximately 600 feet between the start and the turnaround of the ultra.

FOR MORE INFORMATION/ENTRY FORM, WRITE: TEAM CHALLENGE
P.O. Box 963
El Sobrante, CA 94803-0963

OR CALL: (415) 841-1190

□ Schedule

July 23 (Saturday)

Geyserville: Lake Sonoma Triathlon Championships, 1 Mi. Swim, 10K Run, 25 Mi. Bike, (Redwood Coast Triathlon Series III), 7:30 a.m. (Pre-reg by July 9, 350 limit, 50 teams). Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144

Santa Barbara: Sri Chinmoy 3 Mi., Palm Park, 8 a.m. Aditi Carnahan, Sri Chinmoy Marathon Team, P.O. Box 2036, Goleta 93118. (805) 685-3325.

Oxnard: Oxnard 5K Morning Fun Run, 8 a.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

Camarillo: High-Tech Trek 5 & 10K & 1 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m. Rufo Quemuel, Hightech Development, 150 Camino Ruiz, P.O. Box 2210, Camarillo 93011. (805) 643-1104, Inside Track.

Cypress: Cypress 5 & 10K, 5700 Orange, 7:30 a.m. Tony Wyatt, Cypress Recreation & Park District, 5700 Orange, Cypress 90630. (714) 229-6780.

San Diego: Spirit of San Diego 5K & 1 Mi., Balboa Park, 7:30 a.m. Kathy Loper (619) 437-4556.

July 24 (Sunday)

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

San Francisco: Gay Run '88, 5 & 10K, Golden Gate Park (Polo Fields), 9 a.m. San Francisco Front Runners, 1550 California St., Suite 6L200, San Francisco 94109. (415) 621-4284, 956-2893, Peter Trevino.

Oakland: Lake Merritt Joggers & Striders 4th Sunday Runs, 5, 10 & 15K, Lake Merritt (Old Boathouse), 9 a.m. Elvyn Blair, 3136 California St., Oakland 94602. (415) 530-9151.

Cupertino: National Triathlon for the Physically Challenged, DeAnza College, Time TBA. National Triathlon, 3801 Miranda Ave., P.O. Box V-16, Palo Alto 94304. (415) 255-8396.

Mammoth Lakes: Chart House 10K, Time TBA. George Fowler, P.O. Box 878, Mammoth Lakes 93546. (619) 934-2562.

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

Oxnard: Oxnard Bud Light Triathlon/Gold Coast Tri Series State #2, 1.5K Swim, 30K Bike, 8K Run, Oxnard State Beach, Time TBA. Rob Fukutomi, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

July 26 (Tuesday)

Bakersfield: BTC Handicap Race Series, 5K, East of Hart Park (Alfred Harrell Hwy), 7 p.m. Steve Moehلمان. (805) 326-3994.

Oxnard: Oxnard 5 Mile Evening Fun Run, 6 p.m. Lorraine Mercado, Parks & Recr. Dept., 325 So. A Street, Oxnard 93030. (805) 984-4643.

July 27 (Wednesday)

Kentfield: One Hour Run, College of Marin (synthetic track), 7 p.m. Dick Cordone, 918 Fifth St., San Rafael 94901. (415) 456-5334.

July 28 (Thursday)

South El Monte: Legg Lake 5K Evening Desafio Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

Valencia: College of the Canyons 5K Cross Country Series, 7 p.m. Gene Blankenship, P.O. Box 638, Newhall 91321. (805) 944-2511.

Agoura: Paramount Ranch Cross Country 2 & 3 Mi., Grand Prix Series, 6:30 p.m./2 Mi., 7 p.m. Bill Duley (818) 992-6219.

El Toro: 3 Mile Cross Country Series, Sycamore Park, 6:30 p.m. Arthur Martinez, 24362 Twig St., El Toro 92630. (714) 770-0444.

July 30 (Saturday)

Johnsville: Goldrush Ultramarathon, 28 Mi. (PA/TAC Ultra Championships) and 14 Mi. (non-championship), Plumas-Eureka State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Mill Valley: Strawberry Village 4 Miler, back entrance on Reed Blvd., 9 a.m. Strawberry Village #618, Mill Valley 94941. (415) 388-4523.

Santa Barbara: Santa Barbara 5K, Shoreline Park, Time TBA. Chris Holmberg. (805) 563-1008.

Mammoth: Mammoth Snowcreek Triathlon, 1K Swim, 40K Bike, 10K Run, Time TBA. Rick Davis, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

Irvine: Loeschhorn's 10-Year Reunion 5K Run, UC Irvine Campus, 5 p.m. Loeschhorn's, 10810 Warner Ave. Fountain Valley 92708. (714) 964-4567.

South El Monte: San Gabriel River 12K Run, 8 a.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

July 31 (Sunday)

San Francisco: Takara Cable Car Chase, 5 Mi., Aquatic Park, 9 a.m. Rhody Co. Productions, 1541-A Geary Blvd., San Francisco 94118.

Sparks, NV: Strider's Fun Relay, 3-person teams (4.7, 3.7, & 4.0 Mi.), Cottonwood Park, 7:30 a.m. Silver State Striders, P.O. Box 21171, Reno, NV. 89515. (702) 849-0419.

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

San Diego: Coronado Optimist Sprint Triathlon, 1.4 Mi. Run, 4 Mi. Bike, 440 Yd. Swim, Time TBA. Coronado Optimist Club, 13013 Weaver, P.O. Box 251, Coronado 92118. (619) 435-6389.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 0.5 Mi. Swim, 15.3 Mi. Bike, 3.6 Mi. Run, Time TBA. John Rogers, San Luis Obispo Recr. Dept., P.O. Box 8100-FT, San Luis Obispo 93403.

August 1-5 (Mon.-Fri.)

Nevada City Area: California High Altitude Camp & Clinic, Grouse Ridge Wilderness Area, Limited to 45 participants (7800 feet). Nick Vogt, 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

Schedule

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Calendar Listing
**California Track
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Looking Ahead

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

Aug. 5 (Fri.): Orange: Orange County 12 & 24 Hour Relay (or solo), 1-10 person teams, Orange Canyon H.S., 6 p.m. (Date changed from July 1). Don Pycior, 17352 Grovemont, Santa Ana 92705. (714) 538-8338.

Aug. 6 (Sat.): Palo Alto: National Corporate 5K Team Championship, Stanford Univ., 2-5 Person Teams, Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

Aug. 7 (Sun.): Palo Alto: National Corporate 10K Team Championship, Stanford Univ., 2-5 Person Teams, Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (408) 446-9060.

Aug. 7 (Sun.): Larkspur: Asher Clinic Couples Relay, 2 x 2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

Aug. 13 (Sat.): Ashbury Park, NJ: National TAC Masters 10K Championships, Time TBA. Phil Benson, Box 2287, Ocean Township, NJ. 07712. (201) 531-4156.

Aug. 20 (Sat.): Manitou Springs, CO: Pikes Peak Ascent, 13.4 Mi. (7600 foot elev. gain), 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO. 80937.

Aug. 21 (Sun.): Manitou Springs, CO: Pikes Peak Marathon, 26.3 Mi., 7 a.m. Triple Crown of Running, P.O. Box 38235, Colorado Springs, CO 80937.

Aug. 27 (Sat.): Bishop: Mule Run Ultra 50K, 7 a.m. (200 runner limit). Bill Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211, eves.

Track Schedule

June 1-4: NCAA Div. I Championships. Eugene, Oregon.

June 2: Tulare All-Comers. Bob Mathias Stadium, Tulare High School. Barrie Lee Perry (209) 688-2001, x575.

June 5: UCLA/Pepsi Invitational. Al Franken (213) 278-2030.

June 8: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

June 11: Prefontaine Classic: Eugene, Oregon. Tom Jordan (503) 683-5635.

June 11: TAC / Pacific Championships. Los Gatos High School. Open, Submasters & Masters. Men and Women. Entry Deadline June 8, (408) 354-5660.

June 11: Golden West Invitational. Sacramento. Ernie Gomez (916) 483-2018.

June 16: Tulare All-Comers. Bob Mathias Stadium, Tulare High School. Barrie Lee Perry (209) 688-2001, x575.

June 16-18: USA/Mobil Outdoor Championships: Tampa, Florida. Jose Rodriguez (904) 377-0134.

June 23-25: TAC Junior Nationals. Tallahassee, Florida. Jose Rodriguez (904) 377-0134.

June 22: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

June 25: Michelob Invitational. Balboa Stadium, San Diego. Al Franken (213) 278-2030.

June 25-26: Bay Area Corporate Relays. Stanford University. Kaye Donnelly (415) 859-2687.

June 25-26: Hayward Masters Classic Track & Field Championships. Hayward Field, University of Oregon, Eugene, Oregon. Oregon TC Masters, c/o Jerry Jackson, 933 Northridge Ave., Springfield, OR 97477.

June 30: All-Comers Meet. 5:30 p.m. Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

July 6: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

July 2-3: Southern California TAC. UCLA, Bob Seaman (213) 835-8177. Tentative.

July 7: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

July 14: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

July 15-23: U.S. Olympic Trials. Indianapolis, Indiana. James Perkins, Jr. (317) 636-1988.

July 20: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

July 21: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

July 28: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

July 28-31: TAC Junior Olympics. Fainesville, Florida. Jose Rodriguez (904) 377-0134.

Aug. 3: Empire Runners Summer Track Series. Santa Rosa J.C., 6:30 p.m. Alec Isabeau, 4310 Lichau Rd., Penngrove, CA 94951. (707) 792-2325.

Aug. 4: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

Aug. 4-7: TAC Masters Championships. Orlando, Florida. Jose Rodriguez (904) 377-0134.

Aug. 6-7: National Corporate Championships. Stanford University. Hank Lawson (408) 446-9060.

Aug. 11: All-Comers Meet. 5:30 p.m., Los Gatos High School. Willie Harmatz, (408) 356-0453/354-5660.

Aug. 13: U.S. National Team Pre-Olympic Meet. Santa Barbara.

Aug. 20: U.S. National Team Pre-Olympic Meet. Irvine.

Aug. 27: U.S. National Team Pre-Olympic Meet. Sacramento.

Sept. 3: U.S. National Team Pre-Olympic Meet. Los Angeles.

Sept. 17-Oct. 2: XXIV Olympic Games. Seoul, Korea. (track dates: Sept. 23-Oct. 2).

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SoCal Diary

By BILL MINARIK

April 18

The High Schoolers had their last round of Invitationals before Mt. SAC starting with the Tustin Relays where the South Pasadena boys swept past Irvine and Milikan 55-48-43 while the S.A. Canyon girls were runaway 88-50-46 victors over Tustin and West Torrance.

At the Orange County Championships at Mission Viejo, the S.A. Canyon boys were narrow 61-58-51 winners over Mission Viejo and Capistrano Valley. The Valencia Invitational saw both the boys and girls from Woodbridge prevail 49-46-38 over Riverside North and Katella and 82-43-33 over Apple Valley and Barstow.

Out at the Las Vegas Girls Invitational, the young ladies from Muir High totally dominated the competition scoring a whopping 149 points to San Diego Grossmont's 70 and Las Vegas Page High's 37. At the Mt. Carmel Invitational at Poway High, the big surprise was Dorsey High which zipped to wins in both the 400 and 1600 boys relays; the latter timed in 3:16.85 in less than ideal weather conditions.

In 4-Year College action, Azusa-Pacific won both men and women's dual meets over the visiting Air Force 87-74 and 67-64. At Redlands the Occidental men

and women both notched a pair of dual meet wins over Redlands and CalTech by scores of 94-69 and 135-26 men and 79-52 and 125-6 women.

Up at San Luis Obispo, the C/S Northridge men indicated they were ready for the CCAA Meet as they turned back CPSLO, UC Riverside and Chapman 95-89-12-0; however, the CPSLO women showed why they have won 6 straight Div. II National Championships as they easily defeated a good C/S Northridge team along with U.C. Riverside and Chapman 103-68-3-3. At Cal Poly Pomona, the Cal State L.A. men gave notice they were ready to defend their conference title with a 104-53-31 triumph over C/S Bakersfield and Cal Poly Pomona. The women's meet saw CPP over CSLA 53-35.

At U.C. Irvine, there was a big pre-conference tri-meet which saw the Fresno State men use their field event strength to get by U.C. Irvine and San Diego State 76-65-58. The FSU women were just as impressive, as they combined their sprint strength with the arm of Lacy Barnes for an easy 77-47-42 win over UCI and SDS.

At Westwood, UCLA's men and women scored tri-meet victories over Kansas State and Houston by scores of 89-40-39 and 92-53-36. Top efforts of the day were turned in by the Bruins' Michael Marsh, 10.35 and 20.69, Kansas State's Ken Harrison, 26-0 and 55-3, and the Bruins' Gail Devers at 22.8 and 22-2.

The final report on the Santa Monica CC women's coaching situation is that Ann Biller will be suspended from coaching for two years because of the eligibility certification of two athletes who were found to be ineligible.

April 25

Virtually all Track and Field activity in SoCal was centered in the City of Walnut over the week-end as the mammoth Mt. SAC Relays saw competition in everything from age group to world class level. Unfortunately, rain was the order of the day every day except Sunday, so only the world class athletes really had a chance to distinguish themselves. There were some notable performances turned in by SoCal Community College

athletes in the Invitational division. James Karuiki of Riverside broke his own national record in the steeplechase with a winning effort of 8:29.4, while the Taft CC 1600 relay team smoked to a 3:05.87 clocking. Other notable efforts included a 72-6 1/2 shot put by Randy Barnes a 222-11 discus throw by Mac Wilkens and a sizzling 3:00.81 1600 relay by UCLA which was anchored by Danny Everett's 44.8 leg. Just behind the Bruins was Athletics West at 3:00.88, anchored by Butch Reynolds at 44.0. On the distaff side, the women's shot put provided most of the excitement as Ramona Pagel had to come up with a 63-6 1/4 effort to come from behind and top Bonnie Dasse who threw 63-0 for what must be the longest 2nd place throw in American Track History.

While the USC men don't figure to make much noise on this year's track scene, the picture looks much different next year as the Trojans have signed Quincy Watts, the nation's top prep sprinter from Taft High along with Ron Copeland of Dorsey, Travis Hannah of Hawthorne and Tony Miller of Riordan High in San Francisco. This quartet gives the Trojans a sub 40 second sprint relay team of all freshmen. In addition, Troy inked star vaulter Todd Lehman of North Phoenix High. Speaking of Quincy Watts, the West Valley League coaches voted to let him advance right into the League Finals without qualifying in the Prelims. It seems Quincy has a hamstring problem. Hopefully, USC is not getting damaged goods like they got with Antonio Manning.

California's own Mark Conover certainly surprised the running world over the week-end by winning the U.S. Olympic Marathon Trials at New Jersey in 2:12.49 as he burned off better known Ed Eyestone and Pete Pfitzinger with a steady methodical pace. Mark's only other marathon was a mere 2:18:3.

May 2

For most of U.S. Track & Field addicts, the place to be for a quick fix last week-end was the L.A. Coliseum, where the USC & UCLA men and women had at each other for 6 1/2 hours to decide the

photo by Bill Leung, Jr.



MIKE TULLY

SoCal Diary

City Championship, not to mention the potential for a national dual meet championship determined each year by *Track & Field News*. Things went pretty much according to form this year with both Bruin teams winning as expected; the men by a 97-66 margin and the women 82-54.

The Trojan men won 8 events but didn't have the depth to stay with the Bruins, especially in the weights where UCLA accumulated most of its 31 point advantage. The highlight for Troy came in the 800, 1500 & 5000 where they ran 1-2 for the first time in decades.

Fine Flicks by Don Gosney



QUINCY WATTS

For the Trojan women, it was a case of too much of Gail Devers and Kris Larson who accounted for eight wins between them, however the Trojan's Leslie Noll continued an outstanding year with 2:05.02 and 4:17.25 wins in the 800 and 1500 over a talented group of Bruin distance runners. Overall, the top effort of the day belonged to Gail Devers who recorded a 100 meter hurdle time of 12.95 run into a headwind. Based on the best available information, this is the

fastest time ever for this event in a collegiate dual meet.

Credit should again go to the entire USC staff for the manner in which this meet was put on. Despite the fact that neither Trojan team figured to win, every event was put on in Olympic fashion with every attempt in the field events being announced.

Based on who is graduating and who has been recruited for both teams, I'm already looking ahead to next year with both meets potentially going down to the 1600 relay.

At the SCIAC Conference Championships at Oxy, the host school used its superior depth to capture both men and women's titles. The men were narrow 174-161 winners over Claremont-Mudd, while the women, despite winning only two events were able to out-distance C-M 171-135.

Elsewhere, at an Invitational Meet at UC Irvine, Mike Tully vaulted 19-2 to become the #3 U.S. competitor of all-time in that event. Steve Kerho, now competing for Canada notched a PR 13.57 in the high hurdles.

There were a few final prep invitationals beginning with the Orange County girls championships at Rancho Santiago. Mission Viejo dominated that one by a 105-60-59 count over Corona del Mar and Canyon H.S. At the Claremont girls invitational, Buena High won a very close competition 87-84-81 over Glendora and La Mesa Grossmont.

In Community College Conference finals; first in the rugged South Coast Conference, the Long Beach CC men showed why they are the team to beat in the State Meet as they destroyed the field and runner-up Mt. SAC 232-106. In the women's competition, El Camino looked impressive en route to a 191-145 victory over a very good Mt. SAC squad.

At the Western States Conference, the Bakersfield men who ended Glendale's 123 straight dual-meet winning streak earlier in the season, appeared they were also going to end GCC's string of 13 straight Conference Championships. Trailing by 8 points with the 1600 relay to go, the Renegades were leading the relay with 100 yards to go while the Vaquerós were in 6th. However, Glendale's Sean Johnson moved from 6th to 2nd down the final straightaway to give GCC a 167-161 margin for their 14th straight title. It should be noted that San Jose City College has the nation's longest Conference win streak at 16

straight as well as the longest dual meet streak which should be at about 130.

In the Empire Conference finals, Ted Banks' Riverside men's team began what may become a dynasty as they cruised to a 175-143 victory over runner-up Orange Coast. In the women's division, Saddleback held a field event clinic en route to a 249-137 runaway over runner-up Orange Coast.

May 9

The SoCal prepsters were all engaged in League Finals this past week, which for most were just qualifying meets for the C.I.F. prelims. Taft's Quincy Watts was an easy qualifier in both the 200 and 400, plus both relay teams. Hawthorne's Travis Hannah had to be waived through both his League Prelims and Finals to advance as his troubled hamstring prevented him from competing. Otherwise all top rated athletes advanced safely to the C.I.F. prelims with the exception of athletes competing in the Pacific League which includes Muir and Pasadena where it was reported that an inordinate number of top athletes were DQed by the starter because of alleged false starts.

The Community Colleges were all involved in the SoCal Prelims where the Long Beach men's team and Mt. SAC women's team established themselves as the favorites for SoCal titles.

In the CCAA Championships, there were no real surprises as the Cal State L.A. men rolled to a 206 1/2-155 1/2-144 win over Cal Poly SLO and C/S Northridge, for their 3rd straight title, while the Cal Poly SLO women raced to their 7th straight title 186-150-128 over C/S Northridge, and Cal Poly Pomona. Cal State Northridge appeared to have a good shot for 2nd place in the men's meet until star hurdler Tyrone Jeffries was DQed after apparently winning the 400 hurdles for allegedly dragging his trail leg.

The real star of the entire meet had to be CSUN's Darcy Arreola who pulled a 800-1500-3000 triple in excellent times of 2:07, 4:16, and 9:43.

A number of local athletes went North to the Modesto Relays with some excellent results. Jackie Joyner-Kersey broke Gail Devers 3 week old A.R. in the 100 meter hurdles with a 12.70 clocking while Devers zipped to an 11.14 in the 100 meters. At an Invitational Meet in Columbus, Ohio, Ramona Pagel upped her A.R. in the shot to 64-2 1/2.

PA-TAC Notes

By JOHN MANSOOR



Olympic Trials Success

Congratulations are in order for all the Pacific Association marathoners that recently took part in the Olympic Marathon Trials, but in particular, for two of our athletes that made our 1988 Olympic Team. Of course by now, most of you know that Mark Conover scored an impressive victory in winning the men's portion of the marathon trials in a personal record of 2:12:26. Nancy Ditz was no less impressive in finishing second on the women's side also with a personal best of 2:30:14. I am happy to report that both are "home grown" products of this region; something which I think we can all be proud of. We wish them the best of luck in the upcoming Games of the XXIVth Olympiad which no doubt, will provide them with the experience of a lifetime! Other Pacific athletes that stood out at the recent trials include Eileen Bickard-Brown (2:40:51) and Linda Van Housen (2:41:39) both with PR's of about eight minutes! Add Laurie Binder

(2:42:29) who finished as the first master woman to the list as well.

In next month's issue I will try and list the Pacific athletes that qualified for the upcoming track trials in July, many of whom will not only make our team, but who have medaled in the Games of the past. Should be an impressive list.

In this issue is the team results from the Houlihan's 12K, as well as the complete men's championship results from the Devil Mtn. 10K. In the 10K, winning for the third time, was Ivan Huff of the Reebok Aggies. Ivan will compete in the steeplechase event at the track trials and is currently the third fastest American ever at that distance. Finally, special thanks go to the women of the Devil Mtn. Association who each year volunteer their time to make the Devil Mtn. 10K happen. Not only do they support of the athletes of this region by hosting the Championships, but they also contribute over \$75,000 each year to the Children's Hospital! It is truly an effort worthy of note.

2	Excelsior TC	218:12
3	Pacific Flyers	218:25
4	Tamalpa	221:18
5	Lake Merritt J&S	256:27

Senior Men:

1	Tamalpa	134:40
2	West Valley J&S	137:41
3	Lake Merritt J&S	153:50
4	Nor Cal Seniors	164:38

Open Women:

1	Ryan's Racing Team	235:54
2	Reebok Aggies	245:44
3	Tamalpa	250:36

Master Women:

1	Pacific Flyers	149:16
2	Impalas	161:48
3	Tamalpa	173:23

Senior Women:

1	Nor Cal Seniors	175:10
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Devil Mountain 10K

Open Men's Championship:

1	Ivan Huff	30
2	Charles Alexander	24
3	Alan Dehlinger	23
4	Miguel Tibaduiza	22
5	Domingo Tibaduiza	21
6	David Frank	20
7	Robert Anex	19
8	Craig Steinmaus	18
9	David Minter	17
10	Joe Rubio	16
11	Lourival Sampaio	15
12	Casey Reinking	14
13	Kevin Ostenberg	13
14	Jon Klinkman	12
*15	Scott Buttinghausen	
16	Jose Aispuro	11
*17	Thomas Schmitt	
18	Jeff Shaver	10
19	Robert Herdon	9
20	Tom Borschel	8
21	Mark Hoeffler	7
22	Carl Stempel	6
23	Joe Green	5
24	Dean Rinde	4
25	Carmelo Rios	3
26	Randy Accetta	2
27	Monty Schafer	1

Teams:

1	Reebok Aggies, 151:26	3
2	Pacific Flyers, 152:14	2
3	Reebok RT, 156:01	1

Upcoming LDR Championships

June 18	Captain's Cup 5K	Reno	All Divisions
June 26	Oakland Double 10K	Oakland	All Divisions
July 30	Gold Rush 50K	Johnsville	All Divisions
Sept. 4	Hoy's 10K Classic	San Fran.	Open Women
Sept. 18	Buffalo Stampede 10m	Sacto	All Divisions

Houlihan's 12K Team Results

Open Men:

1	Reebok Racing Team	191:18
2	Reebok Aggies	191:23
3	Pacific Flyers	191:35

Master Men:

1	West Valley J&S	211:18
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The Athlete's Kitchen

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



Waiting for the Right Body

Rugby player Mike Appleton lived discontentedly within his body. "Why can't I be a Hulk??? I've been skinny all my life. With weight lifting, I've gained 15 pounds but I won't be content until I've added another ten..." In his eyes, Mike was obviously a scrawny wimp. According to medical standards, he was "average".

Skater Cindy Klecker yanked at the flesh in her inner thigh and snarled "Why can't I lost this flab? I'm so tired of being fat. I've been dieting for twenty years now--ever since I was in fifth grade--and I've never been successful." In her eyes, Cindy was a blimp. According to medical standards, she was anorexic.

If only the pent-up anger towards undesired body shapes could be harnessed and redirected to achieving top performance, athletes could be setting new personal records! On a daily basis, I counsel sportsactive people of all ages and athletic abilities who express deep-rooted anger, bitterness and embarrassment about their physical appearance. They often feel cheated by Mother Nature and yearn to look like the magazine models--lean and lanky, sleek and slim. Only then, might they be content.

To our detriment, American Society puts an overwhelming emphasis on thinness. We're preoccupied with appearance. Although plumpness is desired in thirty-one societies around the world, thinness in "In" in seven societies--of which America is one. Although Mother Nature packages each of us in a unique physique, any shape other than thin seems undesirable--to the extent that many heavy-set exercisers postpone living a complete life as they struggle to achieve their desired body. As Andrea Jacobs lamented "I'll join the track club once I've lost five pounds. I want to get rid of my mega-legs before I'm publicly seen in running shorts." I questioned whether losing five or ten pounds would matter to

anyone besides Andrea...and whether she should continue to put her life "on hold". All of Andrea's female relatives suffered with "mega-legs"; her desired physique seemed in conflict with Mother Nature's plan.

Distorted body image is a thorn for many athletes who spend hours each day obsessing about how to rid themselves of fat thighs and tummy bulges, or how to replace spindly arms and toothpick legs with a hulky physique. All too often, the picture that we hold of our bodies is distorted from reality:

** Women tend to perceive themselves as being heavier than they actually are.* One survey indicated that 70% of women perceived themselves as being overweight, although only 39% could be so described based on actual weight and skinfold measurements. About half of the normal-weight women expressed a desire to be slightly underweight.

** Men tend to perceive themselves as being lighter than they actually are.* Of one-fifth of men who perceived themselves as being underweight, none were.

** Obese people tend to over-estimate their size both during and following weight loss.* Once they've lost weight, they still perceive themselves as if they were still obese.

** Fifty-four percent of collegiate women athletes (crew, basketball) felt "disgusted" or "depressed" about their bodies.* Only one athlete fit the description of "overweight", although 44% perceived themselves as being slightly or extremely overweight.

Warped body-images dominate present-day living. Based upon our condemning self-perceptions, we're likely to adjust our diets to either lose or gain weight. Hence, it's not wonder that eating disorders plague athletic populations--especially among womens' sports. A survey of 182 varsity-level female collegiate athletes indicates that 32% practiced at least one of the following bizarre eating/weight control

behaviors: self-induced vomiting, binges more than twice weekly, use of laxatives, diet pills and or diuretics. The athletes claimed the goal of weight loss was to enhance athletic ability (as opposed to improved appearance). They clearly overlooked the adverse performance effects of these drastic measures. Seventy-four percent of gymnasts and 47% of distance runners reported pathogenic weight-control techniques. Given that these sports are weight-related, this high prevalence is less surprising than the half of field-hockey players and about one-fourth of softball and volleyball players also reported potentially dangerous dieting behaviors. (Phys. SportsMed, Jan 86)

Obviously, the problematic drive for thinness is bigger than a desire to improve performance. It perhaps reflects problems with self-esteem, social pressures and distorted body concepts that result in bizarre eating patterns and nutritional problems--to say nothing of reduced athletic performance. If you find yourself constantly struggling to sculpt a physique that defies Mother Nature's plan, you might want to remember that your appropriate body size may not be "perfectly thin". Or, you might already be thin and fail to acknowledge that presence. Ask yourself "For whom am I losing weight? Who says I need to be thinner?" Yes, as an athlete excess body fat may hamper performance--but remember that you're supposed to have some fat. The thinnest athlete is not always the strongest or healthiest athlete. Dieting may not be the problem or the solution. Try looking at your self-perception.

Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, spends endless hours counselling athletes with distorted body images. Judy Lynch, dietetic intern at Beth Israel Hospital, helped research this information.



"Running to Standstill"

at the Mt. SAC Relays

By Peter Quint

"Running to standstill". I found myself thinking about the title of the popular U-2 song as I watched the Mt. SAC Relays in Walnut, California. It was my first meet as a member of the Athletes In Action track team and as I watched the scurry of activity and excitement, with the spectators loudly cheering the likes of Carl Lewis, Ron Brown, Mac Wilkins et al, strangely the mellow tunes of that song echoed in my mind, causing me to wonder: "Just what is the meaning of 'Running to Standstill?'".

Out on the track, it appeared that everyone was doing anything but standing still. A balding, middle-aged looking man named Marty Krulee exploded out of the starting blocks, his quick, powerful strides carrying him to excellent times in both the 100 and 200 meters. A stocky blonde woman named Ramona Pagel became a blur of frantic

power as she hurled the shot to a new American record. It did appear that one man stood still for a while at the beginning of the long jump runway, but in a split second he became a sleek bounding flash of activity as he strove to jump farther than he ever had before.

When the AIA shuttle hurdle relay team won their heat there was such noise and activity, especially in the AIA rooting section up in the stands. Yet amidst the chaos, the slow haunting melody of the song still sounded in my mind, keeping me from enjoying the meet as much as I wished.

It was just after the finish of the men's 1500 meters that I slowly began to understand the meaning of the Son's title. In the race, the runners tightly bunched with a lap to go when one runner passed everyone in a valiant move and was pulling away out front. He looked strong and appeared to be having the race of his life, but suddenly with a half lap to go, he started fading. Soon a few runners passed him, and in the last straightaway almost the entire field whisked by him as if he was indeed standing still. After finishing he staggered over to the fence and put his head in his arms, not moving for a long time.

Watching him, I realized that everyone, no matter how much they do, or how good they are at something, must eventually come to a standstill and understand the truth about life. A "standstill" can be when a person ceases to hurry about and try to make himself better than everyone. It can also be when one stops running helter-skelter this way and that and slow down in the realization that nothing he or she does can bring the fulfillment and peace that is strived for. Only then can one realize that the peace and fulfillment is gained by the acceptance of an action done 2,000 years ago, when Jesus Christ died on the cross. Jesus does the running, we just need to be still and accept His guidance.

The meet was almost over and as I walked towards the AIA booth to grab my bag and beat the crowds, I thought about Carl Lewis' reaction to his 100 meter race. His starting blocks had slipped and he was shaking his head and waving his arms in an obvious display of frustration over his 5th place finish. Yes people get upset over little things that go wrong, but this man had won four gold medals in the Olympics! Wasn't that enough? No, of course not. Maybe the reason God gave him the

ability he has is so that he can indeed run faster and jump farther than any man ever has, only to realize it's all just a game, a fleeting moment of satisfaction in the span of one's life. After such a moment, where does a person go? A person must stop and standstill, to listen and find out how God wants the ability to be used.

As I grabbed my bag at the AIA booth I heard the starting gun go off. How exciting! The men's mile relay had just started, pitting UCLA's dynamic foursome against the best in the world. I watched through the chain link fence, caught up in the excitement as Henry Thomas strode just ahead of Innocent Egbunike towards the first baton exchange. Just after the second baton exchange I happened to glance up into the hill directly behind the stadium and noticed a dark spot at the top. Squinting and peering closer I realized that it was the same 1500 runner who had done so poorly an hour before. His head was still in his arms, only now he was sitting in the grass on the top of the hill, totally oblivious to the excitement below. "It's not man reaching out to God, but God reaching out to man.", I heard someone say. Looking over my shoulder I saw one of the AIA staff member sharing the "Four Spiritual Laws" booklet with a tall, heavily muscled athlete. They also were oblivious to the excitement of the race, being quietly focused on the conversation. Two athletes being still. One on the hill and one in the booth, each having run to a stop. Both were close to a realization and acceptance of the only One who brings a lifelong peace and fulfillment - Jesus Christ.

The last baton exchange had taken place. UCLA's Danny Everett had a good lead on Butch Reynolds, who was in second place and slowly gaining. The roar of the crowd raised a pitch and the reverberation of the stands from pounding feet could be heard as Reynolds moved to within a stride of Everett. When would he pass him and smoke down the straightaway? Around the last curve and down the beginning of the straightaway, Reynolds began to pull even, but not quite. Everett made one last spurt, just enough to hold him off as he crossed the finish line in victory amidst the deafening roar of the crowd. Ah, what a moment to be savored! A college team had beat the best in the world. Yet for all, it was only a moment, soon to end. For Jesus, however, they were running to standstill in His peace.



photo by Gregor Robin

Mark Conover

By Gregor Robin

In the late afternoon on most Fridays, a group of runners gather at a house in Los Osos. It's there, in the little town bordering Morro Bay, that the Aggie Running Club's "Moosehead Run" begins.

One of the runners who likes to show up for the 8-to-12 miles of easy running is Mark Conover, the winner of the 1988 Olympic Trials marathon. In only his second marathon, Conover clocked a winning 2:12.26. The victory surprised him as well as the rest of the running world. He earned \$50,000 and a spot on the Olympic team with the effort.

The runners come strolling into the house in Los Osos from different cars. Some bring their dogs, others six packs of beer. Conover doesn't stand out from the rest, unless you have an eye for a perfect marathoner's build.

He is a lean 5-10, 134. His upper body is tight and narrow. His legs have that rigid, muscular definition which can be attributed, in part, to summers averaging 140-miles a week back in the early 1980's.

And when you see Conover run, his unusual low leg-lift gives him the added edge- an ideal marathoner's stride. Conover really shuffles along.

The "Moosehead Run," named after a hearty Canadian beer, covers a few of Los Osos' narrow streets before reaching sandy trails on a marsh next to the bay. After climbing over a sandy hill, it goes down to the beach. About a mile on the beach and its back up a narrow creek into Montana De Oro State Park. The runners usually stop at a tree at the turnaround, stretch and return back to their friend's house either by road or the beach and marsh.

Conover enjoys the run and it may

explain him better than even he realizes. It's quiet out there on the trails. It's away from the ever-growing town of San Luis Obispo where Conover lives. He's just one of the guys out there on those sandy marshes. And afterward they all pile into the living room, have a few beers and relax.

Relax was what Conover was trying to do on Sunday, April 24 during the Olympic Trials marathon in Jersey City, New Jersey.

Conover, 28, says he looks at the marathon as two races. One is 18 miles, the other is 8.2. He followed his plan of running efficiently over those first 18 miles, as if it were a training run. Then, with a shocking breakaway from the field, he ran to victory and a national recognition that has kept his phone ringing constantly. Friends, agents, radio stations, magazines . . . all want a

continued next page . . .

piece of Conover. He answers all of them with joy.

In an article in San Luis Obispo's *Telegram Tribune* three days after the race (April 27), Conover related his new position in running.

"It's weird to even be talking about this. A week ago no one even cared about me and now the whole running world is my best friend. This is a dream. I'm living a dream come true. You hear people say that and it's happening to me."

He was candid about it all, his race, his running history, and his view of the future in an interview with *California Track and Running News* on the Wednesday following his breakthrough.

Conover shadowed the leaders, the favorites, the superstars, whatever you wish to call them, from the outset. He could be seen on ABC TV's coverage early on, on the left side of the screen. He'd look around for a moment, and then focus back on the road ahead. He didn't seem to pay any attention to the others. He seemed to be in his own world, there battling for a chance to represent the United States in Seoul.

When his second race of the day - those last 8.2 miles - came around, he was ready. At 18 miles he and Ed Eyestone were out front, working together for spots on the team.

They ran together until under a mile to go, where Conover pulled away. As he approached the finish line he began celebrating with raised arms and joyful looks skyward.

"I've planned on being a marathoner so I try to incorporate all the variables into my training so I don't have a bad experience....It's a hard race [the marathon]. I have respect for it."

"That's when it dawned on me that my whole life was about to change," said Conover.

Conover's life began on May 28, 1960. He grew up in Orinda, CA. He found early success in running while at Miramonte High under the guidance of Coach Don Phillips.

In 1978, Conover's senior year at Miramonte, he was Foothill Athletic

League champion in the 880, the mile and the two-mile. He was the first athlete ever to win three events at the FAL meet. Conover went on to claim the North Coast Division 2-A title in the two-mile clocking 9:11 which was a 10-second PR. At the North Coast Sectional he ran 9:09 for fourth. The top four went to the state meet. Conover clocked 9:08.8 at the state meet to finish fifth behind winner Jeff Nelson. Conover's personal records in high school were 1:58.7, 4:19.0 and 9:08.8.

At Humboldt State his freshman year he had a "typical type of freshman year. I was sick and injured, partying and not really into it."

His sophomore year he placed 11th in the Division 3 cross country nationals. In track he ran 14:16 for 5,000 and 29:48 for 10,000.

In his junior year Humboldt changed to Division 2 and the team won the cross country nationals.

"That's when we hurt all the Poly boys," Conover chuckled, referring to Humboldt snapping Cal Poly San Luis Obispo's two-year reign as cross country champion.

Conover was a distant second at the meet behind Pembroke State's Gary Henry. Henry, of Australia, went on to place in the top 10 at Division 1 and clocked 2:10.09 at Fukouka about a month later. Conover went on to place 23rd in Division 1 for All-American honors.

Conover won the 10,000 in the Division

2 track championships his junior year, clocking 29:13.2 to lower his personal best.

In his senior year of cross country, 1982, his team didn't qualify for the nationals, but Conover did as an individual. He went back to Lowell, Mass. and won the Division 2 title. In Division 1 he placed 38th to make All-American.

Conover then redshirted his track season due to a hamstring injury.

He came back in 1983 and hit the line in a photo-finish in the 10,000 at the Division 2 track nationals with Brian Ferrari of California University of Pennsylvania. Conover placed second. "They gave it to the other guy," Conover said.

He "redeemed" himself at the TAC meet that year, placing 13th in the 10,000, running 29:05.

Conover set his track 10,000 personal best of 28:30.3 at the 1986 Mt. SAC Relays.

He clocked 2:18.03 for third place in the California International Marathon in December 1987. It's his only other attempt at the marathon. The race was run in a virtual hurricane with rain and 60 mile-per-hour winds. The sub-2:20 time qualified him for the Olympic Trials.

Conover set his road 10,000 personal best of 29:01 at the world-class Ekiden Relay race in New York just two weeks before his Olympic Trials victory. His was one of the fastest times of the day and certainly inspired him for the marathon. In the trials, Eyestone took second in 2:12.49 while Pete Pfitzinger took third in 2:13.09. Conover was named ESPN's Athlete of the Week for his marathon victory.

Conover received a bachelor's degree in Natural Resource Planning at Humboldt and went on to earn a master's degree in City and Regional Planning at Cal Poly SLO. For the six months prior to the Olympic Trials, Conover just trained and didn't work. He had worked for the City of San Luis Obispo's Planning Department in 1985 and did a graduate assistantship at Cal Poly SLO from mid-1986 to mid-1987.

Conover credits his coach at Humboldt, Jim Hunt with much of his success in running.

"Jim Hunt retired last year," said Conover. "He and his wife were at the Olympic Trials in New Jersey watching. It was great to have him back there."

CTR: After graduating from Humboldt State in 1983, what have been your thoughts about running and what has been your game-plan?

Conover: Going into 1984 my goal was to qualify for the Olympic Trials in the 10,000. I moved back to the Bay Area and lived in Orinda with my parents for that year and worked at an investment banking firm in San

Francisco. I had to get up (for work) at 4:30 in the morning. We were on New York time. And I'd get off at 12:30 so it was pretty good for training. I had all afternoon. And I qualified for the trials. I ran 28:43 that year.

CTRN: You didn't make the final though.

Conover: No. In my trial heat I ran 29:05.

CTRN: When did you end up moving to San Luis Obispo?

Conover: In August, 1984. That was when I'd written Carmelo (Rios) a letter and said, "Hey, are there any runners there who need a roommate? I moved in with (Scott) Mayfield. (Note: Rios was a 1984 Olympian for Puerto Rico in the steeplechase with a PR of 8:28.8 who ran for Cal Poly in the early 80's. Mayfield has run sub-29:10 for 10K on the roads. He ran for Hancock College and Fresno State).

CTRN: As far as San Luis Obispo, you've put San Luis Obispo back on the map. It was great in 1978-80 when Jim Schankel was at Cal Poly SLO dominating the NCAA Division 2, and it's had a dominating women's program at the college through the 80's. The men's program is strong but hasn't dominated like in the old days. Do you think your victory in the Olympic Trials is going to shine some new light on San Luis Obispo?

Conover: Oh, most definitely. Not only that, it's increased the moral of the runners around here. Everybody's just so ecstatic and real supportive of it.

Everybody's real psyched up. So it gets them even more motivated. And guys on the Cal Poly team, Mike Livingston, Chris Craig, are running well.

CTRN: What do you attribute to San Luis Obispo's good qualities for training?

Conover: It's a rural environment so there aren't a lot of distractions. The climate is great, there's hills and a good track facility. There's a real supportive running community, a real supportive community in general. It's an area that's real motivating so you're able to achieve a lot but it's not real congested so you're not distracted a lot either.

CTRN: Let's make a switch here and go to the race. What were your thoughts over those last 200 yards, when you started raising your fists in the air and looking skyward?

Conover: That's right when I realized

I was going to win the race . . . Well I realized what was happening earlier of course, but that's when I decided to let go of all the emotion that was there. That's when it dawned on me that my whole life was about to change, basically.

CTRN: And after you finished how did you feel?

Conover: Oh, I was real ecstatic with the satisfaction of knowing that through all these ups and downs I've had and all the time I've put into something, that the dream does come true. That's what every runner dreams of, being in the Olympics and it's happening to me.

CTRN: You're a man of many accomplishments, both teamwise and individually at Humboldt. You qualified for the Olympic Trials 10,000 in 1984, you've won your share of road races. But how are you handling this? So far it's only been three days since the race.

Conover: It's been, of course, a different experience. It's been tiring. I haven't been able to get much sleep. I've been talking on the phone constantly. I've been talking with an agent constantly. So I'm taking it as it comes and just trying to deal with it. I realize there's going to be a period of time here where it's going to be hectic. Then eventually I'll have to settle down and get back into my old routine and start training again.

CTRN: What does your training consist of? I read 90 miles a week. How much speed work, how much over-distance?

Conover: My mileage actually is closer to 80 miles a week which is a lot less than other marathon runners. When I was at Humboldt I had a tendency to go a little crazy on the mileage. In the summers I'd run 140 miles a week and all that resulted in was a good level of fitness, but eventually my body gave out and I had to have achilles tendon surgery in 1985 which doctor Daniel Fulmer here in SLO performed on me. That's when I realized that I didn't need to run that many miles. Then again, I'm kind of glad I did it because I have that as a big background to running the marathon. Now my approach is doing all the right type of mileage and that comes out to 80-to-90 miles a week.

CTRN: Do you try and average a speed workout or two a week?

Conover: I just do the basic things. I

do one long interval workout aimed at developing my anaerobic capacity and then I do one shorter, quicker workout which is aimed at developing my V02 max. I do one long run which is aimed at simulating the amount of time you're going to be spending out there pounding your legs in a marathon and the days in between are generally days I just go out and run as I feel. But they're still done at about 5:40 (per-mile) pace.

*"...American
marathoners are
getting ripped by the
running media."*

CTRN: How long did it take to get back from your achilles surgery?

Conover: I had surgery in May of 1985. I started racing in October. I ran the Cal Poly cross country invitational after only running for about four weeks. I really surprised myself there and showed that I have a lot of natural background that carried me through. I ended up getting third there. And by April of 1986 I ran my 10,000 PR at Mt. SAC, so I started running better than I ever had.

CTRN: You must feel really happy with Dr. Fulmer and the way the whole thing worked out.

Conover: Yeah, with him and Terry Beck, a physical therapist who worked with me after the surgery. I owe a lot to them because I obviously wouldn't be running today (if not for the surgery). I also owe a lot to Puma because they paid for all of that. I was running for Puma at the time.

CTRN: Now you're with the Aggies Running Club and Reebok. What is your situation with Reebok at the present time and how long have you been with them?

Conover: Well I joined the Aggies in 1986 after Puma basically dropped their running program.

CTRN: Yeah, a lot of people fell by the wayside with that move. And what's your situation with Reebok?

Conover: Currently, since I wasn't under contract with them when I ran the

race, I'm basically a free agent. So my agent Bob Wood of Salt Lake City is in the process of negotiations with several shoe companies including Reebok, of course.

CTRN: How about those Aggies? They have a Friday "Moosehead Run" in Los Osos which I know you've been going out to. They're a bunch of guys and ladies who want to have fun as well as run. In my opinion they have a great attitude towards running. Has that helped you?

Conover: Oh yeah. I approach running from a real grass roots

photo by Gregor Robin



perspective. The Aggies are just a bunch of guys who love the sport so much that without them this sport would really lose a lot of color. You know everybody knows the Aggies in the running world. The reason their antics are so well publicized is that they're just a bunch of guys who love running and have given so much to running.

CTRN: It was said in one news article that you were going to run in the centipede at Bay to Breakers. That could create a riot on the course with everybody trying to see our Olympic Trials champion.

Conover: That was made a little premature. I may be, but again, it's something that's being negotiated.

CTRN: We've got runners making over \$100,000 a year in contracts. Maybe a Carl Lewis, a Doug Padilla, maybe even Ed Eyestone for all I know. How do you think you rate on this scale? Of course it's the first big breakthrough for you, but your attitude, at least in the news stories about the marathon seems to be the less of them run, the more chance for success over the demanding distance. You've only run two. So, in essence you may have a lot of good ones left.

Conover: I think I have an ace up my sleeve. I'm mechanically fit to run the marathon. The way I run is the perfect marathoner's form. And I've known this for several years. My coach at Humboldt, Jim Hunt, has known this. We knew it back at Humboldt. All we were doing was playing a waiting game with the event in hopes that what has just happened would happen. So I see nothing but bigger and better things in the event. I'm going to be real careful. This year has just been a year where I had to run three marathons, the qualifier, the trails and the Olympics. I don't plan to run another marathon for at least a year after the Olympics. So I'm not going to try and get caught up in a situation where I start running for the wrong reasons which are basically trying to make a fast sum of money. I'm in such a great position now where I already have made a lot of money and I will make a lot more money. So I'm not going to worry about becoming too greedy and too consumed by it. To tell you the truth, the race I ran at the trials, there is so much more there. It was I think a 2:10, 2:09 effort on a tough day, on a pretty tough course. I'm not even that beat up from it. I think if I play it cautiously there's going to be a lot more surprises from me in the marathon.

CTRN: You recovered pretty well after the 2:18 at Sacramento. How do you feel comparatively?

Conover: I feel a lot better this time.

CTRN: Everybody probably is putting in their words telling you to be cautious and to get your rest now. Of course there was John Tuttle's story after placing third in the 1984 Olympic Trials to qualify for the Olympics. The third week after the trials he got tendonitis in his ankle and he never took off enough time. He ended up dropping out of the

Olympic marathon.

Pete Pfitzinger said of Tuttle's situation in a 1986 interview, "How can you wake up in the morning and not go on a run when you know in two months you're running an Olympic marathon?" You are going to be cautious, right Mark?

Conover: Obviously what I'm doing is working. I have nothing but time on my side. I have just one race to think about and I have five months to get ready for it. So I'm just taking it real easy for a while and then I'll gradually build up and start racing again.

CTRN: As far as the Olympics, not to talk down the American trials, but there are foreigners blasting under 2:10 all over the world. Are you intimidated? Has your confidence skyrocketed. What's your state of mind now?

Conover: I'm really tired at how American marathoners are getting ripped by the running media. It shouldn't come down on the individual athletes which is what the media is making it look like. Basically it's a result of the problems our sport has as far as administration goes, the TAC and their relationship with the Olympic committee and how to preserve our amateur status. It's caused American distance runners to be at a real disadvantage versus those of Kenya and Japan and Tanzania.

CTRN: To expand on that, do you mean other countries' (runners) are getting more support?

Conover: Exactly. And not only that, they're made to feel like they're doing something really worthwhile whereas here you're considered a running bum until... You know, what I'm seeing right now is just this real unique perspective because three days ago I was just this guy with a 2:18 marathon who was living hand-to-mouth and had credit cards run up to the limit and was trying to make some money in the sport. Now all of a sudden things are just completely turned around. And it's the other side of it. Everybody wants to be my friend. I'm getting pats on the back from people who a year ago were saying, "God, I can't believe you still run. You don't have a job yet?" So there exists this idea that if you don't have a steady job and a nice house by the time you're 30-years old or in your late 20's you're just kind of a bum. If you're a runner then you're a running bum. If you like to go out and surf, you're a surfing bum or whatever. But then on the other hand,

you do something like I did and then everybody is suddenly behind you. The problem is our country doesn't support you when you need the support the most. Now that I've broken through, I'm going to try and get as much as I can. And I don't look at it so much as what I deserve for what I've done or what's ahead of me. It's just for all the hardships I've had to face trying to get to the point I've finally gotten to.

You know what's great is that I'm in a good position. If I choose to I can say this type of thing and try to make people more aware so that something is done about it.

CTRN: What's your opinion on the Seoul course? Have you done any investigating on it?

Conover: I know some of the guys that have run it and I'm going to want to get in contact with them. They had the World Cup marathon there. Danny Gonzales, Tom Radcliffe and Brad Hawthorne ran. Ahmed Salah won. From what I recall reading the article on the race, it was basically flat. The only thing I'm worried about is it could be hot and humid. But then again, I've heard it can also be OK at that time of year.

CTRN: What about the team. You've got yourself, Ed Eyestone and Pete Pfitzinger. That sounds like an All-American type team.

Conover: I'll tell you it is a great team. We all compliment each other real well. It's the ultimate variety. There's a shot for all three to do something. We have the veteran, we have the world class track runner and the young upstart who looks like he's geared to run some more good marathons.

CTRN: What was going on in your mind in the early stages of the Trials?

And do you go with the opinion that a lot of stuff is out of control? Do you feel you were in a perfect peak?

Conover: The term "peak" to me has always been kind of ambiguous. If a peak is simply getting yourself ready and confident for one race, then it's a relative term as to how you can achieve that.

CTRN: Do you believe there's an unknown where just some days you have it?

Conover: Not really. I think in an event like the marathon you have to take the time to prepare correctly for it. If you have, then you're really eliminating the unknowns. You know

you're fit. You've been feeling good in training. You've been doing all the right type of training. If you just stay relaxed and get to the starting line rested the week before, you should be able to go out and run all right.

CTRN: Two weeks before the marathon how many miles did you run?

Conover: Probably still about 80.

CTRN: The week of the marathon how many miles did you run, including the marathon?

Conover: I did 26 of course on Sunday. Saturday was a mile-and-a-half. Friday was a mile-and-a-half. Thursday was about five miles. Wednesday, lets see, I did four miles in the morning and then four miles including six times 200 in the afternoon

"...the dream does come true...every runner dreams of being in the Olympics and it's happening to me."

and I have a story about that. Tuesday I did four miles in the morning and seven in the afternoon. And Monday I did four in the morning and my afternoon workout was a five-mile run on the track doing a 67 quarter and an 85 quarter for five miles along with a mile-and-a-half warmup and cool-down so that day would have been about 12 miles.

CTRN: That's approximately 65 miles. And you wanted to mention something about your Wednesday track workout?

Conover: It was kind of frightening. I was doing my 200s. I was coming off the turn and before I knew it I was flipping in mid air. I didn't know what hit me. For some reason the pole vaulters decided they wanted to vault with the wind at their back so they moved the pit to the other end of the runway. The standard was right against the curb on the turn. The bar came down and wedged against the standard and the track and it flung me. It hit me about waist high and threw me. I didn't know what hit me. I was kind of dazed right

afterwards thinking, "Oh god what have I done to myself." After that I just jogged home. I was driving down to L.A. that evening because I was flying out early the next morning. I was going to leave right after that workout, but I stuck around for a couple of hours and iced myself and had a couple of beers to relax. I thought, "Oh man, don't do anything now. Get to the damn starting line."

CTRN: So in other words, your last solid workout before the marathon could have been your last workout for a long time if you had broken something.

Conover: Yeah. I rolled on my hand and my hip. My hand is still swollen and scraped. Luckily my hip came out alright. I thought it might swell up, but it really didn't cause any problems.

CTRN: As far as your immediate plans in the next month?

Conover: Oh boy, the next month. My plans are just to enjoy what I'm going through right now as best as I can. It's a whole new thing and it's probably going to last for two-to-four weeks. Eventually, maybe tomorrow I'll gradually start jogging a couple of miles and just gradually work back up to the point where a month from now I'll try to be running 60-70 miles a week. After that I'll try to get back into my pattern that got me ready for the trials so I'll be ready for Seoul.

CTRN: In your two marathons you haven't had any real bad experiences. I remember Ivan Huff saying his first marathon felt easy, it was 2:14 and his second one, which he prepared for better than the first, was a 2:15, but it was much more painful and difficult than the first. Huff said he developed a respect for the marathon after that second one. What is your situation on respecting the marathon right now?

Conover: Oh I definitely respect it. It's just an event where if you aren't ready for it it will eat you up. Fortunately I've planned on being a marathoner so I try to incorporate all the variables into my training so I don't have a bad experience. I'm knocking on wood right now. It's a hard race. I have respect for it. Luckily I've been able to approach it knowing what I need to do. I look at it as an 18-mile run with an 8.2 mile race at the end of it. So I just try to make sure I'm ready to run that 18 miles having it feel as easy as possible, almost like I'm just out on a normal Sunday run. I know

that last 8.2 miles will become progressively tougher. The uncontrollable things that you were eluding to earlier, you just hope that no negative uncontrollable things crop up, like real bad blisters, or stepping wrong on a man-hole cover or cramps or whatever.

CTRN: You looked so relaxed in the marathon. Were you? Was everything going smoothly? I read you had some digestion problems.

Conover: It was strange. I was so hydrated which you should be at the

"I think if I play it cautiously there's going there's going to be a lot more surprises from me in the marathon."

start. I had the sensation of having to urinate all the way to about the half-marathon. I was drinking a lot on the course. The water situation was really good. You could get water every mile, so I kept that sensation for a long time. Shortly after the half marathon, the sensation of having to do a "dukey" started coming in. And I started thinking "Oh god, what do I do if this gets worse." It's weird. In a way I think it all caused me to really disassociate from what was going on. I was concentrating on just being relaxed and staying out on a run so the urge to go to the bathroom would go away. When Ed made that one move down the hill at about 17 miles and I was running down that hill, it really started to come on. Luckily when we flattened out it was OK. After that I soon found that I was being the aggressor and I think just the fact that I was out in the lead made forget about anything else going on in my body and I didn't have any problems to the finish.

CTRN: That whole thing about the mental state in the last parts of a marathon. You're in there leading the thing alongside Ed Eyestone, feeling like you're the aggressor. What did you keep doing to control yourself from getting estatic and maybe cramping up and just rolling off the course?

Conover: Well I'd raced Ed's 10K leg at the Ekiden Relay and I ran just as fast as he did two weeks prior. And Ed and I were hanging around together a lot prior to the marathon. It's kind of strange what was happening with Ed and I. We sort of had this rapport going while we were there and it ends up, here we were, these two guys helping each other out to make the team. Like, I was on a run the week of the marathon, I think it was Tuesday. I was doing my run up to the tree (in the canyon behind Cal Poly). You get out there and start visualizing the race. I'm thinking, "Here it is, the last mile and I pass Ed Eyestone and I win!" I swear. That's what I was doing on that run. You can ask Sweeney. I came back and told him. I said, "Hey, I just had a run where I won and I passed Eyestone in the last mile." (Note: Pete Sweeney is Conover's roommate, and also an Aggie spokesman. Sweeney has been a key figure in the club, dating back to its' primitive years).

And it ended up being like that. Then the morning of the race they were serving a breakfast that started at 8 o'clock. The race started a 1 p.m. Well I wanted to eat something at 7 o'clock. So I went down to the hotel restaurant instead of the buffet room where they were feeding all the runners. And I get down there at 7 and Ed comes out of the other elevator. We get there at the same time. We both go into this thing and we pick up a cinnamon roll. Then I pick up a thing of Product 19 Cereal and then Ed got some Product 19 Cereal. And then after the race he was saying, "Yeah, I saw Mark pick up this Product 19 Cereal and I ate it, and I never eat Product 19." So it was kind of weird how it all came down the way it did. We really helped each other a lot during those last five miles when you really have to concentrate and hope to maintain your efficiency.

CTRN: And when you finally made the split from him were you confident that he wasn't going to surge back?

Conover: Yeah, I realized what was happening. He was tiring. Actually those last five miles I kept looking behind to make sure we were putting some distance on the group and Ed was asking for a report. He didn't want to do any of the looking.

CTRN: Your confidence was building?

Conover: Right. And then he said, "Let me take the lead," and I'd get behind him and the pace would kind of

slow, so I'd pull back up on his shoulder. And so I was kind of sensing "Wow, if I can keep this up..." I was just ecstatic because at about 22 miles I realized I was going to make the Olympic team.

CTRN: I want to thank you for your time.

Conover: Well I appreciate this with you. I know you and this is a good magazine for this state. I've been hearing all these runners are psyched up. It shows that if you just keep with it... There are a lot of runners that are in the same position as me. They are looking for that one race or whatever. In California there are people that I owe a lot to because they've helped out a lot.

CTRN: What is it that drives you to keep going?

Conover: First of all, the act of running. Obviously I like to go run. And when you can have those stepping stones that allow you to race well, that's just icing on the cake. I guess you look for the ultimate final step whether it be running world records or winning the Olympic marathon. It just kind of motivates you. Success breeds success. That's what I think continues to drive a distance runner.

Conover wanted to list some friends who have helped him to his impressive achievement so here's The Mark Conover Support Crew:

Pete Sweeney, Tim O'Halloran, Peanut Harms, Joe Mangan, Carmello Rios, Ivan Huff, Scott Mayfield, Terry Boynton, Mark Schilling, Mike White, Jim Hurley, Steve Flynn, Vernon Salaz, Alan Deckel, Phil Bellan, Mike Lansdon, Joe Rubio, Pete Bottomley, Jim Casper, Dave Furbee, Frank Hutchison, Danny Kerecman, Steve Strangio, Joe Fabris, Danny Grimes, Stacy Geiken, John Mansoor, Rod Berry, Dave Frank, Kevin Searls, Dale Anderson, Brian Victorino, Cal Poly's and Humboldt's men's and women's track teams, Don Phillips, Jim Hunt, his family...

"I know there are other guys I should mention and they hopefully know and understand that I feel the same about their support," said Conover.

Mark Conover was born on May 28, 1960. His personal bests from the marathon down to 5,000 meters include: Marathon 2:12.26; 30K 1:34.08; 10 Mile 48:02; 15K 44:40; 10K 29:01 (road); 28:30.3 (track); 8K 23:19 (road); 5,000 meters 14:02 (road).

NOTE: Since the interview Conover signed a contract with Reebok.



Nancy Ditz

By Mark Winitz

Coincidentally, it was May Day the Sunday of the U.S. Women's Olympic Marathon Trials in Pittsburgh. Traditionally, a day when women, men, and children from local communities gather in anticipation of Spring's rising potential. Young ladies in full petticoats and lace frolicking around the Maypole--that sort of thing.

This May Day morning more than 200 women, all marathon trial qualifiers, celebrated, in a way, the blossoming of women's distance running. Granted, this particular celebration is still relatively new. In general, middle class Americans read their usual Sunday papers, watched the ball game, did their gardening, went to church, sat in the park (waiting for Godot, maybe), and watched the tube--unaware of the special celebration going on in the

running community. Unfortunately, most of the running community itself was denied a part of their special May Day. Only a lucky few got to see the race in Pittsburgh. The joys of the fortunate three (Margaret Groos, Nancy Ditz, and Cathy Schiro-O'Brien), the especially sad disappointment of the fourth (Lisa Weidenbach), the trials and tribulations of all the competitors, were unseen by those outside of Pittsburgh.

That May afternoon, however, a group of forty or so runners saw what millions of other American runners were denied, in the unlikely spot of San Carlos, California. Minutes after the finish of the Pittsburgh Marathon, two videotapes of the local television coverage (the entire race) were placed on a plane in Pittsburgh, flown to San Francisco, and shuttled to the home of Judy and Jack Leydig in the aforementioned town. There, a "non-qualifiers party" was in

progress, awaiting the arrival of the main feature.

In attendance were California women who had tried and tried again (including, of course, Judy, who had arranged the gathering and who had tried five times herself this time around after going to the '84 trial), plus friends and families of the local qualifiers and non-qualifiers alike. Of course, a lot of Nancy Ditz's friends were there (the ones who weren't in Pittsburgh)--because, simply said, Nancy Ditz has a lot of friends. Among others, Gary Goettelmann, Nancy's first coach and early mentor, was there.

And we watched the celebration. We cheered when Nancy pulled ahead of Cathy Schiro-O'Brien in the last mile and crossed the finish in a PR 2:30:14. Moist eyes watched Nancy--our Nancy--grasp a dream that for many of us struck remarkably close to home. In the

process of winning a spot on our Olympic Team and running the 10th fastest marathon ever for a U.S. woman, Nancy Ditz, native Californian, proved to us that wishing upon a star and then setting out directly toward it isn't such a bad idea. It's too bad that more of us weren't able to see her wish fulfilled on that remarkable day last May.

CTRN: You've dreamed of being an Olympic Team member for quite a while now. When did that begin?

Ditz: It probably started back in 1964. I remember watching the Olympics then as early as 10 years old. A friend of our family, Dick Roth, won a gold medal in swimming that year. In 1968 I'd started springboard diving, but I didn't really see myself as an Olympic diver. It was more of a feeling that marching in the opening ceremonies would be the most wonderful experience. It wasn't any more tangible than that.

CTRN: When did the dream start falling into the realm of definite possibility?

Ditz: I think in 1984 I had a chance of making the team. Obviously, finishing seventh (at the Marathon Trial), I wasn't that far out of it. But I don't think I was ready then.

The big difference between '84 and '88 is that this time I was disciplined; I was really committed to it. I did the physical work, and I was mentally ready. I knew this train didn't come along very often and I had to jump on while I had the chance. That was the difference--knowing that this was my prime opportunity. Unless you're an extremely unusual athlete, your real chance of making the Olympic Team only happens once. My commitment gave me the necessary confidence at the starting line. I knew that I had done all the work necessary to be an Olympian.

CTRN: You certainly were supremely confident going in.

Ditz: Yes, I had done a lot of work with Jerry Lynch. (Nancy's sports psychologist--ed.) But it's not something you can force. Being physically ready gives you the mental confidence. The confidence I had in Pittsburgh wasn't fake. It wasn't like I felt that I was a shoo-in to make the team because I have enough respect for the marathon and for the other competitors. It was more of a confidence that I was prepared to run a great race on that day. Also, it was a

confidence of not worrying about anybody else. That's always been my strength. When I get into a marathon I just run my own race.

CTRN: You've been improving steadily over the past several years, Nancy. Recently, you've run PR's at several distances, including the big PR at Pittsburgh. Specifically, what do you attribute that to?

Ditz: Once again, it's a combination of having a terrific program and coaching plus the right mental approach. The support of my friends and family has been a big factor. Also, you often see a rapid improvement in runners in their eighth, ninth, or tenth year of running. It's as though the training pays off.

Of course, Bruce (Nancy's husband-ed.) and Rod (Dixon) have played important roles in my success.

CTRN: And John Dixon (Rod's brother) has continued as your long-distance coach and advisor during your successes, advising you from his New Zealand home?

Ditz: Yes. In fact, I called him the day before the Pittsburgh race and we talked about some last-minute things. Of course, I've talked to him since. Now, we have to sit down and plan our strategy in preparation for the Olympics.

The long distance relationship is, in many ways, better than having a coach right next door. I'm forced to be more independent and to have confidence in my own abilities to make decisions on a day-to-day basis. But, in that regard,

on. And John had suggested that maybe I should write my splits down. So I decided to put on the watch and tape my splits to it--just in case nobody was willing to run the pace I wanted to run.

The splits reflected a window, averaging 5:40 to 5:45 pace. The first mile was 5:42. As it turned out, I never had to refer to the splits at all. A big pack of women was at that pace, and I thought "great."

John had figured that the lead pack would be looking toward me to take control of the race, and I really didn't want to do that until 15 or 16 miles. But when we crested the hill at 12 miles, I felt good and it seemed like everyone was petering out. So I put in a surge and kept surging. In that regard, I varied from my race plan, but not dramatically.

CTRN: At that point, most of the serious contenders felt that leader Sylvia Mosqueda would definitely come back?

Ditz: Yes. I was really in the third pack behind Mosqueda, who was tailed by Zeman and Marchiano. Our little pack felt that we were the contenders. At that point Kim Jones (Rosenquist) was still further behind, in back of us.

She came on very strong later on (finishing 5th-ed.), but I think that was a result of a tactical error. She thought 2:32 would win the race. Rod, Bruce and I had all agreed that 2:28 would win the race and that 2:31 would not make the team.

CTRN: Were any of the remaining four

"The big difference between '84 and '88 is that, this time, I was disciplined . . . I did the physical work and I was mentally ready . . . this was my prime opportunity."

I'm a long way from being John. There's still a lot I don't know.

CTRN: Let's talk about the race itself. Were you able to stick to your plan of running your own race?

Ditz: It's funny. Although I don't wear a watch now when I race, I woke up Sunday feeling that I had to put a watch

women in the latter stages of the race a surprise to you?

Ditz: No. I've been behind Margaret Groos in both marathons she's raced (Avon in '83 and the '84 Trial). And this

continued next page . . .

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time she was so fit. Actually, I wouldn't have been surprised at anything short of Sylvia staying back with us. In fact, I was even sort of prepared for that, too.

CTRN: What were you thinking when you and Margaret shared the lead between 18 and 22?

Ditz: This is going to sound ridiculous--but I was thinking "this is so much fun." It was very relaxed, sort of like being on a training run with somebody else. I felt no pressure to win the race, so I really didn't look at Margaret as the competition. I looked at her as my partner. We would help one another make the Olympic Team.

We weren't exactly waltzing home, since I have tremendous respect for the people behind me. We were working hard, but at a very manageable level. We were actually talking the entire way. I don't really know her, so I was glad that she responded the first time I said something. Women don't really have that much chance to talk in races, so you never know how people respond.

CTRN: The partnership between you and Groos was, no doubt, cemented by the fact that the primary goal was to make the team, and also that there were equal prize money (\$25,000 each) for the top three women.

Ditz: I don't know if anything would have gone differently had there been differences in prizes. I can't say, because that wasn't the situation. I know it wasn't like some races--like the Los Angeles Marathon, for example--where the difference between first and second is tremendous. Not from a financial standpoint, but from a prestige and ego standpoint. In Pittsburgh, I had no ego involvement with being first, second, or third.

Also, I had a little trouble later in the race and I wasn't willing to push to the point where it might get worse. I had a crampy, tight feeling in my hamstring, especially on the downhills. I mean, sometimes you see people suddenly stop and grab their hamstring. I didn't want to take the chance of that happening. We weren't that far ahead, and I have far too much respect for Lisa Weidenbach.

CTRN: In fact, that's my next question. You looked behind you a number of times during the final miles. Of course, both Cathy Schiro-O'Brien and Lisa were right there. But I also know that you and Lisa are Friends.

Ditz: Well, I was really hoping that

Lisa would be one of the top three because I like her. I don't know the other two (Groos and O'Brien-ed.) so well, so I really wanted her on the team with me.

Of course, it's a tactical race. I wanted to know where everybody was. I was approaching it like other people approach the heats in a track race. You always see the leaders looking around, just to make sure that they coast into the final. I had another gear that I could go into if I needed to. I just wanted to make sure that I didn't need to. You can close very fast on that course.



CTRN: What was your first reaction when you crossed the finish line?

Ditz: I'd imagined it so many times. Sometimes I imagined myself winning. A lot of times I imagined myself having to sprint for third. Everytime I imagined it, I cried.

So my first reaction when I finished was to cry. But I was too happy to cry even. I simply thought, "So this is what it's like to be an Olympian." My next thought was to see my family and friends.

Actually, in the last quarter mile I had to laugh. Skip Brown and Rod Cristensen--two guys I've trained with a lot but who aren't running much now--were running on the grass behind the spectators, cheering. I saw them out of the corner of my eye, and it was making me laugh.

Probably my third thought was "poor Lisa." Any one of us could have been Lisa. In the marathon, a lot has to do with who has a good day. I really

thought she was going to make the team. In fact, I really thought that she was going to win. She's been running so well.

CTRN: As it turns out, considering both the men's and women's marathon teams, only you and Pete Pfitzinger have had a substantial amount of marathon experience. Of course, the question about whether you really have to be a marathoner to be a top marathoner has been tossed around for some time now. What do you think?

Ditz: True, a lot of great marathoners had their best marathons early in their careers. De Castella and Salazar are good examples. But, I think for women--the more marathons the better. I think Ingrid Kristiansen has run something like 22 marathons and she's won a zillion. Joan Benoit has run a zillion marathons. I'm sure each of them had run at least ten before breaking the world record.

I think women tend to recover a little quicker from the marathon than men do. Maybe it's because we don't run as fast. I don't know the exact difference. So, from my point of view as a woman, I think that my experience paid off. I think that was my biggest advantage. It cracks me up, though, that I've been referred to as "the grizzled old veteran." I've only been running eight years. Margaret's been running sixteen. Marathon experience is helpful; but racing experience is really the most helpful.

CTRN: Looking ahead a little, what difference is being an Olympian going to make in your life in the months and years ahead?

Ditz: The biggest difference will be in my broadcasting career. Being an Olympian will open a lot of doors. Personally, the fact that I had this goal and it came true means a lot. Once you're an Olympian, you're always an Olympian. Not many people have that opportunity. I hope I'm able to use it in a positive way.

CTRN: A lot of people imagine your life as an idyllic one. It seems quite the opposite of the stereotypical, lonely long distance runner. In fact, you're respected for your enthusiasm and contributions in areas outside of running. What's a typical day in your life like?

Ditz: Boring. Incredibly boring. I get up and lift weights for half an hour and then go for my morning run, usually five

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miles. Then I have breakfast and come home and do whatever has to be done. Paying the bills, going to the market. Pretty much routine activities until the afternoon run. I do a lot of work in the garden.

Tomorrow, I have a school board meeting that I have to attend. And I have an interview. Much of the day these days is filled with media-type activities. I put a lot of energy into those. I'm not known for mono-syllabic answers. I think it's important for people to know that athletes can be more than uni-dimensional. So, I give a lot of myself.

Before the Trials, I spent five days with (the major U.S. sports magazine) who was doing a feature piece on me. I put a lot into it, but then at the last minute they bumped it in favor of a hotter story. There went five days of my life. Generally, though, I enjoy interviews. In each one, I learn something, partially because it's a part of my "other" career.

CTRN: Looking ahead to the Olympic Games, what are your specific goals? Lisa Martin and Rosa Mota are early favorites to win the women's marathon. No doubt, Grete will be right in there if she's healthy. All three women have PR's of sub-2:25. How does that make you feel?

Ditz: Obviously, I'm going to get the opportunity to surprise some people. (laughs). Yeh, I believe that I can run four minutes faster. It's not out of my range. Whether I'll do it is another thing.

I remind myself that Rosa Mota went from 2:31 to 2:26. Joan Benoit went from 2:30 to 2:27. Ingrid Kristiansen went from 2:33 to 2:28. (Ingrid plans to compete in the 10,000 meters in Seoul rather than the marathon-ed.) These kinds of improvements are not unheard of.

I felt that my 2:30 at Pittsburgh was the easiest marathon I've ever run. I can't help but feel that if I get into a race that's even faster, I can harness the potential that I have.

In the months leading up to the Olympics, I plan to keep on doing the same kinds of things in my training that I've done so far. I'm not really a 32:30 10K runner, although I may do that before the summer is through. But I'm not going to focus on that. I think it's important not to make huge changes if you're successful. I'm most competitive at distances of 15K and up, so that's my focus in my training. But I do have good

leg speed. I can run 63 seconds for a quarter if a gun's held to my head. (Nancy reminds me here that she was only 17 seconds behind winner Lisa Martin at the Nike Cherry Blossom 10-Miler last Winter—a PR 54:19 on a bad day.)

CTRN: Of course, Joan Benoit-Samuelson was a superb role model for women runners at the '84 Olympics. Have you thought about the fact that this time around you could possibly be stepping into the role that Joan played—at least in the eyes of Americans?

Ditz: Yes. I can't think of anything more flattering. Actually, if I were to articulate my life plan now—rather than saying I want to be an Olympic medalist or a TV Broadcaster—what I really want to be is a spokesman for health and fitness. I think I have a special perspective on that because I got into athletics a little later than others. I'd like to really encourage women who don't look at themselves as athletes to try being athletic, and to try competition. So, I can think of nothing greater than the concept that I might be considered a role model. I don't see it as an obligation, but as a real opportunity.

CTRN: How about after the Olympics? What are your plans.

Ditz: I don't know. In '84 I thought I'd retire, so . . . I really haven't decided what I want to be when I grow up, but . . . I'm really looking forward to starting a family if we can. That's one of my highest priorities. Also, I'd like to do more broadcasting. I'll probably keep running and racing, too, because life doesn't end after the Olympics. I'm still enjoying this. Ask me a year from now and maybe I'll have a better idea.

You know, I read where Ingrid (Kristiansen) wants to take a break for a year—which sounds to me like she wants to have another baby. I don't know if that's the case, but I can see that. She runs track, cross country, road races. There must be a tremendous amount of pressure on her. For me, I enjoy it so much that I really don't want to take a break—unless there's a physical reason to take a break (chuckles).

CTRN: Well, I think you handle pressure really well, Nancy. Certainly, there's quite a bit of it at your level. Your attitude and your outlook is very encouraging.

Ditz: Well, thanks. It's like . . . You know, some people wouldn't have run Bay to Breakers (two weeks after

Pittsburgh-ed.) because they would have been afraid of who they'd lose to. But who cares? I'm doing this for me, so if I go into a race knowing what my priorities are, that's what counts. Obviously, I wasn't entering the race (Bay to Breakers) to run the best race that I could. The timing was such that I couldn't have.

I think that's true in everything, not just running. You really have to satisfy yourself. You'll never know what other people expect of you, even if they tell you.

CTRN: Then, your performance at Bay to Breakers didn't bother you, right?

Ditz: No, it didn't. I just really wanted to run it. I haven't missed a year, and it just didn't seem right to miss it. I had absolutely no expectations going in, although I hoped to be the first Californian. That worked out, so I was glad about that—although it was a little depressing to be two minutes behind the winner.

CTRN: Well, Lisa Martin didn't run a marathon two weeks before.

Ditz: Right and neither did Joanie (Samuelson). Teresa Ornduff did thought, and she finished 17 seconds ahead of me (at Bay to Breakers).

CTRN: What did she run at the Trials?

Ditz: I think 2:36. I'm not sure exactly. (2:35:37-ed.)

CTRN: Well, there's the 17 seconds right there.

Ditz: Yeh, right.

CTRN: Nancy, I know you have to run, and so do I. Is there anything else, in particular, that you'd like to mention before closing?

Ditz: Yes. I really appreciate the support that I've had from people in California. I've always run well in races in California. I think, because I'm a native Californian and I get a lot of support here. I really want to tell everyone here, "Thanks!"

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. He also announces, publicizes and helps promote running events. 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.

U.S. Olympic Men's Marathon Trials

April 24, New Jersey.

Overall Results

(The top three - U.S. Olympic Team)

1	Mark Conover (27) San Luis Obispo	2:12:26
2	Ed Eyestone (26) Orem, UT	2:12:49
3	Pete Pfltzinger (30) Auckland NZ	2:13:09
4	Paul Gompers (24) Fairview Hts., IL	2:14:20
5	Mark Culp (29) Lees Summit, MO	2:14:40
6	Don Norman (29) Republic, PA	2:15:49
7	Robert Hodge (32) Clinton, MA	2:16:56
8	Greg Meyer (32) Grand Rapids, MI	2:17:40
9	Steve Spence (25) Hanover, PA	2:17:49
10	Herb Wills (27) Tallahassee, FL	2:17:52
11	Randy Thomas (34) Belcher, MA	2:18:10
12	Christopher Prior (28) Warrenton, OR	2:18:34
13	Kenneth Judson (37) Pittsburgh, PA	2:18:38
14	Brad Ingram (32) Mansfield, OH	2:18:45
15	William Weidenbach (28) Issaquah, WA	2:19:21
16	Danny Grimes (29) Cloverdale	2:19:34
17	Paul Plitkington (29) Roy, UT	2:19:39
18	Tom Ratcliffe (28) Wellesley, MA	2:20:22
19	Darrell General (22) Temple Hills, MD	2:20:31
20	Ron Gee (37) Los Angeles	2:20:58
21	Robert Murdock (28) Watertown, MA	2:21:13
22	Bob Greer (29) Spokane, WA	2:21:35
23	Leonard Hill (35) Klamath Falls, OR	2:21:54
24	Marty Froelick (30) Colorado Springs, CO	2:22:23
25	Dave Gordon (28) Eugene, OR	2:22:23
26	Jim Hage (30) Lanham, MD	2:22:29
27	Anthony Sandoval (33) Salt Lake City, UT	2:22:37
28	Dan Skarda (29) Libertyville, IL	2:22:51
29	Bruce Ellis (36) Wiscasset, ME	2:23:03
30	John McCracken (31) Lincoln, NB	2:23:18
31	David Allen (32) Madison, WI	2:23:27
32	Thomas Wood (25) Melville, NY	2:23:33
33	Henry Chio (29) Escondido	2:23:36
34	Craig Holm (33) LeRoy, NY	2:23:46
35	Don Paul (37) San Francisco	2:24:00
36	David Walters (32) Orlando, FL	2:24:20
37	Doug Nelson (29) Colorado Springs, CO	2:24:46
38	Dennis Rinde (29) Sacramento	2:25:03
39	Craig Thompson (25) Knoxville, TN	2:25:17
40	Budd Coates (31) Emmaus, PA	2:25:45
41	Chris Schallert (28) Santa Rosa	2:25:54
42	Danny Gonzalez (25) Mt. View	2:26:31
43	Ron Tabb (33) San Diego	2:27:13
44	Pablo Vigil (36) Alamosa, CO	2:27:21
45	Dick Beardsley (32) Minneapolis, MN	2:27:21
46	Daniel Caprioglio (27) Raleigh, NC	2:27:27
47	Charles Miers (29) Bronxville, NY	2:27:42
48	Bob Schlaw (40) Charleston, SC	2:28:10
49	Doug Kurts (36) Northville, MI	2:29:23
50	John Wellerding (33) Louisville, KY	2:29:41
51	Robert Yara (33) San Antonio, TX	2:30:24
52	Steve McCormack (27) San Diego	2:30:39
53	Mark Sheehan (27) Indian Rocks Bch, FL	2:30:40
54	John Glidewell (31) Chantilly, VA	2:30:42
55	Phil Coppess (27) Clinton, IA	2:30:45
56	Joseph Perske (32) Steppach, WG	2:30:51
57	Gary Gargasc (32) Volant, PA	2:31:13
58	Don Janicki (28) Tucson, AZ	2:31:17
59	Chris James (26) Murray, UT	2:33:06
60	Charlie Gray (33) Lee's Summit, MO	2:33:17
61	Mike Scannell (26) Tempe, AZ	2:33:25
62	Jeff Adkins, Martinez	2:33:42
63	David Olds (26) Culver City	2:34:18
64	Thom Hunt (30) San Diego	2:35:06
65	David Chairaz (28) Fair Oaks	2:35:37
66	Richard Ferguson (29) Charlottesville, VA	2:35:41
67	Bob Hensley (33) Milford, CT	2:35:55
68	Art Menchaca, Tucson, AZ	2:36:51
69	Don Kardong (39) Spokane, WA	2:37:06
70	Bruce Coldsmith, Mobile, AL	2:37:35
71	Dick Leland (35) Spokane, WA	2:39:46
72	Kyle Helfner (33) Plano, TX	2:43:14
73	Patrick Ewing (27) Santa Monica	2:43:41
74	Kris Mueller (28) Anchorage, AK	2:44:07
75	Benji Durden (36) Boulder, CO	2:45:17
76	Craig Moore (34) Placerville	2:45:17
77	Matt Ebner (27) West Covina	2:47:43

Olympic Trials 50K Race Walk

1	Carl Schueler (Reebok RC)	3:57:48
2	Marco Evoniuk (Unat.)	4:03:33
3	Andy Kaestner (Parkside TC)	4:05:07
4	Jim Heiring (Univ. of Chicago TC)	4:09:09
5	Herman Nelson (Unat.)	4:15:51
6	Paul Wick (New York AC)	4:18:49
7	Eugene Kitts (Team Hawaii)	4:24:36
8	Mark Fenton (Reebok RC)	4:26:56
9	Mark Green (Golden Gate RW)	4:27:50
10	Mike DeWitt (Parkside TC)	4:28:29

U.S. Olympic Women's Marathon Trials U.S. Women's National Marathon Champs.

May 1, Pittsburgh, Pennsylvania.

Overall Results

1	Margaret Groos (Tallahassee, FL)	2:29:50
2	Nancy Ditz (Woodside)	2:30:14
3	Cathy O'Brien (Boston, MA)	2:30:18
4	Lisa Weidenbach (Issaquah, WA)	2:31:06
5	Kim Jones (Spokane, WA)	2:32:16
6	Debbie Raunig (Missoula, MT)	2:32:36
7	Maureen Custy-Roben (Denver, CO)	2:33:19
8	Lynn Nelson (Phoenix, AZ)	2:33:31
9	Julie Ishphoring (Cincinnati, OH)	2:33:46
10	Susan Marchiano (Henderson, NV)	2:34:26
11	Laurie Crisp (El Cajon)	2:35:23
12	Eileen Bickard-Brown (Santa Cruz)	2:40:51
13	Linda Van Housen (Redwood City)	2:41:39
20	Kimberlee Campo (San Diego)	2:42:06
33	Suzi Morris (Encinitas)	2:42:25
34	Liz Baker (Rancho Santa Fe)	2:42:27
35	Laurie Binder (Oakland)	2:42:29
36	Charlotte Thomas (San Diego)	2:42:31
42	Laura Sanchez (Salinas, AZ)	2:43:36
61	Ann Trason (Berkeley)	2:47:07
80	Peggy Smythe (San Anselmo)	2:49:33
83	Kathy Donofrio-Forest (Menlo Park)	2:50:10
89	Darsie Bowden (Santa Monica)	2:50:41
92	Cindy Scott (Quartz Hill)	2:51:47

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By KEITH CONNING

Results Wanted from Northern and Central California

Please send results of Northern and Central California track meets to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. I would like to thank Miles Eisenman (Calistoga), Walt Van Zant (Sunnyvale), and Greg Knight (Tulare), and Donn Kirk (Pleasant Hill, Oregon) for sending in contributions for this issue.

Editorial

Attention: North Coast Section Coaches:

This year for the first time there was a "Top 8" meet held for North Coast Section athletes. Unfortunately, it had to compete with three other meets on the same weekend: the Charlie Eaton Relays, the Santa Rosa City Championships, and the make-up of the rained-out Foothill Invitational.

I think it would benefit the overall track program in the North Coast Section, if we could clean the slate on one weekend like the Central Coast Section and the Sac-Joquin and Northern Sections do. If all the top athletes in the section get an opportunity to go head-to-head, they can turn in some great performances. Just read the story about the Central Coast Section Top Eight Meet below, if you want proof.

If the Charlie Eaton Relays and the Santa Rosa City Championships were moved back one week, then all the top athletes could gather at James Logan for the Top 8 Meet.

Tulare Union High School

Coach Greg Knight writes that James Stallworth long jumped 23-10 1/2 at the Golden West Invitational in Tulare on March 19.

Ryan Benjamin triple jumped 48-10 on April 7 in a triangular meet in Tulare.

Dewey Halden Relays

University of California, Davis, April 23--John Montgomery (Independence, San Jose) ran a 46.3 split in anchoring his team to victory in the sprint medley relay over Hiram Johnson--3:26.8 to 3:27.6. Derrick Miller (Johnson) ran his opening leg in 1:53.0.

J.C. Broughton (Woodland) set a new meet record of 5-10 in the high jump. Last year Broughton placed tenth in the state meet for Armijo of Fairfield.

Laight/West Valley Relays

West Valley College, Saratoga, April 23--Annette Coleman (Carlmont, Belmont) set a new meet record of 11.6 in the 100 meters. The old meet record of 11.8 was set by Rhonda Brooks (Oakland) in 1987.

"I was happy when I heard 11.58 (hand-timed)," Coleman said to Fran Errota of the *Times Tribune*, "but the record too, that makes me happy, happy."

Katy McCandless (Castilleja, Palo Alto) won the mile in 5:02.7.

Tammy Foley (Mission San Jose, Fremont)

Fremont, April 24--*The Sunday Review* reported that senior Tammy Foley suffers from bulimia.

Charley Eaton Relays

Lafayette High School, Acalanes, April 29--The Northgate girls' 4xMile relay team won in 22:45.5.

James Logan High School Top 8 Meet

Union City, April 29--Michelle DeCoux (Bishop O'Dowd, Oakland) won the 100 low hurdles in 14.32 and the 300 low hurdles in 43.8.

DeCoux was nervous at the state meet last year. "Yeah (the experience at state) is going to help me a lot because I was petrified when I went last year, and now that I've gone for two years, I've seen that being scared hasn't helped me any," she said to Matt Schwab of the *Daily Review*. "I can see now that these are going to be my chances to run my best races, and I shouldn't worry about winning or losing as much as improving my times."

Foothill Invitational

Foothill High School, Pleasanton, April 30--Junior Debbie Cambellin (Amador Valley) won the Outstanding Athlete award for her 141-4 discus throw.

"I had to turn my wrist and adjust to the wind," said Cambellin to Dennis Miller of *The Herald*. "I turned the wrist down and it helped the discus cut through the wind."

"There seems to be some sort of barrier every 10 feet. Today I was just waiting to bust one."

Central Coast Section Top Eight Meet

Los Gatos High School, April 30--John Montgomery (Independence, San Jose) set a new meet record of 14.08 in the 110 meter high hurdles. The old meet record of 13.9 was set by Eric Montgomery (Independence) in 1982. John Montgomery also set a new meet record of 37.75 in the 330 yard intermediate hurdles. The old meet record of 37.76 was set by King (Menlo-Atherton, Atherton) in 1985.

John Wirtz (Leland, San Jose) set a new meet record in the discus of 199-0, the best throw in the United States this season. The old meet record of 176-11 was set by Pete Thompson (Cupertino) in 1985.

Janet Bowie (Woodside) defeated Beth Bartholomew (Fremont, Sunnyvale) in the mile--4:57.6 to 5:00.0. The splits were: 1:11.5, 2:27.4 (1:15.9), 3:43.7 (1:16.3), 4:57.6 (1:13.9).

Sensational freshman Keri Sanchez (Santa Teresa, San Jose) three events: the triple jump at 38-5 3/4, the 100 low hurdles in 14.22, the 330 low hurdles in 44.25.

Tarsha Handy (Mitty, San Jose) set a new meet record in the 200 of 24.71. The old record of 24.6 was set by Brenda Brewer (Hillsdale) in 1982 and tied by Andreen Alvaranga (Mitty) in 1987.



Keri Sanchez, Santa Teresa, San Jose, freshman triple jumper.

Katy McCandless (Castilleja, Palo Alto), who is going to Princeton, won the two-mile in 10:38.3. Her splits were: 1:15.3, 2:34.8 (1:19.5), 3:53.6 (1:18.8), 5:14.5 (1:20.9), 6:36.4 (1:21.9), 7:58.6 (1:22.2), 9:20.4 (1:21.8), 10:38.3 (1:17.9).

Jenny Peters (Gunn, Palo Alto) threw the discus 142-8. She was named the outstanding girls' field competitor of the meet.

Fifth Annual Mariner Cross Country Invitational

This year Moreau High School of Hayward will be hosting its Fifth Annual Mariner Cross Country Invitational at Garin Park in Hayward. They are also planning to continue their spaghetti feed and clinic the night before

for all coaches, athletes, and interested individuals. The date for the invitational will be Saturday, October 15 and the spaghetti feed/clinic will be held Friday, October 14 from 6:30-8:30 p.m.

The course for the Varsity will be 3.1 miles and all other levels will be competing on a 2.0 mile course. Both courses are entirely on dirt and grass trails with hay bales added for a true cross country flavor.

Last year they had fifty-five schools attend the invitational with schools coming from the North Coast, Central, Central Coast, Sac-Joquin and Southern Sections.

Contact Phil Wilder at (415) 487-3742 (home) and (415) 582-5851 (school).

Prep Notes

Prep Results

Gilroy Invitational

April 16, Gilroy.

Boys Teams

1. Gilroy 47, 2. Mount Pleasant (San Jose) 41, 3. St. Francis (Mountain View) 35, 4. Los Altos and Skyline (Oakland) 26, 6. Salinas 23.

Boys Individuals

200: 1. Fulton (Mt. Pleasant) 22.36. 800: 1. Magness (Santa Teresa) 1:55.5, 2. Vera (St. Francis) 1:55.75, 3. Angle (Palma) 1:56.8. Mile: 1. Marshall (Santa Cruz) 4:25.8. Two Mile: 1. Brown (Gunn) 9:30.0, 2. Schilling (Palo Alto) 9:30.59, 3. Lowe (Los Altos) 9:38.9. 110 HH: 1. Batrez (Gilroy) 15.09. 300 IH: 1. Rojas (Gilroy) 39.4. Mile Relay: 1. St. Francis 3:27.5. Pole Vault: 1. Aquino (Gonzales) 13-6. Triple Jump: 1. Villafuerte (Salinas) 44-6. Shot Put: 1. Hicks (Hollister) 56-4 1/2, 2. Harper (Watsonville) 52-8 3/4, 3. Portino (Gilroy) 51-11. Discus: 1. Presser (Cupertino) 164-0, 2. Fowler (Los Altos) 159-10, 3. Schaeffer (Blackford) 155-7.

Girls Teams

1. Carlmont (Belmont) 62, 2. Fremont (Sunnyvale) 56, 3. Los Gatos 40, 4. King City 28, 5. Independence (San Jose) 26.

Girls Individuals

100: 1. Coleman (Carlmont) 12.38. 200: 1. Coleman (Carlmont) 25.6, 2. Barga (Fremont) 26.18. 800: 1. Beth Bartholomew (Fremont) 2:15.7, 2. Jones (Carlmont) 2:17.4, 3. Farnady (Los Gatos) 2:18.1. Mile: 1. Beth Bartholomew (Fremont) 5:15.6, 2. Barry (Santa Teresa) 5:21.4, 3. Homer (Leland) 5:22.0. Two-Mile: 1. Brown (Gunn) 9:30.0, 2. Schilling (Palo Alto) 9:30.59, 3. Lowe (Los Altos) 9:30.59. 110 HH: 1. Batrez (Gilroy) 15.09. 330 IH: 1. Rujas (Gilroy) 39.4. Mile Relay: 1. St. Francis 3:27.5. Pole Vault: 1. Aquino (Gonzales) 13-6. Triple Jump: 1. Villafuerte (Salinas) 44-6. Shot Put: 1. Hicks (Hollister) 56-4 1/2, 2. Harper (Watsonville) 52-8 3/4, 3. Portino (Gilroy) 51-11. Discus: 1. Presser (Cupertino) 164-0, 2. Fowler (Los Altos) 159-10, 3. Schaeffer (Blackford) 155-7.

Bruce Jenner Classic

April 16, San Jose City College.

Boys Results

100: Heat 1: 1. Antonio Bradford (Vacaville) 10.92. Heat 2: 1. Darrin Stringer (Vacaville) 10.83, 2. Benari Burroughs (Independence) 10.94, 3. Tim Green (Acalanes) 11.07. Final: 1. Darrin Stringer (Vacaville) 10.52, 2. Jeff Laynes (Oakland) 10.65, 3. Benari Burroughs (Independence) 10.82, 4. Tim Green (Acalanes) 10.97, 5. Antonio Bradford (Vacaville) 10.98. 200: Heat 1: 1. John Montgomery (Independence) 21.71, 2. Darren Stringer (Vacaville) 21.75, 3. Jeff Laynes (Oakland) 22.00. Heat 2: 1. Benari Burroughs (Independence) 21.57, 2. Tim Green

(Acalanes) 22.10, 3. Bonzell Jonkirs (Silver Creek) 22.28. Final: 1. Jeff Laynes (Oakland) 21.48, 2. Darren Stringer (Vacaville) 21.65, 3. Benari Burroughs (Independence) 21.71, 4. John Montgomery (Independence) 21.85, 5. Tim Green (Acalanes) 22.20, 6. Vonzell Jenkins (Silver Creek) 22.36. 400: Section 1: 1. Damien Semien (Riordan) 49.69, 2. Devon Fitzhugh (Silver Creek) 49.70. Section 2: 1. Nate Wright (Oakland) 48.70, 2. Hector Siqueiros (Independence) 48.78, 3. Brian Flewelling (Riordan) 49.05, 4. James Williams (Hogan) 49.11, 5. Dan Earls (Acalanes) 49.20, 6. Wesley Dawan (Oakland) 49.86. 800: Section 1: 1. David Weathers (Red Bluff) 1:55.9. Section 2: 1. Luis Luna (Vacaville) 1:54.7, 2. Dennis Hernandez (Mission San Jose) 1:55.6, 3. Derrick Miller (Hiram Johnson) 1:55.8, 4. Scott Sutch (Acalanes) 1:56.4, 5. Jason Pugh (Lincoln, Stockton) 1:56.6. 1500: Section 1: 1. Dave Kipek (Independence) 4:00.3, 2. Carroll Jordan (Monta Vista) 4:04.9, 3. Luis Luna (Vacaville) 4:04.9. Section 2: 1. Scott Smoot (Vacaville) 3:57.4, 2. Steve Zirkebach (Concord) 3:58.2, 3. Ben Turman (Berkeley) 3:58.7, 4. Eric Bellamy (Moreau) 4:00.6, 5. Ian Champeny (Bellarmine) 4:02.4, 6. Torre Pena (Bellarmine) 4:03.6. 5000: 1. Andy Kashuba (Casa Roble) 15:01.8, 2. Kevin Holbrook (Vacaville) 15:06.3. 110 HH: 1. John Montgomery (Independence) 14.29. 400 IH: 1. Tom McGuirk (St. Ignatius) 55.62. 4x100: Section 2: 1. Independence 41.89, 2. Oakland 42.13, 3. Vacaville 43.30, 4. Riordan 43.43. 4x400: Section 1: 1. Silver Creek 3:21.6. Section 2: 1. Oakland 3:15.9, 2. Independence 3:16.1, 3. Vacaville 3:22.3, 4. Hiram Johnson 3:23.3, 5. Acalanes 3:23.5, 6. Riordan 3:23.9, 7. Bellarmine 3:25.5. High Jump: 1. Colman Conroy (St. Ignatius) 6-6. Pole Vault: 1. Doug Squires (Leland) 13-6. LJ: 1. Kenney McKelvey (Independence) 22-8 1/4. Triple Jump: 1. O.B. Berry (Central Catholic) 47-2, 2. Gerald Ayers (Cordova) 45-8, 3. Kenney McKelvey (Independence) 45-7 1/2, 4. Charles Satcher (Hogan) 44-7 3/4. Shot Put: 1. John Wirtz (Leland) 57-10 1/2, 2. Mark Wohlford (Gunderson) 53-8 1/2, 3. Greg Winkler (St. Francis) 53-1, 4. Jason Ford (Casa Roble) 52-1 1/2. Discus: 1. John Wirtz (Leland) 185-5, 2. Greg Winkler (St. Francis) 165-2, 3. Jason Ford (Casa Roble) 159-2, 4. Mike Gonzales (Gunderson) 152-0.

Girls Results

100: Heat 1: 1. Chris Williams (Vallejo) 12.39, 2. Angie Nurisso (St. Francis) 12.57. Heat 2: 1. Lanecia Strom (Silver Creek) 12.65, 2. Abiola Davis (Berkeley) 12.66. Final: 1. Chris Williams (Vallejo) 12.42, 2. Abiola Davis (Berkeley) 12.56, 3. Lanecia Strom (Silver Creek) 12.65. 200: Heat 1: 1. Andreen Alvarenga (Mitty) 25.39, 2. Trichelle Dawson (Lincoln) 25.61. Heat 2: 1. Chris Williams (Vallejo) 25.12, 2. Lanecia Strom (Silver Creek) 26.00, 3. Tina Whatley (Menlo Atherton) 26.33. Final: 1. Chris Williams (Vallejo) 24.88, 2. Trichelle Dawson (Lincoln) 25.62, 3. Lanecia Strom (Silver Creek) 25.91. 400: Section 1: 1. Maya Jamison (Berkeley) 59.17. Section 2: 1. Tanya Dooley (Bret Harte) 55.32, 2. Roslyn Mack (St. Francis) 55.69, 3. Andreen Alvarenga (Mitty) 56.65, 4. Shirley Terrell (Vallejo) 58.70. 800: 1. Tarsha Handy (Mitty) 2:14.2, 2. Courtney Clark (Las Lomas) 2:14.4, 3. Janet Bowie (Woodside) 2:18.6, 4. Joslyn Mack (St. Francis) 2:18.8, 5. Marisa Gardella (El Cerrito) 2:20.4, 6. Rosanna Sansone (Marin Catholic) 2:21.8. 1500: 1. Becky Spies

(Livermore) 4:39.3, 2. Dana Bjornsen (Campolindo) 4:52.2, 3. Sheila Burke (Marin Catholic) 4:53.8, 4. Noel Crockett (Leland) 4:57.2, 5. Marisa Gardella (El Cerrito) 5:00.4. 3000: 1. Jennifer Ashe (Leland) 10:09.5, 2. Sara Riley (Campolindo) 10:43.9, 3. Kerry Stivaletti (Mitty) 10:44.4, 4. Dina Farage (Gunderson) 10:47.6. 100 LH: 1. Michelle DeCoux (Bishop O'Dowd) 14.63, 2. Tonya Smith (Cordova) 14.95. 400 LH: 1. Michelle DeCoux (Bishop O'Dowd) 62.69. 4x100: O'Dowd) 62.69. 4x100: Section 1: 1. Berkeley 50.05. Section 2: 1. Mitty 49.41, 2. Silver Creek 50.29, 3. Vallejo 50.48. 4x400: Section 1: 1. Berkeley 4:07.8. Section 2: 1. St. Francis 3:55.1, 2. Bishop O'Dowd 4:04.1. High Jump: 1. Renee Sandberg (Amador Valley) 5-1. Long Jump: 1. Maricke Veltman (Leland) 17-0. Triple Jump: 1. Michele Rodda (Vacaville) 36-5, 2. Melynee Bass (Vacaville) 36-4 1/2, 3. Adonica McKoy (Silver Creek) 36-4. Shot Put: 1. Tracy Lopez (Vacaville) 38-5 1/2, 2. Shannon Parker (St. Francis) 38-3 1/2, 3. Julie DeJarlais (Las Lomas) 37-10 1/2, 4. Danyl Mitchell (Vallejo) 35-9. Discus: 1. Debbie Cembellin (Amador Valley) 131-10, 2. Sabrina Miles (Vallejo) 122-3, 3. Lonnie Ehresman (Leland) 118-4, 4. Julie DeJarlais (Las Lomas) 113-2.

photo by Jim Engle



Luis Luna

Stapleton Relays

April 16, Antioch High School

Boys Teams

1. Ygnacio Valley (Concord) 77, 2. Elk Grove 71, 3. DeLaSalle (Concord) 48, 4. Pittsburg 33, Castlemont (Oakland) 24.

Boys Individuals

110 HH: 1. Carbin (Washington) 15.0. 400R: 1. Ygnacio Valley 42.9. Pole Vault: 1. Sean Young (Liberty) and Troy Newboldt (Elk Grove) 14-0. Triple Jump: 1. Brown (Pittsburg) 45-1. Shot Put: 1. Remington (Antioch) 51-4 1/4. Discus: 1. Caspers

Girls Teams

1. Ygnacio Valley (Concord) 42, 2. Monte Vista (Danville) 34, 3. Granada (Livermore) 32, 3. Petaluma 32, 5. Encinal (Alameda) 28.

Girls Individuals

100 LH: 1. Swift (Benicia) 15.4. High Jump: 1. Kim Cox (Granada) 50.4, 2. Davis (Foothill) 5-2. Triple Jump: 1. Ally Kob (Monte Vista) 36-1 (new meet record, old meet record 35-10 1/2 by West (Logan), 1986). Shot Put: 1. Firi (Neward-Memorial) 36-2. Discus: 1. Firi (Newark-Memorial) 128-10.

Santa Rosa Relays

April 16, Santa Rosa Junior College.

Boys Teams

1. Santa Rosa 62, 2. St. Mary's (Berkeley) 58 1/2, 3. Fortuna 39, 4. Logan (Union City) 38, 5. Redwood (Larkspur) 26 1/2.

Boys Individuals

100: 1. Marcel Lawson (Casa Grande) 10.8. 400: 1. Ryan Katri (Fortuna) 49.6, 2. Jeff Sorkness (Santa Rosa) 50.0. 3200: 1. E. Ricci (Arcata) 9:39.2. 110 HH: 1. Dennis Reading (Fortuna) 14.4, 2. Tim Estes (Fort Bragg) 14.9. 300 IH: 1. Dennis Reading (Fortuna) 38.5MR. 4x100: 1. Logan 43.1. 4x400: 1. Santa Rosa 3:24.3, 2. Fortuna 3:25.1, 3. St. Mary's 3:26.6. High Jump: 1. Jim O'Sullivan (Drake) 6-6, 2. Eric Birkanes (Piner) 6-6. Pole Vault: 1. Ben Miner (Drake) 13-6. Long Jump: 1. Tim Prince (Logan) 22-6 3/4, 2. K. Duplessis (St. Mary's) 22-2 3/4. Shot Put: 1. Lenny Gomes (Montgomery) 55-5. Discus: 1. Tim Boerum (Redwood) 158-10.

Girls Teams

1. Logan 51, 2. Kennedy (Richmond) 47, 3. Northgate (Walnut Creek) 27, 4. St. Elizabeth (Oakland) 20, 5. Alhambra (Martinez) 18 and McAteer (San Francisco) 18.

Girls Individuals

100: 1. Felicia Jones (St. Elizabeth) 12.4, 2. Renee Williams (Kennedy) 12.4. 400: 1. Kerry Garcia (San Marin) 59.0. 100 LH: 1. Sharon Polley (El Molino) 14.6, 2. Bridgette Taylor (Logan) 15.0, 3. K. Allen (Logan) 15.3. 300 LH: 1. Sheryl Gwin (Santa Rosa) 47.2. 4x100: 1. Kennedy 49.7. 4x400: 1. Kennedy 4:04.6. High Jump: 1. Haily Griffith (Eureka) 5-2. Long Jump: 1. Yoland Burton (McAteer) 17-5 3/4. Shot Put: 1. Latesia Taylor (Burbank) 39-7 1/4, 2. Debbie Leatham (Logan) 36-8 1/4, 3. S. Halcrow (Vintage) 36-3. Discus: 1. Debbie Leatham (Logan) 122-10, 2. C. Spessert (Vintage) 120-4.

Prep Notes

Chico Invitational

April 22, Chico.

Boys Teams

1 Grant (Sacramento)	46
2 Hogan (Vallejo)	34
3 Gridley	28
4 Wheatland	22
5 Elk Grove	22

Boys Individuals

400: 1. Retterer (Sparks) 48.7. 1600: 1. Williams (River City) 4:19.4. 3200: 1. Williams (River City) 9:23.2. 110 HH: 1. Gildersleeve (Grant) 14.7. 300 H: 1. North (Gridley) 39.4. LJ: 1. Satcher (Hogan) 22-0. TJ: 1. Satcher (Hogan) 44-7 1/2. SP: 1. Glover (Yuba City) 51-7 1/2.

Girls Teams

1 West Valley	47
2 Yreka	34
3 (tie) Sparks (NV) and Yuba City	30
5 Chico	26

Girls Individuals

100: 1. Putnam (Orland) 12.4. 200: 1. Putnam (Orland) 25.5. 1600: 1. Bjornsen (Campolindo) 5:17.8. 3200: 1. Gorbet (Lassen) 11:21. 100 H: 1. Polley (El Molino) 14.6. 300 H: 1. Schrader (Sparks) 46.0. HJ: 1. Broughton (Woodland) 5-6. TJ: 1. Kolb (Monte Vista) 36-7. SP: 1. McKinnon (Yreka) 38-2. DT: 1. McKinnon (Yreka) 127-4.

Granada Games

April 23, Livermore.

Boys Teams

1 Livermore	69
2 Encinal (Alameda)	40
3 Westmoor (Daly City)	39
4 Mt. Eden (Hayward)	27
5 California (San Ramon)	26

Girls Teams

1 Granada (Livermore)	77
2 California (San Ramon)	47
3 Westmoor (Daly City)	35
4 Encinal (Alameda)	34
5 Castlemont (Oakland)	32

Girls Individuals

400R: 1. Richmond 50.5, 2. Granada 50.5. HJ: 1. Cox (Granada) 5-5, 2. Hannon (Granada) 5-2. DT: 1. Firl (Neward Memorial) 121-7.

Dewey Halden Relays

April 23, Univ. of California, Davis.

Boys Teams

1 Independence (San Jose)	60
2 St. Mary's (Berkeley)	56
3 Casa Roble (Orangevale)	37
4 Vacaville	30
5 Jesuit (Carmichael)	21

Boys Individuals

3200: 1. Kashuba (Casa Roble) 9:18.3, 2. Holbrook (Vacaville) 9:22.6, 3. Bellamy (Moreau) 9:24.0. 400m Relay: 1. Independence 42.2MR, 2. Johnson 42.2, 3. Vallejo 43.4. 1600m Relay: 1. Independence 3:19.2MR, 2. St. Mary's 3:25.1. Sprint Medley: 1. Independence 3:26.8 (Montgomery 46.3 anchor), 2. Johnson 3:27.6 (De. Miller 1:53.0). LJ: 1. Thompson (St. Mary's) 6-5. TJ: 1. McKelvey (Independence) 23-1 1/4MR, 2. Primbs (Davis) 22-4 3/4. TJ: 1. McKelvey (Independence) 45-11 1/4, 2. Mack (Davis) 45-0. SP: 1. Gomes (Montgomery) 55-0 1/2,

2. Johnson (El Camino) 52-8 3/4, 3. Ford (Casa Roble) 52-1. DT: 1. Hawley (El Camino) 159-5, 2. Lupen (Justin Siena) 153-5, 3. Camarena (Woodland) 152-9.

Girls Teams

1 Vallejo	55
2 Woodland	40
3 Davis	34
4 Moreau (Hayward)	30
5 Lincoln (Stockton)	28

Girls Individuals

400m Relay: 1. Vallejo 49.4. 1600m Relay: 1. St. Elizabeth's 4:07.0. HJ: 1. Broughton (Woodland) 5-10MR, 2. Lakata (El Camino) 5-3. Long Jump: 1. Rhoades (Woodland) 18-1 1/2. TJ: 1. Rhoades (Woodland) 35-8. SP: 1. Layne (Fairfield) 36-11 1/4, 2. Mitchell (Vallejo) 36-3 1/2. DT: 1. Spessert (Vintage) 120-10, 2. Miles (Vallejo) 120-1.

Leigh/West Valley Relays

April 23, West Valley College, Saratoga.

Boys Teams

1 Bellarmine (San Jose)	39 1/2
2 Skyline (Oakland)	38
3 Santa Teresa (San Jose)	36 1/2
4 San Ramon (Danville)	28
5 Gunderson (San Jose)	25

Boys Individuals

100m: 1. Summers (Skyline) 10.8. 440m Relay: 1. Mount Pleasant 43.5. Mile Relay: 1. Skyline 3:26.4, 2. Bellarmine 3:27.4. PV: 1. Watson (St. Ignatius) 14-7. SP: 1. Wohlford (Gunderson) 53-11, 2. Winkler (St. Francis) 52-7 1/2. DT: 1. Gonzales (Gunderson) 156-3, 2. Wohlford (Gunderson) 153-0 1/2, 3. Presser (Cupertino) 151-5.

Girls Teams

1 St. Francis (Mountain View)	54
2 Mitty (San Jose)	39
3 Carlmont (Belmont)	25
4 Independence (San Jose)	21
5 Oakland	16

Girls Individuals

100m: 1. Coleman (Carmont) 11.6 (new meet record, old mark 11.8, Brooks (Oakland) 1987), 2. Nurisso (St. Francis) 12.0, 3. Lampkin (Independence) 12.1, 4. PoK (Oakland) 12.2, 5. Davis (Berkeley) 12.2. 100 H: 1. Pierce (Oakland) 14.9, 2. Anderson (Palo Alto) 15.3, 3. Fisher (Gunn) 15.5. Mile: 1. McCandless (Castilleja) 5:02.7, 2. Dancel (Mills) 5:07.6, 3. Barry (Santa Teresa) 5:16.3, 4. Kosek (Gunn) 5:17.6, 5. Jones (Carmont) 5:26.7. 3000m: 1. Roberts (Mitty) 10:48.5, 2. Andeen (Menlo-Atherton) 10:49.9, 3. Farage (Gunderson) 10:54.2. 400m Relay: 1. St. Francis (Donnell, Nurisso, J. Mack, R. Mack) 48.6, 2. Mitty 49.29. 800 Relay: 1. St. Francis (Donnell, Nurisso, J. Mack, R. Mack) 1:42.64. Mile Relay: 1. Mitty (Buchanan, Dudley, Handy, Avarenga) 4:01.4, 2. Independence 4:05.8, 3. St. Francis 4:06.2. HJ: 1. Swindell (Mills) 5-4, 2. Campana (Mt. View) 5-2, 3. Johnson (Palo Alto) 5-2, 4. Wolsak (Hillsdale, West Vancouver, British Columbia, Canada) 5-2. LJ: 1. Aubert (Milpitas) 17-9 1/2. SP: 1. Parker (St. Francis) 37-1. DT: 1. Peters (Gunn) 127-8, 2. Rush (Milpitas) 110-3.

Sanger Metric Classic

April 23, Sanger.

Boys Teams

1 Lemoore	115
2 Hoover (Fresno)	71

3 McLane (Fresno)	45
4 Tulare Union	43
5 McFarland	42

Boys Individuals

400: 1. Chris Armwood (Lemoore) 49.5 (outstanding track performer). 3200: 1. Tom Valles (McFarland) 9:35.1, 2. Rodriguez (McLane) 9:35.9. 110 HH: 1. Red Sorenson (Chowchilla) 14.9. 400R: 1. Lemoore (Person, T. Jones, Patrick, Armwood) 42.9, 2. Tulare Union 43.0. HJ: 1. Jim Moshier (Immanuel) 6-7 (outstanding field performer), 2. Venable (Fresno) 6-5, 3. Richardson (Tulare Union and Dew (Lemoore) 6-5. PV: 1. Steve Bryant (Lemoore) 14-6, 2. Lewis (Coalinga) 14-6. SP: 1. Chuck Wood (Chowchilla) 51-2. DT: 1. Steve Garrett (Hoover) 155-4.

Girls Teams

1 Hoover (Fresno)	112
2 Lemoore and Mt. Whitney (Visalia)	48
4 Redwood (Visalia)	36
5 Immanuel	35

Girls Individuals

800: 1. Kathi Roldan (Mt. Whitney) 2:17.9. 100LH: 1. Kathi Roldan (Mt. Whitney) 14.8MR. 300LH: 1. Kathi Roldan (Mt. Whitney) 45.1MR (outstanding track performer). HJ: 1. Kim Moshier (Immanuel) 5-3. LJ: 1. Tanel Mouse (Hoover) 17-0 1/2. SP: 1. Elena Carmona (McFarland) 38-7 (outstanding field performer), 2. Fluker (Selma) 37-10, Ramirez (Tranquillity) 35-11. DT: 1. Susy Host (Immanuel) 117-2, 2. Cole (Washington Union) 116-10, 3. Ramirez (Tranquillity) 116-9.

Mt. SAC Invitational

By Doug Speck

April 22-23, Walnut.

The weather gods had really been nice to Southern California for the first two months of the season, with very few days even slightly bothered with inclement conditions. That was through mid-April, with the rain, cold, and wind combining all at once to seriously hinder a large part of the fine prep portion of the Mt. SAC Relays. There were some good efforts, but as many others were washed away in very cold, windy Friday evening weather, and a torrential downpour partway through Saturday morning's prep program.

Friday's activities centered around distance races. In terrible wind conditions there were some amazing 3000's. David Scudamore (Palos Verdes) has been deferring to others at the end of his races so far this season, but here he finished strongest to win the Men's in 8:30.0-8:30.2 over Shannon Winkelman (Marina, Huntington Beach). Kira Jorgensen (Rancho Buena Vista, Vista) followed Tracey Williams (Mt. View, El Monte) through the halfway 1500m point of the Prep Women's 3000 in 4:43, then survived the last half of the race best to win at 9:56.47 over Reyna Cervantes (Montebello) 9:59.33. Really exciting Men's and Women's 4x1600m relays were also part of Friday's program. About all of the top distance programs in the southern half of the state were represented. Arroyo (El Monte), State Men's Division I Cross Country Champions, used the same formula of very solid team running here on the track, recording four splits between 4:23.3 and 4.26.1 (Jeff Gilkey 4:23.3, Jaime Ortega 4:24.4, Derrick Powers 4:26.1, and Gerardo Puentes 4.23.5)

to pull away in the middle and finish comfortably ahead of the pack in a nation-leading 17:37.70. Scott Hempel (Walnut) continues to look very good, edging away from a group of teams on the final leg with a 4:12.8 effort on the Mustang's 17:42.11 2nd place squad. Jim Robbins (Corona del Mar) anchored in 4:15.1, with David Scudamore coming back to run 4:17.4 on the final Palos Verdes leg. The Palos Verdes Women's group showed the same kind of domination it raced with this Fall in Cross Country, defeating the

photo by Bill Leung, Jr.



Ashley Black

next American team by almost a minute in 20:55.4, with a squad from Mexico pressing them at 20:56.6. Traci Goodrich (5:19.7), Laurie Lucas (5:24.6), and the Black twins, Andrea (5:14.0) and Ashley (a converted 4:56.5) raced a time that when stunted to the 4x1 mile distance is the #11 All Time Prep mark ever.

In other Friday events, Crystal Irving (Long Beach Poly) brought her team from way back during an 800 meter medley (100-100-200-400) on a final lap of right at 55.0 in winning over a good Locke team, 1:45.55-1:45.90. Soph Stacy Thompson (Morse, San Diego) took a wind-blown Women's Invitational Triple Jump at 38-7 3/4w.

Saturday's Meet was a super on paper, started out very nicely, then disintegrated in the rain. Michelle DeCoux (say it De-coo) (Bishop O'Dowd, Oakland), northern

Continued on next page . . .

Prep Notes

California's best hurdler, came south and went home a winner in the 300 meter low hurdles in a fine 42.9 over Canadian Sanzeni Steingruber 43.2. Marcus McFarland (Castlemont, Oakland) blazed 37.4 to win the Men's Intermediate hurdle event of that length. The Walnut Men's Distance Medley group, anchored by Scott Hempel in another impressive 1600m effort, 4:14.2, was a winner at 10:15.58 over the Francis O'Neil anchored San Pasqual (Escondido) team that ran 10:16.91. The rain really came heavy during the Women's DM, with the Karens from South Hills—Steiner (2:19.1 800m) and Hecox (5:00.3 1600m) bringing the team from the middle of the pack to a 12:24.27 win. Gordon Johnson of Piedmont looked super in the Men's 800, powering away over the final 150 meters in a fine 1:52.1 win. Kristi Bache (say it like the investment firm) raced an amazing 1500m, indicating afterwards that she was just not going to be held back on her birthday, pulling away from Kira Jorgensen and a strong group over the final lap in the rain in a quick 4:31.01. Rio Mesa (Oxnard) was 2nd to a team from Mexico in the Men's 4x800m in 7:54.3, with Gary Aanerud (1:57.6) and Travis Cooksey (1:57.2) running very strong. Adam Shanks of Covina anchored his team in 3rd at 7:55.5 with a quick 1:54.3. The Palos Verdes group came back in the Women's version of the event to win in a fine 9:23.3, with Lia McArthur (2:25.8), Leslie Fill (2:27.1), and Andrea (2:15.8), and Ashley (2:14.7) Black carrying the stick around. Locke (LA) has a super group of Women athletes, and with Latanya Davenport anchoring in 13.8w, they took down the Meet Record in the Women's Shuttle Hurdle event, running 59.2. The old record was set by a Muir High Group that eventually set a National Record. Simone Cain (Hueneme, Oxnard) blazed a wind-blown 23.3 200m leg in Friday's Women's relay action, then returned to win the Invite 200 in 24.65 on Saturday. Muir's Inger Miller won the Invitational Women's 100 in 12.21.

Boys Results

3000m (Inv): 1. Scudamore (Palos Verdes) 8:30.0, 2. Winkelman (Marina) 8:30.2, 3. Dameworth (Agoura) 8:32.2.
400m Relay: (Race 1) 1. Oak Park 43.13, 2. Los Altos 43.84. **(Race 2)** 1. Arroyo Grande 43.69. **(Race 3)** 1. Redlands 43.82. **(Race 4)** 1. Fontana 42.87, 2. South Pasadena 43.28, 3. Paramount 43.51.
800m Relay: (Race 1) 1. Fontana 1:29.68, 2. Paramount 1:31.92. **(Race 2)** 1. Trabuco Hills 1:32.69. **(Race 3)** 1. San Diego Morse 1:30.30, 2. San Pasqual 1:31.99.
1600m Relay: (Race 1) 1. Eisenhower 3:28.42. **(Race 2)** 1. Fontana 3:26.53. **(Race 3)** 1. El Modena 3:27.15, 2. Edison 3:27.30. **(Race 4)** 1. Simi Valley 3:23.1, 2. Santa Monica 3:23.7, 3. Redwood 3:24.6. **(Race 5)** 1. Oak Park 3:22.6.
3200m Relay: 1. Edison 8:01.9, 2. Eisenhower 8:01.2, 3. San Marcos 8:12.3.
6400m Relay: (Inv) 1. Arroyo 17:37.70, 2. Walnut 17:42.11, 3. Corona del Mar 17:44.08, 4. Palos Verdes 17:44.20.
Sprint Medley Relay: 1. Mission Viejo 3:34.11, 2. Palos Verdes 3:35.47, 3. Arcadia 3:39.21. **(Race 2)** 1. San Diego Mt. Carmel 3:36.59, 2. Fresno Roosevelt 3:36.72, 3. Morningside 3:40.00.
Shuttle Hurdle Relay: 1. Corona 63.8, 2. Alta Loma 64.7, 3. Fontana 64.9.

Pole Vault: 1. LaRue (Ana Canyon) 13-6, 2. Fritts (Foothill) 13-6, 3. Shipcott (Foothill) 13-6, 4. D'Aquita (Charter Oak) 13-6.
Triple Jump: 1. Shelton (Duarte) 45-11, 2. Rogers (Baldwin Park) 45-7 3/4, 3. Bouie (Morningside) 44-10.

Girls Results

3000m: (Inv) 1. Kira Jorgensen (Rancho Buena Vista) 9:56.47, 2. Cervantes (Montebello) 9:59.33, 3. Bettancourt (Mexico) 10:00.45, 4. Drossin (Agoura) 10:04.36.
400m Relay (Race 1): 1. San Diego Mt. Carmel 50.62, 2. Westlake 50.93. **(Race 2)** 1. Los Gatos 50.98. **(Race 3)** 1. Corona 50.37, 2. Apple Valley 50.64. **(Race 4)** 1. Ganesha 50.2, 2. Torrance 50.7.
800m Relay (Race 1): 1. Chino 1:50.87. **(Race 2)** 1. Hueneme 1:43.92, 2. Torrance 1:46.79, 3. Los Gatos 1:47.44. **(Race 3)** 1. Corona 1:45.47, 2. San Diego Mt. Carmel 1:46.09, 3. Oakland Bishop O'Dowd 1:46.49.
1600m Relay: (Race 1) 1. Eisenhower 4:02.63, 2. Australia 4:03.84, 3. Morningside 4:08.60. **(Race 2)** 1. San Diego Mt. Carmel 4:08.32, 2. Agoura 4:09.20, 3. Glendora 4:10.71. **(Race 3)** 1. West Torrance 4:09.7. **(Race 4)** 1. Apple Valley 4:04.3, 2. Upland 4:09.0, 3. Redlands 4:10.5.
6400m Relay: (Inv) 1. Palos Verdes A 20:55.4, 2. Mexico 20:56.6, 3. Balla Vista 21:51.2, 4. Los Gatos 21:51.6, 5. San Pasqual 21:54.5.
800 Medley Relay: (Open) 1. Lakewood 1:64.4. **(Inv)** 1. LB Poly 1:45.55, 2. Locke 1:45.90, 3. Compton 1:48.49.
Shuttle Low Hurdles: 1. Torrance 65.2, 2. Poway 65.3, 3. Ana Canyon 65.5.
Triple Jump: (Inv) 1. Thompson (San Diego Morse) 38-7 3/4w, 2. Gil (Alemany) 38-6 1/4w, 3. Lewis (Hemet) 38-4w. **(Open)** 1. Washington (Lakewood) 36-0 1/4, 2. Perkins (Paso Robles) 34-11 3/4.

Mt. Carmel Inv.

April 15 at Poway High School:

Boys
 100—Reyes (Escondido Orange Glenn), 10.93; Bryant (Dorsey), 10.94; Modye (SD Castle Park), 10.99. 200—Nelson (SD Mira Mesa), 21.99; Hatcher (Simi Valley), 22.39. 400—Stevenson (SD Morse), 47.22; Gower (LB Poly), 49.68. 800—Senior (Mt. Miguel), 1:53.17; Bate-man (Crescenta Valley), 1:55.33; Devine (Saugus), 1:55.89. 1,600—Montez (Nogales), 4:16.45; Scudamore (Palos Verdes), 4:16.50; Lavelle (Corona del Mar), 4:17.00. 3,200—Salber (SD University City), 9:21.15; Tadese (SD Crawford), 9:21.40; Capozzola (Palos Verdes), 9:27.37.
 110 HH—Copeland (Dorsey), 14.89; Bender (Eisenhower), 14.99; Wainwright (Muir), 15.01. 300 IH—Jones (Mt. Miguel), 38.4; Copeland (Dorsey), 38.8; Pitts (Muir), 39.1. 440 RELAY—Dorsey, 42.40; Muir, 42.54; Carson, 42.66. 800—Eisenhower, 1:29.06; Muir, 1:30.11; Taft, 1:30.64. 1,600 RELAY—Dorsey, 3:16.85; Eisenhower, 3:20.05; Muir, 3:21.73. 3,200 RELAY—Thousand Oaks, 7:59.61; SD Pt. Loma, 8:06.04; LB Poly, 8:07.56. DISTANCE MEDLEY RELAY—Palos Verdes, 10:30.43; Edison, 10:32.53; Poway, 10:35.47.

HJ—Negrete (El Cajon), 6-8; Cogan (SO Notre Dame) and Barrowman (Bak North), 6-6. PV—Parker (SO Notre Dame), 16-1; Warwick (Hesperia), 15-7; Noel (Edison), 15-0. LJ—Reyes (Esc. Orange Glen), 23-3/4w. TJ—White (Crespi), 47-4/4; Roberson (Bak. West), 47-2/4; McGill (Esc. Orange Glen), 46-11. SP—Noon (Fallbrook), 59-9; Carter (Edison), 59-3; Rodriguez (Nogales), 52-6 1/2. DT—Noon (Fallbrook), 165-1; Jenkins (Saugus), 160-4; M. Murray (El Capitan), 154-5.

Girls

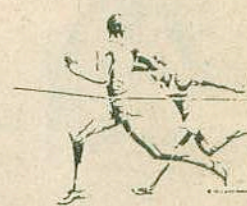
100—Ferguson (SD Crawford), 12.52. 200—Rolfe (Dorsey), 24.83; Kerr (Corona del Mar), 25.06. 400—Rolfe (Dorsey), 55.42; Kerr (CdM), 57.33; Stewart (Duarte), 58.38. 800—Bache (SD University), 2:16.28; Lee (Australia), 2:17.49; And. Black (Palos Verdes), 2:19.05. 1,600—T. Williams (Mountain View), 4:55.01; Jorgensen (Rancho Buena Vista), 4:56.56; Hand (Fallbrook), 5:06.94. 3,200—Jorgensen (Rancho Buena Vista), 10:47.34; Ash. Black (Palos Verdes), 10:56.23; Williams (Mountain View), 11:13.88.

100 LH—Swift (Eisenhower), 14.4. Prodanovich (Mission Bay), 15.1; Dill (Poway), 15.3. 300 HURDLES—Swift (Eisenhower), 45.04; Prodanovich (SD Mission Bay), 45.96; Pandagraff (SD Southwest), 46.82. 400 RELAY—Dorsey, 48.32; SD Crawford, 49.06; SD Morse, 49.39. 1,600 RELAY—Dorsey, 3:56.96; LB Poly, 4:02.64; Bakersfield, 4:03.89. 3,200 RELAY—Palos Verdes, 9:36.92; Thousand Oaks, 9:50.40; Poway, 9:51.75. DISTANCE MEDLEY RELAY—Esc. San Pasqual, 12:42.82; Palos Verdes, 12:47.86; Poway, 12:56.03. HJ—Mills (Campbell Hall), 5-8; Mongon (Australia), 5-8; Newton (Australia), 5-6; Patrick (SD Serra), 5-6; Kurras (Poway), 5-6. LJ—Miller (Australia), 17-8 1/2w; Bryant (Bakersfield), 17-6 1/4w; Nash (Ontario), 17-6 1/4w. TJ—Thompson (SD Morse), 38-1 1/4; Johnson (Patrick Henry), 37-5 1/4; Lynch (Australia), 36-7 1/4. SP—Jones (LB Poly), 42-5; Hughes (Orange Glenn), 42-3 1/4; King (Australia), 41-7 1/4. DT—Weis (Bakersfield), 147-4; Williams (Nogales), 142-6; Tumanuvao (Bell Gardens), 132-3.

3 Las Lomas (Walnut Creek) 33 3/4
 4 Monte Vista (Danville) 25
 5 Ygnacio Valley (Concord) 23

Girls Individuals

100H: 1. Patil (Ygnacio Valley) 14.9. **1 Mile:** 1. Riley (Campolindo) 5:19.5, 2. Bjornsen (Campolindo) 5:19.7. **4MR:** 1. Northgate 22:45.5. **HJ:** 1. Crain (Carondelet) 5-2. **TJ:** 1. Hanf (Ygnacio Valley) 36-2 1/2, 2. Horn (Acalanes) 36-2, 3. Kolb (Monte Vista) 35-5 1/4. **SP:** 1. Stranahan (Liberty) 37-3 1/2. **DT:** 1. Dejarlais (Las Lomas) 121-2 1/4, 2. Gamble (Antioch) 116-4 1/4.



Top 8 Meet (North Coast Section)

April 29, James Logan High School, Union City.

Men's Results

100: 1. Aaron Turner (Pittsburg) 11.05, 2. Brent Lowe (Kennedy-F) 11.13. **400:** 1. Angelo Sablo (Logan) 49.24. **800:** 1. Brian John (El Cerrito) 1:56.9. **3200:** 1. Dennis Hernandez (Mission San Jose) 9:38.3. **110H:** 1. Eddie Carbin (Washington) 15.06, 2. Darrien Hawkins (St. Mary's) 15.10, 3. Tim Estes (Fort Bragg) 15.15. **300 IH:** 1. Darrien Hawkins (St. Mary's) 38.60, 2. Eddie Carbin (Washington) 38.71. **400R:** 1. Pittsburg 43.00. **1600R:** 1. Logan 3:25.3, 2. Berkeley 3:26.2, 3. Pittsburg 3:26.9, 4. St. Mary's 3:27.0. **LJ:** 1. Willie Turner (Pittsburg) 22-2 1/2w, 2. Keith Duplessis (St. Mary's) 21-11 1/2w. **TJ:** 1. Jerrod Miles (Washington) 45-8 3/4w, 2. Marvin Brown (Pittsburg) 45-4w. **SP:** 1. Tim Boerum (Redwood) 51-6 3/4. **DT:** 1. Kamran Pazzel (Washington) 168-9, 2. Joe Caspers (Pittsburg) 162-0, 3. Marty Wayne (Mission San Jose) 155-11, 4. Tim Boerum (Redwood) 155-2.

Women's Results

100: 1. Felicia Jones (St. Elizabeth's) 12.20, 2. Sharon Polley (El Molino) 12.30, 3. Abiola Davis (Berkeley) 12.4ht. **200:** 1. Sharon Polley (El Molino) 22.1, 2. Angelo Sablo (Logan) 22.1. **600:** 1. Rosanna Sansone (Marin Catholic) 2:21.0. **1600:** 1. Becky Spies (Livermore) 5:14.0, 2. Carolina Allen (San Rafael) 5:20.8, 3. Sheila Burke (Marin Catholic) 5:21.1. **100H:** 1. Michelle DeCoux (Bishop O'Dowd) 14.32, 2. Bridget Taylor (Logan) 14.70, 3. Sharon Polley (El Molino) 14.70. **300 LH:** 1. Michelle DeCoux (Bishop O'Dowd) 43.8. **1600R:** 1. Kennedy-R 4:04.8, 2. Bishop O'Dowd 4:07.2, 3. Berkeley 4:07.9. **HJ:** 1. Kim Cox (Granada) 5-2. **TJ:** 1. Lynette Parker (Logan) 37-4 3/4w, 2. Bridget Taylor (Logan) 37-2 3/4w. **SP:** 1. Debbie Leatham (Logan) 38-1 1/2, 2. Charmain Firl (Neward Memorial) 37-10, 3. Sue Eckles (Newark Memorial) 35-10. **DT:** 1. Charmain Firl (Neward Memorial) 128-7, 2. Debbie Leatham (Logan) 117-5, 3. Sue Eckles (Newark Memorial) 110-1.

Charlie Eaton Relays

April 29, Acalanes High School, Lafayette.

Boys Teams

1 Ygnacio Valley (Concord) 55
 2 Acalanes (Lafayette) 52
 3 De La Salle (Concord) 30 1/2
 4 Castro Valley 23
 5 Liberty (Brentwood) 22

Boys Individuals

100: 1. King (Ygnacio Valley) 10.7. **880:** 1. Zirkelbach (Concord) 1:57.0, 2. Bellamy (Moreau) 1:57.8. **110 HH:** 1. Wachowicz (DeLaSalle) 14.7, 2. Premo (Ygnacio Valley) 14.8. **330 IH:** 1. Barry (Ygnacio Valley) 38.2. **400R:** 1. Ygnacio Valley (Van Buren, Medrano, Barry, King) 42.5. **MR:** 1. Ygnacio Valley (Van Buren, Eleazer, Barry, King) 3:22.2, 2. Acalanes 3:22.4. **HJ:** 1. Keane (DeLaSalle) 6-8, 2. Hunt (De Anza) 6-6. **PV:** 1. Young (Liberty) 13-6. **LJ:** 1. Laccay (Moreau) 22-9 1/4, 2. Raley (Oakland) 21-10 3/4. **TJ:** 1. Hunt (DeAnza) 45-0, 2. Keane (DeLaSalle) 44-6. **DT:** 1. Bowers (Liberty) 171-3 1/2, 2. Robinette (California) 161-1 1/4.

Girls Teams

1 Northgate (Walnut Creek) 71 3/4
 2 Moreau (Hayward) 34

Prep Notes

photo by Jim Engle



James Williams (Hogan High)

Top 8 Meet (Central Coast Section)

April 30, Los Gatos High School, Los Gatos.

Boys Teams

1	Independencia (San Jose)	98
2	Riordan (San Francisco)	42
3	Bellarmino (San Jose)	30
4	St. Ignatius (San Francisco)	28
5	St. Francis (Mountain View)	18 1/2
6	(tie) Mt. Pleasant (San Jose) & Los Altos	

Boys Individuals

400: 1. Fwellen (Riordan) 49.15, 2. Siqueros (Independence) 49.54, 3. Brackonridge (Westmoor) 49.65. 800: 1. Amendt (Lick) 1:54.44, 2. Vera (St. Francis) 1:55.43, 3. Engler (Bellarmino) N.T. Mile: 1. Amendt (Lick) 4:20.4, 2. Rubalcava (Bellarmino) 4:20.8, 3. Axtell (St. Francis) 4:23.6. 2M: 1. Mack (Carlmont) 9:23.55, 2. Schilling (Palo Alto) 9:24.10, 3. Brown (Gunn) 9:27.45. 400R: 1. Independence (San Jose) 42.6, 2. Mt. Pleasant (San Jose) 43.05. MR: 1. Independence 3:20.29, 2. Riordan 3:23.56, 3. Silver Creek 3:24.09. 110H: 1. Montgomery (Independence) 14.08, 2. Magalong (Westmoor) 15.08, 3. Batrez (Gilroy) 15.09. 330 LH: 1. Montgomery (Independence) 37.75, 2. Uribe (Capuchino) 39.14, 3. McGuirk (St. Ignatius) 39.51. HJ: 1. Conroy (St. Ignatius) 6-6, 2. Walker (Bellarmino) 6-6. PV: 1. Watson (St. Ignatius) 13-6, 2. Gregg (Watsonville) 13-6. LJ: 1. McKelvey (Independence) 22-10 1/2, 2. Hill (Riordan) 22-3, 3. Lopez (North Salinas) 21-11 1/4. TJ: 1. McKelvey (Independence) 46-0, 2. Morrison (North Salinas) 45-7 1/2, 3. Rucker (Riordan) 44-0. SP: 1. Wirtz (Leland) 57-10 1/2, 2. Wohlford (Gunderson) 56-4, 3. Harper (Watsonville) 53-4, 4. Fowler (Los Altos) 52-6. DT: 1. Wirtz (Leland) 199-0, 2. Fowler (Los Altos) 175-4, 3. Presser (Cupertino) 166-9.

Girls Teams

1	Mitty (San Jose)	62
2	Carlmont (Belmont)	40

3 Santa Teresa (San Jose) and Los Gatos (St. Francis) 12.48, 3. Lampkin (Independence) 12.50. 200: 1. Handy (Mitty) 24.71, 2. Coleman (Carlmont) 25.26, 3. Alvarenga (Mitty) 25.26. 400: 1. Alvarenga (Mitty) 56.11, 2. Barga (Fremont) 58.57, 3. Famady (Los Gatos) 58.94, 4. Parrish (Aragon) 59.07. 800: 1. Handy (Mitty) 2:17.15, 2. Be. Bartholomew (Fremont) 2:17.43, 3. Farnady (Los Gatos) 2:18.50. Mile: 1. Bowie (Woodside) 4:57.6, 2. Be. Bartholomew (Fremont) 5:00.0, 3. Ashe (Leland) 5:07.0. 2M: 1. McCandless (Castilleja) 10:38.3, 2. Wilcox (Santa Clara) 11:16.3, 3. Green (Westmont) 11:16.7. 100H: 1. Sanchez (Santa Teresa) 14.22, 2. Phillips (Aptos) 15.57, 3. Fisher (Gunn) 15.61, 4. Gabrielson (Monta Vista) 15.62, 5. Anderson (Palo Alto) 15.63. 330 LH: 1. Sanchez (Santa Teresa) 44.25, 2. Preston (Carmel) 46.50, 3. Alger (Sequoia) 46.65. 400R: 1. Mitty 48.92, 2. Silver Creek 50.04, 3. Carlmont 50.26. MR: 1. Mitty 4:00.97, 2. Fremont 4:09.36, 3. Los Gatos 4:10.39. HJ: 1. Raquinio (King City) 5-4, 2. Campana (Mt. View) 5-4. LJ: 1. Coleman (Carlmont) 18-7 1/2, 2. Aubert (Milpitas) 18-2, 3. Veltman (Leland) 17-7 1/2. TJ: 1. Sanchez (Santa Teresa) 38-5 3/4, 2. McCoy (Silver Creek) 36-7 1/2, 3. Raquinio (King City) 36-7 1/2, 4. Baird (Monta Vista) 36-0 3/4. SP: 1. Ruiz (Los Gatos) 41-9 1/2, 2. Parker (St. Francis) 39-8 1/2, 3. Latu (San Mateo) 37-5. DT: 1. Peters (Gunn) 142-8, 2. Eshresman (Leland) 123-5, 3. McCandless (Watsonville) 122-10.

Foothill Invitational

April 30, Foothill High School, Pleasanton.

Boys Teams

1	Amador Valley (Pleasanton)	55
2	Live Oak (Morgan Hill)	38
3	McClymonds (Oakland)	33

Girls Teams

1	Amador Valley (Pleasanton)	50
2	Foothill (Pleasanton)	32
3	Kennedy (Richmond)	30

Girls Individuals

440R: 1. Granada (Alcott, Davis, Travis, Williams) 50.4. SP: 1. Cembellin (Amador Valley) 37-1 1/2. DT: 1. Cembellin (Amador Valley) 141-4.

Orange County Champs

April 30, at Rancho Santiago College

100—Bertell (MV), 11.98w (3.91 m.p.s.), Griffith (El Toro), 12.36, Dixon (SA Valley), 12.45. 200—Bertell (MV), 24.62w (2.33 m.p.s.), Kerr (CdM), 25.20, Smith (Canyon), 25.81. 400—Kerr (CdM), 57.69; Savin (CdM), 58.09; Axtell (MV), 58.72. 800—Robles (Woodbridge), 2:19.73; Mulhaupt (Capistrano Valley), 2:22.60; Caminiti (Irvine), 2:23.70. 1,500—Hagen (Mater Dei), 5:54.63; Cooke (Esperanza), 4:56.10; Schindlick (Dana Hills), 4:58.51. 3,000—Jones (La Habra), 10:19.1; Benavidez (SA Valley), 10:23.7; Cashon (CdM), 10:24.8. 100 LH—Kerho (MV), 14.32w (3.43 m.p.s.); Reeves (Esperanza), 14.56; Kissinger (Marina), 14.63. 300 LH—Reaves

(Esperanza), 44.42; Thebaud (Esperanza), 44.87; Kerho (MV), 45.19. 400 RELAY—Mission Viejo, 48.66; Esperanza, 48.74; Woodbridge, 49.76. 1,600 RELAY—Woodbridge, 3:58.29; Corona del Mar, 4:04.07; Mission Viejo, 4:09.92. HJ—Fager (MV), 5-4; Svoboda (El Dorado), 5-4. TJ—Fager (MV), 39-4w; A Franke (MV), 37.6; Whelan (Canyon), 35-6 1/2. SP—Selman (Foothill), 37-8; Dunn (MV), 36-9 1/2. FINAL TEAM SCORES—Mission Viejo, 105; Corona del Mar, 60; Canyon, 50.

Ventura County Champs

April 30, at Camarillo High

Boys

100—Sourbeer (Royal), 11.07w. 200—Sourbeer (Royal), 22.31; Atkins (Thousand Oaks), 22.31. 400—Atkins (Thousand Oaks), 49.0; Guerrero (Rio Mesa), 49.3. 800—Codkey (Rio Mesa), 1:55.4; McCarter (Thousand Oaks), 1:55.7; Esparza (Newbury Park), 1:57.6. 1,600—Moraes (Ventura soph), 4:22.3; Williamson (Thousand Oaks), 4:22.7; Malesich (Camarillo), 4:27.4. 3,200—Damerworth (Agoura), 9:17.5; Oviatt (Agoura), 9:25.8; Esparza (Newbury Park), 9:34.1. 110 HH—Brown (Channel Islands), 14.71w; Pizza (Rio Mesa), 15.00; tie between Edwards (Westlake) and Matheny (Ventura), 15.30. 300 LH—Brown (Gil), 38.4. 400 RELAY—Oak Park, 43.1; Smi Valley, 43.7. 1,600 RELAY—Oak Park, 3:21.41; Thousand Oaks, 3:22.28; Rio Mesa, 3:23.28. HJ—Loomer (Buena), 6-9. PV—Sommers (Agoura), 13-0. TJ—Cotten (Nordhoff), 45-4 1/2. SP—Parish (Nordhoff), 54-7 1/4; Lee (Ventura), 53-9 1/2. DT—Parish (Nordhoff), 159-2; Mims (Rio Mesa), 159-1.

Girls

100—Burnham (Rio Mesa), 11.6w; Johnson (Heneme), 12.2. 200—Burnham (Rio Mesa), 24.20; 2. Johnson (Hueme), 26.16. 3. Tingle (Agoura), 26.49. 400—Cain (Hueme), 58.7. 800—1. Joubert (Westlake), 2:17.6; Dellamonica (Calabasas), 2:18.2; Zontelli (Agoura), 2:19.0. 1,600—Drossin (Agoura), 5:07.46; Craven (Camarillo), 5:13.21; Feller (Westlake), 5:18.04. 3,200—Drossin (Agoura), 11:01.9; 2. Craven (Camarillo), 11:07.3; Feller (Westlake), 11:13.6. 100 LH—Larson (Nordhoff), 15.23w; Fu (Thousand Oaks), 15.46; Ford (Westlake), 15.61. 300 LH—1. Larson (Fillmore), 46.7; Weibelhaus (Rio Mesa), 47.0; Bellamy (Thousand Oaks), 47.4. 400 RELAY—Rio Mesa, 48.8; Hueme, 49.5; Thousand Oaks, 50.3. 1,600 RELAY—Rio Mesa, 4:02.98; Thousand Oaks, 4:03.84; Westlake, 4:06.74. HJ—Beaver (Moorpark), 5-2; Callahan (Westlake), 5-2. LJ—Bittner (Rio Mesa), 17-5 1/4w. TJ—Myszkowski (Royal), 36.5; Tucker (Rio Mesa), 35-2 1/4. SP—Whelchel (Agoura), 42-10 1/4; Noel (Agoura), 40-0 1/2; Henderson (Channel Islands), 37-2 1/4. DT—Whelchel (Agoura), 125-0; Wilmont (Royal), 119-9; Cochran (Nordhoff), 116-10.

Meet of Champions

May 6, American River College, Sacramento.

Boys Results

100: 1. Stringer (Vacaville) 10.79, 2. Bradford (Vacaville) 11.11, 3. Hardy (El Camino) 11.12. 200: 1. Ellison (El Camino) 22.37. 400: 1. Bryan (Placer) 49.0, 2. Williams (Hogan) 49.10, 3. Pride (Grant) 49.91, 4. Jackson (Valley) 49.5. 800: 1. Weathers (Red Bluff) 1:53.6, 2. Miller (Johnson) 1:54.7, 3. Luna (Vacaville) 1:56.2. 1600: 1. Williams (River City) 4:11.1MR, 2. Smoot (Vacaville) 4:15.6, 3. Keller (Oakmont)

4:18.7, 4. Oliveras (Sonora) 4:20.3, 5. Woosley (Bella Vista) 4:23.0. 3200: 1. Williams (River City) 9:05.1MR, 2. Holbrook (Vacaville) 9:10.7, 3. Kashuba (Casa Roble) 9:21.1, 4. Ayers (Christian Brothers) 9:25.0. 110 HH: 1. Gildersleeve (Grant) 14.50, 2. Prudenti (Justin Siena) 14.81, 3. Ingram (Modesto) 14.88, 4. Johnson (Bella Vista) 15.09, 5. Salone (Atwater) 15.18. 300 HH: 1. Gildersleeve (Grant) 38.55, 2. North (Gridley) 39.53, 3. Windham (Vacaville) 39.57, 4. Ingram (Modesto) 39.81. 400R: 1. Johnson 42.89, 2. El Camino 42.99, 3. Bella Vista 43.11, 4. Burbank 43.59, 4. Oroville 43.59. 1600R: 1. Johnson 3:20.7, 2. Elk Grove 3:21.7, 3. Valley 3:22.6, 4. Oroville 3:24.4, 5. Hogan 3:25.8. HJ: 1. Slater (Colfax) 6-5. PV: 1. Wheeler (Nevada Union) 14-3, 2. Moore (Yreka) 13-6, 3. Reeber (Yreka) 13-6, 4. Roddy (Jesuit) 13-6. LJ: 1. Gildersleeve (Grant) 24-0 1/2, 2. Satcher (Hogan) 23-2, 3. Stewart (Oroville) 23-1, 4. Primbs (Davis) 22-6, 5. Smith (Wheatland) 22-5. TJ: 1. Gildersleeve (Grant) 48-3 3/4, 2. Rogers (Johnson) 47-4, 3. Smith (Wheatland) 45-4, 4. Rogers (Burbank) 44-7 1/4. SP: 1. Gainous (Manteca) 55-0 1/2, 2. Ford (Casa Roble) 54-6, 3. Johnson (El Camino) 53-10, 4. Johnson (Atwater) 53-9, 5. Camarena (Woodland) 51-10 1/2. DT: 1. Luper (Justin Siena) 168-2, 2. Carter (Jesuit) 162-0, 3. Camarena (Woodland) 159-1, 4. Deigan (Beyer) 157-10.

Girls Results

100: 1. Williams (Vallejo) 12.39, 2. Putnam (Orland) 12.61. 200: 1. Williams (Vallejo) 24.76, 2. Putnam (Orland) 25.31, 3. Dooley (Bret Harte) 25.4, 4. Shephard (Woodland) 25.91. 400: 1. Dooley (Bret Harte) 55.31, 2. Terrell (Vallejo) 57.31, 3. Teter (West Valley) 57.84, 4. Sampo (Davis) 59.18, 5. Tiner (Del Campo) 59.26. 800: 1. MacKenzie (Dixon) 2:17.4, 2. Walker (Golden Sierra) 2:20.9, 3. Rodda (Vacaville) 2:21.3, 4. Hewitson (Bella Vista) 2:22.3. 1600: 1. Gorbet (Lassen) 5:12.7, 2. Olivera (West Valley) 5:12.7, 3. Eiler (Rio Americano) 5:13.4. 3200: 1. Gorbet (Lassen) 11:13.0, 2. Belt (El Dorado) 11:15.7, 3. Kuphaldt (Bella Vista) 11:15.8, 4. Homan (Nevada Union) 11:28.3. 100 LH: 1. Stewart (Yuba City) 14.91, 2. Smith (Mills JH) 15.21, 3. Rhoades (Woodland) 15.62, 4. Redmond (Hogan) 15.67, 5. Eichle (Lodi) 15.79. 300 LH: 1. Wilkerson (Vanden) 46.30, 2. Moore (Cordova) 46.71, 3. Diezsi (Burney) 46.80, 4. Stember (St. Francis) 46.85, 5. Diaz (Manteca) 46.08. 400R: 1. Vallejo 49.9, 2. Valley 50.5, 3. Elk Grove 50.5, 4. Highlands 50.6, 5. Bret Harte 50.7. 1600R: 1. Vallejo 4:00.1, 2. West Valley 4:04.3, 3. Davis 4:05.7. HJ: 1. Prince (Paradise) 5-4, 2. (tie) Smith (Mills JH), Long (Red Bluff), Taylor (Rio Americano), Barker (Colfax), Broughton (Woodland) 5-4. LJ: 1. Broughton (Woodland) 17-1 1/2, 2. Rhoades (Woodland) 17-0. TJ: 1. Rhoades (Woodland) 36-5 1/2, 2. Long (Red Bluff) 36-4, 3. Burt (Valley) 36-1 1/2, 4. Rodda (Vacaville) 35-9, 5. Broughton (Woodland) 35-6 1/2. SP: 1. Taylor (Burbank) 40-5, 2. Nichols (Red Bluff) 39-3, 3. Taylor (Grant) 37-11, 4. Flagg (Anderson) 37-8, 5. McKinnon (Yreka) 37-6 1/2. Discus: 1. McKinnon (Yreka) 134-5, 2. Taylor (Grant) 130-6, 3. Brown (Rio Americano) 121-5, 4. Miles (Vallejo) 121-4, 5. Spessert (Vintage) 119-9.

Track & Field

Masters

Ken Carnine Classic

April 30, Cal State University, Sacramento.

Men's Results

55m: (30-34) 1. Cy Lewis 6.2, 2. Ken Cook 6.5, 3. William Smith 6.5. (35-39) 1. Glenn Johnson 6.2, 2. Ben Casad 7.6. (40-44) 1. Marvin Thompson 6.9, 2. James Manor 6.9. (45-49) 1. Martyn Adamson 6.4, 2. Jerry McCullough 6.5, 3. Bill Probst 7.1. (50-54) 1. Gilbert La Torre 6.6, 2. William Sanford 6.7. (55-59) 1. Bruce Springbett 6.4, 2. Dick Marlin 6.7, 3. Bob Feaster 6.9. (60-64) 1. Vern Regier 6.9, 2. Bob Roemer 6.9, 3. Bob Higginbotham 7.2. (65-69) 1. Jim Johnson 7.4. (70-74) 1. Payton Jordan 7.0, 2. Clarence Killion 7.4, 3. John Satti 7.8. (75-79) 1. Les Holmquist 8.8.

100m: (Open) 1. Randy Hackett 10.7, 2. Noah Livingston 10.8, 3. Reggie Berry 11.2. (30-34) 1. Darrell Smith 11.1, 2. Cy Lewis 11.2, 3. Ken Cook 11.7. (35-39) 1. Glenn Johnson 11.1, 2. Marty LeFevre 11.3, 3. Earl Bryant 12.0. (40-44) 1. James Hollister 11.4, 2. Russell Rutledge 11.8, 3. James Manor 12.4. (45-49) 1. Martyn Adamson 11.6, 2. Dennis Duffy 11.8, 3. Jerry McCullough 12.3. (50-54) 1. Gilbert La Torre 12.0, 2. William Sanford 12.2, 3. Marvin Smoller 12.8. (55-59) 1. Bruce Springbett 12.0, 2. Dick Marlin 12.7, 3. Huel Washington 12.7. (60-64) 1. Vern Regier 12.5, 2. Bob Roemer 13.0, 3. Bob Higginbotham 13.5. (65-69) 1. Sam Hoover 17.0. (70-74) 1. Payton Jordan 13.0, 2. Clarence Killion 14.0, 3. John Satti 15.4. (75-79) 1. Les Holmquist 18.4.

100m Hurdles: (60-64) 1. Bob Higginbotham 17.6.

110m Hurdles: (30-34) 1. William Smith 16.1, 2. Gary Schmidt 17.5. (35-39) 1. Robert Bull 16.8. (40-44) 1. James Hollister 16.7. (50-54) 1. Steve Richmond 20.0.

400m Hurdles: (30-34) 1. James Weems 56.5, 2. John Kirkpatrick 58.9. (45-49) 1. Phil Agostini 71.7.

200m: (Open) 1. Randy Hackett 22.2, 2. Noah Livingston 23.0, 3. Tarry Ward 23.5. (30-34) 1. Darrell Smith 22.9, 2. Ken Cook 25.2. (35-39) 1. Glenn Johnson 22.9, 2. Martin LeFevre 23.8, 3. Roger Trujillo 24.5. (40-44) 1. Russell Rutledge 24.7. (45-49) 1. Mel Brooks 23.5, 2. Martyn Adamson 23.6, 3. Dennis Duffy 24.4. (50-54) 1. Gilbert La Torre 24.5, 2. Sylvester Clayton 26.0, 3. Marvin Smoller 26.9. (55-59) 1. Bruce Springbett 25.2, 2. Huel Washington 26.7, 3. Bernard Stevens 26.9. (60-64) 1. Vern Regier 28.7, 2. Bill Ballantine 31.9. (70-74) 1. Payton Jordan 27.3, 2. Clarence Killion 29.6.

400m: (35-39) 1. Curt Duff 54.7, 2. Robert Buhl 56.2, 3. Charles Missouri 56.8. (40-44) 1. Matt Pruitt 53.8, 2. Searcy Barnett 55.7, 3. James Barnes 57.3. (45-49) 1. Mel Brooks 54.7, 2. Dennis Duffy 56.4, 3. Robert Jones 60.9. (50-54) 1. Ross Irving 57.9, 2. Sylvester Clayton 58.4, 3. Marvin Smoller 60.4. (55-59) 1. Bernard Stevens 63.0, 2. Alex Pappas 64.4. (60-64) 1. Bill Ballantine 72.4.

800m: (Open) 1. Dan Overton 1:59.4, 2. David Welsh 2:04.3, 3. Douglas Brooks 2:05.2. (30-34) 1. Dan O'Connell 2:08.9, 2. Rick Thomas 2:20.2, 3. Bradley Haynes 2:29.2. (35-39) 1. Curt Duff 2:04.8, 2. Tim Shannon 2:10.7. (40-44) 1. Searcy Barnett 2:05.4, 2. Dasahn Alchesay 2:21.7, 3. James Barnes 2:27.5. (45-49) 1. Phil Agostini 2:29.8. (50-54) 1. Pete Richardson 2:14.4, 2. Ross Irving 2:27.8, 3. Jack Hill 2:28.2. (65-69) 1. Troy Grove N.T.

1500m: (Open) 1. Robert Allen 4:01.2, 2. David Welsh 4:23.9, 3. Raul Rosenfield 4:46.4. (30-34) 1. Ron Shields 4:47.3, 2. Jim Scileny 7:22.7. (35-39) 1. Randy Sturgeon 4:18.7, 2. Tim Shannon 4:28.0, 3. Daryl Katcher 4:32.7. (40-44) 1. Searcy Barnett 4:27.0, 2. Tom Wright 4:28.7. (45-49) 1. Pat Frei 5:45.6. (45-49) 1. Rusty Barnett 5:47.6. (50-54) 1. Pete Richardson 5:04.1. (55-59) 1. Dale Basye 5:18.4. (65-69) 1. Troy Grove 6:17.4.

3000m: (40-44) 1. Searcy Barnett 9:34.0. (55-59) 1. Edmund Mahany 14:35.7.

5000m: (Open) 1. Mathew Thomas 18:03.8. (40-44) 1. James Taylor 17:32.8, 2. Rich Summers 18:46.5. (60-64) 1. Marty Higginbotham 16:02.9.

4x100: Dan O'Connell, Rick Thoman, Frank Demby, Earl Bryant 51.3.

4x200: 1. West Valley 1:40.8, 2. S.F. T&F Club 1:43.0.

4x400: 1. Sturgeon, Chris, Barnett, Boulerice 3:57.1, 2. Williams, McNutt, Wright, Katcher 4:08.3, 3. O'Connell, Thoman, Bryant, Wright 4:13.4.

Long Jump: (30-34) 1. Ron Shields 19-7, 2. Gary Schmidt 18-10, 3. Jim Scileny 8-11. (35-39) 1. Roger Trujillo 20-7 1/2, 2. Robert Buhl 19-9, 3. Ben Casad 15-3 1/2. (40-44) 1. James Hollister 19-0. (45-49) 1. Donald Dvorak 18-4, 2. John Lawson 17-7 1/2, 3. Rodney Downs 16-9 1/2. (50-54) 1. Steve Richmond 15-8 1/2. (60-64) 1. Bob Roemer 15-7, 2. Bob Higginbotham 14-8 1/2, 3. Bob Hall 12-4 1/2. (65-69) 1. Jim Johnson 14-11 1/2. (70-74) 1. John Satti 12-7. (75-79) 1. Les Holmquist 9-10. (80-84) 1. Bob Ush 8-1 1/2.

Triple Jump: (30-34) 1. Gary Schmidt 37-3, 2. Jim Scileny 29-5 1/2. (35-39) 1. Roger Trujillo 43-11. (40-44) 1. James Hollister 38-10. (45-49) 1. John Lawson 37-7 1/2, 2. Donald Dvorak 35-6, 3. Robert Jones 34-3 1/2. (50-54) 1. Steve Richmond 30-11. (65-69) 1. Jim Johnson 30-1. (70-74) 1. John Satti (No distance given). (80-84) 1. Bob Ush 18-8 1/2.

Pole Vault: (30-34) 1. Wilson Soohoo 14-8. (40-44) 1. Bruce Hotaling 13-8, 2. Richard Stepp 12-0. (65-69) 1. Jim Johnson 8-6.

High Jump: (Open) 1. Kevin Seeman 5-9. (45-49) 1. Dick Hotchkiss 5-2, 2. Donald Dvorak 4-6. (50-54) 1. Don Rose 5-0 1/2, 2. Steve Richmond 4-8 1/2. (60-64) 1. Jerry Silsdorf 4-0, 2. Bob Hall 4-0. (65-69) 1. Jim Johnson 4-0. (75-79) 1. Les Holmquist 3-7 1/4.

Shot Put: (30-34) 1. Richard Gorbet 51-1 1/2, 2. Gary Schmidt 39-10 1/2, 3. Jim Scileny 17-0 1/2. (40-44) 1. Pat Lyman 45-0 1/2. (45-49) 1. Dick Hotchkiss 40-8 1/2, 2. Mike Parker 36-7 1/2. (50-54) 1. Jim Hart 46-9 1/2, 2. John Ross 46-4 1/4, 3. Jim Hart 46-9 1/2. (55-59) 1. Bob Feaster 40-2 1/2, 2. John Geoghegan 38-7. (60-64) 1. Mike Orlich 43-2 1/4, 2. Roy Wigginton 37-5, 3. Jerry Silsdorf 32-6. (65-69) 1. Hy Booth 33-11 1/4, 2. Hal Cronkite 36-2. (70-74) 1. Dick Mack 28-6. (80-84) 1. Al Puglizovich 26-11.

Discus: (30-34) 1. Richard Gorbet 136-2, 2. Gary Schmidt 124-4, 3. Bob Castleman 116-8 1/2. (45-49) 1. Ron Miller 137-3, 2. Dick Hotchkiss 135-11, 3. Mike Parker 108-1 1/2. (50-54) 1. John Ross 149-11 1/2, 2. Jim Hart 138-2 1/4, 3. Dan Rose 109-10 1/4. (60-64) 1. Mike Orlich 118-10 1/2, 2. Roy Wigginton 111-2 1/2, 3. Bob Hall 93-5. (65-69) 1. Hy Booth 130-9 1/2, 2. Hal Cronkite 84-11. (70-74) 1. Dick Mack 81-5 1/2. (80-84) 1. Ken Carnine 97-3, 2. A.J. Puglizovich 55-2 1/2.

Javelin: (30-34) 1. Gary Schmidt 145-4, 2. Jim Scileny N.D. (35-39) 1. Robert Buhl 192-3. (40-44) 1. Denis Neufeld 148-11, 2. Richard Stepp 144-9. (45-49) 1. Dick Hotchkiss 163-4, 2. Mike Parker 107-4, 3. Robert Jones 113-5. (45-49) 1. Fran Conley 97-3. (50-54) 1. Phil Conley 166-8, 2. Don Rose 148-1. (60-64) 1. Bob Romer 134-0, 2. Roy Wigginton 107-9, 3. Jerry Silsdorf 56-11. (65-69) 1. Boyd Porch 126-8. (70-74) 1. Dick Mack 88-6. (80-84) 1. Ken Carnine 83-9, 2. A.J. Puglizovich 64-9.

Hammer: (80-84) 1. Bob Ush 76-4.

Weight Pentathlon: (Due to an unfortunate loss of scoring tables no scores could be tabulated) (All Throwers used the 20lb weight) (45-49) 1. Jack Karbers. (50-54) 1. Jim Hart. (60-64) 1. Jack Stein.

Women's Results

55m: (30-34) 1. Becky Post 7.7. (55-59) 1. Marge Moore 8.2.

100m: (30-34) 1. Becky Post 14.2. (35-39) 1. Margarette Duncan 13.9. (45-49) 1. Nadine O'Connor 14.2. (55-59) 1. Marge Moore 17.5. (60-64) 1. Shirley Dieterich 17.4.

200m: (30-34) 1. Nancy Frost 30.2, 2. Becky Post 30.5. (35-39) 1. Margarette Duncan 29.5. (45-49) 1. Nadine O'Connor 29.6. (55-59) 1. Marge Moore 38.9. (60-64) 1. Shirley Dieterich 38.4.

400m: (30-34) 1. Nancy Frost 67.4. (45-49) 1. Nadine O'Connor 68.1.

800m: (Open) 1. Amber Wright 2:33.4. (30-34) 1. Nancy Frost 2:37.6.

Discus: (Open) 1. Grace Apafi 159-11 1/4. (60-64) 1. Shirley Dieterich 60-8 1/2.

Shot Put: (Open) 1. Grace Apafi 44-9.

Javelin: (60-64) 1. Shirley Dieterich 58-11.

Weight Pentathlon: (35-39) 1. Joan Stratton.

Junior College

Empire Conf. Champs

at Rancho Santiago College

MEN: 100—Glostion (RI), 10.44 (wind .85 m.p.s. against), Atkins (RI), 10.76. Stephens (SI), 10.85. 200—Glostion (RI), 20.98w (2.83 m.p.s.), Jennings (OC), 21.60. Stephens (SI), 21.67. 400—Henserson (RI), 48.64. 800—Sorensen (RS), 1:54.54; Jaminaz (CI), 1:54.81; Bowles (OC), 1:55.86. 1,500—Sorensen (RS), 4:03.43. 5,000—Kariuki (RI), 15:20.45. 10,000—Digueras (OC), 32:02.3. 110 HH—Jenkins (SI), 14.67. 400 IH—Jenkins (SI), 53.81. Wright (RA), 54.23. Bigham (RI), 54.36. 3,000 STEEPLECHASE—Ervin (RA), 9:29.49. 400 RELAY—Riverside, 41.37. Rancho Alamitos, 42.53; Saddleback, 42.71. 1,600 RELAY—Rancho Alamitos, 3:17.17. Orange Coast, 2:18.10. HJ—McCurry (RI), 6-9. PV—Haynes (RI), 15-1. LJ—Atkins (RI), 24-0 1/2. Lily (RI), 23-4 1/2. TJ—Nunez (RA), 47-

11 1/2. Lily (RI), 47-11. SP—Frazee (RI), 46-3 1/2. DT—Frazee (RI), 156-11. HT—McNair (CI), 152-2. JT—Doering (RI), 189-11. FINAL TEAM SCORES—Riverside, 175. Orange Coast, 143 1/2. Rancho Santiago, 138. Saddleback, 89 1/2. Citrus, 64.

WOMEN: 100—Grant (RI), 13.11. 200—Grant (RI), 27.12. 400—Halley (OC), 59.15. 800—Wright (OC), 2:18.74. 1,500—Wright (OC), 4:44.32. Lies (OC), 4:52.01. Daly (SI), 4:57.15. 3,000—Lies (OC), 10:47.47. 5,000—Wright (OC), 18:54.73. 100 HURDLES—Stevens (SI), 15.43. 400 HURDLES—Stevens (SI), 67.33. 400 RELAY—Saddleback, 50.90. 1,600 RELAY—Orange Coast, 4:06.33. HJ—Rooster (SI), 5-2. LJ—Kulow (SI), 16-7 1/2. TJ—Kulow (SI), 36-4 1/2. SP—Wilson (SI), 38-3 1/2. DT—Wilson (SI), 133-4. JT—Vanner (SI), 120-7. FINAL TEAM SCORES—Saddleback, 249; Orange Coast, 137; Riverside, 67. Rancho Santiago, 32. Citrus, 21.

Results

Mt. SAC Relays

April 23-24:

Men

1,600—Madrigal (Mexico), 3:51.09; Salazar (Central Arizona), 3:52.12; Lopez (Glendale, Ariz.), 3:53.21; Hirschman (El Camino), 3:54.64; Rivera (Long Beach), 3:55.23; Reed (Phoenix), 3:55.24.

5,000—Krieger (Foothill), 14:55.25; Fedoroff (El Camino), 15:03.03; Barrios (Glendale, Ariz.), 15:15.44.

3,000 STEEPLECHASE—Lopez (Central Arizona), 8:56.3; Stone (Mesa, Ariz.), 9:27.1; Thomson (Moorpark), 9:30.6.

110 HURDLES (Race 1)—Maiden (Bakersfield), 15.04 (Race 2)—Pye (Long Beach), 14.21; Wimberly (Pasadena), 14.84; Ghuyts (Long Beach), 14.99; Thomas (Central Arizona), 15.01 (Race 3)—Jefferson (Taft), 13.95 (wind 0.1 m.p.s. against); Buckner (Central Arizona), 14.33; Crear (Mt. San Antonio), 14.60; Jenkins (Saddleback), 14.94; Dautry (Central Arizona), 14.97.

400 HURDLES (Race 1)—Williams (Long Beach), 53.13 (Race 2)—Grant (Long Beach), 53.35; Harlow (Mt. SAC), 54.39; Miller (Mt. SAC), 54.58; Sturdivant (MiraCosta), 54.91 (Race 3)—Jordan (Long Beach), 54.91 (Race 4)—Cox (Taft), 52.58; Swanegan (SD Mesa), 52.96; Maiden (Bakersfield), 53.18; Chapman (Fullerton), 53.75; Gibson (Moorpark), 55.07.

400 RELAY (Race 1)—MiraCosta, 42.01; Bakersfield, 42.51 (Race 3)—Central Arizona, 39.82; Taft, 40.24; Pasadena, 40.75; Mt. San Antonio, 41.20; El Camino, 41.21; SD Mesa, 41.51.

800 RELAY (Race 1)—Mt. San Antonio, 1:26.32 (Race 2)—Central Arizona (Buckner, Campbell, O'Connor, Davis), 1:22.26; El Camino, 1:24.92; Pasadena, 1:25.16; Taft, 1:27.00; MiraCosta, 1:27.17.

1,600 RELAY (Race 1)—Orange Coast, 3:18.5; Mt. San Antonio, "B", 3:18.7 (Race 2)—Taft, 3:10.78; El Camino, 3:12.03; MiraCosta, 3:16.37; Mt. San Antonio, 3:18.32.

3,200 RELAY—MiraCosta, 7:35.97; Orange Coast, 7:45.34; Mt. San Antonio, 7:46.69; Grossmont, 7:57.39.

6,400 RELAY—Central Arizona, 17:33.4; Grossmont, 17:58.7; Orange Coast, 18:18.3.

SPRINT MEDLEY RELAY—Taft, 3:17.34; Pasadena, 3:23.96; Bakersfield, 3:26.61; El Camino, 3:28.37.

DISTANCE MEDLEY RELAY—Central Arizona, 10:09.6; SD Mesa, 10:20.4; Glendale (Ariz.), 10:27.3; MiraCosta, 10:29.7.

SHUTTLE HURDLE RELAY—Long Beach, 58.84; Glendale (Ariz.), 61.82.

HIGH JUMP—McGinnis (Foothill), 7-0; Moore (Long Beach), 7-0; Cox (Mt. SAC), 6-10; Jones (Phoenix), 6-8; Williams (Rancho Santiago), 6-8.

POLE VAULT—Frederick (Taft), 16-6; Shalvis (Mt. SAC), 16-0; Banhagel (Cuesta), 16-6; Burke (Cuesta), 16-0; Bruce (Cuesta), 15-6; Anderson (Glendale, Ariz.), 15-6.

LONG JUMP—Atkins (Riverside), 24-7¼; Talley (Pasadena), 23-11; Lockwood (Glendale, Ariz.), 23-8; Cleveland (South Mountain, Ariz.), 23-7¼; Aldridge (Phoenix), 23-6¼; Campbell (SD Mesa), 23-4¼.

TRIPLE JUMP—Franklin (SD Mesa), 48-10¼; O'Connor (Central Arizona), 48-4¼.

SHOTPUT—Lowther (Moorpark), 55-0¼; Hausauer (Pasadena), 54-11; D. Johnson (Central Arizona), 54-3¼; Bowsgr (SD Mesa), 52-5½; Lee (Central Arizona), 51-0¼.

DISCUS—D. Johnson (Central Arizona), 165-6; Lee (Central Arizona), 160-1½; Frazer (Riverside), 153-1; Beiber (SD Mesa), 152-0; Abshire (Long Beach), 147-9; Winters (Fullerton), 146-9; Griffiths (Antelope Valley), 146-8; Navarro (Mt. SAC), 145-4.

HAMMER—Williams (Santa Monica), 179-10; Abers (Sierra), 174-0; Galbraith (Glendale, Ariz.), 170-9; McConn (Sierra), 166-4; Sirett (Australia), 162-10.

JAVELIN—Langloris (Mesa, Ariz.), 210-8; Johnson (Grossmont), 204-5; Stuart (Australia), 196-2; Granville (Santa

Monica), 190-3; Meert (Bakersfield), 189-4; Samuels (Pasadena), 188-9; Calvano (Golden West), 185-1.

Women

1,600—Krieger (Cuesta), 4:35.21; Contrarez (Mexico), 4:38.45; Jackson (Phoenix), 4:40.16; Nava (Mexico), 4:42.28; Ball (Moorpark), 4:43.24; Worth (Scottsdale, Ariz.), 4:45.38. 3,000—Hoffman (El Camino), 10:19.2.

100 HURDLES (Race 1)—Chen (Mt. San Antonio), 14.1; Joyner (unat), 14.5; Simmons (Mt. SAC), 15.2; Ulloa (Phoenix), 15.2; Carter (Glendale, Ariz.), 15.5 (Race 2)—Drury (Australia), 14.96 (Race 3)—Stevens (Saddleback), 15.58. 400 HURDLES—White (El Camino), 62.75; Hale (Australia), 64.27.

400 RELAY—Mt. San Antonio, 47.02; El Camino, 47.05; Glendale (Ariz.), 49.04. 1,600 RELAY—El Camino, 3:46.71; Mt. San Antonio, 3:49.70; Australia, 3:54.85. 3,200 RELAY—Phoenix, 9:34.60; MiraCosta, 9:42.53; Moorpark, 9:46.41.

800 MEDLEY RELAY—El Camino, 1:45.68; Foothill, 1:50.39; Glendale (Ariz.), 1:52.12. DISTANCE MEDLEY RELAY—Orange Coast, 12:08.12; Cuesta, 12:18.43; Foothill, 12:26.95.

HJ—Dabney (Santa Monica), 5-4. LJ—Anderson (SD Mesa), 18-8¼. TJ—Anderson (SD Mesa), 40-10. SP—Sperling (El Camino), 47-10; Aho (MiraCosta), 45-3; Castater (SD Mesa), 43-5¼. JT—Umufuke (Foothill), 148-3; Weitz (Scottsdale, Ariz.), 145-10; Gill (Fullerton), 139-11.

South Coast Conf.

April 30, Fullerton College:

Men

100—McCree (LB), 10:32w; Ethridge (P), 10:39; Barnes (EC), 10:48. 200—Lezine (LB), 2:10.2w; Ethridge (P), 2:12.7; Roberts (EC), 2:13.99; Aoo—Douglas (EC), 46.82; Cannady (LB), 47.27; Lezine (LB), 47.95. 800—Horton (LB), 1:55.52. 1,500—Vance (Mt. SAC), 3:59.58; Moya (EC), 4:00.88. 5,000—Vance (Mt. SAC), 15:13.7. 10,000—Rivera (LB), 32:37.34. 110 HH—Johnson (LB), 14:10w; Crear (Mt. SAC), 14:11; Pye (LB), 14:17. 400 IH—Tally (P), 52.09; Grant (LB), 52.85; Pye (LB), 53.65. 3,000 STEEPLECHASE—Lind (LB), 9:30.7.

400 RELAY—Long Beach, 40.79; El Camino, 41.10; Mt. San Antonio, 41.61. 1,600 RELAY—El Camino, 3:12.16; Long Beach, 3:12.88; Pasadena, 3:19.38. HJ—Cox (Mt. SAC), 6-10. PV—Shalvis (Mt. SAC), 15-6; Covarobias (LB), 15-6. LJ—Talley (P), 25-0; Haynie (LB), 24-1½; Hooks (LB), 24-0¾w. TJ—Hooks (LB), 53-3¼w; Ghuyts (LB), 49-2¼w. SP—Hausauer (P), 56-7; Bvrens (LB), 53-0¼; McHaney (P), 52-7¼. DT—Absher (LB), 143-11. HT—Hausauer (P), 158-3; Dickerson (Mt. SAC), 145-8. JT—Samuels (P), 181-8.

FINAL TEAM SCORES—Long Beach, 232; Mt. San Antonio, 106; Pasadena and El Camino, 84; Cerritos, 40; Fullerton, 34; Golden West, 9; Compton, 3.

Women

100—Gardner (Mt. SAC), 11.85w; Thomas (EC), 11.95; Simmons (Mt. SAC), 12.19. 200—Harrison (Mt. SAC), 24.32w; Gardner (Mt. SAC), 24.77; Thomas (EC), 24.79. 400—Harrison (Mt. SAC), 54.61; Thomas (EC), 56.48; Adams (Mt. SAC), 57.33. 800—Griego (P), 2:25.73. 1,500—Hamilton (EC), 4:47.46. 3,000—Hoffman (EC), 10:35.93. 100 HURDLES—Chen (Mt. SAC), 14.00w; Simmons (Mt. SAC), 14.53; John (LB), 14.71.

400 HURDLES—White (EC), 64.22; Guterac (Cer), 64.79; Chen (Mt. SAC), 65.18. 400 RELAY—Mt. San Antonio, 46.89; El Camino, 47.41; Long Beach, 49.03. 1,600 RELAY—El Camino, 4:08.68. HJ—Tyler (LB), 5-2. LJ—Motley (LB), 17-10. TJ—Durr (EC), 37.3. SP—Sperling (EC), 45-1; Gill (F), 42-7¼. DT—Gill (F), 133-8; Sperling (EC), 128-6.

photo by Bill Leung, Jr.



Jill Hoffman

April 30, Santa Barbara:

Men

100—McMillan (G), 10:70w; Yarbrough (B), 10:76; Alfred (H), 10:80. 200—Yarbrough (B), 22.16. 400—Thomas (B), 49.00. 800—Caldwell (SB), 1:53.48; Rachal (B), 1:55.85. 1,500—Rachal (B), 4:02.74. 5,000—Hernandez (G), 15:47.90. 10,000—Hernandez (G), 33:13.14. 110 HH—Bradshaw (G), 13.8w; Benoy (SB), 14.0; Maiden (B), 14.6. 400 IH—Maiden (B), 53.62. Bradshaw (G), 53.70; Gibson (M), 54.00. 3,000 STEEPLECHASE—Thomson (M), 9:29.78. 400 RELAY—Santa Monica, 42.22; Bakersfield, 42.43; Moorpark, 42.95. 1,600 RELAY—Bakersfield, 3:21.24. HJ—Swim (Cuesta), 6-10. Batham (G), 6-10; Tebbe (G), 6-8. PV—Banhagel (Cuesta), 16-0; Burke (Cuesta), 16-0. LJ—Bruce (Cuesta), 16-0. TJ—Gibson (Moorpark), 23-8¼. TJ—Perez (Santa Barbara), 50-0¼; Johnson (B), 47-7¼. SP—Lowther (M), 52-6¼. DT—Scanlan (B), 155-1; Lowther (M), 154-2; McCormick (B), 146-10. TJ—Buneyval (G), 16-0. J. Williams (SM), 170-0. FINAL TEAM SCORES—Glendale, 167; Bakersfield, 161; Moorpark, 84; Santa Monica, 68; Santa Barbara, 46; Cuesta, 39; Hancock, 30; Ventura, 20; Oxnard, 5.

Women

100—Turning (C), 12.1w; Nevel (SM), 12.1. Boudin (SM), 12.2. 200—Turing (C), 24.8. 400—Wells (B), 57.36. 800—Krieger (C), 2:16.54. 1,500—Kraiger (C), 4:45.60; Dial (C), 4:49.48; Ball (M), 4:52.64. 3,000—Silvey (SM), 10:29.1. 5,000—Silvey (SM), 18:05.01. 100 HURDLES—Mosby (B), 14.90w; Dorsey (SM), 15.05. 400 HURDLES—Dorsey (SM), 69.72. 400 RELAY—Santa Monica, 49.42. 1,600 RELAY—Cuesta, 4:05.40. HJ—Dabney (SM), 5-4. LJ—Turing (C), 18-2¼w. TJ—Mosby (B), 36-8½w. SP—Bernoff (G), 39-7. DT—Meyers (G), 120.8. JT—Turing (C), 118-3. FINAL TEAM SCORES—Santa Monica, 158; Cuesta, 106; Bakersfield, 93; Moorpark, 64; Ventura, 50; Glendale, 35; Santa Barbara, 11; Oxnard, 8; Hancock 0.

photo by Bill Leung, Jr.



Carlos Moya

Results

photo by Jim Reynolds



Silms to Washington

photo by Jim Reynolds



Janeen Vickers

College / Open

Multi-Team Meet

April 16

Men

100—Marsh (UCLA), 10.35 (wind .1 m.p.s. aiding); Burrell (Houston), 10.35; Clarke (Houston), 10.60. 200—Marsh (UCLA), 20.69 (wind .1 m.p.s. aiding); Thomas (UCLA), 20.79; Lewis (UCLA), 21.21. 400—Reynolds (KS), 45.8; A Washington (UCLA), 46.5. 800—Blair (H), 1:51.03; Wisnovsky (UCLA), 1:51.04. 1,600—Stahl (KS), 3:45.57; Hessini (KS), 3:46.76; Jaspers (UCLA), 3:47.16. TWO MILES—Stahl (KS), 8:57.69.
110 HH—K. Young (UCLA), 14.00; R. Young (UCLA), 14.08; Jones (H), 14.11. 400 IH—K. Young (UCLA), 49.24; Mason (H), 50.19; R. Young (UCLA), 51.79. 400 RELAY—UCLA (Marsh, Everett, R. Young, Thomas), 39.94; Houston, 40.55; Kansas St., 40.64. 1,600 RELAY—UCLA, 3:11.86; Houston, 3:13.96.

HJ—Speer (KS), 7-0½; Henson (KS), 7-0½. PV—Lee (UCLA), 16-5; Slocum (UCLA), 16-5. LJ—Harrison (KS), 26-0¼ (wind 1.2 m.p.s. aiding); Anderson (UCLA), 24-7¾. TJ—Harrison (KS), 55-3¼ (wind .6 m.p.s. against); Anderson (UCLA), 51-1¾. SP—Wilson (UCLA), 58-2; O'Mara (KS), 56-10½; Blutreich (UCLA), 56-2.

DT—Blutreich (UCLA), 191-1; Thompson (UCLA), 176-4; Wilson (UCLA), 173-0. HJ—Wilson (UCLA), 218-0; Knight (UCLA), 201-4. TJ—Connolly (Athletic Corp.), 241-0; Brown (KS), 219-10; Allen (KS), 218-10; Henson (KS), 214-0. TEAM SCORES—UCLA, 89; Kansas St., 40; Houston, 39.

Women

100—Smith (UCLA), 11.6; Younger (H), 11.8. 200—Devers (UCLA), 22.8 (wind 1.7 m.p.s. aiding); Smith (UCLA), 24.1. 400—Vickers (UCLA), 55.43. 800—Chapel (UCLA), 2:09.33; R. Greenwell (H), 2:10.58; Stadler (KS), 2:10.69. 1,500—Dunn (H), 4:21.19; Stadler (KS), 4:24.51; Chapel (UCLA), 4:27.16. 3,000—Struckoff (KS), 9:41.04; Deckert (KS), 9:42.69; Kiernan (UCLA), 9:47.57.
100 HURDLES—Vickers (UCLA), 13.79 (wind .7 m.p.s. aiding); Kilpatrick

(KS), 13.88; Smith (UCLA), 14.15. 400 HURDLES—Kilpatrick (UCLA), 59.81; Knighton (UCLA), 59.81. 400 RELAY—UCLA (Sedwick, Smith, Phillips, Vickers), 44.92; Houston, 46.77; Kansas St., 46.81. 1,600 RELAY—UCLA (Sedwick, Knighton, Phillips, Vickers), 3:41.42; Houston, 3:46.95.

HJ—Henderson (KS), 5-10; Case (H), 5-8. LJ—Devers (UCLA), 22-2½ (wind 1.6 m.p.s. against); Sedwick (UCLA), 20-7¾. TJ—Curry (KS), 41-1¼. SP—Joyner-Kersey (World Class), 50-5½. DT—Larson (UCLA), 170-4; Millett (UCLA), 162-0; Abernathy (KS), 159-5. JT—Larson (UCLA), 161-9. TEAM SCORES—UCLA, 92½; Kansas St., 53; Houston, 36½.

CCAA Meet

AT CS Bakerfield
Men's events

100M—Jeffries (N) 10.4; 200—Jeffries (N) 21.4; 400—Hendrix (N) 48.5; 800—Kastor (N) 1:55.7; 1,500—Kastor (N) 3:56.0; 3,000 Steeple Chase—Peterson (P) 9:59.2; 5,000—Velt

(N) 15:00.6; 110 HH—Broschal (B) 14.6; 2. McGee (N) 15.1; 400 IH—Fisher (N) 53.0. SHOT PUT—Schain (N) 50-2½; LONG JUMP—Strong (B) 23-7½; 4. Schenfield 20-11½; TRIPLE JUMP—Brown (P) 50-8½; 5. Schenfield 42-10½; HIGH JUMP—Barney (B) 7-2½; 2 Stewart (N) 6-8; POLE VAULT—Rapp (N) 14-6. HAMMER—Lang (N) 184-5; JAVELIN—Smith (B) 165-5; DISC—Caneta (B) 158-1; 2 Beauvais (N) 143-0. 440 RELAY—Northridge 41.6; 1,600 RELAY—Bakersfield 3:16.1; 2. Northridge 3:19.7.

TEAM SCORING—CS Northridge 87; Bakersfield 64, Cal Poly Pomona 35, UC Riverside 16.

Women's events

100M—P. Smith (N) 12.0; 200—Courtright (B) 25.3; 2. Isles (N) 25.4; 400—Sapp (N) 59.3; 800—Harkins (P) 2:14.5; 3. Upsher (N) 2:21.7; 1,500—Arreola (N) 4:35.7; 3,000—Battles (B) 10:29.8; 2. Brookes (N) 10:33.6; 5,000—Poy (N) 17:53.7; 100 LH—Courtright (B) 13.9; 3. Farr (N) 14.7; 400 LH—St. John (N) 53.4; SHOT PUT—Gail (P) 49-4½; 2. Hagan (N) 42-6; LONG JUMP—Courtright (B) 18-2½; 2. Canada (N) 17-1½; TRIPLE JUMP—Walker (B) 39-1; 2. Pile (N) 38-10½; HIGH JUMP—Schmick (P) 5-6.5; Allington (N) 5-2; JAVELIN—Schmick (P) 145-1; 440 RELAY—Northridge 48.2; 1,600 RELAY—Northridge 3:56.9.

TEAM SCORING—CS Northridge 80; Pomona 53; Bakersfield 44; UC Riverside 4.

Bruce Jenner Classic

SAN JOSE, Calif. (AP) — Results of Saturday's finals at the Bruce Jenner Classic II track and field meet (running distances in meters unless otherwise indicated):

MEN

110 HH — 1. Robert Reading, Southern California, 13.74. 2. Rod Jett, California, 13.77. 3. James McCraney, Stars & Stripes, 13.98.

Long jump — 1. Mike McRae, Bay Area Striders, 24-11. 2. Harold Rucker, San Jose City College, 24-3½. 3. Kevin Smith, Unattached, 24-1.

5,000 — 1. Karl Van Calcar, Oregon State, 14:06.2. 2. Telly Ebba, Oregon State, 14:49.9. 3. Shawn Noonan, Unattached, 14:57.8.

Hammer — 1. Kjell Bystedt, Unattached, 227-5. 2. Matt Mileham, New York AC, 218-7. 3. Doug Gillard, Unattached, 217-0.
400 relay — 1. Sacramento State, 41.33. 2. San Jose City College, 41.67. 3. Chabot TC, 41.80.

Pole vault — 1. Doug Wicks, South Bay TC, 17-6. 2. (tie), Steve Klassen, South Bay TC, and Felix Bohni, South Bay TC, 17-0.

100 — 1. Geprge Walcott, Oregon International TC, 10.55. 2. Calvin Nicholson, Oregon State, 10.73. 3. Curtis Rogers, California, 10.78.

400 — 1. Tim Morris, Sacramento TC, 47.18. 2. Ellis Robert, Sacramento State, 47.27. 3. Tranel Hawkins, Accusplit, 47.29.

Shot put — 1. Neil Leonard, Unattached, 55-9¼. 2. Peter Michaels, Southern California, 53-4½. 3. Darren Robuck, Cal-Santa Barbara, 51-8½.

Javelin — 1. Mike Schmidt, Cal-Davis, 211-3. 2. Tom Silva, Unattached, 200-1. 3. Dave Dmytrow, Oregon State, 193-8.

High jump — 1. Troy Haynes, Unattached, 7-2. 2. Ron Kamaka, Unattached, 7-0. 3. Tom Van Zandt, Unattached, 7-0.

800 — 1. Ibrahim Okash, Southern California, 1:48.9. 2. Joey Bunch, Southern California, 1:49.3. 3. Ray Griffin, Southern California, 1:49.5.

Triple jump — 1. Ray Kimble, Bay Area Striders, 53-1. 2. Rodger Bennett, Army, 52-5½. 3. Greg Harper, Southern California, 51-6½ (w).

400 hurdles — 1. Miguel Torrente, California, 51.78. 2. Michael Chukes, NorCal International TC, 52.06. 3. Richard Curtis, Sacramento State, 52.47.

1,500 — 1. Hector Perez, Mexico, 3:42.4. 2. John Sup, Pacific Flyers TC, 3:46.3. 3. Stewart Trost, Oregon State, 3:47.1.

200 — 1. Andre Phillips, Unattached, 20.60 (w). 2. Peter Howard, Unattached, 20.99 (w). 3. George Walcott, Oregon International TC, 21.05.

Discus — 1. Todd Hauffman, Unattached, 196-11. 2. Gary Kostaballa, Unattached, 178-4. 3. Rob Shenk, California, 171-9.

1,600 relay — 1. Comebacks TC 3:11.3. 2. Cal-Santa Barbara, 3:14.0. 3. San Jose State, 3:14.2.

WOMEN

High jump — 1. Coleen Sommer, Atherton TC, 6-3. 2. Latrese Johnson, Unattached, 6-1¼. 3. Tonya Mendonca, Unattached, 5-11.

Long jump — 1. Chris Sharp, Inter Sports TC, 19-2¼. 2. Jennifer Haws, Chico State, 18-8¼. 3. Karissa Pedersen, Oregon, 17-7½.

Shot put — 1. Peggy Pollack, Unattached, 56-6. 2. Yvette Brown, Coast TC, 46-4. 3. Nicole Munroe, Unattached, 43-3.

100 hurdles — 1. Natalie Day, Sacramento TC, 13.52. 2. Helga Halldorsdottir, NorCal International TC, 13.92. 3. Jenna Stark, Oregon State, 14.05.

Javelin — 1. Holly Heggli, Chico State, 143-2. 2. Nicole Munroe, Fresno State, 128-5. 3. Mary Ellen Sacker, Westmont, 117-5.

1,500 — 1. Melissa Mortel, Reebok TC, 4:31.5. 2. Shannon Clark, Southern California, 4:33.4. 3. Amy Petrone, Oregon State, 4:47.5.

400 relay — 1. Oregon State, 47.80. 2. Chico State, 48.60.

100 — 1. Mina Hutchins, Golden Bear TC, 11.95. 2. Chris Sharp, Inter Sports TC, 12.28. 3. Cathy Strong, Oregon State, 12.37.

400 — 1. Rose Williams, Oregon State, 58.08. 2. Sonya Marden, Chico State, 58.23. 3. Chelle Cardenas, California, 57.60.

800 — 1. Sharon Stewart, Inter Sports TC, 2:11.4. 2. Jackie Hardman, San Francisco State, 2:14.0. 3. JoAnn Kelley, California, 2:16.6.

Discus — 1. Mary Dentinger, Sacramento TC, 180-9. 2. Peggy Pollack, Unattached, 162-6. 3. Yvette Brown, Cal Poly-SLO, 157-7.

400 — 1. Helga Halldorsdottir, NorCal International TC, 58.63. 2. Jenna Stark, Oregon State, 1:00.94. 3. Georgina Hale, Inter Sports TC, 1:03.73.

3,000 — 1. April Powers, Unattached, 9:29.9. 2. Katy McCandless, Unattached, 9:51.5. 3. Suzanne Hansen, Chico State, 10:12.0.

1,600 relay — 1. Oregon State, 3:55.6. 2. California, 4:02.1. 3. Chico State, 4:02.4. w — wind-aided.

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Results

Stanford vs. Cal.

At Berkeley

Men

MEN 100—Rogers (California), 66. 200—Mahorn (C), 21.77. 400—Cramton (S), 48.41. 800—Strang (S), 1:52.96. 1,500—Olesari (S), 3:54.37. 5,000—Olesari (S), 14:23.91. 10.00—Jatt (C), 13:29. 400 IH—Jatt (C), 52.90. 3,000 STEEPLCHASE—Martin (S), 9:29.1. 400 RELAY—California, 45.54. Stanford, disqualified. 1,600 RELAY—Stanford, 3:19.61. California, did not finish. HJ—Rogers (C), 7-0 1/4. LJ—Rogers (C), 25-10 3/4. PV—Mooring (C), 47.8. PV—Burns (C), 16-6. SP—Papanthanasios (S), 57-6 1/4. DT—Nisula (C), 189-3. HT—Anderson (C), 179-11. JT—Pickett (S), 204-4. FINAL TEAM SCORE—California, 82; Stanford, 81.

FSU vs. UCI vs. SDS

At UC Irvine

Men

100—Simmons (UCI), 10.77. 200—Simmons (UCI), 21.5. Stolle (UCI), 21.5. Barco (SDS), 21.5. 400—Barco (SDS), 47.50. 800—Large (SDS), 1:50.5. Brower (UCI), 1:50.9. 1,500—Greer (SDS), 3:48.2. Freer (FS), 3:49.5. 5,000—Graves (UCI), 14:29.9. 10.00—Hill (UCI), 14.4. 400 IH—Sordi (UCI), 52.3. 3,000 STEEPLCHASE—Rodriguez (FS), 9:00.0. Charanduk (FS), 9:04.5. Vicencio (UCI), 9:08.5. 400 RELAY—Fresno St., 41.8. 1,600 RELAY—Fresno St., 3:13.4. San Diego St., 3:13.5. UC Irvine, 3:14.4. HJ—Cody (SDS), 7-0 1/4. PV—Kenyon (UCI), 16-4 1/4. LJ—Van (SDS), 25-4 1/4. Coleman (FS), 25-4. TJ—Jackson (FS), 52-5 1/4. Van (SDS), 50-10 1/4. Foster (SDS), 50-4. SP—Fine (SDS), 53-1 1/4. DT—Budwig (FS), 166-3. HT—Ostrom (FS), 203-8. Harris (FS), 188-6. Morales (UCI), 182-0. JT—Seidmeyer (FS), 220-6. Ostrom (FS), 210-0. TEAM SCORES—Fresno St., 76 1/2; UC Irvine, 65 1/2; San Diego St., 58.

Women

100—Boulware-Williamson (FS), 11.6. Freow (FS), 11.6. 200—Freow (FS), 24.69. 400—Blake (FS), 55.1. 800—Rabbit (UCI), 2:09.7. McLaughlin (UCI), 2:09.8. Jones (FS), 2:11.5. 1,500—Rabbit (UCI), 4:26.4. McLaughlin (UCI), 4:26.4. 3,000—McGrann (UCI), 9:42.8. 100 HURDLES—Gage (UCI), 14.2. 400 HURDLES—Ames (SDS), 60.3. 400 RELAY—Fresno St., 45.9. UC Irvine, 46.6. 1,600 RELAY—Fresno St., 3:46.2. UC Irvine, 3:49.4. San Diego, 3:51.2. HJ—Wuerful (SDS), 5-8. Runyan (SDS), 5-8. LJ—McKnight (SDS), 19-2. TJ—Green (SDS), 40-6 1/4. Ames (SDS), 40-6. SP—Barnes (UCI), 45-1 1/2. DT—Barnes (FS), 189-10. JT—Collier (SDS), 147-10. TEAM SCORES—Fresno St., 77; UC Irvine, 47; San Diego St., 42.

Mt. SAC Relays

April 22-24, Walnut

Men

100 METERS (Race 1)—Murphy (SW Texas), 10.69 (wind 5.6 m.p.s. aiding). (Race 2)—1. Haynes (Northern Arizona), 10.35 (wind 1.01 m.p.s. aiding); 2. Aoto (Japan), 10.53. (Race 3)—Gilliams (CS Los Angeles), 10.65. (Race 4)—1. Johnson (Texas), 10.48; 2. Jones (Northern California TC), 10.53; 3. Andrews (Riverside TC), 10.54. (Race 5)—1. Neal (unat), 10.69; 2. Walcott (Oregon International), 10.69. 200 (Race 1)—1. Simmons (UC Irvine), 21.47; 2. Ford (CS Los Angeles), 21.58. (Race 2)—1. Johnson (Texas), 21.29; 2. Walcott (Oregon TC), 21.44. (Race 3)—1. Miller (Showtime), 21.25; 2.

S. Provenzano (Colorado), 21.53; 3. Manning (USC), 21.74.

400 (Race 1)—1. Sandy (Azusa Pacific), 46.57; 2. G. Washington (Showtime), 47.05. (Race 2)—1. Senior (Sports TC), 46.34; 2. Moss (Arizona), 47.00; 3. A. Washington (UCLA), 47.41. (Race 3)—Barso (San Diego St.), 47.5. (Race 4)—1. Pettegrew (Coast Athletics), 46.45; 2. Konatomi (Japan), 47.25.

800 (Race 1)—1. White (Colorado St.), 1:50.11; 2. Large (San Diego St.), 1:50.36. (Race 2)—1. Biggers (Santa Monica TC), 1:50.82; 2. Chomos (Canada), 1:50.82; 3. Mazingo (Colorado), 1:51.20.

110 HURDLES (Race 1)—1. Boyd (Arizona St.), 14.08 (wind 3 m.p.s. aiding); 2. Nicholson (UCLA), 14.35; 3. Dotsey (Texas El Paso), 14.41; 4. Duffy (Golden Bear), 14.41. (Race 2)—1. House (Azusa Pacific), 13.97w (2.32 m.p.s.); 2. Williams (San Diego TC), 14.09; 3. Gilliams (CS Los Angeles), 14.22; 4. Arnold (Azusa Pacific), 14.24.

400 HURDLES (Race 1)—1. Spiller (Houston), 51.49; 2. Hargrove (Showtime), 51.79; 3. Talley (Pasadena CC), 51.86; 4. Walker (Texas), 51.89. (Race 2)—1. Stephenson (Portland), 51.69; 2. Anderson (Pt. Loma), 52.41. (Race 3)—1. Daniel (Northern Arizona), 51.70; 2. Williams (SD Mesa), 51.90; 3. Carlson (CS Los Angeles), 52.88. (Race 4)—1. Rucker (Arizona St.), 51.32; 2. Phillip (Arizona St.), 52.13.

photo by Bill Leung, Jr.



Tony Campbell

400 RELAY (Race 1)—1. Colorado, 40.58; 2. Texas El Paso, 41.35; 3. San Jose St., 41.59. (Race 2)—1. Washington, 40.88; 2. SW Texas, 41.06; 3. Northern Arizona, 41.64.

800 RELAY—1. Colorado, 1:23.51; 2. Texas, 1:24.18; 3. Northern Arizona, 1:25.4. San Jose St., 1:25.99.

1,600 RELAY (RACE 1)—1. Texas, 3:10.91; 2. UC Santa Barbara, 3:12.32; San Jose St., 3:12.68; 4. CS Los Angeles, 3:14.39. (Race 2)—1. SW Texas, 3:08.43; 2. Texas El Paso, 3:12.49; 3. CS Long Beach, 3:22.56.

SPRINT MEDLEY RELAY—1. Texas El Paso, 3:22.07; 2. Northern Arizona, 3:23.76; 3. Pt. Loma, 3:24.41; 4. Washington, 3:25.21; 5. UC Irvine, 3:25.25.

SHUTTLE HURDLE RELAY—1. Athletes in Action, 56.99; 2. Long Beach CC, 57.86.

3,200 RELAY—1. Texas, 7:20.81; 2. Mexico, 7:21.49; 3. Simon Fraser, 7:30.45; 4. Santa Monica TC, 7:30.74; 5. San Diego St., 7:32.79.

HIGH JUMP—1. McGinnis (Foothill JC), 7-0 1/4; 2. tie among Beauchamp (Colorado), Austin (SW Texas) and Haines (unat), 6-10 1/4.

POLE VAULT—1. Klassen (unat), 16-10 1/4; 2. tie between Allen (unat) and Thilken (unat), 16-4 1/4.

TRIPLE JUMP—1. Parish (Houston TC), 52-4 1/4w (52-0 1/4 legal best); 2. Belton (Flying M), 50-3 1/2w (50-2 legal best); 3. Maguire (Flying M), 50-2 1/4.

SHOTPUT—1. Johnson (Washington), 57-4 1/2; 2. Bell (All-American), 56-8; 3. Dolegiewicz (Canada), 56-4.

DISCUS—1. Blutreich (UCLA), 188-1; 3. Kostrubala (unat), 187-4; 3. Thompson (UCLA), 182-3; 4. T. Wilson (Washington), 172-10.5. D. Wilson (UCLA), 170-3.

JAVELIN—1. Stensrud (CS Long Beach), 192-7.

100 METERS (Inv.)—1. Stewart (TCU/Jamaica), 10.13 (wind 8.9 m.p.s. aiding); 2. Witherspoon (Santa Monica TC), 10.17; 3. DeLoach (Houston), 10.22; 4. Cooper (McNeese St.), 10.26; 5. C. Lewis (Santa Monica TC), 10.29; 6. Thomas (UCLA), 10.39. (Open)—1. Krulle (unat), 10.06w (3.25 m.p.s.); 2. Burrell (Houston), 10.09; 3. Evans (unat), 10.17; 4. Leach (Texas), 10.25.

200 (Inv.)—1. Daniel (Mississippi St.), 20.29 (wind 1.77 m.p.s. aiding); 2. Krulle (unat), 20.30; 3. Phillips (World Class), 20.56; 4. Franks (Sports TC), 20.62. (Open)—1. Dunn (Colorado), 20.59 (wind 1.58 m.p.s. aiding); 2. Gilkes (Social Cheats), 21.13; 3. Ford (CS Long Beach), 21.18.

400 (Inv.)—1. Everett (UCLA), 45.37; 2. Armstead (Accusplit), 45.47; 3. McCoy (unat), 45.68; 4. Howard (unat), 46.04; 5. Bridges (Reebok), 46.25. (Open)—1. Davis (Northern Arizona), 45.34; 2. Hargatt (Colorado), 46.31; 3. Hawkins (Accusplit), 46.96; 4. A. Washington (UCLA), 46.96.

800 (Inv.)—1. Gray (Santa Monica TC), 1:45.68; 2. Johnson (U. S. Army), 1:46.21; 3. Okash (USC), 1:46.45; 4. Stanich (unat), 1:46.50; 5. G. Kersh (Taft College), 1:46.80; 6. Bower (UC Irvine), 1:46.95.

1,500 (Inv.)—1. M. Smith (Reebok), 3:41.40; 2. Perez (Mexico), 3:42.39; 3. Oldfield (Oregon Int.), 3:42.60; 4. Hinton (Atlantic Coast), 3:42.87. (Open/Race 1)—1. Horn (Montana), 3:46.4; 2. Dunn (Colorado), 3:46.4; 3. Rivera (Reebok), 3:46.6. (Open/Race 2)—1. Picciano (Houston), 3:48.0; 2. Rodriguez (Mexico), 3:48.4; 3. Caberos (Mexico), 3:48.7.

5,000 (Inv.)—1. Tragojo (Mexico), 13:43.36; 2. Ceron (Mexico), 13:44.38; 3. Silva (Mexico), 13:47.37; 4. Junkermann (Running Experience), 13:48.0; 5. Navas (Western State), 13:49.56. (Open)—1. Flores (Mexico), 14:10.4; 2. Hernandez (Wild Mountain), 14:11.6; 3. Dehlinger (Etonic), 14:13.4.

10,000 (Inv.)—1. M. Gonzales (Mexico), 27:43.64 (national record, first-ever 10,000 race on the track); 2. Porter (Athletics West), 27:46.80; 3. Barreto (Mexico), 27:50.95; 4. Herrera (Mexico), 27:57.93; 5. Mardin (Crossing Lines), 28:00.38; 6. McCloy (Crossing Lines), 28:03.5. (Open)—1. D. Stonerock (Northern Arizona), 29:59.8; 2. Alexander (unat), 30:09.1; 3. Melgares (Adams St.), 30:18.2.

110 HURDLES (Inv.)—1. Campbell (Bee Fit), 13.49 (wind 8.9 m.p.s. aiding); 2. Clark (Santa Monica), 13.58; 3. Stewart (Social Cheats), 13.76; 4. James (Ather), 13.91; 5. McCraney (Showtime), 13.96; 6. Reading (USC), 13.99. (Open/Race 1)—Benjamin (U.S. Army), 13.81w (3.47 m.p.s.); 2. C. Powell (Athletes in Action), 13.83; 3. Andrade (unat), 13.99. (Open/Race 2)—1. Parker (Sports TC), 13.86 (wind 1.64 m.p.s. aiding); 2. Buckner (unat), 14.01; 3. Ashford (Stars & Stripes), 14.01.

400 HURDLES (Inv.)—1. W. Graham (Texas), 49.42; 2. Henderson (Atlantic Coast), 49.57; 3. Page (Elite), 49.87; 4. Bugg (Arizona St.), 49.95; 5. J. Graham (Canada), 50.38; 6. Mason (Houston), 50.79.

3,000 STEEPLCHASE (Inv.)—1. Karuiki (Riverside TC), 8:29.4 (national junior college record); 2. Smith (Reebok), 8:32.1; 3. Einspahr (unat), 8:34.3; 4. Hyde (U.S. Air Force), 8:34.7; 5. Bell (Washington), 8:36.7; 6. Reese (Reebok), 8:40.8. (OPEN)—1. Velez (Mexico), 8:53.1; 2. Garcia (Pan American), 8:54.1; 3. Foinatan (Houston), 8:54.5.

400 RELAY (Invitational)—1. Sports TC (Glance, R. Brown, C. Smith, D. Evans), 39.09; 2. Showtime, 39.51; 3. Central Arizona JC, 39.59; 4. Texas, 39.90; 5. Social Cheats, 40.41.

800 RELAY (Inv.)—1. Central Arizona JC (Butler, Campbell, O'Conner, Davis), 1:20.79 (national junior college record); 2. Sports TC, 1:22.02; 3. Showtime, 1:23.15.

1,600 RELAY (Inv.)—1. UCLA (Lewis, 45.9; K. Young, 44.9; Thomas, 45.2; Everett, 44.8); 3:00.81; 2. Athletics West, 3:00.88 (Reynolds, 44.0); 3. Sports TC, 3:02.53; 4. Atlantic Coast, 3:04.24; 5. Commonwealth All-Stars, 3:05.08. (Open)—1. All-U.S. Army, 3:04.63; 2. Taft College, 3:05.87; 3. Arizona St., 3:07.29.

6,400 RELAY—1. Athletes in Action, 17:06.1; 2. Westmont, 17:14.9; 3. Cal Poly Pomona, 17:21.5; 4. USC, 17:23.0.

DISTANCE MEDLEY RELAY (Inv.)—1. Atlantic Coast Club, 9:44.60; 2. Cal Poly Pomona, 9:53.27; 3. UC Irvine, 9:55.18; 4. UCLA, 10:01.77; 5. Athletes in Action, 10:08.84.

SHUTTLE HURDLE RELAY—1. Azusa Pacific (Akrom, Arnold, Houst, Mdaugh), 56.41; 2. Athletes in Action, 56.75.

HIGH JUMP (Inv.)—1. Stanton (Stars & Stripes), 7-5 1/2; 2. Lett (unat), 7-5 1/4; 3. Shelton (Texas), 7-3 1/2; 4. Nordquist (Tiger), 7-3 1/2; 5. Balkin (unat), 7-1 1/2.

POLE VAULT (Inv.)—1. Fraley (Pacific Coast Club), 18-8 1/2; 2. Tulley (Pacific Coast), 18-8 1/2; 3. tie among Davis (Reebok), Glander (unat) and Bright (Athletics West), 17-10 1/2.

LONG JUMP—1. Powell (unat), 26-1 1/4 (wind 1.79 m.p.s. aiding); 2. Maas (Texas El Paso), 26-5w; 3. Metcalf (Texas), 26-1 1/4w; 4. McDuffie (Canada), 25-7 1/4w; 5. McRae (Bay Area), 25-6 1/4w. TRIPLE JUMP (Inv.)—1. Cannon (Social Cheats), 54-1 1/4 (wind 1.71 m.p.s. aiding); 2. Rutherford (Houston TC), 53-9 1/4; 3. Holley (Atlantic Coast Club), 52-8 1/4; 4. Bennett (Ather TC), 51-9.

SHOTPUT (Inv.)—1. Barnes (New York AC), 72-6 1/2; 2. Kobza (unat), 60-7 1/2; 3. Larsson (Northern Arizona), 57-0 1/4; 4. Michales (USC), 56-9 1/2.

DISCUS (Inv.)—1. Wilkins (unat), 222-11; 2. Jensen (unat), 208-3; 3. Schmidt (West Germany), 200-11; 4. Meyer (Houston TC), 198-7; 5. Binley (unat), 195-7; 6. Olukoku (Azusa Pacific), 195-6.

HAMMER (Inv.)—1. McCullough (Medalist), 225-9; 2. Thiss (San Diego TC), 222-0; 3. Milehm (New York AC), 218-6; 4. Wilson (UCLA), 205-8; 5. Tolpitt (USC), 205-0; 6. Knight (UCLA), 198-0.

Continued on next page . . .

Results

Mt. SAC, continued . . .

JAVELIN (Inv.)—1. B. Crouser (New York AC), 262-0; 2. Stephens (New York AC), 261-10; 3. Barnett (Athletes In Action), 257-5; 4. T. Jadwin (unat), 242-0; 5. Curtis (unat), 228-9 (Open)—1. R. Amabile (unat), 233-5; 2. Paterson (Texas), 225-8; 3. Roberson (Washington), 225-8

DECATHLON (final)—1. Gonzales (Stars & Stripes), 8,045; 2. Thorson (unat), 7,946; 3. Odgers (unat), 7,827; 4. Hinrichs (Track West), 7,710; 5. Hall (Austin Striders), 7,289; 6. Hunter (Texas), 7,213; 7. Kinder (unat), 6,839 (9 events) **EVENT LEADERS:** 100—Kinder, 11.02 LJ—Kinder, 24-5 3/4w SP—Kinder, 51-8 1/2 HJ—Kinder and Branham (unat), 6-8 3/4 400—Odgers, 47.91 110 HH—Branham, 15.15. DT—Kinder, 160-3 PV—Gonzales, 17-0 3/4 JT—Kinder, 221-5 1,500—Odgers, 4:29.62

Women

100 METERS (Inv.)—1. Guidry (Texas), 11.16w (3.5 m.p.s. aiding); 2. Echols (Athletics West), 11.17; 3. Finn (Atoms), 11.24; 4. Inniss (Atoms), 11.26; 5. Young (Reebok), 11.28; 6. Iheagwam (Social Cheetahs), 11.31 (Open)—1. Gill (unat), 11.64w (3.53 m.p.s.); 2. Johnson (Social Cheetahs), 11.64

200 (Inv.)—1. Young (Reebok), 22.35 (wind 1.81 m.p.s. aiding); 2. Guidry (Texas), 23.21; 3. A. Brown (unat), 23.30; 4. Finn (Atoms), 23.48; 5. Malone (Nike Coast), 23.97 (Open)—1. D. Williams (unat), 23.49 (wind 1.7 m.p.s. aiding); 2. Neighbors (Texas San Antonio), 23.93

400 (Inv.)—1. G. Jackson (Jamaica), 5:07.2; 2. D. Howard (unat), 5:09.3; 3. Ottey (Los Angeles TC), 5:12.9; 4. Bakare (Azusa Pacific), 5:23.9; 5. Rattray (Jamaica), 5:26.6; 6. Mayberry (Nike Coast), 53.96 (Open)—1. Saleem (Atoms), 53.55; 2. Knighten (UCLA), 53.79; 3. Harrison (Mt. San Antonio), 53.47

800 (Inv.)—1. Jenkins (Adams St.), 2:01.91; 2. Groenendaal (unat), 2:02.44; 3. Washington (Houston TC), 2:02.89; 4. Harris (Canada), 2:03.08; 5. Stewart (unat), 2:03.46

1,500 (Inv.)—1. Pells (Simon Fraser), 4:14.94; 2. Arreola (CS Northridge), 4:15.48; 3. Wagner (Simon Fraser), 4:16.18; 4. McLaughlin (UC Irvine), 4:18.03; 5. Rabbitt (UC Irvine), 4:18.38 (Open)—1. Delnoye (Texas El Paso), 4:18.92; 2. Toms (Northern Arizona), 4:19.55; 3. Brax (Texas El Paso), 4:21.30

3,000 (Inv.)—1. Goudreau (Indiana), 8:57.25; 2. Chalmers (Adidas/Canada), 8:57.33; 3. Delnoye (Texas El Paso), 9:08.07; 4. Karlisho (Seattle Pacific), 9:10.18; 5. Davis (Adams St.), 9:10.33 (Others included: 8. Arreola (CS Northridge), 9:13.2; 9. Prieur (Santa Monica TC), 9:20.6; 10. McLaughlin (UC Irvine), 9:24.1)

5,000—1. Bowman (Utah), 16:54.3; 2. Miricles (Pan American), 16:54.4; 3. Araceli (unat), 16:57.0; 4. Marks (Cal Poly SLO), 17:01.6

10,000 (Inv.)—1. Lee (Crossing Lines), 32:26.2; 2. M. Joyce (Tiger/Ireland), 32:36.3; 3. Pfeifer (Reebok), 32:59.6; 4. Cathey (unat), 33:00.1; 5. Mosqueda (CS Los Angeles), 33:01.0; 6. J. Chamberlin (unat), 33:01.6

100 HURDLES (Inv.)—1. Tolbert (Arizona St.), 13.23 (wind 10 m.p.s. aiding); 2. Waller (Colorado), 13.24; 3. Blanford (San Diego TC), 13.36; 4. Page (Los Angeles TC), 13.61; 5. Greiner (Athletics West), 13.83 (Open)—1. Sheffield (San Diego TC), 13.61 (wind 1 m.p.s. aiding); 2. Day (Sacramento TC), 13.62; 3. Chen (Mt. SAC), 13.76

400 HURDLES (Inv.)—1. McDermitt (Canada), 58.94; 2. Marks (Santa Monica TC), 59.33; 4. Hammans (San Diego TC), 59.56; 5. Moretti (Switzerland), 60.99

400 RELAY (Inv.)—1. Abilene Christian, 44.96; 2. UCLA, 45.06; 3. All-Stars, 45.25; 4. Nevada Las Vegas, 45.70; 5. Mt. San Antonio College, 46.03

800 RELAY (Inv.)—1. Abilene Christian, 1:33.93; 2. UCLA, 1:35.50; 3. Nevada Las Vegas, 1:36.72; 4. CS Northridge, 1:40.29; 5. CS Bakersfield, 1:40.59

1,600 RELAY (Inv.)—1. World Class (Kellogg, Brisco, Joyner-Kersee, Griffin Joyner), 3:28.98; 2. Arizona St., 3:30.40; 3. UCLA, 3:32.53

HIGH JUMP (Inv.) 1. Sommer (Athletics West), 6-4; 2. Brill (Pacific Coast Club), 6-2; 3. Wohlschlag (Nike Coast), 6-0; 4. tie between Borsheim (Washington) and Fehrman (unat), 6-0

LONG JUMP (Inv.)—1. Lewis (Santa Monica TC), 21-4 1/4; 2. Inniss (Atoms), 21-2 1/4; 3. Echols (Athletics West), 20-10; 4. Greiner (Athletics West), 20-6 1/2; 5. Bartholomew (Arizona St.), 20-6 1/4; 6. Williams (Nike Coast), 20-6 1/4 (Open)—C. Roberts (CS Long Beach), 20-2

TRIPLE JUMP—1. Hudson (Abilene Christian), 41-2 1/2; 2. Dyer (Abilene Christian), 41-1 1/4; 3. Green (San Diego St.), 39-5

SHOTPUT (Inv.)—1. Pagel (Mazda), 63-6 1/4; 2. Dasse (Nike Coast), 63-0; 3. Jones (unat), 55-11 1/4; 4. Pollack (Nike Coast), 55-9; 5. Cavanaugh (unat), 55-2 1/2; 6. Penath (Washington), 51-3 1/2

DISCUS (Inv.)—1. Cady (unat), 199-7; 2. Barnes (Fresno St.), 196-8; 3. Neer (Nike Coast), 191-6; 4. Griffin (Nike Coast), 187-5; 5. Picknell (Nike Coast), 184-3; 6. Larson (UCLA), 177-10

JAVELIN (Inv.)—1. Mayhew (South Bay), 189-0; 2. Robin (unat), 174-6; 3. Senz (U.S. Army), 170-6; 4. Mueller (Nike Coast), 169-8; 5. Szarkowski (unat), 167-3

100 METERS (Race 1)—1. Smith (UCLA), 11.78; 2. Haytho (Arkansas), 12.10; 3. Smith (CS Northridge), 12.13 (Race 2)—1. D. Howard (unat), 12.01; 2. Hutchins (Golden Bear), 12.10; 3. Davis (Nevada Las Vegas), 12.16 (Race 3)—1. Neighbors (Texas St. Antonio), 11.78; 2. Turner (Abilene Christian), 12.00

200 (Race 1)—Taylor (USC), 23.6; 2. Johnson (Social Cheetahs), 23.6 (Race 2)—S. Howard (unat), 23.2; 2. Iheagwam (SC Cheetahs/Nigeria), 23.3; 3. Roberts (CS Long Beach), 23.9

400 (Race 1)—Emerson (unat), 55.63; 2. Chapin (USC), 55.96; 3. Valentino (UC Irvine), 56.51 (Race 2)—1. Foster (Arizona St.), 54.41; 2. Paige (Nike Coast), 56.07 (Race 3)—1. Holmes (Arizona St.), 54.70; 2. Coleman (CS Northridge), 55.16

800 (Race 1)—Johnson (UCLA), 2:09.20; 2. Lovo (Nevada Las Vegas), 2:09.86; 3. Clark (USC), 2:09.95 (Race 2)—1. Schurr (unat), 2:06.7; 2. Bolander (Washington), 2:07.0; 3. Chapin (UCLA), 2:07.0

3,000—1. Bowman (Utah), 9:45.2; 2. Busch (Colorado), 9:47.1; 3. Reeves (Adams St.), 9:43.1

100 HURDLES (Race 1)—Ryan (Texas El Paso), 124.25 (Race 2)—1. T. Smith (UCLA), 13.92; 2. Vickers (UCLA), 14.10; 3. Cooper (CS Long Beach), 14.38 (Race 3)—1. White (CS Bakersfield), 13.99; 2. Courtwright (CS Bakersfield), 14.00; 3. Williams (UCLA), 14.03; 4. Daetz (USC), 14.12 (Race 4)—1. Epps (Social Cheetahs), 13.57 (wind 1.2 m.p.s. aiding); 2. Dyer (Abilene Christian), 13.85; 3. Conry (Cal Poly Pomona), 13.91; 4. Brown (USC), 14.13

400 HURDLES (Inv.)—1. Mazze (Millbrae Lionc), 59.48; 2. Kostler (USC), 59.54; 3. DiCosta (Dunshire Striders), 59.49; 4. Irie (CS Long Beach), 60.93 (Race 2)—Ryan (Texas El Paso), 61.02 (Race 3)—1. Esquivel (SW Texas), 60.24; 2. Johanson (IPi Loma), 60.58; 3. Albanese (Cal Poly SLO), 60.85

400 RELAY (Race 1)—1. Social Cheetahs, 45.23; 2. CS Northridge, 47.72; 3. Cal Poly Pomona, 49.26 (Race 2)—1. CS Bakersfield, 47.47; 2. UC Irvine, 47.68; 3. Washington, 47.68

1,000 RELAY—1. Abilene Christian, 3:40.65; 2. CS Northridge, 3:45.81; 3. Cal Poly SLO, 3:47.01

HIGH JUMP—1. Clark (Nike Coast), 5-9 1/4; 2. tie between Mendonca (unat) and Bradburn (Texas), 5-9 1/4

TRIPLE JUMP—1. Butler (unat, Las Vegas), 40-6 1/4; 2. McKnight (San Diego St.), 37-2; 3. Moore (Arkansas), 36-2 1/4

SHOTPUT—1. Y. Brown (unat), 48-1 1/4; 2. Gail (Cal Poly Pomona), 47-7.3; 3. Tyree (Track West), 47-0 1/4; 4. Mecklenberg (unat), 46-8 1/4; 5. Bernert (Houston), 46-6 1/4

DISCUS—1. Jacovo (Sacramento TC), 171.4; 2. Paris (USC), 170.8; 2. Mitoff (UCLA), 169.5

JAVELIN—1. Weitz (Griffitsdale, Ariz.), 162.8; 2. Callier (San Diego St.), 144.4; 3. Wright (La Verne), 138.9

HEPTATHLON (final)—1. J. Jones (Houston TC), 5,669w; 2. Lew (Texas), 5,299w; 3. Bergman (unat), 5,184w; 4. Karecki (Los Angeles TC), 4,957w; 5. Peacock (UCLA), 4,876w **EVENT LEADERS** 100 HURDLES—Peacock, 14.47 HJ—Jones, 5-10 3/4 SP—Bergman, 42.0 1/2 200—Jones, 24.82w LJ—Jones, 19-3 3/4 JT—Bergman, 144-6 800—2.18.70

Women's Invitational

April 30 at UC Irvine

100—Gill (San Diego TC), 11.62; Roberts (CS Long Beach), 11.80; Branham (Arizona), 11.85; 200—Roberts (CS Long Beach), 23.65; C. Bell (Nike), 23.72; Mayberry (Nike), 24.23; 400—Hainemus (San Diego TC), 54.95; Allen (unat), 54.92; Mayberry (Nike), 54.95; 800—Arreola (CS Northridge), 2:08.07; M. Lardner (UC Irvine), 2:09.23; 1,600—Kane (CS Long Beach), 2:09.48; 1,500—Wysotski (unat), 4:20.79; 3,000—Jacobs (unat), 9:14.63; Thomas (UC Irvine), 9:37.40; 4,000—Hainemus (unat), 9:37.75; 5,000—Johnson (Houston), 17:01.85; 100 HURDLES—Häpfler (Britain), 13.30; Page (Los Angeles TC), 13.70; Harvey (Nike), 13.78; 400 HURDLES—Hanson (Nike), 60.07; McKinney (New Mexico), 61.31; Davis (New Las Vegas), 61.92; 400 RELAY—New Las Vegas, 46.30; Arizona, 46.65; CS Northridge, 47.17; HJ—Graves (unat), 6-2; Patterson (Nike), 5-10 1/4; tie between King (unat) and Clark (Nike), 5-10w LJ—Williams (Nike Coast), 20-5 1/4w; Harvey (Nike), 20-5; Loud (unat), 20-3w TJ—Jones (New Las Vegas), 41-5 1/4; Butler (unat), 41-3 1/4; Ames (San Diego St.), 40-0; SP—Dasse (NC), 61-10 1/4; Cal Poly Pomona, 49-10; Brown (Nike), 48-7 1/2; DT—Griffin (NC), 189.9; Picknell (Nike Coast), 186-11; Kaylor (Nike), 174-10; JT—Oxelberry (Weber St.), 177-1; Morro (unat), 176.4; Gabeay (Compton TC), 166.4

SCIAC Champs.

April 30, at Occidental

MEN 100—Messana (CM), 11.16; 200—Messana (CM), 22.37; 400—Hocker (CM), 48.18; 800—Shaw (O), 1:54.47; 1,500—Shaw (O), 4:04.39; 5,000—Edwards (PP), 15:50.15; 100 HH—Summers (R), 15.40; 400 HURDLES—Jones (PP), 53.04; 400 RELAY—Occidental, 4:17.2; 1,600—Claremont-Mudd, 3:19.59; HJ—Cochran (O), 6-8 PV—Naramore (PP), 14.6 SP—Beard (O), 48-7 1/4 TJ—Birkel (CM), 47-1 1/2 JT—Merlino (PP), 200-6 **FINAL TEAM SCORES**—Occidental, 174; Claremont-Mudd, 161; Redlands, 126; Pomona-Pitzer, 101; La Verne, 116; Whittier, 6; Caltech, 5

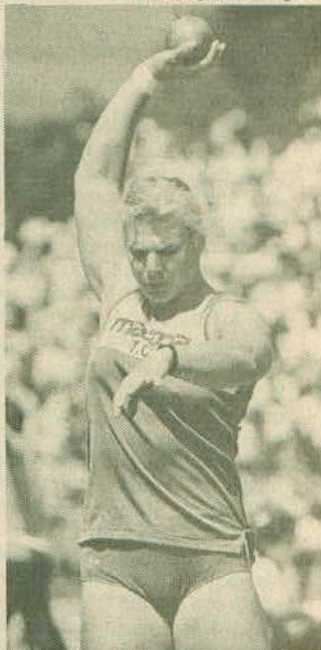
WOMEN 100—Solano (Redlands), 13.18; 200—Solano (R), 25.76; 400—McMullen (CMS), 59.65; 800—Cathcart (O), 2:21.67; 1,500—Sterling (CMS), 4:40.86; 5,000—Kaveta (CMS), 18:35.66; 100 HURDLES—Jenner (W), 16.51; 400 HURDLES—Mitchell (O), 66.12; 400 RELAY—Redlands, 49.60; 1,600 RELAY—Claremont-Mudd; Scripps, 4:06.28; TJ—Whitney (R), 36-1 1/4; SP—Dumas (R), 43.9 1/4; JT—Wright (LV), 144-8 **FINAL TEAM SCORES**—Occidental, 171; Claremont-Mudd, 135; Redlands, 90; Whittier, 56; Pomona-Pitzer, 20; La Verne, 16; Caltech, 5

photo by Bill Leung, Jr.



Bonnie Dasse

photo by Bill Leung, Jr.



Ramona Pagel

Road Racing

Tom Sullivan's St. Patrick's Day Run

By Richard Lee Slotkin

March 13. Torrance, California. 10K.

This popular Saint Patrick's Day celebration became a world class event in its 9th running. But, except for Arturo Barrios and Liz Lynch-McColgan, they were all there to argue who was second best.

Neither Barrios nor McColgan wasted much time establishing a position. Barrios took over a talent-loaded field just after the 2 mile mark and at 3 miles he burst out to a 40-yard lead, which just got bigger each minute thereafter.

McColgan didn't wait even that long. She was out front before the starter's gun stopped smoking and all that was left for a very strong women's field was the fight for bridesmaid.

In the men's race, Brit Mark Roberts jumped out first, followed by Gabriel Kmau of Kenya. A herd of all-stars rumbled along just a few yards behind. John Gregorek, Samson Obwacha, Terry Cotton, Thom Hunt, Eddie Wedderburn, Steve Scott, Mark Roberts, among others, and right in the middle of it all—Arturo Barrios.

Roberts led this cast of thousands through the mile in 4:28 with Kmau right on his tail. They had a 20-yard lead on Wedderburn and about 35 yards on the rest of the pack. At 6 minutes, Kmau took the lead and Barrios was in front of the second pack which was beginning to close. And by 10:30 on the clock, Barrios eased into the lead. Kmau, Wedderburn, Gregorek,

Cotton and Roberts all took turns making a run at *el Corredor de Mexico* but all in vain. At 3 miles, in 13:39, it was Barrios by a step on Wedderburn. A half mile later, the lead was 40 yards and counting. "...you start feeling

OK, you just go....Today I was feeling OK," said Barrios later.

He sure was. He clocked 28:18, shattering Thom Hunt's old mark of 29:19. The veteran Kmau ended up giving an outstanding account of himself, taking second with 28:32. Gregorek had taken the last real shot at Barrios and it cost him. "I decided to go after him at about 4 miles and it was just too late." In fact, "I ended up blowing my chance for 2nd or 3rd place." Kmau and then cotton caught him.

With 9 runners under 29 minutes and another 11 under 30:00, this was one of the better road 10-Ks ever seen in Southern California. Funny what a little prize money will do. Tim Murphy and Lynn Flanagan of In Motion are putting together some awesome events for Southern California. And it isn't just a matter of prize money. First place was only worth \$3000. That will draw some talent, but this looked like a European summer circuit event. (And the world record-setting Carlsbad 5000 was still to come!) Murph and Flanagan are doing something right.

Anyway, turning to the women's business, we saw Liz Lynch-McColgan go wire-to-wire, making it look a little easier than it actually was. Lisa Weidenbach gave it a good shot early, and was still within reach at 3 1/2 miles. And following closely was the Kiwi veteran Ann Audain. And right on her tail was Angela Chalmers. Sylvia Mosqueda was the fastest off the line, after McColgan, but was gasping for breath after a mile and, just after 2 miles, the talented but undisciplined Mosqueda walked off the course. Audain had no such problems and she proved to have the most steam, after McColgan that is, overtaking Weidenbach to grab second.

McColgan's time of 31:44 was also a course record, and she too shattered the old one, 33:15, set by Lisa Martin. In fact, Audain, Weidenbach and Chalmers all came in under the old record and Nancy Ditz in 5th missed it by 12 seconds.

photo by Richard Lee Slotkin



Arturo Barrios leading

Only a week after her impressive marathon debut, *wunderkind* Carrie Garrison was at it again. It seemed like sheer madness for her to be running at all, let alone in this kind of company. And, when the clock showed 36:00, then 37:00 and finally 39:00, thirty-nine minutes and still no Carrie, the point seemed proven. Then, at 40:35, she suddenly appeared and she crossed the finish line in 40:40. One couldn't help noticing two things: 1) she was wearing a long-sleeved T-shirt and tights, not a singlet and shorts, and, 2) she kept glancing back over her shoulder. Then 4 seconds later came her little sister Heather. Pacing, anyone?

Ah, pappa Mike! Why do you do it?

I mean, Jeez! Carrie has already been DQed once for being paced by her brother James. You know people are looking for this sort of thing, so you can't slip it by. And even at 7 years of age, Heather, like Carrie, James and all the other Garrisons, just doesn't need a pacer!

There were 36 women under 40 minutes, and breaking 35 minutes didn't guarantee you a spot in the top ten because there were 11 who did it. Numbers like these are becoming rather commonplace these days, but they are still impressive.

Overall Results - Men

1	Arturo Barrios (25) Mexico	28:18
2	Gabriel Kamaw (30) Kenya	28:32
3	Terry Cotton (33) San Diego	28:33
4	John Gregorek (27) Rhode Island	28:42
5	Edison Wedderburn (20) England	28:51
6	Mark Roberts (29) England	28:51
7	Jay Marden (24) San Francisco	28:56
8	Mark Smith (25) Phoenix	28:56
9	Thom Hunt (29) San Diego	28:58
10	Steve Scott (31) Fallbrook	29:05

Overall Results - Women

1	Liz Lynch-McColgan (23) Scotland	31:44
2	Anne Audain (25) New Zealand	32:23
3	Lisa Weidenbach (26) Seattle	32:44
4	Angela Chalmers (23) Canada	32:49
5	Nancy Ditz (33) San Francisco	33:27
6	Monica Joyce (29) Redondo Beach	33:29
7	Lauri Crisp (26) San Diego	33:55
8	Jeanne Johnson (30) San Diego	34:25
9	Elien Lyons (25) Los Angeles	34:41
10	Elizabeth Baker (29) San Diego	34:51

Division Results-Men

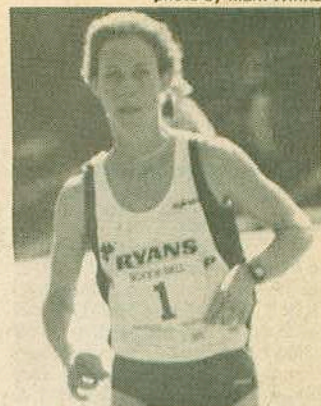
13u: 1. James Garrison (12) 34:41, 2. Jarrod Garrison (9) 36:46, 3. Alex Dederer (9) 39:45, 14-18: 1. Peter Oviatt (18) 32:28, 2. Gary Stolz (16) 32:43, 3. Philip De Montigny (17) 19-24: 1. Angel Hernandez (24) 29:42, 2. Jesus Gutierrez (22) 29:55, 3. Max Headroom (22) 30:40, 25-29: 1. David Mack (26) 31:02, 2. Patrick Ewing (27) 31:28, 3. Steve Brandt (27) 32:00, 30-34: 1. Porfirio Huertz (33) 30:24, 2. Paul Hough (30) 32:46, 3. Vulpo John (30) 33:53, 35-39: 1. Ed Avol (36) 32:16, 2. Herb Tanzer (36) 33:11, 3. Robert Scott (38) 34:16, 40-44: 1. Ron Jensen (41) 32:48, 2. Ron Parks (41) 32:50, 3. Bill Sumner (40) 33:08, 45-49: 1. Catarino Gonzalez (46) 33:46, 2. James Edmonson (45) 34:46, 3. Neil Doherty (47) 35:03, 50-54: 1. Brian Femer (50) 35:39, 2. Raoul Delasota (51) 37:25, 3. Robert Lyons (54) 38:25, 55-59: 1. Tracy Brown (59) 39:33, 2. Dave Thomas (55) 41:05, 3. Richard Tokuda (55) 41:35, 60-64: 1. Larry Banuelos (63) 39:16, 2. John Feyk (60) 40:34, 3. Bob Koch (61) 43:00, 65-69: 1. Ed Hornung (66) 43:41, 2. Bob Page (66) 44:12, 3. John Nino (66) 45:07, 70&O: 1. Eddie Lewin (71) 45:10, 2. Dutch Benedetti (73) 47:58, 3. Clyde Alling (70) 48:41.

Division Results-Women

13&U: 1. Carrie Garrison (11) 40:40, 2. Heather Garrison (7) 40:44, 3. Jenifer Bailey (13) 44:04, 14-18: 1. Jerri Martin (18) 41:00, 2. Traci Goodrich (17) 42:38, 3. Jennifer Louis (16) 44:35, 19-24: 1. Annie Seawright (22) 35:50, 2. Alexandra Aguirre (24) 38:00, 3. Janet Ashmael (23) 41:29, 25-29: 1. Donna Chin (27) 35:53, 2. Tammy Babiracki (27) 36:29, 3. Renee Williams (26) 36:51, 30-34: 1. Julie Madison (31) 37:00, 2. Jeanne Kawashima (31) 39:26, 3. Jerri Edwards (31) 40:33, 35-39: 1. Michele Tiff (37) 37:24, 2. Gloria Teske (36) 37:33, 3. Elaine Triplett (37) 37:35, 40-44: 1. Gloria Sanlilian (40) 41:32, 2. Judy Kewley (43) 41:34, 3. Cheryl Allen (41) 41:55, 45-49: 1. Rita Gilmore (47) 43:25, 2. Brenda Lunsford (48) 44:53, 3. Kathryn Owen (46) 45:55, 50-54: 1. Gina Faust (51) 39:09, 2. Joyce Momita (50) 44:17, 3. Shirley Blush (51) 45:39, 55-59: 1. Amy Goldstein (55) 49:42, 2. Ruth Bluland (59) 51:00, 3. Miyo Fujimori (55) 53:19, 60-64: 1. Helen Dick (62) 44:54, 2. Doris Brening (63) 50:58, 3. Miyoko O-Hara (60) 57:39, 65-69: 1. Mem Howe (69) 56:35, 2. Amy Coury (65) 1:04:41, 3. Lucy Byers (65) 1:13:21, 70&O: 1. Judy Simon (72) 55:23, 2. Bess James (78) 1:10:47, 3. Lucile Adney (74) 1:16:50.

Results

photo by Mark Winitz



Barb Myers-Acosta

together their race second-hand, later on. At all-female races such as Bonne Bell there is no shadow cast in the wake of leading men. I can give more attention to the often overlooked aspects of women's racing.

The Bonne Bell race reminded me, once again, that the competitive spirit isn't dependent upon age or sex. Four of the top over-50 women in the country ran here--three closely. Vickie Bigelow (52 years old, 41:10) narrowly defeated Sister Marion Irvine (58) by 10 seconds in that age group. Heidi Skaden (50) ran 41:37. Ultra trail lover Ruth Anderson (58)--who advised me before the race that this distance was too short for her and the surface too hard--obviously participated for more than her 47:52 finishing time.

Keen competition, alone, does not make a successful race. The spirit of the event is what brings out the participants. And at Bonne Bell both women and men gathered to celebrate the exciting--but still often neglected--side of our sport that Katherine Switzer, perhaps, foresaw two decades ago.

Nike Cherry Blossom 10 Mile

March 27, Washington D.C.

Anne Audain and J.P. Ndayisenga, both returning for another try, moved up a notch from their second place finishes in 1987. This year's thrilling race was run in ideal temperature but with strong winds facing the runners for the final couple of miles.

Ndayisenga, who hopes to run the 10,000 for Belgium in the Olympics, in the end edged England's Martyn Brewer by two seconds. The top six men, separated by only 16 seconds at the finish, battled down the last 3/4 mile straightaway trading moves and the lead several times in perhaps the race's most exciting finish ever.

photo by Kathy Ruser



Thom Hunt

At the finish, according to *Washington Times* reporter, Tom Carter, "there were no excuses, apologies or sad faces as is often the case for second and third place finishers at the finish line." This group was laughing and congratulating Ndayisenga. "What a great race. This was as exciting for us as for the spectators," declared '87 champion and '88 3rd place finisher Jon Sinclair.

The women's race featured several runners jockeying for the lead for the first six miles until Audain pulled away. Kim Jones led early in the race with Priscilla Welch nearby. Defending champion Lisa Martin led

briefly at 6 miles before being overtaken by Audain. Nancy Ditz ran a PR by 30 seconds, moving steadily up through the pack before finally finishing top American and third overall in 54:19. "This was a major confidence builder for me", she said.

Norm Green, 55, set records in the 55-59 age group at 15K and 10 Miles with times of 50:45 and 54:28 respectively. Eighty year old Ed Benham also continued his slaughter of records, knocking 15 minutes off the 10 mile mark as he ran 75:25.

Overall Results - Men

1	J.P. Ndayisenga (Boulder, CO)	\$3000	47:33
2	Martyn Brewer (Louisville, KY)	\$1500	47:35
3	Jon Sinclair (Fl. Collins, CO)	\$1250	47:40
4	Joseph Kipsang (Takoma Park, MD)	\$1100	47:45
5	Art Boleau (Eugene, OR)	\$1000	47:46
6	Greg Meyer (Grand Rapids, MI)	\$500	47:49
7	Don Norman (Pittsburgh, PA)	\$400	48:10
8	Thom Hunt (Coronado, LA)	\$300	48:16
9	Chris Fox (Hagerstown, MD)	\$250	48:24
10	Steve Kogo (Albany, NY)	\$200	48:26
11	Greg Lautenslager (Walesley Hills, MA)	\$150	48:44
12	Jeff Scuffins (Williamsport, MD)	\$100	48:45
Overall Results - Women			
1	Anne Audain (New Zealand)	\$3000	53:26
2	Lisa Martin (Australia)	\$1500	54:06
3	Nancy Ditz (Woodside)	\$1250	54:19
4	Kim Jones (Spokane, WA)	\$1100	54:44
5	Teresa Ornduff (Abingdon, VA)	\$1000	54:54
6	Martha White (Belmont, MA)	\$500	55:08
7	Priscilla Welch (Gl. Britain)	\$400	55:58
8	Mary Alico (Eugene, OR)	\$300	55:50
9	Jennifer Colgrove (Conneaut Lake, PA)	\$250	55:53
10	Maria Trujillo (Scottsdale, AZ)	\$200	56:11
11	Lea Hayer (Greenfield, MA)	\$150	56:23
12	Gail Kingma (Seattle, WA)	\$100	56:45

Bonne Bell

by Mark Winitz

March 27, San Francisco. 5K & 10K.

The largest all-women's race in the West attracted 4,000 bonny lasses to the sparkling City where on a clear morn (such as this one) you can see forever and beyond. That's where repeat winner Barb Myers-Acosta of Santa Cruz set her sights as she seemingly without effort negotiated this gently rolling course through the greenery of Golden Gate Park.

Except for brief company by eventual second placer Marie Boyd of Albuquerque and 5K winner Nora Doyle-Cooney early on, Myers-Acosta had an uninterrupted view to the finish. A 5:10 first mile left the rest of the locally talented front runners with only a prayer. Her 34:05 clocking was only a second slower than her PR set on the track only a few weeks before. Look for an improvement on that at her next stop, the Penn Relays (April 28th).

Bonne Bell is the kind of race that makes my focus as a running journalist easy and relaxed. Invariably, if I am observing from a press vehicle or from the lead car, I want to race rather than watch. I don't have to worry about that conflict here. The other problem with observing races from the front is that I rarely see the women racers. I have to put

Stampede Race

March 20, San Luis Obispo, 5K.

Overall Results

1	Paul Lee	16:15
2	John Trettin	16:34
3	Lee Ferrero	16:39
4	Angelo Limon	17:00
5	Mick Baker	17:00
6	Elmar McPhall	17:14
7	Brent Hoplans	17:20
8	Ira Monroe	17:24
9	John Ernatt	17:35
10	Keith Kirkpatrick	17:39
11	Brett Blatter	18:22
12	Todd Smiloxitz	18:26
13	Christopher Connors	18:37
14	Chris Garcia	18:41
15	Mike Symens	18:50
16	J. J. Holubek	18:52
17	Paul Prochaska	19:00
18	Tony Brizzolari	19:19
19	Bob Keefe	19:20
20	Galen Kim	19:27
21	Laurie Gladstone	19:38
22	Mike McCartney	19:42
23	Chris Jones	19:43
24	Russ Raymond	19:44
25	Curt Cragg	19:49
26	Wayne Korman	19:53
27	Danny More	20:06
28	Larry VanGuade	20:13
29	Larry Jones	20:15
30	Bob Paltcher	20:19
31	Shannon Robinson	20:20
32	Gary Siwlec	20:25
33	Marian Florentino	20:32
34	Jamie Irons	20:36
35	David Lockhart	20:41
36	Paaro Ogreen	20:44
37	Robert Green	20:50
38	David Bakehouse	20:56
39	Shane Munoz	21:03
40	Ricky Felix	21:09

Fifty-Plus Runners Association 5 Mile

March 27, Stanford University.

Overall Results

1	Peter Leal (50-54)	29:53
2	Jerome Lewis (50-54)	30:04
3	Sam Vandenberg (50-54)	30:12
4	David Bauer (50-54)	30:44
5	Siegfried Mattern (50-54)	30:57
6	Peter Todd (50-54)	31:05
7	Ray Stewart (60-64)	31:08
8	Ron Garbowski (50-54)	31:12
9	Rich Bartke (50-54)	31:14
10	Gerald Czamanske (50-54)	31:18
11	Dee Baltzer (50-54)	31:20
12	James Cochrane (50-54)	31:22
13	Bob Farrington (55-59)	31:26
14	William Flodberg (50-54)	31:29
15	Fritz Kohne (50-54)	32:19
16	E.R. Silver (55-59)	32:25
17	John McCrillus (50-54)	32:97
18	Leo McMillan (55-59)	34:05
19	Don Carpenter (60-64)	34:08
20	Ed Moley (50-54)	34:09
49	Marty Maricle (50-54 F)	38:25
74	Gloria Dake (50-54 F)	40:85
76	Marge Gerriz (50-54 F)	40:88
78	Rita Kerr (50-54 F)	41:02
80	Ardini Thompson (50-54 F)	41:30

Overall Results

1	Barbara Myers-Acosta (30)	34:05
2	Marie Boyd (28) Albuquerque	34:30
3	April Powers (30) Kentfield	35:05
4	Lori Bearson (26)	35:16
5	Susan Scites (27) Louisville	35:23
6	Eileen Clausus (32) Roseville	35:44
7	Heidi Mooney (30) Palo Alto	35:57
8	Patti Gray (25) Pleasanton	35:59
9	Eileen Bickard (30) Santa Cruz	36:00
10	Allison Orofino (26) Placerville	36:10
11	Karen Scholte (22) Santa Clara	36:14
12	Joyce Rankin (40) Mt. View	36:36
13	Luanne Park (27) Chico	36:39
14	Sharlet Gilbert (37) Richmond	36:47
15	Kathy Donofrio (23) Menlo Park	36:50
16	Jennifer Bates-Lacey (30) Eugene	36:52
17	Mary Wood (43) Montrose	36:55
18	Lori Wilson (20) Pacifica	36:59
19	Betsy Silzer (23) Davis	37:14
20	Wanda Howlett (25) Tacoma	37:17

Division Results

19 & Under: 1. Patty Pender 38:22, 2. Chelsea Hernandez 40:55, 3. Alva Dancel 41:10, 20-24: 1. Karen Scholte 36:14, 2. Kathy Donofrio 36:50, 3. Lori Wilson 36:59, 25-29: 1. Marie Boyd 35:23, 2. Lori Bearson 35:16, 3. Susan Scites 35:23, 30-34: 1. Barbara Myers-Acosta 34:05, 2. April Powers 35:05, 3. Eileen Clausus 35:44, 35-39: 1. Sharlet Gilbert 36:47, 2. Judy Leydig 37:26, 3. Jacquelyn Russum 37:28, 40-44: 1. Joyce Rankin 36:36, 2. Mary Wood 36:55, 3. Hilary Naylor 37:39, 45-49: 1. Joan Ulloyt 39:50, 2. Gail Rodd 40:43, 3. Karen Eberhardt 41:08, 50-59: 1. Vickie Bigelow 41:10, 2. Marion Irvine 41:20, 3. Heidi Skaden 41:37, 60-69: 1. Jady Caselli 48:50, 2. Kit Wilcox 51:44, 3. Elis Tunzing 56:17, 70 & Over: 1. Alice Withers 1:15:59.

Results

Seal Beach 10K

April 02. Seal Beach.

Division Results - Men

14 & Under: 1. James Garrison 34:27, 2. Terrel Reyes 35:18, 3. Geoff Janquart 36:41, **15-18:** 1. Denver Ritchie 34:19, 2. Manuel Diaz 35:34, 3. Joseph Reinisch 37:11, **19-24:** 1. Greg Hauser 30:44, 2. Fernando Vasquez 31:21, 3. Eric Ree 31:29, **25-29:** 1. Kent Hernandez 32:50, 2. Mike Navock 33:11, 3. Clyde Matsumura 33:25, **30-34:** 1. Dave Parsel 30:37, 2. William Read 33:00, 3. Bernie Brizuela 33:20, **35-39:** 1. Ron Gee 30:48, 2. Paul Cook 32:26, 3. Rick Delgado 35:06, **40-44:** 1. Don McCarthy 34:30, 2. Larry Fabela 34:31, 3. Pablo Drobny 35:28, **45-49:** 1. Herb Phillips 34:36, 2. Ben Jackson 35:36, 3. Pat Gorman 36:38, **50-54:** 1. Juvenal Herrera 37:15, 2. Sam Mayo 37:44, 3. Frank Greene 38:54, **55-59:** 1. Tracy Brown 38:59, 2. Otto Hefner 41:15, 3. Robert Matthews 41:32, **60-64:** 1. Larry Banuelos 38:42, 2. Robert Koch 42:38, 3. Milo Sather 43:29, **65-69:** 1. Daniel Lujan 46:09, 2. A.J. Clor 50:45, 3. Reese Walton 50:49, **70 & Over:** 1. Eddie Lewin 44:29.

Division Results - Women

14 & Under: 1. Carrie Garrison 34:54, 2. Heather Garrison 39:12, 3. Danielle Pekar 39:56, **15-18:** 1. Rosa Molina 40:34, 2. Margarita Fernandez 47:01, 3. Rene Corbin 51:21, **19-24:** 1. Patricia Molina 37:17, 2. Karla Figueroa 37:44, 3. Leslie Graham 40:01, **25-29:** 1. Olivia Williams 37:16, 2. Kym Kucera 38:41, 3. Heidi Fish 39:30, **30-34:** 1. Tammy Sargeant 37:59, 2. Jade Sackett 38:44, 3. Carol Cronan 42:02, **35-39:** 1. Joan Clergy 44:48, 2. Ursula Hill 45:34, 3. Carolyn Rouzier 46:56, **40-44:** 1. Sue Reinhardt 41:32, 2. Isadora Johnson 44:12, 3. Clay Schery 46:25, **45-49:** 1. Harolene Walters 37:18, 2. Joan Jeter 45:19, 3. Bobbi Gold 45:55, **50-54:** 1. Karen Reynolds 51:49, 2. E. McClellan 1:01:54, 3. Joan Goldberg 1:03:43, **55-59:** 1. Pinkie Fisher 52:12, 2. Connie Abang 56:41, 3. Betty Crosby 58:44, **60-64:** 1. Jean Mathews 1:26:48, **70 & Over:** 1. Laura Hanrahan 53:08.

Shoreline Park 5 Miler

April 2. Mt. View.

Councilman Norman Shaskey's Shoreline Park five miler in the city of Mountain View is a great small town race supported by an enthusiastic community which brings together 800 runners. Each of the finishers were awarded handsome medals as they crossed the finish line to the applause of a cheering crowd of spectators.

First place overall winner, 35 year old Eddie Lanzarin (25:45) set a new course record ahead of 27 year old Dale Richard (26:07) on the flat, fast course. Thirty year old April Powers, first place female finisher ran 28:54 also setting a new female course record, ahead of 35 year old Marilyn Wallach who finished in 29:40. April is a past winner of the Madrid, Spain marathon. She also just won the

women's 3000 meter run at the Bruce Jenner Classic. April and Marilyn ran in the USA 1984 Olympic women's marathon trials. They were teammates on the 1977 DeAnza College women's State Championship team - cross country. Marilyn is also a past winner of the Avenue of the Giants Marathon.

Councilman Norman Shaskey started the race at the picturesque sailing lake in the recently developed award winning Shoreline Park. The course followed cinder and gravel paths through the popular park area located along the San Francisco Bay. Runners set new course records in 10 of 14 age categories. Seventy trophies were awarded by Mountain View Vice Mayor Maryce Freelen, Councilman Norman Shaskey and Planning Commissioners Art Takahara and Jim Cochran. A very warm spring day greeted the runners on the scenic Bayland Trails.

Division Results - Men

12 & Under: 1. Tory Wilcox 32:28, 2. Paul Burgess 33:35, 3. Jose Perez 34:22, **13-19:** 1. James Strachan 26:32, 2. Matt Bogdanowich 27:45, 3. Dave Cardenas 28:11, **20-29:** 1. Dale Richard 26:07, 2. Edward Basaldua 26:42, 3. Lucio Peraz 26:43, **30-39:** 1. Eddie Lanzarin 25:45, 2. David Stancliffe 26:22, 3. David Amster 27:34, **40-49:** 1. David Furst 26:51, 2. Sercy Barnett 27:47, 3. Gabriel Sandoval 28:13, **50-59:** 1. Roger Bryan 28:53, 2. Ken Noel 30:56, 3. Philip Hager 31:03.

Division Results - Women

12 & Under: 1. Courtenay Dominguez 34:30, 2. Diana Wesendunk 42:33, 3. Francine Aquil 42:48, **13-19:** 1. Valerie Jensen 31:40, 2. Susan Horstmeyer 31:46, 3. Aimee Tolen 35:24, **20-29:** 1. Lovena Ferreira 31:44, 2. Sandrine DeHarval 32:08, 3. Suzanne Bryan 33:53, **30-39:** 1. April Powers 28:54, 2. Marilyn Wallach 29:40, 3. Amanda Goldner 32:25, **40-49:** 1. Joyce Rankin 30:11, 2. Barbara Zoldan 35:46, 3. Katherine Frank 36:29, **50-59:** 1. Diane Bromstedt 40:02, 2. Marge Gerrity 40:55, 3. Gerri Psick 43:12, **60 & Over:** 1. Peggy Pridmore 51:04, 2. Ruth McGadden 67:55, 3. Dolores Winans 77:25.

Oak Creek 5K

April 10. Palo Alto.

Division Results - Men

12 & Under: 1. Paul Burgess 22:23, 2. Jory Wilcox 25:15, 3. Brian Ida 27:09, **13-18:** 1. Ted Stone 19:47, 2. Seavan Sternheim 22:40, 3. Brian Shirley 26:35, **19-29:** 1. William Wagstaffe 17:49, 2. John Hoch 17:58, 3. Joy Masloff 19:39, **30-39:** 1. Glenn Carpenter 18:22, 2. Malcolm Brown 20:00, 3. Tom Moore 21:28, **40-49:** 1. Jim Hampton 19:07, 2. John Galletta 19:56, 3. William Adams 20:09, **50-59:** 1. Gerry Czamanske 21:47, 2. Charles Botsford 25:02, 3. Bernard Stevens 25:08, **60 & Over:** 1. Donald Anhorn 26:45, 2. Duane Christiani 30:02, 3. Robert Gex 31:29.

Division Results - Women

12 & Under: 1. Cyndi Lee 27:24, 2. Kami Wilcox 32:42, 3. Tracy Kinell 43:24, **13-18:** 1. Tiki Wilcox 23:03, 2. Lara Salamacha 26:28, 3. Annie Wydeven 29:30, **19-29:** 1. Christy

Duryea-Baker 23:32, 2. Cathy Gortner 24:34, 3. Elizabeth Stewart 25:54, **30-39:** 1. Marilyn Wallach 20:29, 2. Alison Unterreiner 21:22, 3. Arie Alvidrez 21:26, **40-49:** 1. Elaine Hutsindiller 24:49, 2. Gayle Murphy 27:54, 3. Carol Borders 28:50, **50-59:** 1. Rita Kerr 28:39, 2. Pauline Gunderson 34:49, **60 & Over:** 1. Dot Weinstock 35:06, 2. Georgia Longsdon 41:48, 3. Diana Smith 44:11.

Coke Triathlon Grand Prix

April 10. St. Croix, U.S. Virgin Islands.

Mike Pigg and Kirsten Hanssen, defending champs of the 1987 Coke Triathlon Grand Prix, shot to the top of the national point standings following ferocious victories at the American's Paradise Triathlon in St. Croix.

They are first in line for the \$100,000 Coke Grand Prix purse that will be awarded to the top 10 ranked men and women at the end of the season. The Coke Grand Prix is the only point-ranking system that rewards the top triathletes for consistent, season-long performances on the national circuit.

Twenty-four-year-old Pigg, two-time winner of the Coke Grand Prix, earned an unprecedented 525 ranking points for the win in St. Croix--triple points for the season opener with a very high 1.75 quality of field factor attributing to the fact that seven of the top ten 1987 ranked triathletes in the country competed.

Pigg's finish time for the 1.9 mile swim, 59-mile bike and 12.4 mile run was 4 hours, 7 minutes and 14 seconds--more than 6 minutes faster than Mark Allen, nearly 9 minutes faster than Scott Tinley, and more than 13 minutes in front of Dave Scott.

Hanssen pulled down 435 points based on a 1.45 quality of field factor for the St. Croix event. She chewed up the St. Croix course, finishing in 4 hours, 38 minutes and 4 seconds--more than 13 minutes ahead of Paula Newby-Fraser in second place and only 30 minutes off Pigg's time (good enough to finish in 20th place overall).

Current Standings - Men

1	Mike Pigg (24) Arcata	925.00
2	Mark Allen (30) Vista	446.25
3	Scott Tinley (31) Del Mar	393.75
4	Dave Scott (34) Davis	367.50
5	Harold Robinson (25) Walnut Creek	341.25
6	Wolfgang Dittrich (26) Neuss, W.Germany	315.00
7	Andrew MacNaughton (25) Westhills	288.75
8	Paul Huddle (25) Encinitas	282.50
9	Brooks Clark (21) West Cheste	236.25
10	Jurgen Zaack (22) Saffig, Wy	210.00
11	Ken Souza (23) Covina	183.75
12	Brad Kearns (23) Malibu	105.00
13	Chris Hinshaw (24) Arcata	42.00
14	Mike Garcia (27) Fresno	21.00

Current Standings - Women

1	Kirsten Hanssen (26) Denver, CO	435.00
2	Paula Newby-Fraser (26) Encinitas	369.75
3	Patricia Puntous (27) Kelowna,	326.25
4	Sylviane Puntous (27) Kelowna,	304.50
5	Jan Ripple (32) Baton Rouge, LA	282.75
6	Julie Wilson (29) Kent, WA	261.00
7	Colleen Cannon (27) Boulder, CO	230.25

8	Julie Moss (29) Vista	217.50
9	Sarah Coope (23) England	196.75
10	Simone Marier (24) Wuppertal,	174.00
11	Janine Daley (27) Encinitas	152.25
12	Laurie Samuelson (32) Carlsbad	130.50
13	Jane Gryppa (27) Morgan Hill	65.25
14	Deborah Kauzlarich (28) Fresno	43.50
15	Shannon Delaney (20) Del Mar	34.80
16	Julie Harrison (27) Indio	8.70

Livermore Fitness Day

April 10. Livermore. 10K & 5K.

Division Results - Men's 10K

11 & Under: 1. Nicholas Globis 57:19, **12-17:** 1. Mark Conrad 37:41, 2. Mike Patterson 44:03, 3. Steve Myers 44:51, **18-23:** 1. Steve Lewis 34:02, 2. Michael Pereira 38:14, 3. Jim Kruser 39:19, **24-29:** 1. Victor McLeod 33:57, 2. Craig Whichard 34:42, 3. Edward North 34:51, **30-39:** 1. Eric Push 35:17, 2. Dan Anderson 35:31, 3. John Gaherty 36:12, **40-49:** 1. Tomas DePaulis 36:34, 2. Chris Larsen 38:50, 3. Jerry Ingledue 38:56, **50-59:** 1. Robert Anderson 46:43, 2. Tom Bigelow 47:37, 3. Jack Henry 48:25, **60 & Over:** 1. Adrian Verdusco 51:04, 2. Jesse Meadows 51:58, 3. Jerrold Schwartz 1:00:32.

Division Results - Women's 10K

12-17: 1. Carolyn Wellman 48:33, 2. Cindy Biermann 51:18, 3. Heather Kitt 1:05:28, **18-23:** 1. Kelly Birminsham 1:04:14, 2. Liz Dostaler 1:04:15, **24-29:** 1. Elaine Globis 45:30, 2. Debbie Wojtowice 47:38, 3. Debbie Santa Maria 49:09, **30-39:** 1. Amanda Goldner 39:51, 2. Monya Lane 41:22, 3. Maureen Lance 43:20, **40-49:** 1. Peggy Smith 42:06, 2. Judi Richardson 45:43, 3. Larsja Macaulay 48:59, **50-59:** 1. Barbara Carlson 49:47, 2. Maureen Gerick 53:11, 3. Mary Ann Zagotta 57:05, **60 & Over:** 1. Clara Azevedo 56:46.

Division Results - Men's 5K

11 & Under: 1. Paul Sorenson 21:11, 2. Ernie Rosa 24:46, 3. Nathan Schmidt 25:57, **12-17:** 1. Robert Scott 16:27, 2. Greg Grebinski 18:14, 3. Larry McCoy 18:25, **18-23:** 1. Lee Lewis 17:49, 2. Tim Maclean 19:20, 3. Francis Navarro 20:58, **24-29:** 1. Steve Loyd 17:55, 2. Scott Kannel 18:34, 3. James Rasbold 18:45, **30-39:** 1. Eddie Salazar 17:00, 2. Brian Davis 17:28, 3. Kenne Matsuda 18:16, **40-49:** 1. John Clary 18:05, 2. Phil Fenley 18:30, 3. Brian Bunner 18:38, **50-59:** 1. Jack Pong 24:28, 2. Walter Enaidi 24:38, 3. Don Paukert 25:29, **60 & Over:** 1. Willie West 35:23, 2. Don Plummer 37:43.

Division Results - Women's 5K

11 & Under: 1. Ami Ito 29:08, 2. Stacy Page 30:39, 3. Eileen Mantz 31:51, **12-17:** 1. Britt Eilers 21:40, 2. Michelle Haynes 26:25, 3. Kristen Drake 26:30, **18-23:** 1. Sharon Larson 22:32, 2. Clea Geick 26:31, 3. Pamela Crooke 29:20, **24-29:** 1. Debbie Hansen 23:09, 2. Renee Kantor 25:29, 3. Ronda Duke 30:11, **30-39:** 1. Tricia Wigner 20:29, 2. Tim Duke 24:06, 3. Anne Bergmann 25:17, **40-49:** 1. Bonnie Hughes 23:48, 2. Diana Green 26:02, 3. Jennifer DePaulis 27:43, **50-59:** 1. Barbara Dittig 26:58, 2. Jackie Vosbrink 27:19, 3. Anita Wall 27:32, **60 & Over:** 1. Marjorie Plummer 38:13, 2. Lorena Schneider 42:18, 3. Ruth Eggold 42:18.

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Jimmy Stewart Relay Marathon

April 10. Griffith Park, Los Angeles.
Overall Results

1	Gardena Valley #4	2:10:10
2	Cent. Mass. Striders	2:11:58
3	Gardena Valley #2	2:14:48
4	Wild Mtn. Runners #1	2:15:07
5	Team Nike	2:20:28
6	Marathon's Rt. #A	2:22:03
7	Starting Line #B	2:22:49
8	Santa Barbara	2:25:21
9	Hughes Aircraft-Men	2:26:55
10	Basin Blues #3	2:27:01
11	The KMEX	2:27:30
12	Wild Mtn. Runners #2	2:29:12
13	Gardena Valley #1	2:29:33
14	Wild Mtn Runners #3	2:30:03
15	Rad Racers	2:31:09
16	Belmont #1	2:31:33
17	Face's #4	2:31:38
18	Dove Foundation	2:32:30
19	Gardena Valley #7	2:32:33
20	Reebok Colorado #1	2:32:50
21	There We Were	2:34:34
22	Gardena Valley #3	2:34:40
23	Southeast RC	2:35:31
24	Wild Mtn. Runners #5	2:36:32
25	LA Police #1	2:37:02
26	Wilson Running Bear	2:37:13
27	Belmont #3	2:37:31
28	LA Univied School #1	2:37:36
29	Road Runner Unat.	2:37:49
30	Aztlan HS	2:37:52
31	LA County Fire #1	2:38:06
32	Wild Mtn. Runners #4	2:38:11
33	Tiempo Striders #A	2:39:23
34	Caltech Beavers	2:39:34
35	The Sharpshooters	2:40:23
36	We're Hot	2:40:38
37	Northrop #2	2:40:42

38	Belmont #4	2:41:33
39	Team Erg	2:41:39
40	Face's #1	2:41:51
41	Palisades Mixed #1	2:41:53
42	Wild Mtn. Runners #7	2:42:04
43	Gardena Valley #15	2:42:06
44	Random Harriers	2:42:38
45	Carnation #6	2:42:40
46	Another Round	2:43:14
47	GTE #2	2:43:21
48	Nike Store	2:43:35
49	Hughes Aircraft-Mix	2:43:45
50	FBI #1	2:44:01

Division Results - Men

Open: 1. Gardena Valley #2 2:14:48, 2. Wild Mtn. Runners #1 2:15:07, 3. Marathon's RT #A 2:22:03. **Elite:** 1. Gardena Valley #4 2:10:10, 2. Cent. Mass. Striders 2:11:58, 3. Starting Line #B 2:22:49. **Corporate:** 1. Team Nike 2:20:28, 2. Hughes Aircraft 2:26:55, 3. Carnation #6 2:42:40. **Entertainment:** 1. The KMEX 2:27:30, 2. Welk Music Group 2:56:28, 3. KABC TV 2:58:09. **Financial:** 1. Face's #1 2:41:51, 2. Delta Neutrals 3:03:15, 3. Automatic Tellers 3:04:00. **Insurance:** 1. Topa Champions 3:09:40, 2. Executive Life #1 3:14:02, 3. Premium Pacers 3:34:00. **Law Firms:** 1. Papermill Pacers #2 2:59:16, 2. The Lillick 3:18:24, 3. Brown & Wood 3:25:25. **Medical Per:** 1. Frontrunr Med 2:45:58, 2. Pasadena Frontrns 3:08:23, 3. Smooth Operators 3:20:31. **Race Walkers:** 1. Walkers of L.A. #3 4:10:31, 2. SoCal Walkers 4:15:16, 3. Walkers of L.A. #4 4:19:23. **Real Estate:** 1. The Bats 2:53:36, 2. Maguire Thomas #1 3:17:17, 3. Re Max Headroom 3:18:11. **St. John Emp:** 1. Speedy Delivery #1 3:06:04, 2. The Scrubs 3:14:15, 3. Speedy Delivery #2 3:28:11. **Corporate Master:** 1. Wild Mtn. Runners #4 2:38:11, 2. Northrop #2 2:40:42, 3. GTE #2 2:43:21. **Seniors:** 1. Gardena Valley #1 2:29:33, 2. Rad Racers 2:31:09, 3. Gardena Valley #7 2:32:33. **Super Senior:** 1.

Bud Old Geezers 2:48:31, 2. Pacific Cst Sup Seniors 2:49:03, 3. Culver City AC 2:50:45. **Non Profit Org.:** 1. SCRR #4 3:07:34, 2. Cad Chiefs 3:38:02. **Coll/Univ.:** 1. Southeast RC 2:35:31, 2. CalTech Beavers 2:39:34, 3. Another Round 2:43:14. **Comm. Serv.:** 1. Dove Foundation 2:32:30, 2. Random Harriers 2:42:38, 3. Los Feliz Flyers-G 2:54:38. **Firefighters:** 1. LA County Fire #1 2:38:06, 2. Haz Mat Ratz 2:51:00, 3. Santa Monica Fire 2:55:36. **Law Enforcement:** 1. LA Police #1 2:37:02, 2. FBI #1 2:44:01, 3. LAPD Harbor Div. 1: 2:47:54. **Military:** 1. There We Were 2:34:34, 2. One For Fun 2:55:02, 3. Data Dinks 3:00:43. **Students 6/8:** 1. Face's #4 2:31:38, 2. SCRR #1 2:50:40, 3. SCRR #C 3:02:17. **Students 9/12:** 1. Belmont #1 2:31:33, 2. Wilson Running Bear 2:37:13, 3. Belmont #3 2:37:31. **Supermarkets:** 1. Albertsons A 3:00:31, 2. Albertsons B 3:19:58, 3. Hughes Market 3:27:51.

Division Results - Women

Open: 1. A Futolabak 3:00:13, 2. Inside Track 1 3:05:29, 3. Gardena Valley #10 3:31:36. **Elite:** 1. Gardena Valley #5 2:46:45. **Corporate:** 1. Liton #15 3:02:59, 2. The Randies 3:15:01, 3. Northrop #3 3:16:53. **Entertainment:** 1. The Tens 3:22:04. **Law Firms:** 1. Papermill Pacers #1 3:59:01. **Medical Per:** 1. Frontrr Meds 3:35:04, 2. The Dysrhythmic 4:25:48. **Race Walkers:** 1. Walkers of LA #2 5:01:34, 2. Sitmar Cruisers 5:10:43, 3. Easy Striders 1 5:15:22. **St. John Emp:** 1. Amas Fron 3 Main 4:27:24, 2. Health Nuts 4:40:19. **Corporate Master:** 1. HAC Masters 3:28:11. **Seniors:** 1. Spuds Mac Kenzie's 3:08:42, 2. Foothill Flyers 3:26:47, 3. Ujra Fialatok 3:35:47. **Super Seniors:** 1. Fleet Five 3:14:23. **Coll/Univ.:** 1. Claremont Blisters 3:56:33, 2. Jimmy's Jammers 3:56:46. **Comm. Serv.:** 1. Mountain Goats #1 3:32:27, 2. Los Feliz Flyers-P 3:40:48, 3. Heart Tenders 4:21:35. **Firefighters:** 1. LAFD Women Ems 3:58:05. **Law Enforcement:** 1. Swat Mamas 3:54:45, 2. Mail-Gals 3:58:00, 3. Un-Bear-Ables 4:03:05. **Student 6/8:** 1. SCRR #5 #Z 2:55:04, 2. C & E Youth #1 #Z 2:56:12, 3. SCRR #A #Y 3:00:00. **Students 9/12:** 1. SCRR #3 3:09:58, 2. Speed Queens 3:29:37, 3. Linda's Runisters 3:37:06.

Division Results - Mixed

Open: 1. Wild Mtn. Runners #7 2:42:04, 2. Basin Blues #2 2:53:24, 3. I.V. League 2:57:55. **Elite:** 1. Reebok Colorado #1 2:32:50, 2. Gardena Valley #3 2:34:40. **Corporate:** 1. Hughes Aircraft 2:43:45, 2. Northrop #1 2:44:47, 3. AXP Streakers 2:50:42. **Entertainment:** 1. NBC Peacock Strut 3:03:47, 2. Creative Artists #1 3:22:32, 3. Mim Again 3:24:14. **Financial:** 1. Great Western I 3:00:11, 2. Merrill Lynch 3:20:07, 3. City National Bank 3:24:54. **Insurance:** 1. Record Brokers 3:14:57, 2. Executive Life #5 3:29:57, 3. Topa Striders 3:57:08. **Law Firms:** 1. Hastings Harriers 3:23:11, 2. Tuttle & Taylor 3:27:06, 3. Little Gators 3:34:08. **Medical Per:** 1. Mixed Medical 3:15:44, 2. Sweathearts I 3:35:05, 3. Schmidt Therapy 3:35:36. **Physicians:** 1. Face's #2 #X 2:51:44, 2. TV Doc/Dentist #Z 3:02:41, 3. MD's At Ease #X 3:26:26. **Mended Hearts:** 1. Score I #X 3:47:17, 2. Hearty Joggers #X 4:21:30, 3. Score II #X 4:49:50. **Race Walkers:** 1. Cal Walkers #2 4:03:01, 2. SCRR #2 4:07:07, 3. Walkers of LA #1 4:32:30. **Real Estate:** 1. Ring Bros Team 3:27:58, 2. Maguire Thomas #2 3:33:46, 3. Maguire Thomas #3 3:37:22. **St. John Emp:** 1. T-Tube Trotters 3:25:29, 2. Road Runners 3:31:50, 3. The Clot Hoppers

3:40:57. **St. John's Physicians:** 1. The Heartbreakers X 3:08:21, 2. The Blades #X 3:26:19, 3. St. Johns Red Gas #Z 3:36:00. **Corporate Master:** 1. We're Hot 2:40:38, 2. Aerospace Masters 2:53:31, 3. GTE #3 3:03:22. **Seniors:** 1. Gardena Valley #16 2:56:59, 2. Gardena Valley #13 3:13:10, 3. Renaissance #3 3:26:49. **Super Seniors:** 1. SoCal Striders 3:02:57, 2. Renaissance #4 3:18:01, 3. Renaissance #6 3:20:26. **Golden Seniors:** 1. The Kids #X 3:12:49, 2. Feeble Five #Z 4:06:55, 3. Oregon Webfeet #X 4:07:02. **Non Profit Org.:** 1. Be Free 3:46:25. **Coll/Univ.:** 1. Azusa High Alums 2:57:41, 2. LBCC Vikings 3:32:44, 3. Loco Mocos 3:32:52.

Cuesta Spirit 50K Biathlon

April 10. San Luis Obispo.

Overall Results

1	Michael Smith (20-24)	1:30:47
2	Aleshire/Hagy (Top)	1:31:37
3	Charles Hubbard (25-34)	1:31:46
4	Keith Schmidt (25-34)	1:32:21
5	Jeff Jacobs (20-24)	1:33:22
6	Ken Slaughter (25-34)	1:33:23
7	Bruce Balch (25-34)	1:33:23
8	Peter Sweeney (25-34)	1:33:24
9	Uma/Ryan (T80+)	1:35:09
10	Kevin Lutz (25-34)	1:35:56

Division Results - Men's Teams

Mixed Open: 1. Hester/Green 1:36:05, 2. Stehley/Farmer 1:36:20, 3. Krouse/Furbee 1:39:23. **Mixed 80+:** 1. Waterbury/Shank 1:41:34, 2. Wheaton/Keniston 2:18:18. **Open:** 1. Aleshire/Hagy 1:31:37, 2. Betancourt/Kirchert 1:35:59, 3. Preheim/Dobbs 1:36:01. **80+:** 1. Uma/Ryan 1:35:09, 2. Roundy/Rachubka 1:36:28, 3. Dornish/Gavine 1:39:30. **34-:** 1. Davis/Parker 1:41:19, 2. George/Carrasco 1:51:01, 3. Vedin/Carpenter 2:10:11.

Division Results - Men's Individuals

14 & Under: 1. Chris Shackelford 2:23:06. **15-19:** 1. Jonathan Wykoff 1:41:03, 2. Dan Jenkins 1:41:52, 3. Jim Hicks 1:51:46. **20-24:** 1. Michael Smith 1:30:47, 2. Jeff Jacobs 1:33:22, 3. Chris Jones 1:37:32. **25-34:** 1. Charles Hubba4rd 1:31:46, 2. Keith Schmidt 1:33:21, 3. Ken Slaughter 1:33:23. **35-44:** 1. Robert Rainwater 1:36:02, 2. Dennis Grossini 1:37:55, 3. Gary Chamberlain 1:41:10. **45-54:** 1. Dave Howell 1:41:50, 2. Gary Tubbs 1:45:39, 3. Jack Eberly 1:48:12. **55 & Over:** 1. Fred Kerr 1:51:25, 2. Gus Melniknsnis 1:51:40, 3. Bill Winstanley 1:52:36.

Division Results - Women's Teams

34-: 1. Tomacder/Bash 2:15:34. **Open:** 1. Monaco/Uram 1:53:30, 2. Perrin/Foster 1:53:58, 3. Arnold/Carnazzo 2:05:12. **80+:** 1. Lopez/Hedger 1:45:43, 2. Stallard/Hood 2:07:39, 3. Endres/Bloom 2:10:17.

Division Results - Women's Individuals

15-19: 1. Kerry McQueary 2:22:18. **20-24:** 1. Lucia Wanders 1:47:49, 2. Jennifer Osur 1:51:54, 3. Gina Lamonica 1:57:54. **25-34:** 1. Laura Lowe 1:46:28, 2. Sharon Sanders 1:47:16, 3. Dianne Bermant 1:47:16. **35-44:** 1. Lupe Eberly 1:50:53, 2. Jane Granskog 1:57:03, 3. Val Seymour 1:57:08. **45-54:** 1. Mardi Briggs 1:57:42, 2. Mary Schaff 2:07:39, 3. Carla Hamari 2:14:37. **55 & Over:** 1. Jean Spierling 2:15:49. **Parent/Child:** 1. Dil/Dill 1:56:41.

Results

Run For Excellence

April 10. Hayward. 5K & 10K.

Overall Results - 5K

1	Richard Johnson (22)	16:26
2	Don Looby (28)	16:28
3	Cassius Titus (26)	16:36
4	Kevin Berkowitz (16)	16:38
5	David Garcia (35)	16:40
6	Ron Kiyono (45)	16:49
7	Clive Lobo (16)	17:21
8	Paul Castillo (39)	17:36
9	Gregory Gillis (35)	17:38
10	Dino Daniels (14)	17:46

Overall Results - 10K

1	David Stanciliffe (37)	32:38
2	Arthur Welch (26)	32:58
3	Mike Spencer (23)	33:09
4	Tim Davila (23)	34:01
5	Richard Hunter (39)	35:16
6	Blair Venables (18)	35:38
7	Heidi Mooney (33)	35:55
8	Craig Johnson (40)	35:57
9	John Kerner (35)	36:08
10	Colin Fleming (34)	37:59

Division Results - Men's 5K

13 & Under: 1. Eric Portilla 23:49, 2. Danny Johanson 25:32, 3. Matthew Conroy 28:46, 14-18: 1. Kevin Berkowitz 16:38, 2. Clive Lobo 17:21, 3. Dino Daniels 17:46, 19-29: 1. Richard Johnson 16:26, 2. Don Looby 16:28, 3. Cassius Titus 16:36, 30-39: 1. David Garcia 16:40, 2. Paul Castillo 17:36, 3. Gregory Gillis 17:38, 40-49: 1. Ron Kiyono 16:49, 2. Bob Joplin 18:25, 3. Steve Neill 20:05, 50-59: 1. Arnold DeLaRosa 19:33, 2. Richard Guarienti 20:31, 3. Joseph Devane 21:10, 60 & Over: 1. Ray Nalezny 23:20, 2. John Guinee 24:46, 3. Carlos Sandoval 27:03.

Division Results - Women's 5K

13 & Under: 1. Michelle Kiyono 25:39, 2. Andrea Benavidez 29:50, 3. Heather Bradford 30:23, 14-18: 1. Shawna Hodges 22:14, 2. Daisy Eng 23:10, 3. Maria Garcia 25:26, 19-29: 1. Shane Felix 18:37, 2. Jeanne Jones 21:14, 3. Charisse Addison-Coit 24:05, 30-39: 1. Cynthia Kenyon 21:10, 2. Catherine Lagarde 23:15, 3. Deborah Saldana 24:23, 40-49: 1. Faye Williams 25:19, 2. Gwen Pirack 25:36, 3. Nancy Lawrence 25:49, 50-59: 1. Margaret Noite 24:08, 2. Abby Rogers 30:17, 3. Viola Kull 33:54, 60 & Over: 1. Marge Buena 31:42, 2. Betty Barton 45:55, 3. Hazel Lev 46:13.

Division Results - Men's 10K

13 & Under: 1. Roger Penny 48:41, 2. Maximilian San Juan 50:03, 3. Lance Morrison 50:09, 14-18: 1. Blair Venables 35:38, 2. Michael Jensen 39:52, 3. Bill Johnson 43:56, 19-29: 1. Arthur Welch 32:58, 2. Mike Spencer 33:09, 3. Tim Davila 34:01, 30-39: 1. David Stanciliffe 32:38, 2. Richard Hunter 35:16, 3. John Kerner 36:08, 40-49: 1. Craig Johnson 35:57, 2. Tom Worrill 39:11, 3. Russell Cohen 39:22, 50-59: 1. Charles Curtis 42:40, 2. Carlos Barron 45:34, 3. Carl Tuck 47:06, 60 & Over: 1. Leo Gries 45:26, 2. Gordon McHugh 48:53, 3. Gary Toji 49:12.

Division Results - Women's 10K

13 & Under: 1. Melody Bradford 50:12, 2. Tia Luciano 53:09, 3. Penny Hodges 53:24, 14-18: 1. Tiffany Goodwin 51:04, 19-29: 1. Julie Thornton 43:16, 2. Kathi Mooney 50:26, 3. Michele Alvarez 51:05, 30-39: 1. Heidi Mooney 35:55, 2. Iloma Adams 41:16, 3.

Debbie Smith 43:02, 40-49: 1. Lydia Clay 47:37, 2. Nancy Bemis 55:55, 3. Pamela Leino-Mills 56:14, 50-59: 1. Maria Glezendanner 1:01:32.

Shadowchase Running Modesto Half Marathon

April 10, Modesto.

Overall Results - Half Marathon

1	Gilbert Munoz (28)	1:08:31
2	D. Rinde (24)	1:09:45
3	Mike Ercolini (31)	1:11:43
4	Daniel Rusk (28)	1:13:41
5	Hermilo Guerrero (32)	1:13:46
6	Mike Deatherage (33)	1:14:49
7	Ansel Teveda (26)	1:15:15
8	Mark Huschle (26)	1:16:01
9	Brian Peterson (37)	1:17:02
10	Jim Gorman (39)	1:17:22
11	Don Jedlovec (33)	1:17:27
12	Lynn Bobby (33)	1:17:35
13	Steve Tredway (40)	1:17:42
14	Charles Locke (35)	1:17:46
15	Ronald Souza (34)	1:17:54

Overall Results - Marathon

1	Barry Martin (35)	2:32:12
2	Robert Witherell (26)	2:39:58
3	Frank Rozanich (43)	2:43:45
4	Rae Clark (36)	2:44:45
5	Gary Chellman (36)	2:53:16
6	Jesus Pivero (21)	2:59:34
7	David Mullen (40)	3:01:47
8	Ulf Werner (47)	3:03:59
9	Don Bryan (48)	3:08:43
10	David Skavdahl (44)	3:08:46

Park to Park

April 13, 10K & Half Marathon.

Division Results - Men's 10K

13 & Under: 1. Mike Kerns 46:15, 2. Brad Hays 49:47, 3. Murray Diel 55:22, 14-18: 1. Travis Kenney 41:44, 2. Kevin Aregio 51:59, 3. Jeff Smith 1:01:17, 19-29: 1. Matt Holloway 34:06, 2. Keith Schmidt 34:46, 3. Brian Friedman 38:47, 30-39: 1. Elmer McPhail 35:02, 2. David Sears 37:02, 3. Dave Pomeroy 37:56, 40-49: 1. Keith Kirkpatrick 37:08, 2. Mike Hayes 38:55, 3. Chuck Marble 40:34, 50-59: 1. Larry Jay 40:43, 2. David Spargo 44:48, 3. J. Quezada 46:219, 60 & Over: 1. Joe Norris 47:33, 2. Ernest Gienesk 52:19, 3. Wayne Martin 57:50.

Division Results - Women's 10K

13 & Under: 1. Melanie Moore 1:01:18, 2. Heather McCormick 1:28:38, 14-18: 1. Shari Robert 1:01:08, 19-29: 1. Marian Fiorentino 42:42, 2. Luann Wisiewski 45:58, 3. Karen Culligan 47:25, 30-39: 1. Leslie Monaco 43:20, 2. Cindy Wilkins 44:10, 3. Alice Dill 47:24, 40-49: 1. Sandy Bowen 54:12, 2. Janet Nelson 54:24, 3. Cathy Brebas 1:12:56, 50-59: 1. Patti Devine 54:58, 2. Fran Durand 58:17.

Division Results - Men's Half Marathon

14-18: 1. Greg Moore 1:41:10, 2. David Ames 1:48:53, 19-29: 1. Jerry Burch 1:15:41, 2. Kevin Bryne 1:21:39, 3. Louie Escobar 1:24:41, 30-39: 1. Jon Root 1:10:59, 2. Craig Lowrie 1:14:23, 3. Christopher Connors 1:19:08, 40-49: 1. Russell Moore 1:19:27, 2.

Mark Anderson 1:20:44, 3. Mike Jespen 1:32:26, 50-59: 1. Tommy Upton 1:22:34, 2. Gary Brown 1:28:33, 3. Bill Miller 1:43:54, 60 & Over: 1. Don Jones 1:36:24, Wheelchair: 1. Rory Cooper 1:13:38.

Division Results - Women's Half Marathon

19-29: 1. Terri Dowie 1:30:04, 2. Mary Brennan 1:31:26, 3. Eva Jordan 1:52:25, 30-39: 1. Diane Dixon 1:26:20, 2. Liz Cecci-Ewing 1:36:34, 3. Robin Perrin 1:38:43, 40-49: 1. Peggy Boedecker 1:50:06, 2. Ellen Kanthack 1:59:07, 50-59: 1. Marilyn Rehorn 1:49:44.

Fontana Days

April 16, Fontana, 5K & Half Marathon.

Division Results - Men's 5K

10 & Under: 1. Kirk Hinkleman 22:55, 2. Wyn Ericson 23:23, 3. Brad Stanley 24:38, 11-14: 1. Mickey Fortie 17:16, 2. Jeremy Burton 18:36, 3. Joshua Stringer 18:39, 15-19: 1. Nicolas Vargas 15:44, 2. Albert Camacho 16:00, 3. Philip Shipman 16:43, 20-24: 1. Ralph Garibaldi 13:55, 2. Rick Dodson 14:17, 3. Jose Duarte 14:33, 25-29: 1. Sam Obwocha 13:42, 2. Dave Ortiz 14:44, 3. Ismael Fraustod 15:33, 30-34: 1. Keith Withauer 14:16, 2. Guy Buchanan 16:42, 3. Vincent Viola 16:45, 35-39: 1. Gregory Robertson 16:05, 2. Carlos Turmes 16:11, 3. Victor Lemos 16:12, 40-44: 1. Steve Myhro 15:07, 2. Ozzie Osgood 15:40, 3. Mike Fuller 16:27, 45-49: 1. Ray Hughes 16:49, 2. Noble Hill 16:50, 3. Gary Riley 17:06, 50-54: 1. Brian Fernee 16:10, 2. Bill Crum 16:57, 3. Frank Ogawa 18:02, 55-59: 1. Efrain Sanchez 18:18, 2. Jeff Thomas 20:14, 3. Rudy Garcia 22:22, 60-64: 1. Larry Banuelos 18:13, 2. Delmar Gourley 18:38, 3. John Mooshagian 26:12, 65-69: 1. Joe Fleischmann 21:20, 2. Bill Hopkins 23:08, 70 & Over: 1. Ed Rumble 23:09.

Division Results - Women's 5K

10 & Under: 1. Cynthia Condon 23:31, 2. Stephanie Tomasulo 25:51, 3. Kara Burr 25:58, 11-14: 1. Joanne Cox 21:46, 2. Sarah Granger 22:13, 3. Jill Perkins 23:35, 15-19: 1. Marion Sepulveda 18:00, 2. Socorro Vazquez 18:01, 3. Melissa Council 22:50, 20-24: 1. Omega Lane 17:51, 2. Brenda Lewis 18:31, 3. Lisa Davis 19:16, 25-29: 1. Gretchen Lohr 15:48, 2. Jennifer Henderson 16:55, 3. Marie

Deary 18:46, 30-34: 1. Sue Marchiano 15:40, 2. Patricia Contreras 18:00, 3. Naomi Waka 20:30, 35-39: 1. Michele Tiff 16:45, 2. Jamie Nichols 20:09, 3. Judy Aleks 20:43, 40-44: 1. Judy Kewley 18:26, 2. Jan Joseph 21:47, 3. Betty Walsh 22:46, 45-49: 1. Lillian Johnson 24:01, 2. Deann Eckenwiler 26:06, 3. Carreen Moore 27:01, 50-54: 1. June Dickinson 19:57, 2. Bobbie Hamm 25:05, 3. Leola Lahge 26:28, 55-59: 1. Dixie Grimes 27:30, 2. Stella Ramirez 28:57, 60-64: 1. Lily Rivas 45:33, 65-69: 1. Nyla Cook 31:34, 70 & Over: 1. Mary Ames 37:32.

Division Results - Men's Half Marathon

10 & Under: 1. Mark Savel 1:40:48, 11-14: 1. Shawn Ericson 1:32:18, 15-19: 1. Terence Cooke 1:14:59, 2. Chris Evans 1:16:07, 3. Troy Nelson 1:17:53, 20-24: 1. Sergio Atiland 1:16:22, 2. Tim Mulhall 1:16:41, 3. Peter Thoenen 1:18:55, 25-29: 1. Alex Miranda 1:05:05, 2. Andy Thacher 1:12:14, 3. John Griff 1:12:55, 30-34: 1. Dennis Hall 1:12:25, 2. Mike Schutten 1:13:59, 3. Tony David 1:15:29, 35-39: 1. Sal Cervantes 1:10:25, 2. Daniel Contreras 1:14:29, 3. Anthony Pouw 1:17:31, 40-44: 1. Wayne Miles 1:12:11, 2. Davis Sauls 1:14:13, 3. Bob Milama 1:14:26, 45-49: 1. R. Jim Williams 1:21:57, 2. Thomas Smith 1:22:27, 3. Ajan Brown 1:22:38, 50-54: 1. Truman Clark 1:18:50, 2. Stephen Dibble 1:22:34, 3. Terry Ives 1:25:18, 55-59: 1. Tracy Brown 1:22:40, 2. Dick Belliss 1:25:30, 3. Dennis Grisso 1:25:50, 60-64: 1. Lester Trujillo 1:20:05, 2. Rich Elizarraras 1:26:52, 3. Robert Hardaway 1:32:36, 65-69: 1. Sam Simon 1:37:44, 2. Richard Bates 1:40:06, 3. Reese Walton 1:47:42.

Division Results - Women's Half Marathon

11-14: 1. Sheri Savel 1:38:51, 15-19: 1. Gilda Ochoa 1:32:59, 20-24: 1. Clarita Thoms 1:30:17, 2. Staci Schilling 1:36:07, 3. Susan Evans 1:39:11, 25-29: 1. Chantel Best 1:12:17, 2. Allison Orofino 1:14:36, 3. Dorenn Assumma-Fay 1:15:52, 30-34: 1. Patricia Burke 1:23:31, 2. Cynthia Pickering 1:30:39, 3. Cheryl Comstock 1:34:41, 35-39: 1. Penny Shbata 1:35:50, 2. Lynda Crossland 1:40:41, 3. Man Torrez 1:42:05, 40-44: 1. Cherie Gruenfeld 1:24:56, 2. Linda Kewin 1:30:43, 3. Gabrielle Ransdell 1:32:47, 45-49: 1. Josie Chalmers 1:24:16, 2. Carole Pinkner 1:43:57, 3. Christina Cole 1:48:20, 50-54: 1. Shirley Blush 1:48:02, 55-59: 1. Esther Millich 1:40:08, 70 & Over: 1. Bess James 2:22:21.

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Results

City of Duarte Bud Light Runs

April 16. Duarte. 5K & 10K.

Division Results - Men's 10K
13 & Under: 1. Eric Reyes 46:35. 14-17: 1. Jose Villanueva 37:31, 2. Chris Lovell 38:29, 3. Steve Estrada 44:16. **18-24:** 1. Phillip Rouse 34:34, 2. Scott Forrest 38:31, 3. Michal Partlow 40:15. **25-29:** 1. Vicente Rivera 35:20, 2. Vincent Macias 35:53, 3. Dan Burton 36:24. **30-34:** 1. Jim Ulvestad 33:46, 2. Bob Wilder 35:19, 3. Jose Barcenas 37:46. **35-39:** 1. Fred Doubell 36:09, 2. Brian Stansauk 37:03, 3. David Ramirez 37:30. **40-44:** 1. Wayne Mitchell 37:23, 2. Raul Orozco 37:36, 3. Jeff Roscoe 38:46. **45-49:** 1. Ron Navarrette 38:23, 2. Joe Scalzo 41:28, 3. Bob Twong 41:45. **50-54:** 1. John Sizer 50:01, 2. Robert Aldrich 50:18, 3. Miguel Juarez 53:25. **55-59:** 1. Keith Fitch 39:53, 2. Arthur Soperblom 43:33, 3. Leo Prado 43:40. **60 & Over:** 1. Bob Koch 43:54, 2. Wally Taylor 45:59, 3. James DePena 51:11.

Division Results - Women's 10K
18-24: 1. Colleen Thompson 52:31, 2. Debbie Noonan 54:49. **25-29:** 1. Frances Hart 41:28, 2. Laurie Youmans 42:22, 3. Coleen Fitzgerald 47:17. **30-34:** 1. Janet Norem 40:40, 2. Nancy Sobieck 45:58, 3. Rosanne Cooke 52:04. **35-39:** 1. Donna Morin 45:19, 2. Mary Cortoz 50:54, 3. Joan Skrabanek 52:35. **40-44:** 1. Janet Coleman 55:19, 2. Sandi Pufky 1:01:40, 3. Laura Custer 1:05:21. **45-49:** 1. Adell Williams 46:55, 2. Tonya Gates 1:08:53. **50-54:** 1. Cecily Parke 43:23, 2. Cookie Petrie 47:58, 3. Mercedes Paredes 53:00. **55-59:** 1. Elaine Hemerway 59:00, 2. Shirley Lawrence 59:30. **60 & Over:** 1. Elaine Herfert 56:46. **60 & Over:** 1. Mildred Swjader 1:01:21.

Division Results - Men's 5K
13 & Under: 1. Eddie Vlasz 20:37, 2. Alex Castenada 20:55, 3. Paul Wilson 23:36. **14-17:** 1. Terrel Reyes 16:42, 2. Manuel Diaz 17:47, 3. Fidel Guevara 18:22. **18-24:** 1. Jose Gutierrez 15:29, 2. Dennis Slavin 16:47, 3. Garry Gertmenian 17:56. **25-29:** 1. Clemens Glaffig 16:42, 2. Efran Garcia 16:51, 3. Natl Guillen 17:34. **30-34:** 1. Steven Biagini 29:50, 2. Robert Romero 32:29, 3. Ruben Ybarra 35:35. **35-39:** 1. Bill Read 16:14, 2. Rob Slick 16:34, 3. Luis Alvarado 16:41. **40-44:** 1. Jesus Morales 16:52, 2. Walt Hitt 17:11, 3. Jesus Figueroa 17:58. **45-49:** 1. George Anderson 19:13, 2. Ty Gaffney 19:39, 3. David Cardenas 19:56. **50-54:** 1. Florenzo Vargas 19:06, 2. Joe Cuevas 19:39, 3. David Nuttall 20:15. **55-59:** 1. George Marrett 20:39, 2. Kurt Triesselmann 20:53, 3. Carlos Vega 21:05. **60 & Over:** 1. Wally Ingram 18:55, 2. Aurelio Camacho 19:42, 3. Robert Perry 21:27. **60 & Over:** 1. Sam Waltmire 21:50, 2. Daniel Lujan 22:01, 3. Dirk Diener 22:40.

Division Results - Women's 5K
13 & Under: 1. Sara Lee Reyes 21:12, 2. Lea Ann Roach 40:17. **14-17:** 1. Lucinda Reyes 19:13, 2. Dina Barajas 24:56. **18-24:** 1. Christina Ahumada 25:11, 2. Michelle Jarecki 26:25, 3. Sally Ochoa 26:51. **25-29:** 1. Eileen Castaneda 25:27, 2. Carol Kozlovich 25:55, 3. Marylou Morales 27:47. **30-34:** 1. Nancy McCulurkin 20:15, 2. Kathy Hart 22:18, 3. Margaret Finlay 24:18. **35-39:** 1. Irma Saenz 24:52, 2. Kathy Chintoanu 25:56, 3.

Carol Murray 26:08. **40-44:** 1. Eva Guray 22:16, 2. Anne Burke 23:45, 3. Georgina Nuttall 23:48. **50-54:** 1. Dolores Vega 28:07, 2. Mary Salinas 29:40, 3. Gayle Partlow 30:19. **55-59:** 1. Patricia Pruitt 25:08, 2. Betty Crosby 28:19, 3. Helen Olivas 31:52. **60 & Over:** 1. Lucy Byers 35:28.

photo by Gene Cohn



Mark Patterson

Earthquake Day

April 17. San Mateo. 10K.

The first annual Earthquake Day Fitness Extravaganza on the Sawyer Camp Trail was an overwhelming success. This event presented by San Mateo County and the San Mateo County Employees Credit Union offered participants the choice of competing in a 10K Run, a recreational 12 mile Bike Ride, or a 6 Mile Stride/3 Mile Senior Walk. Each event crossed the San Andreas Fault Line in two visible places along the Sawyer Camp Trail which stretches for six miles along the beautiful Crystal Springs and San Andreas Reservoirs.

Each event had separate starting times but all of them finished at the South Gate of Sawyer Camp Trail where participants could then visit various booths concerning earthquakes and earthquake preparedness at the Earthquake Expo. Over 2500 people participated in the first annual Earthquake Day. And, more than \$10,000 was raised for maintenance and continued free-use of San Mateo County's Sawyer Camp Trail.

Nancy Ditz, the #1 ranked female U.S. distance runner-favored to win the U.S. Women's Marathon Olympic Trials in May-highlighted the day's athletic activities by running within 30 seconds of her fastest 10K time.

Division Results - Men

Open: 1. Mark Patterson 31:02, 2. Peter Churney 32:19, 3. Dan Martinez 32:49. **Masters:** 1. Gary Chamberlain 35:33, 2. Robert Plant 36:22, 3. David Basham 37:26.

Division Results - Women

Open: 1. Nancy Ditz 33:38, 2. Wanda Howlett 36:24, 3. Judy Leydig 37:11. **Masters:** 1. Carole Mawson 47:29, 2. Christine Kenna 47:49, 3. Judie Donovan 48:49.



Santa Monica Pier Runs

April 17. Santa Monica. 5K & 10K.

Division Results - Men's 10K

17 & Under: 1. Paul Kiers 39:35, 2. Jeffrey Tomlinson 40:58, 3. Manuel Lopez 41:55. **18-29:** 1. David Olds 30:52, 2. Rich Shelley 31:40, 3. Eugene Muslar 31:47. **30-34:** 1. Brian Nelson 33:34, 2. Hans Vankoppen 33:56, 3. Spud McKenzie 34:12. **35-39:** 1. Barry Molony 33:41, 2. Mark Hemphill 34:44, 3. Stephen Keyes 34:51. **40-44:** 1. Gianni Carnai 33:30, 2. Victor Beltran 35:59, 3. Conrad Brooks 37:30. **45-49:** 1. George Kingsley 36:31, 2. Roy Gardner 38:44, 3. Tony Skvarla 39:13. **50-59:** 1. Patrick Devine 38:09, 2. Dane Macomber 42:40, 3. Dan Jiru 42:42. **60 & Over:** 1. Eddie Lewin 44:20, 2. Wally Taylor 44:42, 3. Milton Bassett 45:44.

Division Results - Women's 10K

17 & Under: 1. Miriam Penna 54:17, 2. Cindy Harmon 1:01:40, 3. Dana Thomas 1:08:19. **18-29:** 1. Renee Williams 36:02, 2. Pennie McLaughlin 36:57, 3. Ann Shepardon 40:45. **30-34:** 1. Karon Carpani 38:16, 2. Tammy Sargeant 38:22, 3. Arlene Ucinski 41:41. **35-39:** 1. Jill Mallory 46:48, 2. Beth Robertson 47:03, 3. Maria Paiz 47:19. **40-44:** 1. Nela Zundell 45:22, 2. Karen Bancroft 45:30, 3. Theresa Riley 48:10. **45-49:** 1. Karin Handsaker 46:46, 2. Sandy Pirkle 50:19, 3. Lynne Anderson 52:02. **50-59:** 1. Atsuko Fujimoto 47:15, 2. Betty Jones 58:37. **60 & Over:** 1. Helen Dick 46:32.

Division Results - Men's 5K

17 & Under: 1. Mac Fox 18:14, 2. Neil Wechsler 18:30, 3. Mario Palomares 19:26. **18-29:** 1. Angel Hernandez 14:39, 2. Aaron Mascorro 15:18, 3. Mike Fisher 15:41. **30-34:** 1. Phil Stinson 16:56, 2. Michael Banks 17:15, 3. Pete Kimes 17:55. **35-39:** 1. German Alonso 16:32, 2. Gilbert Varela 17:27, 3. Richard Miller 17:43. **40-44:** 1. Juan Cabeza 17:08, 2. Tony Torrisi 19:08, 3. Michael Desrochers 19:48. **45-49:** 1. Michael Crombie 17:04, 2. Rick Hardy 18:19, 3. Rolf Raima 19:53. **50-59:** 1. Joseph Singer 18:59, 2. Gunnar Linde 19:09, 3. Bob Deming 19:15. **60 & Over:** 1. Larry Banuelos 19:41, 2. Fred Goldman 21:10, 3. Jack Green 21:31.

Division Results - Women's 5K

17 & Under: 1. Jillian Stern 20:50, 2. Lataurus Johnson 21:25, 3. Kamara Mayberry 21:26. **18-29:** 1. Migdalia Arteaga 18:00, 2. Cornelia Berthold 18:40, 3. Christi Bach 19:35. **30-34:** 1. Evelyn Silvey 18:23, 2. Susan Levitt 21:46, 3. Janet Tikler 22:16. **35-39:** 1. Cathy Fitzgerald 21:20, 2. Eva Beltran 21:36, 3. Carol Murray 26:01. **40-44:** 1. Elaine McNamara 24:17, 2. Yvonne Sterling 24:29, 3. Barb Wintroub 24:35. **45-49:** 1. Rita Gilmore 21:14, 2. Barbara Hutchinson 23:00, 3. Carol Dougherty 24:45. **50-59:** 1. June Ruggles 25:40, 2. Nelly Williams 27:02, 3. Linda Weissburg 28:00. **60 & Over:** 1. Doris Breeding 23:57, 2. Catherine Weissner 31:06.

Northwest Natural Gas Spring Classic

April 17. Portland, Oregon. 8K.

Chris Fox, 29, of Hagerstown, Md., outdueled his old Auburn University teammate John Tuttle, 29, of Douglasville, Ga., to set a course record in the men's national 8K championship. The championship was run in conjunction with the Northwest Natural Gas 8K Spring Classic.

Fox and Tuttle were locked in a closing sprint in the race on a course through downtown Portland. Fox finished in 22:44 and Tuttle in 22:45. The old course record was 22:45.

Steve Plasencia of Eugene, Ore., was third and Jon Sinclair of Ft. Collins, Colo., the winner of the last two Spring Classics, finished fourth in a fast field that turned into a four-man race.

The men's winner received \$3,000 in the national championship race. Tuttle collected \$2,000, Plasencia \$1,500 and Sinclair \$1,000.

Fox said he began his final kick with about two locks to the finish line. "He (Fox) may have had one more gear left," said Tuttle, who said he was pleased with his race. Both are former Auburn distance runners.

Gail Kingma of Seattle won the women's division in 26:43 and took home \$800. Cathie Twomey of Eugene, Ore., was second in 26:50 and Debra Myra of Milwaukie, Ore., third at 27:14.

Overall Results - Men

1	Chris Fox (29) Hagerstown, MD	22:44
2	John Tuttle (29) Douglasville, GA	22:45
3	Steve Plasencia (32) Eugene, OR	22:45
4	Jon Sinclair (30) Ft Collins, CO	22:47
5	Ivan Huff (28) SLO	23:06
6	Terry Perrault (26) Portland, OR	23:07
7	Brent Barnhill (26) Bryn Mawr, PA	23:08
8	Robert Pierce (27) Bellevue, WA	23:14
9	Paul Gorman (32) Swamscott, MA	23:26
10	Keith Hanson (23) Milwaukee, WI	23:55

Overall Results - Women

1	Gail Kingma (27) Seattle, WA	26:43
2	Cathie Twomey (31) Eugene, OR	26:50
3	Debra Myra (26) Milwaukie, OR	27:14
4	Lisa Kindelan (24) Portland, OR	28:17
5	Elena Kizak (42) Burnaby, BC, Canada	28:28
6	Dee Ann Dougherty (29) Lake Oswego, OR	28:39
7	Jill Jones (26) Beaverton, OR	28:58
8	Robin McGrath	28:59
9	Kimberly Spir (26) Lake Oswego, OR	29:27
10	Ingrid Clancy (31) Portland, OR	29:39

