

JUNE 1989

ISSUE NO. 148

CALIFORNIA

Track & Running News

RESULTS

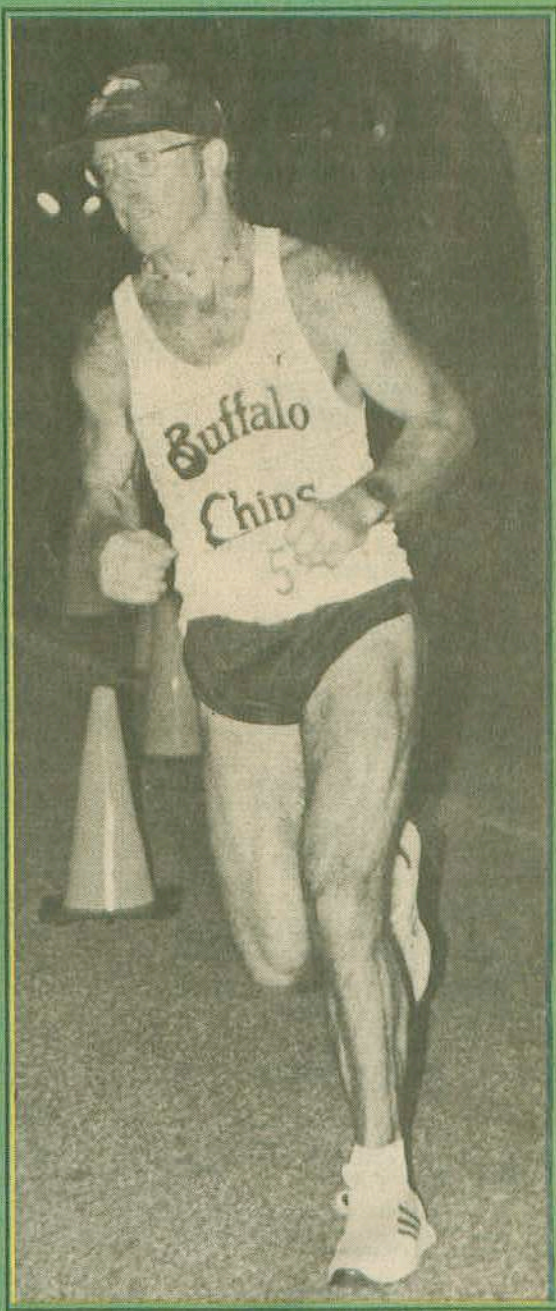
CARLSBAD,
BIG SUR,
DEVIL MTN.,
DOME TO DELTA
& MORE

SCHEDULE

JUNE
JULY
AUGUST

FEATURES

- ✓ AN INTERVIEW
WITH
RAE CLARK
- ✓ SPORT
DRINKS
- ✓ BUNIONS IN
THE
ATHLETE



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FROM THE EDITOR

By the time you receive this June issue, the scholastic competitive season will pretty much be over. We've tried to give you good coverage of the major meets from the beginning of cross country, through the end of track season. A big State Meet wrap-up issue is planned for July.

For me, the high school state meet / NCAA weekend finishes up the competitive season and signals that it's time to take a break from the hectic, but exciting, weekly meet schedule. It's Summer! Now it's time for vacations, yard work, backpacking in the Sierras, easy long runs and low-key fun road races. For all of us summer is time to be outdoors more enjoying life in God's creation.

Just a reminder to those who plan an active summer outdoors: drink water! Water not only helps working muscles, it also keeps the body cool. Dehydration and excessive heat can kill an otherwise healthy

athlete. Becoming dehydrated also hurts your performance. If you lose 2% of your body water (5 cups for a 125 pound person), your performance will drop by 20%. You lose about a quart of water per hour of exercise. There are few things in life that are as easily attainable, inexpensive, and very good for you. There's no excuse not to drink enough water each day.

For more on liquid replenishment, see the article on "Sport Drinks" (page 26).

See you at the beach, on the trail and at the drinking fountain.

ON THE COVER: The long and the short of it... JEFF LAYNES of Oakland High School [left] holds the top 100 meter mark (photo by Burt Davis), while RAE CLARK set a new American and North American record in the 100 mile event (photo by Adarini).

18th Annual Portland Marathon

will be run Sunday, September 24, 1989 at 8:00 a.m. (wheelchair start time 7:59 a.m.) from Downtown Portland at the City Hall (SW 4th Ave. and SW Madison Ave.) and finishing at the Justice Center (SW 3rd Ave. and SW Madison Ave.). Please enter by mail using the form on the right before September 1st. The entry fee is \$20. You may enter any time after September 1st but the late entry fee is \$40.

5th Annual Portland Marathon Five-Miler

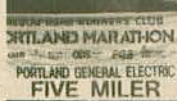
starts at the same start-finish location as the Marathon on Sunday, September 24, 1989 at 8:30 a.m. The entry fee is \$10. Please contact us for the entry form, complete and return by mail before September 11. Last minute entries will be accepted during packet pickup on September 22 and 23 at race headquarters, The Portland Hilton.

4th Annual ORRC Portland Marathon Mayor's Walk (5 Miles)

winds its way along the final five miles of the Marathon starting at various times beginning at 9:00 a.m. on Sunday, September 24, 1989. Entry fee for the walk is \$7 for adults and \$5 for children under 12 and seniors 65 and older. Please contact us for an entry form, complete it and mail it in before September 11. We will accept late entries during packet pickup at race headquarters in the Portland Hilton Hotel.

3rd Annual Portland Marafun Kids' Run (2 Miles)

starts at 9:00 a.m. Sunday, September 24, 1989. Using the same start-finish area as the Marathon, children 12 and under and their chaperones may enjoy this non-competitive event for \$5. Chaperones not wishing a number, shirt or other goodies may accompany their young runner for no charge. Please contact us for the entry form, complete and mail back by September 11. We will accept late entry at race headquarters, the Portland Hilton Hotel, during packet pickup on September 22 and 23.



PRINT CLEARLY

1. Last Name: _____ First Name: _____ Middle Initial: _____ For Official Use: _____

2. Address: _____
City: _____ State: _____ Zip: _____

3. Date of Birth: _____ 4. Age on 9/24/89: _____ 5. Sex: M F

6. Education Level: _____ 7. Phone number (home): _____ 8. (business): _____
(Total years in school)

9. Finisher's shirt size: S M L XL

10. Occupation: _____

11. Best previous marathon time: _____ Hr. _____ Min. _____ Sec. 15. Wheelchair entry:

12. Predicted Time: _____ Hr. _____ Min. _____ Sec.

13. Completed marathons: _____

14. Completed Portland Marathons: _____

Enclosed is:

Marathon entry fee \$20 (before 9/1) = \$ _____
Late entry fee \$40.00 (after 9/1) = \$ _____
"Training For" Shirt \$8./\$13. = \$ _____
Souvenir Shirt \$8./\$13./\$20. = \$ _____
Postage/handling for shirts (see chart) = \$ _____
TOTAL ENCLOSED (U.S. Dollar amounts only) = \$ _____

I would like to order "Training for Portland Marathon" Shirt (check size)

A. S M L XL Short Sleeved T Shirt \$8.00
B. S M L XL Long Sleeved Crew Neck T Shirt \$13.00

I would like to order Portland Marathon Souvenir Shirt (check size)

A. S M L XL Short Sleeved T Shirt \$8.00
B. S M L XL Long Sleeved Crew Neck T Shirt \$13.00
C. S M L XL Long Sleeved Hooded Sweatshirt \$20.00

Shirt Postage and handling fees	U.S. and Canada	Foreign
Under \$10	\$1	\$4
\$11 - \$25	\$2	\$6
\$26 - \$40	\$3	\$8
Over \$40	\$4	\$10

(Allow 5 or 6 weeks for delivery)

Make checks payable to ORRC Portland Marathon

Mail to: ORRC Portland Marathon, P.O. Box 4040, Beaverton, Oregon 97076

WAIVER OF LIABILITY: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, known or unknown, that I may have against The Oregon Road Runners Club, The City of Portland, Multnomah County and other political entities, the Portland Terminal RR Co. and its various owners, including the Union Pacific, Southern Pacific and Burlington Northern Railroad; all independent contractors and construction firms working on or near the course; all Portland Marathon Race Committee members, Officers and Volunteers; and all sponsors of the Marathon, Five-Miler, Mayor's Walk and related Marathon Events and their officers, directors, employees, agents, and representatives, successors, and assigns; for any and all injuries suffered by me in this event. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when running in warm or cold conditions, and have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the Run. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to The Oregon Road Runners Club and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose at any time. I HAVE READ THIS WAIVER CAREFULLY AND UNDERSTAND IT.

Signature: _____ Date: _____
Parent (if under 18) This form may be reproduced or duplicated

MARATHON HOTLINE (503) 226-1111

If you would like an application for the Five-Miler, the Mayors Walk, the Marafun Kids' Run or our 32-page detailed Marathon entry booklet, please send SASE (45¢) to the above address.

PORTLAND MARATHON

Sunday, September 24, 1989

A FAMILY AFFAIR!

Runner's World says, "In Portland every finisher is treated like a champion. Among the marathons that celebrate everyone who goes the distance, there is none better than this Northwest Classic."

Running Times says, "Few marathons offer so many niceties."

A Race Event for Everyone

You don't have to be a marathoner to enjoy the ORRC Portland Marathon because there are three other events that take place on Marathon morning. "Marafun" is a 2-plus mile non-competitive event for kids 12 and younger. The Mayor's Walk is a five-mile walk along the last five miles of the Marathon. And the Five-Miler is an excellent event for begin-

ning runners and competitive middle-distance runners. Each event has its own T-shirt and shares the finish line fun of the Marathon.

The Course

One of the most varied marathon settings anywhere. NRDC/AIMTAC-certified through downtown, Chinatown, Old Town, scenic neighborhoods, even "Marathon Avenue," a street that is used only for this race.

The course is basically flat with some long gradual grades, including five miles downhill to the finish. The weather is normally mid-50s at the start.

Organization

The Portland Marathon gained its reputation for excellence through organization. Three thousand volunteers, 20 enthusiastic aid stations, eight medical stations, splits

called at 35 points on the course, over 30 entertainment groups, and a finish line where every marathon runner's name is announced to thousands of spectators.

Goodies and Happenings

We don't spend our budget on purses for an elite few—we spend it on each entrant. The fun and benefits include a Fitness Fair, Pasta Party, souvenir posters, high quality long-sleeved finisher shirts, special finisher's medal, long-stemmed roses, space blanket, finishers-only replenishment area, same-day television broadcast and free post-race awards party.

Award Categories

Last year over 1,200 awards were given out. For 1989 there are over 50 award classifications, including 16 age groups, corporate, family and wheelchair categories.

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Nestlé

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THE PORTLAND HILTON

FGE

SoCAL DIARY

By BILL MINARIK

April 10

The Arcadia Invitational was the main course on last week-end's track menu as many of the nation's top prep tracksters had at each other in a one-day affair.

The main attraction of the day was a sprint rematch between Rio Mesa's Angela Burnham and Muir's Inger Miller. The 100 meters again saw Miller pull away at the end to prevail at 11.59 vs 11.64. In the 200 however, Burnham cruised to a 23.63 win over Miller's 23.91. In the boys events the Hawthorne boys sprint relay teams anchored by Curtis Conway zipped to winning times of 40.79 and 3:14.95.

Elsewhere, the Northridge Invitational showcased some of Riverside CC's talent which generated such state class times as 10.21, 45.89 and 40.32.

In an invitational meet at USC, Brigham Young freshman Frank Fredericks outsprinted the Trojan's Quincy Watts in both the 100 and 200 10.39-10.62 and 20.5-20.7, however the Trojan men had some strong performances from Ray Griffin, 3:45.7, George Porter, 50.0 and both relay teams, 40.01 and 3:07.3.

In a companion dual meet, the Women of Troy, thanks to a 23.9-53.0-47.0R-3:36.5R quadruple by Michelle Taylor were able to just get by BYU.

In other meets of note, the UCI men easily outdistanced Utah St. and C/S Hayward 103-51-47 while the Minnesota women were close 55-49-46-35 winners over Arizona, UNLV and UCI.

At Azusa-Pacific, the high-flying Air Force men shot down A-P and Biola 94-91-15.

April 17

At UCLA, LSU and Houston pulled into town for a tri-meet showdown with the Bruins. The injury-riddled Bruin men pulled out a 73-70-49 win over the Tigers and Cougars although the UCLA-LSU dual scoring was 77-77. Christian Cushing-Murray's 3:42.81 winning effort in the 1500 proved to be the highlight of the day for Coach Bob Larsen.

The Bruin women had it a bit easier as they posted 85-51 and 92-43 victories over LSU and Houston.

In an open meet at USC, Quincy Watts topped a 100 meter field in 10.46.

At Fresno, the FSU men's team posted 101-62 and 93-69 wins over UC Irvine and San Diego State.

At C/S Bakersfield, the Cal State Northridge men posted a 60-55-51-36 win over conference rivals CSLA, CPSLO & CSB. The women's meet however, saw perennial power CPSLO score a comfortable 67-47-33-24 win over CSUN, CSB, & CSLA.

Among the many high school invitationals taking place were the Tustin Relays where the boys from Edison were winners in front of second and third place finishers West Covina and Marina 45-34-32, while the girls from Santa Ana Valley were 47-40-36 winners ahead of runner-ups Irvine and El Toro.

Woodbridge High was the team champion at the Valencia Invitational, while Oak Park, Santa Ynez, and Carpinteria High won boys team, girls team, and team sweepstakes titles respectively at the Carpinteria Invitational.

April 24

The Mt. SAC Relays dominated the week-end's track action as it usually does; as a number of Olympians attempted to show they were ready again to take on the rest of the world.

An 800 meter relay team from the Santa Monica Track Club which included Carl Lewis, Danny Everett and Joe DeLoach attempted to break USC's world record, however, confusion over hand-off lanes slowed the quartet to a 1:20.54 which just missed the record. Elsewhere, Larry Myricks showed he was ready for a showdown with Carl Lewis as he soared to a wind-aided 28-5. Taft CC's George Kersh, who is supposed to be USC bound, was the class of the Invitational 800 field as he cruised to a 1:46.6 clocking.

Ed Eyestone and Pat Porter provided the most thrilling race of the day as they strode together right to the finish line with Eyestone's speed being the difference 28:15.03 to 28:15.59.

In the Prep Section, Rio Mesa's Angela Burnham was the most impressive as she sped to an 11.57 clocking in the 100 which

was better than 1/2 second better than any other competitor. For an encore she sped to a 54.09 400 meters which is the fastest prep time in the nation.

May 1

While the preps were having their final duals of the season, the Community Colleges were having their conference finals. In the South Coast Conference, Long Beach CC, as expected, ran away with the men's division 307-200 over Mt. SAC, while El Camino continued their dominance of the female Mounties 275-202.

At the SoCal Conference, East L.A. took both men and women's divisions 201-124 over L.A. Southwest and 94-90 over Comp-ton.

The Western States Conference saw Bakersfield take both men and women's titles over Ventura and Moorpark.

At the SCIAC Championships, the men and women of Oxy prevailed as expected over runner-up Claremont-Mudd 198-171 and 191-99.

In the biggie of the week, the Annual Dual-Meet showdown between UCLA & USC, the Bruin men prevailed 93-69, while the Lady Bruins destroyed the injury riddled women of Troy 101 1/2-28 1/2.

The the Bruin Men, having accumulated the winning margin in the throws (33-3) is nothing new since the arrival of weight coach, Art Venegas. Art can also take credit for coaching the Lady Bruins to a 23-4 throwing margin, however, with only a handful of performers available, the Trojan cause was history before the first event, however, the Women of Troy could take heart from some National Class performances from the likes of Michelle Taylor 51.85, Leslie Noll 2:05.4 and Leslie Maxie, 56.43.

For the Trojan men, Quincy Watts looked powerful winning the 200 in 20.67 and anchoring both relay teams in times of 39.50 and 3:08.9. However, the former Taft High star false started in the 100 at a, then, crucial point in the meet. For the Bruins, strongman Dave Wilson really flexed his muscles to the tune of 215-10, 64-0 and 187-5.

MAILBAG

Dear Editor:

Check any sale and you will see that people have a natural impulse to flock to sales. Nothing like a good buy. Good buys are irresistible.

But, evidently, the good buy urge does not apply to marathons. Take the Modesto Marathon, held April 2, as a case in point.

The Modesto Marathon offers all the features that runners want in a race. No marathon course in California, or anywhere I can recall in 212 marathons, is flatter and faster. And all this in a quiet pastoral setting. Every mile is marked. Time and pace are called every five miles. Aid stations appear every two miles. As apart from larger marathons, there is plenty of running space (whereas, at Boston, for example, the first five

miles for the average runner, as apart from the elite who have a cleared field, are in jammed traffic and at Los Angeles one of the problems is to avoid bumping into other runners). The course is well-marked with traffic guides at every turn; no chance of getting lost here. The Modesto police department is on the scene throughout the race.

All these attractions make the Modesto Marathon a good buy with an entry fee of fifteen dollars (t-shirt included) as compared to twenty and twenty-five dollars for other marathons (and often without a t-shirt).

True, the Modesto Marathon does not offer a couple of the features of the larger marathons, such as thousands of cheering spectators and big name runners with associative media coverage).

If your thing is hype, then obviously you belong among the legions of runners in the larger marathons through city streets.

President John Kennedy once observed, "Life isn't fair." Truly, that applies to the Modesto Marathon this year which--despite all its attractions--drew only 217 starters. That means thousands of runners are missing out on a good buy and an enjoyable running experience. If you're interested in getting in on it in 1990, the date is April 1. Contact Shadowchase Running Club, Box 3605, Modesto 95352.

Paul Reese.

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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 3 (Saturday):

Vacaville: The Goldman Biathlon, 2 Mi. Run, 3/4 Mi. Swim, 3.7 Mi. Run, Lagoon Valley County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sonoma: Hit the Road Jack 10K, Time TBA. Sonoma Cheese Factory, 2 Spain St., Sonoma 95476. (707) 938-5225.

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

Bakersfield: Bakersfield T.C. Hart Park Fun Run, Time TBA. Randy Brown (805) 834-9130.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run or 2 Mi. Walk, Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Marathon Team, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Rosario Beach, Baja, Cal./Mexico: Festival de Primavera, 5K, 10K, 10 Mi. & 1 Mi. Fun Run/Walk, 8 a.m./5K, 8:05 a.m./10K, 8:10 a.m./10 Mi., 7:45 a.m. The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417, (213) 634-3027.

Escondido: Escondido 5K Run & Relays and 1 Mi., Escondido Civic Center, 5:30 p.m. Contact: Tim Murphy: (619) 275-5440.

Boulder City, NV: Southern Nevada Roadrunner Classic Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Lake Mead, Time TBA. Kay Carlson, 4583 W. Flamingo Rd., Las Vegas, NV. 89103. (702) 367-3338.

Albany, NY: Freihofer's Run for Women, 5 & 10K (Natl. TAC Women's 5K Championships), Time TBA (5/27 Entry deadline). Freihofer's Run for Women, 233 Fourth St., Troy, NY 12180. (518) 273-0267.

Idyllwild: Idyllwild 5K & 10K Runs, 8 a.m., Idyllwild Town Center. Dave Pelham, P.O. Box 3185, Idyllwild 92345. (714) 659-5672 or Kerry Campbell (714) 659-4549.

So. El Monte: Menudo 5K & 10K Runs, 8 a.m., Legg Lake Park. Lt. Dan Alvarez, P.O. Box 2353, Irwindale 91706. (818) 331-4272 mornings.

Antioch: Tri-for-Fun Triathlon, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Contra Loma Regional Park, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Sacramento: Motherlode Minithon 5 & 10K, William Land Park, 9 a.m. Donn Sullivan, 3001 E Street, Sacramento 95816. (916) 441-0400.

Minden, NV: Carson Valley 10K, Carson Valley Inn Hotel/Casino, 10 a.m. Bill Henderson, P.O. Box 2560, Minden, NV 89423. (800) 321-6983 outside Nevada; (702) 782-9711 inside Nevada.

Clovis: Exercise for Health 10K & 2 Mi., Clark School (track), 7:20 a.m. American Cancer Society, 2940 N. Fresno St., Fresno 93703. (209) 225-9202.

Pomona: Assault Against Hunger & Homelessness, 8 a.m. M: 25, Box 716, San Dimas 91773. (714) 592-2036.

Chino: St. Margaret Parish 5 & 10K, St. Margaret Parish, 7:45 a.m./5K, 8:15 a.m. St. Margaret Mary Parish, 12686 Central Ave., Chino 91710. (714) 628-3676.

June 4 (Sunday):

San Leandro: San Leandro Shoreline 10K & 3K, San Leandro Marina, 8:45 a.m. Ted Swenson, c/o 835 E. 14th St., San Leandro 94577. (415) 577-3469.

Palo Alto: Robert Krohn Baylands 5 & 10K Stride, 8 a.m. Palo Alto Recr. Dept.: (415) 329-2380.

Mill Valley: DSE Practice Dipsea, 7.1 Mi., start in park (2 blocks from Lytton Square), 8 a.m. Fred Haber: (415) 668-2830.

Salinas: Heart & Sole 5 & 10K, Salinas Valley Memorial Hospital, 9:30 a.m. Salinas Valley Memorial Hospital, Attn: Mike Hutchinson, 450 E. Romie Ln., Salinas 93901. (408) 755-4333.

Los Angeles: Bob Seagren 5 & 10K Run for Children with Special Needs, UCLA Campus, 8 a.m./5K, 8:30 a.m. Bruin Classic, Attn: Kit Kehr, c/o UCLA Intervention Program for Handicapped Children, 1000 Veteran Ave., Suite 23-10, Los Angeles 90023. (213) 825-4821.

Irvine: Orange County Performing Arts Center Triathlon, 1.5K Swim, 40K Bike, 10K Run, Lake Mission Viejo, Time TBA. Michael Braunstein, P.O. Box 2218, Costa Mesa 92626. (714) 846-0813.

Coronado: Coronado Hospital Bridge Run, 3 Mi. & 10K, Glorietta Blvd., 7 a.m. Contact: Toni Deal (619) 272-8316.

El Segundo: Heart Club 5K Run/Walk, 8 a.m., Hughes Aircraft at 2000 El Segundo Blvd. Steve Morgan, 20841 Denkey, Torrance 90501. (213) 615-7622 days.

Ukiah: Russian River Runs & Marathon & PA/TAC 8K Championships, Talmage, 6 a.m./Marathon & H-M, 8 a.m./8K. Dennis Huey, P.O. Box 204, Ukiah 95482. (707) 462-8879.

Cupertino: DeAnza Day 5K Run/Family Walk, De Anza College parking lot D, 8 a.m. Jeff Anderson (408) 996-4886.

Corte Madera: The Nature's Company Run for Life on Earth, 5 Mi., Village Shopping Center (Nature Co. store), 9 a.m. Mike Modzelewski (415) 644-1337, x421.

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

Fresno: KNXT Channel 49 4 Mile. Guadalupe Park (E. Carmen & N. Angus Street), 6:50 a.m. Fred Pereira, 4048 N. Angus, Fresno, CA 93726 (209) 224-7857 or (209) 485-3200, or (209) 488-7440.

Foster City: Sri Chinmoy Marathon & Half-Marathon, Sea Cloud Park (1 Mile Loop), 8 a.m. Bippin Larkin, 1995 20th Ave., San Francisco 94116. (415) 753-1854.

June 6 (Tuesday):

Oxnard: 3 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

June 7 (Wednesday):

Los Angeles: Heart of the City 5K Run, 7 p.m., Union Bank Plaza. Union Bank Special Events, 445 South Figueroa St., Los Angeles 90071. (213) 236-5716.

San Diego Area: Peace Run '89. Olympic-style torch relay. 7 p.m. Western Region Headquarters, 3351 Adams Ave., San Diego 92116. (619) 282-2762.

June 9 (Friday):

Los Angeles Area: Peace Run '89. 9 a.m. See contact information above (June 7).

June 10 (Saturday):

Novato: Stafford Lake Biathlon, 5 Mi. Run, 25 Mi. Bike, Stafford Lake County Park, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Bakersfield: Big Brothers Run, Distance TBA, Al Russell Ranch, Time TBA. Contact: Kenyon Sills (805) 325-8841.

Rancho Cucamonga: The Susquicentennial Celebration 5 & 10K, Heritage Park, 8 a.m. Contact: (714) 944-6950, 980-3145.

SCHEDULE

Point Loma: Point Loma Handicap, 10K, NOSC Bldg. 33, 7:30 a.m. Contact: Chuck Pennell. (619) 460-3110. Note: SDTC & DRR members only.

San Jose: Grape Run, 3.5 Mi., Mirassou Vineyards (Aborn Rd.), 9 a.m. Ron Wayne, Mirassou Grape Run, 25930 Kay Ave., #206, Hayward 94545. Jan Reeder: (408) 274-4000.

So. Lake Tahoe: Robert DeCelle, Jr. Memorial Tahoe Relays, 72-Mile, 7-person relay around Lake Tahoe (25th Annual), 7 a.m. Robert DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

Rosarito Beach, Baja, CA/Mexico: Rosarito Beach Triathlon, 1/4 Mi. Ocean Swim, 12 Mi. Bike, 3 Mi. Run, 9 a.m. Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Corona Del Mar: Corona Del Mar Scenic 5K, 8 a.m., Corona Del Mar State Beach. City of Newport Beach, Parks & Rec., P.O. Box 1768, Newport Beach 92658-8915. (714) 644-3151.

Palos Verdes: Palos Verdes Marathon, 7 a.m., Indian Peak and Hawthorne. George Owens, Box 153, Palos Verdes 90274. (213) 548-6865 or 541-5033.

Corona: Run For The Crown 5K & 10K, 8 a.m. Judy Flynn, City of Corona, 815 W. 6th St., Room 150, Corona 91720. (714) 736-2241.

La Verne: La Verne Heritage 2K, 5K & 10K Runs, 2K/7:45 a.m., 8:15 a.m. Wayne Michalak, City of La Verne, 3660 D Street, La Verne 91750. (714) 596-8700.

Stockton: YMCA Twilight Spring Out Run 5 & 10K, Micke Grove Park, 6:30 p.m. Gary Vangen, c/o YMCA, 640 N. Center St., Stockton 95202. (209) 466-9603.

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

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

Fresno: Laurie Tuttle Freedom Run/Walk, 4 Mi. Run, 2 Mi. Walk, Fresno High School, 7:30 a.m. Laurie Tuttle Fund/FCC, 1934 W. Michigan Ave., Fresno 93705.

Century City: Purina Hi Pro Dog Run, 2 Mi. Run, 1 Mi. Walk/Run, Cheviot Hills Recreation Center, Rancho Park, 9 a.m./2 Mi., 9:30 a.m. Purina Hi Pro Dog Run, 2210 Wilshire Blvd., #889, Santa Monica 90403. (213) 396-7727.

Cerritos: Mullikin Cerritos Parks 5K, Liberty Park, 7:30 a.m./Men, 7:50 a.m./Masters Men, 8:10 a.m./Women. Team Runners High, 5463 E. Carson, Long Beach 90808. (213) 496-4760.

Fontana: Fontana Biathlon, 2 Mi. Run, 8 Mi. Bike, 2 Mi. Run, Village of Heritage Fountain, 7:30 a.m. Fontana Recreation Dept., 9460 Sierra, Fontana 92335. (714) 350-7635.

June 11 (Sunday):

San Jose: Bud Light USTS Triathlon, 1.5K Swim, 46K Bike, 10K Run, Time TBA. Barbara Coates, Leining Center, 1300 Senter Rd., San Jose 95112. (408) 286-3626.

San Francisco: DSE Legion of Honor Run, 4.3 Mi., 34th & Clement, 10 a.m. Fred Haber: (415) 668-2830.

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

Palo Alto: Duck to Ducks 10K, Baylands Interpretive Center, 9 a.m. Palo Alto Recreation Dept. (415) 329-2380.

Rosarito Beach, Baja, CA/Mexico: Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 3 Mi. Run, 9 a.m. (individuals only). Armando Productions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

Mill Valley: 79th Annual Dipsea Race, handicapped start, to Stinson Beach, Time TBA. All entry forms mailed out April 1 only (send S.A.S.E. now for entry form). . . entry deadline when race is filled! Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

Half Moon Bay: Knights of Columbus Chili Cookoff 10K Fun Run, Pillar Point Harbor, 8:30 a.m. Chili Cook Off Run, c/o Rick Fambrini, 623 Maple St., San Mateo 94402. (415) 344-5819, eves.

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

Oakland: Run for Your Life 5/10K & 1 Mi. Stroll, Lake Merritt (new sailboat house, Bellevue St.), 9 a.m. James M. Abdush Shakoor, 1652 47th Ave., Oakland 94601. (415) 436-7755.

San Jose: Quicksilver Challenge, 13.1 Mi., Castillejo Middle School (Leyland Park Dr.), 8 a.m. Jan Bar-

clay, P.O. Box 41474, San Jose 95160.

Baywood Park: Baywood Junefest 4 Mile Run, Salty Pelican, 9 a.m. Ron Roundy (805) 528-0775.

Van Nuys: Run For Fun, 5/10K & 1 Mi., Woodley Park, 7:45 a.m./1 Mi., 8 a.m./5K, 8:30 a.m. L.A. City Dept. of Recreation & Parks, 6335 Woodley Ave., Van Nuys 91406. (818) 989-8616.

June 13 (Tuesday):

San Francisco Area: Peace Run '89. 4:45 p.m. See contact information above (June 7).

Bakersfield: Summer Triathlon #1, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. North Bakersfield Rec. & Park District. Paul Press: (805) 392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 14 (Wednesday):

Sacramento Area: Peace Run '89. A 30,000 Mile world-wide torch relay for Peace; started in New York on April 21 and comes through Sacramento area on June 14, early a.m. to late p.m. Ceremony at Capitol West Lawn at 12:45 p.m. Everyone welcome to run with the Torch any distance. Contact: Sri Chinmoy Marathon Team, 1819 G St., #F, Sacramento 95814. Dharmaja: (916) 448-2360 or 448-2125.

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SCHEDULE

June 17 (Saturday):

San Jose: Fujitsu 5 Mile Classic, 8:30 a.m. Rhody-Co Productions, 3929 California St., San Francisco 94118. (408) 922-9115.

Hopa Valley: Alpine Wilderness Run, 11 & 22 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Chula Vista: Scripps Memorial Chula Vista 10K & 2 Mi., 8 a.m. Contact: Tim Murphy (619) 275-5440.

St. Clairsville, OH: National TAC Masters 15K Championships. Pete League, P.O. Box 681, St. Clairsville, OH 43950. (614) 942-2186.

Visalia: Sequoia Athletic Club 10K and 2 Mile Fun Run, 7:30 a.m. S.A.C., 3254 S. Mooney Blvd., Visalia 93277 or call Joe Luis (209) 627-1446.

Camarillo: Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Swin, Ventura State Beach, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

Oakland: Run/Walk Against the Ku Klux Klan, 5 & 10K and 5K Walk, Lake Merritt (Old Boathouse, 14th & Lakeside), 9 a.m. John Brown Anti-Klan Committee, 220 Ninth St., #443, San Francisco 94103. (415) 330-5363.

San Francisco: Giants Gatorade Run to Home Plate 5K, Candlestick parking lot, 11 a.m. San Francisco Giants, Marketing, Candlestick Park, San Francisco 94124. (415) 468-3700.

Riverside: Tin-Man Triathlon, 5K Run, 10 Mi. Bike, 75m Swim, Arlington High School, 8 a.m. April Matthews, Riverside Park & Rec., 3900 Main St., Riverside 92522. (714) 782-5407.

El Segundo: El Segundo Main Street Run, 5 & 10K and Kids 1 Mi., El Segundo Blvd. & Richmond St., 8 a.m./5&10K, 9 a.m. El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1220.

Garden Grove: Garden Grove Main Street 5 & 10K, Village Green Park, 7:45 a.m./5K, 8:30 a.m. Race Central, P.O. Box 828, Rialto 92377. (714) 741-5280.

June 18 (Sunday):

Brisbane: DSE "Where the Hell is Brisbane?" 5 Mile, Brisbane Yacht Harbor, 10 a.m. Fred Haber: (415) 668-2830.

San Francisco: Pacific Rim Marathon, 10K Run/Walk, 8 a.m. Pacific Rim Marathon, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 696-4950.

Oakland: Houston Memorial Woodminster Race, 8.3 Mi., Joaquin Miller Park (Woodminster Meadow), 9 a.m. (Handicapped cross-country hilly trail course). G.A. Wetzork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

Monte Rio: Moscow Road Race, 5 & 10K and 5K Walk, Fire Station (Main St.), 8 a.m. Monte Rio Chamber of Commerce, P.O. Box 268, Monte Rio 95462. (707) 865-1533.

Isleton: Isleton Crawdad Festival 5 Mile Classic, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690.

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

Lompoc: Valley of the Flowers Marathon & Half-Marathon, Lompoc H.S. (stadium) (College Ave. & L St.), 7 a.m./Mara. 7:30 a.m. Lee Heinz, c/o LVDC, P.O. Box 694, Lompoc 93438. (805) 737-0025 before 9 p.m.

Bakersfield: Bakersfield TC Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

Griffith Park, Los Angeles: Gay Pride 5K & 10K Runs, 8 a.m.. RFGP, Box 5038, Santa Monica 90405.

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

Hermosa Beach: Dad's Day Dash 10K Run, 8 a.m., Hermosa Beach Pier. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Napa: Sierra Cup 10K & 2 Mi., Mt. George School (1019 Second Ave.), 8:30 a.m. Mimi Grammens, P.O. Box 3784, Napa 94558. (707) 255-0775.

Santa Rosa: Spring Lake Tinman Triathlon, 1 Mi. Swim, 10K Run, 20 Mi. Bike, Spring Lake, 8 a.m. (Deadline Jun. 5) Redwood Coast USLA, P.O. Box 337, Healdsburg 95448. (707) 575-7144, Sports-A-Foot.

Modesto: Modesto 'a la Carte Fun Run, 5 & 1 Mi., 10th & "I" Sts., 8 a.m./5 Mi., 8:05 a.m. Modesto 'a la Carte Fun Run, 1114 "J" St., P.O. Box 844, Modesto 95353. (209) 579-SHOE or 522-6226.

Venice: Heart of Venice Fathers Day Run, 5 & 10K and 3K Walk, Rose & Main St., 8 a.m./5K, 8:05 a.m./3K, 8:30 a.m./10K. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

East Highland's Ranch: Inland Empire Symphony Games, 5/10K & 5K Walk, 8 a.m. Info: (714) 381-5388.

Fort Ord: Monterey Sprint Triathlon Series, 500 Yd. Swim (pool), 12 Mi. Bike, 3 Mi. Run, 9 a.m. Waddell Sports Center/Sprint Tri, 225 Lighthouse Ave., Monterey 93940. (408) 646-1487.

June 20 (Tuesday):

Oxnard: 3 Mile Evening Run, 6 p.m., Oxnard State Beach. Lorraine Mercado, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

June 21 (Wednesday):

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

San Francisco: Longest Day Run & Stride, 7K (4.34 Mi.), Lake Merced (Sunset Circle Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

June 22 (Thursday):

So. El Monte: Legg Lake Harolene Walters 8K Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Lane, Pico Rivera 90660. (213) 949-0394.

June 24 (Saturday):

Stinson Beach: Double Dipsea, 14.2 Mi. (to Mill Valley & back), 9 a.m. Fred Haber: (415) 668-2830.

Century City: Century City 5 & 10K, 7:30 a.m. Chris Castner: (213) 553-0731.

Huntington Beach: Huntington Beach Triathlon, 1K Swim, 30K Bike, 8K Run, Time TBA. Matt O'Day/Jack Caress, 3001 Redhill, Bldg. 2, #106, Costa Mesa 92626. (714) 546-9041.

San Diego: YMCA/Breakers 10 Mile, Mission Beach, 7 a.m. Contact: Roger Martin, (619) 232-7451.

Rosemead: City of Rosemead 5K & 10K, 8 a.m., Rosemead Park (4343 Encinita Ave.). Jean Sherwood Scott, City of Rosemead, 8838 E. Valley Blvd., Rosemead 91770. (818) 288-6671.

Lomita: Lomita Founders' Day 5K & 10K, 8 a.m., Lomita City Hall. Pro-Motion Events, P.O. Box 3095, Redondo Beach 90277. (213) 374-8990.

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Race is closed for 1989). For 1990 send S.A.S.E. to: Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916) 638-1161.

Benicia: Benicia Historical Run, 5 & 10K, 9 a.m. Benicia Blue Dolphins, c/o Mike Biro, 498 Mills, Benicia 94510. (707) 745-5094.

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

Pleasanton: 4-H Fair Run, 5K, Alameda County Fair Grounds, 8:30 a.m. Barbara Costella (415) 447-6109.

Los Altos Hills: Bay Area Corporate 5K Team Championships, Foothill College (separate men's & women's races for large & small companies), Time TBA. BACAA, P.O. Box 898, Menlo Park 94025. (415) 823-6762.

Milpitas: YMCA Milpitas Mile & Family 1/2 Mile Fun Run, Town Center, 8:30 a.m. YMCA, 540 S. Abel St., Milpitas 95035. (408) 945-0919.

Laguna Hills: Leisure World Fitness Walk, 1/2 Mi., 2 Mi. & 4 Mi., for 50-and-over only, 8 a.m. Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

June 25 (Sunday):

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

Cupertino: Tandem Computers "Up & Running" 10K & 2 Mi., 9 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118.

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

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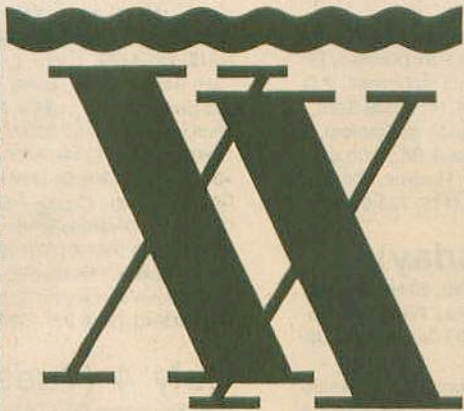
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Start Time: 9:00 am

5K & 20K Start & Finish: City Square at City Center, Downtown Oakland at 14th St. & Broadway.

PA/TAC 20K Championship

20K Course: TAC Certified distance (12.4 miles) loops its way through the city, showcasing Oakland's Central District Urban Renewal Area.

New 5K Course — Walkers & Runners: Start & Finish with the 20K looping out through Jack London Square and Oakland Waterfront.

The Oakland Double Concert at City Square. Starting at 10 am and continuing throughout the morning - Rhythm & Blues and Jazz bands will play alternately on opposite sides of city square.

Race T-Shirts & Free Refreshments to all registered runners and walkers.

Awards & Prizes

20K: \$2,000 prize money, plus sponsor bonuses split among top open & masters men & women. Medals & prizes to top 3 men & women in 8 age divisions & wheelchair class.

5K: Medals & Prizes 3 deep to men & women in youth, open, masters and seniors divisions.

Get Double For Your Money at the Oakland Double 10K: Whether you run or walk the 20K or the 5K, as a registered participant you receive:

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- A Free Old Spaghetti Factory dinner.
- Free beer, snacks & beverages.
- A Double Concert.
- Computer Results & Certified Courses.
- A Great Time in a Great City.

Proceeds Benefit: Oakland Public Schools & Parks and Recreation Youth Sports Programs.

Race Management: RhodyCo Productions.

Race Hotline: (415) 387-2178

Registration: \$12 pre-reg/\$15 race day. Send: the completed & signed entry form with check or money order (payable to "Oakland Double 10K Classic"), a self-addressed-stamped envelope to:

Oakland Double 10K Classic c/o Bonnie Hill 2000 Lucas Valley Road San Rafael, Ca 94903



"Old Spaghetti Factory" Dinner To All 20K & 5K Runners and Walkers. Each will receive a dinner certificate redeemable any-time within one month after the race.



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WAIVER: In consideration of your accepting this entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, and administrators waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the race for any and all injuries that may be suffered by me or enroute to or from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of the waiver I acknowledge that I have read and understand all of the above.

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SCHEDULE

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Markleeville: Markleeville 10K, 9 a.m. Robert Mantynen, c/o Alpine Chamber of Commerce, 353 Crystal Springs Rd., Markleeville 96120. (916) 694-2755.

Monterey: Monterey Bay Triathlon, 1.2 Mi. Swim, 56 Mi. Bike, 13.1 Mi. Run, Time TBA. Chris Parent, c/o Friends Outside, 546 E. Market St., Salinas 93905. (408) 754-8817.

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

Big Bear Lake: Big Bear Triathlon Series #1, Meadow Park, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

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

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

San Rafael: China Camp Challenge, 7 Mi. & 4.2 Mi., China Camp State Park (Miwok picnic area), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Bruno: The Champagne Shuffle, 5K Run, 2 Mi. Walk, 1 Mi. Stroller, San Bruno Ave. at Elm, 9 a.m. The Runns Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

Yreka: The Chili Runs, 5 & 10K, Siskiyou Golden Fairgrounds, 8:30 a.m. Gary Hauke, 316 Lawrence

Ln., Yreka 96097. (916) 842-4158.

San Francisco: ALSDC's Run for the Children, 5 & 10K and 1 Mi. Walk, Golden Gate Park (Kennedy Dr. & Stow Lake Dr.), 9 a.m. Mr. Eric McDonnell, P.O. Box 15188, San Francisco 94115. (415) 346-3268.

Stanford: Food and Fitness Stride at Stanford, 5 Mi., Stanford Stadium at Eucalyptus Rd., 8:30 a.m. Dept. of Dietetics, Stanford Univ. Hospital, 300 Pasteur Dr., #1251, Stanford 94305. (415) 723-6904.

June 27 (Tuesday):

Bakersfield: Summer Triathlon #2, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

Oxnard: 5 Mile Evening Fun Run, 6 p.m., Oxnard State Beach, Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

June 29 (Thursday):

So. El Monte: Legg Lake 5K Evening Run, 6:45 p.m. Arthur Martinez, 9502 Reichling Ln., 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 (Saturday):

Walnut Creek: Station to Station 4.1 & 7.3 Mi., Sugarloaf Recreation area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

San Rafael: Marin County Fair 10K & Kids' Mile, Marin County Civic Center, 8 a.m./1 Mi., 8:30 a.m. Lindsay Browne: (707) 792-1097.

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

Los Angeles: Sri Chinmoy Peace Mile Race (a 4-Mile Run and 2-Mile Walk), Willowbrook Park (936 E. El Segundo Blvd.), 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

Brownsville: Mountain Run for American Cancer Society, 5/10/15K, Foothill Community Bank, 8 a.m. Mary Lovejoy, 159 Star Route, Brownsville 95919. (916) 675-2126.

July 2 (Sunday):

Hayward: Sertoma Classic 10K & Fun Run, Hayward Air Terminal (Golf Course & Hesperian), 9 a.m. Ned Pabst, 10344 W. Luyola Dr., Los Altos 94022. (408) 735-2960.

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

San Francisco: Run/Walk for the Environment, 4.3 Mi. Run & 2 Mi. Walk, Presidio (Crissy Field), 8:30

a.m./2 Mi., 9 a.m. Valerie Stratta-Bolanos, c/o L.I.F.E., 450 Taraval St., #231, San Francisco 94116. (415) 751-4199.

San Rafael: Marin County Fair 10K & Kids' Mile, Civic Center, 7:30 a.m./1 Mile, 8 a.m. Marin County Fair Run, c/o Bonnie Hill, 2000 Lucas Valley Rd., San Rafael 94903. (415) 499-6400.

Calistoga: Great Calistoga Footrace, 8K & 1.5 Mi. Fun Run, Napa County Fairgrounds, 1401 Oak St., 8:30 a.m. Silverado Striders R.C., 1325 Imola Ave., West, Napa 94559. (707) 255-8705.

North Fork: Chainsaw Ridge Run, 10K & 2 Mi., 7:30 a.m. John Somerville, 53963 Dogwood Dr., North Fork 93643. (209) 877-2882.

July 4 (Tuesday):

San Francisco: DSE Peak Busters Benefit, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. Phil Haber: (415) 668-2830.

Redwood City: Fourth of July Parade Run, 5K, downtown, Time TBA. Bill Wooten, Redwood City Parks & Recreation Dept., 1400 Roosevelt Ave., Redwood City 94061. (415) 780-7256.

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

San Ramon: Run San Ramon Independence Classic, 5 & 10K, Central Park (Bollinger & Alcosta), 8 a.m./5K, 8:30 a.m. Rick Reed, Parks & Community Services, 2220 Camino Ramon, San Ramon 94583. (415) 866-1410.

Palo Alto: Great Palo Alto Chili Chase 5K, Mitchell Park Community Center, Time TBA. Contact: (415) 329-2380.

Kenwood: Kenwood Footrace, 10K & 3K Fun Run, White Church (off Warm Springs Rd.), 7:30 a.m. Kenwood Footrace, P.O. Box 237, Occidental 95465. (707) 829-9493.

Tracy: Tracy 10K, 5K and 1 Mi. Run/Walk, Lincoln Park (East & Eaton), 8 a.m. Bob Milliom, 7759 W. Cabe Rd., Tracy 95376. (209) 832-1054.

Willits: Family Footrace, 2 Mi., 10 a.m. Jim Gibbons, P.O. Box 1262, Willits 95490. (707) 459-6142.

Atwater: Run for Independence, 2 & 5 Mi., 8 a.m./2 Mi., 8:10 a.m. Ralston Park. Fourth of July Committee, P.O. Box 4, Atwater 95301. Ed Valla: (209) 726-2287 or 358-7235.

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

Newhall: Independence Day Classic, 5000 Meters, Newhall Park, 9 a.m. Greg Michaud (805) 296-6115, or SCR Hotline (805) 274-0400.

Oxnard: 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay Beach Rd.), 6 p.m. Lorraine Mercado, Oxnard Parks & Recr., 325 South A St., Oxnard 93030. (805) 984-4643.

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

Torrance: Spirit of America 5K and Kiddy K Run, Wilson Park at Jefferson, 8 a.m. Exchange Club of

SCHEDULE

Torrance, P.O. Box 5102, Torrance 90510. (213) 214-1797.

Laguna Niguel: Taylor Woodrow 5 & 10K and 3K Walk in the Parks, Crown Valley Community Park, 7 a.m. Tom Ashen, South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677. (714) 495-0453 or 831-9622.

So. El Monte: San Gabriel River 3 Mile Independence Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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

Fairfield: Fairfield 4th of July Run for Independence 5 & 10K, Laurel Creek Park, Cement Hill Rd., 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-81345.

Pacific: Pier to Park 10K & 5K Fun Run, Roberts Rd. (5K), Municipal Pier (10K), 8:45 a.m./5K, 9:15 a.m. Pacific Recreation, 170 Santa Maria Ave., Pacifica 94044. (415) 875-7380.

Arcata: Northern California Fourth of July Jubilee Runs, 3K & 10K, Arcata Plaza, 9:30 a.m. Six Rivers

R.C., P.O. Box 214, Arcata 95521.

Huntington Beach: Parade 8K Run, Civic Center (Yorktown Ave. & Main St.), 8:30 a.m. Phil Beukema (714) 631-8700.

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

July 6 (Thursday):

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

July 7 (Friday):

Los Angeles: Aztlan Sunset Indian Run, 5K, Elysian Park, 6 p.m. Aztlan Track Club, 1703 Laurel St., So. Pasadena 91030. (818) 799-5079.

July 8 (Saturday):

Rio Vista: Brannan Island "Out-Back" Triathlon, 900 Yd. Swim, 3.8 Mi. Run, 14 Mi. Bike, Brannan Is-

land State Recr. area, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Folsom: Tri For Fun Triathlon, 1K Swim, 20K Bike, 5K Run, Folsom Lake, 8 a.m. Will Roxbrugh, c/o 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

Camarillo: High-Tech Trek, 5 & 10K and 1 1/4 Mi. Fun Run/Walk, Santa Rosa Rd. & Adolfo, 7:30 a.m. Rufo Quemuel, Hightech Development, 150 Camino Ruiz, Camarillo 93010. Gary Tuttle (805) 643-1104.

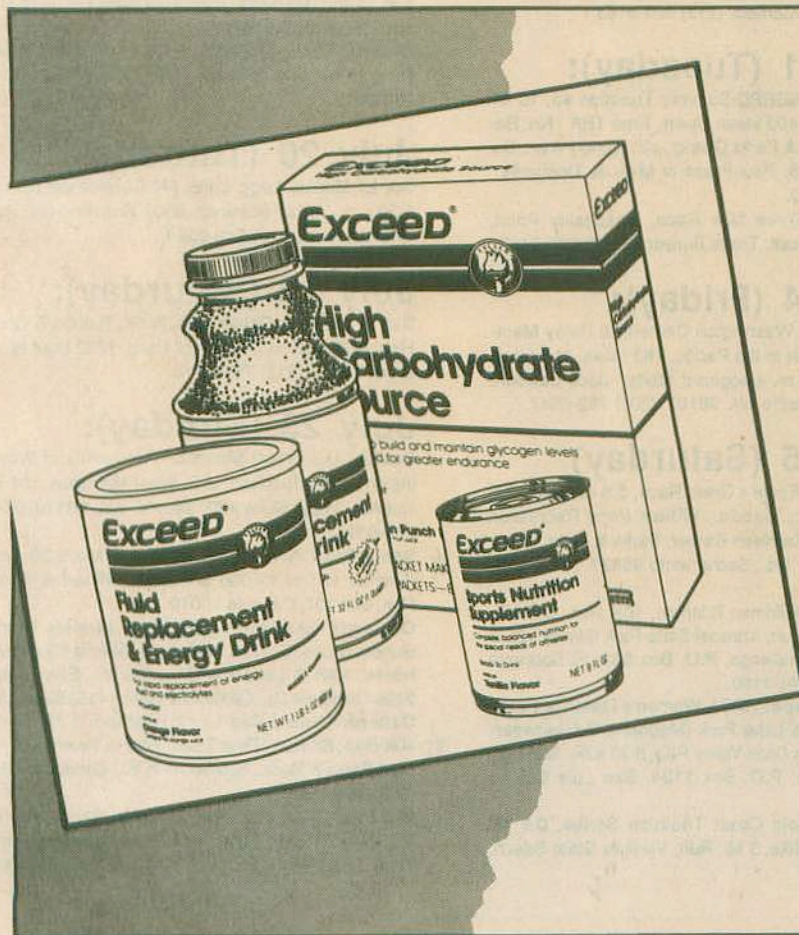
So. El Monte: Legg Lake Summer Morning 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

July 9 (Sunday):

San Francisco: San Francisco Marathon, 7 a.m. City of San Francisco, Box 27557, San Francisco 94127. (415) 681-2323.

Castro Valley: Lake Chabot Trail Challenge, 13.1 Mi., Lake Chabot Marina, 8 a.m. Jim Passadore, 2783 Jennifer Dr., Castro Valley 94546. (415) 881-8255, before 6 p.m..

Oakland: Oakland Double 10K Classic & 5K Ex-



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Sept. 17 3/10 ml

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press, 14th St. & Broadway, (PA-TAC 20K Championships), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Benicia: Benicia Swamp Run/Stride, 5 Mi., Benicia State Park (I-780, Columbus Pkwy. exit), 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., 7:30 a.m. Rick Summers, P.O. Box 2501, Rancho Cordova 95741. (916) 635-8131.

★ **Sacramento:** Buffalo Chips Running Series. 5 & 10K. Information: (916) 488-8580.

Bakersfield: Bakersfield Track Club Ultimate Fun Run, Distance TBA, Time TBA. Randy Brown (805) 834-9130.

★ **Carlsbad:** Carlsbad Triathlon, 1 Mi. Swim, 16 Mi. Bike, 10K Run, Tamarack State Beach (Tamarack & Pacific Coast Hwy.), 7 a.m. Sara Drapkin, city of Carlsbad, 1200 Elm St., Carlsbad 92008. (619) 434-2856.

San Diego: Great Earth Run & Walk, 10K & 2 Mi., Balboa Park, 7:30 a.m. Contact: Lyn Lacey (619) 236-0842.

So. El Monte: Legg Lake 5K Run for Life, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

L.A. Area: Star Festival 5K Run, Pacific Square Plaza, Time TBA. Contact: (213) 323-0163.

★ **July 11 (Tuesday):**

Bakersfield: NBRPD Summer Triathlon #3, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Rec. & Parks District, 405 Galaxy Ave., Bakersfield 93308. Paul Press or Melinda Duplantis: (805) 392-2000.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Contact: Travis Bureson (619) 259-9442.

July 14 (Friday):

Ashford, WA: Washington Centennial Relay Marathon. Mt. Ranier to the Pacific. 163 miles, 11 person teams, 6-10 p.m. staggered starts. Jack Lawson, Box 17086, Seattle WA. 98107. (206) 782-6547.

July 15 (Saturday)

★ **Sacramento:** Eppie's Great Race, 5.8 mi. run, 12.5 mi. bike, 6.3 mi. paddle. William Pond Recreation Area, 8 a.m. Kathleen Barber, Parks & Rec., 3711 Branch Center Rd., Sacramento 95827. (916) 366-2940.

Santa Rosa: Wildman Biathlon, 10K Run, 800 Yd. Swim, 3.3 Mi. Run, Annadel State Park (Hiway 12), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

San Luis Obispo: RRCA Women's Distance Festival 5K, Laguna Lake Park (Madonna Rd. between Hwy. 101 & Los Osos Valley Rd.), 8:30 a.m. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

★ **Camarillo:** Gold Coast Triathlon Series, 0.5 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Ventura State Beach,

Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

San Diego: Spirit of San Diego 8K & 1 Mi., Balboa Park, 7:30 a.m. Contact: Kathy Loper (619) 437-4556.

Fountain Valley: 2nd Annual Run for the Hills, 7K Nature Run/Racewalk & Stride, 7:50 a.m./Walk & Stride, 8 a.m. Mile Square Park. OCFED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

July 16 (Sunday):

Palo Alto: Bay to Breakfast 5 & 10K, Time TBA. Contact: (415) 329-2380.

Occidental: Occidental Country Run 10K and 3K Run/Walk, Harmony Union School (Bohemian Hwy & Graton Rd.), 8 a.m. Wine Country Race Service, P.O. Box 237, Occidental 95485. (707) 829-9493.

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

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

San Clemente: Fiesta 5000, c/o The Bank of San Clemente, 300 So. El Camino Real Blvd., San Clemente 92672. (714) 492-1131 or (619) 275-5440.

So. El Monte: Legg Lake 5K Run for Fresh Air, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

★ **Ontario:** National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, 7 a.m. Info: (714) 989-6512.

July 20 (Thursday):

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

July 22 (Saturday):

San Francisco: Ocean Beach 5K, Balboa & Great Hwy., 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916) 757-2012.

July 23 (Sunday):

Seattle: U.S. West Marathon. University of Washington, Husky Stadium. U.S. West Marathon, 101 Elliott Ave. West, Suite 430, Seattle, WA. 98119. (206) 285-0316.

★ **Santa Cruz:** Wharf to Wharf Run, 6 Mi., 8:30 a.m. (Limited to first 12,000 pre-reg.). Wharf to Wharf Run, Box 307, Capitola 95010.

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

★ **Oxnard:** Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Time TBA. Teresa Peters, Oxnard Parks & Rec., 325 South A St., Oxnard 93030. (805) 984-4643.

★ **Big Bear Lake:** Big Bear Triathlon Series #2, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Meadow Park, Time TBA. Mark Fulton, P.O. Box 765, Big Bear



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Saturday, July 29, 1989

- PLACE:** Plumas-Eureka State Park in Plumas County, California, 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 Inn (Blairsden, CA) or Saturday prior to the race at Plumas Eureka State Park.
- ENTRY FEE:** Entries received by July 25--\$30 for Ultra, \$25 for Ultra-half. Entries received after July 25 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. The breakdown of prize money distribution will be determined by using the TAC formula.
- 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

For RIVER PINES INN
reservations, call
(916) 836-2552.
Mention the Gold Rush
Ultra events.

SCHEDULE

Lake 92315. (714) 866-7322.

Mill Valley: Mill Valley 5K, Mill Valley Middle School (Camino Alto & Sycamore), 8 a.m./Men, 8:45 a.m./Women. Tamalpa Runners, Jim Myers, P.O. Box 1713, Mill Valley 94942. (415) 383-3961. Raceday Reg. Only.

Marin City: Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, 2-Person Relay (one member does both 5K runs, one does 30K bike). Location & Time TBA. RhodyCo Productions, 2939 California St., San Francisco 94118. (415) 387-2178.

Reno, NV: Pyramid Lake Triathlon Relay, 1K Swim, 30K Bike, 10K Run, 9 a.m. Mark Coleman, Friends of Pyramid Lake, P.O. Box 8947, Reno, NV 89507. (702) 746-2649.

Truckee: Donnor Lake Triathlon, 1.5K Swim, 40K Bike, 10K Run, West End Beach, 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Davis 95616. (916)757-2012.

July 25 (Tuesday):

Bakersfield: NBRPD Summer Triathlon #4, 10 Mi. Bike, 5K Run, 400 Meter Swim, Time TBA. No. Bakersfield Recr. & Parks District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000, Paul Press.

July 27 (Thursday):

Los Angeles: Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Race Central, 245 S. Riverside Ave., P.O. Box 828, Rialto

92376. (714) 874-5870.

So. El Monte: 1. Legg Lake 5K Good Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln. Pico Rivera 90660. (213) 949-0394.

July 29 (Saturday):

Johnsville: Gold Rush Ultra-Marathon, 50K (PATAC Championships), Plumas Eureka State Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

Hayward: Bay Area Ultrarunners 24-Hour Track Run, Time TBA. Jim Skophammer (415) 994-6128 (h), (415) 397-5000(wk).

So. El Monte: San Gabriel River 12K Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Coto de Caza: A Mid Summer Night's Dream, 5K Run/Stride, 12K Run, 1 Mi./Walk Trabuco Canyon, 5 p.m./5K, 5:45 p.m./12K, 7 p.m. Dream Run, Coto de Caza, One Coto de Caza Dr., Coto de Caza 92679. (714) 858-2600.

July 30 (Sunday):

San Francisco: Takara Cable Car Chase, 5 Mi., Aquatic Park (Fisherman's Wharf), 8 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco

94118.

Courtland: Pear Fair 5 & 10 Mile, Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95960. (916) 776-1627.

Sparks, NV: Striders Fun Relay, 20K (3-person teams), Cottonwood Park, 7:30 a.m. Ski Pisarski, P.O. Box 21171, Reno, NV 89515. (702) 849-0419.

San Luis Obispo: San Luis Obispo Recreation Dept. Triathlon, 0.5 Mi. Swim, 15.3 Mi. Bike, 3.7 Mi. Run, Sinsheimer Park, Time TBA. John Rogers, c/o SLO Recreation Dept., 860 Pacific St., San Luis Obispo 93401. (805) 549-7300.

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

Walnut Creek: The Seven C's 7K, Heather Farms (301 N. San Carlos Dr.), 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

August 2 (Wed.):

So. El Monte: Legg Lake 8K Evening Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

August 5 (Saturday):

San Rafael: Marin Triathlon, 600 Yd. Swim, 5K Run, 10 Mi. Bike, McNear's Beach City Park (off Pt. San Pedro Rd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Antioch: Tri-For-Fun, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, 8 a.m. Fleet Feet, 1528 Bonanza St., Walnut Creek 94596. (415) 943-6453.

Tracy: California Dry Bean Festival Fun Run, 5 & 10K, 1 Mi. Kids Run, 7:30 a.m./Kids 1 Mi., 8 a.m./5&10Km 9 a.m./1 Mi. Run-Walk. Bob Milliom, 2529 Tracy Blvd., Tracy 95376. (209) 832-0287.

Squaw Valley: Squaw Valley USA Mountain Run/Walk, 3.6 Mi., Tram Bldg., 9:15 a.m./Walk, 9:30 a.m./Run. Holly Beatle Far, Image Promotions, P.O. Box 2575, Olympic Valley 95730. (916) 758-8802.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Place & Time TBA. Contact: Randy Brown (805) 834-9130.

Los Angeles: Sri Chinmoy Peace Mile Race, 4 Mi. Run & 2 Mi. Walk, Willowbrook Park, 936 E. El Segundo Blvd., 7 a.m. Sri Chinmoy Centre, 1921 S. Sherbourne Dr., Los Angeles 90034. (213) 838-4746.

So. El Monte: Legg Lake 099'ers 8K, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

Mammoth Lakes: Highest 5 & 10K Run in California. (elevation 7600' to 8000') 8 a.m. Mammoth Lakes Lions Club, PO Box 17, Mammoth Lakes 93546 or call Bill Rolls (619) 935-4512/home or (619) 934-8553/work.

San Diego: Ocean Beach 10K & 2K, Newport at Abbott, 7 a.m. Chris Veldekamp (619) 226-8888.

San Diego: Run for the Animals, 10K & 2 Mi., Seaport Village, 7:30 a.m. Mike McCarty (619) 531-6041.

Irwindale: Bud Light L.A. Sprint Triathlon, 3 Mi. Run, 9 Mi. Bike, 200 Yd. Swim, Santa Fe Dam, Time TBA.

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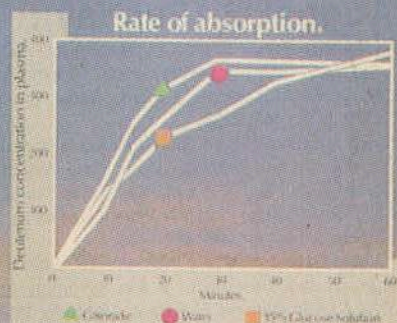
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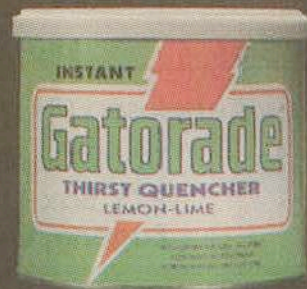
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Gatorade is absorbed into the body as rapidly as plain water and significantly faster than a beverage containing 15% glucose (graph adapted from (2)).

References:

1. American Gastroenterological Association, "Physiology of Intestinal Fluid and Electrolyte Absorption," Baltimore: Milner-Ferwick, 1980.
2. "Accumulation of deuterium oxide in body fluids after ingestion of D₂O-labeled beverages," *Journal of Applied Physiology*, 63: 2060-2066, 1987.
3. "Carbohydrate/electrolyte drinks: effects on endurance cycling in a warm environment," *American Journal of Clinical Nutrition*, 48: 1023-1030, 1988.
4. "Carbohydrates for exercise: Dietary demands for optimal performance," *International Journal of Sports Medicine*, 9: 1-18, 1988.
5. "The effect of fluid and carbohydrate feedings during intermittent cycling exercise," *Medicine and Science in Sports and Exercise*, 19: 567-604, 1987.



SCHEDULE

Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

August 6 (Sunday):

Larkspur: Asher Clinic Couples Relay, 2x2 Mi., Larkspur Landing Shopping Center, 10 a.m. Asher Clinic, 1601-A Larkspur Landing Circle, Larkspur 94939. (415) 461-8233.

San Francisco: Team San Francisco's Vancouver, 5 & 10K and 5K Walk, Golden Gate Park (South side of Polo Fields), 8 a.m. Team San Francisco, Attn: Bob Puerzer, 2215-R Market St., #519, San Francisco 94114. (415) 552-1406.

Pacific Grove: YWCA's Women's 5K Walk & 10K Run, Ocean View Blvd., 9 a.m. (Women only). YWCA, 404 Camino El Estero, Monterey 93940. (408) 649-0834.

★ **San Clemente:** Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. USTS, c/o 5966 La Place Ct., #100, Carlsbad 92008. (619) 438-8080.

August 10 (Thursday):

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

August 12 (Saturday):

Asbury Park, NJ: National TAC Sr. Women's 10K Championships, Time TBA. Phil Benson, Box 2287, Ocean, NJ 07712. (201) 531-4156.

Petaluma: Stride for Life, 3 & 10K Run, 3K Walk, Walnut Park, 8 a.m. Petaluma Valley Hospital Foun-

dation, Attn: Robert Brown, P.O. Box 5124, Petaluma 94953. (707) 778-7441.

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

San Diego: MADD Run for Fiscal Fitness, 10K & 2Mi., Balboa Park, 7:30 a.m. Toni Deal (619) 272-8316.

August 13 (Sunday):

San Mateo: San Mateo County Fair Run, Distance TBA, County Fairgrounds (So. Delaware & E. 25th Ave.), Time TBA. Jaime Rupert, c/o San Mateo County Fairgrounds, 2495 S. Delaware St., San Mateo 94403. (415) 574-FAIR.

Alameda: Alameda Run for the Parks, 10K Run, 2

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When: Saturday, July 8, 1989.

Where: American River College, Sacramento, Ca.
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seating is limited.

MEET SCHEDULE

TRACK EVENTS

8:00 a.m. 5000m walk (bare legs)
10:30 3000 & 2000m St. 11:00
100m trials (if needed)
12:15 p.m. 200m trials (if needed)
1:15 80-110m hurdle trials
(if needed)
3:00 4 x 100 relays
3:15 800m women
3:25 800m men
3:35 400m
4:35 100m finals
5:35 100m youth
(invitational)
5:45 3000m women
6:05 80-110m hurdles final
6:25 3000m men
6:45 800m youth
(invitational)
6:55 300/400 hurdles final
7:30 mile run women
7:50 mile run men
8:20 PREP LEGENDS MILE
8:30 200m finals
9:10 4 x 800 relay
9:30 INVITATIONAL
MASTERS MILE
9:50 4 x 400 relay

FIELD EVENTS

10:00 a.m. hammer (to be held at
Cal. St. Sacramento)
11:00 discus (to be held at
Cal. St. Sacramento)
2:00 p.m. javella
4:00 pole vault
long jump
6:00 high jump women
6:30 shot put
7:00 triple jump
7:30 high jump men

NAME _____
ADDRESS _____
PHONE # _____
BIRTHDATE _____
T.A.C. # _____
T-SHIRTS, # OF ___S ___M ___L
TICKETS, # OF ___\$6 ___\$3 ___KIDS
EVENTS (include best mark of 89)
EVENT MARK

RELAY TEAM NAME MEMBERS

1. _____
2. _____
3. _____
4. _____
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95865. Make checks to the Western
Regional Meet. For info phone Mike
Holzgang 916-482-7881.

SCHEDULE

Mi. Walk, Southshore Shopping Center, 9 a.m. Alameda Recr. & Park Dept., Room 201, City Hall, Alameda 94501. (415) 522-4100, x227.

Healdsburg: River of No Return Pentathlon, 800 Yd. Swim, 10 Mi. Canoe, 0.3 Mi. Portage, 9.3 Mi. Run, 22 Mi. Bike, Vineyard Plaza Shopping Center, 8 a.m. (2-Person Teams). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Quincy: Feather River Classic Run, 5K & 10 Mi., Pioneer Park & Pool, 8:30 a.m. Roger Steward, Central Plumas Recr. District, P.O. Box 1551, Quincy 95971. (916) 283-3278.

Covelo: Blackberry Festival Footrace, 5 & 10K, Commercial & Howard St., 7:45 a.m./walkers, 8:15 a.m./runners. Covelo Community Library, P.O. Box 491, Covelo 95428. (707) 983-6594.

August 15 (Tuesday):

Bakersfield: Summer Triathlon #6, 10 Mi. Bike, 5K Run, 400m Swim, Time TBA. Paul Press, No. Bakersfield Recr. & Park District, 405 Galaxy Ave., Bakersfield 93308. (805) 392-2000.

San Diego: Three Mile Race, Hospitality Point, 6:15 p.m. Charles Freeman (619) 280-5000.

August 16 (Wed.):

San Francisco: Manufacturers Hanover Corporate Challenge, 3.5 Mi., 6 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

August 18 (Friday):

Palo Alto: Pizza Hut TGIF 5 & 10K, 6:30 p.m. Contact: (415) 329-2380.

August 19 (Saturday):

Antloch: Golden Triangle Triathlon, 0.75 Mi. Swim, 18 Mi. Bike, 6 Mi. Run, Central Loma Regional Park, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

East Sacramento: Susan B. Anthony Women's 5K Run & 2K Walk, Glenn Hall Park, 8:30 a.m./2K, 9 a.m./5K. Contact: Dennis Grandy (916) 454-0198.

West Covina: Steamboat Tri-Al, 0.5 Mi. Swim, 15 Mi. Bike, 3 Mi. Run, Bonelli Park, Time TBA. John A. Mory, 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

Manitou Springs, CO: Pikes Peak Ascent 7 a.m. (1500 limit) See marathon listing below (Aug. 20).

August 20 (Sunday):

Manitou Springs, CO: Pikes Peak Marathon, 7 a.m. (1000 Limit) **Note:** Ascent Only race on Aug. 19. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

San Francisco: Presidio 10, 10 Mi., Presidio Parade Grounds, 9 a.m. The Guardsmen, 220 Sansome St., #590, San Francisco 94104. (415) 781-6785.

San Francisco: Hook & Ladder 10K, Golden Gate Park (Rainbow Falls/JFK Dr.), 9 a.m. Jim Gallagher, 1671 16th Ave., San Francisco 94122. (415) 753-0880.

Redwood Shores: Redwood Shores Biathlon, 4 Mi. Run, 400m Swim, 350 Marine World Pkwy., 10 a.m. Wayne Robson, Big Bros/Big Sisters, 944 Ralston Ave., Belmont 94002. (415) 592-2354.

Hayward: Hayward Zucchini Run, 10K & 2 Mi., 9 a.m. Roxann Kasparian, Eden YMCA, 951, Pallisade, Hayward 94542. (415) 582-9614.

Scotts Valley: Pioneer Days 10K, Kids' 1/2 Mi. King's Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m./Kids' Run, 9 a.m. Pioneer Days 10K, P.O. Box 66928, Scotts Valley 95066. (408) 438-1010.

Sacramento: Rainbo Bread Ironkids Triathlon, (7-10) 100m Swim, 5K Bike, 1K Run, (11-14) 200m Swim, 10K Bike, 2K Run, Time TBA. Traksports Management Group Int'l., P.O. Box 69095, St. Louis, MO 63169. (314) 241-8100.

Bakersfield: Bakersfield T.C. Ultimate Fun Run, Location & Time TBA. Contact: Randy Brown (805) 834-9130.

Big Bear Lake: Big Bear Triathlon Series #3, 0.5 Mi. Swim, 15 Mi. Bike, 4 Mi. Run, Time TBA. Mark Fulton, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

San Diego: America's Finest City Half-Marathon, Pt. Loma, 7 a.m. Neil Finn, P.O. Box 3879, San Diego 92103. (619) 297-3901.

August 24 (Thursday):

So. El Monte: Legg Lake Evening Turtle Run, 6:30 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

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SCHEDULE

August 25 (Friday):

Coronado: SWOS 10K, 8 a.m. Sean O'Conner. (619) 437-4556. **Note: Military Only.**

August 26 (Saturday):

So. Lake Tahoe: World's Toughest Triathlon (National Ultra Course Masters Championship), 2.5 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (702) 782-9723.

Lodi: City of Lodi Triathlon. (1000 yd. swim, 5 mile bike, 3.1 mile run). Lodi Lake, Turner Road, 9 a.m. Lodi Triathlon, 801 S. Fairmont #5, Lodi 95240 or call Dr. William C. Henshaw (209) 334-2021.
Bishop: Mule Run Ultra 50K, 7 a.m. (300 limit). Bill & Cheri Kissell, 1135 Calle Ortega, San Dimas 91773. (714) 599-4211.

August 27 (Sunday):

Foster City: Run Your Plaque Off, 10K Run & 5K Stride, Sea Cloud Park (Pitcairn Dr.), 9 a.m. San Mateo County Dental Society, 1941 O'Farrell St., San Mateo 94403. (415) 345-5714.

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

San Francisco: Jazz Beat 5K, Golden Gate Park (So. Side of Polo Fields), 9 a.m. RhodyCo Productions, 5141-A Geary Blvd., San Francisco 94118.

Bodega Bay: Bodega Bay to Breakers 8K Run/Walk, Bodega Marine Laboratory, 9 a.m. Sherry Fitzsimmons, P.O. Box 247, Bodega Bay 94923. (707) 875-2065.

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CT&RN is
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Merced: Watermelon Run, Distance TBA, Time TBA. Merced TC Newsletter, 221 East 19th, Merced 95340.

Pismo Beach: Pismo Beach-Sea Venture Triathlon, 1.5K Swim, 40 K Bike, 10K Run, Pismo Pier, Time TBA. Sea Venture Hotel, 100 Ocean Ave., Pismo Beach 93449. (805) 773-4994.

August 31 (Thursday):

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

Huntington Beach: Sunset in the Park, 2.8 & 4.8 Mi. cross-country runs, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. Oscar Rosales, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417

Looking Ahead

(Marathons, Relays & Important
Deadlines, Major Events, Etc.)

Sept. 8 (Fri.): Tahoe City: Pepsi of Reno-Tahoe 72-Miler, Commons Beach (1 lap on road around Lake Tahoe), 6 a.m. Toni Belaustegui, 75 Mt. Rose St., Reno, NV 89509. (702) 329-6897.

Sept. 16 (Sat.): Squaw Valley: Pacific Crest Trail 50K, 25K & 25K Relay and 12K, Squaw Valley Inn to Donner Pass, 8 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

Sept. 24 (Sun.): Portland, OR: Portland Marathon, 5 Mi. & 2 Mi. Kids Run, 8 a.m. Portland Marathon, P.O. Box 4040, Beaverton, OR. 97076-4040. (503) 226-1111.

Sept. 24 (Sun.): San Francisco: Bridge to Bridge Run, 8 Mi. & 5K, Ferry Bldg., 9 a.m. Bridge to Bridge, c/o KNBR-68, 1700 Montgomery St., San Francisco 94111. (415) 951-7070.

Nov. 4: Cancun Caribbean Run. 10K. Sports Am, PO Box 6069, Salt Lake City, UT 84106 (801) 583-6281.

TRACK SCHEDULE

June 3 (Sat.): Eugene. Prefontaine Classic. Univ. of Oregon. Tom Jordan, 850 East 43rd, Eugene, OR 97405 (503) 683-5635.

June 4 (Sun.): Irvine. Irvine Elite Classic. UC Irvine. Danny Williams (714) 856-6342.

June 10 (Sat.): Sacramento. Golden West Invita-

tional. Cal State Sacramento. Ernie Gomez, 101 Simmons Way., Folsom, CA 95630 (916) 988-8852.

June 11 (Sun.): Tucson. Tucson Elite Classic. Rincon Vista Track Stadium. Troy Hanson, Univ. of Arizona Sports Info. Office, McKale Center, Tucson, AZ 85721 (602) 621-2124.

June 18 (Sun.): Los Angeles: SCATAC Masters Championships. Occidental College. Christel Miller, 1740 Grandview Ave., Glendale, CA 91201. (818) 843-2139 until 9 p.m.

June 24: Los Altos Hills: Bay Area Corporate Relays, Foothill College. Track relays & field events for men, women, coed, open, masters and submasters. Team competition for large & small companies. BAA-CAA, P.O. Box 898, Menlo Park 94025. (415) 823-6762.

June 24: San Diego: SDIAC Championships (Masters). Balboa Stadium. Ed Oleata, 2870 Glenbrook Way, La Jolla 92037. (619) 453-4570.

* June 29: Los Gatos. All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Hartz (415) 354-5660 or 395-4311 or 356-0453.

* July 6: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Hartz (415) 354-5660, 395-4311, or 356-0453.

* July 8: Sacramento: Western Regional Masters Championships. American River College. Michael Holzang, P.O. Box 255131, Sacramento, CA 95865. (916) 482-7881.

* July 13: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 16-20: San Luis Obispo: Sky Jumpers Vaulting Camp. Jan Johnson, 3000 Colima, Atascadero 93422. (805) 466-8119.

* July 20: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 20-23: San Diego: TAC/USA National Masters Championships. San Diego State. Dave Pain (619) 582-3316.

* July 27: Los Gatos All-Comer Track Meets (see July 6 entry above for information).

July 27-Aug. 6: Eugene, OR: VIII World Veterans Championships Masters World Veterans Games, P.O. Box 10825, Eugene, OR 97440. Tom Jordan (503) 687-1989.

* August 3: Los Gatos All-Comer Track Meets. 5:30 p.m. Los Gatos HS. Willie Hartz, (415) 354-5660, 395-4311 or 356-0453.

August 5: Santa Monica. Southern California TAC. Santa Monica Community College. Skip Stolley, 825 16th #B, Santa Monica, CA 90403 (213) 432-7655.

* August 6: Westwood: Jack-in-the-Box Invitational (replaces Pepsi Invitational) Drake Stadium at UCLA. 3:30 p.m. Call for ticket information (213) 825-5368. Also available at all Ticketron locations.

August 10: Los Gatos All-Comer Track Meets (see August 3 entry above for information).

September 16: Northern California Seniors Track Classic (Submasters & Masters, ie. 30-plus). UC Berkeley. 8:30 a.m. Contact Jim Johnson, 1026 Murchison Dr., Millbrae 94030 (415) 697-1889.

KEEPING PACE

By MARK WINITZ



For Rae Clark, Ultras are the Challenge

Ultramarathoner **Rae Clark** of Santa Clara, CA has been on the ultra-distance running scene for almost a decade, churning out solid, consistent performances at race distances that most of us will never touch, even in our wildest dreams. But despite a covey of top-placing efforts, Clark has faced the same affliction that has blanketed the ultrarunning segment of our sport as a whole: Little recognition and not much acknowledgement outside of the ultrarunning community itself.

Fortunately, all of that is changing. With the establishment of official TAC-sanctioned national championship races at ultra distances, and closer attention at record-keeping for distances beyond the marathon on a national and world level, ultra distance training and racing is finally being accepted as a legitimate and important part of running—not just an aberration of a somewhat demented group of howdy-doodies. Luckily, for 37-year-old Rae Clark, this new turn has come at a time when he's forging some pretty impressive inroads (and trails) on the ultrarunning scene.

For many years California's ultra-competitors have distinguished themselves as the world's finest among their close-knit peers. And our own arduous Western States 100 Miler, the granddaddy of trail ultras in this country (which will present its 13th running on June 24th), has tested quite a few stalwarts on its rugged high Sierra course. Even in a state as rich in ultrarunning lore as ours, the ultra-distance events and its stars have received scant notice. For years, Californians such as Sandra Kiddy, Ruth Anderson, Helen Klein, Don Choi, Doug Latimer, Paul Reese, and Dick Collins have distinguished themselves in ultra distances with little fanfare. Several months ago, Berkeley's emergent ultra queen, Ann Trason, smashed the existing 12-hour and 100-mile world records on the track. We heard little about that feat in the running media, virtually nothing in the general press.

Fortunately, I spotted a small item on Rae

Clark's most recent accomplishment in a local newspaper, prompting me to follow up on it. Clark traveled to the Sri Chinmoy 100-Mile TAC National Championships (Flushing Meadows, New York, April 1st) and set new American and North American records while blazing 100 circuits of the one mile loop in 12:12:19. That's an average pace of 7:19 per mile! While obliterating Stu Mittleman's 1982 American road standard by 44 minutes, Clark also lowered the North American 100-mile track mark (Bernd Heinrich's 12:27:01 listed in *Ultrarunning* magazine). And the effort moved him into 6th place on *Ultrarunning's* all-time 100-mile world list.

Prior to this year's 100-mile national championship win, the Silicon Valley high-tech shipping and receiving supervisor grabbed TAC 100K national crowns in 1986 and again last year at the Edmund Fitzgerald Ultra in Duluth, Minnesota in 6:56:43.

Now this man, who competes for the Buffalo Chips Running Club, looks awesome as he heads toward this month's Western States 100 (June 24th). According to insiders, Clark is the one to beat. A veteran of eight Western States, he has completed six, finishing all of them in the top 10. His best at W.S. is 17:11 (set on the semi-old course) and he's finished as high as third.

I talked to Rae a week after his Flushing Meadows victory—an interview that subsequently appeared in last month's *RunCal*. He was taking a well-deserved rest before resuming his intense training.

Several weeks later, in mid-May, Rae and I got together for a brisk (and very hilly) 13-mile training run on the trails above my Los Altos home. After the workout, as we both sat on the tailgate of his red pickup truck with the sun going down behind the hills and a Brahma bull (a pet of the adjacent seminary) repeating a throaty moo in the field across the way, I interviewed Clark more extensively. Portions of both interviews appear here.

CTRN: What was your training like going into the 100-miler in New York?

Clark: Well, it was difficult. Where do you set the limit when you're going for a record and you want to be the best? It was hard, sometimes, to tell where to quit. In the three months leading up to the race I was putting in huge weekly mileage—130 per week, 150, topping off at 185 miles two weeks before the race. I was running twice a day, five miles at work as hard as I could, and then 15 to 23 in the evening at as close to 7-minute pace or just under as I could. I simulated being tired and running the pace that I would like to hold for 100 miles. Sometimes I wondered what I was doing, but my strength paid off. My homework was done.

CTRN: What was the weather like for the race?

Clark: It rained both days before, but it stopped the day of the race. It was very windy, and I probably lost a little time—five to ten minutes overall. But it was compensated by cold weather. It ranged from 49 degrees in the evening to 55 during the day. For me, that was perfect.

CTRN: How about the race itself?

Clark: I was able to maintain a very even pace, which is my strength. The splits just ticked off mile after mile. The first one-third of the race was just under 7-minute pace, the second third between 7- and 8-minute, and the last third a mixture of low-8's and some 7's. (Note: He passed the marathon mark in route in 2:57:48.) I had a day where I just couldn't stop. However, Roy Pirrung's 2nd-place 13:15:50 is still considered excellent, setting a PR at 40 years old. We had three men under 14 hours, which you rarely find.

CTRN: Rae, what did you eat during the race?

Clark: Basically, a lot of different kinds of fluids. Since I'm a bigger, muscular-type guy, I sweat a lot. It keeps me cool, but I lose a lot of fluids. Since the weather was cool, I got away with a lot more than I would at, say, Western where you can't get enough

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KEEPING PACE

fluids in you. I had warm chicken noodle soup which had a lot of salt, minerals, and vegetables which were easy to digest. A cookie or two to settle my stomach when I took too much fluid, and Power Bars.

CTRN: Let's go back a few years. How and when did you get involved in ultras?

Clark: It was through a friend of mine, Tom Barthold, who I met at my first Boston Marathon in 1979. He had a friend, Mike Clinkenbeard, who was going to run this 100-mile race up in the mountains—which at the time I thought was just ludicrous. I mean, 100 miles! We became good friends and I would go up and train with them on the trails of Mt. Tamalpais.

In 1980 I ran three ultras: The old Marysville to Sacramento 50-miler, Western States, and the Lake Tahoe 72-miler. That started it all. After '80 I was doing 12 ultras a year. Marysville to Sacramento was in a hurricane and a rainstorm and I came in 7th overall in a little over seven hours. To me that was very good, since over half the field dropped out. Being my first ultra, and with my determination, I didn't care how bad it got. I was going to finish.

CTRN: What was your marathon PR when you started doing ultras?

Clark: That was also set in 1980, at the old Oakland Marathon where I did 2:35. That PR stood until just last year when I did a 2:34 at Sacramento, and then a couple of months later I did a 2:28 at the Las Vegas Marathon. That was right in the middle of my training for the 100-miler.

CTRN: What adjustments did you have to make in your training in making the transition from marathons to ultras?

Clark: The little bit of adjustment was just mental. Of course, it took a couple of them to really understand the ultra. But it was always a challenge for me. I've always had a lot of strength. Mentally, is all I had to do was go the distance.

Of course, in training I had to make sure that I got in the longer runs. I was already doing 15- to 20-mile runs twice a week with shorter runs in between for my marathon training. Getting into ultras, doing that three or four times a week, it was easy to bump my mileage up to 85 to 105 miles a week. On the weekends I'd put in an occasional longer long run, 35 to 45 miles, occasionally 50 miles. But with the kind of mileage I'm doing now with the speed, I'm finding that I don't need quite as many long, long, training runs. My speed gives me my strength, but it's nice to mentally

know that, yeh, I've done those longer ones, say, prior to Western (States).

CTRN: What's your best distance at this point?

Clark: Between 100 miles and 24 hours.

CTRN: And what are your immediate ultra goals now?

Clark: Just to keep running at a strong level. There are a couple of records that I'm still after. Since I was a kid, it's always been "the challenge." Can you climb the highest



tree; can you climb that mountain; how far can you go in one day? That's why the 24-hour race for me is still special. Officially, I have the 3rd best American performance for 24 hours on the track. Bernd Heinrich holds the North American record at 156 miles and some-odd yards and I have 152. So, without putting it down or anything, I should have that in the bag—maybe later this year. I feel that it is a privilege to have a strong body and have the talent to withstand the hard training it takes to set records. There are a lot of people who support me, so I feel like I'm a privileged friend (of the sport) who will do my best to meet whatever challenge there is. The mental and physical challenge is to find where my limits are. In my case, my limits are probably beyond some of the existing records.

CTRN: How important are support crews, handlers, and pacers to you in your ultra rac-

es?

Clark: In most of the road runs most everyone has crews. Trails—I've never really needed a heavy duty crew. Just maybe someone to smooth the pit stops a little bit, so I don't have to go looking for my own stuff. I don't really feel a crew is going to make you win or lose it, but it will definitely help you run more efficiently. And if someone doesn't have one, it could really hurt you.

CTRN: What are some of the other important things that can make or break you in ultras?

Clark: Nutrition and hydration—drinking are probably the two biggest factors. I find that eating is really hard. In races between 50 miles and 100K I can get away with just fluids alone. I don't need a whole lot of food as long as I stock up properly two days before. My ability (to race on just fluids) has been pushed out to farther and farther distances over the years.

That's part of what makes Western States so much a challenge. You're out there long enough, and it's far enough, that everybody has to learn to eat. I don't feel that you can just drink your way through Western States. And when you start eating, you're putting your body in a whole new ball game. I find that instead of getting real fancy with foods, the simpler I keep it the easier it is on me. Lightweight foods. It's an area that all of us are still experimenting with. Whoever finds the right (in-race) food first will definitely have an advantage.

What's nice is that the top ultra runners all share. If someone finds a food or drink that no one knows about, everybody seems to like to talk about it. We all want to break those barriers and find the simplest thing to eat or drink on the run.

CTRN: As you talk, Rae, Western States keeps getting mentioned. It sounds as if that's your baby.

Clark: Yeh, I'd have to say Western has been the biggest challenge. I've heard people talk about Leadville and Wasatch, and this and that. But I've never run them, so I really can't say. What makes Western States so tough is that it's more runnable. Anything at that distance that's more runnable will always be more of a challenge because you're able to actually push so hard that you can really fall apart if you're not careful. I'm not saying that the other 100 milers aren't tough, or a multi-day run here or there—but 100 miles, where you can really run all out, presents all kinds of factors that come into play.

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KEEPING PACE

CTRN: You must be pretty confident going into Western States this year—with your recent dramatic improvements.

Clark: This year I'm ready for it. Honestly, I have credentials going into that race that no one else has—50 mile, 100K, 100 mile times. But it's a very unique race. It doesn't cater to the fastest man. We've had men much faster than me totally fall apart out there because of the heat, dehydration, the rough, rocky footing, altitude, darkness for parts of the race. There are half a dozen factors that can get you if you can't conquer each one. I takes a very talented trail runner. Someone who really knows those trails.

CTRN: You must know that race pretty well by now.

Clark: It's like anything else. You've got to do it at least once to know it. Then you begin to know where to cut corners, or how quickly to get in and out of aid stations—whether you *should* get in and out of them quickly. A lot of times they're very important. You want to make sure that you get what you need before you leave, or you'll just be running into a deficit the farther you go. And once you start losing it at Western, you very rarely come back and are able to finish strong.

Also, with experience, I know which sections of the course I can walk, and still get a good time. Most of the top runners that I know walk a couple of the sections, and are still up there darn near setting course records. You can literally race walk up some of the steep hills faster than you can run 'em. Then, when you get to the top, you're ready to run downhill. I fully believe in walking some of the hills at Western.

CTRN: How do you prepare mentally for a race like Western States?

Clark: I break the race down into the five or six major factors because you have to know your opponent to challenge it and be more at ease with it. Even now I'm not totally at ease; I'm still apprehensive because there's always an unknown factor. You never know if it's going to be your day.

But breaking it down into factors helps. I'll do long trail runs. I'll keep my speed up for strength. Of course, the endurance part comes with high weekly mileage. I'll run high altitude in the mountains—Yosemite, Tahoe. I'll run in the heat of the day, 10 or 15 miles. I'll work with each factor and slowly start fitting them together—long distance and eating a little bit, rough and rocky footing, a lot of downhill running. Western States has a lot

more downhill in it than uphill. About 22,000 feet of downhill running as compared to 17,000 feet of uphill running. You've gotta' have strong quadriceps. Once the legs go on ya, it's a long struggle in. So knowing that I've prepared properly in my physical training gives me a certain amount of mental confidence.

Getting ready for a race like Western States is a little like putting the pieces of a puzzle together. Whoever does it best has a better chance of doing well. And, as funny as it sounds, it has helped me immensely in many other things in life. I can look at a big job and instead of being overwhelmed I can take it one chunk at a time—like Western States. I don't look at 100 miles; even to me that's a little mind boggling. I'll get to an aid station, check it out, find that I'm feeling fine, and work it right down the line. Before you know it, you're halfway through.

CTRN: The top runners finish Western States in what—17 to 24 hours? How long does it really seem when you're out there?

Clark: I get asked that question all the time. What do you think about for 17, 18, 20 hours of running? Most people aren't even awake that long during the day, let alone running.

If you're a good, well-prepared ultramarathoner for Western, you have an ability to put your mind in neutral. It's this in-between gear where mentally I'm able to relax and time doesn't seem to be as bad. The first hour or two in any (ultra) race is where you get adjusted. You get your breathing rate honed in, you check all your systems and get everything manageable, and then you kind of put everything into neutral and just start moving. It's not so neutral that you're falling asleep—but to the point where time actually starts moving faster. In fact, it starts moving so fast after awhile that you're actually racing against the clock. If you're having a good day, it goes by even faster.

Time just seems to disappear. And the more I've run over the years, the ability to relax, and to almost think about nothing sometimes, really is easy to do. I think that's a big factor in a well-disciplined ultra runner. I'd almost call it meditating. You're aware, constantly monitoring and looking around, but you're very relaxed. It all comes with training and maturity in the ultra. It doesn't just happen overnight.

CTRN: How much of a factor is altitude in Western States?

Clark: I'd rate altitude about midway as a

factor. It's not that big a factor. For an average ultra runner, 8,000 feet just starts to borderline on higher altitude. And it's in the very beginning of the race. The highest part is only within the first five miles, going uphill. And a lot of people darn near walk it. Then you're over it, and you're gone. At the beginning of the race it's dark, you're hyper as anything. I mean, you've been holding back for how long now? Easing back, you've eaten high carbohydrate foods. You're a gun ready to go off.

CTRN: How much do you back off before a race like Western States?

Clark: Everybody is different, but I cut my mileage in half two weeks before to about 75 or 80 miles. Then not much more than 50 or 60 miles leading right up to a day or two before the race. For me, backing off is the hardest part. I can't do it unless I run with someone slower than me, or do something like get into my work more. I'm always going into Western States probably too prepared. I've done that many years, really having to gut it out the last 20 or 30 miles because I overdid it three weeks before.

CTRN: Up into recently, ultrarunning has always been looked at as a sort of lunatic fringe of the sport, something for slightly demented individuals. What kind of changes have you seen in these biases?

Clark: The ultra events today that are really pushing the limits—there are more than a few—are showing that it (extraordinary efforts) really can be done. We're slowly breaking the stereotype of ultra runners as strange, solo, half-crazy people who have nothing better in life to do than just go out and run all day. Most of the people that I know in ultras are doctors, lawyers, professional people. There are very few who have all day to run. I could count them on one hand. Most of the record setters have full-time professional careers, blue and white collar.

It (ultrarunning) is just something that people don't know a lot about. It's like rock climbing. You think that it's crazy, and they're dare devils and all. But it's just somebody who has a knowledge of something that other people don't have. Sure it has its little element of risk. That's why they do it. So does ultrarunning. God knows the (physical) effects that all of this (ultra distance) is going to have on us 15 or 20 years down the line, but I think the good far outweighs the bad. The ability to achieve, the physical strength, the mental discipline, the cardiovascular strength to live many years beyond what we might have, the camaraderie, the people, far outweigh any-

continued next page...

KEEPING PACE

thing else.

What me and lot of other ultrarunners are doing right now—setting the records, stretching the limits—is paving the way for younger runners. They're seeing that, yeh, it can be done. Maybe it can be improved upon. How did he do it? Maybe I'll improve on that. That's what I hope we can start spreading around to get this country back as a leader in the running department.

CTRN: What advice would you give a runner who's thinking about getting into ultras?

Clark: Patience. If you really want to do it, don't rush it. Do the training that you think is required. If you're not sure, ask somebody. That's the biggest thing. Take your time getting into it. The stronger and more mentally prepared for the race you are, the better you're going to be at it—and the better your experience is going to be. It can be almost exhilarating—being out there for many hours, strong, running along and enjoying it. Especially the trail running. In California the beauty of our trails is one of a kind.

CTRN: And California now has one heck of a bunch of ultra competitors—men and women. And some of the most promising are younger athletes. Kathy D'Onofrio. Ann Tra-

son.

Clark: Yes, they have that unique blending of strength and speed. I don't think they've reached their full potential yet. I think we're still going to see some amazing things. But, then, they have to be careful and not overdo it. Patience.

CTRN: Working full time and training for ultras takes a lot of time. Do you have much time for anything else?

Clark: I'll admit that it does take a lot of my time. I've never been one to go out and do a lot of partying. I realize that I'm right in the heaviest training of my life. To set these records—it's like any other professional occupation—becoming a doctor or a lawyer. You have to give up certain things. But the ends justify the means.

I have my social life, but a lot of it is wrapped around my running. Jan (Levet) (Clark's girlfriend and an accomplished ultrarunner-ed.) loves to run. We enjoy training together. We go for long bike rides. Sometimes I'll give in a little and stay up late, go out to dinner with friends. But running is my focus. It's my life.

And with over 70 ultras and just as many

marathons under his belt (including the 2:28:53 marathon PR set last February in Las Vegas), and his steady improvement, it is apparent that California's Rae Clark has the talent and the determination to go a long way.

Rae Clark's Personal Records

10K – 34:19 ("old and soft," he says)

10 Miles – 55:48

13.1 Miles – 1:13:(00)

Marathon – 2:28:53

50K – 3:13:(00)

50 Miles – 5:17:(00)

100K – 6:56:43

100 Miles – 12:12:19

24 Hours – 152 miles, 444 yards

Mark Winitz is a competitive runner and running journalist who resides in Los Altos, Calif. He is Features 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 California running or runners for this column to Mark Winitz, 85 Main Street, Los Altos, CA 94022, or telephone (415) 948-0618.

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PA-TAC NOTES

By JOHN MANSOOR

Updates on the Pacific Association LDR Grand Prix

Due to the cancellation of the San Francisco Distance Classic, the LDR committee voted to add the Oakland Double 10K to the Grand Prix Schedule. The Oakland Double 10K is slated for July 9th and will be the Championship in all divisions. In addition to this change, the committee also added the Davis 5K Turkey Trot scheduled for November 18th to the Grand Prix Circuit. The Turkey Trot will be the Championship for all men, with the Susan B. Anthony 5K on August 19th the Championship for all women. Finally, the committee expects to move the Examiner Cross Country Championships from the first weekend in November back one week to the last weekend in October. The meet is scheduled for Golden Gate Park, as is the Reebok National Cross Country meet on Thanksgiving Weekend.

Cal International Named As USA Women's Championship and Goodwill Games Selector

The National LDR Women's committee has chosen the California International Marathon, scheduled for December 3rd, to be the 1989 TAC/USA Women's National Championship. In addition, they will select the USA Women's Marathon team from this event to compete in the Goodwill Games, scheduled in the summer of 1990 in Seattle.

Hoy's Sports 10K Classic to Select Pacific Champion for 8K Nationals.

The Women's Champion of this year's Hoy's Sports 10K Classic, scheduled for September 17th in Golden Gate Park, will receive a trip to the 8K National Championship in Alhambra, CA to represent the Pacific Association. The Alhambra 8K is scheduled for October 29th.

PA Men's 1500m Grand Prix Event at Modesto

By Karen Locke

May 6, 7:30 p.m., 80 degrees, overcast.

There were two sections of the men's 1500 meters contested. The first Section included Darrin Slade (NCAA Division II finalist in 1988), and former California high school standout Reggie Williams (now attending Cal Berkeley). PA-TAC athletes in this section included sub-4 miler Gary Lewis (formerly of San Jose City College and Fresno State, and 1985 TAC finalist at 1500m). Slade won in 3:46.7, followed by Lewis in 3:50.

Race two was taken out very fast (800m in 1:59 and 3:00 at 1200m). The race included Roy Griffin of USC, John Sup, Leonard Sperandeo, Steve Schadler, Steve Pradere, David Strang (Stanford), and Ron Maoz, who earlier ran 4:04 in the mile. Ray Griffin won easily in 3:45.9. Pradere was second in 3:47:11, just edging Steve Schadler of the Reebok Aggies.

PA-TAC Men's Standings.

1. Steve Pradere (Fleet Feet), 2. Steve Schadler (Aggies), 3. Gary Lewis (Reebok RT), 4. Leonard Sperandeo (Fleet Feet), 5. John Sup (Pacific Flyers), 6. Ron Maoz.

Listed below are the point winners from the first two Grand Prix Championships. The Dome to Delta 12K was the Championship for all divisions, while the Devil Mtn. 10K served as the Open Men's Championship. We're off and running on another exciting season!

Open Men

Place/Points/Name/Club

1. 52 Tim Gruber Aggies
2. 43 Juan Rameriz Reebok
3. 41 Joaquin Leano Flyers
4. 40 Alan Dehlinger Flyers
5. 37 Tom Borschel Reebok
6. 31 Marty Higginbotham Flyers
6. 31 Lynn Mentzer Flyers
8. 30 Carmelo Rios Aggies
8. 30 Jose Aispuro Aggies

10. 28 Dennis Rinde Flyers
11. 25 Jon Klinkman Flyers
12. 24 Domingo Tibaduiza Flyers
12. 24 Miguel Tibaduiza Flyers
14. 23 Charles Alexander Aggies
14. 23 Thomas Schmitt Reebok
16. 21 Mike McManus Flyers
17. 19 Rob Anex Aggies
17. 19 John Hancock Reebok
19. 15 Jeff Shaver Aggies
19. 15 Mark Hoefer Fleet Feet
21. 14 Rich Langford
22. 10 David Frank Aggies
23. 9 Luiz Coutinho
24. 8 Kevin Ostenberg Aggies
24. 8 Steve Ferraz Excelsior
26. 7 Robert Herndon Reebok
27. 6 Richard McCann Flyers
27. 6 Bill Sevald Excelsior
29. 5 Craig Steinmaus Reebok
30. 4 Rick Bruess
31. 3 Mark Graves
31. 3 Antonino Scardina
31. 3 Tim Williams Flyers
34. 2 Ray Cook Flyers
35. 1 Steve Zirkelbach

Open Women:

1. 30 Terry Puckett Flyers
2. 24 Robyn Root Nike Coast
23. 23 Barbara Acosta Ryans
4. 22 Rosa Gutierrez Ryans
5. 21 Bev Marx Flyers
6. 20 Nan Hall GSFTC
7. 19 Susan Putney Aggies
8. 18 Karen Scholte Ryans
9. 17 Joan Colman WUTC
10. 16 Rosy Cardenas Flyers
11. 15 Debbi Waldear
12. 14 Hilary Naylor Impalas
13. 13 Chris Iwahashi Chips
14. 12 Janine Aiello Impalas
15. 11 Eileen Brennan Impalas
16. 10 Sandy Sup Ryans
17. 9 Juana Stavolone WUTC
18. 8 Linda Vanhousen Woodside
19. 7 Lorena Ferreira Woodside
20. 6 Beckie Simee Chips
21. 5 Melanie Gilbertson
22. 4 Connie Kondo Chips
23. 3 Ramona Lopez Ryans
24. 2 Linda Mantynen
25. 1 Nelly Wright Flyers

Master Men:

1. 20 Steve Ferraz Excelsior
2. 14 Bill Sevald Excelsior
3. 13 David Furst WJ&S
4. 12 Robert McLennan Tamalpa
5. 11 Robert Lindsey Flyers

continued next page...

6. 10 Jerry Jobski Excelsior
7. 9 Jim Gibbons Tamalpa
8. 8 Alan Stainbridge Excelsior
9. 7 Jon MacPherson Tamalpa
10. 6 Frank Ruona Tamalpa
11. 5 Jim Reitz
12. 4 Dete Kraus WJ&S
13. 3 Jim Minami Golden Bay
14. 2 Tim Rostege WJ&S
15. 1 Wayne Whiting Flyers

Master Women:

1. 20 Joan Colman WUTC
2. 14 Hilary Naylor Impalas
3. 13 Juana Stavolone WUTC
4. 12 Linda Mantynen
5. 11 Nelly Wright Flyers
6. 10 Kathy Kennedy Chips
7. 9 Margie Lindsey Flyers
8. 8 Cynci Calvin
9. 7 Pat Falsone
10. 6 Toni Belaustegui
11. 5 Vicki Chase WUTC
12. 4 Heidi Skaden Flyers
13. 3 Laury Fisher WUTC
14. 2 Birthe Kirsch Impalas
15. 1 Madelyn Moon WJ&S

Senior Men:

1. 10 Daryl Beardall Tamalpa
2. 6 Roger Bryan WJ&S
3. 4 Frederick Mattos Flyers
4. 2 Jim Bevins
5. 1 David Ragsdale Chips

Senior Women:

1. 10 Heidi Skaden Flyers
2. 6 Birthe Kirsch Impalas
3. 4 Ruth Anderson NorCal
4. 2 Elvyn Blair NorCal
5. 1 Jackie Caselli NorCal

Super Senior Men:

1. 1 Ray Stewart

Super Senior Women:

1. 1 Jackie Caselli NorCal

Master Men Teams:

1. 3 Excelsior MMT
2. 2 Tamalpa MMT
3. 1 West Valley J&S MMT

Master Women Teams:

1. 3 West Valley TC MWT
2. 2 Impalas MWT

Open Men Teams:

1. 5 Pacific Flyers OMT
2. 3 Reebok Aggies OMT
3. 3 Reebok Racing Team OMT
4. 1 Buffalo Chips OMT

Open Women Teams:

1. 3 Ryans OWT
2. 2 Pacific Flyers OWT
3. 1 Impalas OWT

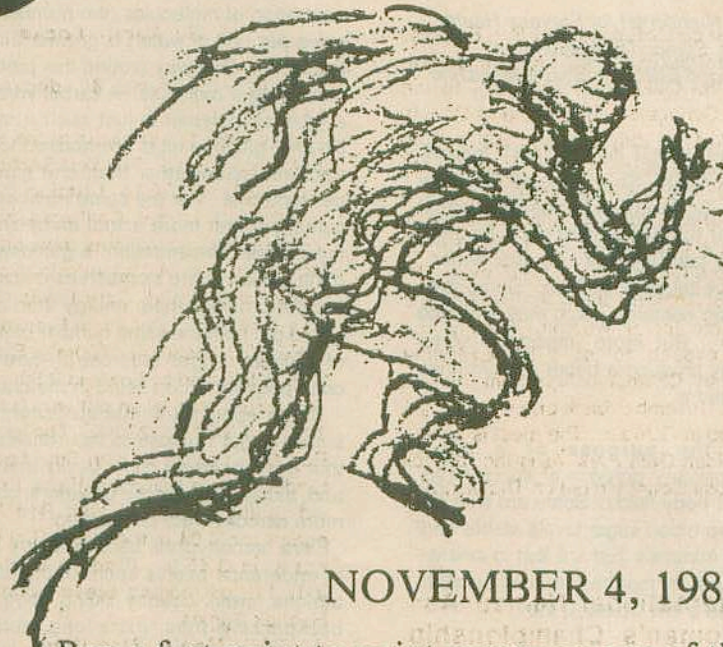
Senior Men Teams:

1. 1 West Valley J&S SMT

Senior Women Teams:

1. NorCal SWT

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Sport Drinks

by Evette M. Hackman, RD,
PhD.

Consulting Nutritionist for Stevens Health
Clinic, Edmonds, Washington
Nutrition & Food Editor for Shape Magazine

WATER IS THE MOST IMPORTANT ingredient in a sport drink. So what is all the hype about them? Some advertisements suggest that it is better to have a sport drink for insurance than to take a chance on just water. Some claim better performance. Some provide interesting containers that may enhance one's image. But more important—some drinks actually produce a better performance in some situations.

What is the purpose of a sport drink? The primary purpose of sport drinks is to replenish body fluids. Some are also designed to keep blood sugar levels stable and/or to replace minerals that are lost in sweat—sodium, potassium, magnesium, and calcium. Some throw in a few vitamins, too.

What should you look for in a sport drink?

Sugar. Too much sugar will cause the drink to stay in the stomach longer than plain water. A glass of plain water leaves the stomach in about 20 minutes. A drink with too much sugar can take up to 45 minutes or longer to empty. And not only that, when it is too concentrated, the drink draws additional fluid from the body to dilute it—so the athlete ends up worse off in terms of fluid balance.

What we mean by too much sugar may surprise many athletes. For example, normal strength fruit juice and soda pop are too concentrated to be used effectively during vigorous exercise. According to Edward Coyle, PhD, Director of the Human Performance Laboratory at the University of Texas in Austin, sport drinks with a carbohydrate concentration between 5% and 10% replenish fluid and restore energy with no adverse effects on water balance. A look at the chart shows that Coca Cola[®] and orange juice are too concentrated. They must be diluted with an equal volume of water if they are going to be used

during exercise.

Concentrated sugar solutions stay in the stomach longer than water because the concentration of molecules (the number of molecules per unit of water) is greater than that of the blood. One way around this problem is to use a bigger molecule. A carbohydrate called a glucose polymer is just such a molecule. Several glucose units are hooked together in each molecule rather than one glucose unit per molecule. For the same number of molecules, you get more actual carbohydrate. In the proper concentration, a glucose-polymer drink will leave the stomach as quickly as water, but provides more energy than an athlete would get from the same number of molecules of ordinary sugar (sucrose). See the glucose-polymer drinks listed in the chart.

Some sport drink manufacturers add the simple sugar fructose to their drinks claiming that it is absorbed more easily than glucose and, along with glucose polymers, can deliver more carbohydrate per serving.

Extra carbohydrate becomes very important in endurance events such as marathons, triathlons, cross country skiing, long hikes or backpacking trips, extra-long workouts, or even certain multiple-event meets that last all day. Theoretically, athletes could eat at these events, and some people do, but you won't see any of the top runners in the Boston Marathon munching on a sandwich. Instead, they will make sure each aid station is stocked with their favorite sport drink. My favorite sport drink is EXCEED[®] Fluid Replacement & Energy Drink, because I like its composition, the research behind it, and its convenience.

Electrolytes. The minerals sodium, potassium, calcium, and magnesium in the body and solutions are called electrolytes because they have an electric charge. Some manufacturers add electrolytes to sport drinks to replace what is lost in sweat. Research suggests that ultraendurance athletes or athletes who are exercising in extreme heat may need some electrolyte replacement during exercise. However, at high concentrations, electrolytes slow down the body's absorption of water. Thus only solutions that contain less than 230 mg of sodium, 355 mg of chloride, and 195 mg of potassium per quart

should be used.

Taste. Most sport drinks taste best during exercise. Sport drinks taste best when chilled to between 40 and 45 degrees.

Availability. The number of drinks that are listed in the chart may lead you to think that the market is flooded with products. Perhaps it is in California where most of these products are made. But, after calling many biking, running, and sporting goods stores in the Seattle, Washington, area, I found only three drinks available there—EXCEED[®], Gatorade[®], and Recharge[™]. EXCEED[®] and Gatorade[®] were also available in many supermarkets. Recharge[™], primarily a fruit-juice-based sport drink, was only found in natural food stores in the Seattle area. Some products are available by mail order only. Telephone numbers are listed to help you track down products near you.

Sugar before exercise. For a small percentage of athletes, ingesting sugar within an hour before exercise can cause an insulin response that may result in low blood sugar before they begin to exercise. If an athlete has such a response, he or she will have less energy during exercise or an event. Since all athletes need to consume fluid before exercising, the best choice is to consume plain water, approximately 12 to 17 fluid ounces, 15 minutes before beginning exercise.

Carbohydrate Loading.

Carbohydrate loading is important for long-distance events that last more than 2 hours. That includes competitions such as marathons, triathlons, long climbs, long bike races, and cross country ski racing. To carbohydrate load, athletes eat a diet that is high in carbohydrate (70% of total daily calories) and low in fat for several days before an event. During this time, the athletes decrease the amount of time they workout, while keeping the intensity of the workouts high. Special preparations are available to help athletes meet their added carbohydrate needs. These preparations are listed in the chart also.

Continued next page....

GUIDE TO SPORT DRINKS

<u>Sport Drink (8 oz.)</u>	<u>Carbohydrate</u> <u>% Concentration</u>	<u>Type</u>	<u>Calories</u>	<u>Sodium</u> <u>(mg)</u>	<u>Potassium</u> <u>(mg)</u>	<u>Information</u>
WATER-REPLACEMENT DRINK						
Bodyfuel™ 100	0.5	Maltodextrin	5	25	0	213-234-4400
SIMPLE SUGAR DRINKS						
Gatorade®	5.8	Sucrose, glucose	50	130	25	312-381-1980
Gookinaid E.R.G.™	5.0	Glucose	45	75	100	800-854-1057 In California, 619-283-6505, call collect
Mueller	7.0	Sucrose, corn syrup, fructose, maltodextrin	70	0	170	608-643-8530
Recharge™	5.4	Fructose, glucose	50	15	25	916-891-1517
Tour de France™	4.4	Fructose	40	100	70	800-621-6070
Rehydrate						
GLUCOSE-POLYMER DRINKS						
Bodyfuel™ 750	7.0	Maltodextrin, fructose	70	70	20	213-234-4400
Tour de France™	9.2	Maltodextrin, fructose	45	5	0	800-621-6070
Exceed® Fluid Replacement & Energy Drink	7.1	Polycose, fructose	70	50	45	800-543-0281
Max®	7.5	Corn syrup, fructose, glucose polymer	70	0	0	800-2-GET MAX
TwinSport™ Endurance Quick Fix	2.5	Maltodextrin	23	0	100	Not available
Breakthrough™ (Weider)	8.8	Maltodextrin, fructose	80	56	48	Not available
CARBOHYDRATE-LOADING DRINKS						
Carboplex®	22.7	Maltodextrin	218	0	0	800-621-6070
Exceed® High Carbohydrate	23.9	Polycose, sucrose	230	117	0	800-543-0281
Gatorlode®	19	Maltodextrin, dextrose	185	63	0	312-381-1980
Carboload	20.8	Maltodextrin	200	5	45	Not available

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MEDICAL NOTES FOR RUNNERS

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

Bunions in the Athlete

A BUNION is an inflammation of the joint where the big toe joins with the ball of the foot. This is technically called the first metatarsal phalangeal joint. A bunion is a swollen bursa over a bony prominence at this joint. Oftentimes a bunion is the first sign of degenerative arthritis or joint pathology. Excessive use of a joint, such as might occur during running, or abnormal use of the joint, which occurs when a foot is not functioning biomechanically sound yet subjected to repetitive stress, leads to early degenerative arthritis of the joint and the formation of bunions. Biomechanical imbalances also create imbalances to the joint that predispose to abnormal forces and again lead to bent big toe - hallux valgus - or swollen big toe, a bunion. The first metatarsal phalangeal joint and big toe are essential in proper function for running. A great deal of force goes through the first metatarsal phalangeal joint, and the joint must bend over 90 degrees to allow for appropriate running form. Arthritis and eventual limited motion or painful motion greatly hampers running.

If you have a beginning bunion, you should be seen by a sports podiatrist, preferably a Fellow of the American Academy of Podiatric Sports Medicine, and be checked out biomechanically. A treadmill analysis with video motion analysis or an EDG test can tell if you are functioning appropriately. If not, orthotics should be made to balance your foot and help prevent further abnormal forces or stresses through the first metatarsal phalangeal joint - the bunion joint. If the problem persists or you have already done the damage with bony deposits or degenerative arthritis, then early surgical intervention may be necessary. One should not have bunion surgery, however, until trying appropriate shoes, physical therapy, and orthotics if there is foot imbalance.

If bunion surgery is to be performed, generally an athlete will have better results with a Board Certified Podiatrist, who is also a Fellow of the American Academy of Podiatric Sports Medicine. An added plus is if the podiatrist has his or her own physical therapy department and can supervise the rehabilitative program.

Following simple bunion surgery, a McBride procedure, the athlete still won't be back to running for three to four months. An athlete can, however, use an exercise bike within a week after the surgery and be in the swimming pool in two to three weeks.

Most athletes are not competing well for almost a year following bunion surgery. I have had, however, athletes who have responded much quicker but this is an exception. The key to good bunion surgery is not only the surgical skills of the chosen podiatric surgeon but also depends on the patient's body type, the patient's attitude, and a physical therapy rehabilitative program. Bunions are complicated deformities, and it is not a bad idea to get one or two opinions as to the appropriate procedure to be performed or the necessity for bunion surgery, rather than just jumping into it.

I am pleased that Harvey Schwartz wrote of his experience in having bunion surgery. His surgery was performed by a Board Certified Foot Surgeon, who is a Past President of American Academy of Podiatric Sports Medicine, and also a Fellow of the Academy. If you have foot problems or specifically are considering bunion surgery, do not hesitate to contact me, and I will refer you to a Board Certified Foot Surgeon, who is also a Fellow of the American Academy of Podiatric Sports Medicine in your area. Both Dr. Hlavac and I meet that qualification in the San Francisco Bay Area.

Best of luck to you.

Runners and Bunions Confessions of a Surgery Patient

By Harvey Schwartz

Remember the old story about the injured runner whose sedentary doctor ordered him to give up jogging? I was told this in 1983 when I was suffering from bunion pain that throbbed relentlessly for months. After seven years on the roads, the healer's words seemed as crippling as the malady itself. So I acted like any committed 44-year-old runner: I consulted other doctors and learned all I could about the treatment of bunions. It surprised me how little had been written about this subject in the popular magazines. There are helpful sections on the topic in books by Harry F. Hlavac, Steven I. Subotnick, and Murry F. Weisenfeld, all prominent sports medicine podiatrists. But few everyday runners read these works, even though they pour over the major running publications each month. So the running population that knows about plantar fasciitis, heel

spurs, and Achilles tendonitis remains generally ignorant about bunions, which are actually far more common among runners than I would have imagined.

Typical bunions are bumpy, permanent inflammations on the side of the foot near a deformed great toe joint. They develop slowly over a long period of time because of an inherited tendency, excessive pronation with hypermobile joints, or tight shoes. They are found in sedentary people and in runners alike, although they can be aggravated by running. Some people who have bunions run for decades without pain. I was not so lucky. Eventually I learned that my discomfort was due largely to eroded cartilage near the bunion that was related to my overall problem--all sorts of subtle complications are possible with bunions.

Fortunately, I ultimately discovered, bunions can often be treated successfully. Since the cause is frequently excessive pronation, custom-made orthotics can stop a bunion's progress. If the discomfort is mild and the bunion is in the early stages of development, that can be all that is necessary. In more severe cases bunions can only be corrected by surgery.

I decided to exhaust the conservative, non-invasive approach to bunion treatment before agreeing to go under the knife. I had orthotics made by Harry F. Hlavac, a podiatrist/sports medicine specialist who practices in Mill Valley, Calif. Hlavac rightly felt that surgery would prove necessary in my case and wanted to operate sooner rather than later, but he patiently agreed to build a bunion protector into my right orthotic first to see if this might solve the problem. His sophisticated shoe inserts enabled me to resume running after a miserable six week layoff. Now I won't run or even walk a step in any shoes without these devices. Nonetheless, as Hlavac predicted, my discomfort persisted. I was unable to put together a decent month or race without breaking down again with pain just as I thought I might be "coming back". When I did opt for surgery, my only regret was that I had not done so months before.

No operation, of course, is to be taken lightly. Because bunion surgery disturbs a major weight-bearing joint, complete healing takes a long time, although the procedure itself is commonly done under a local anesthetic and light jogging becomes possible in just six weeks. When the initial swelling dramatically subsided during the week af-

continued next page...

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Home video to improve training, to inspire, to enjoy.
For those who would rather participate than spectate.

ter my October 18, 1984, operation, I was pretty excited. I could hobble around in a wooden shoe, struggle to work, help feed the kid, and take out the garbage. "Only a few weeks to go," I calculated with glee, "and I'll be back on the road to Boston." But things seemed to progress more slowly after that. On the last day of November I was given the green light to lace up my running shoes. The first time out I minced along for a half mile in about seven minutes. It went well, although I had no form at all, undoubtedly because of the weakness of the healing foot, which felt like it was tacked on sideways.

Soon I was up to a mile every other day. On December 7 I got carried away with my great progress and jogged for twenty minutes, covering a distance of about two miles. I paid for that flight of excess when my foot got swollen and had to be treated by more post-operative hot-and-cold contrast soaking than usual. A few weeks later, though, two miles was quite tolerable. I had a "big" month in January 1985--19 runs for a total of 37 miles! So I was coming back--slowly, to be sure, and not without discomfort where soft tissue was realigned and one sesamoid bone removed, obliging the other to shift position and wear a new groove in which to function properly. (We all start life with two little sesamoid bones under each big toe; unfortunately, they both move out of position as a bunion advances in severity.)

Bunion surgery, then, is a big deal, often entailing frequent post-op check-ups, physical therapy, and special exercises and stretches to increase the strength and flexibility of specific muscles and joints. Luckily, most patients can avoid the return of bunions by wearing their custom-made orthotics religiously and avoiding tight shoes and high heels. Having gone through a bunion operation, I would urge anyone with a problem that won't go away to investigate the conservative treatments until convinced that surgery is the only solution. Then, if surgery is the answer, go for it. I would again, and without hesitating. Of course, be sure to do your research before you make the big move. I talked to other runners, read what I could, and even spoke at length to one of Hlavac's patients, a 55-year-old man who ran a 3:06 marathon a year and a half after his "modified McBride bunionectomy," as the procedure we both had is called. Patients must choose between an orthopedic surgeon and a podiatrist. The current consensus is that the best podiatrists are more painstaking about delicate foot surgery than many orthopedists. Fortunately, I lived in Oakland, Calif. not far from where Dr. Hlavac practices. Described by the former Olympian Jeff Galloway as "one of the top analysts of running problems anywhere," Hlavac is also an artist with a knife. In my case his clean surgical cuts produced almost no black and blue marks, which I understand is quite remarkable.

Still, for months following the operation I had to ice my foot after each run. This is as expected, but the slow healing process can be discouraging. I called on other runners for solace, including Laurie Binder, the world-class marathoner who had successful bunion surgery several months before I did

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and returned to excellent form with a 2:40 at San Francisco a year later. It was not until April 1985 that the pain in my foot subsided sufficiently for my running performance to return to normal. By July, eight months after surgery, I could manage 30 miles a week, jog a hilly half-marathon, and race a flat 15K. In December I was doing quarter mile intervals at 85 seconds a lap, and ran a 19:04 5K, just eight seconds off my best time. Running stronger and without pain, I topped my return to racing in February 1986 with a 1:27:47 half-marathon. It was a PR by 30 seconds, my first since 1983.

The results of any surgical procedure, of course, can never be guaranteed. Some bunion cases are more severe than mine, and require more extensive surgery. I, however, am now four years, four marathons, four ultramarathons, and one pain-free foot beyond my operation. To any bunion sufferer I encounter I always say: Explore the options carefully. Get orthotics. Have a bunionectomy done if that is what the diagnosis calls for. Despite the many weeks of recuperation, it can definitely be worth it.

PREP NOTES

By KEITH CONNING

Results and Stores Wanted.

Northern and Central California results and stories should be sent to Keith Conning, 2235 Browning Street, Berkeley, CA 94702. Please don't count on others sending in the results. If you want your results to appear in our magazine, you must send us a copy. Tell us what the wind conditions were on the affected events. Also mention whether the times are hand or accurack.

Southern California results should be sent to Doug Speck, 563 No. Willow Grove Ave., Glendora, CA 91740.

Mariner Cross Country Invitational.

This year Moreau High School of Hayward will be hosting the Sixth Annual Mariner Cross Country Invitational at Garin Park. They are also holding the Fifth Annual Spaghetti Dinner and Clinic the night before the meet for all coaches, athletes, and interested individuals. The date for the invitational is Saturday, October 21, and the spaghetti dinner/clinic will be held Friday, October 20, from 6:00-8:30 p.m.

The course for the Varsity is 3.1 miles and all other levels run 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 sixty-five schools attend the invitational with schools coming from the North Coast, Central, Central Coast, Sac-Joaquin, and Southern Sections. The Spaghetti Dinner/Clinic featured former Kinney National Champion, U.C. Berkeley distance ace, and 1988 Olympic Trials Finalist in the 5000m Jay Marden and former Stanford All-American and 1988 3000m Olympic Finalist, Patti Sue Plumerl. They were also fortunate enough to have photographer Burt Davis give one of the finest slide presentations ever witnessed on the sport of cross country!

As of now they have Brian Abshire (De Anza High School, Richmond 1982), who won the U.S. Olympic Trials steeplechase in 1988, speaking at the clinic and they are in search of a second speaker.

The following schools from outside the North Coast Section have indicated that they will participate this year: Beverly Hills, Burbank, Davis, Del Campo, Hanford, Madera, North Tahoe, Rio Americano, Sanger, and Shasta.

To ease the financial burden of interested teams, the families of Moreau team members have volunteered to open their homes to all teams who would be in need of housing. There is also a 2 mile coaches race.

Garin Park provides a challenging and scenic course. From the top of the hills you look down on the beautiful San Francisco Bay. Plus you're close to San Francisco, which is one of the most interesting cities in the world. Or you can visit the University of California at Berkeley and stroll down Telegraph Avenue.

Clovis Independent Classic.

April 15, Ratcliffe Stadium, Fresno--Arroyo Grande wide receiver Will Henry, who has signed a letter of intent to attend Fresno State University, paced his track team to a convincing victory in the fourth annual Classic.

I would like to thank Charles Munn of Madera for sending the results.

Boys Teams:

1. Arroyo Grande 76, 2. Clovis West 56, 3. Madera 47, 4. Clovis 42, 5. Hoover 36.

Boys Individuals:

100: 1. Canidate (CW) 10.7, 2. Filuta (Mad) 10.8, 200: 1. Canidate (CW) 21.5, 2. Stone (AG) 21.7, 3. Filuta (Mad) 21.8, 400: 1. Stone (AG) 48.3,

800: 1. Quintana (AG) 1:56.0, 2. Sanchez (Mad) 1:58.0, 1600: 1. Tibus (C) 4:23.1, 2. Sanchez (Mad) 4:23.3, 3200: 1. Quintana (AG) 9:40.3, 1100H: 1. Henry (AG) 14.4, 2. Farmer (CW) 14.7, 3. King (CW) 15.0, 300H: 1. Henry (AG) 38.0, 2. Farmer (CW) 38.8, 400R: 1. Madera 43.1, 2. Arroyo Grande 43.3, 3. Clovis 43.4, 1600R: 1. Arroyo Grande 3:22.4, HJ: 1. Beasley (CW) 6-6, 2. King (CW) 6-4, PV: 1. Cox (Hoover) 14-6, 2. Solomon (AG) 14-6, 3. Tetreaut (AG) 14-0, TJ: 1. Brown (Mad) 45-11 3/4, 2. Lawson (CW) 44-9 3/4, SP: 1. Jones (Hoover) 55-10, 2. Smith (CW) 54-6, DT: 1. Smith (CW) 172-11, 2. Karsevar (C) 163-10, 3. Silveira (AG) 151-4.

Girls Teams:

1. Clovis 64, 2. Arroyo Grande 58, 3. Hoover 55, 4. Madera 54, 5. Clovis West 11.

Girls Individuals:

100: 1. Williams (Mad) 12.4, 200: 1. Richardson (Clovis) 25.8, 2. Williams (Mad) 25.7, 400: 1. Flynn (C) 59.5, 100H: 1. Young (Mad) 14.5, 2. Dultarer (C) 15.1, 300H: 1. Young (Mad) 44.9, 2. Sperling (CW) 45.9, 400R: 1. Clovis 49.7, 2. Hoover 50.1, HJ: 1. Lowndes (Hoover) 5-4, LJ: 1. Young (Mad) 18-2 1/2, 2. Tennell (Hoover) 17-10, TJ: 1. Young (Mad) 38-2 1/4, 2. Hudson (Hoover) 35-7 1/4, SP: 1. Stricklin (AG) 35-7, 2. Gaucin (C) 35-8 1/2, DT: 1. Stricklin (AG) 126-11.

Chico Invitational.

April 21, CSU Chico--I would like to thank Scott Fairley (West Valley, Cottonwood) for sending the results.

Willie Clark (Wheatland) won his 100 meter heat in 10.4 wind-aided during the afternoon.

Kwan Stewart (Yuba City) ran the 100 low hurdles in 14.1.

J.C. Broughton (Woodland) high jumped 5-10.

Winds were out of the south during the afternoon but died down by the evening finals. Sprints were run from north to south (head wind if any). The conditions were cool and dry.

Boys Teams:

1. Wheatland 68, 2. Fairfield 48, 3. Hogan 43, 4. Grant 42, 5. Vacaville 31 1/2, 6. Lassen 19 1/2, 7. East Nicolaus & Yuba City 19, 9. Oroville & Yreka 17.

Boys Individuals:

100: 1. Clark (Wheatland) 10.6, 200: 1. Parham (Hogan) 22.2, 2. Clark (Wheatland) 22.2, 400: 1. Zimmerman (Orland) 49.7, 2. Adams (Fairfield) 50.2, 800: 1. Worhove (Fairfield) 1:54.4, 2. Martin (Oroville) 1:56.4, 1600: 1. Luna (Corning) 4:24.1, 3200: 1. Ames (Yreka) 9:19.2, 2. Taylor (Grant) 9:27.6, 3. Haggard (Paradise) 9:31.7, 4. Davis (Vacaville) 9:33.2, 5. Redding (Central Valley) 9:40.5, 1100H: 1. Johnson (Vacaville) 14.3, 2. Higgins (Fairfield) 14.8, 300H: 1. Parham (Hogan) 39.1, 400R: 1. Wheatland 42.8, 1600R: 1. Fairfield 3:22.6, 2. Hogan 3:25.6, HJ: 1. Miller (Fairfield) 6-8, 2. Haazig (Las Plumas) 6-8, 3. Ore (Yuba City) 6-6, 4. Walker (Durham) 6-6, 5. Maddix (Los Molinos) 6-4, 6. Ritz (Lassen) 6-4, PV: 1. Moore (Yreka) 14-9, 2. Morcom (West Valley) & Waldeck (Woodland) 13-6, 4. Hussey 13-6, LJ: 1. Smith (Wheatland) 23-4, TJ: 1. Smith (Wheatland) 47-0 3/4, 2. McCree (Wheatland) 46-5, 3. Johnson (Grant) 44-9, SP: 1. Glover Yuba City 53-9, DT: 1. Boykin (Vacaville) 158-2, 2. Romero (Columbia) 152-3 1/2.

Girls Teams:

1. West Valley 63, 2. Northgate 61, 3. Anderson 44, 4. Hogan 30, 5. Chico Sr. & Vacaville 29, 7. Yuba City 28, 8. Rancho Cotale 27, 9. Lassen 21 1/2, 10. Enterprise 19.

Girls Individuals:

400: 1. Teler (West Valley) 56.2, 2. Turner (Vacaville) 58.7, 3. Daniels (Northgate) 59.6, 800: 1. Teler (West Valley) 2:17.22, 2. Rodda (Vacaville) 2:19.6, 1600: 1. Gorbel (Lassen) 5:15.7, 2. Look (Nova) 5:16.8, 3. Oliveira (West Valley) 5:17.2, 3200: 1. Gorbel (Lassen) 11:02.2, 2. Look (Nova) 11:04.0, 3. Robbins (Orland) 11:39.8, 4. Kovichik (Northgate) 11:42.9, 100H: 1. Stewart (Yuba City) 14.1, 2. Redmon (Hogan) 14.3, 300H: 1. Stewart (Yuba City) 46.1, 2. Waitt (Northgate) 46.8, 400R: 1. Northgate 49.8, 2. Yuba City 50.1, 1600R: 1. West Valley 4:05.1, 2. Vacaville 4:08.5, 3. Northgate 4:08.6, HJ: 1. Broughton (Woodland) 5-10, 2. Oxford (West Valley) 5-4, 3. Wells (Central Valley) 5-2, LJ: 1. Allen (Anderson) 18-2, 2. Mitchell (Rancho Cotale) 18-0, 3. Messina (Modoc) 17-0 3/4, 4. Jackson (Chico Sr.) 16-11 3/4, 5. Perry (Northgate) 16-10, 6. Masters (Vacaville) 16-9 3/4, TJ: 1. Jackson (Chico Sr.) 36-5, 2. Mitchell (RC) 36-2, 3. Allen (Anderson) 35-10 1/2, 4. Hollie (Northgate) 35-9, 5. Myrick

(Wheatland) 35-6, SP: 1. Flagg (Anderson) 38-7, 2. C. Lualemaga (Mt.Eden) 35-10, DT: 1. Schueler (Yreka) 113-7.

George De Klotz Relays.

April 21, Las Lomas High School--Linda Sawyer, the Las Lomas coach and meet organizer, announced that this meet was the last De Klotz Relays competition after 15 years.

"It's getting easier (to put on), but I'm getting more and more tired," Sawyer said to Darrell Moody, a *Contra Costa Times* staff writer.

Girls:

TJ: 1. Hanf (Ygnacio Valley) 35-10.

Sanger Metric Classic.

April 21, Sanger High School--Susy Jost (Immanuel) threw the discus 139-11 in cold and windy weather conditions.

I would like to thank Dave Dodson (Sanger) for sending the results of his meet.

Boys Teams:

1. Lemoore 114, 2. McLane 92, 3. Hoover 52, 4. Fresno 38, 5. Reedley and Sierra 26.

Boys Individuals:

PV: 1. Garcia (Coalinga) 14-0, 2. McGrath (Sierra) 13-6, 3. Nobis (Mt.Whitney) 13-6, 4. Olson (Mt.Whitney) 13-6, LJ: 1. Schneider (Reedley) 52-0, SP: 1. Jones (Hoover) 56-7, 2. Guiberez (Mt.Whitney) 51-7, DT: 1. Lopez (Dinuba) 158-0, 2. Cooper (Reedley) 153-1.

Girls Teams:

1. Hoover 109 1/2, 2. Sierra 66, 3. Immanuel 45, 4. Lemoore 38, 5. McLane 34.

Girls Individuals:

100: 1. Criswell (Fresno) 12.4, 100LH: 1. Moshier (Immanuel) 15.3, LJ: 1. House (Hoover) 17-7, TJ: 1. House (Hoover) 37-2, 2. Hudson (Hoover) 36-2, 3. Cutler (Hoover) 35-4 1/2, SP: 1. Carmona (McFarland) 38-5, DT: 1. Jost (Immanuel) 139-11, 2. Rhodes (Reedley) 118-0, 3. Royal (Washington) 114-7.

Leigh-West Valley Relays.

April 22, West Valley College--Senior Evie Barry (Santa Teresa, San Jose) won the 1500 meter run in 4:43.2.

Senior Robin Campana (Mt.View), who high jumped 5-4 last year, won with a leap of 5-8 1/4.

Meet director Bill Hotchkiss added a number of individual events this year, because schools with small teams were having increasing difficulty fielding relay teams.

I would like to thank Bill Hotchkiss (Leigh) for sending the results.

Boys Teams:

1. Bellarmine 43, 2. Oakland 40, 3. Clovis 29 1/2, 4. Los Altos 22, 5. Live Oak 18, 6. Berkeley 16, 7. Independence 15 1/2, 8. San Ramon 14, 9. Gunn 13, 10. Leigh 12.

Boys Individuals:

100: 1. Laynes (Oakland) 10.82, 2. Griffin (Los Altos) 11.02, 3. Cole (Branham) 11.05, 4. Crouts (Yerba Buena) 11.06, 200: 1. Laynes (Oakland) 22.14, 2. Griffin (Los Altos) 22.21, 3. Kinar (Skyline) 22.62, 4. Tipton (Oakland) 22.66, 800: 1. Bynoe (Gunn) 1:56.9, 1500: 1. Tibus (Clovis) 4:03.1, 2. Ringer (Homestead) 4:03.11, Mile Steeplechase: 1. Murphy (Lana) 4:59.3, 2. Scott (San Ramon) 5:03.1, 5000: 1. Scott (San Ramon) 15:42.3, 2. Trujillo (Live Oak) 15:48.5, 1100H: 1. Casey (Bellarmine) 15.12, 2. Garcia (Leigh) 15.22, 3. Turner (Overlert) 15.30, 400H: 1. McGuirk (St Ignace) 55.2, 440R: 1. Oakland 43.4, 2. Skyline 43.5, Mile R: 1. Oakland 3:21.0, 2. Leigh 3:28.1, 3-Mile R: 1. Bellarmine 7:58.1, 2. Clovis 7:59.7, 4-Mile R: 1. Live Oak 18:25.8, 2. Bellarmine 18:35.0, HJ: 1. Days (Palo Alto) 6-6, 2. Sepaher (Mills) 6-6, 3. Olson (Independence) 6-6, 4. Rice (Bellarmine) 6-4, 5. Svec (Bellarmine) 6-4, 6. Martin (St.Francis) 6-4, PV: 1. Lawrence (DeLMar) 15-0, 2. Sexton (Clovis) 14-0, LJ: 1. Bush (Willow Glen) 22-10 1/4, 2. Thomas (Clovis) 22-5, 3. Moore (Branham) 22-5, 4. Maron (Mills) 21-10 1/2, TJ: 1. Lera (San Ramon) 44-10, SP: 1. Harlsay (Piedmont Hills) 54-10 1/2, 2. Barbasan (Mt.View) 54-9 1/2, 3. Fowler (Los Altos) 54-2, 4. Wild (Saratoga) 53-6 1/2, 5. Jackson (Carlton) 52-

continued next page...

PREP NOTES

Penn Relays

April 29, Philadelphia, PA--Dan Gabor (Amador Valley, Pleasanton 1987), the 1987 State Meet 800 champion, ran the opening leg on the Arkansas 4x1500 relay team. The team of Gabor, Eric Henry (McCullough, The Woodlands, TX 1987), Reuben Reina (Jay HS, San Antonio, TX 1986), and Joe Falcon won in 15:16.26.

Vallejo Relays

April 29, Vallejo--John Prudenti (Justin-Siena, Napa) won the 110 High Hurdles in 13.9.

Angela Switt (Benecia) edged Nicole Redmon (Hogan, Vallejo) in the 100 low hurdles. Both were timed in 14.1.

Boys Teams:

1. Santa Rosa 52, 2. Hogan 46, 3. Vacaville 34, 4. Fairfield 33, 5. Vallejo 23, 6. Mission 22, 7. Davis 20, 8. Redwood 14, 9. Grant 12, 10. Benecia 12.

Boys Individuals:

100: 1. Smith (Mission) 10.7, 400: 1. Smith (Mission) 49.1, 2. Dodge (Redwood) 49.3, 3. Nelson (Kennedy) 49.9, 1600: 1. Price (Santa Rosa) 4:20.4, 2. Dahl (Sacto) 4:20.5, 3. Held (Santa Rosa) 4:22.4, 110HH: 1. Prudenti (Justin-Siena) 13.9, 400R: 1. Hogan 43.2, 1600R: 1. Fairfield 3:21.6, 2. Hogan 3:24.9, HJ: 1. Manville (Santa Rosa) 6-10, 2. Miller (Fairfield) 6-8, LJ: 1. Mack (Davis) 22-10, 2. Givens (Kennedy) 22-2, 3. Dodge (Redwood) 22-0, TJ: 1. Mack (Davis) 46-2, DT: 1. Nolete (Napa) 160-6, 2. Santos (Hogan) 153-7.12.

Girls Teams:

1. Hogan 48, 2. Oakland 43, 3. Vallejo 42, 4. Vacaville 40, 5. Benecia 38, 6. Burbank 24, 7. Santa Rosa 18, 8. Redwood, Vanden, and Vintage 16.

Girls Individuals:

100: 1. Polk (Oakland) 12.1, 400: 1. Terrell (Vallejo) 57.3, 2. Turner (Vacaville) 58.5, 100LH: 1. An. Swift (Benecia) 14.1, 2. Redmon (Hogan) 14.1, 3. Brown (Davis) 15.1, 400R: 1. Vallejo 48.8, 2. Oakland 49.6, 1600: 1. Vacaville 4:06.0, 2. Oakland 4:06.9, LJ: 1. Porter (Hogan) 16-10, SP: 1. Mitchell (Vallejo) 40-0 1/2, 2. Taylor (Burbank) 39-2 1/4, DT: 1. Spesert (Vintage) 130-0, 2. Mitchell (Vallejo) 129-7, 3. Halcrow (Vintage) 121-4.

Tom Moore Selected For Hall of Fame.

May 4, UC Berkeley--Nine former athletes who have left an imprint on Cal sports over the past half century will be inducted into the university's Athletic Hall of Fame next fall.

Tom Moore (Petaluma HS) is scheduled for enshrinement in track and field.

"This group of athletes represent many different eras, but the common thread is that they were some of the finest competitors in their respective sports that this country has known," said athletic director Dave Maggard. "We're proud to call them Old Blues and honor their accomplishments."

Selected by a special alumni committee, the inductees will be presented Oct. 13 during a banquet at the Claremont Resort in Berkeley.

The addition of the nine athletes swells the Hall of Fame mem-

bership to 50 since its inception in 1986.

Moore, considered one of the top hurdlers in the world, was clocked in a record-equating 14.2 seconds at the 1935 Fresno Relays. He also served as director of the California Relays in Modesto for more than four decades.

Moore, who lives in Ceres, starts track meets at all levels of competition.

Sacramento Meet of Champions.

May 5, Toomey Field, UC Davis--John Prudenti (Justin-Siena, Napa), who is going to Princeton, set a new meet record of 13.8 in the 110 meter high hurdles. The old record of 14.22 was set by Jim Wynne (Valley, Sacto) in 1985.

Prudenti also set a new meet record in the 300 meter intermediate hurdles in 37.38. The old meet record of 37.40 was set by Craig Cooper (Fairfield) in 1985.

"I think it was neat to come back and show what I can really do," said Prudenti to Don Bosley (Sacramento Bee). "Today, I was just trying to run as fast as I could, no matter if I was pushed or not. That's all I can do."

Tanya Dooley (Bret Harte, Altaville) set a new meet record of 55.10 in the 400 meters. The old record of 55.31 was set by Dooley in 1988. Nicole Teter (West Valley, Cottonwood) placed second in 55.49.

Kwani Stewart (Yuba City), a junior, set a new meet record of 13.93 in the 100 low hurdles. The old record of 14.18 was set by Danielle Knox (Vacaville) in 1985.

Stewart also set a new meet record of 43.68 in the 300 low hurdles. The old record of 43.75 was set by Laurie Smith (Valley, Sacto) in 1987.

J.C. Broughton (Woodland) set a new meet record of 5-10 in the high jump. The old record of 5-7 1/2 was set by Mary Prince (Paradise) in 1987.

"Six feet is not something I desperately want, but it's something I'd like to get," Broughton said to Bosley. "I've been jumping regularly at 5-10, so that's a good sign."

Boys Individuals:

100: 1. Clark (Wheatland) 10.84, 2. Davis (Grant) 11.06, 200: 1. Clark (Wheatland) 21.74, 2. Cook (Merced) 22.01, 3. Bryan (Placer) 22.01, 400: 1. Bryan (Placer) 48.68, 2. Nelson (Kennedy) 49.24, 3. Jackson (Valley) 49.31, 800: 1. Walsh (Jesus) 1:53.90, 2. Warhaver (Fairfield) 1:54.12, 3. Eifweiss (Downey) 1:55.57, 1600: 1. Mumm (Nevada Union) 4:18.44, 2. Dahl (Sacto) 4:18.10, 3. Johnson (Jesus) 4:20.20, 3200: 1. Chamberlain (Casa Roble) 9:21.45, 2. Taylor (Grant) 9:28.87, 3. Leder (Bella Vista) 9:32.58, 110HH: 1. Prudenti (Justin-Siena) 13.8, 2. Cook (Merced) 14.1, 3. Austin (Los Banos) 14.1, 300HH: 1. Prudenti (Justin-Siena) 37.38, 400R: 1. Wheatland 42.58, 2. Valley 42.99, 3. Grant 32.12, 1600R: 1. Fairfield 3:19.05, 2. Hogan 3:21.6, 3. Christian Brothers 3:21.90, HJ: 1. Miller (Fairfield) 6-9 (meet record, old record 6-8 1/2, Laquay, Vacaville, 1987), 2. (tie) Haazig (Las Plumas) and Orel (Yuba City) 6-4, PV: 1. Moore (Yreka) 15-1 1/2 (meet record, old record 15-1, Oujada, Rio Vista, 1987), 2. Cippoheri (Hughson) 14-6, 3. Pust (Modesto) 14-0, LJ: 1. Prudenti (Justin-Siena) 23-1 3/4, 2. Smith (Wheatland) 22-3, TJ: 1. Mack (Davis) 47-8 3/4, 2. Smith (Wheatland) 46-7, 3. Johnson (Grant) 45-0, SP: 1. Johnson (Abwater) 56-0, 2. LaRock (Oak Ridge) 54-11 1/2, 3. Fua (Lodi) 53-6 1/2, DT: 1. Fua (Lodi) 167-3, 2. Nolete (Napa) 166-8, 3. Hurley (Rio Linda) 166-2.

Girls Individuals:

100: 1. Stewart (Yuba City) 12.19, 2. Bedford (Highlands) 12.57, 3. Lewis (Mesa Verde) 12.68, 400: 1. Dooley (Bret Harte) 55.10, 2. Teter (West Valley) 55.49, 3. Terrell (Vallejo) 57.60, 800: 1. Teter (West Valley) 2:16.67 (meet record, old record 2:17.19, Bonomini, Red Bluff, 1985), 2. Rodda (Vacaville) 2:17.34, 3. Walker (Golden Sierra) 2:18.28, 1600: 1. Gorbet (Lassen) 5:09.19, 2. Look (Nova Jr.) 5:10.16, 3. Holman (Nevada Union) 5:10.83, 3200: 1. Look (Nova) 11:15.20, 2. Gorbet (Lassen) 11:15.31, 3. Sittman (Placer) 11:20.53, 100LH: 1. Stewart (Yuba City) 13.93, 2. Redmon (Hogan) 14.50, 3. Silva (Valley) 15.20, 300LH: 1. Stewart (Yuba City) 43.68, 2. Brown (Davis) 44.45, 3. Silva (Valley) 44.98, 400R: 1. Cordova 49.08, 2. Marced 49.67, 3. Valley 49.73, 1600: 1. West Valley 4:00.1, 2. Del Campo 4:00.6, 3. Merced 4:03.0, HJ: 1. Broughton (Woodland) 5-10, 2. Harmon (Oak Ridge) 5-7, 3. Lakata (El Camino) 5-4, LJ: 1. Broughton (Woodland) 18-3, 2. Allen (Anderson) 17-7 1/2, 3. Scott (Cordova) 17-5 1/2, TJ: 1. Broughton (Woodland) 37-1 3/4, 2. Love (Rio Linda) 37-10 3/4, 3. Porter (Hogan) 35-3, SP: 1. Mitchell (Vallejo) 42-3 (meet record, old record 41-10, Fagnani, Summerville, 1982), 2. Taylor (Burbank) 41-6 1/2, 3. Huddleston (Merced) 38-6, DT: 1. Spesert (Vintage) 130-11, 2. Halcrow (Vintage) 127-5, 3. Schluster (Yreka) 124-4.

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Rough Riders



CC Invitational -

DATE: Oct. 20, 1989 TIME: 3:00 p.m.

LOCATION: Woodward Park- Fresno

INFORMATION:

Jim Fletcher - CC Coach - Roosevelt High School
4250 E. Tulare St., Fresno 93702
School (209) 441-3777 - Home (209) 435-8780

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continued next page...

S & W Modesto Invitational.

May 6. Modesto JC Stadium--Becky Spies (Livermore) ran 2:11.6 in the invitational 800, which is the fastest time in the nation this season.

Her splits were: 29.9, 32.5 (1:02.3), 34.0 (1:36.3), 35.1.

Coaches Get Anti-Steroids Help Promise.

May 7. Lincoln, Nebraska--The use of anabolic steroids by high school athletes is a growing problem, according to the National Strength and Conditioning Association.

The group, based in Lincoln, Neb., has announced plans to help high school coaches deal with problems by developing education programs and finding alternatives to steroid use.

The problem of steroids in high schools is serious and growing, according to members of the association's Performance Enhancing Substance Abuse Committee, a group of sport-performance experts and strength and conditioning coaches who met Friday and Saturday in Lincoln.

The association said that more than 80 percent of high school coaches surveyed in a recent study said that between one and five percent of male high school students in their schools have used steroids.

The survey may understate the problem, said Michael Carter, a coach at Evergreen (Colo.) High School. Steroid use by Colorado High School students is increasing despite being illegal, he said.

"We're in a society that blesses and sanctifies the winners and is not always real concerned how they got there," Carter said.

Mission Valley Athletic League.

May 10. Logan HS, Union City--Senior Rich Laccay (Moreau, Hayward) set a new league record of 24-6 (wind-aided) in the long jump. The old record of 23-10 was set by Anthony Terrell (Mission San Jose, Fremont) in 1987.

"I was satisfied with the mark, but my form could have been better," Laccay said to Al Barba, a staff writer for *The Arqus*. "My landing wasn't the way I wanted it to be because I stood up."

"When I get my form back I feel I'll be able to jump 25 feet," Laccay added. "Standing up at the end of the jump cost me from jumping 25 feet."

"I know I am at their (State Meet) caliber," Laccay said. "It just depends on how the individual feels that day. But you can't predict anything."

Laccay plans to attend Cal Poly San Luis Obispo.

Eastshore Athletic League.

May 13. Contra Costa College, Richmond--Gordon Johnson (Piedmont) defeated Leon Rountree (Bishop O'Dowd, Oakland) in the 800--1:52.2 to 1:54.4. Johnson is the third fastest 800 man in the nation this season. His splits were 55.0 and 57.2. He led the whole way in gusty winds.

Cela Taylor (Encinal, Alameda) won the 200 meters in 24.0 (no wind information).



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Cal Poly State Univ., S.L.O., CA	Mar. 25-29
Illinois State Univ.	June 18-22
Univ. of Toledo	June 25-29
Kutztown Univ.	July 2-6
Univ. of Virginia	July 9-13
Cal Poly State Univ.	July 16-20
Cal Poly State Univ.	Dec. 27-31

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RESULTS

en's piece of the race.

Lynn Williams is so little, even shorter than William Musyoki, that she looks as though she should be holding the sweats of one of the real runners. Trouble is, she is one of the real runners. Not only

they each earned an additional thou for their WBs.

This elite race was the feature, of course, but in the commercial world in which we live you have to make a living. So, there was the open race for all us just plain folks. The one where we pay



ALBINO MIRANDA (left) and ALLEN JUST battling for the lead just past the 2nd turnaround.

photo by Richard Lee Slotkin

can she run with the best, Little Lynn has a strong sense of tactics. Letting Sylvia Mosqueda do her usual thing of taking off as though it were an 800 meter race, Williams sat back in the 2nd place pack. Just after the mile mark, in 4:50, she had moved into the lead with Patti Sue Plumer, Olga Bondarenko, and Wendy Sly lagging along.

At that point, they were still within reach of the last of the men. And Williams was feeling rather well so, "I put the screws on a couple of times just to see how everyone would respond."

The response wasn't that great, although from Little Lynn's standpoint, it was ideal. Plumer started developing blisters halfway through; they became quite bad and slowed her considerably, although she was able to keep ahead of everyone else, except Williams. Bondarenko was never really a factor either. Winner of the 10,000 in Seoul, she was out of her element with the "sprinters." "Unfortunately," she said later, "I was never in a position to be a lead."

Meanwhile, Mosqueda wasn't pulling one of her all too common el foldos. This time her fast start was just a tactic to get some running room after taking a couple of elbows to the ribs from one of the Russians. ("She said, 'Excuse me,' but then she did it again.") After that, though, she settled into a pace and when kick time came, she was there. Patti Sue, blisters and all, was too far ahead for her to catch. But she beat out Mary Knisely, an Olympic gold medalist (Bondarenko) and, well, everyone but the first two. Williams, of course, was in control and knocked 9 seconds off Liz McColgan's WB set last year. Finishing in 15:18.8, she was most of a football field ahead of second placing Plumer.

With a pair of 180 turns, you could hardly call the course a place to be looking for PRs and WBs, but, as we said earlier, there are some awesome performances turned in here almost routinely. This year was no exception.

As if to prove the point, Ondieki and Williams not only won the \$5000 that went with first place, but

them. Actually, it was two races because they ran the women and men separately.

The women's race was first. The starter's gun had barely stopped smoking when Marathon's Racing Team's Leslie Lewis went for the lead. What she almost got was a ride in the back of the photo truck; she and about 50 others who were in the front. It seems that the starter jumped his own gun because all the support and escort vehicles were still in place when he fired. Press and photo trucks, police motorcycles, clock car, bikers, everyone. And here comes the herd! As if that weren't enough, our driver, Ed Oleata, who has really been doing a great job for us photographers every year, good old Ed stalled out! Now I know how the Roman general Lucius Aemilius Paulus felt at the battle of Pydna in 169 B.C. when he saw the Macedonian Phalanx, 20 foot pikes and all, coming at him like a runaway freight train, which, of course he had never seen, and, under the circumstances, had no need of seeing.

We got out of the way and let me tell you how close it was: If that had been the Macedonian Phalanx, the pikes would have gotten us. And Oleata, too.

By the time we and the others pulled clear of the mob, Lewis had also, by about 25 yards. She likes to go out fast and many of the front runners knew that, so no one went after her. But slowly the gap began to narrow. About 3/4 of a mile it was down to 10 yards and Lewis looked as though she was running because she had snatched someone's purse. Going through the mile in 5:20, her lead was down to 5 yards and Sue Morris, running for San Diego's Chart House, was the leading challenger. Though a few were close, no one else appeared to be in it now. And Morris was content to let Lewis do the work.

Coming to the first turnaround Lewis had a bad break. As she made the turn, some bicyclist of obviously diminished eyesight, not to mention mental capacity, rode into her. Lewis managed to keep from falling but she was brought to a stop and momentarily shaken, physically and mentally.

Morris, naturally, found herself in the lead which she had not planned to go for quite so soon. Lewis didn't waste a lot of time recovering and was soon holding second. However, it was easy to

see that Morris was in control and she moved out to a 20 yard lead, which she still had at 2 miles, passed in 10:57. By the 2nd turnaround, she had blown the race open with a 40 yard lead.

And Lewis, whom you would figure to have faded as is the usual fate for folks who go for early big leads, was still hanging on to second and she was a good 10 yards ahead of her nearest challenger. That's the way it ended. Morris first in a PR 16:54, a very respectable effort, and Lewis second, also PRing, in 17:12.

Things were somewhat different in the men's race. For one thing, when the gun went, so did we. No missed signals, no stalling out. Another difference was that there were about 40 times as many people in it. At least, it looked that way. There must have been at least 3,000, maybe more. And finally, unlike the women, who have at least some sense of perspective, the front of the field was loaded with no-names, no-talents would be more accurate, trying to hog a few seconds on ESPN. By half a mile, they were history. All but

one.

#5836 had as much as a 20 yard lead a quarter



SUE MORRIS easily in command just past 1 1/2 miles

photo by Richard Lee Slotkin

mile into the race. Leading the point behind him was last year's winner, Jay Larson. In that pack were some real studs like Allen Just, Alejandro Deperaza, John Rice and Antonio Contreras, all headed for a sub-15. Still, past a half mile, #5836 was in the lead. It was only 4 yards by then and the pack behind him seemed poised to swallow him up and spit him out at any moment. But this is only a 5K and a guy can run off a steal a win.

Of course, no one believed that and the betting on the photo truck was whether the kid could last as long as the mile mark. Although he looked pretty good, we could see some of the strain starting to show in the expression on his face.

Well, the pack did catch him but it didn't swallow him. He hung in, straining, but just a step or two behind the point.

And the mile mark was getting closer.

And so was the betting.

Meanwhile, Deperaza had taken the lead by a couple of steps while Just, Contreras and Albino Miranda were asserting themselves. Larson was back in 5th and beginning to appear as though he wasn't going to repeat last year's win.

And #5836 was still running with the leaders; straining, but there. Then, it was past the mile in

4:36. Deperaza seemed to be the official leader, but, as if he knew there was a bet on him, #5836 made his last move and if he wasn't in fact first at the mile, he missed it by no more than half a step. That was it, though. He dropped back pretty quickly and young Matt Horney of San Diego became just another runner in that huge mob.

Now it was time to go to work. Just, Miranda, Deperaza, Contreras and Larson proceeded to do just that. The positions were constantly changing, including the lead. Miranda, Just and Deperaza each had it for a time or two. The 2 mile point was reached in 9:23 and Just took advantage of the downhill to grab the lead. He still had it at the 2nd turnaround, but only by a couple of steps. Miranda, a freckle-faced redhead from Guadajaro, Mexico, now living in Anaheim and running for Trade-Tech, was hanging close behind and was counting on his 13:30 track speed to give him the kick he'd need at the end. However, he didn't wait that long; at 12:20 he surged past Just to a 5 yard lead. The others were not really far back but in a shorty like this it was getting a little late to be anything more than 15 yards back at this point. Even Just seemed as though he was out of it.

He wasn't.

With Miranda trying to break it open as he approached the final turn on to Elm, Just fired up his afterburners, exactly as Ondieki was to do in the same spot about a half an hour later, and he pulled even with the flaming-haired Miranda as they turned the corner. It was a real battle but the red-head held and when they reached the tape, it was Miranda by a second, getting his first road win ever. The time was 14:35. John Rice-where did he come from?-was 3rd in 14:43 followed by Deperaza 2 seconds later, and by Contreras in 14:51. Roger DePriest was 6th and the last to break 15 minutes.

In the age groups, Patrick Devine upset a feeling flat Jim O'Neil in the 60-69 group, and Steve Lester lowered the 45-49 course record by 6 seconds to 15:35.

Division Results - Men

12 & Under: 1. Joey Hernandez 18:17, 2. Shannon Tibbs 18:43, 3. Horacio Almanza 19:14, 13-17: 1. Peter DeLaCorda 15:24, 2. Mike Farrell 15:40, 3. William Branigan 16:05, 18-24: 1. Albino Miranda 14:35, 2. Alejandro Deperaza 14:45, 3. Antonio Contreras 14:51, 25-29: 1. Alan Just 14:36, 2. John Rice 14:43, 3. Paul Huddle 15:04, 30-34: 1. Jay Larson 14:54, 2. Roger DePriest 14:56, 3. Franklin Harrison 15:09, 35-39: 1. Wally Buckingham 15:02, 2. Steve Holl 15:03, 3. Bill Randall 15:48, 40-44: 1. Steve Myro 15:44, 2. Bob Belancourt 15:55, 3. Bill Sumner 15:57, 45-49: 1. Steve Lester 15:35, 2. Mario Gonzalez 15:49, 3. Catalino Gonzales 16:42, 50-59: 1. Cal Hamren 18:51, 2. Leon Simms 18:57, 3. Bud Davis 18:59, 60-69: 1. Patrick Devine 18:50, 2. Jim O'Neil 19:30, 70 & Over: 1. Eddie Lewin 22:00, 2. Oscar Burgen 23:15, 3. Walt Kuetzing 24:28.

Division Results - Women

12 & Under: 1. Jeanne Formosa 20:05, 2. Jennifer Formosa 20:18, 3. Andrea Depol 20:35, 13-17: 1. Jaime Butler 20:01, 2. Jenne Kemp 20:08, 3. Noel Landreth 20:48, 18-24: 1. Gwen Wilink 17:13, 2. Nicole Nugent 17:15, 3. Toni Delgado 17:48, 25-29: 1. Paula Newby-Fraser 17:22, 2. Mark Akins 17:26, 3. Anet Cooper 17:33, 30-34: 1. Sue Morris 16:54, 2. Leslie Lewis 17:12, 3. Leslie Howland 18:14, 35-39: 1. Mary Ryzner 18:43, 2. Jennifer Kerlin 19:26, 3. Terri Goodreau 19:47, 40-44: 1. Sandi Carter 19:53, 2. Willie Tennant 20:30, 3. Jeanne Hjelt 20:32, 45-49: 1. Eileen Pae 20:18, 2. Suzanne Synal-Griffen 21:39, 3. Card Dougherty 21:47, 50-59: 1. Wima Maddock 20:47, 2. Dixie Madson 22:43, 3. Carol Hemus 23:51.

RESULTS

Big Sur International Marathon

Story & Photos by MARK WINITZ

April 23, Big Sur-Carmel

In the wee hours of the morning of the day of the Big Sur Marathon, Race Director Bill Burleigh lay awake, listening to the sound of rain. Much needed rain in a drought year that foretold water cutbacks for most Californians. In four years it had not rained on Judge Burleigh's marathon despite the more typical normal-year April showers. Burleigh, no doubt, wondered what effect the rain might have on a race that only through his resourceful skills had avoided cutting back itself. Water—the key element in the success or failure of any marathon depending on how and when it is doled out—was the source of yet another concern for a young marathoner.

It needn't have been. After a much-needed dousing, race morning dawned overcast, calm, and comfortable. By the time the race leaders would reach 8 miles along the majestic, rocky coastline, a rainbow would punctuate a picture of wispy fog draping the valleys of the rugged Santa Lucia mountains behind the runners.

The marathon that two years ago was seeking sponsorship to keep it alive, and seemingly was on the edge of a dark maelstrom, this year vividly took another leap at the gold awaiting at the end of the rainbow. And the several orchestras that entertain along the race route and at the finish line—which provide much of the dassy character of the race—weren't rained out.

In the pre-dawn hours, as about 2,000 runners and 700 walkers were being bussed to separate starts for the 4th rendition of this picturesque marathon, through broken cloud cover a bright moon cast a large pool of promising light on the Pacific Ocean—somewhat like a white floodlight beaming a bright circle on a dark stage just before the appearance of a star. The orchestras were just about ready, the curtain of clouds was slowly rolling back to reveal a perfect set and ideal conditions. The concert, the Big Sur International Marathon, was about to begin.

This year, one familiar star was returning for a second engagement after a long absence. Another rapidly emerging star was making her first appearance at Big Sur.

Two years ago Oakland's Brad Hawthorne came to the Big Sur Marathon on a whim. He'd won the Las Vegas Marathon barely a month before in 2:14, qualifying for the Olympic Trials. Then, several weeks later he ran a 2:18 first American race at the World Cup Marathon in Seoul. Indeed, Hawthorne looked ahead toward Seoul possibly again, the next time as part of a larger entourage. Two weeks after the World Cup, Brad won the 1987 Big Sur event in an unfathomable 2:16—a time thought out of reach on a dark stage just before the appearance of a star. The orchestras were just about ready, the curtain of clouds was slowly rolling back to reveal a perfect set and ideal conditions. The concert, the Big Sur International Marathon, was about to begin.

Then, this year, building back to a base of 50-60 mile weeks, and then encouraged by four successful 100-mile weeks, Hawthorne decided to go back to where he left off. For ultramarathon star Ann Trason, the challenging course (much akin to a mini-ultra) seemed ideally suited. Known as a strong hill runner with incredible endurance (as she displayed in winning the high altitude Leadville 100-miler on Colorado trails last year), the Berkeley resident displayed equal expertise on the roads (setting a 100K world best in Spain last year), and on the track (setting 12-hour and 100-mile world records in Santa Rosa, CA a month before Big Sur). More specifically, Trason was also bringing marathon expertise to her Big Sur debut, having qualified for the 1988 Olympic Trials, and sporting a PR in the low 2:40s. It looked like Nelly Wright's women's course record of 2:55:45 set last year was definitely in jeopardy.

As for Hawthorne's CR 2:16, a repeat seemed unlikely even though similar ideal conditions (50° to low 60° throughout) prevailed as in the record-setting year. In fact, the 33-year old was somewhat of a question mark, having made only one appearance in a low-key race in the months before Big Sur.

But he quickly extinguished doubts as he gained over a minute lead at 5-minute pace over the gently descending first several miles—a surprise to Hawthorne, who kept looking over his shoulder.

"I think what happened is that these guys had too much respect for the course and early on they let me get away," he said. "I started slowing down, hoping that they would come back to me because I didn't want to run alone. I wanted to run with them and take them at the end."

No such luck. So, hitting some good downhill, he picked it up again before taking the 2-mile 500-foot rise to the top of Hurricane Point at 6-minute pace. By the halfway point, hit in 1:10:20—the leader had a good quarter mile over Oregon's Scott Martin, Aptos, CA's Jose Aispuro, and last year's winner Mike Lundblad.

With prize money distributed in only two \$2,000 chunks (plus two round trip airline tickets anywhere in the USA) to numero uno on the male and female sides (the organizers prefer to distribute a hefty package of amenities to all the participants), the top men had to hope that Hawthorne would crash in the second half.

In fact: "It was a tough one this time," said the eventual winner, who almost dropped out at 20 miles. "I was flat-out. I ran out of gas. I was telling myself no wonder I had such a lead on these guys. I ran a stupid race. But then I hit a little downhill and I kind of got a second wind."

Hawthorne's winning 2:20:28 (equivalent to sub-2:15 on a flatter course) led an unprecedented half a dozen Big Sur men to sub-2:30 performances. Second placer Scott Martin (2:25:34) incredibly ran a PR in his 14th marathon (first Big Sur). Santa Rosa's Chris Schaller (2:28:47) was a ways back in 3rd, with Jose Aispuro (2:28:54), Craig Moore (2:29:17), and Carmel Valley local Steve Wadkins (2:29:56) rounding out the top half dozen.

As for Hawthorne, he's promised to play it more conservatively this time around, resting, doing the right things for his back, running some shorter distances, and eventually building up again to "where I'm on the top again in the U.S. in marathons."

On the women's side, Trason's ultra background, indeed, paid off. "It wasn't as hard as other things I've done, that's for sure," said *Ultrarunning* magazine's 1988 woman of the year. "But I really didn't expect to run so well. After the (record-setting) 100-miler five weeks ago, I really haven't run much."

After eventual second-placer Claudia Cottrell (Lynnwood, Washington) led the tame first 10.5 miles, Trason put her hill-climbing expertise to work, gaining ground on the Hurricane ascent and then passing Cottrell around 12 miles and halfway at 1:22. A lot of hills to go.

"The downhills are what get you when you can't do a lot of pavement (training and racing)," admitted Trason—who does a lot of her long training on Mt. Tamalpais and other Bay Area trails. Trason's impressive win-



ANN TRASON



BRAD HAWTHORNE

ning 2:46:58 was nine minutes under the previous course record, nabbing her an additional \$1,000 course record bonus. Cottrell's 2:51:57 also bettered the course record, while third-placer Chris Iwahashi (2:55:51) was only 6 seconds off.

"Now the base phase of my training is over," said Chris, as she shuffled off to find partner George Parrot. After running Boston only six days earlier in 2:51, and winning the Modesto Marathon two weeks before that, Chris said she was now more than eager to cut back and start her "speed phase." So was George, who had added the American River 50 to essentially the same racing schedule.

More highlights: Byrle Smalies (Agoura Hills, 2:42:22) repeated in topping the men's 40-44 category, as did Gail Rodd (San Francisco, 3:19:23) in the women's 45-49 group. Veteran Paul Reese (Auburn, 3:50:12) made a fine showing in the over-70 division...Jim Scattini of Salinas placed 13th (2:39:29) in his first attempt at the marathon distance with nothing longer than 12 miles under his belt. While delaying the wall for 18 miles, Jim was undeterred when asked if he'd run another marathon. "Is there another one next week?" asked a weary Scattini, whose parents were in attendance. Jim's dad was representing the marathon's artichoke gold sponsor, who rescued the race after coming on board last year...Publisher George Hirsch of silver sponsor *Runner's World* finished the marathon in about 3-1/2 hours after planning to run only halfway. Even though he'd taken a fall while on a training run in nearby Point Lobos the previous day, he endured, spurred on by the indescribable views. "I've seen a lot of marathons and this is without a doubt the most spectacular course I've ever seen," said Hirsch. "I would recommend that every marathon runner come here and run this race at least once. The organizers have done a simply superb job in every way..."Hearing about such things, well-known running photographer, Clay Shaw, came out from Gettysburg, PA just to run Big Sur. Many runners were in evidence (41 states and 15 countries), sporting the colors and logos of their native states and faraway running clubs.

Overall Results - Men

1. Brad Hawthorne (Oakland) 2:20:28, 2. Scott Martin (Ashland, OR) 2:25:34, 3. Chris Schaller (Santa Rosa) 2:28:47, 4. Jose Aispuro (Aptos) 2:28:54, 5. Craig Moore (Placerville) 2:29:17, 6. Steve Wadkins (Carmel Valley) 2:29:56, 7. Pete Kaplan (Newbury Park) 2:30:05, 8. Dan Sauers (Los Gatos) 2:31:52, 9. Gregg Horner (Santa Barbara) 2:32:33, 10. Mike Lundblad (Olympic Valley) 2:34:59.

Overall Results - Women

1. Ann Trason (Oakland) 2:46:58, 2. Claudia Cottrell (Lynnwood, WA) 2:51:57, 3. Chris Iwahashi (Sacto) 2:55:51, 4. Kimberly Shaffer (So. Lake Tahoe) 3:00:09, 5. Mary Ryzner (Santa Barbara) 3:03:17, 6. J. Braisted-Russum (Fremont) 3:05:05, 7. Ramona Lopez (Moragan Hill) 3:10:59, 8. Karen Farley (Walnut) 3:11:23, 9. Mary Campbell (Beverly Hills) 3:12:41, 10. Patty Selbicky 3:14:25.

Division Results - Men

15-19: 1. Thomas Tingle 3:04:54, 2. Steve Kainowski 3:07:24, 3. Frank Browne 3:12:06, 20-24: 1. John Richter 2:37:18, 2. Steven Hawyark 2:44:28, 3. Michael Taylor 2:47:52, 25-29: 1. Scott Martin 2:25:34, 2. Christopher Schaller 2:28:47, 3. Jose Plar 2:28:54, 30-34: 1. Brad Hawthorne 2:20:28, 2. Steve Wadkins 2:29:56, 3. Pete Kaplan 2:30:05, 35-39: 1. Craig Moore 2:29:17, 2. Dan Sauers 2:31:52, 3. Gregg Horner 2:32:33, 40-44: 1. Byrle Smalies 2:42:22, 2. Gabriel Sandoval 2:51:28, 3.

Division Results - Women

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20-24: 1. Ramona Teresa Lopez 3:10:59, 2. Karen Farley 3:11:23, 3. Katharin Gustafson 3:24:03, 25-29: 1. Ann Trason 2:46:58, 2. Kimberly Shaffer 3:00:09, 3. Joan Fowler 3:16:25, 30-34: 1. Chris Iwahashi 2:55:51, 2. Patty Selbicky 3:14:25, 3. Donna Troyna 3:18:10, 35-39: 1. Claudia Cottrell 2:51:57, 2. Mary Ryzner 3:03:17, 3. Jacqueline Braisted-Russum 3:05:05, 40-44: 1. Mary Campbell 3:12:41, 2. Cheryl Carnall 3:25:18, 3. Patricia Biebertorf 3:28:20, 45-49: 1. Gail Rodd 3:19:23, 2. Nancy Mustard 3:26:21, 3. Jo Feeney 3:32:41, 50-54: 1. Joan Reiss 3:22:50, 2. Josephine Rogers 3:55:33, 3. Yvette Tausin 4:04:07, 55-59: 1. Wilma Maddock 3:36:05, 2. Frances Sackerman 4:03:36, 3. Julia Barnett 4:43:44, 60-64: 1. Victoria Burgess 4:35:50, 2. Ette Harper Palmer 4:51:26, 3. Liese Rapozo 5:07:47.

RESULTS

HAMMER—1. Deal (New York AC), 237-0; 2. Koch (NE Louisiana), 229-9; 3. Driscoll (unat), 229-1; 4. Johansson (Sweden), 228-2; 5. Spivey (Australia), 217-5; 6. Prokop (All-American), 211-11; 7. Wilson (UCLA), 209-3; 8. Thiss (San Diego St.), 200-1.

JAVELIN—1. Barnett (New York AC), 245-5; 2. Renger (San Marcos AC), 235-0; 3. Peterson (NE Louisiana), 234-0; 4. Connolly (unat), 231-7; 5. Johnson (New York AC), 229-5; 6. Kinder (unat), 228-1.

100 METERS—1. Stewart (TCU), 9.91w (5.82 m.p.s.); 2. DeLoach (Santa Monica TC), 9.97; 3. Cooper (Houston TC), 10.06; 4. Witherspoon (Santa Monica TC), 10.08; 5. Kurlie (Autostart), 10.19; 6. Nwanko (Azusa Pacific), 10.20; 7. Sholars (TCU), 10.24; 8. Glance (Sports TC), 10.32.

400—1. Rowe (Accusplit), 45.15; 2. Egbunike (Azusa Pacific), 45.53; 3. Gordon (Accusplit), 45.67; 4. Hargett (Colorado), 46.74; 5. Senior (Sports TC), 47.0.

800—1. G. Kersh (Taft College), 1:46.60; 2. Barbosa (Brazil), 1:47.27; 3. Armour (Puma), 1:47.28; 4. Macinko (Colorado), 1:47.52; 5. Okash (USC), 1:47.62; 6. Doyle (Australia), 1:48.13; 7. Hamer (Illinois), 1:48.49; 8. Goulet (UC Irvine), 1:48.57; 9. Brower (unat), 1:48.69; 10. Sina (Texas El Paso), 1:48.74.

110 HIGH HURDLES—1. Courtney (Houston), 13.46w (4.41 m.p.s.); 2. Ashford (unat), 13.65; 3. Clark (Santa Monica TC), 13.72; 4. Joyner (Flo-Jo Inter.), 13.77; 5. Diamond (Florida), 13.82; 6. Calgari (Australia), 14.19.

400 INTERMEDIATE HURDLES—1. K. Young (Santa Monica TC), 48.95; 2. Henderson (Atlantic Coast Club), 49.31; 3. Page (Team Elite), 49.74; 4. Graham (Texas), 50.02; 5. Lanning (Oregon Inter.), 51.36.

800 RELAY—1. Santa Monica TC (DeLoach, Heard, D. Everett, C. Lewis), 1:20.54; 2. Sports TC, 1:23.00; 3. Autostart, 1:24.64; 4. Texas Tech, 1:24.64.

HIGH JUMP—1. Balkin (Stars & Stripes), 7-5 1/4; 2. Stanton (Stars & Stripes), 7-4 3/4; 3. Nordquist (unat), 7-0 1/2; 4. Smith (Skin-Hi), 7-0 3/4; 5. Lott (unat), 7-0 1/4.

LONG JUMP—1. Myricks (Goldwin), 28-5w (2.31 m.p.s.); 2. Powell (unat), 27-6w (2.58 m.p.s.); 3. Burrell (Houston), 28-0w (2.32 m.p.s.); 4. Cooper (Houston TC), 25-2 1/2w; 5. Stewart (Social Cheetahs), 25-2 1/4w.

Open

100 METERS (Race 1)—1. Jackson (Australia), 10.18w (3.18 m.p.s.); 2. J. Williams (Team Patriot), 10.24; 3. T. Williams (San Diego TC), 10.31; 4. Morrison (Canada), 10.41; 5. Naylor (Australia), 10.48; 6. Bacon (Taft College), 10.51; (Race 2)—Krulee (Autostart), 10.50w (wind 7.0 m.p.s. against).

200—1. Spearman (Atlantic Coast Club), 20.45w (3.27 m.p.s.); 2. Campbell (Atlantic Coast Club), 20.56; 3. Simmons (Autostart), 20.67; 4. Riley (CS Long Beach), 20.95; 5. Jeffries (CS Northridge), 21.03.

400 (Race 1)—1. Hadden (SW Texas St.), 46.55; 2. Lowe (Houston), 47.08; 3. Chatman (Operation Contact), 47.07; (Race 2)—1. Hargett (Colorado), 47.13; 2. Carr (Operation Contact), 47.28; 3. Dennis (Azusa Pacific), 47.96.

800 (Race 1)—1. Large (San Diego St.), 1:51.30; 2. tie between Craig (New Zealand) and Spina (Cal Poly Pomona), 1:52.08; (Race 2)—1. Clark (Stars & Stripes), 1:51.79; 2. Romuldo (Brazil), 1:51.89; 3. Guillery (Fresno St.), 1:53.46.

1,500 (Race 1)—1. Beatty (Montana), 3:47.52; 2. Mattson (Westmont), 3:49.03; 3. Freer (Fresno St.), 3:49.59; (Race 2)—1. Sorenson (Cal Poly SLO), 3:47.93; 2. Maas (Adams St.), 3:48.34; 3. Maoz (unat), 3:49.36; 4. Goulet (UC Irvine), 3:49.79.

5,000—1. Perez (unat), 14:19.2; 2. Andersen (Weber St.), 14:30-1; 3. White (Hancock College), 14:31.0.

10,000—1. MacArthur (Northern Arizona), 30:12.6; 2. Campbell (Cal Poly SLO), 30:44.3; 3. Vaughn (unat), 30:46.1.

110 HIGH HURDLES (Race 1)—1. Duffy (Golden Bear TC), 13.99w (3.11 m.p.s.); 2. Mbhugh (Nigeria), 14.07; 3. Powell (Athletes In Action), 14.12; (Race 2)—1. Duarte (Athletes In Action), 14.15 (wind 1.86 m.p.s. aiding); 2. Cole (Athletes In Action), 14.18; 3. Hall (Social Cheetahs), 14.22; (Race 3)—1. Ashford (unat), 13.91w (2.08 m.p.s.); 2. Calgary (Australia), 14.26.

400 INTERMEDIATE HURDLES (Race 1)—1. Jeffries (CS Northridge), 51.83; 2. Swanegan (San Diego St.), 52.12; 3. Hall (Social Cheetahs), 52.18; (Race 2)—1. Brooks (Fresno St.), 52.03; 2. Chowan (Weber St.), 52.70.

3,000 STEEPCHASE—1. Eramo (Mexico), 8:59.2; 2. Diaz (Western St.), 9:03.0; 3. Prather (unat), 9:03.2; 4. Taylor (Adams St.), 9:03.5; 5. Simonsen (Wyoming), 9:06.1.

1,600 RELAY (Race 1)—1. Texas Tech (Mays, Greene, Walton, Davis), 3:08.37; 2. Oklahoma, 3:08.44; 3. Texas, 3:08.66; 4. Cal Poly SLO, 3:12.90; 5. CS Long Beach, 3:14.37; (Race 2)—1. San Diego St., 3:12.44; 2. CS Long Beach, 3:13.22; 3. Fresno St., 3:20.07.

6,400 RELAY—1. BYU Alumni (J. Woods, Ashford, Cummings, Padilla), 16:47.6 (meet record, old mark, 16:47.7; Converse West, 1986); 2. New Mexico, 17:06.7; 3. Reebok Aggie, 17.07.

DISTANCE MEDLEY RELAY—1. Atlantic Coast Club, 9:51.37; 2. Fresno St., 9:54.39; 3. Virginia Tech, 9:54.68.

LONG JUMP—1. Morgan (Australia), 25-4w (6.39 m.p.s.); 2. Coleman (Fresno St.), 24-1 1/4; 3. D. Jackson (unat), 24-10; **JAVELIN**—1. Silva (unat), 209-0; 2. Patrowics (Virginia Tech), 204-0; 3. Shaffer (U.S. Marines), 198-8.

100 METERS (Race 1)—1. Murphy (SW Texas St.), 10.44; 2. Simmons (unat), 10.44; 3. Morrison (Canada), 10.49; 4. Fuller (USC), 10.52; (Race 2)—1. Drummond (Sports TC), 10.27; 2. Cashwell (Glendale, Ariz.), 10.58; (Race 3)—1. Thigpen (San Diego TC), 10.44; Naylor (Australia), 10.47; (Race 4)—Faulkner (Stars & Stripes), 10.63.

200 (Race 1)—1. T. Williams (San Diego TC), 20.70 (wind 1.15 m.p.s. aiding); 2. Riley (CS Long Beach), 21.10; 3. Murphy (SW Texas St.), 21.17; (Race 2)—1. J. Williams (Team Patriots), 20.78 (wind 1.14 m.p.s. aiding); 2. Chatman (unat), 21.23.

400 (Race 1)—Francis (Central Arizona), 47.23; 2. O'Neal (CS Los Angeles), 47.56; (Race 2)—Barco (San Diego St.), 47.57.

800 (Race 1)—Clarke (Stars & Stripes), 1:50.47; 2. Kastor (Running Experience), 1:51.37; 3. Sorenson (Cal Poly SLO), 1:51.68; (Race 2)—Rojas (Western St.), 1:52.23.

110 HIGH HURDLES (Race 1)—Cree (Social Cheetahs), 14.27; 2. Williams (Stars & Stripes), 14.38; 3. Floyd (Cal Poly Pomona), 14.58; 4. Holmes (Fresno St.), 14.64.

400 INTERMEDIATE HURDLES (Race 1)—1. Marks (Oklahoma), 51.86; 2. Lamberth (Oklahoma), 52.13; Haze (San Diego TC), 52.89; (Race 2)—Samsion (Northern Arizona), 53.3.

1,800 RELAY—1. CS Northridge, 3:15.78; 2. Cal Poly Pomona, 3:17.18; 3. CS Stanislaus, 3:17.30.

3,200 RELAY—1. Simon Fraser, 7:29.20; 2. Fresno St., 7:29.76; 3. UC Santa Barbara, 7:32.04; 4. Reebok, 7:34.84; 5. UC Riverside, 7:39.09; 6. UC Irvine, 7:42.00; 7. El Camino College, 7:48.39.

SPRINT MEDLEY RELAY—1. Taft College (Shepard, Cox, Dotson, Kersh, 1:44.4), 3:14.44 (national junior college record); 2. Florida, 3:14.91; 3. New Mexico, 3:27.84; 4. Simon Fraser, 3:30.42.

HIGH JUMP—1. Stewart (CS Northridge), 7-0; 2. Southard (Oklahoma), 6-10; 3. Martinez (Mexico), 6-8.

POLE VAULT—1. Arkell (New Mexico), 17-6 1/2; 2. tie among White (unat), Rankin (Cal Poly SLO) and Hancock (Oklahoma), 17-0 1/4; 5. Horvath (Cal Poly SLO), 17-0 1/4; 6. Oliver (Fresno St.), 17-0 1/4.

TRIPLE JUMP—1. D. Taylor (unat), 52-2; 2. Foster (San Diego St.), 51-10 1/2w; 3. Ruz (unat), 50-10 1/4.

SHOTPUT—1. Bergreen (UCLA), 57-10 1/2; 2. Bultman (UCLA), 57-7 1/4; 3. Johnson (Central Arizona), 56-3 1/4; 4. Clark (Texas), 56-0 1/4.

DISCUS—1. Vonhohn (San Diego St.), 194-2; 2. Davenport (SW Texas St.), 189-3; 3. Johnson (Central Arizona), 188-2; 4. Bultman (UCLA), 185-11; 5. Wennberg (Northern Arizona), 179-9.

HAMMER—1. Maplethorpe (Canada), 204-9; 2. Guzman (Mexico), 195-3; 3. Beard (All-American), 193-8; 4. Johanson (Canada), 193-7; 5. Putnam (Fresno St.), 192-11; 6. Cisneros (unat), 192-0.

JAVELIN—1. Anderbert (Pt. Loma), 223-0; 2. Johnson (CS Los Angeles), 215-6; 3. Taylor (Azusa Pacific), 207-7; 4. Lujan (Redlands), 207-6; 5. Warren (Cal Poly SLO), 207-3; 6. Morgan (San Diego St.), 205-2.

DECATHLON (final)—1. Warner (unat), 7:44.4; 2. Zuber (unat), 7:34.7; 3. Wilcox (CS Los Angeles), 7:32.4; 4. Richards (unat), 8:79. Ind. event leaders: **110 HH**—Warner, 15.26; **DT**—Hinrichs (Stars & Stripes), 148-6; **PV**—Richards, 15-5; **JT**—Warner, 187-2; **1,500**—Wilcox, 4:41.20.

WOMEN

Invitational

200 METERS (Race 1)—1. D. Young (Reebok), 23.01w (3.18 m.p.s.); 2. Dandy (Reebok), 23.68; 3. Richardson (Canada), 23.76; 4. Roberts (CS Long Beach), 24.07; 5. Hardison (Texas), 24.09; (Race 2)—1. Stevens (Nike), 23.06w (3.85 m.p.s.); 2. Taylor (USC), 23.49; 3. Gabriel (Houston TC), 23.65; 4. Mayberry (Nike Coast), 23.75.

1,500—1. Pells (Canada), 4:16.50; 2. Smyth (Arizona), 4:16.92; 3. Arroala (CS Northridge), 4:17.35; 4. Toms (Northern Arizona), 4:18.00; 5. Martel (Reebok), 4:18.47; 6. Chapel (UCLA), 4:18.69; 7. Arnold (San Diego TC), 4:22.95.

3,000—1. Leopold (Team Nike), 9:09.97; 2. Eberhard (Metroplex), 9:15.02; 3. Ayala (Nike), 9:17.70; 4. Arroala (CS Northridge), 9:18.24; 5. Van Landruam (Netherlands), 9:19.27; 6. Kanes (Pilot), 9:20.00; 7. Brown (UCLA), 9:22.9.

10,000—1. M. Joyce (Ireland), 32:21.18 (meet record, old mark, 32:22.5; K. Cathey, Oklahoma, 1985); 2. Valasco (Mexico), 32:46.9; 3. Dunscon (Texas San Antonio), 32:47.9; 4. Murphy (Athletics West), 32:55.7; 5. McGrann (UC Irvine), 33:07.1; 6. Watson (Eastern Michigan), 33:32.5; 7. Harvey (Canada), 33:46.1; 8. Elmora (Adams St.), 33:47.1; 9. Root (Nike Coast), 33:49.0.

800 RELAY—1. Nevada Las Vegas, 1:34.36; 2. Athletics West, 1:34.39; 3. TCU, 1:36.78; 4. Odessa, 1:39.09; 5. CS Northridge, 1:40.68.

1,800 RELAY—1. Southern Calif. Cheetahs (Bakart, Epps, Bartholomew, R. Stevens), 3:35.24; 2. Nevada Las Vegas, 3:35.48; 3. Northern Arizona, 3:43.65.

3,200 RELAY—1. Track West (Monday, Raiston, Cunningham, Baylor), 8:50.00; 2. UCLA, 9:05.8; 3. Reebok Aggies, 9:10.2.

HIGH JUMP—1. Bopf (Australia), 6-2; 2. Wohlschlag (Nike Coast), 6-2; 3. Johnson (Azusa Pacific), 6-0; 4. tie between Long (Wichita St.) and Barber (Australia), 6-0; 6. tie between Fink (Mexico) and Fehrmann (Nike Coast), 5-10; 8. Blunston (Social Cheetahs), 5-10; 9. Clough (Ather), 5-10.

LONG JUMP—1. Inniss (Athletics West), 21-9 1/2w; 2. Turner (Nike), 21-9w (7.65 m.p.s.); 3. Hudson (Nike Coast), 21-0w (6.02 m.p.s.); 4. Loud (Stars & Stripes), 20-11 1/4w; 5. W. Brown (unat), 20-8 1/2; 6. Bartholomew (unat), 20-8w; 7. Bates (Social Cheetahs), 20-1 1/4.

TRIPLE JUMP—1. Hudson (Nike Coast), 44-4 (wind 9.7 m.p.s. aiding); 2. Jiles (Nevada Las Vegas), 41-5 1/4; 3. Butler (Nevada Las Vegas), 40-6w (40-4 legal best); 4. Anderson (unat), 40-0 1/2w; 5. Williams (Nike Coast), 39-10 1/4w; 6. Ames (San Diego TC), 39-6 1/2w; 7. McMillan (Diego Delivery), 39-6 1/2w.

SHOTPUT—1. Pagal (Mazda), 61-9; 2. Pollack (Nike Coast), 55-5; 3. Dukes (Nike Coast), 54-10; 4. Apiati (unat), 50-0; 5. Garratt (Arizona), 49-1 1/4; 6. Millett (UCLA), 48-7 1/4.

DISCUS—1. Barnes (unat), 198-7; 2. Neer (Nike Coast), 194-6; 3. Price (Athletics West), 192-0; 4. Garrett (Arizona), 180-11; 5. Pollack (Nike Coast), 180-2; 6. Millett (UCLA), 179-2.

JAVELIN—1. Rockenbauer (Nebraska), 193-5; 2. J. Smith (unat), 184-2; 3. Sens (unat), 182-2; 4. Nye (Nike Coast), 179-9; 5. Schmick (Cal Poly Pomona), 178-4; 6. Foster (unat), 166-11; 7. Johnson (Nike Coast), 164-0.

100 METERS—1. Igwahem (Mt. San Antonio), 11.16w (6.39 m.p.s.); 2. Echola (Athletics West), 11.35; 3. Inniss (Athletics West), 11.37; 4. Guidry (Texas), 11.60; 5. Franklin (Nevada Las Vegas), 11.57; 6. Richardson (Canada), 11.80.

400—1. Stephens (Atlantic Coast Club), 52.20; 2. Hardison (Texas), 52.83; 3. Bakare (Azusa Pacific), 53.10; 4. N'Drin (Washington St.), 53.21; 5. Dandy (Reebok), 53.71; 6. Gabriel (Houston), 54.06; 7. Flowers (Texas), 55.06.

800—1. Washington (Houston TC), 2:01.58; 2. Stewart (Australia), 2:01.77; 3. Taylor (USC), 2:02.70; 4. Colebrook (Cal Poly SLO), 2:02.87; 5. Gronendahl (Santa Monica TC), 2:03.39; 6. Monday (Track West), 2:04.63; 7. Davidson (unat), 2:04.86; 8. Clark (Brazil), 2:04.96.

100 HURDLES—1. Tolbert (unat), 13.11w (6.25 m.p.s.); 2. Waller (Goldwin), 13.44; 3. Harvey (Nike), 13.62; 4. Blanford (Sport TC), 13.84; 5. Y. Jones (Canada), 13.81.

400 HURDLES—1. S. Williams (Athletics West), 58.18; 2. Wilson (Nebraska), 57.77; 3. Harrison (Nevada Las Vegas), 58.01; 4. Epps (Social Cheetahs), 58.67; 5. Vickera (UCLA), 59.19; 6. M. Guaido (Odessa College), 60.31.

Open

100 METERS—1. Butler (Australia), 11.49w (2.01 m.p.s.); 2. C. Smith (UCLA), 11.60; 3. Gainesford (Australia), 11.76.

400—1. Holmes (unat), 53.36; 2. Stuart (Australia), 53.41; 3. Shaw (CS Fullerton), 54.31; 4. Knighton (UCLA), 54.52; 5. Rolfe (CS Los Angeles), 55.41.

800 (Race)—1. Harris (Canada), 2:05.55; 2. Barrier (Montana), 2:09.82; 3. Campbell (Colorado), 2:10.49; 4. Hackett (Arizona), 2:10.76; 5. Smith (Arizona), 2:11.14; (Race 2)—1. G. Smith (UCLA), 2:09.42; 2. DeBettencourt (Cal Poly SLO), 2:11.74.

1,500 (Race 1)—1. Robertson (Washington St.), 4:23.33; 2. Koehler (Washington St.), 4:23.78; 3. Payton (Northern Arizona), 4:28.09; (Race 2)—Millican (Colorado), 4:29.63.

5,000—1. Apodaca (New Mexico), 16:25.0; 2. Bernstein (Fresno St.), 16:25.7; 3. Riker (UC Santa Barbara), 16:30.2; 4. J. Smith (unat), 16:30.8.

100 HURDLES (Race 1)—1. Harven (Nike), 13.50 (wind 1.78 m.p.s. aiding); 2. Y. Jones (Canada), 13.61; 3. T. Smith (UCLA), 13.79; 4. Williams (Cal Poly Pomona), 13.88; 5. Bates (Social Cheetahs), 14.13; (Race 2)—1. Thompson (UCLA), 13.63w (3.43 m.p.s.); 2. Schmitt (Montana), 13.78; 3. Frazier (Arizona), 13.89; (Race 3)—1. Watkins (Social Cheetahs), 13.44w (2.78 m.p.s.); 2. Blanford (Sports), 13.46.

400 HURDLES (Race 1)—1. Schmidt (Montana), 58.1; 2. Harlan (Mountain West), 58.8; 3. McDermit (Canada), 59.5; (Race 2)—1. Albanese (Cal Poly SLO), 60.25; 2. DeCoux (USC), 60.50; 3. Williams (Nevada Las Vegas), 61.88.

RESULTS

400 RELAY—1. Athletics West (Inniss, D. Dixon, S. Williams, Echols), 44.64; 2. Australia, 44.76; 3. Nevada Las Vegas, 45.06; 4. TCU, 46.26.

100 (Race 1)—Dunstain (Australia), 11.63; 2. Burns (Oklahoma), 11.73; 3. Fraew (Fresno St.), 11.90. (Race 2)—Mayberry (Nika Coast), 11.57.

200 (Race 1)—Rolfe (CS Los Angeles), 24.28; 2. Garner (Fresno St.), 24.51. (Race 2)—1. Pachiano (CS Fullerton), 24.60; 2. Nilson (San Diego St.), 24.76.

400 (Race 1)—Watson (Oklahoma), 53.81; 2. Cheeks (Nevada Las Vegas), 53.82; Blake (Athletes in Action), 55.23. (Race 2)—Coleman (CS Northridge), 55.7. (Race 3)—McClain (Washington St.), 55.6.

800—1. Clark (USC), 2:07.79; 2. Bannon (Washington St.), 2:08.58; 3. Dwyer (Oklahoma), 2:09.79; 4. Leuder (Fresno St.), 2:10.57; 5. Ronnerman (Pt. Loma), 2:11.33.

3,000—1. Hopper (unat), 9:41.86; 2. Kennedy (Arizona), 9:44.99; 3. Malby (Montana St.), 9:53.46.

400 HURDLES (Race 1)—Smith (Odessa), 62.7. (Race 2)—1. Koellner (USC), 58.2; 2. Potway (Azusa Pacific), 61.6; 3. McLain (Washington St.), 61.8.

400 RELAY—1. Oklahoma, 44.88; 2. Odessa College, 46.90; 3. UC Irvine, 47.54; 4. Simon Fraser, 47.77; 5. Northern Arizona, 47.94.

HIGH JUMP—1. Turner (Team Nike), 6-2; 2. Bradburn (Texas), 6-0; 3. Alcorn (Utah), 5-10; 4. tie among Damon (Colorado), McGleddy (Simon Fraser) and Gray (Washington St.), 5-16.8.

LONG JUMP—1. Jiles (Nevada Las Vegas), 19-11 $\frac{1}{2}$; 2. J. Jones (Houston), 19-8; 3. Starnacato (Wyoming), 19-3 $\frac{1}{2}$; 4. Tyree (Stars & Stripes), 19-2.

TRIPLE JUMP—1. Wesley (Pan American), 38-5 $\frac{1}{2}$; 2. Game (Northern Arizona), 37-7 $\frac{1}{2}$; 3. Smiley (Oklahoma), 37-4 $\frac{1}{2}$.

SHOTPUT—1. Tyree (Stars & Stripes), 48-10; 2. Wiehchel (Western TC), 46-1; 3. Johnson (Northern Arizona), 46-0 $\frac{1}{4}$; 4. Reed (Washington St.), 45-5; 5. Ahi (Mira Costa), 45-4.

DISCUS—1. Roberts (Colorado), 151-11; 2. Miles (UC Irvine), 140-1; 3. Peters (San Diego St.), 137-10.

HEPTATHLON (final)—1. Young (Boise St.), 6,689; 2. Sedwick (UCLA), 5,618; 3. Lew (Texas), 5,328. Ind. event leaders: LJ—Sedwick, 19-9. JT—Young, 134-1. 800—Sedwick, 2:17.82.

High School

BOYS

100 METERS (Race 1)—1. Henderson (Australia), 10.82 (wind .50 m.p.s. aiding); 2. Hargraves (Bishop Montgomery), 11.01. (Race 2)—1. Ogilvie (Canada), 10.80 (wind .82 m.p.s. aiding); 2. Stallworth (Tulare), 10.86; 3. Green (LB Poly), 10.87; 4. Reyes (Orange Glen), 10.99.

200 (Race 1)—Bivens (Ontario), 22.1 (wind 5.43 m.p.s. against). (Race 2)—1. Ogilvie (Canada), 21.40 (wind .89 m.p.s. aiding); 2. Henderson (Australia), 21.50; 3. Stallworth (Tulare), 21.56; 4. White (Crespil), 22.03; 5. Pierre (Canada), 22.23; 6. Gattless (El Dorado), 22.30.

400 (Race 1)—Wilson (Hueneme), 49.31; 2. Lockett (Canada), 49.47; 3. Gattlin (Hawthorne), 49.83; 4. Dodge (Visalia Redwood), 49.97. (Race 2)—1. Stone (Arroyo Grande), 48.36; 2. Ingalls (Agoura), 49.49; 3. Todd (Australia), 49.87; 4. Dumont (Canada), 50.00; 5. Gibson (LB Poly), 50.43.

800—1. McLain (Canada), 1:52.34; 2. Espejaj (Mexico), 1:52.54; 3. Nichols (Huntington Beach Edison), 1:52.54; 4. Roundtree (Oakland Bishop O'Dowd), 1:52.86; 5. Rodriguez (Fallbrook), 1:52.87; 6. Batoman (Crescenta Valley), 1:53.20; 7. Collins (Hemet), 1:53.51; 8. Mitchell (Pasadena), 1:54.82.

1,500—1. O'Neil (Escondido San Pasquel), 3:53.78; 2. Lavelle (Corona del Mar), 3:54.27; 3. Candaele (Carpinteria), 3:54.92; 4. Quintana (Arroyo Grande), 3:55.84; 5. Nielsen (Mater Dei), 3:57.74; 6. Shryock, 3:57.87; 7. Provenzano (Arcadia), 3:58.4; 8. Biddle (San Diego Mt. Carmel), 3:59.0.

3,000—1. Welsh (Sacramento Jesu- it), 8:23.11 (meet record, old mark, 8:24.7; R. Gomez, Belmont, 1974); 2. Ibarri (Mexico), 8:25.97; 3. Dameworth (Agoura), 8:29.45; 4. Williamson (Thousand Oaks), 8:29.45; 5. Rodriguez (Santa Ana Valley), 8:31.12; 6. Lafeyra (Nogales), 8:33.32; 7. Lavelle (Corona del Mar), 8:34.06.

110 HIGH HURDLES (Race)—1. Bedford (Australia), 14.5 (wind 1.65 m.p.s. against); 2. Pouncy (Hawthorne), 14.5; 3. Hawkins (Channel Islands), 14.6; 4. O'Connor (Escondido), 14.7. (Race 2)—1. Henry (Arroyo Grande), 14.34w (2.06 m.p.s.); 2. Dunbar (Hawthorne), 14.82; 3. Cabs (LB Poly), 15.17.

300 INTERMEDIATE HURDLES (Race 1)—1. Grant (Muir), 39.53; 2. Muniz (Woodbridge), 39.71. (Race 2)—1. Henry (Arroyo Grande), 38.42; 2. Cabs (LB Poly), 38.02; 3. Bush (LB Wilson), 39.57; 4. Stein (Oak Park), 40.00; 5. Earl (Las Vegas Bonanza), 40.11.

400 RELAY—1. Hawthorne (Alexander, Smith, Allen, Conway), 41.12; 2. Tulare, 42.37; 3. Sherman Oaks Notre Dame, 42.44; 4. LB Poly, 42.52; 5. San Bernardino, 42.58; 6. Muir, 42.67; 7. Carson, 42.80; 8. Dominguez, 42.92.

800 RELAY (Race 1)—LB Wilson, 1:31.37. (Race 2)—Muir, 1:29.75; 2. Hawthorne "B", 1:29.89; 3. Upland, 1:30.04; 4. Las Vegas Eldorado, 1:31.19; 5. Hueneme, 1:31.30; 6. Oak Park, 1:31.45. (Race 3)—1. LB Poly, 1:27.74; 2. Carson, 1:29.62; 3. Sherman Oaks Notre Dame, 1:29.83; 4. Tulare, 1:31.52; Hawthorne, disqualified.

1,600 RELAY (Race 1)—1. Manual Arts, 3:22.54; 2. Upland, 3:23.19; 3. Anaheim Canyon, 3:25.08; 4. Oakland Bishop O'Dowd, 3:25.21; 5. LA Jordan, 3:26.28. (Race 2)—Centennial, 3:19.52; 2. Canada, 3:20.01; 3. Loyola, 3:21.62. (Race 3)—1. Poway, 3:23.54; 2. Dominguez, 3:24.81; 3. LB Wilson, 3:26.80. (Race 4)—1. Hawthorne (Smith, Gatlin, Delpino, Conway), 3:15.81; 2. Pasadena, 3:17.98; 3. San Bernardino, 3:19.51; 4. Muir, 3:20.66; 5. Arroyo Grande, 3:22.21.

3,200 RELAY—1. Eisenhower, 7:49.37; 2. Piedmont, 7:56.99; 3. Dos Pueblos, 7:58.18; 4. Huntington Beach Edison, 8:00.69; 5. Palos Verdes, 8:02.38; 6. Agoura, 8:04.12.

6,400 RELAY—1. Santa Barbara, 18:28.5; 2. Westlake, 18:28.7; 3. San Gabriel, 18:32.4. (Friday's competition)—1. Walnut, 17:35.61; 2. Dana Hills, 17:44.77; 3. Mater Dei, 17:44.77; 4. Dos Pueblos, 17:50.19; 5. El Modena, 18:02.27.

SPRINT MEDLEY RELAY—1. Tulare, 3:33.7; 2. Manual Arts, 3:37.5; 3. Hawthorne, 3:39.0; 4. Australia, 3:40.0; 5. Belmont, 3:41.1; 6. Redlands, 3:43.5. (Friday's competition)—(combined races)—1. Edmonton (Canada), 3:29.36; 2. Visalia Redwood, 3:35.06; 3. Elinore, 3:36.95; 4. Anaheim Canyon, 3:37.63; 5. Santa Barbara San Marcos, 3:43.06; 6. West Torrance, 3:43.68.

DISTANCE MEDLEY RELAY (Race 1)—Upland, 10:39.6. (Race 2)—1. Walnut, 10:19.3; 2. Escondido San Pasquel, 10:25.0; 3. El Modena, 10:26.6; 4. Poway, 10:28.9; 5. Thousand Oaks, 10:30.1; 6. Eisenhower, 10:35.0.

SHUTTLE HURDLE RELAY (combined races)—1. Hawthorne, 1:02.9; 2. West Covina, 1:04.0; 3. Bishop Montgomery, 1:04.2; 4. Muir, 1:04.2; 5. Alta Loma, 1:04.3; 6. Rowland, 1:04.4; 7. Carson, 1:04.5.

HIGH JUMP—1. O'Sullivan (San Anselmo Sir Francis Drake), 7-0; 2. Wilson (Charter Oak), 6-9; 3. tie among Culberson (Las Vegas El Dorado), Washington (Rowland) and Garcia (St. Anthony), 6-5; 6. tie among Buchanon (San Marcos), Moshier (Reedley Immanuel) and Masuga (Redlands), 6-5.

POLE VAULT—1. Hanlon (Lynwood), 15-0; 2. Harndon (Irvine University), 14-8; 3. tie among Wiler (Rolling Hills), Whitcomb (Valencia) and Sheets (Taft), 14-6; 6. Lewis (Crescenta Valley), 14-6.

LONG JUMP—1. Scott (LB Wilson), 23-0 $\frac{1}{4}$; 2. Stallworth (Tulare), 22-11 $\frac{1}{4}$; 3. Woodard (Brentwood), 22-10 $\frac{1}{4}$; 4. White (Crespil), 22-6 $\frac{1}{2}$ w (22-5 legal best); 5. Reyes (Escondido Orange Glen), 22-2 $\frac{1}{4}$; 6. Duff (Etiwanda), 22-2 $\frac{1}{4}$.

TRIPLE JUMP—1. Singbandith (Magnolia), 49-10 $\frac{1}{2}$ w (2.47 m.p.s.; 47-7 $\frac{1}{2}$ legal best); 2. McGill (Escondido Orange Glen), 49-2 $\frac{1}{2}$ w (3.54 m.p.s.; 49-0); 3. White (Crespil), 47-7 $\frac{1}{2}$ w; 4. Bush (LB Wilson), 47-5w; 5. Scott (LB Wilson), 46-8 $\frac{1}{2}$; 6. Thomas (Morningside), 45-10w (44-11 $\frac{1}{2}$).

SHOTPUT—1. Noon (Fallbrook), 66-3 $\frac{1}{4}$; 2. Bailey (LB Wilson), 60-0; 3. Wiley (Hemet), 57-4 $\frac{1}{4}$; 4. Thurston (Huntington Beach Edison), 55-9 $\frac{1}{4}$; 5. Gillespie (Westminster), 54-10; 6. Underwood (Esperanza), 54-4.

DISCUS—1. Clark (Walnut), 178-2; 2. Gallagher (Palm Desert), 172-6; 3. Presser (Cupertino), 172-1; 4. Fernandez (Damien), 166-8; 5. Wiley (Hemet), 159-5.

GIRLS

100 (Race 1)—1. Edmondson (Hawthorne), 12.34 (wind 1.66 m.p.s. aiding); 2. Middlemas (Canada), 12.36; 3. Jackson (Las Vegas Eldorado), 12.73. (Race 2)—1. Burnham (Rio Mesa), 11.57 (wind 1.27 m.p.s. aiding); 2. Clarke (Canada), 12.08; 3. Terry (Muir), 12.21; 4. Vines (San Marcos), 12.23; 5. Tinschel (Locke), 12.40; 6. Young (Tulare), 12.45.

200 (Race 1)—1. Durrows (Canada), 25.33w (3.72 m.p.s.); 2. Vines (San Marcos), 25.69. (Race 2)—1. Clark (Canada), 24.32w (3.66 m.p.s.); 2. Adams (Hawthorne), 24.66; 3. Meddiemas (Canada), 24.88; 4. Gripton (Australia), 25.00; 5. Jones (St. Anthony), 25.55.

400 (Race 1)—1. Rolfe (Dorsey), 54.39; 2. Freeman (Australia), 57.78; 3. Haines (Bishop Montgomery), 58.29. (Race 2)—1. Burnham (Rio Mesa), 54.09; 2. Allen (Canada), 54.40; 3. Noel (Canada), 55.87; 4. Doolay (Altaville Bret Harte), 55.92; 5. Marvin (Hawthorne), 56.16; 6. Ammonds (Fresno Roosevelt), 57.77.

800—1. Roldan (Visalia Mt. Whitney), 2:12.16; 2. McAllister (Locke), 2:14.17; 3. Barrett (Australia), 2:14.28; 4. Escitia (Mexico), 2:15.27; 5. Cervantez (Montebello), 2:19.29; 6. Lowery (Norco), 2:19.73; 7. Phillips (Locke), 2:20.61.

1,500—1. Solomon (Canada), 4:29.29; 2. Spies (Livermore), 4:31.59; 3. Barrett (Australia), 4:37.25; 4. Rivera (Mexico), 4:39.36; 5. Zarco (Sargent, Colo.), 4:40.38; 6. Manning (Australia), 4:41.34; 7. Doreain (Agoura), 4:42.49; 8. Park (Santa Barbara), 4:42.5.

3,000—1. Vallejo (Mexico), 9:48.64; 2. Park (Santa Barbara), 9:49.61; 3. Zarco (Sargent, Colo.), 9:56.47; 4. Drossin (Agoura), 9:59.22; 5. Jorgensen (Vista Rancho Buena Vista), 10:05.96.

100 LOW HURDLES (Race 1)—1. Dill (Poway), 14.84 (wind .46 m.p.s. aiding); 2. Stark (Escondido San Pasquel), 15.00. (Race 2)—1. Davenport (Locke), 14.09 (wind 1.71 m.p.s. aiding); 2. George (Upland), 14.46; 3. Mazingo (Hawthorne), 14.53; 4. Turner (Narbonne), 14.64; 5. Sutherland (Muir), 14.90; 6. Kokkoden (San Luis Obispo), 15.15.

300 LOW HURDLES—1. Dill (Poway), 45.11; 2. Wiebelhaus (Rio Mesa), 45.44; 3. Tyson (San Diego Mt. Carmel), 45.64; 4. Clark (Arroyo Grande), 45.87; 5. Crawford (Muir), 45.11. (Race 2)—1. Campbell (Alta Loma), 43.85; 2. Roldan (Visalia Mt. Whitney), 44.38; 3. Mazingo (Hawthorne), 45.08; 4. Tingle (Agoura), 45.74.

400 RELAY (Race 1)—1. San Diego Mt. Carmel, 49.38; 2. Upland, 49.46; 3. Granada Hills, 49.73; 4. Lynwood, 50.14. (Race 2)—1. Mountain View St. Francis (Nuric, J. Meck, Donnell, R. Mack), 48.08; 2. Hawthorne, 48.26; 3. Rio Mesa, 48.38; 4. Locke, 48.40; 5. St. Bernard, 48.67; 6. Muir, 48.89.

800 RELAY—1. Rio Mesa (Rosemeader, Burnham, Wiebelhaus, Tanner), 1:42.48; 2. Mountain View St. Francis, 1:42.65; 3. Locke, 1:42.76; 4. St. Bernard, 1:44.07; 5. San Diego Mt. Carmel, 1:46.73. (Friday's competition)—(Race 1)—1. Compton, 1:43.45; 2. Morningside, 1:43.96; 3. LB Poly, 1:44.42; 5. Los Gatos, 1:45.15. (Race 2)—1. Oakland Bishop O'Dowd, 1:44.33; 2. Westlake, 1:48.34; 3. Bishop Amat, 1:48.59. (Race 3)—1. Australia, 1:48.59; 2. Alta Loma, 1:48.63.

1,600 RELAY (Race 1)—Compton, 3:59.59; 2. LB Wilson, 4:00.81; 3. Oakland Bishop O'Dowd, 4:03.01; 4. Poway, 4:04.24; 5. Upland, 4:06.78. (Race 2)—1. Mountain View St. Francis (Lynch, J. Mack, Nuriso, R. Mack), 3:49.83; 2. Muir, 3:51.79; 3. Hawthorne, 3:56.53; 4. San Diego Mt. Carmel, 3:59.77.

3,200 RELAY—1. Hawthorne (Stoval, Phillips, Fletcher, Kennerson), 9:41.25; 2. Agoura, 9:43.92; 3. Compton, 9:46.80; 4. San Diego Mt. Carmel, 9:49.85; 5. Upland, 9:51.96.

6,400 RELAY—1. Australia, 21:08.24; 2. South Hills, 21:35.73; 3. San Diego Mt. Carmel, 21:41.73; 4. Escondido San Pasquel, 21:42.98; 5. Thousand Oaks, 21:43.0; 6. Palos Verdes, 22:09.9; 7. Upland, 22:17.6; 8. Torrance, 22:24.5.

800 MEDLEY RELAY (Race 1)—1. Mountain View St. Francis, 1:44.97; 2. Edmonton (Canada), 1:45.32; 3. Hawthorne, 1:45.87; 4. San Diego Mt. Carmel, 1:46.70; 5. Oakland Bishop O'Dowd, 1:50.33. (Race 2)—Glendora, 1:52.38.

DISTANCE MEDLEY RELAY—1. Vista Rancho Buena Vista (Hornbacher, Mason, Rae, Jorgensen), 12:09.84; 2. South Hills, 12:24.89; 3. Escondido San Pasquel, 12:36.08; 4. Thousand Oaks, 12:44.43; 5. Amador Valley, 12:53.78; 6. Santa Barbara, 12:57.27.

SHUTTLE LOW HURDLE RELAY (combined races)—1. Escondido San Pasquel, 1:03.2; 2. Upland, 1:04.0; 3. Agoura, 1:05.8; 4. Narbonne, 1:06.4; 5. Thousand Oaks, 1:06.4.

HIGH JUMP—1. Brown (Canada), 5-9 $\frac{1}{2}$; 2. Myers (Australia), 5-8; 3. Armstrong (Del Mar Torrey Pines), 5-4; 4. tie between Mathews (Dos Pueblos) and Kurias (Poway), 5-4; 6. Stewart (Sherman Oaks Notre Dame), 5-4.

LONG JUMP—1. Bissett (Australia), 17-6 $\frac{1}{2}$; 2. Tulley (Torrance), 17-5 $\frac{1}{2}$; 3. Jacobsen (Glendora), 17-1 $\frac{1}{4}$; 4. Hopper (Oakland Bishop O'Dowd), 17-0.

SHOTPUT—1. Noel (Agoura), 39-10; 2. Phillips (Walnut), 39-7 $\frac{3}{4}$; 3. Timo (Twenty-nine Palms), 37-9 $\frac{1}{4}$; 4. Smith (Workman), 37-1 $\frac{1}{4}$; 5. Strickline (Arroyo Grande), 36-11; 6. Cruz (Sonora), 36-8 $\frac{1}{4}$.

DISCUS—1. Cambellin (Piesanton Amador Valley), 144-0; 2. Phillips (Walnut), 131-7; 3. Turmanova (Bell Gardens), 129-10; 4. Jost (Reedley Immanuel), 129-6; 5. McVey (Eiwanhower), 120-8.

TRIPLE JUMP—1. Yendorik (Walnut), 41-1 $\frac{1}{2}$ w (6.44 m.p.s.); 2. Perkins (Paso Robles), 37-3w (5.30 m.p.s.); 3. Medina (Canada), 36-1w (6.71); 4. Allen (Leuzinger), 35-10w (35-8 $\frac{1}{4}$); 5. Tully (Torrance), 35-9 $\frac{1}{4}$ w; 6. Peterson (Dos Pueblos), 35-6 $\frac{1}{2}$ w.

RESULTS

Dome to Delta 12K (PA-TAC 12K Championship—All Divisions) By MARK WINITZ

April 23, Sacramento

It is rare that a road race in only its second year attracts competitors of the quality that gathered a block from the State Capitol Building in Sacramento this sunny, spring morning. But this particular 12K—a race distance that is becoming more frequent of late—held the attraction of being the Pacific Association's first LDR Grand Prix race of the season, with awards and prize money being handed out in all divisions.

The point-to-point course was an unfamiliar one for many of the runners, but those returning from last year spread the word that it was flat, fast, offering a tour through historic old Sacramento before heading out to a scenic bike path route along the Sacramento River. Lots of long, speedy straights heading down river, with the last several miles looping through the shady environs of William Land Park.

As for the 12K distance (7.5 miles), well, everyone was getting quite used to it with San Francisco's Houlihan's to Houlihan's (last year's 12K champs) barely a month past and Spokane's Lilac Bloomsday plus our own Examiner Bay to Breakers coming up. The only disappointment for some faster competitors was that D to D didn't serve as a seeded qualifier for B to B, which it should—and, hopefully, will in future years.

O.K. Let's see who's fit in the early season. Let's use a little early-season Grand Prix competition to get racing fit after a winter of basework. For some runners, like me, it was a way to get in a pleasant Sunday run smack in the middle of some unpleasant allergy season hay fever and asthma. Heck, it's a long year of PA championships. Plenty of time to really put the mill to the grindstone. A relaxed atmosphere was definitely in evidence as approximately 1,000 flyers waited for the gun that would send them on their way to the Delta. Often, relaxed attitudes make for fast times. The PA-TAC long distance running series, which is the finest that any local TAC Association has to offer, was officially underway.

Among the open women, Reno's own Pacific Flyer, Terry Puckett, wasted no time in demonstrating that she was fit—definitely ready to pursue a third Grand Prix season title. For the first 3/4 of a mile Puckett was on the heels of Davis' Robyn Root (who was competing a week after a 33:47 track 10K at Mt. SAC). By the first split (5:15) Puckett took the lead position. By the time she exited Sacramento's historic Old Town area, Terry had little to worry about. Reigning back to a more even 5:30 pace, the 33-year-old mother, who is known for her prolific racing both locally and nationally, proceeded to a 40:56 clocking, a winning margin of over a minute.

"I was with Terry for a mile or two," said a parky Root (2nd, 42:14) who was satisfied with her performance on the day. "After that she started pulling away, and then I could see

her way out in front of me. But I wasn't planning on running with her. I don't think I could run that fast today. I was just pleased that I came back strong the second half."



TERRY PUCKETT

photo by Party Pics Photo

For Barb Myers-Acosta (3rd, 42:37), who took over second place for three miles mid-race before being re-passed by Root, her placing relative to Puckett was exactly reversed from Houlihan's 12K. There Acosta had won in 42:25 on a tougher course but a much cooler day.

"Today was a team race," said Acosta, whose Ryan's Racing Team teammate, Rosa Gutierrez, finished 4th, 20 seconds out of the individual prize money which went \$150/\$100/\$50 for open men and women (\$100/\$50 for masters, \$50 for seniors, and a total of \$650 for teams).

As for the Reno lady, she was happy to be racing well again since hitting a peak in last Fall's Chi-

cago Old Style Marathon where she was third American in a PR 2:36:50.

"Since Chicago I've run some pretty mediocre performances, although my training has been pretty good," Puckett commented. "I finally ran a good race. At first I thought I was really going to lighten up because I've been doing a lot of hill stuff, but after the second mile it started coming together. I thought *there it is! Oh, I remember this*. You know, that good strength. I could relax. Instead of thinking, *Oh how many more miles?* I was thinking, *Shoot, the race is almost over!*"

In the open men's competition the race was up for grabs among four men right down to the closing stretch in the park—past curious onlookers pausing to observe on their way to a family day in the adjacent Sacramento Zoo. Locally-known Tim Gruber of San Jose, plagued by injury and off-performances the last year or so, holds promise to live up PA-TAC championship races this year as he got off to a quick start with Miguel Tibaduiza, Juan Ramirez, and Joaquin Leano in tow. With Tibaduiza admittedly not feeling up to par due to heavy racing and training in recent weeks, Leano getting the feel for the front again after achilles setbacks, and 24-year-old Ramirez employing his usual stick with 'em and see what happens strategy, the battle seemed likely to come down to the tape. It did.

In fact, with the finish line out of sight along a long-but-gradual final curve, all four were wondering when to begin their kicks.

Said Gruber: "Most of the race they were sitting on me and I guess I was getting a little irritated. At one point I slowed down and got behind them, but they were looking around and they didn't like it."

Gruber began his final move a half mile out, a longer haul than anticipated, but which, nevertheless, caught at least Ramirez off guard—who had entertained and abandoned the same idea only moments before.

The narrow finish had Gruber (36:41) followed by Tibaduiza and Leano—all separated by single ticks of the clock. Ramirez followed closely for 4th in 36:46. A distant 5th went to temporarily-residing Utah resident Mike McManus (37:15), due back in the Bay Area following completion of his studies this month.

The men's masters race was a fast one with last year's PA-TAC Grand Prix 40+ champ, Steve Ferraz, winning in a PR 38:36, only 4-seconds off Steve Lester's age 40-44 American best (Lilac Bloomsday '87). Fellow San Franciscan Bill Sevald (2nd master, 38:54) grabbed the remaining masters prize money followed by David Furst (40:52).

Master Joan Colman is, indeed, on a tear as her 44:34 smashed the TACSTATS-listed age 45-49 American 12K best by over 2 minutes as she outran Hilary Naylor (45:13) and Juana Slavone (46:26) for the female masters win.

Super Senior Ray Stawart, 62, came off a 3:25 Boston Marathon to set a new American age 60-64 12K standard while beating a lot of younger fellows in an excellent 46:59. Perennial competitor Mel Shine (1:03:55) did the same in the 80-84 age category.

In addition, U.S. single-age bests were recorded by Rich Langford (36 years old, 38:27), Steve Ferraz (41, 38:36), Darryl Beardall (52, 42:57), Ron Ogilvie (56, 49:41), Heidi Skaden (51, 51:32), Ruth Anderson (59, 57:48), Kit Pickles (63, 1:33:33), and Jaclyn Caselli (68, 1:04:49). Note that all

records (or "bests") mentioned here are pending verification and approval by TAC.

Team titles went to the Pacific Flyers (Open Men), Ryan's Racing Team (Open Women), Excelsior TC (Masters Men), West Valley TC (Masters Women), West Valley Joggers & Striders (Senior Men), and Nor Cal Seniors (Senior Women).

With a young-but-proven reputation for fast times, good competition, excellent organization, and an array of perks for everyone, including, a post race pasta meal, live music, and pleasant atmosphere, the race from the Dome to the Delta appears to be an inspiring new comer. And a good choice in what is becoming a 12K time of year for lots of Northern California racers. The distance, requiring just a little less early-season sharpness and speed as the 10K or 5K, and not as taxing as the longer distances, seems a logical choice for roadies in early Spring. Next year, race director Mit Whaley is hoping to arrange \$5,000 in bonus prize money for a 12K "triple crown" awarded to any runner topping the open divisions at all three Northern California 12K's—Houlihan's, Dome to Delta, and Bay to Breakers.

Division Results - Men

12 & Under: 1. Scott Terrill 53:32, 2. Zachary Diebels 1:05:46, 3. Robbie Manesa 1:08:51, 13-15: 1. Tim Nolan 52:58, 2. Seth Reagan 1:03:14, 3. Jeff Christensen 1:03:17, 16-18: 1. Peter Logsdon 42:54, 2. Jason Davis 45:47, 3. Philip Logsdon 47:08, 20-24: 1. Juan Ramirez 36:46, 2. Mike McManus 37:15, 3. John Hancock 38:16, 25-29: 1. Tim Gruber 36:41, 2. Alan Dahlinger 37:17, 3. Jon Klinkman 37:52, 30-34: 1. J. Miguel Tibaduiza 36:42, 1. Joaquin Leano 36:43, 3. Rob Anex 37:18, 35-39: 1. Rich Langford 38:27, 2. Mark Graves 39:17, 3. Tim Williams 39:47, 40-44: 1. Steve Ferraz 38:36, 2. Bill Sevald 38:54, 3. David Furst 40:52, 45-49: 1. Jon MacPherson 41:59, 2. Jim Reitz 42:11, 3. Dale Kraus 42:12, 50-54: 1. Darryl Beardall 42:57, 2. Not Available, 3. Frederick Mattos 45:18, 55-59: 1. Ron Ogilvie 49:41, 2. William Floodberg 50:27, 3. Jerry Lamson 55:32, 60-64: 1. Ray Stewart 46:59, 2. Boyce Jacques 47:51, 3. Gene Pamphrey 49:31, 65-69: 1. Dennis Egley 51:30, 2. Gary Toji 54:28, 3. Tom Kochis 1:39:16, 70-79: 1. Mar Shafrath 1:03:35, 2. Jim Deangelis 2:01:40, 80 & Over: 1. Mel Shine 1:03:55.

Division Results - Women

12 & Under: 1. Sara Pope 57:06, 2. Amy Ellington 1:41:26, 3. Crystal Rhoads 1:50:17, 13-15: 1. Stacey Terrill 1:20:29, 2. Kirstyn Chun 1:20:42, 3. Anne Rose 1:23:24, 16-18: 1. Alison Mitchell 59:44, 2. Christina Rector 1:04:33, 3. Caryn Rector 1:04:34, 20-24: 1. Karen Scholte 43:50, 2. Joanie Jelli 45:48, 3. Lorena Ferreira 46:53, 25-29: 1. Robyn Root 42:14, 2. Rosa Gutierrez 42:57, 3. Susan Putney 43:45, 30-34: 1. Terry Puckett 40:56, 2. Barb Myers-Acosta 42:37, 3. Nan Hall 43:37, 35-39: 1. Bev Marx 43:32, 2. Debbi Waldner 45:09, 3. Beckie Simmes 47:17, 40-44: 1. Hilary Naylor 45:13, 2. Juana Slavone 46:26, 3. Linda Mantlyn 47:58, 45-49: 1. Joan Colman 44:34, 2. Margie Lindsey 48:58, 3. Madeyn Moo 53:22, 50-54: 1. Heidi Skaden 51:32, 2. Birthe Kirsch 52:35, 3. Elynn Blair 1:02:03, 55-59: 1. Ruth Anderson 57:48, 2. Kathy Iseri 1:01:52, 3. Arde Arnis 1:07:02, 60-64: 1. Kit Pickles 1:03:33, 2. Peggy Ewing 1:05:01, 3. Po Adams 1:13:40, 65-69: 1. Jaclyn Caselli 1:04:49, 2. Dee Kolata 1:48:03, 70-79: 1. Madeyn Geary 2:00:23.

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RESULTS

ROAD RACING

Legg Lake Runs

Legg Lake Resolution Run

January 1, So. El Monte, 3 Mile.

Overall Results

1. Michael Cady (15) 18:05, 2. Chanel Jones (30) 18:33, 3. Jerry Lawrence (35) 19:14, 4. Jarrett Williams (42) 19:33, 5. Kent Wepin (35) 19:41, 6. George Anderson (45) 19:48, 7. Arthur Martinez (41) 19:52, 8. John Williams (51) 20:18, 9. Jim Vironka (37) 20:22, 10. Carlos Orellana (35) 20:34.

San Gabriel River Run

January 7, So. El Monte, 3 Mile.

Overall Results

1. Richard Pendall (20) 16:20, 2. Ron Jensen (42) 16:26, 3. Takashi Yagisawa (35) 17:06, 4. Dan Ashimine (49) 17:26, 5. Dan Takahashi (32) 17:29, 6. Kim Hipener (33) 17:43, 7. Bruce Hdriguchi (41) 17:55, 8. Ron Ogilvie (42) 18:29, 9. Robert Staley (41) 18:56, 10. Jim Generazzo (45) 19:05.

Legg Lake Morning Bass Run

January 8, So. El Monte, 3K.

Overall Results

1. Kieran Sherlock (22) 27:01, 2. Elgin Smith (24) 27:41, 3. Robert Ripley (28) 29:55, 4. Jose Rodriguez (34) 30:09, 5. Nat Carrasco (29) 30:22, 6. Tiburcio Contreras (33) 31:02, 7. Jerry Lawrence (35) 31:22, 8. George Anderson (45) 31:52, 9. Jarrett Williams (42) 32:42, 10. Bandit.

San Gabriel River Run

January 15, So. El Monte, 3 Mile & 10 Mile.

Overall Results - 3 Mile

1. Dale Vinski (19) 16:23, 2. David Nunez (26) 17:35, 3. Chanel Jones (30) 17:39, 4. Fernando Valdez (40) 17:50, 5. Robert Culling (57) 17:50, 6. Jim Benerazzo (45) 18:11, 7. Pete Savitz (50) 18:18, 8. John Sedia (33) 18:31, 9. J. Williams (42) 18:49, 10. Christopher Garcia (32) 18:56.

Overall Results - 10 Mile

1. Larry Montag (36) 54:47, 2. David Holt (31) 56:39, 3. Jorge Murray (27) 56:53, 4. David Dennis (28) 59:21, 5. Mario Chavarria (35) 59:44, 6. Iv Ray (38) 62:28, 7. David Ramirez (36) 62:36, 8. Jose Rosales (33) 62:41, 9. Pat Devine (60) 62:54, 10. Pete Goldschmidt (25) 63:39.

San Gabriel River Run

January 21, So. El Monte, 3 Mile.

Overall Results

1. George Marquez (23) 15:05, 2. Thomas Wood (19) 16:15, 3. Robert Slick (33) 16:17, 4. Robert Krauth (25) 16:21, 5. Paul Webster (19) 16:34, 6. Fiecion Rojas (29) 17:18, 7. Randall Shelby (45) 17:49, 8. David Burneda (15) 17:51, 9. Jose Ruvalcaba (40) 18:16, 10. Ron Carver (28) 18:18.

Legg Lake Run

January 22, So. El Monte, 5K.

Overall Results

1. George Marquez (23) 15:56, 2. Charlie Yu (21) 16:24, 3. David Holt (31) 16:29, 4. Jose Rodriguez (34) 17:56, 5. John Gregory (18) 18:32, 6. Dennis Looney (18) 18:35, 7. Joe Hogan (18) 18:42, 8. Ted Heaton (48) 18:52, 9. Frank Ogawa (53) 19:24, 10. Fred Hill (39) 19:38.

Legg Lake Run

January 28, So. El Monte, 5K.

Overall Results

1. Dennis Stavín (23) 16:30, 2. Rob Slick (33) 16:58, 3. Enrique Serratos (36) 17:45, 4. Robert

Culling (57) 18:43, 5. Jose Vilanueva (29) 18:56, 6. Joe Engelbrecht (39) 19:06, 7. Jarrett Williams (42) 19:14, 8. George Anderson (45) 19:20, 9. Juan Nunez (28) 19:31, 10. Chip English (15) 20:56.

Legg Lake Run

Overall Results

1. Vaughan Kaster (23) 27:30, 2. Ed Lopez (29) 27:46, 3. Robert Lopez (17) 29:00, 4. Steve Corona (28) 29:18, 5. Adolfo Serrato (34) 29:38, 6. Herman Duncan (30) 29:50, 7. Ted Heaton (48) 30:41, 8. Jim Generazzo (45) 31:40, 9. Juan Manuel Perez (18) 32:20, 10. Juan Nunez (28) 32:30.

Paramount 10K

January 26, Paramount, 10K.

Overall Results - Men

1. Samson Obwacha (\$300) 30:00, 2. Gordon Christie (\$100) 30:03, 3. Alan Dehlinger (\$50) 30:04, 4. Alfredo Vaddejo (\$25) 30:08, 5. Eugene Cruz (\$25) 30:20.

Overall Results - Women

1. Sylvia Mosqueda (\$300) 32:37, 2. Carrie Garrison (\$100) 34:28, 3. Juliette Christie (\$50) 35:08, 4. Gretchen Cruz (\$25) 35:38, 5. Anet Cooper (\$25) 35:41.

Division Results - Men

13 & Under: 1. James Garrison 34:22, 2. Jarrod Garrison 38:39, 3. Ricky Barba 39:15, 14-17: 1. Rorian Epifanio 35:59, 2. Kris Nightingale 36:22, 3. Gilbert Ochoa 36:50, 18-23: 1. Eugene Cruz 30:20, 2. Gabriel Sanchez 33:45, 3. Eugene Cordero 34:16, 24-29: 1. Samson Obwacha 30:00, 2. Gordon Christie 30:02, 3. Alan Dehlinger 30:03, 30-34: 1. Carey Simon 31:08, 2. Robert Hollister 31:14, 3. Paul Hough 31:30, 35-39: 1. Ed Avd 32:39, 2. Leonard Aguilar 32:50, 3. Stephen Harris 32:55, 40-44: 1. Salvador Gonzales 35:39, 2. Steve Crouch 35:41, 3. Arden Fok 35:58, 45-49: 1. Bob McGeough 35:17, 2. Dan Ashimine 36:00, 3. Ben Jackson 36:36, 50-54: 1. Jack Larson 37:45, 2. Oscar Rosales 37:40, 3. Rex Lundquist 38:54, 55-59: 1. Robert Lyons 37:33, 2. Otto Heifer 37:33, 3. Hugh McHugh 41:08, 60-64: 1. Larry Baruelos 40:59, 2. Milo Sather 44:12, 3. Jack Green 45:25, 65-69: 1. Ed Horvath 46:01, 2. Reese Walton 52:00, 3. Ramon Cendejas 53:15, 70 & Over: 1. Ferdi Gonzales 50:11, 2. Scott Warwick 61:17.

Division Results - Women

13 & Under: 1. Carrie Garrison 34:28, 2. Heather Garrison 44:34, 3. Cynthia Condon 50:13, 14-17: 1. Brandy Price 43:29, 2. Gabby Aguirre 45:59, 3. Jennifer Walters 47:31, 18-23: 1. Sylvia Mosqueda 32:37, 2. Pauline Stehly 36:00, 3. Patricia Almeyda 36:15, 24-29: 1. Juliette Christie 35:08, 2. Gretchen Cruz 35:38, 3. Anet Cooper 35:41, 30-34: 1. Suzi Morris 36:46, 2. Michelle Hopper 38:48, 3. Sue Griesbach 39:23, 35-39: 1. Sherri Hall 36:44, 2. Kay Price 40:10, 3. Terri Goodreau 40:26, 40-44: 1. Pam Goacher 41:26, 2. Margaret Neville 41:50, 3. Cheryl Allen 42:56, 45-49: 1. Jo Ann Goltra 43:17, 2. Bobbi Gold 44:56, 3. Teresa Ross 45:11, 50-54: 1. Maria Marilyn 46:06, 2. Atsuko Fujimoto 47:33, 3. Tess Bonner 74:25, 55-59: 1. Irene Olberg 44:28, 2. Pinkie Fisher 51:38, 3. Lupe Castaneda 66:06.

World Masters Division - Men

40-44: 1. Ron Jensen 32:29, 2. Steve Ferraz 32:33, 3. Steve Myro 32:45, 45-49: 1. Michael Mahler 33:08, 2. Tom Burns 34:10, 3. Don McCarthy 34:17, 50-54: 1. Andre Tocco 34:56, 2. Raoul DeLaSola 37:15, 3. Bill Crum 37:15, 55-59: 1. Wally Ingram 37:53, 2. Paul Saucedo 38:43, 3. Sam Mayo 39:04, 60-64: 1. Emmett Parker 37:30, 2. Patrick Devine 37:38, 3. Jim O'Neil 37:40, 65-69: 1. Manuel Lara 41:48, 2. Tom Edwards 42:21, 3. Donald Dilworth 43:49, 70-74: 1. Eddie Lewin 43:20, 2. Dutch Benedetti 46:57, 3. Steve Chipfz 47:28, 75-79: 1. Chick Dahlsten 48:09, 2. Mel Shino 51:02, 3. Walt Kuetzine 54:54, 85-89: 1. Paul Spangler 68:43, 2. Jacob Bishin 83:04.

World Masters Division - Women

45-49: 1. Harlene Walters 38:41, 50-54: 1. Gina

Faust 39:14, 2. Jeanne Hoagland 43:09, 3. Joan Reiss 43:57, 60-64: 1. Holan Dick 45:26, 65-69: 1. Raye Johnston 47:53, 2. Gerry Davidson 51:35, 70-74: 1. Judy Simon 56:00, 75-79: 1. Bess Ames 68:36, 2. Lucile Adney 80:40, 85-89: 1. Mary Ames 93:39.

Wheelchair Division - Men

1. Jim Knaub 25:28, 2. Ray Stewart 26:49, 3. Don Caron 28:22, 4. Keith Dyser 28:23, 5. Paul Manachio 28:28.

Racewalk - Men

18 & Under: 1. Jose Espinosa 55:02, 2. Jesus Orendain 57:04, 19-34: 1. Dana Marsh 58:50, 35-39: 1. Brian LaBounty 52:37, 2. Richard Nester 55:59, 3. Art Grant 60:30, 40-49: 1. Jim Coats 49:42, 2. Jesus Orendain 59:36, 3. Eugene Hampton 66:06, 50-58: 1. Richard Oliver 55:03, 2. Ted Greiner 56:59, 3. Clyde Hatfield 57:41, 60 & Over: 1. Richard Obara 63:21, 2. Arnold Unger 78:41, 3. Bruce Elliott 79:02.

Racewalk - Women

19-34: 1. Carmen Jankinsky 55:48, 2. Francene Burtas 56:38, 3. Morrie Austin 72:31, 35-39: 1. Kathy Blackmer 59:44, 2. Margaret Nelson 68:57, 3. Carol Skop 90:33, 40-49: 1. Jaye Horowitz 61:30, 2. Donna Cunningham 62:58, 3. Helen Palmo 63:30, 50-59: 1. Jill Latham 60:44, 2. Lynne Marsh 61:47, 3. Ann Martin 69:16, 60 & Over: 1. Jo Ann Beers 71:43, 2. Bonnie Veering 72:30.

Las Vegas Aladdin Marathon

February 4, Las Vegas.

The 23rd Annual Las Vegas Aladdin Marathon unfolded under the most unusual weather conditions ever; a high pressure front, which had held Alaska in the grips of the coldest weather in 100 years, decided to move southward after several weeks of residence in the northern regions. For two months preceding the marathon the weather in southern Nevada had been ideal with cool early mornings and temperatures rising to the high 50s to mid 60s by noon and NO wind.

On Monday preceding the race, the high pressure area began its journey south. By Tuesday afternoon the winds in the Las Vegas area began to blow from a southerly direction. During the intervening days before the marathon the winds increased in intensity to the point of reaching sustained speeds of 25-30 mph. Fortunately their direction was from the southwest; the direction of the course.

The Las Vegas Marathon course is unique in that it proceeds without a turn for 23 miles... heading north. Just prior to mile 23 there is a right turn. (The only turn of the entire course.) It then continues east for the remainder. It rises about 190 feet over the first 8 1/2 miles and then descends 900 feet to the finish.

There were 1077 official entrants for the event; an all time high. Runners were registered from 46 states and 6 foreign countries. Of these, 942 started the race under blustery, damp conditions. The wind was blowing to the runners' backs at between 20 to 30 miles an hour and rain pellets were felt along the first 15 miles.

Miguel Tibaduzia of Columbia, residing in Reno, NV and Frank Plasso, Jr. of Las Vegas took an early lead and remained no more than 3 yards apart for the entire race. During the race, Frank shared his water bottles with Miguel which no doubt contributed to a bond being formed between the two runners. As they approached the finish line, side by side and with less than 50 feet to go, they decided that after spending the last 2 hours and 13 minutes together they would finish together. This decision was influenced by the fact that neither had "anything left". They crossed the finish line in a virtual tie at 2:13:14. Both will split both 1st and 2nd place prize money.

The wheel chair division enjoyed an exceptional day which resulted in two men's world bests. John Brewer of Salt Lake City rolled his way to a

1:30:34 while Russel Monroe finished 2nd in 1:31:13. Mary Thompson of San Diego, the first ever female wheelchair competitor in the Las Vegas Marathon, provided a world best time of 1:52:26.

The Women's winner was J'ne Day of Aurora, Colorado, who ran over a 10 minute PR to finish in 2:40:45. Second went to Patricia Wassik-Hinson in 2:41:47.

The Masters field was extremely competitive with Abhd Barton winning the \$2000 overall award with a stunning 2:22:09 (an event master's record) with second going to John Custy in 2:23:44.

The women's masters winner was Harlene Walters in 2:54:11 with Margie Lindsey following close behind in 2:55:15.

Of extreme significance was the performance of Jim O'Neil of Holland, Ohio, who running in his first ever marathon at age 50, accomplished an incredible 2:25:46. Jim set a new national age group record.

Richard Bird, 42, of Luton, England equaled the Guinness Book of Records mark by finishing in 3:10 completing his 53rd marathon since April 22, 1988. He plans to finish with about 74 marathons in 52 weeks... perhaps in Boston.

The Las Vegas Aladdin Marathon distributed \$21,000 in prize money in this "Biggest Little Marathon" in the west. Continued Aladdin Hotel/Casino support is expected to contribute even greater races in the future.

Division Results - Men

19 & Under: 1. Jim Xavier (\$100) 3:16:54, 2. William Wesley 3:22:21, 20-24: 1. Marcial Beltran (\$175) 2:17:26, 2. Mike Scott (\$100) 2:26:19, 3. Dave Fleishman 2:30:13, 25-29: 1. Frank Plasso (\$1500) 2:13:14, 2. Alfredo Grajo (\$500) 2:16:25, 3. Paul Sutherland (\$375) 2:21:53, 4. Binesh Prasad (\$275) 2:23:33, 5. Rodney Scharberg (\$175) 2:24:39, 6. Tim Warnke (\$100) 2:29:56, 30-34: 1. Miguel Tibaduzia (\$1500) 2:13:14, 2. Carey Simons (\$375) 2:21:00, 3. Gary Weston (\$275) 2:31:09, 4. Sam Evans (\$175) 2:31:58, 5. Dennis Reeder (\$100) 2:31:59, 35-39: 1. Don Paul (\$375) 2:20:46, 2. Craig Moore (\$275) 2:21:58, 3. Enrique Alvarez (\$175) 2:23:26, 4. David Mathews (\$100) 2:23:56, 40-44: 1. Abhd Barton (\$2000) 2:22:09, 2. John Custy (\$1000) 2:23:44, 3. Hector Chavez (\$500) 2:24:32, 4. Michael Montano (\$375) 2:25:52, 5. Dave Dooley (\$275) 2:28:17, 6. Hawk Harper (\$175) 2:28:42, 7. David Orozco (\$100) 2:31:11, 45-49: 1. Stephen Lester (\$375) 2:25:08, 2. Philip Wright (\$275) 2:37:52, 3. Dan Ashimine (\$175) 2:42:17, 4. Steve Russell (\$100) 2:42:56, 50-54: 1. Jim O'Neil (\$1000) 2:25:46, 2. Glenn Frick (\$500) 2:39:33, 3. Andre Tocco (\$275) 2:43:48, 4. Fred Hammond (\$175) 2:44:58, 5. Jim Way (\$100) 2:48:48, 55-59: 1. Fred Kiddy (\$275) 2:43:06, 2. Jim Smedama (\$175) 2:46:45, 3. Don Gammie (\$100) 2:48:30, 60-64: 1. Jerry Johncock (\$275) 3:04:52, 2. Tracy Brown (\$175) 3:05:39, 3. Marvin Powers (\$100) 3:09:32, 65-69: 1. Jack Kerr (\$100) 3:19:27, 2. Tom Edwards 3:22:19, 70 & Over: 1. Woodrow Sigley (\$100) 4:30:48, Wheelchair: 1. John Brewer (\$100) 1:30:34, 2. Russel Monroe 1:31:13.

Division Results - Women

19 & Under: 1. Johanna Sargent (\$100) 3:24:52, 2. Rachelle Payne 4:06:29, 20-24: 1. Susan Meltzer (\$175) 2:49:09, 2. Bonnie Keele (\$100) 3:11:34, 3. Lori Tolley 3:23:52, 25-29: 1. J'ne Day (\$1000) 2:40:45, 2. Kathy Malton (\$250) 2:44:13, 3. Sharon Maley (\$175) 2:51:35, 4. Lynn Brzezinski (\$100) 3:05:17, 30-34: 1. Pat Wassik-Hinson (\$500) 2:41:47, 2. Lorraine Geraltz (\$175) 2:51:05, 3. Pam Graver (\$100) 2:58:05, 35-39: 1. Mary Ryzner (\$175) 2:52:02, 2. Valerie Pincotti (\$100) 2:52:21, 3. Maril Heiberg 3:04:43, 40-44: 1. Patricia Case (\$250) 3:09:38, 2. Diane Thompson (\$175) 3:19:24, 3. Carolyn Clarke (\$100) 3:25:47, 45-49: 1. Harlene Walters (\$1000) 2:54:11, 2. Margie Lindsey (\$500) 2:55:15, 3. Elizabeth Sabo (\$100) 3:25:10, 50-54: 1. Sandra Kiddy (\$500) 3:02:33, 2. Wew-Shi Yu (\$250) 3:10:14, 3. Heidi Skaden (\$100) 3:18:16, 55-59: 1. Arty Brown (\$100) 3:51:22, 60-64: 1. Anne

RESULTS

Nauman (\$175) 4:10.03, 2. Margie Whitrow (\$100) 4:17.58. **Wheelchair:** 1. Mary Thompson (\$100) 1:52.26.

Run to the Top II

February 4. San Francisco. 825 steps up Embarcadero

Overall Results

1. Howard Breinan (Sigma Phi) (20) 4:44, 2. Steve Norgaard (25) 4:55, 3. Toby Knepler (23) 4:59, 4. Cary Stansbury (30) 5:02, 5. Mike Kostove (23) 5:04, 6. Stephen Woo (18) 5:33, 6. George Page (30) 5:33, 8. David McGoough (27) 5:34, 9. Mark Schroeder (26) 5:36, 10. Grant Winslow (35) 5:59.

11. Jonathan Schuman (15) 5:59, 12. Dale Yamamoto (25) 6:04, 13. Peter Dunaj (25) 6:05, 14. Dan Roux (39) 6:08, 15. Ron Zollman (27) 6:17, 16. Keith Cutler (26) 6:26, 17. Tom Carey (20) Sigma Phi Epsilon 6:27, 17. Ken Snyder (29) 6:27, 19. Stephen Cadigan (Esprit) (25) 6:29, 20. Alan Reynaud (Esprit) (38) 6:41.

Park/Peter Park 46:05, 3. Diane Odon/Dennis Odon 46:30, 4. Leïda Malgoza/Joe Martinez 48:00, 5. Laurie Kirkpatrick/Keith Kirkpatrick 48:50, 6. Mary Ryzner/Bradley Cox 49:00, 7. Jamie Nielsen/David Larson 49:33, 8. Janet Norem/Robert Culling 50:03, 9. Cheri Savage/Larry Savage 50:39, 10. Petra Kemper/Art Sylvester 50:49.

11. Terry Thomas/Duncan Thomas 51:43, 12. Paula Bouckaert/Chris Pace 52:02, 13. Leon Adler/Bill Adler 52:23, 14. Linda Savitz/Pete Savitz 52:48, 15. Stephanie Welch/John Patterson 53:07, 16. Kristina Zack/Jason Winn 53:25, 17. Virginia Rosenkrans/Greg Rosenkrans 57:56, 18. Geri French/Bruce French 58:15, 19. Wendy Brooks/Larry Brooks 1:00:24, 20. Hildy Hoffmann/Gary Kittle 1:00:36.

Orient Express

February 11. Sonora. 4 Miles.

Former Old Mill Run champion Fred Villegas of Merced has added the Orient Express to his history list.

Villegas, who won the 10th Old Mill in 1987, won the fourth Orient in Chinese Camp with a four-mile time of 21:00.8.

Billy Harmon of Sonora, Tuolumne County's top triathlete, was second in 21:59.3.

Patti Scott-Baier of Sonora, meanwhile, won her second Orient women's championship in 25:02. She was 25th overall.

Overall Results

1. Fred Villegas 21:00, 2. Billy Harmon 21:59, 3. Charles Locke 22:05, 4. T. Andy Harris 22:16, 5. Mike Sullivan 22:22, 6. Daniel Ruak 22:26, 7. Greg McKinstry 22:49, 8. Greg Powell 22:52, 9. Howard Patten 22:52, 10. Bill Martin 23:02.

11. Ron Ferrell 23:10, 12. Drew Oliveras 23:21, 13. Barry Armstrong 23:28, 14. Charles Pittal 23:31, 15. Chris Ziny 23:39, 16. Tom Diehl 23:56, 17. Curt Royer 24:00, 18. Louis Phillips 24:18, 19. Roger Berbera 24:25, 20. John Semler 24:32.

Division Results - Men

13 & Under: 1. Kyle Royer 29:24, 2. Zack Taylor 30:27, 3. Dave Byington 33:56, 14-18: 1. Greg Powell 22:57, 2. Drew Oliveras 23:21, 3. Dino Oliveras 24:40, 20-29: 1. Billy Harmon 21:59, 2. T. Andy Harris 22:16, 3. Mike Sullivan 22:22, 30-39: 1. Fred Villegas 21:00, 2. Charles Locke 22:05, 3. Greg McKinstry 22:49, 40-49: 1. Ron Ferrell 23:10, 2. Barry Armstrong 23:26, 3. John Semler 24:32, 50-59: 1. Dick Shorman 26:36, 2. Mort Ward 27:30, 3. Heinie Hartwig 28:57, 60-69: 1. Bill Ferrell 27:15, 2. Don Hawkins 31:44, 3. Jim Sullivan 34:16, 70 & Over: 1. Don Lundberg 30:01, 2. Harry Harder 33:40, 3. Ernie Klann 40:39.

Division Results - Women

13 & Under: 1. Sara Morse 28:24, 2. Molly Briens 32:38, 3. Samantha Dorman 48:08, 14-19: 1. Laura Duquette 30:38, 2. Caryn Nardello 31:02, 3. Amy Edwards 31:07, 20-29: 1. Doreen Brown 25:08, 2. Kase Pomeroy 33:59, 3. Cheryl Hounton 35:56, 30-39: 1. Patti Scott-Baier 25:02, 2. Jeanette Emery 27:15, 3. Maybeth Norris 27:34, 40-49: 1. Barbara Miller 25:33, 2. Jan Jensen 28:41, 3. Ginny Seibert 31:08, 50-59: 1. Jo Sullivan 30:21, 2. Theanne Woodruff 37:15, 3. Marvele Taylor 49:44, 60-69: 1. Gerry Sullivan 39:08.

Asian Week YMCA

Chinese New Year Run

February 12. San Francisco. 8K.

Overall Results - Men

1. Chris Schallert (29) Santa Rosa 24:41, 2. Rod Berry (29) San Francisco 25:18, 3. Benjamin Castaneda (24) 25:31.

Overall Results - Women

1. Mirilyn Wallace (36) Burlingame 28:48, 2. Margaret Mann (37) 32:55, 3. Tracy Achellis (35) 34:44.

Jedediah Smith 50 Mile Classic

February 12. West Sacramento.

Overall Results

1. Mark Williams (36) 5:43:13, 2. Rick Spady (36) 5:49:49, 3. Tim Twilmeyer (30) 5:55:41, 4. Mike Fanelli (32) 6:04:19, 5. Ken Cox (32) 6:16:47, 6. Joe Schieffer (37) 6:21:24, 7. Hollis Linderking (39) 6:27:11, 8. Skip Lees (44) 6:32:19, 9. Larry Matz (42) 6:35:58, 10. Philip Pena (40) 6:38:00.

11. Bernd Leupold (46) 6:39:27, 12. Joan Mork (35F) 6:49:51, 13. Steve Tietz (33) 6:57:32, 14. Bill Finkbeiner (33) 6:58:19, 15. Ray Scannell (39) 6:59:30, 16. Greg Montgomery (39) 7:06:36, 17. Robert Sobeys (37) 7:09:30, 18. Jim Hurler (32) 7:13:18, 19. Wayne Petersen (34) 7:15:34, 20. Ken Gaal (49) 7:22:24.

Together With Love

February 12. Pacific Grove. 10K.

Division Results - Men

18 & Under: 1. Steve Bruisg 38:37, 2. Lance Copland 39:25, 3. William Vobe 41:48, 19-24: 1. Robert Trittle 35:23, 2. Bryan Peckham 35:42, 3. Michael Knapp 35:47, 25-29: 1. Tom Wood 30:37, 2. Gilbert Munoz 31:51, 3. Javier Naranjo 32:26, 30-34: 1. Steve Watkins 33:30, 2. Charles Grenches 35:21, 3. Marlin Cooker 36:07, 35-39: 1. Jim Poulos 34:32, 2. Vasilis Kondyris 35:10, 3. Charles Verutti 35:17, 40-44: 1. Michael Dove 35:28, 2. John Talco 35:50, 3. Fabio Hernandez 36:06, 45-49: 1. John Peterson 39:05, 2. Francis Ryan 39:52, 3. Mark Moser 39:59, 50-59: 1. Bob Tarozzi 38:49, 2. Richard Young 40:24, 3. Terry Clow 43:47, 60 & Over: 1. Howard Powers 51:37, 2. Pierre Delauisse 54:08, 3. James Graves 54:29.

Division Results - Women

18 & Under: 1. Aimee Tolan 41:07, 2. Kim Berg 44:01, 3. Michele Ki Yano 47:11, 19-24: 1. Kathy D'Orolio-Wood 36:21, 2. Trish Unruhe 40:39, 3. Libby Talco 45:47, 25-29: 1. Connie Hester 38:16, 2. Janet Smith 38:23, 3. Laura Bruess 38:59, 30-34: 1. Noreen Kelly 36:40, 2. Barbara Frank 37:15, 3. Tone Nichols 42:41, 35-39: 1. Carol Dixon 42:46, 2. Wendy Leonardich 48:28, 3. Darrell Davis 47:08, 40-44: 1. Carol Bianconi 43:22, 2. Gail Bernard Van Buren 44:35, 3. Consuela Underwood 45:21, 45-49: 1. Julia Carpenter 53:41, 2. Helen Hagan 55:42, 3. Judith Brower 56:22, 50-59: 1. Alice Rose 42:47, 2. Gloria Dake 50:28, 3. Marjorie Mikael 50:49, 60 & Over: 1. Jeanne Lefers 76:42.

Valentine Day Run

February 12. Lake Merritt. Oakland. 5K & 10K.

After weeks of freezing temperatures we found an eye in the storm and had outrageous sunny skies and a crisp cool morning that was perfect for our 8,000 participants. This is the 3rd year in a row that our numbers have reached the 8,000 mark.

The men's 5K was a particularly exciting finish with the top 3 men within 6 seconds of each other. Melissa Martel was our 5K women's winner for the 3rd year in a row. 48 year old Shirley Matson running a very strong 17:53 to come in second women. Jay and Jack Marden (brother's by the way) were 1st and 3rd (respectively) in the 10K event.

Overall Results - Men's 5K

1. Dan Gonzales (26) Mt. View 14:16, 2. Steven Schandler (23) Palo Alto 14:18, 3. Charles Alexander (25) Mt. View 14:22, 4. Mike Spencer (24) Castro Valley 14:48.

Overall Results - Women's 5K

1. Melissa Martel (27) Oakland 16:55, 2. Shirley Matson (48) Moraga 17:53, 3. Kathy Herzog (23) Oakland 18:44, 4. Caron Potts (24) Kentfield 19:16.

Overall Results - Men's 10K

1. Jay Marden (25) Fremont 29:44, 2. Robert Anex (30) Atherton 30:39, 3. Jack Marden (27) Fremont 30:42, 4. James Alborouch (22) Stanford 30:50.

Overall Results - Women's 10K

1. Linda Racine (25) Pacifica 36:58, 2. Sholie Onstead (27) Berkeley 38:22, 3. Lura Damiano (31) Fort Bragg 38:28, 4. Sue Vinella Brusher (34) Oakland 38:34.

Long Winters Night 24 Hour Run

February 18. Bakersfield.

Overall Results

Men: 1. Starley Leverthal (Bakersfield) 91 mi, 1022 yds., 1 ft. 9 in., 2. Michael McQuarrey (Bakersfield) 30 miles, 3. Bob Scates (Bakersfield) 26 miles.

Women: 1. Nancy Tori (Bakersfield) 65 miles. **Team:** 1. The Unknowns (Bakersfield) 115 mi, 956 yds., 2. Le Escargot (Bakersfield) 88 miles, 12 yds, 2 ft., 3. The Hounds (Bakersfield) 48 miles, 1336 yds, 1 foot.

Spring Games

February 18. Rancho Santiago College. 8K.

Division Results - Men

14 & Under: 1. Joe Heredia 29:49, 2. Juvenal Herrera Jr. 31:07, 3. Jason Smith 35:02, 15-18: 1. Rob Price 27:03, 2. Martin Gonzalez 28:02, 3. Shawn Cummins 28:42, 25-29: 1. John Jericua 26:28, 2. Robert Krauth 27:27, 3. Dan Burton 27:31, 30-34: 1. Joel Hope 26:25, 2. Rob Sick 27:49, 3. Scott-Hoo Kie 28:25, 35-39: 1. Paul Cook 26:12, 2. Don Irvine 27:35, 3. Steve Kelmeyr 29:35, 40-44: 1. Pau Majer 27:22, 2. Skip Schultz 28:03, 3. Hunt Gammel 31:21, 45-49: 1. Henry Perez 32:40, 2. S.J. Nankin 32:49, 3. William Costello 33:13, 50-59: 1. Juvenal Herrera 30:45, 2. Dick Vozburgh 30:47, 3. Gordon Bushy 33:06, 60 & Over: 1. Milo Sather 35:31, 2. Bob Mahstedt 36:36, 3. Daniel Jujan 36:53.

Division Results - Women

14 & Under: 1. Ann McManara 47:45, 15-18: 1. Laura McHale 32:57, 19-24: 1. Karina Lathrum 34:20, 2. Lisa Eagleton 47:42, 3. Clare Martinez 48:38, 25-29: 1. Theresa Hakkila 33:24, 2. Sharon Zimmaman 34:02, 3. Rozanne Bramba 34:36, 30-34: 1. Marty Cooksey 28:24, 2. Georgia Reed 28:45, 3. Cori Leone 42:03, 35-39: 1. Connie Salisbury 56:40, 2. Lori Smith 36:23, 3. Pattie Asaro 38:09, 40-44: 1. Janice Aldenifer 43:12, 2. Kathy Gaulton 45:15, 3. Dorothy Strand 51:00, 50-59: 1. Kaye Howell 44:22, 2. Jane Toley 49:14.

Bayview Cross-Country

10K

February 19. La Selva Beach, Santa Cruz.

Overall Results - Men

1. Tom Wood (25) Falton 31:58, 2. Kevin Koch (18) Oakland 35:29, 3. Troy Overton (27) Monterey 36:41, 4. Allen Sandrelli (33) Santa Cruz 37:14, 5. Charles Verutti (37) Santa Cruz 37:18, 6. Reid Seidler (18) SLO 37:23, 7. Mike Spedding (39) Edinburgh, Scotland 37:39, 8. Bill Kunz (38) Watsonville 37:58, 9. Mike Plummer (30) Newark 38:09, 10. John Anderson (27) Capitola 38:44.

Overall Results - Women

1. Jennifer Sill (27) Los Gatos 44:26, 2. Terry Riske (27) Santa Rosa 45:31, 3. Yvonne Day (24) Sunnyvale 47:10.

Division Results - Men

18 & Under: 1. Kevin Koch 35:29, 2. Reid Seidler 37:23, 3. Osamu Yamamoto 40:47, 19-29: 1. Tom Wood 31:58, 2. Troy Overton 36:41, 3. John Anderson 38:44, 30-39: 1. Allen Sandrelli 37:14, 2. Charles Verutti 37:18, 3. Mike Spedding 37:39, 40-49: 1. Charles Crampton 37:23, 2. Jan Valencia 39:06, 3. Patrick Quane 40:45, 50 & Over: 1. Dennis



PAUL LEE

Photo by Elaine Rosenfield

Lompoc Winter Runs

February 5. Lompoc. 5K & 10K.

Overall Results - 5K

1. P. Lee (28) Santa Maria 15:37, 2. D. Parich (19) Santa Ynez 16:02, 3. D. Sims (28) Santa Maria 16:10, 4. S. Coe (28) Lompoc 17:13, 5. R. Misner (31) Santa Barbara 17:14, 6. B. Huebel (39) Santa Barbara 17:16, 7. T. Robinson (32) Lompoc 18:20, 8. S. Rosenfield (41) San Luis Obispo 18:25, 9. J. Brown (46) Lompoc 18:27, 10. I. Myers (15) Solvang 18:41.

Overall Results - 10K

1. P. Lee (28) Santa Maria 33:23, 2. J. Trettin (34) Lompoc 33:57, 3. E. Parks (28) VAFB 34:43, 4. C. Allen (28) Lompoc 35:10, 5. P. Schneekloth (33) Buellton 36:44, 6. M. Uema (46) Lompoc 37:34, 7. J. Patterson (47) 38:08, 8. L. Escobar (25) Santa Maria 38:10, 9. J. Huebel (39) Santa Barbara 38:51, 10. S. Rosenfield (41) San Luis Obispo 40:25.

Santa Barbara Couple's Relay

February 11. Santa Barbara. 2x4 Miles.

Overall Results

1. Anne Hayden/Michael Smith 44:24, 2. Jamie

RESULTS

Harley 41:46, 2. Fernando Leon 46:59, 3. Mike Flint 48:41.

Division Results - Women

18 & Under: 1. Kate Conkling 49:17, 2. Tracy Jamernez 54:00, 3. Beth Conkling 1:02:01, 19-29: 1. Jennifer Sill 44:25, 2. Terry Riske 45:31, 3. Yvonne Day 47:10, 30-39: 1. Kathy Crampton 49:44, 2. Jaddyn Liman 52:00, 3. Eileen Drabinski 53:40, 40-49: 1. Ellen Troth 48:28, 2. Vickie Lames 51:11, 3. Pat Vigil 52:48, 50 & Over: 1. Barbara Hinshaw 53:14, 2. Gloria Dake 55:19, 3. Kathrine Beiers 1:02:23.

You've Gotta Be Crazy Run

February 18, Reno, NV, 7 Mi. & 5K

Overall Results - Men's 7 Mile

1. Miguel Tibaduiza 37:34, 2. Bill Knapp 38:35, 3. Eduardo Cardenas 39:31, 4. Dave McCormbs 43:57, 5. Cliff Young 44:01, 6. Robert Smith 44:06, 7. Kevin Truax 45:03, 8. Robert Johnson 45:05, 9. Tim Sullivan 45:31, 10. Robert Sobsey 46:42.

Overall Results - Women's 7 Mile

1. Rosy Cardenas 44:04, 2. Alice Klages 49:22, 3. Bridgette Lesar 51:19, 4. Rachel Proctor 52:16, 5. Leslie Boucher 53:18.

Overall Results - Men's 5K

1. Colin Hawkes 19:09, 2. Guillermo Sanchez 19:33, 3. Mike Holton 20:25, 4. Gary Brooks 20:45, 5. Ken Shoop 22:10.

Overall Results - Women's 5K

1. Prunhil Prmrajh 26:41, 2. Lee Harris 27:57, 3. Barbara Lariue 29:44.

5K Walkers

Men: 1. Eugene O'Brien 53:13. Women: 1. Hilda Pfeifer 44:13.

Sequoia Park Race

February 19, Six Rivers R.C., Eureka, 2 Mi. & 5.1 Mi.

Division Results - 2 Mile

Men: 1. Mike Phillips (42) (Masters) 10:33. 1. James Brusca (15) 11:32.

Women:

1. Kari Holt (14) and Nikki Jeffers (12) 15:38. 1. Jan Owen (41) (Masters) 20:01.

Division Results - 5.1 Mile

Men: 1. John Zinsmeier (41) 27:42. 1. Chris Hinshaw (25) (Open) 28:10.

Women:

1. Teresa Smith (28) 37:20. 1. Clara Azevedo (62) (Masters) 48:48.

Legg Lake Runs

8K Presidents Run

February 20, So. El Monte.

Overall Results

1. Des Woods (29) 24:37, 2. Salvador Gonzalez (41) 29:07, 3. Vic Bollo (27) 29:08, 4. Thomas Hardin (15) 29:37, 5. Robert Williams (40) 29:52, 6. Randall Shelley (45) 30:04, 7. Chanel Jones (30) 30:15, 8. Leslie Caldera (37) 30:35, 9. Robert Ripley (28) 30:44, 10. Jerry Lawrence (35) 30:58.

Legg Lake 5K Run

March 4, So. El Monte.

Overall Results

1. Don Parker (43) 17:54, 2. Mike Gutierrez (17) 18:14, 3. Ray Parker (43) 18:20, 4. Tim Smith (26) 18:32, 5. Chanel Jones (30) 18:42, 6. Don Peterson (39) 18:51, 7. Kent Wadin (35) 19:07, 8. Booker Washington (51) 19:32, 9. Frank Ogawa (53) 19:34, 10. Bob Landry (60) 20:06.

The Benefit Run

February 25, Lancaster, 5K & 10K.

Overall Results - 5K

1. Todd Kerzie (20) Palmdale 16:38, 2. Louie Terrones (27) Mojave 16:53, 3. J.T. Vida (18) Lancaster 17:22, 4. Sam Culver (39) Lancaster 17:51, 5. Hector Chavez (15) Newhall 17:56, 6. Mike Hash (41) 18:30, 7. Ryan Gutzwiller (18) Lancaster 18:44, 8. Amando Arguello (33) Palmdale 19:14, 9. Aldo Arca (29) Palmdale 19:21, 10. Tom Estrada (39) Lancaster 19:24.

11. Richard Deslennier (17) Lancaster 19:49, 12. Rick Golding (42) Palmdale 19:49, 13. Pat Harlan (42) Santa Clarita 20:00, 14. Ray McPherson (27) Lancaster 20:14, 15. Gavin Klingler (12) Valencia 20:16, 16. Gary Kramer (21) Edwards 20:18, 17. David Jauron (17) Lancaster 20:20, 18. Erik Soudmore (17) Quartz Hill 20:22, 19. Robert Terril (27) Lancaster 20:31, 20. Shawn Pearson (14) Quartz Hill 20:32.

Overall Results - 10K

1. William Gregory (31) Edwards 35:16, 2. Cory Sundeen (18) Ridgecrest 35:26, 3. Gary Miller (31) Lancaster 37:00, 4. Daniel Couze (31) Victorville 37:31, 5. Jerry Esses (33) Van Nuys 38:06, 6. Dennis Smith (42) Tehachapi 38:09, 7. Rich Cooper (45) Lancaster 38:25, 8. Mark Gallagher (31) Palmdale 38:38, 9. Dennis Fletcher (42) Lancaster 38:49, 10. Howard Dimier (25) Lancaster 38:50.

11. Louie Rudziewicz (16) Lancaster 39:20, 12. Shannon Anderson (17) Ridgecrest 41:00, 13. Nick Riesz (50) Lancaster 41:03, 14. Roger Truax (27) Lancaster 41:24, 15. Boris Romanowsky (30) Lancaster 43:13, 16. Dave Klingler (44) Valencia 43:25, 17. Mary Eipert (36) Lancaster 44:02, 18. Steve Rowland (40) Lancaster 44:25, 19. Don Carey (31) Edwards 44:36, 20. Ron Bodie (51) Palmdale 44:50.

The Great Chowder Chase

February 25, Boardwalk, Santa Cruz, 4.5 Miles.

Division Results - Men

16 & Under: 1. Ed McCormick 24:32, 2. Jeremy Ferem 27:06, 3. Todd Stevens 28:39, 17-29: 1. Javier Naranjo 23:27, 2. Joseph Karnes 23:41, 3. Patrick Rainey 23:53, 30-39: 1. Robert Tapia 23:11, 2. Lupe Vargas 24:18, 3. Steve Ottaway 24:26, 40-49: 1. Tim O'Connell 27:13, 2. W.T. Moore 27:31, 3. Craig Reynolds 27:45, 50-59: 1. Tom Kurihara 28:13, 2. Oscar Rosales 29:07, 3. Richard young 29:15, 60 & Over: 1. Bob Ross 34:01, 2. Ken Nash 34:29, 3. Joe Hombrook 36:15.

Division Results - Women

16 & Under: 1. Nicole Silva 30:21, 2. Franoina Aqi 32:45, 3. Jennifer Keil 34:45, 17-29: 1. Joan Smith 28:52, 2. Jennifer Hinshaw 28:57, 3. Debbie Hdst 29:33, 30-39: 1. Anne Hayden 27:15, 2. Debbie Oatler 27:17, 3. Donna Hinshaw 28:44, 40-49: 1. Joan Colman 26:58, 2. Judith Russo 33:07, 3. Valerie Pilkington 33:14, 50-59: 1. Nancy Troya 34:43, 2. Barbara Hinshaw 36:09, 3. Emily Maloney 36:51, 60 & Over: 1. Carmen Maddock 43:08, 2. Verie Waters 45:29, 3. Elma Barber 1:02:16.

Spring Run

Madison School, Sanger, 6 Mile & 3 Mile.

Division Results - 6 Mile

19-29: 1. Tony Rangel 35:56, 35-39: 1. Lawrence Alderels 38:20, 45-49: 1. John Plus 43:57.

3 Mile Time Prediction

1. Mark Johnson 23:04.3 (44.3 off prediction).

CSULB Prep Run

No Date Given, Long Beach.

Division Results - Men

14 & Under: 1. Jamie Duckman 2:05:08, 15-19: 1. Nelson Molina 1:52:51, 2. Dean Orr 2:15:59, 20-24: 1. Kieran Sherlock 1:36:52, 2. Steve Hayward 1:37:08, 3. Peter Oviatt 1:42:09, 25-29: 1. David Dennis 1:35:50, 2. Jamie Ortiz 1:35:51, 3. Larry Higgenbotham 1:38:37, 30-34: 1. David Bower 1:40:37, 2. John Araujo 1:41:31, 3. Joe Bugbee 1:43:15, 35-39: 1. Enrique Alvarez 1:29:04, 2. Jim Arquilla 1:35:08, 3. Mike Morris 1:42:23, 40-44: 1. Paul Maier 1:38:06, 2. Pablo Drobny 1:40:58, 3. Tom Fischer 1:42:37, 45-49: 1. Ben Jackson 1:41:34, 2. Denis Trafecanty 1:46:09, 3. Jon Quinn 1:46:20, 50-54: 1. Paul Browne 1:53:01, 2. Gordon Watson 1:58:32, 3. Stan Ramsey 2:00:06, 55-59: 1. Hugh McHugh 2:00:06, 2. David Prucker 2:14:13, 3. Lane Blank 2:14:22, 60-64: 1. Tracey Brown 1:53:54, 2. David Jacobson 2:07:24, 3. Milo Sather 2:07:53, 65-69: 1. Ed Horning 2:13:16, 2. Reese Walton 2:29:04.

Division Results - Women

18 & Under: 1. Katy Donahue 2:06:50, 2. Chrissy Asher 2:09:29, 3. Erica Ballinger 2:13:50, 19-24: 1. Erin McConnell 2:05:20, 3. Erica Starkons 2:11:21, 25-29: 1. Rhonda Davidson 2:02:00, 2. Patricia Bakriges 2:04:20, 3. Debi King 2:06:39, 30-34: 1. Jerri Edwards 2:01:56, 2. Saline Stout 2:02:04, 3. Virginia Lazano 2:09:40, 35-39: 1. Jade Sackett 1:55:23, 2. Fonda Klosterman 2:10:01, 3. Linda Riddle 2:11:12, 40-44: 1. Joan Clergy 2:03:59, 2. Peggy Cook 2:10:30, 3. Betty Sears 2:20:44, 45-49: 1. Brenda Lunsford 2:09:08, 2. Yvette Lavigne 2:10:41, 3. Darlene Galindo 2:22:30, 50-54: 1. Shirley Bush 2:17:00, 2. Mary Dugan 2:24:34, 3. Beitya Hamonds 2:32:00, 55-59: 1. Virginia Taneja 2:25:24, 2. Amy Goldstein 2:36:27, 60-64: 1. Anikette Hill 2:50:57.

Brickyard Run

No Date Available, Oakland.

Overall Results

1. Thom Trimble (29) Moraga 43:10, 2. Sal Vasquez (49) Suisun 43:46, 3. Kevin Cowley (30) Martinez 46:36, 4. Bob Hermens (37) Concord 47:32, 5. Stephen Freitas (39) Orinda 47:38, 6. Barry Hampshire (38) Walnut Creek 48:16, 7. Roger Bryan (53) San Jose 48:33, 8. Edward Russell (30) Pt. Hill 48:52, 9. Glen Lewis (35) Martinez 48:55, 10. Carlos Lopez (29) Woodland 49:06.

11. Eldred Himsforth (41) W.C. 49:11, 12. Peter White (47) Berkeley 49:36, 13. Bill Auld (31) Alameda 49:44, 14. Phil Murphy (45) Oakland 49:45, 15. Tim Quinn (42) Oakland 49:46, 16. John Monteverdi (42) Oakland 49:52, 17. Jim Roberts (36) Martinez 49:59, 18. Chris Larsen (42) W.C. 50:01, 19. Malcolm Scottier (42) Berkeley 50:12, 20. Joe Hancock (50) Berkeley 50:17.

Division Results - Men

13 & Under: 1. Paul Lind 66:25, 14-20: 1. Brad Pedersen 52:27, 2. Mike Hamilton 56:16, 3. Mike Amara 58:22, 21-29: 1. Thom Trimble 43:10, 2. Lopez 49:06, 3. Fernando Garcia 50:48, 30-34: 1. Eldred Himsforth 49:11, 2. Edward Russell 48:52, 3. Bill Auld 49:44, 35-39: 1. Bob Hermens 47:32, 2. Stephen Freitas 47:38, 3. Barry Hampshire 48:16, 40-44: 1. Eldred Himsforth 49:11, 2. Tim Quinn 49:46, 3. John Monteverdi 49:52, 45-49: 1. Sal Vasquez 43:46, 2. Peter White 49:36, 3. Phil Murphy 49:45, 50-54: 1. Roger Bryan 48:33, 2. Joe Hancock 50:17, 3. Paul Ligda 57:14, 55-59: 1. Dick Collins 64:37, 2. John Morken 65:10, 3. David Nelhaway 65:52, 60 & Over: 1. Bruce Oliver 60:06, 2. John Nysler 65:11, 3. Jack Selvey 73:38. Open: 1. Thom Trimble 43:10, 2. Sal Vasquez 43:46, 3. Kevin Cowley 46:36, Husband/Wife: 1. John and Vicki Blankenship 52:39 and 61:14.

Division Results - Women

14-20: 1. Shoni Brunton 76:14, 21-29: 1. Trisha Arbogast N.T., 2. Susanne Kowalski N.T. 30:34, 3. Nancy Staub 54:31, 2. Jill Mitchell 65:22, 3. Lynn Silya 71:25, 35-39: 1. Barbara Ginos 61:31, 2. Sharlet Gilbert 61:47, 3. LeeAnn Jordan 62:01, 40-44: 1. Mari-

lyn Acquastapace 55:50, 2. Vickay Blankenship 61:14, 3. Linda Wimmer 61:24, 45-49: 1. Valerie Boyle 61:03, 2. Karen Gudiksen 69:40, 50-54: 1. Ailee Rose 58:19, 2. Diane Bromstead N.T., 3. Barbara Robben 68:58, 55-59: 1. Ruth Anderson 68:07, 2. Lola Houston 75:40, 60 & Over: 1. Bernice Carter 82:09, 2. Annabelle Marsh 92:29, 3. Judy Golding 92:32. Open: 1. Trisha Arbogast 51:35, 2. Nancy Staub 54:31, 3. Marilyn Acquastapace 55:50. Mother & Son: 1. Harriet Kelly 1:33:49/David Gorman N.T.

Run for Life

February 25, Woodward Park, Fresno, 2 Mi. & 10K.

Overall Results - 2 Mile

1. Bryan Foley (30:39) 9:17, 2. David Tomerlin (30:39) 9:40, 3. Kevin Baxter (16:18) 9:41, 4. David Lennon 9:55, 5. Ed Gera (16:18) 10:01, 6. Daniel Vega (19:29) 10:06, 7. Mike Brooks (13:15) 10:07, 8. James Bell (16:18) 10:17, 9. Scott Curtis (16:18) 10:20, 10. Artemio Villegas (19:29) 10:23.

11. Ray Sandoval (19:29) 10:44, 12. Steve Ganzhuber (13:15) 10:56, 13. Antonio Briseno (13:15) 10:58, 14. Frank Zavala, Jr. (19:29) 11:02, 15. Chris Rice (16:18) 11:14, 16. Darrin Williams (19:29) 11:18, 17. Bill McCarthy (30:39) 11:21, 18. Michael Miles (30:39) 11:25, 19. Jose Saubert (30:39) 11:27, 20. Chris Fukagawa (40:49) 11:43.

Overall Results - 10K

1. Alfred Lara (30:34) 29:53, 2. Ray Garcia (25:29) 31:21, 3. Jim Harig (30:34) 31:39, 4. Joe Carneje (19:24) 32:00, 5. John King (19:24) 32:34, 6. Bob Lindsey (40:44) 32:40, 7. Greg Pope (25:29) 33:11, 8. Samuel Bell (19:24) 33:43, 9. Tom Counts (18 & U) 34:00, 10. Robert Coyle (30:34) 34:00.

11. Gilbert Gonzalez (25:29) 34:16, 12. Don Chapin (40:44) 34:45, 13. John Aldrich (35:39) 34:51, 14. Isaias Luna (30:34) 35:08, 15. Frank Padilla (50:58) 35:10, 16. Ull Glass (25:29) 35:10, 17. Terry Nephew (35:39) 35:18, 18. David Soleno (40:44) 35:29, 19. Steven Levy (40:44) 35:30, 20. Stacy McAfee (19:24) 35:32.

Jackets Runs

February 25, Stockton, 10K & 2 Mile.

Division Results - Men's 10K

14 & Under: 1. Noan Dye 41:34, 2. Mike Gonzales 46:13, 3. Matt Kent 52:57, 15-18: 1. Michael Wright 48:47, 19-29: 1. John Hancock 32:40, 2. Rick Bruess 32:50, 3. Art Gonzales 33:48, 30-35: 1. Doug Barbenn 34:47, 2. Chuck Arrellano 37:00, 3. David Gonzales 41:09, 36-41: 1. Bill Seaver 33:38, 2. Charles Locke 34:19, 3. William Dunn 34:24, 42-50: 1. David Barry 34:38, 2. Doug Butt 36:59, 3. Don Bryon 40:06, 51-59: 1. Javier Del Rio 41:03, 2. Anthony Castagna 43:16, 3. George Orsillo 43:24, 60 & Over: 1. Don Lundberg 46:59, 2. Chuck Holmes 50:39, 3. Vic Lyons 52:19.

Division Results - Women's 10K

19-29: 1. Laura Bruess 40:27, 2. Rozaly Rodriguez 53:44, 3. Masako Ochiai 53:48, 30-35: 1. Janet McCann 42:32, 2. Mary Hess 42:44, 3. Laurie Goes 49:01, 36-41: 1. Dee Dee Graffus 44:14, 2. Lynda Winter 44:15, 3. Linda Molina 47:34, 42-50: 1. Ellen Troth 45:43, 2. Keleen Youm 50:15, 3. Frances Farmer 59:25, 51-59: 1. Dina Fields 53:32, 60 & Over: 1. Angie Giuan 1:03:47.

Division Results - Men's 2 Mile

14 & Under: 1. Sam Rivera 11:55, 2. Ramin Jamshidi 12:29, 3. Victor Solis 12:40, 15-18: 1. Greg Friedman 12:28, 19-29: 1. Leon Shardon 9:33, 2. Brian Butler 10:36, 3. Richard Luos 11:14, 30-35: 1. Greg Hudson 10:40, 2. Mike Hoston 11:23, 3. Mark Plank 11:24, 36-41: 1. Jerry Marknez 11:09, 2. Bob Pietrosik 11:41, 3. Bill Hom 14:37, 42-50: 1. Karnahe Valerine 11:54, 2. Rudy Rodriguez 12:50, 3. Joseph Torres 13:10, 51-59: 1. Dick Shoman 12:28, 2. Anthony Castagna 12:51, 3. Gino Froilanelli 13:38, 60 & Over: 1. Adrian Verdazco 14:34.

RESULTS

Division Results - Women's 2 Mile

14 & Under: 1. Nika Horn 12:48, 2. Kari Horn 13:20, 3. Angelina Martinez 14:00, 15-18: 1. Carrie Lee 19:00, 19-29: 1. Cindy Minahan 16:58, 2. Debbie Bough 17:01, 3. Trina Burton 17:04, 30-35: 1. Diane Colacino 15:26, 2. Bev Ries 15:51, 3. Conwig Cook 15:57, 36-41: 1. AnnaMarie Newton 16:22, 2. Bonnie Mansfield 17:47, 3. Sue Horn 18:03, 42-50: 1. Oniyo Shiwgu 14:51, 2. Sharon Miller 16:16, 3. Camille Vilamor 20:01, 51-59: 1. Dina Fields 16:14, 2. Guadalupe Frias 18:53, 3. Ardith Belden 22:10.

Berkeley Challenge for Charity

February 26, Berkeley, 5K & 10K.

Cal business students shed the usual MBA image last week and put their skills to work raising money for charity. A 5 and 10K race on the Berkeley campus drew roughly 200 people. The event grossed \$2,600, all of which will go to the Alameda chapter of Special Olympics after paying for the race's expenses.

In addition to the usual categories, the MBA organizers offered participants the option of racing against others in their professional category. Race director Jay Johannessen says "the idea was to give people the chance to compete against others with roughly the same lifestyle. It's really not fair that accountants have to compete against students and others who have the time to run every day. Our race gave them a chance to even things out."

Overall Results - Men's 10K

1. J. Kaspaif 32:30, 2. Mark Piccolo 34:21, 3. Gabriel Sandoval 35:02, 4. Joseph Naughten 35:32, 5. Troy Overton 35:37, 6. Steve Holtzman 35:41, 7. Tom McInroy 35:44, 8. Samuel Harvell 36:24, 9. Mark Rollins 37:23, 10. Mark Robertson 37:27.

Overall Results - Women's 10K

1. Emily Hildebrandt 39:18, 2. Rebecca Clark 46:22, 3. L. Hogie 46:22, 4. Monica Haggerty 49:52, 5. Connie Mils 50:45, 6. Laura Hughes 53:05, 7. Gemi Psick 53:49, 8. A. Stabler 55:13, 9. Halle Hewitt 55:41, 10. N. Mizick 56:23.

Overall Results - Men's 5K

1. Benjamin Castenede 15:15, 2. Peter Karlsson 15:58, 3. Larry Austin 17:40, 4. Lester Mina 17:45, 5. Joe Taziera 18:08, 6. Ciaran Quinn 18:34, 7. George Rahmet 19:06, 8. Glen Anderson 19:12, 9. Anthony Moore 20:36, 10. Mark Owicko 20:41.

Overall Results - Women's 5K

1. Gina Robber 20:11, 2. Kimberly Rech 21:50, 3. B. Groenell 21:50, 4. Jennifer Ridgeway 22:07, 5. Rebecca Olsen 22:28, 6. Angela Atkinson 22:51, 7. Evy Ibarra 23:32, 8. Irma Ramirez 23:34, 9. Karen Shymanski 24:45, 10. Kari Hulac 24:49.

Bidwell Classic

March 4, Chico, Marathon & Half.

Division Results - Men's Half Marathon

14-17: 1. John Kuzm 1:11:41, 2. Mike Cardenas 1:16:47, 3. Jarrick Sadoin 1:23:14, 18-24: 1. Tom Davies 1:11:00, 2. Eric Taylor 1:15:00, 3. David Liotta 1:19:26, 25-29: 1. Thomas Johnson 1:15:55, 2. Jim Felder 1:19:37, 3. Kevin Barry 1:19:58, 30-34: 1. Lupe Vargas 1:11:52, 2. Mike Deatherage 1:14:25, 3. Todd Nunan 1:15:07, 35-39: 1. Tim Williams 1:10:55, 2. Thomas Cushman 1:12:14, 3. Charles Locke 1:14:06, 40-44: 1. Perry Hayden 1:17:16, 2. Fabio Hernandez 1:18:20, 3. Gary Latspeich 1:18:40, 45-49: 1. Walt Schaler 1:20:35, 2. George Parrott 1:24:37, 3. Michael Hawkes 1:26:47, 50-54: 1. Jim Bevins 1:22:34, 2. Les Fredrickson 1:22:42, 3. Ray Navarro 1:25:25, 55-59: 1. Ron Ogilvie 1:29:44, 2. Ed Thomasson 1:30:35, 3. Bill Brown 1:38:30, 60-69: 1. Gene Pumphrey 1:29:09, 2. Claude Belcourt 1:33:36, 3. Harry Danhill 1:35:28.

Division Results - Women's Half Marathon

14-17: 1. Daisy Stanhope 1:44:57, 2. Terri Horton

1:51:14, 3. Shannon Reed 1:56:11, 18-24: 1. Catherine Christensen 1:29:26, 2. Carol Zutell 1:36:10, 3. Sandi Parker 1:39:26, 25-29: 1. Luanne Park 1:17:29, 2. Jill Hernandez 1:23:26, 3. Sydney Webb 1:32:27, 30-34: 1. Christine Inahashi 1:21:22, 2. Jeanne Landrum 1:24:47, 3. Patty Howell 1:26:12, 35-39: 1. Coco Crum 1:38:17, 2. Tracy Achels 1:40:02, 3. Katie Morgan 1:41:39, 40-44: 1. Jackie Walker 1:36:22, 2. Andrea Matthews 1:38:20, 3. Shelley Black 1:42:01, 45-49: 1. Marge Dunlap 1:32:49, 2. Susan Condon 1:42:08, 3. Linda Winter 1:49:31, 50-54: 1. Kitty Brown 1:47:21, 2. Patt Galvan 2:05:39, 3. Betty Best 2:10:41, 55-59: 1. Theresa Hennemam 1:51:53, 2. Daisy Roberts 1:52:04, 3. Liz DeMonte 1:58:42, 60-69: 1. Barbara Vanderlip 2:16:59, 2. Louise Barnes 2:54:52, Wheelchair: 1. Don Lively 3:17:17, 2. Dave Spencer 3:46:42.

Division Results - Men's Marathon

13 & Under: 1. Perry Glover 4:26:05, 18-24: 1. Tuka Galari 3:44:03, 2. Eric Balz 3:45:05, 3. Mark Mavis 3:45:05, 25-29: 1. Dan Towner 2:37:23, 2. Gregory Meadows 2:42:14, 3. Jim Scott 2:50:43, 30-34: 1. David Scott 2:37:23, 2. Jeffrey Bischof 2:44:15, 3. Timothy Twietmeyer 2:45:30, 35-39: 1. Craig Moore 2:31:32, 2. Terry Nephew 2:41:49, 3. John Aldrich 2:46:44, 40-44: 1. Jerry Blinn 2:55:19, 2. Tim Quinn 3:00:44, 3. Skip Lees 3:08:03, 45-49: 1. Bill Gardner 2:53:44, 2. Herbert Nelson 3:18:22, 3. El Burro 3:47:59, 50-54: 1. Michael McGio 2:53:39, 2. Martin Baiding 2:53:45, 3. Roberto Sanchez 3:26:32, 55-59: 1. Ka Stanley 3:52:34, 2. Don Chorley 3:59:39, 60-69: 1. George Billingsley 3:31:58, 2. Thomas Fong 4:04:19, 3. Frank Dawson 4:26:50, 70 & Over: 1. Paul Reese 3:49:34.

Division Results - Women's Marathon

18-24: 1. Lisa Murphy 3:28:58, 2. Juli Dubose 3:32:52, 25-29: 1. Pipasa Glass 3:58:14, 2. Abeer Alkrouk-Babbitt 4:48:08, 35-39: 1. Mandy Gardner 3:33:57, 2. Robin Hobbs 3:43:10, 3. Carol Witwer 3:44:11, 40-44: 1. Garima Hoffmann 4:01:56, 2. Ashanka Slagg 4:13:34, 45-49: 1. Joan Bumpus 3:46:47, 2. Mary Cantini-Norkin 4:26:18, 50-54: 1. Joan Szarfinski 3:46:32, 2. Majorie Carling 5:55:40, 60-69: 1. Marcia Warden 4:33:44.

Grape Stampede

March 4, Gonzalez, 10K.

Division Results - Men

19 & Under: 1. Matt Siguero 37:52, 2. Javier Avila 39:11, 3. Mike Ostin 39:58, 20-29: 1. Robert Herndon 32:01, 2. Jim Scatini 32:33, 3. Mark Hoefler 32:53, 30-39: 1. Dan Sauer 31:52, 2. Charlie Racoosin 33:59, 3. Jim Poulos 34:40, 40-49: 1. David Furst 33:14, 2. Detle Kraus 34:57, 3. Roger Zalcan 38:31, 50-59: 1. Samuel Vandenberg 37:49, 2. Bob Tarozzi 38:36, 3. Ben Sawyer 41:56, 60 & Over: 1. Don Lucero 44:36, 2. Ed Foley 44:41, 3. Don Anhorn 47:17.

Division Results - Women

19 & Under: 1. Jeanie Sovek 47:52, 2. Michelle Marshall 51:09, 3. Janice Coast 54:35, 20-29: 1. Laura Sanchez 36:07, 2. Terry Juri 38:22, 3. Terry Schneider 38:49, 30-39: 1. Barbara Frank 37:38, 2. Mary Menz 41:50, 3. Maggie Sup 42:40, 40-49: 1. Juana Stavalone 38:01, 2. Barb Zolind 43:46, 3. Vickie Lames 46:26, 50-59: 1. Gloria Dake 49:31, 2. Marjorie Mikael 49:44, 3. Louise Anderson 55:44, 60 & Over: 1. Silvia Sweet 59:20, 2. Connie Pina 1:03:32.

Run for Hungry Children

March 4, Irvine, 5K & 10K.

More than 1300 athletes competed in the eighth annual Run For Hungry Children in and around the community of Turtle Rock in Irvine. John Koningh of Newport Beach, age 32, was the easy winner of the 5K with a time of 14:47. Greg Lamb, a resident of Mission Viejo, age 19, captured first place in the 10K event with a time of 33:40.

In the women's divisions, Marty Cooksey of Orange, age 34, won the 5K with 17:41. Sherri Hall,

Costa Mesa, age 37, was the first to cross the finish line in the 10K event with a time of 37:00.

The event is organized by South Coast Community Church as a fund raiser which benefits hungry and disadvantaged children in various parts of the world. More than \$26,000 was raised this year which will go directly to organized agencies in such places as Guatemala, Honduras, Mexico, and Haiti, as well as southern California.

Overall Results - Men's 5K

1. John Koningh (32) Newport Beach 14:47, 2. George Mason (53) Irvine 15:26, 3. Chris Hobson (20) Costa Mesa 15:44.

Overall Results - Women's 5K

1. Marty Cooksey (34) Orange 17:41, 2. Sue Ann Buck (32) Long Beach 19:46, 3. Kelly Babcock (50) Irvine 20:08.

Overall Results - Men's 10K

1. Greg Lamb (19) Mission Viejo 33:40, 2. Martin Zemanek (22) Huntington Beach 33:48, 3. Eric Squires (24) Mission Viejo 34:01.

Overall Results - Women's 10K

1. Sherri Hall (37) Costa Mesa 37:00, 2. Laura McHale (25) Irvine 41:02, 3. Georgina Ried (33) Irvine 41:50.

Division Results - Men's 5K

10 & Under: 1. Mike Avila 23:03, 11-14: 1. Joe Heredia 17:58, 15-18: 1. Robbie Price 15:48, 19-24: 1. Chris Hobson 15:44, 25-29: 1. Steve Moreno 15:51, 30-34: 1. John Koningh 14:47, 35-39: 1. Don Irvine 16:41, 40-44: 1. Bill Sumner 16:04, 45-49: 1. Alan Wakeling 17:38, 50-59: 1. Dick Vosburgh 18:38, 60-69: 1. Gunner Brickner 20:11, 70 & Over: 1. Dean Scofield 28:16.

Division Results - Women's 5K

10 & Under: 1. Dana Garcia 22:55, 11-14: 1. Christie Crawford 23:32, 15-18: 1. Tanya Brix 20:16, 19-24: 1. Laura Fainella 23:38, 25-29: 1. Cynthia Woo 21:30, 30-34: 1. Marty Cooksey 17:41, 35-39: 1. Janinos Roling 24:28, 40-44: 1. Pat Rowland 23:54, 45-49: 1. Teri Eggars 24:32, 50-59: 1. Gail Bowman 31:08, 60-69: 1. Joann Gunn 42:32.

Division Results - Men's 10K

10 & Under: 1. Eric Deming 37:12, 11-14: 1. Nathan Bones 52:45, 15-18: 1. Robbie Price 56:48, 19-24: 1. Greg Lamb 33:40, 25-29: 1. Bob Krauth 35:21, 30-34: 1. Michael Kalper 34:30, 35-39: 1. Rich Goodaker 42:07, 40-44: 1. Steve Reid 40:47, 45-49: 1. Gary Riley 39:14, 50-59: 1. Harvey Peterson 42:12, 60-69: 1. Dulch Feenstra 48:13.

Division Results - Women's 10K

15-18: 1. Christine Porter 43:33, 19-24: 1. Cindy Kurle 46:02, 25-29: 1. Laura McHale 41:02, 30-34: 1. Georgina Ried 41:50, 35-39: 1. Sherri Hall 37:00, 40-44: 1. Meredith Ziegler 45:15, 45-49: 1. Theresa Ross 45:51, 50-59: 1. Martha Feenstra 48:15.

San Juan Capistrano

Run

March 4, San Juan Capistrano, 10K.

Division Results - Men

14 & Under: 1. Eddie Alarcon 37:50, 2. Shannon Tibbs 40:19, 3. Ryan Downey 43:27, 15-19: 1. Mike Farrell 32:21, 2. Mike Tansley 32:32, 3. Andrew Tansley 34:57, 20-24: 1. Gus Quinonez 31:22, 2. Kevin Lapiere 36:39, 3. Jeff Russell 37:35, 25-29: 1. Jeffrey Goetin 31:30, 2. Antonio Ramirez 34:00, 3. Pete Sweeney 37:23, 30-34: 1. Steve Kavatch 33:08, 2. Charles Page 35:11, 3. Scott McKenzie 38:04, 35-39: 1. Paul Cook 31:46, 2. Bill Johnson 33:56, 3. David Parker 34:24, 40-44: 1. Danny Morales 34:37, 2. Bill Belding 35:54, 3. Ronad Douglas 36:25, 45-49: 1. George Hill 38:02, 2. Sheldon Nankin 38:59, 3. Denny DeSimone 39:02, 50-54: 1. Ron Grant 37:04, 2. Rex Lundquist 38:21, 3. Jerry Simons 42:04, 55-59: 1. Donald Harvey 43:05, 2. Norm Dickinson 45:02, 3. Bob Donavan 45:06, 60 & Over: 1. Remy Burkell 41:32, 2. Wally Taylor 42:01, 3. Richard Langette 44:37, Wheelchair: 1. Jorge Luna 23:28, 2. Saul Mendoza 28:29, 3. Aaron Gordian 28:30.

Division Results - Women

14 & Under: 1. Meghan Mayes 44:18, 2. Nicole Roostee 49:14, 3. Meagan Lingo 59:42, 15-19: 1. Noel Landreth 43:45, 2. Jennifer Fahy 53:03, 3. Tina Banda 1:00:15, 20-24: 1. Susan Jepsen 45:55, 2. Desiree Habeger 46:25, 3. Angela Chavez 49:29, 25-29: 1. Sugar Dobbs 41:26, 2. Kimberly Long 41:38, 3. Kimberly Lopina 43:44, 30-34: 1. Laura Anthony 40:18, 2. Mary Barsalean 42:43, 3. Sandra Schwartz 43:06, 35-39: 1. Trish Pierson 38:16, 2. Tracy Lewis 43:38, 3. Anna Knowles 43:39, 40-44: 1. Jerrilyn Sober 44:28, 2. Patty Martin 46:51, 3. Joy Coney 48:52, 45-49: 1. Marilyn Whiseman 50:37, 2. Nona DePasquale 51:16, 3. Sylvia Trowbridge 53:58, 50-54: 1. Annie Quinonez 44:18, 2. Barbara Camp 47:41, 3. Cecelia Hurn 52:54, 55-59: 1. Chris Comp 48:38, 2. Lee Liddle 1:02:32, 3. Betty Levin 1:03:44.

California Coast

Challenge '89

El Sobrante.

Overall Results - Men

1. Eric Allen (23) Mill Valley 2:43:31, 2. Mark Rightman (33) Novato 2:44:42, 3. Bruce Linnscott (30) Fairfax 2:46:46, 4. Tom Lyons (23) Oakland 2:50:05, 5. Michael Lopez (31) Fairfax 2:50:05, 6. Preston Sitterly (41) Kentfield 2:57:37, 7. Nikos Mourtas (31) San Jose 2:58:55, 8. Vince Fansone (27) S.F. 3:02:06, 9. Gordon Abbott (44) Black Point 3:02:27, 10. Donn Deangelo (42) Forest Knolls 3:03:01.

Overall Results - Women

1. Kay Willoughby (53) Mill Valley 3:21:18, 2. Alice Rose (55) Moraga 3:26:26, 3. Anri Hardham (46) Mill Valley 3:28:04, 4. Edda Siskle (47) Novato 3:41:24, 5. Karin Kuffel (26) Oakland 3:40:52.

Limanour Split

6.2 Miles

1. Justin Tyme (33) Sherman Oaks 37:53, 2. Dan Raitery (27) Berkeley 40:33, 3. Peter Johnson (17) Walnut Creek 40:57, 4. Mike Carpenter (26) Paluma 41:56, 5. Kathy Herzog (23) Oakland 41:57, 6. John Orman (28) Santa Rosa 42:05, 7. Matt Murphy (16) Woodside 42:17, 8. Kevin Ferris (25) Paluma 42:31, 9. Gary Lowenthal (39) S.F. 42:55, 10. John Cook (41) Richmond Park 43:11.

Limanour Split

10 Miles

1. Larry Meredith (31) Occidental 56:35, 2. Mark Rightman (33) Novato 57:03, 3. Craig Steinmark (26) Hayward 58:20, 4. Michael Lopez (31) Fairfax 58:51, 5. Peter Franks (42) Sausalito 59:25, 6. Mike Levangie (24) S.F. 59:44, 7. Bruce Linnscott (30) Fairfax 59:51, 8. Ken Gredenstein (35) Mill Valley 1:00:04, 9. Eric Allen (23) Mill Valley 1:00:16, 10. Thomas Barhold (45) San Anselmo 1:00:21, 11. Michael Duncan (59) San Mateo 1:00:27, 12. Preston Sitterly (41) Kentfield 1:00:30, 13. Alex Green (33) Oakland 1:01:03, 14. Floy Dawson (52) Oakland 1:01:41, 15. Donn DeAngelo (42) Forest Knolls 1:02:14.

John Muir Monumental

8.8 Miles

1. Greg Grunwald (25) Berkeley 40:31, 2. Eric Allen (23) Mill Valley 48:59, 3. Mark Rightman (33) Novato 49:48, 4. Bruce Linnscott (30) Fairfax 49:49, 5. Tom Lyons (23) Oakland 49:55, 6. Michael Lopez (31) Fairfax 50:50, 7. George Chappell (28) S.F. 50:52, 8. Alex Green (33) Oakland 53:31, 9. Vince Fansone (27) S.F. 53:37, 10. Dennis Tracy (42) Union City 54:03, 11. Nikos Mourtas (31) San Jose 54:09, 12. Aran Collier (29) Muir Beach 54:11, 13. Tomas Pastalaka (42) Mill Valley 54:20, 14. Preston Sitterly (41) Kentfield 54:29, 15. Roland Loofoff (33) Berkeley 54:37.

Tennessee Valley Waltz

5.7 Miles

1. Don Chaffee (50) Mill Valley 33:42, 2. Joel Richards (33) Mills 34:20, 3. Stephen Miller (34)

RESULTS

S.F. 35:10, 4. Bob Tanaka (32) S.F. 35:18, 5. Cy Whiston (27) Mill Valley 36:05.

9 Mile

1. Eric Allen (23) Mill Valley 54:16, 2. Tom Lyons (23) Oakland 56:55, 3. Bruce Linscott (30) Fairfax 57:05, 4. Mark Rightman (33) Novato 57:51, 5. Christopher Morrow (26) S.F. 58:37, 6. Ronald Brown (34) Mill Valley 59:30, 7. Michael Lopez (31) Fairfax 1:00:21, 8. Mike Palmer (35) Berkeley 1:01:48, 9. Nikos Mourtos (31) San Jose 1:02:08, 10. Preston Sitterly (41) Kentfield 1:02:38.

11. Vince Fansone (27) S.F. 1:02:54, 12. Donn DeAngelo (42) Forest Knolls 1:03:53, 13. Mark Mahler (26) Los Angeles 1:03:58, 14. David Innes (41) Mill Valley 1:04:06, 15. Gordon Abbott (44) Black Point 1:04:07.

South Bay 20K Run

March 5, Los Osos.

Overall Results

1. Paul Lee (28) Nipomo 1:10:32, 2. Steve Boaz (31) SLO 1:12:36, 3. John Tretin (34) Lompoc 1:13:22, 4. John Feicho (32) Los Osos 1:17:26, 5. Steve Damish (44) Encinitas 1:17:57, 6. John Blair (34) Atascadero 1:18:37, 7. John Rupp (42) Santa Maria 1:20:16, 8. Bob Gugliemelli (37) SLO 1:20:59, 9. Keith Kirkpatrick (42) SLO 1:21:04, 10. Jari Johnson (33F) Atascadero 1:21:59.
11. Patrick Jenkins (42) Morro Bay 1:23:32, 12. Tony Brizzolara (36) SLO 1:24:12, 13. Russ Raymond (41) SLO 1:24:26, 14. Bill Meece (41) Los Osos 1:26:14, 15. Stan Rosenfield (41) SLO 1:26:38, 16. Keith Handley (47) Arroyo Grande 1:27:53, 17. Larry Jones (47) SLO 1:28:04, 18. Bob Pollack (44) Pismo Beach 1:28:42, 19. Scott Colangelo (42) Cambria 1:29:05, 20. Tim Bradley (27) SLO 1:30:49.



JANI JOHNSON

Photo by Elaine Rosenfield

Foggy Bottoms Milk Runs

March 5, Fernald, 2 MI., 4 MI., & 10 MI.

Overall Results - 2 Mile

1. Eli Flioca (17) 10:59, 2. Mike Phillips (42) 11:06, 3. Denton Moore (17) 11:10, 4. Thomas Gai (17) 11:29, 5. Bret Billingsley (18) 12:25, 6. Melanie Toker (18) 12:27, 7. Owen Craig (13) 12:41, 8. Todd Wagner (16) 12:44, 9. Gail Jones (34) 13:00, 10. Vince Vallini (31) 13:05.

Overall Results - 4 Mile

1. Stuart Scholt 21:15, 2. John Zinselmeir 21:15, 3. Eno Mello 22:10, 4. Neil Thompson 22:14, 5. Ken Hale 22:52, 6. Bad Bob 22:54, 7. Alex Zygaacenko 22:58, 8. Yoshi Uemura 23:22, 9. John Walsh 23:29, 10. George Herd 23:43.

Overall Results - 10 Mile

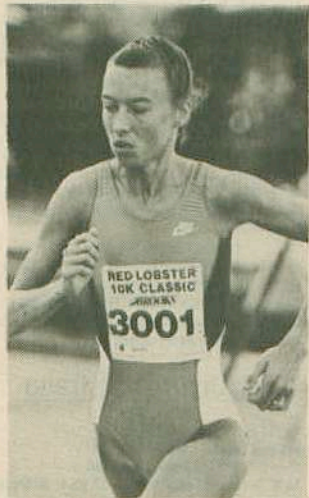
1. Mike Pigg 52:12, 2. Greg Heistuman 54:05, 3. Scott Pesch 54:37, 4. Mike Williams 55:00, 5. Mike Holt 57:03, 6. Mickey Tremmel 59:16, 7. Rafael Stroud 59:27, 8. Scott Winfield 61:41, 9. Jane Cleaver 61:52, 10. John King 62:35.

Division Results - Men's 4 Mile

14 & Under: 1. James Brusca 26:09, 2. Michael Katri 26:33, 3. Loren Chilson 28:49, 15-19: 1. Neil Thompson 22:14, 2. Todd Lowder 24:04, 3. John Maurer 24:36, 20-24: 1. Ken Hale 22:52, 2. John Walsh 23:29, 3. John Pieratt 24:17, 25-29: 1. Mark Stinson 24:43, 2. Thomas Burghart 27:59, 3. Mike Cameron 29:18, 35-39: 1. Stuart Scholt 21:15, 2. Eno Mello 22:10, 3. Bad Bob 22:54, 40-44: 1. John Zinselmeir 21:15, 2. Edward Ferranto 25:07, 3. Robert Stewart 27:04, 45-49: 1. John Petersen 24:57, 2. Bill Etter 25:59, 3. Stephen Conger 27:59, 50-54: 1. George Herd 23:43, 2. Elsworth Pence 26:46, 3. Richard Gilchrist 28:35, 55-59: 1. Hal Jackson 26:07, 2. Bill Rogers 29:31, 3. Charles Lawrence 30:29, 60-64: 1. Floyd Fisher 50:10, 2. Dean Lindquist 58:58, 65-69: 1. Bob Dickerson 31:46, 2. Charles Swingover 40:34, 3. Jack Harris 54:59.

Division Results - Women's 4 Mile

14 & Under: 1. Hannah Buell 27:46, 2. Tracy Miller 36:00, 3. Jessica Parker 36:50, 15-19: 1. Stacey Story 35:58, 2. Catherine Granich 37:57, 3. Melanie Bond 42:39, 20-24: 1. Deanna McVicar 25:00, 2. Carol Schubach 29:53, 3. Nancy Myers 31:06, 25-29: 1. Susan Knox 26:35, 2. Shelly Brown 34:40, 3.



LIZ LYNCH McCOLGAN

Marquette Powers 34:57, 30-34: 1. Mary Pincini-Wells 26:42, 2. Kristine Mechals 28:29, 3. Cathy Dickerson 29:48, 35-39: 1. Tessa d'Ussseau 27:58, 2. Paula Coy 32:19, 3. MarySue Fisher 33:23, 40-44: 1. Penny Jainer 33:27, 2. Connie Anderholm 35:27, 3. Susan Hooover 36:25, 45-49: 1. Linda Forbes 31:18, 2. Jeanie Kaukonen 34:54, 3. Roni Ann Carlson 36:51, 50-54: 1. Patricia Pedrotti 33:56, 2. Joan Maurer 36:56, 3. Geri Barnum 46:15, 55-59: 1. Lynn Lawrence 32:24, 2. Nancy Gardner 36:11, 3. Jean Ross 37:06, 60-64: 1. Thelma Jackson 31:35, 65-69: 1. Peggy Dickerson 55:23, 2. Mema Guhnie 55:52.

Division Results - Men's 10 Mile

14 & Under: 1. Jason Hunsucker 86:06, 2. Tuskue

George 91:07, 15-19: 1. Chris Thornley 63:32, 2. Denton Moore 69:17, 3. Zackary Johnson 71:47, 20-24: 1. Scott Pesch 54:37, 2. Mickey Tremmel 59:16, 3. Dale Brandon 64:08, 25-29: 1. Mike Pigg 53:12, 2. Mike Williams 55:00, 3. Scott Winfield 61:41, 30-34: 1. Greg Heistuman 54:05, 2. Rafael Stroud 59:27, 3. Roger Levy 63:49, 35-39: 1. Mike Holt 57:03, 2. John King 62:35, 3. Mike Roberts 63:30, 40-44: 1. Timothy Martin 64:40, 2. Ron Lajoie 67:14, 3. Bran Colingwood 70:29, 45-49: 1. Michael Tremmel 67:54, 2. Paul Frangos 69:54, 3. Ronald Daley 73:52, 50-54: 1. Leroy Rakestraw 70:38, 2. Ralph Hirt 71:06, 3. Charles Myers 73:04, 70-74: 1. Bill Van Fleet 96:04, 75-79: 1. Paul Perrine 106:57.

Division Results - Women's 10 Mile

14 & Under: 1. Hillary Douglas 98:03, 15-19: 1. Kelly Tremmel 65:27, 20-24: 1. Alchava Clemesha 70:15, 2. Teresa Smith 75:24, 3. Marie Maurer 77:19, 25-29: 1. Ellie Nolan 70:44, 30-34: 1. Jane Cleaver 61:52, 2. Gail Jones 74:50, 3. Marilyn Gunn 84:38, 35-39: 1. Karen Kelley-Day 75:17, 2. Toni Creason 83:30, 3. Richcreek-Rice 84:49, 40-44: 1. Vickie Yeland 98:15, 45-49: 1. Marilyn Bennett 103:50, 2. Doris Gunther 110:43.

Monte Bello Runs

March 11, Palo Alto, 1/3 Marathon & 5 MI.

Overall Results - 1/3 Marathon

1. Chris Morrow (26) 58:30, 2. Michael Burton (27) 58:30, 3. Marc Spataro (26) 59:59, 4. Nikos Mourtos (31) 1:01:44, 5. Walter Bartz (29) 1:12:22, 6. Anthony King (31) 1:12:38, 7. Michael Urbina (27) 1:13:09, 8. David Rodgers (26) 1:13:44, 9. Gene Gilligan (47) 1:13:56, 10. Don Savant (51) 1:15:20.

11. Daniel McDonald (28) 1:17:02, 12. William Scott (39) 1:17:16, 13. Viktor Gregor (36) 1:17:32, 14. Robert Groff (50) 1:19:37, 15. Matt Sawyer (23) 1:19:46, 16. Louis Pandula (28) 1:20:37, 17. Jim Lewison (38) 1:21:15, 18. Ian Wright (37) 1:21:45, 19. Alan Konecy (49) 1:22:35, 20. Steve Belochi (49) 1:22:53.

Overall Results - 5 Mile

1. Carlos Siqueiros (31) 35:25, 2. Peter Wood (24) 36:36, 3. Terry Langeman (28) 41:57, 4. Kendall Williams (37) 48:57, 5. R. Sollenberger (40) 47:12, 6. Calvin Kuo (23) 48:35, 7. Bill Ho (23) 48:36, 8. Michael Richter (33) 48:57, 9. Doug Schuck (29) 49:05, 10. Anne Scalapino (23F) 50:40.

Red Lobster Classic

March 11, Orlando, FL, 10K.

Liz Lynch McColgan of Dundee, Scotland, shattered her own 10K loop course world record by defeating Ingrid Kristiansen by more than a minute to win the women's Open Division in the seventh running of the Red Lobster 10K Classic.

Keith Brantley, 26, of Gainesville, FL, also set a new course record by defeating a field of some 2,500 runners, of which about 1,850 finished in one of the best 10K races in the nation.

Running under sunny skies, McColgan set the world record with a time of 30 minutes 38 seconds, which carved 21 seconds from the old mark she set here 13 months ago.

McColgan, the 24-year-old silver medalist in the 10,000 meters at the Summer Olympics, won \$7,500 for capturing the women's title, plus \$2,000 for a new course record and an additional \$25,000 for the world record bonus. It was the third time she set world records on this course and received bonus checks of \$25,000 each from Red Lobster U.S.A., sponsor of the race.

Men's Open Division

1. Keith Brantley (26) Gainesville, FL 28:02, 2. William Musyok (22) Kenya 28:03, 3. Gerardo Alcala (27) Boulder, CO 28:05, 4. John Gregored (28) Barrington, RI 28:11, 5. Steve Spence (26) Hanover, PA 28:14, 6. Ashley Johnson (Bowling Green, KY) 28:17, 7. Salvador Garcia (29) Mexico City 28:35, 8. Mauricio Gonzalez (28) Mexico City 28:39, 9. Pa-

blo Ceron (29) Rego Park, NY 28:40, 10. Robert Decastola (32) Boulder, CO 28:41.

Masters Division:

1. Victor Mora (44) Tampa, FL, 30:07, 2. Dave Stewart (40) Ottawa, Ontario 30:30, 3. Shel Cowles (42) Watage 30:35.

Division Results - Men

19-24: 1. Brian Jaeger 29:52, 25-29: 1. Ed Juba 30:14, 30-34: 1. John Glisewell 30:06, 35-39: 1. Rick Reimer 32:19, 40-44: 1. Bruce Kritzler 32:16, 45-49: 1. Francisco Martinez 33:50, 50-54: 1. Joe Burgasser 34:59, 55-59: 1. David Long 37:05, 60-64: 1. Richard Benson 40:23, 65-69: 1. Bart Ross 41:51, 70-79: 1. Dudley Healy 47:05. Wheelchair: 1. Craig Blanchette 26:52, 3. Michael Trujillo 27:51.

Women's Open Division

1. Liz Lynch McColgan (24) Dundee, Scotland 30:38, 2. Ingrid Kristiansen (32) Trondheim, Norway 31:39, 3. Lynn Williams (28) Vancouver, BC 31:44, 4. Kim Jones (30) Spokane, WA 32:23, 5. Ruth Partridge (29) London, England 32:27, 6. Wanda Panfil (30) Mexico City 33:05, 7. Jill Clarke (30) Jenkintown, PA 33:12, 8. Monica O'Reilly (26) Richmond, KY 33:29, 9. Kellie Cathay (27) Phoenix, AZ 33:34, 10. Colette Murphy (23) Bloomington, ID 33:41, 16. Pat Gray (26) Oakland 35:17, 20. Aparecida Dos Santos (30) Anaheim 59:08.

Masters Division:

1. Prissilla Welch (44) Boulder, CO 33:19, 2. Gabriele Andersen (43) Sun Valley, ID 34:24, 3. Laurie Binder (41) Oakland 34:29.

Division Results - Women

19-24: 1. Cheri Sly 34:23, 25-29: 1. Kelly Luduke 36:01, 30-34: 1. Janice Morra 36:41, 35-39: 1. Karen Miles 35:04, 40-44: 1. Judith Buckley 40:01, 45-49: 1. Judith Daniel 44:20, 50-54: 1. Pat Dixon 46:31, 55-59: 1. Margaret Decker 45:14, 60 & Over: 1. Anne Trigg 48:17. Wheelchair: 1. Candace Cable-Brooks 29:26.

Serra's Run

March 11, Carmel Mission.

Division Results - Men

19 & Under: 1. Mark Shogren 39:18, 2. Rick Norbutas 42:06, 3. Nicholas Tamburi 52:50, 20-29: 1. Bruce Phinney 36:01, 2. Robert Trible 36:08, 3. Michael Knapp 36:38, 30-39: 1. Steve Watkins 33:56, 2. Jim Poulos 35:22, 3. Valdis Kondys 36:36, 40-49: 1. Rick Nagano 37:46, 2. Neal Chappal 38:42, 3. Bob Scott 40:08, 50-59: 1. Ken Noal 39:43, 2. Glynn Wood 41:06, 3. Dennis Hartley 42:41, 60 & Over: 1. Bob Wright 50:04, 2. Pierre Delfausse 55:54, 3. James Groves 1:02:49.

Division Results - Women

19 & Under: 1. Loree Crowell 58:48, 2. Trina Eragoso 1:01:21, 3. Natalie Cole 1:07:43, 20-29: 1. Kelly Bartholomew 43:57, 2. Emily Grove 47:26, 3. Diana Moore 47:51, 30-39: 1. Kate Scott 42:44, 2. Marilyn Tartar 43:46, 3. Beverly Dexter 44:55, 40-49: 1. Carol Leiberman 51:19, 2. Judith Broder 54:43, 3. Jan Krafek 56:06, 50-59: 1. Gloria Dake 53:40, 2. Katherine Beiers 55:25, 3. Annis Lamb 59:33, 60 & Over: 1. Kay O'Neil 1:02:35, 2. Sylvia Sweet 1:04:36.

Stockton 4 Miler & Team Challenge

March 11, Stockton.

On a day when the weather was near perfect for running the Stockton 4 Miler and Team Challenge was won by John Hancock (20:44) who was pressed by his teammate Steven Overgard who ran 21:21. The first female over-all winner was Christina Lindstrom (26:32). The top running club with the most points was the Tarahumara Running Club of Stockton.

Division Results - Men

17 & Under: 1. Scott Mills 25:04, 2. Gregg Friedman 27:40, 3. Matt Kent 31:16, 18-29: 1. John Hancock 20:44, 2. Steve Overgard 21:21, 3. Mike Boyer

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21:25. 30-39: 1. Charles Locke 21:51, 2. Stanley Zyzanski 21:19, 3. Mike Rowderink 23:27. 40-49: 1. John Semler 23:43, 2. Abel Dias 24:23, 3. Kenneth Valentine 25:45, 50-59: 1. Frederick Matos 24:34, 2. George Orelio 26:59, 3. Anthony Castagna 27:26. 60 & Over: 1. Chuck Holmes 31:04, 2. Don Hawkins 31:33, 3. Adrian Verdusco 31:42.

Division Results - Women

17 & Under: 1. Christina Lindstrom 26:32, 2. Angeli Martinez 30:10, 3. Regina Martinez 31:46. 18-29: 1. Julie Lithko 27:58, 2. Susan Beattie 29:45, 3. Betsy Donovan 33:00. 30-39: 1. Lynda Winters 28:28, 2. Carolyn Wishhusen 29:48, 3. Mary Book 31:25. 40-49: 1. Linda Molina 30:19, 50-59: 1. Tobin Clarke 40:04. 60 & Over: 1. Dorothy Lang 30:30.

Men's Teams

1. BoHo (Ovargard, Hancock, Watanabe), 2. California National Guards (Locke, Mahas, Zyzanski), 3. Tarahumara Runners (Valentine, Johnson, Chna).

Women's Teams

1. Tarahumara Runners (Winters, Wishhusen, Donovan), 2. Martinez (A. Martinez, R. Martinez, F. Martinez).

Co-ed Teams

1. Molinas (D. Molinas, L. Molinas, R. Molinas), 2. Government Club (Sturdyin, Walsh, Held).

Loop the Loop

March 12. Santa Clara, 5K.

Division Results - Men

16 & Under: 1. Javier Avila 19:39, 2. William Rice 20:10, 3. Rich Guinnane 21:05. 17-29: 1. Susan Menkema 23:01, 2. Robyn Moore 24:56, 3. Sandy Thomas 25:09. 30-39: 1. Brock Hinzmann 15:42, 2. Bruce Cyra 16:34, 3. Joy Majloff 17:13. 40-49: 1. David Furst 16:15, 2. Bill Dunn 17:15, 3. Greg Burke 18:02. 50-59: 1. Sam Vandenberg 18:29, 2. John Hubler 21:00, 3. Anthony Castagna 21:16. 60 & Over: 1. Glenn Sauer 24:46, 2. Howard Powers 25:20, 3. Edward McFadden 28:27.

Division Results - Women

16 & Under: 1. Leanne Turpin 23:45, 2. Irma Romero 25:31, 3. Sofia Romero 35:18. 17-29: 1. Gary Lewis 15:20, 2. Fernando Balderas 15:21, 3. Stephen Thomas 15:42. 30-39: 1. Ellen Lucas N.T., 2. Kathryn Jacobson 23:03, 3. Deborah Blethen 23:20. 40-49: 1. Juana Stavalone 19:43, 2. Mary Ann Sullivan 23:56, 3. Diane Rosenblat 26:28. 50-59: 1. Beverly Standon 30:23, 2. Margaret Leeds 31:06, 3. Marie Wahlman 38:30. 60 & Over: 1. Annie Siwert 59:59.

Tom Sullivan

St. Patrick's Day Run

March 12. Torrance, 10K, 5K Stride & 1/2 MI. The Tom Sullivan St. Patrick's Day Run was held at Del Amo Fashion Square. The race and its festivities attracted over 7,000 participants and hundred of spectators.

Vistas for Blind Children succeeded in raising over \$150,000 for blind children in the Los Angeles area. Last year's fastest times qualified the race to be the "fastest road race in California history."

Matt Giusto from Tucson, the reigning 5000 meter NCAA champion won the men's division with a time of 28:39. Mary Kniseley of Dallas, a top American distance runner and reigning 3000 meter Gold Medalist for the Pan Am Games won the women's division with a time to 32:43. Course records were set last year when Arturo Barrios of Mexico ran in 28:17 and Liz Lynch-McCogan in 31:44.

The men's wheelchair division was won by Jim Knaub of Long Beach in 24:22. He was also the LA Marathon winner. Candace Cable-Brooks two-time Olympian and LA Marathon winner won the women's division with a time of 27:50. In an impressive field of 24 wheelchair participants Bob Milnitch (24:22) and Mary Thompson (25:51) both took second places.

In the men's division, Ivan Huff from San Luis Obispo (28:46) and Jose Luis Chuela of Mexico (28:52) finished second and third respectively. In the women's division, Monica Joyce an Irish Olympian (32:57) and Sylvia Mosqueda of Alhambra (33:19) finished second and third.

Additionally, Jesus Herrera (Mexico) and Sam Mgata (Kenya) finished fourth and fifth with Steve Scott, the American premier miler placing sixth. Amongst the female elite runners, Lorraine Moller from New Zealand and three time Olympian finished fourth with Charlotte Thomas and Gladees Prieur coming in fifth and sixth.

The field of world-class athletes also included such runners as Peter Koesh, the Gold Medalist for the Steeplechase in Seoul and Michael Mutyoki of Kenya. Jay Marden of Irvine who finished with a 28:00 at Mt. SAC, Patti Sue Plumer of the US Olympic team and Angela Chalmers of Canada also competed.

Over 2000 striders led by Torrance Mayor Kahe Geissert completed a 5K course north of Del Amo mall. Over 400 pee wee dashers ran a 1/2 course finishing at their very own balloon finish line. Each received a commemorative 10th Anniversary pin and a pee wee t-shirt.

Overall Results - Men's 10K

1. Matt Giusto (22) Arizona 28:39, 2. Ivan Huff (29) SLO 28:46, 3. Jose Luis Chuela (29) Mexico 28:52, 4. Jesus Herrera (26) Mexico 28:55, 5. Sam Ngatia (29) Kenya 29:10, 6. Steve Scott (32) Carlsbad 29:15, 7. Mark Smith (26) Phoenix 29:24, 8. Jay Marden (25) Coronado 29:28, 9. Thom Hunt (30) San Diego 29:28, 10. Kevin Jones (28) San Luis Obispo 29:31.

Overall Results - Women's 10K

1. Mary Kniseley (29) Dallas 32:43, 2. Monica Joyce (30) Ireland 32:57, 3. Sylvia Mosqueda (22) Los Angeles 33:19, 4. Lorraine Moller (20) New Zealand 34:19, 5. Charlotte Thomas (32) San Diego 34:38, 6. Gladees Prieur (23) Los Angeles 35:01, 7. Kathleen Smith (22) San Diego 35:32, 8. Michelle Hopper (3) San Diego 35:46, 9. Beth Milewski (32) Los Angeles 36:09, 10. Sandra Rodriguez (20) Los Angeles 36:18.

Willits Classic

March 12. Willits, 10 Miles.

Larry Meredith, the Montgomery High School distance coach from Occidental, led 36 runners through the Little Lake Valley to win the ninth annual Willits Classic 10-Mile footrace in 56:55.

Meredith was pursued by his running buddies Luis Garcia Jr. (58:02) and Jon McPherson (58:14), who finished second and third, respectively.

47-year-old McPherson, a top Northern California master runner, broke the 40-49 age record by nearly two minutes.

The first woman was Sally Cataldo of Santa Rosa, who finished thirteenth overall in 69:48.

Lois Cook of Ukiah broke her own six-year-old mark by over a minute in the 50-59 category with a 1:34.24.

In the shorter 5K out and back course, 22-year-old Doug Denny of Ukiah led 61 runners to the tape in 17:10. Denny was pushed by 18-year-old Gabriel Miklose of Fort Bragg (17:19), who nabbed the 13-19 division.

The first woman was 14-year-old Nika Horn of Santa Rosa, who finished 13th overall in 19:57. She was slightly off her own record of 19:07 set last year, but still holds the Girls' 12 & Under mark in both the 5K (19:51) and the 10-mile (76:07). Beatrice Minkin of Middletown knocked nearly 16 minutes off the 60 & Over age group record by running the 3.1-mile course in 34:47.

11-year-old Riley Gibbons extended his winning streak to five straight local age-division victories with his personal best time of 22:11, good for first in the 12 & Under category.

Overall Results - 10 Mile

1. Larry Meredith 56:55, 2. Luis Garcia 58:02, 3.

Jon MacPherson 58:14, 4. Jack Bellah 60:40, 5. Mark Curran 61:09, 6. Mike Cannon 62:58, 7. Timothy Marin 63:36, 8. Ron Howard 64:31, 9. Ray Cataldo 65:24, 10. Stan Miklose 67:47.

11. Dan Preston 67:57, 12. Alan Bellon 68:43, 13. Sally Cataldo 69:48, 14. Michael Zeppigno 70:09, 15. Roger Price 70:39.

Overall Results - 5K

1. Doug Denny 17:10, 2. Gabriel Miklose 17:19, 3. Benn Rosales 17:38, 4. Dan McShane 17:51, 5. Brian Pollaccia 18:09, 6. David Standifffe 18:18, 7. Bob Powers 18:35, 8. Eli Gibbons 19:03, 9. James Wright 19:29, 10. Scott Beardsley 19:33.

11. Ryan Petite 19:37, 12. Rob Anderson 19:48, 13. Nika Horn 19:57, 14. Dave Spstedt 20:27, 15. James Jacobs 20:29.

Redwood Empire

24 Hour Run

March 18, 19. Santa Rosa.

Overall Results

MI/Yds.
1. Bernd Leupold (47) 121/440
2. Linda Elam (43) 118/1466
3. Bill Gebbie (46) 110/1687
4. Vince Pedroia (42) 109/1428
5. Carol Wither (37) 106/908
6. Sue Summehays-King (35) 106/134
7. Lee Dinapoli (32) 103
8. Ann Trason (28) 100/440
9. John Vorhof (41) 100/287
10. Dick Collins (55) 95/1557
11. Zoltan Kravnik (40) 92/1320
12. Michael Ougley (37) 88/440
13. Michael Tolonis (62) 86/1253
14. Michael McGuire (44) 82/620
15. Liz Norris (35) 81/748
16. Jerry Hill (41) 73/880
17. Andy Sulonen (38) 72/1610
18. Mike Doolife (50) 70/237
19. Raymond Smith (48) 60/440
20. Terry Parker (41) 55/849
21. Jack Riley (56) 52/983
22. Jim Bravo (36) 50/880
23. Terry Evans (50) 50
24. Paul Reese (71) 50
25. Marche Booth (57) 44
26. Rich Benyo (42) 38

Food and Fitness

March 18. Playa del Rey, 5K & 10K.

Division Results - Men's 10K

13-16: 1. Donovan Ludwig 49:03, 2. Jeff Villalobos 59:48. 17-19: 1. Douglas Stowell 41:39, 2. Rob Pfingshorn 57:54. 20-29: 1. James Joyce 32:55, 2. David Graham 37:37, 3. Martin Sandoval 38:01. 30-39: 1. John Adams 33:51, 2. Mark Gross 35:24, 3. Valentin Quintan 35:58. 40-49: 1. Echo Edmonson 36:22, 2. Robert Williams 38:21, 3. Preston Sammons 39:03. 50-59: 1. Frank Greene 40:04, 2. Marlyn Midsokke 41:30, 3. Sonny Moniz 42:08. 60 & Over: 1. Bill Stowell 45:31, 2. Maurice Kellher 46:59, 3. Dutch Benedetti 47:14.

Division Results - Men's 5K

12 & Under: 1. Ricky Barba 19:23, 2. Jose Dominguez 21:37, 3. Marcelo Lopez 22:19. 13-16: 1. Juvencel Herrera 17:51, 2. Chris Heard 24:17. 17-19: 1. Peter DeLaCorda 15:27, 2. Kon Yapeen 21:07, 3. Tom Walsh 21:18. 20-29: 1. Eddie Edwards 15:31, 2. Mitchell Gold 15:42, 3. Marin Zemanek 15:57. 30-39: 1. Jim Jenkins 17:58, 2. Salvador Lopez 18:57, 3. Ritchie Heber 18:59. 40-49: 1. Neil Doherty 16:15, 2. Mickey DePallo 16:18, 3. Cataro Gonzalez 16:27. 50-59: 1. John Joergue 18:25, 2. Juvencel Herrera 18:38, 3. Pete Savitz 19:06. 60 & Over: 1. Stanley Walleet 25:48, 2. John McHughan 27:07, 3. Bob Berg 27:17.

Knights of Columbus Run

March 18. Newhall, 5 Miles.

Overall Results

1. Steve Brunwell (30-34) 26:31, 2. Gary Foltz (35-39) 27:04, 3. Mick Baker 28:26, 4. Jack Butler (18-24) 28:37, 5. Jon Sutherland (35-39) 28:43, 6. Jim Stapan (35-39) 28:45, 7. Tom Greenwood (18-24) 28:51, 8. Efrain Robles (25-29) 29:23, 9. Dya Singh Khalsa (35-39) 29:53, 10. John Hanley (30-34) 30:00.

11. Mike Mench (40-44) 30:03, 12. Brian Stansauk (35-39) 30:11, 13. John Mossbacher (40-44) 30:18, 14. Kelly Current (30-34) 30:31, 15. Mike Hash (40-44) 30:35, 16. Gino Ayala (25-29) 30:44, 17. Michael Mutek (35-39) 30:48, 18. Jeremiah Lopez (30-34) 30:49, 19. Ray Parker (40-44) 31:21, 20. Sal Torres (45-49) 31:26.

Run for Fun

March 18. San Marino, 5K & 10K.

Division Results - Men's 10K

12 & Under: 1. James Owens 49:07. 18-19: 1. Brian Sax 34:12, 2. Jeff Welton 37:03, 3. Zachary Gray 38:34. 19-29: 1. Tom Curtin 33:00, 2. Chad Pratt 3:52, 3. Peter Dominek 35:43. 30-39: 1. Nick Hernandez 34:25, 2. Jeff Snyder 35:19, 3. Takashi Yagawa 35:29. 40-49: 1. Michael Blakely 37:05, 2. Tom Hammond 41:49. 50-59: 1. Frank Vasquez 41:32, 2. Rafael Munoz 42:18, 3. Bill Ubersetzig 44:07. 60 & Over: 1. Jack Howe 43:09, 2. Eddie Lewin 44:23, 3. Ward Speaker 45:51.

Division Results - Women's 10K

13-15: 1. Debbie Gardner 45:39. 16-18: 1. Peggy Yu 55:14, 2. Claudia Munoz 55:14. 19-29: 1. J.C. Engash 43:51, 2. Donna Urban 45:31, 3. Nancy Erickson 47:53. 30-39: 1. Judi Masten 41:26, 2. Roxanne Bickel 49:36, 3. Judith Ulmer 49:46. 40-49: 1. Ann Welton 50:46, 2. Nancy McPherson 57:38. 50-59: 1. Jane Dods 48:37, 2. Ginie Mains 50:29, 3. Geraldine Jung 58:34.

Division Results - Men's 5K

12 & Under: 1. Timmy Miller 22:37, 2. Michael Rasmussen 26:53, 3. Michael Walker 29:35. 13-15: 1. Matt Payne 18:26, 2. Michael Hillman 18:50, 3. Joe Welton 18:52. 16-18: 1. Eric Jorgensen 19:40, 2. Roberto Sanchez 29:32. 19-29: 1. Art Molina 16:35, 2. Not Available 16:56, 3. Edgar Fios 17:18. 30-39: 1. Joseph Kender 17:58, 2. Jack Baldwin 18:01, 3. Walt Hill 18:15. 40-49: 1. Gary Riley 18:59, 2. Fred Doubill 19:01, 3. David Soke 19:35. 50-59: 1. Booker Washington 20:03, 2. Eugene Black 20:06, 3. Sam Gee 22:00. 60 & Over: 1. Alex Meade 19:58, 2. Larry Banuelos 21:29, 3. Leo Prado 23:55.

Division Results - Women's 5K

12 & Under: 1. Cynthia Condon 22:32, 2. Stephanie Norberg 24:07, 3. Shannon Sheldon 26:24. 13-15: 1. Jackie Fruttero 20:57, 2. Anna-Maria Munoz 24:55, 3. Kimberley Gardner 25:12. 16-18: 1. Ida Whelan 25:43, 2. Shelley Chia N.T. 19:29, 1. Shauna Cox 23:23, 2. Christina Mendez 24:50, 3. Liz Romo 25:20. 30-39: 1. Kathy Hart 21:54, 2. Carole Corolla 22:45, 3. Eva Cervantes 22:50. 40-49: 1. Barbara Roukama 23:47, 2. Rebecca Richer 24:38, 3. Nancy Gough 27:17. 50-59: 1. Irene Obers 22:12, 2. Muriel Cipov 26:24, 3. Norma Marin 32:42. 60 & Over: 1. Victoria Merril N.T.

Fifty-Plus 8K Run

March 19. Stanford Univ.

Four new single age records were achieved at the Sixth Annual 8K Run held at Stanford University. This run, exclusively for runners fifty years of age and over, was held under the auspices of the Fifty-Plus Runners Association and under the outstanding sponsorship and support of the Stanford Center for Research in Disease Prevention, the Palo Alto Recreation Department and Home Savings of America. Nearly 250 runners participated in what is believed to be the oldest race in the West exclusively for fifty and over runners. This was nearly

RESULTS

double the number of participants over last year's race.

Adding to the already joyous and meaningful atmosphere for the race were the achievements and performance of some individual runners. This was led by Dr. Paul Spangler himself who obviously set a single age 90 running the 8K in 59:36. There is no current record for this age listed by the Athletic Congress Statistical Records. Joining Dr. Spangler in setting single age records at the race were Sister Marion Irvine, setting a new women's single 59 years of age record at 35 minutes, 14 seconds; Jackie Caselli at 39:51 for age 67 and Edith Enos at 55:06 for a new women's age 83 record.

Division Results - Men
50-54: 1. Abe Underwood 29:24.3, 50-59: 1. Gerald Czarnski 31:07, 60-64: 1. Ray Stewart 30:30, 65-69: 1. Gary Toj 35:53, 70-74: 1. Morris Kadish 41:15, 75-79: 1. Ralph Jago 47:14, 80-89: 1. Mel Shine 59:35, 90 & Over: 1. Paul Spangler 59:35.

Division Results - Women
50-54: 1. Eve Pelt 32:46, 55-59: 1. Marion Irvine 35:12, 60-64: 1. Kiki Kiddes 42:32, 65-69: 1. Jaclyn Caselli 39:49, 70-79: 1. Ada Thomas 55:42, 80 & Over: 1. Edith Enos 55:07.

Tri-County Dental Society's Sugarless Runs

March 19, Riverdale, 5K & 10K.

Overall Results - Walkers
Men: 1. John Burns 28:51, 2. Mel Granham 29:34, 3. Charles Bowyer, Jr. 30:09.
Women: 1. Cathy Rehage 29:49, 2. Anna Britton 31:04, 3. Lynne Powers 32:00.

Division Results - Men's 5K
12 & Under: 1. Brian Bayer 22:58, 2. Darryl Logher 23:48, 3. Kevin Schenk 25:54, 13-19: 1. Christopher Neal 17:07, 2. Mark Prestwich 17:16, 3. John Hinkleman 17:42, 20-29: 1. Alan Anzai 15:41, 2. Gilbert Mata 15:58, 3. Bob Krauth 16:19, 30-39: 1. John Lenar 16:33, 2. Larry Hall 16:41, 3. Tony Burton 16:51, 40-49: 1. Michael Figueroa 16:11, 2. Richard Kenniger 17:18, 3. Jim Smith 17:20, 50-59: 1. Billy Cruz 17:25, 2. Don Van Dyke 17:37, 3. Anthony Gomez 18:45, 60 & Over: 1. Harold Willis 22:27, 2. Steve White 23:36.

Division Results - Women's 5K
12 & Under: 1. Anne Klausenven 23:45, 2. Renee McDaniel 27:52, 13-19: 1. Jennifer Cooke 21:30, 2. Lisa Deterville 24:41, 3. Jill Gardonia 24:47, 20-29: 1. Carol Carrigan 18:12, 2. Karen Mahvey 26:14, 3. Robin Rinker 26:16, 30-39: 1. Pat Contreras 19:49, 2. Deborah Flores 20:33, 3. Kim Strong 22:11, 40-49: 1. Kathy Taylor 21:50, 2. Joy Feverman 24:18, 3. Betty Walsh 24:51, 50-59: 1. Deanna Ashford 29:26.

Division Results - Men's 10K
12 & Under: 1. Joshua Daniel 44:47, 2. Jordan McInroe 53:10, 13-19: 1. Chris Roberts 37:02, 2. Brian Blair 37:05, 3. Ryan Leef 39:48, 20-29: 1. Todd Nott 33:38, 2. Gilbert Mata 33:52, 3. Chris Nutting 33:57, 30-39: 1. Steve Rovatch 34:11, 2. Robert Mitchell 34:51, 3. Michael Schitten 34:57, 40-49: 1. Danny Contreras 36:57, 2. Alan Mackay 39:05, 3. Jess Maxey 39:25, 50-59: 1. Wally Ingram 37:55, 2. Sam Mayo 38:52, 3. Noel Vedin 42:13, 60 & Over: 1. Steve White 52:18, 2. Harold Willis 53:13, 3. Robert Parker 53:51.

Division Results - Women's 10K
20-29: 1. Karina Latarum 41:00, 2. Mary Kayser 42:32, 30-39: 1. Linda Nellary 41:02, 2. Vicki Sparks 42:56, 3. Alena Bullock 48:17, 40-49: 1. Anne Cox 47:59, 2. Susan Kuntz 50:22, 3. Alma Spuler 57:44.

World Cross-County Championships

March 19, Stavenger, Norway.

Division Results - Men
Senior: 1. Ngugi (Kenya) 39:42, 2. Hutchings (Britain) 40:10, 3. Krocht (Kenya) 40:21, 4. Moneghetti (Australia) 40:24, 5. Tesfaye (Ethiopia) 40:26, 6. Gomez (Spain) 40:29, 7. Masai (Kenya) 40:32, 8. Kpkamboi (Kenya) 40:34, 9. Tanui (Kenya) 40:42, 10. Halvorsen (Norway) 40:45.

Team Results: 1. Kenya 44, 2. Britain 147, 3. Ethiopia 162, 4. France 187, 5. Spain 189, 6. Australia 284, 7. Portugal 305, 8. Italy 318, 9. United States 328, 10. Brazil 565, 11. Poland 595, 12. Norway 609, 13. Netherlands 620, 14. Ireland 621, 15. Canada 622, 16. Sweden 630, 17. Japan 641, 18. USSR 642, 19. Finland 653, 20. Morocco 718.

Junior: 1. Abebe (Ethiopia) 25:07, 2. Konira (Kenya) 25:31, 3. Nyamu (Kenya) 25:33, 4. Osano (Kenya) 25:33, 5. Kosgei (Kenya) 25:36, 6. Dube (Ethiopia) 25:40, 7. Legesse (Ethiopia) 25:52, 8. Tesfaye (Ethiopia) 26:03.

Team Results: 1. Kenya 14, 2. Ethiopia 22, 3. Italy 76, 4. Britain 95, 5. Poland 131.

Division Results - Women
Senior: 1. Sergent (France) 22:27, 2. Stepanova (USSR) 22:34, 3. Williams (Canada) 22:41, 4. Ngohi (Kenya) 22:57, 5. Perkins (Australia) 22:59, 6. Jennings (US) 22:59, 7. Hunter (Britain) 23:00, 8. Collard (Belgium) 23:01, 9. Romanova (USSR) 23:02, 10. Rebolo (France) 23:03.

Team Results: 1. USSR 59, 2. France 60, 3. United States 68, 4. Portugal 84, 5. Ethiopia 98.
Junior: 1. Ewerlof (Sweden) 15:23, 2. Nazarkina (USSR) 15:30, 3. Saina (Kenya) 15:41, 4. Wangizi (Kenya) 15:59, 5. Ekimat (Kenya) 16:01, 6. Harvey (Canada) 16:03, 7. Tarasaki (Japan) 16:05, 8. Sama (Portugal) 16:12.

Team Results: 1. Kenya 40, 2. USSR 68, 3. Portugal 84, 4. Japan 90, 5. Canada 103, 6. United States 104.

Jim Ryon Run

March 25, Santa Barbara, 5K.

Overall Results
1. Jeremy Stratton (28) London, England 15:16, 2. David Fleming (30) Irvine 15:18, 3. Craig Ingram (23) Northridge 15:22, 4. Andy Nicol (29) Redondo Beach 15:47, 5. Tommy Leon (22) Canoga Park 15:50, 6. Glenn Madden (29) Santa Barbara 16:04, 7. James Knox (22) Santa Barbara 16:10, 8. Bryan MacMillan (20) Santa Barbara 16:18, 9. Jim Ryon (41) Lawrence, KS. 16:28, 10. Greg Banista (27) Port Huene 16:50.

Division Results - Men
14 & Under: 1. David Sewell 20:04, 2. Ben Eichart 22:36, 3. David Bauer 22:41, 15-18: 1. Cory Black 20:17, 2. Giz Gonzalez 20:24, 3. Ron Wolf 20:54, 19-29: 1. Jeremy Stratton 15:16, 2. Craig Ingram 15:22, 3. Andy Nicol 15:47, 30-39: 1. David Fleming 15:18, 2. Jeffrey Adams 17:08, 3. Richard DeGadillo 17:10, 40-49: 1. Jim Ryon 16:28, 2. David Solie 18:40, 3. Stan Rosenfeld 18:40, 50-59: 1. Jack Wilson 19:48, 2. Jim Andres 20:00, 3. Art Sylvester 20:02, 60-69: 1. Bill Brody 19:52, 2. Al Friedhan 24:45, 3. Marty Clausen 26:34, 70 & Over: 1. Roy George 28:50.

Division Results - Women
14 & Under: 1. Amy Skierest 18:25, 2. April Richardson 22:34, 3. Jessica Richardson 23:25, 15-18: 1. Duni Gonzalez 24:15, 2. Bridgette DePew 27:37, 3. Shannon McGrath 29:26, 19-29: 1. Nancy Bowman 17:12, 2. Elma Hernandez 20:14, 3. Laura McCullough 21:18, 30-39: 1. Anne Hayden 18:27, 2. Stephanie Woolfolk 20:43, 3. Eva Cervantes 21:40, 40-49: 1. Deanna Timm 22:42, 2. Carol Ann Carter 24:38, 3. Marlene Roberts 25:00, 50-59: 1. Yvonne Livett 27:23, 2. Louise Meisterling 28:58, 3. Hyecha Kim 31:27.

Division Results - Men's 5K Sportswalk
39 & Under: 1. Andrew Hecker 25:27, 2. Larry Cousins 34:33, 3. David Lantz 41:48, 40-49: 1. James Long 35:22, 2. Thomas Dusbabeck 47:49, 50 & Over: 1. Jerry Branneman 33:37, 2. Donald Robinson 44:18, 3. Jay Howarth 53:27.

Division Results - Women's 5K Sportswalk
39 & Under: 1. Carol Dickson 34:46, 2. Sandy Jensen 38:57, 3. Jessica Eagen 39:19, 40-49: 1. Marly Blagen 39:19, 2. Mary Skare 39:22, 3. Barbara Potter 41:43, 50 & Over: 1. Lydia Robinson 49:46.

Division Results - Men's 10 Mile Sportswalk
39 & Under: 1. John Lockhart 2:13:15 40-49: 1. Rick Marken 2:13:15, 50 & Over: 1. Jim Baltes 1:43:24, 2. Robert Caudry 1:48:27, 3. David Vener 2:40:25.

Division Results - Women's 10 Mile Sportswalk
39 & Under: 1. Pamela Wrona 1:57:06, 2. Cindy Hunter 2:05:57, 3. Gloria Orozco 2:05:58, 40-49: 1. Linda Lepper 1:54:36, 2. Gertrude Patrick 2:08:00, 3. Linda McCorkle 2:13:10, 50 & Over: 1. #Evelyn Nakonechny 2:26:06.

Marina 5 Miler

March 25, Marina.

Division Results - Men
12-18: 1. Kemmerlin 38:26, 2. Wallace 39:57, 3. Daniels 39:58, 19-29: 1. J. Aspuro 24:58, 2. De La Torre 25:43, 3. Scatliff 26:28, 30-34: 1. Grenchus 28:20, 2. Arnold 28:33, 3. Goss 29:28, 35-39: 1. Poulos 27:55, 2. Kunz 28:29, 3. Garcia 30:14, 40-49: 1. Dove 29:05, 2. Lieberman 29:39, 3. Lilly 31:02, 50 & Over: 1. Tarozzi 31:18, 2. Wood 31:23, 3. Matulec 34:48.

Division Results - Women
12-18: 1. A. Waddell 45:37, 2. Ashe 53:45, 3. Bittner 54:37, 19-29: 1. T. Milchum 33:47, 2. Arnold 34:31, 3. Shelby 36:22, 30-34: 1. Cranford 36:23, 2. Ozaki 38:39, 3. Barcilla 42:19, 35-39: 1. Dixon 35:08, 2. Guzman 35:59, 3. Giagrande 38:56, 40-49: 1. Van Buren 34:55, 2. N. Waddell 36:50, 3. Bohlander 37:24, 50 & Over: 1. Street 47:33, 2. Lemaire 59:14.

Pride of the Foothills' Spring Run

March 25, Glendora.

Overall Results - Half Marathon
1. Jose Luis Chueita (28) Anaheim, \$500, 1:05:13, 2. Gordon Christie (27) Goleta, \$200, 1:05:26, 3. Tyrus Deminter (25) Los Angeles, \$75, 1:06:30.

Overall Results - Women's 10K
1. Juliette Christie (26) Goleta \$200, 35:00, 2. Carrie Garrison (12) Fullerton, \$50, 35:26, 3. Janet Norem (31) Pasadena, \$25, 38:16.

Overall Results - Men's 10K
1. William Musyoki (22) Walnut, \$50, 31:32, 2. Frank Plasso (28) Las Vegas, Nv., \$50, 31:30, 3. Keith Withauer (33) Apple Valley, \$25, 32:07.

Overall Results - Women's 5K
1. Rosie Duenas (28) Redondo Boh, \$100, 19:10, 2. Elizabeth Robles (12) Baldwin Park, \$50, 19:44, 3. Julie Landgreen (29) Phillips Ranch, \$25, 20:43.

Delano Fools Run

April 1, Delano, 5K & 10K.

Division Results - Men's 5K
13 & Under: 1. Fernando Torres 18:48, 2. Rodney Del Rio 19:11, 3. Luis Bellaso 20:25, 14-20: 1. Juan Sanchez 16:41, 2. Jonathan Wykoff 18:27, 3. Mike Crandal 19:03, 21-29: 1. David Flory 18:33, 2. Roger Drummond 18:40, 3. Horacio Ortiz 18:43, 30-39: 1. Isais Lina 18:43, 2. DeWayne Starnes 17:53, 3. Bruce Deeter 18:35, 40-49: 1. Larry Garcia 18:16, 2. Daniel Ramirez 19:46, 3. Greg Ontiveras 22:04, 50-59: 1. Leo Marquez 19:39, 2. George Medina 19:57, 3. Arnold Buchanan 20:31, 60-69: 1. Bill May 24:45, 2. Ben Nagatara 26:06, 3. Richard Mashburn 35:08.

Division Results - Women's 5K
13 & Under: 1. Cynthia Carter 21:40, 2. Juanita Kelly 21:59, 3. Nicole Levario 22:12, 14-20: 1. Kelly Pearson 21:29, 21-29: 1. Gillian Evans 18:40, 2. Re-

nee Ortiz 20:19, 3. Carol Foster 23:34, 30-39: 1. Deanna Voelker 19:58, 2. Lupe Eberly 20:18, 3. Jill Mislo 21:25, 40-49: 1. Judith Fontanberry 26:03, 2. Deborah Osborn 27:17, 3. Linda Voh 27:28, 50-59: 1. Margaret Casio 35:05, 2. Carol Lopham 43:19, 70 & Over: 1. Anita Foose 45:51.

Division Results - Men's 10K
14-20: 1. Jesse Hernandez 40:34, 21-29: 1. Oscar Correa 33:51, 2. Lino Flores 36:13, 3. Scott Kress 38:29, 30-39: 1. Eric Pugh 35:53, 2. Robert Rodriguez 36:28, 3. Jeff Lessley 36:59, 40-49: 1. David Solares 35:37, 2. Tam Whyggle 37:20, 3. Bill Pack 39:25, 50-59: 1. Edward Lujan 38:42, 2. James Lipford 39:33, 3. Don James 41:11, 60-69: 1. Bob Small 44:50, 2. Joseph Gonzales 53:18, 70 & Over: 1. Harry Harder 51:00, 2. Jim Nagatani 53:10.

Division Results - Women's 10K
14-20: 1. Lupe Torres 47:30, 21-29: 1. Kaycy Ginsborg 46:03, 30-39: 1. Kathi Walsh 43:29, 2. Leo Danham 44:25, 3. Paula Lambdin 45:29, 50-59: 1. Nena Gulien 51:09, 2. Aurora Perez 55:21.

Lancaster Community Hospital Mended Hearts Run

April 1, Apollo Park, Lancaster, 5K & 10K.

Overall Results - 5K
1. George Berg (20) Lancaster 16:45, 2. Cory Sundeen (18) Ridgecrest 16:51, 3. Gary Dehlinger (22) Hesperia 17:05, 4. Ted Karzie (18) Palmdale 17:14, 5. Sammie Culver (59) Lancaster 17:27, 6. Mike Hash (41) Sepulveda 18:02, 7. Philip Cohan (32) Palmdale 18:15, 8. Rich Cooper (45) Lancaster 18:42, 9. Scott Hudson (17) Lancaster 18:43, 10. Tom Estrada (40) Lancaster 18:45.

11. Armando Arguello (32) Palmdale 18:53, 12. Patrick Harlan (43) Santa Clarita 19:16, 13. Rick Golding (42) Palmdale 19:23, 14. Chris Holm (15) Lancaster 19:35, 15. Mike Price (33) Lancaster 19:39, 16. Gary Kramer (21) Edwards 20:03, 17. Ken Hamrick (51) Lancaster 20:23, 18. Roy Johnston (11) Palmdale 20:23, 19. Guadalupe Martinez (27) Lancaster 20:32, 20. Glenn Crabtree (45) Lancaster 20:35.

Overall Results - 10K
1. Bill Gregory (31) Edwards 35:01, 2. Bob Brea (35) Wichita 35:07, 3. Chris Regan (27) Yucaipa 36:03, 4. Javier Hernandez (23) Lancaster 36:41, 5. Rob Fairley (31) Palmdale 36:48, 6. Gary Dehlinger (22) Hesperia 37:59, 7. Howard Dimler (25) Lancaster 38:12, 8. Mark Gallagher (31) Palmdale 38:32, 9. Shannon Anderson (17) Ridgecrest 38:59, 10. Nick Riesz (50) Lancaster 40:27.

Turlock Rotary Biathlon

Mary G. Turlock, 10K Run, 50K Bike.

Division Results - Men
19 & Under: 1. Jeff Hartman (Modesto) 2:00:13, 2. John Whitney (San Mateo) 2:26:30, 3. Robert Dully (Sacto) 2:30:40, 20-29: 1. Michael Lynch (Beverly Hills) 1:53:26CR, 2. Steve Larson (Modesto) 2:03:41, 3. Stephen Thomas (San Jose) 2:04:17, 30-39: 1. Fred Vilagos (Merced) 1:56:54, 2. George Erving (Palo Alto) 1:59:05, 3. Bruce Aldrich (Sacto) 2:03:47, 40-49: 1. Glen Jenkins (Modesto) 2:08:47, 2. John Mason (Atwater) 2:09:59, 3. Pats Santelano (Sanger) 2:10:59, 50-59: 1. Dick Camden (Rosemead) 2:16:02, 2. Frank Russell (Merced) 2:17:16, 3. Michael Taiton (Pacoinville) 2:19:31, 60 & Over: 1. Bill Ferrall (Jamestown) 2:29:00, 2. Don Lundberg (Modesto) 2:40:08, 3. Robert Dornieille (Manitaca) 2:45:35.

Division Results - Women
20-29: 1. Joan Watkins (San Jose) 2:37:35, 2. Colleen Warner (Yosemite) 2:42:41, 3. Emily Buchbinder (Aptos) 2:43:13, 30-39: 1. Karen Steele (Merced) 2:09:55CR, 2. Lisa Hunter (Merced) 2:13:33, 3. Rachelle Roberts (Merced) 2:19:09, 40-49: 1. Janice

RESULTS

Devil Mountain 10K (PA-TAC Open Men's Championship)

By MARK WINTZ

May 7, Danville

This race isn't dubbed "Devil Mountain" for nothing. Even though it is billed as "flat and fast with a slight incline," you'll find more than a few ups and downs on this East San Francisco Bay suburban course. In fact, the geography makes for some pretty interesting tactical racing at the front—especially on a warm (70°-plus), windless, uncharacteristically humid California morning that would befit Florida...or Puerto Rico, perhaps.

And, as if describing some Caribbean island ritual, the Puerto Rican well-known California resident, Carmelo Rios, joked about how he "greases up" around noon every day to go out for his daily warm-season training run in the dry East Bay Hills of nearby Castro Valley.

"Physically, it probably doesn't do that much for my conditioning," said Carmelo as he steered a post race interview toward a small piece of shade, "although mentally it makes a big difference when you race in warm weather."

Images of a shiny, hard caramel candy coating that refuses to drip, even over warm Devil Mountain asphalt. The Latin lad—who is known as mellow Carmelo among his hard-partying Reebok Aggie teammates—indeed has a cool, easy-going aura that is deceptive to those who haven't met him on the track or roads. When competing, as his rivals know, 'Melo's cool straight-faced humor is fanned to a fiery flame that burns pretty darn hot.

Appropriately, the 29-year-old Rios went out and burned the competition at Devil Mountain and went away with \$500 and a PA-TAC open men's 10K championship crown as casually as might be expected.

Several thousand runners turned out for the 9 A.M. start as the familiar voice of local race announcer Barry Spitz (a fixture at this race) issued water reminders to the participants. Water conservation was a low priority on such a day. Out on the unshaded loop course, local residents were setting up garden hose spray showers.

With several of PA-TAC's top men absent (last year's winner Ivan Huff, Rich McCandless, and Danny Grimes had competed at the New Jersey Waterfront Marathon a week earlier, and Miguel Tibaduiza was running the Long Beach Marathon the same day), the men at the front quickly pared down to seven: Rios, joined by Domingo Tibaduiza, Tim Gruber, Charles Alexander, Juan Ramirez, Joaquin Leano, and Alan Dehlinger. Miles 1 and 2 were negotiated in 4:48 and 9:50 splits by the front pack. At mile 3 (14:40) and the hilly residential section, the testing began in earnest with Rios and Tibaduiza pushing the pace, shrinking the front group to five. The pair used a short, brisk uphill at mile 4 (19:36), followed by a long downhill straight to their advantage.

"They pushed really hard—I mean hard—up that hill," said Ramirez. "I knew if I could stay with those guys, I'd get a really good time because I figured they'd go under 30 (minutes). But they blew away. By the time I reached the top of the hill I was dead."

Last year's second-placer, Charles Alexander, and Tim Gruber, competing with a strained arch incurred while winning Dome to Delta the week before, hung on within striking distance of Rios and Tibaduiza.

"Carmelo seemed to dominate the race," observed Alexander. "I had thought that I was going to do things like take off at 3 miles and feel fresh enough to do anything I wanted. But he was putting in some surges that taxed my legs."

However, not enough to prevent Alexander from making a move on the pair with a half mile to go, briefly taking the lead.

"I tried to go with Charles at that point," said Gruber, "but my foot was hurting too much. It wasn't fatigue. I just couldn't get up on my toes."

The see-saw battle came down to the last 200 meters between the steeplechaser from Puerto Rico and the 4-time Olympian from Colombia.

"I was worried about Domingo because he has some good speed," admitted Rios. But not quite

enough on this particular day as Rios outkicked the 39-year-old veteran, 29:59 to 30:02 with Alexander (30:02) securing a well-earned third. Gruber (30:11) hung in for fourth with Ramirez (30:37) rounding out the top five.

Although the top men's times were 30 to 45 seconds slower than those registered in recent years here, the all-around efforts were certainly equal, and the race at the front was exceptionally interesting. To be sure, the 10K at Devil Mountain is an honest one—challenging tactical skills, mental concentration and forbearance, as well as physical perseverance, rather than sheer speed. The times and places here are well-earned by everyone, and amply rewarded for the top PA-TAC open men's placers with prize money going \$500/\$250/\$200 for the top three and then down by \$25 increments to 10th place.

For Carmelo, it was his second win in a bit over a month, as he had also topped the San Jose Mercury News field in similar weather conditions.

"I was a little concerned because I led about 90% of the race, and I'm not a front runner," said (what-me-worry?) Rios. "But I was running real comfortably, it felt very easy, and I like to run in the heat."

Probably has something to do with those greased-up heat workouts.

The PA-TAC open men's team results had the Reebok Aggies (\$700) led by Rios grabbing top spot, followed by the Tibaduiza-led Pacific Flyers (\$400), and the Reebok Racing Team (\$200). The Aggies also pocketed \$750 in non-TAC prize funds for topping the special centipede category.

The women's field—expectedly tame at the front given the fact that this was an open men's championship—nevertheless yielded five sub-40 minute performances on the warm morning.

UC-Irvine grad, 22-year-old Becki van Zant who owns a 35:34 PR on the track, won comfortably in 36:41 as 31-year-old Barbara Frank of Hollister secured a 36:53 second place and a 4-second PR. Rosy Tibaduiza-Cardenas (sister of Domingo) ran a 37:56 for third. It should be noted that local standout Patti Gray competed as the lone woman among 12 men in the Aggie centipede for several miles before being replaced by a floater. Gray completed the race—her unofficial solo time about 10 seconds behind the Aggie 'ped's 35:55.

Other notable performances included 62-year-old Ray Stewart's 39:28 to defend his over-60 division Devil Mountain crown, and Jackie Caselli's 52:44 at age 68 to do the same in her division.

As usual, all runners who survived the heat of Devil Mountain went away with a virtual grab bag of goodies provided by a fine array of product sponsors.

Overall Results - Men

1. Carmelo Rios 29:59, 2. Domingo Tibaduiza 30:02, 3. Charles Alexander 30:04, 4. Tim Gruber 30:11, 5. Juan Ramirez 30:37, 6. Alan Dehlinger 30:46, 7. Tom Borschel 30:53, 8. Joaquin Leano 30:56, 9. Jose Aispuro 30:59, 10. Jeff Stein 31:04.

Overall Results - Women

1. Becki Vanzant 36:41, 2. Barbara Frank 36:53, 3. Rosy Tibaduiza-Cardenas 37:56, 4. Irene McLoughlin 38:02, 5. Sue Vinella-Brusher 38:37, 6. Kathy Kennedy 40:14, 7. Julie Rohloff 40:28, 8. Shirley Stroud 40:39, 9. Suzanne Johnson 40:40, 10. Deborah Vance 41:23.

Division Results - Men

12 & Under: 1. Gregory McCauley 40:36, 2. Zac Lee 41:15, 3. Jim Brewer 41:57, 13-16: 1. Peter Faeth 37:17, 2. Sylvester Coons 37:55, 3. Clint Stevens 38:17, 17-29: 1. Carmelo Rios 29:59, 2. Charles Alexander 30:04, 3. Tim Gruber 30:11, 30-39: 1. Domingo Tibaduiza 30:02, 2. Tom Borschel 30:53, 3. Joaquin Leano 30:56, 40-49: 1. Dele Kraus 34:50, 2. Jim Reitz 35:13, 3. Allan Stanbridge 35:43, 50-59: 1. Tom Mota 36:15, 2. Joe Hancock 38:20, 3. Jerry O'Hanlon 40:56, 60 & Over: 1. Ray Stewart 39:28, 2. Joe King 41:01, 3. Bruce Oliver 44:58, Wheelchair: 1. Zyr Bar-Shira 27:12, 2. Taylor Carey 29:48, 3. Bert Egley 31:42.

Division Results - Women

12 & Under: 1. Alexandra Efremy 51:20, 2. Jackie Simonato 52:39, 3. Amanda Gigliotti 52:42, 13-16: 1. Christina Tan 41:41, 2. Melissa Freeberg 47:26, 3. Carolyn Wellman 53:42, 17-29: 1. Becki Vanzant 36:41, 2. Rosy Tibaduiza-Cardenas 37:56, 3. Julie Rohloff 40:28, 30-39: 1. Barbara Frank 36:53, 2. Irene McLoughlin 38:02, 3. Sue Vinella-Brusher 38:37, 40-49: 1. Kathy Kennedy 40:14, 2. Shirley Stroud 40:39, 3. Carolyn Wollgram 44:48, 50-59: 1. Sandy Gangwer 47:54, 2. Beverly Maxwell 49:45, 3. Gunvor Sommerhaug 52:08.

Walley (Orinda) 2:33:32, 2. Pat Vorreiter (Sunnyvale) 2:55:43, 3. Linda Molina (Valley Springs) 2:58:41.

Team Results

Mens:

19 & Under: 1. Vilapudua/Johnson 2:04:12, 2. Bigler/Malone 2:04:59, 3. Rinaldi/Silva 2:05:32, 20-29: 1. Perez/Rusk 1:53:34, 2. Huber/Ring 1:54:21, 3. Hesse/Lewis 1:58:24, 30-39: 1. Weller/Maxwell 2:00:05, 2. Weisgerber/Lopez 2:00:05, 3. Merced Col-Pres 2:02:49, 40-49: 1. Bryan/Schimpl 2:02:55, 2. Smart/Walter 2:14:07, 3. Kyle/Stammerjohn 2:21:55, 50-59: 1. Shorman/Alcorno 2:07:59, 2. Winkelman/Marquardt 2:19:41, 3. Oberkamper/

Gustafson 2:31:24.

Womens:

19 & Under: 1. Grafus/Fraius 2:30:32, 20-29: 1. Montgomery/Cipponeri 2:27:27, 2. Kammerer/Maffei 3:02:01, 3. Gaylor/Rodriguez 3:16:01, 30-39: 1. Evans/Jackson 2:37:15, 2. Garst/Garcia-Hazer 3:00:41, 40-49: 1. Pierson/Pierson 2:07:22CR, 2. Simmons/Seely 2:10:37, 3. Lewis/Koch 2:12:55.

Rotary River Run

April 1, 6 Mile, 3 Mile & 1 Mile.

Overall Results - 6 Mile

Open Mens:

1. Hector Ayala 32:44, 2. Daniel Rusk 33:28, 3. Gilbert Gonzalez 33:52.

Seniors Mens:

1. Terry Nephew 34:01, 2. Jose Renteria 34:54, 3. Tom Cox 42:12.

Masters Mens:

1. John Minney 36:59, 2. Alex Orocco 38:52, 3. J.B. Cox 40:00.

Open Womens:

1. Margie Lindsey 41:06, 2. Barbara Owens 46:26, 3. Jackie Ryle 51:31.

Overall Results - 3 Mile

Under 30 Womens:

1. Tracey Steiner 26:22.

Over 30 Womens:

1. Terry Davis 19:39, 2. Mary Ann Barroso 24:56, 3. Helene Miller 25:04.

Open Mens:

1. Artemio Villegas 18:09, 2. Ralph Rodriguez 18:32, 3. Bill Schwartz 19:15.

High School Boys:

1. Willie Cot 27:07, 2. Travis Laubacker 29:45, 3. Jason Royal 32:32.

RESULTS

Overall Results - 1 Mile

- 12 & Under Girls:
1. Monique Islas 7:50, 2. Susie Islas 10:45, 3. Lyric Fischer 13:01.
12 & Under Boys:
1. Jorge Campos 6:21, 2. Ricardo Mosqueda 6:37, 3. Sergio Campos 6:38.

Valley Sports Club

April 1. Solvang, BK & 5K Walk

- Overall Results
1. Gordon Christie (27) S.B. 25:00, 2. Michael Smith (25) S.B. 25:25, 3. Gary Silva (39) Santa Maria 28:11, 4. Gary Comfort (35) Goleta 28:19, 5. Doug Sims (26) Santa Maria 28:25, 6. Peter Schneekloth (33) Buellton 28:44, 7. Scott McIntosh (38) Buellton 29:13, 8. Juliette Christie (26F) S.B. 29:16, 9. Erik Schmitz (24) S.B. 29:26, 10. Rick Snekvik (41) Santa Ynez 29:51.

Division Results - Men's BK

- 18 & Under: 1. Abe Meyer 39:22, 2. Ben Eichert 39:57, 3. Terrance Meyer 41:37. 19-29: 1. Gordon Christie 25:00, 2. Michael Smith 25:25, 3. Doug Sims 28:25, 30-39: 1. Gary Silva 28:11, 2. Gary Comfort 28:19, 3. Peter Schneekloth 28:44, 40-49: 1. Rick Snekvik 29:51, 2. Vic Birtalan 30:31, 3. Larry Brooks 32:32, 50-59: 1. Leon Mustil 33:49, 2. Robert Clemens 34:15, 3. Don Longenecker 35:53, 60 & Over: 1. Ray Gil 35:34, 2. Robert Thompson 37:42.

Division Results - Women's BK

- 18 & Under: 1. Andrea Robb 43:55, 2. Renee Roaming 47:25, 19-29: 1. Juliette Christie 29:16, 2. Jeffery Jones 33:24, 3. Julie Nadler 34:07, 30-39: 1. Diana Hall 31:59, 2. Karen Gal 34:16, 3. Betsy Bigley Los Olivos 35:10, 40-49: 1. Sandy Knowlton 34:12, 2. Crickel Banks 41:49, 3. Patty Landis 42:24, 50-59: 1. Lisa Norcutt 44:21, 60 & Over: 1. Margie Withrow 44:44.

Overall Results - 5K Walk

1. Robert Caudry (57) S.B. 33:16, 2. Carol Stoop (41F) Los Olivos 37:22, 3. Barbara Kalinowski (34F) Santa Ynez 37:29, 4. Carolyn Wolf (53F) Santa Ynez 38:36, 5. Leslie Gillies (53F) Solvang 38:59.

Division Results - Men's 5K Walk

- 30 & Under: 1. Rob Frederick 41:59, 2. Paul Nipper 46:06, 3. Gonzalo Garcia 50:37. 50 & Over: 1. Robert Caudry 33:16, 2. Jerry Beaver 39:27, 3. Francisco Rodriguez 39:44.

Division Results - Women's 5K Walk

- 30 & Under: 1. Barbara Kalinowski 37:29, 2. Frances McClellan 40:59, 3. Beina Nielsen 41:59, 40-49: 1. Carol Stoop 37:22, 2. Linda Newberry 40:27, 3. Sandy Thorns 41:20, 50 & Over: 1. Carolyn Wolf 38:36, 2. Leslie Gillies 38:59, 3. Rhoda Cunningham 40:56.

Motherlode Biathlon

April 2, El Dorado Hills.

Team Results

- Men's 16-34:
1. Rich Hanna/Vial Barry 1:47:49, 2. Stan Salva/Donald Hicks 1:51:48, 3. Curtis Johnson/Wendell Burkhardt 1:53:54.

- Men's 35 & Over:
1. Stuart Merfield/George Hernandez 1:57:46.

- Iron Male:
16-19: 1. David Kotla 1:53:57, 20-29: 1. Ron Callison 1:45:14, 2. Gary Malt 1:46:57, 3. Grey Grunwald 1:47:38, 30-39: 1. Bryan Fahnenbach 1:44:00, 2. Bruce Macoe 1:49:52, 3. Chris Ward 1:50:02, 40-49: 1. Curt Haury 1:53:51, 2. John Murphy 1:54:17, 3. Martin Marco 1:59:34, 50 & Over: 1. Bill Brown, 2. James Kidder, 3. Mike Tarlton.

- Mixed:
1. Linda Casillas/Carlos Casillas 1:57:55, 2. Cathy Patrick/Steve Gregg 2:00:47.

- Women's 16-34:
1. Lucy Matthews/Shannon Stinkard N.T.

- Women's 35 & Over:

1. Natalie Hebron/Lisa Boyle N.T.

- Iron Female:
20-29: 1. Elsie Sachs, 2. Heidi Teachout, 3. Susan Fox, 30-39: 1. Karen Logwood, 2. Katie Mulholland, 3. Janet Carie, 40-49: 1. Ann Melli, 2. Karen White, 3. Dixter Dobberpuhl, 50 & Over: 1. Kitty Brown, 2. Barbara Lariou.

Modesto Marathon

April 2, Modesto.

Division Results - Men's Full

- 19 & Under: 1. Richard Parris 2:48:11, 20-29: 1. Eric Carlberg 3:08:00, 2. David Robinson 3:35:20, 3. Larry Lee 3:51:16, 30-39: 1. Craig Moore 2:31:50, 2. Clyde Dilg 3:05:18, 3. Mario Flores 3:14:42, 40-49: 1. Wes Gibbins 2:56:32, 2. Gary Lotspeich 3:00:21, 3.

- 1:20:39, 3. Steve Tredway 1:21:39, 50-59: 1. Frederick Mathis 1:24:24, 2. Kenneth Schwisow 1:27:43, 3. Steve Galvan 1:30:11, 60 & Over: 1. Don Lundberg 1:42:14, 2. Harry Harder 1:53:40, 3. Wallace Rapozo 2:03:13, Wheelchair: 1. Leonard Costa 1:24:51.

Division Results - Women's Half

- 19 & Under: 1. Nichole Navarro 1:39:54, 20-29: 1. Doreen Brown 1:25:58, 2. Carol Stuhley 1:30:21, 3. Katie Lowe 1:31:53, 30-39: 1. Consuelo Garcia 1:29:20, 2. Suzette Moore 1:30:59, 3. Elsa Kinder 1:37:15, 40-49: 1. Barbara Miller 1:28:28, 2. Joan Keeney 1:41:08, 3. Louise Edmondson 1:54:34, 50-59: 1. Dorothy Griggs 1:54:46, 2. Patt Galvan 2:05:34, 60 & Over: 1. Liese Rapozo 2:09:38, Wheelchair: 1. Elyse Weendunk 2:10:49.



RICH PARRIS (left) & CRAIG MOORE

- Dave Skavdahl 3:01:45, 50-59: 1. Dennis Thomas 3:19:35, 2. Javier Del Rio 3:41:00, 3. Dave Kerwin 3:43:47, 60 & Over: 1. George Billingsley 3:30:01, 2. Paul Reese 3:49:49, 3. Thomas Fong 4:37:00, Wheelchair: 1. Robert Witherall 2:41:01.

Division Results - Women's Full

- 20-29: 1. Sally Bahowitz 3:36:10, 30-39: 1. Christin Iwahashi 2:56:10, 2. Irene Cattanaich 4:20:04, 40-49: 1. Helen Hopkins 4:12:44, 50-59: 1. Heidi Fialho 4:20:37, 60 & Over: 1. Mavis Lindgren 6:17:21.

Division Results - Men's Half

- 19 & Under: 1. Zippy Zippoli 1:32:56, 2. Noah Dye 1:37:54, 3. Frank Browne 2:07:38, 20-29: 1. Daniel Rosenthal 1:16:21, 2. Jose Hernandez 1:24:41, 3. Steve Brown 1:33:57, 30-39: 1. Hermilo Guerrero 1:16:05, 2. Rick Baca 1:19:09, 3. Frank Garcia 1:19:25, 40-49: 1. Tim Quinn 1:20:35, 2. Steven Levy

Pacific Coast 12K

April 2, Irvine, 12K & 5K.

Orange County's premiere event, the Pacific Coast 12K Run welcomed runners from cities throughout the United States as the Zee Medical Challenge made its final run with 43 participants and brought about 1,000 competitors to Irvine to participate in this inaugural event.

- Top winners included, Male: 1. Randy Reine (San Antonio, Tx) 36:26, 2. Jeff Jacobs (Rosoor, Ill) 36:31, 3. Leopoldo Lopez (Chihuahua, Mexico) 36:59, Female: 1. Mary Lemmi (Spencer, Mass) 43:49, 2. Alice Bulinski (Marietta, Ga) 44:08, 3. Laura Valenzuela (Chihuahua, Mexico) 44:22.

Zee Medical 1st place finalists Randy Reine, and Mary Lemmi were awarded a trip to either the New York Marathon or Los Angeles Marathon via American Airlines.

The Zee Medical Challenge was part of a 2-year

long activity as runners competed in local running events throughout the United States with the final competition in the Pacific Coast 12K run. Zee Medical was an official sponsor of the United States Olympics 1988.

An Orange County Centennial 5K Stride held in conjunction with the 12K celebrated Orange County's 100 birthday.

A percentage of the proceeds from the event will benefit the U.S. Olympic Committee. The Pacific

Coast 12K was produced by Race Pace Promotions, Dana Point and directed by Herb Masinger.

MCAS Tustin Runs

April 2, Tustin, 5K & 10K.

Overall Results - Men's 5K

1. Mitchell Gold (20) 15:45, 2. Kevin O'Hara (30) 15:53, 3. Gary Shapiro (37) 15:59, 4. Thomas Morse (31) 16:40, 5. Joseph Nerovski (27) 16:44, 6. Walter O'Brien (28) 16:47, 7. Charlie Burks (40) 16:51, 8. Walt Hill (38) 17:05, 9. Eddie Baldaras (28) 17:10, 10. Scott Waltman (30) 17:15.

Division Results - Men's 5K

- 15 & Under: 1. Victor Chen 17:54, 2. Andrew Russell 18:32, 3. Rick Staphis 18:34, 16-18: 1. Neil Isimine 19:15, 2. Alton Chow 19:32, 3. Jerry Elkins 22:54, 19-25: 1. Don Fallis 19:26, 2. Mark Figaro 19:30, 3. Stephan Sarty 24:41, 26-30: 1. Kevin O'Hara 15:53, 2. Joseph Nerovski 16:44, 3. Walter O'Brien 16:47, 31-35: 1. Thomas Morse 16:40, 2. Keith Reynolds 17:38, 3. Richard Over 19:09, 36-40: 1. Gary Shapiro 15:59, 2. Charlie Burks 16:51, 3. Walt Hill 17:05, 41-45: 1. Jim Burton 17:47, 2. Randall Shelley 18:04, 3. John Hunter 18:22, 46-50: 1. Steve Walner 17:49, 2. Mike Wardle 18:52, 3. Larry Ryan 20:12, 51-55: 1. Dick Vosburgh 17:55, 2. Jim Gould 20:38, 3. Greg Gutierrez 21:59, 56-60: 1. Paul Saucedo 18:45, 2. Allen Warren 21:14, 3. Ramon Ramirez 24:51, 61 & Over: 1. Gunnar Brickner 19:55, 2. Bruce Baiteson 25:06, 3. Ed Flumble 25:52.

Overall Results - Women's 5K

1. Susan Tobias (30) 19:14, 2. Sue Reinhardt (42) 19:43, 3. Bicky Gonzales (29) 19:44, 4. Kimberly Robinson (17) 20:23, 5. Leslie Lehman (31) 20:47, 6. Terry Ramirez (38) 21:19, 7. Youlin Kingary (33) 21:49, 8. Signe Smith (31) 22:24, 9. Robin Martin (35) 22:43, 10. Jennifer Crosson (24) 23:13.

Division Results - Women's 5K

- 15 & Under: 1. Sarah Sipe 25:27, 2. Courtney Bonogofski 27:20, 3. Gina Ganceo 27:53, 16-18: 1. Kimberly Robinson 20:23, 2. Diane Miranda 26:14, 3. Kerry Adams 33:39, 19-25: 1. Jennifer Crosson 23:13, 2. Carolyn Dysart 23:19, 3. Traci Ellthuber 23:53, 26-30: 1. Bicky Gonzales 19:44, 2. Donna Lammara 24:07, 31-35: 1. Leslie Lehman 20:47, 2. Youlin Kingary 21:49, 3. Signe Smith 22:24, 36-40: 1. Terry Ramirez 21:19, 2. Karen Wolf 25:16, 3. Christine Collins 25:40, 41-45: 1. Sue Reinhardt 19:43, 2. Dianne Russell 23:28, 3. Shary Devore 24:30, 46-50: 1. Judith Woods 27:11, 2. Laela Handy 28:01, 3. Lucille Shoe N.T. 51-55: 1. Johanna Oremus 26:39, 2. Patt Johnson 29:21, 3. June Miranda 29:24, 56-60: 1. Dolores Hardy 45:24, 61 & Over: 1. Joann Gunn 22:51.

Overall Results - Men's 10K

1. Mark Reilly (25) 32:08, 2. Douglas Marocco (26) 33:20, 3. Skip Schultz (44) 34:59, 4. Rex Albers (36) 35:32, 5. Joseph Kellner (27) 35:33, 6. Dirk Wiggerman 35:38, 7. Erik Waterman (31) 35:39, 8. Chris Martin (22) 35:50, 9. Fritz Reimers (30) 36:18, 10. Mark Stoner (32) 36:43.

Division Results - Men's 10K

- 15 & Under: 1. Jamie Brooks 43:17, 16-18: 1. Michael Kim 40:52, 19-25: 1. Richard Santana 37:58, 2. Michael Grade 38:18, 26-30: 1. Joseph Kellner 35:33, 2. Dirk Wiggerman 35:38, 3. Fritz Reimers 36:18, 31-35: 1. Erik Waterman 35:39, 2. Mark Stoner 36:43, 3. Mike Mueller 37:13, 36-40: 1. Rex Albers 35:32, 2. Brian Stansauk 37:17, 3. Joseph Lazzari 37:41, 41-45: 1. Skip Schultz 34:59, 2. Bill Trapp 38:37, 3.

RESULTS

Bob Bush 38:59, 46:50; 1. Frank Russo 38:45, 2. Tony Duran 40:41, 3. Jim Mansfield 41:54, 51:55; 1. Ted Battle 42:50, 2. Charles Moore 49:09, 3. Earl Conn 55:41, 56:50; 1. Wally Evertz 39:12, 2. Mel Schultz 44:12, 3. Bob Messersmith 45:57, 61 & Over; 1. Clark Titman 52:52, 2. Jack McCabe 59:53, 3. Igor Jaremko 1:05:46.

Overall Results - Women's 10K

1. Sherri Fox (30) 40:32, 2. Georgina Ried (33) 40:44, 3. Vickie McGuire (27) 41:21, 4. Debbie Wiperman (26) 43:36, 5. Angeles Ramirez (37) 44:07, 6. Kimberly Lopina (29) 44:36, 7. Sherly Johnson (24) 45:10, 8. Linda Koopmans (21) 46:23, 9. Claudia Lazar (34) 46:36, 10. Mary Reed (23) 46:49.

Division Results - Women's 10K

19-25: 1. Sherly Johnson 45:10, 2. Linda Koopmans 46:23, 3. Mary Reed 46:49, 26-30: 1. Sherri Fox 40:32, 2. Vickie McGuire 41:21, 3. Kimberly Lopina 44:36, 31-35: 1. Georgina Ried 40:44, 2. Claudia Lazar 46:36, 3. Pilar Gordillo 48:10, 36-40: 1. Angeles Ramirez 44:07, 2. Trudy Lawrence 48:14, 3. Janet McDonald 49:28, 41-45: 1. Margaret Lazzari 48:47, 2. Susan Kuntz 50:06, 3. Juddie Dubourdieu 51:44, 51-55: 1. Kaye Howell 55:42, 56-60: 1. Teresa Ramirez 1:12:35.

American River 50 Mile Run

April 8, Sacramento

As usual, the weather cooperated with the hottest day of the year to date, 93 degrees, once again a record for the 10th American River 50 Mile Run.

Sean Crom won with a time of 6:08:25 while Jean Spirlock won the women's division for her second year in a row in the time of 8:07:17.

A significant accomplishment that happened this year was the emergence of two extraordinary runners who had endured the 10 years of finishing the A.R. 50. We congratulate with great admiration Gloria Takagishi and Bob Sanchez.

Overall Results

1. Sean Crom (30-39) Reno 6:08:25, 2. Jussi Hamalainen (40-49) Agoura Hills 6:11:12, 3. Chris Turney (30-39) Rancho Cordova 6:25:40, 4. Tim Ball (30-39) Oakland 6:32:05, 5. Dave Scott (30-39) Fremont 6:47:36, 6. Tim Twietmeyer (30-39) Auburn 6:49:37, 7. Martin Jones (40-49) Sonoma 6:55:19, 8. Douglas Frost (30-39) Scottsdale, Az 7:07:32, 9. Robert Beach (40-49) Bishop 7:09:29, 10. Bill McGeary (30-39) Long Beach 7:09:41.

Division Results - Men

19-29: 1. Eugene Traham 7:28:28, 2. John Kingman 7:30:35, 3. Jim Scott 7:41:49, 30-39: 1. Sean Crom 6:08:25, 2. Chris Turney 6:25:40, 3. Tim Ball 6:32:05, 40-49: 1. Jussi Hamalainen 6:11:12, 2. Martin Jones 6:55:19, 3. Robert Beach 7:09:29, 50-59: 1. Doug Laifner 8:03:22, 2. Harold Carling 8:22:42, 3. Rob Volkenand 8:40:38, 60 & Over: 1. Jack Rhode-Moe 9:18:28, 2. Mark Ricard 9:53:15, 3. Harrison Smith 10:15:53.

Division Results - Women

19-29: 1. Denise Frucht 8:50:49, 30-39: 1. Mary Scargarella 8:16:48, 2. Sarafie Linger-Jamigan 8:24:41, 3. Joan Mork 8:38:11, 40-49: 1. Jean Spirlock 8:07:17, 2. Bjorg Austrheim-Smith 8:33:38, 3. Diane Eastman 8:35:36, 50-59: 1. Joan Szarlinski 10:11:07, 2. Hise Reichel 11:38:53.

Manhattan Mile

April 8, Manhattan Beach

Division Results - Men

Open: 1. Samson Otwacha 4:12.9, 2. Richard Disaly 4:13.2, 3. David Olds 4:19.8, 6 & Under: 1. Kevin Brown 7:53, 2. Chris Riding 7:54, 3. Patrick Lobner 8:04, 7 Yrs.: 1. Aaron Klaffer 7:16, 2. Noah Gott 7:16, 3. Blake Arce 7:29, 8 Yrs.: 1. Andy Webster 6:35, 2. Michael Grady 6:48, 3. John Grady 6:53, 9 Yrs.: 1. Devon Murray 6:16, 2. Erik Magnuson 6:37, 3. Jonathan Nuting 6:41, 10 Yrs.: 1. Ricardo Barba

5:50, 2. Samuel Harang 6:08, 3. Carlos Delgado 6:37, 11 Yrs.: 1. Brady Ryan 5:44, 2. Sheldon Salvary 6:10, 3. Chris Parson 6:35, 12 Yrs.: 1. David Gellner 6:10, 2. Brian Weiss 6:16, 3. Robert Basinger 6:17, 13-14: 1. Jeremy Westhoff 5:38, 2. Aaron Kilan 5:46, 3. Matt Walker 5:52, 15-16: 1. Shawn Page 4:42, 2. Rod Taylor 4:52, 3. Dan Vigil 4:54, 17-19: 1. Dennis Wildy 4:48, 2. Moses Galindo 5:05, 3. Xavier Vega 5:05, 20-24: 1. Todd Felker 4:34, 2. Kirby Lee 4:35, 3. Kevin Greer 4:40, 25-29: 1. Eddie Edwards 4:36, 2. Stephen Flynn 4:37, 3. Michael Spencer 4:42, 30-34: 1. Paul Hough 4:28, 2. Javier Lara 4:40, 3. Gary Rodgers 4:40, 35-39: 1. Mike Tipping 4:38, 2. Bruce Johnson 4:42, 34. Jeffrey Adams 4:51, 40-44: 1. Con Parker 4:47, 2. Jack McDowell 4:49, 3. Paul Maier 4:55, 45-49: 1. Don McCarthy 4:43, 2. Nat Doherty 4:46, 3. Catarino Gonzalez 4:51, 50-54: 1. Brian Fernee 5:14, 2. John Cosgrove 5:16, 3. Peter Faust 5:17, 55-59: 1. Robert Culling 5:15, 2. Ron Poston 5:20, 3. Robert Lyons 5:28, 60 & Over: 1. Tracy Brown 5:36, 2. Milo Sather 6:07, 3. Marcel Draisson 6:17.

Division Results - Women

Open: 1. Maria Akzaka 4:48, 2. Kathy Kanes 4:52, 3. Andrea Ward 4:59, 6 & Under: 1. Megan McGowan 7:04, 2. Katie Cunningham 9:06, 3. Excitza Gott 9:21, 7 Yrs.: 1. Lorell Riding 7:10, 2. Kelly Wolfe 7:35, 3. Cosette Smith 7:35, 8 Yrs.: 1. Mary Cravens 7:20, 2. Lisa Tully 7:40, 3. Jamie Kahn 7:47, 9 Yrs.: 1. Julie Stephenson 6:48, 2. Yukie Nishinaga 7:27, 3. Kristin Sigel 7:35, 10 Yrs.: 1. Alexa Unslay 6:25, 2. Kristin Cunningham 6:40, 3. Heather Klaus 6:55, 11 Yrs.: 1. Alyson Fitzgerald 5:51, 2. Kenna Clifton 6:23, 3. Cynthia Condon 6:29, 12 Yrs.: 1. Marina Linsley 5:56, 2. Jertene Tatum 6:36, 3. Alyson Gray 6:44, 13-14: 1. Katie Larson 6:09, 2. Karlyn Giffon 6:18, 3. Heather Schoenholz 6:19, 15-16: 1. Ana Navarro 6:09, 2. Melanie Doell 6:20, 3. Carolyn Glasser 6:50, 17-19: 1. Amy Huang 6:17, 2. Kelly Witt 6:59, 3. Andrea Ross 7:49, 20-24: 1. Gite Povlsen 9:15, 2. Roberta Hoffman 12:30, 25-29: 1. Marie Deary 5:45, 2. Diane Silva 5:51, 3. Carrie Butler 6:15, 30-34: 1. Patricia Contreras 5:31, 2. Michelle Fredette 5:45, 3. Claudia Vallejo 5:53, 35-39: 1. Michele Tiff 5:38, 2. Barbara Varon 5:53, 3. Barb Berg 5:57, 40-44: 1. Sue Ward 6:10, 2. Judy Ryan 6:36, 3. Corrine Schartz 6:39, 45-49: 1. Linda King 6:13, 2. Darlene Galindo 6:46, 3. Marilyn Stephens 6:47, 50-54: 1. Gina Faust 5:46, 2. Jane Dods 6:28, 3. Diana Chonert 6:35, 55-59: 1. Shirley Malm 10:26, 2. Diane Wheatley 10:29, 3. Cleone Hoffman 11:00.

Pear Blossom

April 8, Medford, OR, 20K

Overall Results - Men

1. Peter Fitch (29) Portland 1:02:46, 2. Matt Cabo (30) Portland 1:03:12, 3. Bill McChesney (30) Eugene 1:04:14, 4. Leonard Hill (36) Klamath Falls 1:04:54, 5. Scott Martin (25) Ashland 1:05:08, 6. Bill Yaoman (31) Ashland 1:05:23, 7. Leland Debow (19) Gold Hill 1:05:25, 8. Matt Pinder (31) Ashland 1:05:30, 9. Dave Chairaz (29) Fair Oaks 1:07:04, 10. Scott Buckles (33) Portland 1:07:26, 24. Dele Kraus (45) Hollister 1:11:11, 29. Emo Mello (37) Crescent City 1:12:02.

Division Results - Men

18 & Under: 1. Lance Tooke 1:12:03, 5. Erick Carlson 1:22:31, 19-29: 1. Peter Fitch 1:02:46, 4. Dave Chairaz 1:07:04, 30-34: 1. Matt Cabo 1:03:12, 35-39: 1. Leonard Hill 1:04:54, 4. Emo Mello 1:12:02, 40-44: 1. Gene Solomon 1:09:01, 45-49: 1. Michael Hoffman 1:09:32, 2. Dele Kraus 1:11:11, 50-54: 1. George Buckner 1:13:52, 8. Ralph Hirt 1:23:52, 55-59: 1. Norman Green 1:08:06, 4. William Flodberg 1:26:00, 60-64: 1. Patrick Devine 1:17:29, 2. Bill McChesney 1:21:32, 5. Bill Stowell 1:33:41, 65-69: 1. James Harang 1:31:50, 70-74: 1. Alvin Grah 1:47:33, 75-79: 1. John Gustafson 2:09:50, 80 & Over: 1. Ed Benham 1:33:55.

Overall Results - Women

1. Heather Tolford (31) Tillamook 1:13:21, 2. Jane Cleavenger (30) Bend 1:15:38, 3. Leann Warren

(28) Portland 1:17:32, 4. Shirley Durtschi (37) Portland 1:18:29, 5. Susan Henderson (42) Lake Oswego 1:18:13, 6. Chloé Glover (38) Eugene 1:19:22, 7. Sidney Morrison-Cataldo (32) Ashland 1:19:51, 8. Elaine Nickerson (40) Coquille 1:20:26, 9. Hilary Simons (19) Roseburg 1:21:09, 10. Elaine Dolsman (43) Ashland 1:21:10.

23. Jessie Stratton (43) Anderson 1:28:15, 27. Marge Dunlap (49) Redding 1:29:16, 44. Carol Sharp (36) Happy Camp 1:34:20, 51. Mary Fisher (34) Yreka 1:35:47.

Division Results - Women

18 & Under: 1. Theresa Svanevik 1:36:41, 19-29: 1. Leann Warren 1:17:32, 30-34: 1. Heather Tolford 1:13:21, 35-39: 1. Shirley Durtschi 1:18:29, 40-44: 1. Susan Henderson 1:19:13, 45. Jessie Stratton 1:28:15, 45-49: 1. Marge Dunlap 1:29:16, 50-54: 1. Lyn Cole 1:32:24, 5. Kelly Enksson 1:54:58, 55-59: 1. Ruth Anderson 1:39:07, 2. Daisy Roberts 1:42:48, 60-64: 1. Nadine Harrang 1:51:02, 65-69: 1. Carol Klocke 2:16:28, 70-74: 1. Pat Dixon 1:46:20.

Run for Relief

April 8, Fresno, 10K & 2 Mile

Overall Results - 10K

1. Daniel Vega, Jr. (21) Fresno 34:38, 2. Sean Stehman, Fresno, 34:58, 3. Jay Sloane (26) Fresno 34:54, 4. Isaias Luna (32) Tulare 36:20, 5. Lino Flores, Jr. (29) Tulare 36:23, 6. Robert Garcia (Clovis) 36:28, 7. Tony Rangal (26) Tulare 36:58, 8. Paul Garcia (36) Fresno 36:59, 9. Stephen Penner (40) Reedley 37:16, 10. John Minney (39) Madera 36:54.

11. Bill McCarthy (39) Fresno 39:17, 12. Scott Hillman (31) Tulare 39:22, 13. Roger Tsunda (40) Fresno 39:22, 14. Pal Phillips (35) Sanger 39:25, 15. Michael Miles (34) Fresno 39:35, 16. Henry Ovalle (47) Reedley 40:23, 17. Chris Fukagawa (39) Fresno 40:30, 18. Johnny Ray Neal (38) Fresno 40:32, 19. Charlene Janzen (23F) Fresno 40:35, 20. Daniel Cunningham (52) Fresno 40:41.

Division Results - Men

18 & Under: 1. Ryan Claassen 43:02, 19-29: 1. Daniel Vega 34:38, 2. Sean Stehman 34:38, 3. Jay Sloane 34:54, 30-34: 1. Isaias Luna 36:20, 2. Scott Hillman 39:22, 3. Michael Miles 39:35, 35-39: 1. Robert Garcia 36:28, 2. Paul Garcia 36:59, 3. John Minney 38:54, 40-44: 1. Stephen Penner 37:16, 2. Roger Tsunda 39:22, 3. Wayne Campbell 41:16, 45-49: 1. Henry Ovalle 40:23, 2. Douglas Sprinkle 41:58, 3. Dave Duckson 43:05, 50-54: 1. Daniel Cunningham 40:41, 2. Richard Robinson 48:24, 3. Jerry Carr 49:15, 55-59: 1. Chris Danny 43:48, 60-64: 1. John Bergey 47:26, 2. Chris Freuler N.T., 65-69: 1. George Leavitt 53:03, 2. Lee Thomas 53:37, 70 & Over: 1. Harry Harder 49:59.

Division Results - Women

18 & Under: 1. Nichelle Navarro 43:52, 2. Kathy Hurley 48:13, 19-29: 1. Charlene Janzen 40:35, 2. Sande Nelson 45:07, 30-34: 1. Ann Phillips 41:55, 2. Sharon Brown 54:14, 35-39: 1. Vickie Wall 37:42, 2. Glenna Penner 48:30, 3. Carolyn Hopson 53:39, 40-44: 1. Margaret Gong 49:58, 45-49: 1. Carolyn Campbell 44:27, 50-54: 1. Heidi Fialho 54:36, 60-64: 1. Dorothy Thomas 50:19.

Overall Results - 2 Mile

1. Todd Sabala (19) Spring Vly 10:03, 2. Ron Gardner (18) Fresno 10:39, 3. Isaac Banton (24) Fresno 10:43, 4. Ralph Rodriguez (38) Kernman 11:33, 5. Gary Hall (42) Kingsburg 11:40, 6. Joe Zavala (28) Fresno 11:54, 7. Mary Norris (31F) Madera 11:58, 8. Michael Lambert (Fresno) 12:22, 9. Doug Draoe (16) Clovis 12:24, 10. Donald Ewy (Parlier) 12:41.

11. Mark Pizana (26) Fresno 13:05, 12. Joshua Siebert (11) Clovis 13:25, 13. Nathan Freeland (14) Mad. 13:26, 14. Kathy Hildebrand (28) Fresno 13:32, 15. Josh Rice (12) Fresno 13:37.

Cuesta College

50K Biathlon

April 8, San Luis Obispo.

Overall Results

1. Cable-Brooks/Schmidt 1:25:47, 2. Rubio/Rambuski 1:27:00, 3. Kerecman/Theobald 1:29:31, 4. Bryan Fahrenbach (25-34) 1:29:36, 5. Leew/Hagy 1:29:59, 6. Dan Rock (25-34) 1:30:59, 7. Michael Smith (25-34) 1:32:58, 8. Bruce Mace (25-34) 1:33:54, 9. Michael Lynch (25-34) 1:34:33, 10. Scott Winfield (25-34) 1:34:43.

11. Trettin/Michael 1:34:45, 12. Les Waddell (35-44) 1:35:48, 13. Don Anderson (35-44) 1:35:52, 14. Steve Ferrario (20-24) 1:35:55, 15. Brook Claiborne (20-24) 1:36:06, 16. Stern/Williams 1:36:17, 17. Luke Merrill (25-34) 1:36:54, 18. Avni/Thompson 1:37:15, 19. Peter Park (20-24) 1:37:16, 20. Bob Macy 1:37:26.

Division Results - Men

14 & Under: 1. Ben Eichert 2:15:24, 15-19: 1. Ty Nickal 1:38:04, 2. Greg Crosley 1:39:06, 3. Phillip McCain 1:43:00, 20-24: 1. Steve Ferrario 1:35:55, 2. Brook Claiborne 1:36:06, 3. Peter Park 1:37:16, 25-34: 1. Bryan Fahrenbach 1:29:36, 2. Dan Rock 1:30:59, 3. Michael Smith 1:32:58, 35-44: 1. Les Waddell 1:35:48, 2. Don Anderson 1:35:52, 3. Bob Macy 1:37:26, 45-54: 1. Joe Jacobson 1:40:16, 2. Bill Timmerman 1:44:55, 3. Gary Tubbs 1:45:25, 55-64: 1. Ron Smith 1:46:13, 2. Gus Molnakis 1:56:04, 3. Ken Knopf 2:11:34, 60 & Over: 1. Bob Stirling 2:38:32.

Division Results - Women

15-19: 1. Tiffany Peleber 2:17:09, 2. Heather Bentley 2:22:48, 20-24: 1. Colleen Gallagher 1:43:08, 2. Eise Sachs 1:53:02, 3. Kale Emanuel 2:00:15, 25-34: 1. Terry Schneider 1:42:06, 2. Jane Grypa 1:50:03, 3. Julie Thornton 1:53:47, 35-44: 1. NMoale Waddell 1:52:48, 2. Vickie Rigby 1:58:09, 3. Donna Raymond 2:12:00, 45-54: 1. Mardi Briggs 1:57:56, 2. Carla Hamari 2:21:11, 3. Hildy Hoffmann 2:23:39, 55-64: 1. Jean Spiering 2:26:00.

Teams Results

Men's Open:

1. Rubio/Rambuski 1:27:00, 2. Kerecman/Theobald 1:29:31, 3. Leew/Hagy 1:29:59, 4. Trettin/Michael 1:34:45, 5. Hedrick/Klemens 1:38:12.

Women's Open:

1. Hennesly/Goughnour 1:40:58, 2. Dial/Baumsteiger 1:46:02, 3. Lodge/Staley 1:51:45, 4. Menz/Leoneff 1:52:22, 5. Monaco/Uram 1:53:24.

Mixed Open:

1. Cable-Brooks/Schmidt 1:25:47, 2. Vomund/Tuttle 1:39:12, 3. Cooper/Cooper 1:43:11, 4. Rodriguez/Rodriguez 1:46:03, 5. Jutzeller/Breadmore 1:46:47.

Apple Juice Run

April 8, Sebastopol 10K

Division Results - Men

5-13: 1. Todd Hudelson 43:59, 2. Gabe Boyd 44:45, 3. Ross Hause 48:25, 14-18: 1. Sean Fitzpatrick 38:46, 2. Judah Thomas 39:01, 3. Todd Lambert 40:56, 19-24: 1. Derek Bloomquist 35:41, 2. Colin Spooner 36:17, 3. Timothy Paeoe 38:21, 25-29: 1. Christopher Schallert 32:02, 2. Bruce Phinney 35:58, 3. David Miller 37:21, 30-34: 1. Peter Jansson 32:58, 2. Daniel McCullough 34:04, 3. David Dampsey 36:24, 35-39: 1. Chris Cole 34:47, 2. John Paul McIntosh-King 35:35, 3. John Hirschberger 36:48, 40-44: 1. Fred Comer 37:28, 2. Robert Herold 37:38, 3. Gordon Abbott 38:00, 45-49: 1. Thomas Garbird 37:23, 2. Kirk Deford 42:08, 3. Paul Akiyama 42:42, 50-59: 1. Darryl Beardall 35:49, 2. Ralph Harms 42:01, 3. Robert Goff 42:22, 61 & Over: 1. Alan Bellon 41:34, 2. Ned Keyes 53:34, 3. James McKenna 58:56.

Division Results - Women

5-13: 1. Pamela Richardson 50:26, 14-18: 1. Becca Hall 49:33, 2. Cherie Loda 49:34, 3. Jolene Morris 50:51, 19-24: 1. Marisa Cross 44:41, 2. Donna Burk-

RESULTS

endañ 45:26, 3. Kathleen Gallagher 45:31, 26-29: 1. Michelle Tani 40:07, 2. Claire Pirie 41:25, 3. Terri Risko 45:12, 30-34: 1. Holly Potter 44:55, 2. Cynthia Poole 48:23, 3. Donna Sultz 48:43, 35-39: 1. Eddie Freyer 41:20, 2. Vicki French 42:12, 3. Margaret Mann 45:58, 40-44: 1. Sue Wagers 46:59, 2. Reta Kyle 47:12, 3. Joyce Homenko 48:23, 45-49: 1. Edda Stickle 45:00, 2. Carol Kelly 49:53, 3. Pamela Horton 50:31, 50-60: 1. Elaine Frank 51:37, 2. Lois Cook 56:28, 3. Yvonne Wilcox 1:00:46, 61 & Over: 1. Helen Kuzara 1:01:29.

Bonne Bell Run

April 9, San Francisco, 5K & 10K

Overall Results - 10K

1. Barb Myers-Acosta (31) Santa Cruz 35:40, 2. Patricia Gray (26) Oakland 36:21, 3. Rosa Gutierrez (25) San Jose 36:30, 4. Karen Scholte (23) Sunnyvale 36:50, 5. Christine Iwasashi (33) Sacramento 36:57, 6. Barbara Frank (31) Hollister 37:29, 7. Rosie Tibaduza (26) Reno 37:36, 8. Joan Colman (45) San Francisco 37:41, 9. Jeanne Ernest (30) Palo Alto 38:00, 10. Nancy Benson (22) San Francisco 38:19.

Division Results - 10K

5-19: 1. Amy McConnell 41:05, 2. Lisa Scott 44:09, 3. Katie Peacock 44:09, 20-24: 1. Karen Scholte 36:50, 2. Nancy Benson 38:19, 3. Lorena Ferreira 38:50, 25-29: 1. Patricia Gray 36:21, 2. Rosa Gutierrez 36:30, 3. Rosie Tibaduza 37:36, 30-34: 1. Barb Myers-Acosta 35:40, 2. Christine Iwasashi 36:57, 3. Barbara Frank 37:29, 35-39: 1. Sharon Swann 38:29, 2. Beckie Simmie Kesseck 38:42, 3. Wink Luskin 39:36, 40-44: 1. Hilary Naylor 39:00, 2. Kathy Kennedy 40:06, 3. Linda Mantynen 41:27, 45-49: 1. Joan Colman 37:41, 2. Shirley Matson 39:08, 3. Joan Uilyot 40:48, 50-59: 1. Birthe Kirch 45:13, 2. Katie Martin 47:20, 3. Sandy Gangwer 48:20, 60-69: 1. Jady Caselli 51:35, 2. Kit Pickles 53:52, 3. Peggy Ewing 55:10, 70 & Over: 1. Ada Thomas 1:14:26, 2. Alison Withers 1:17:06.

Racewalkers:

1. Harma Drenth 56:51, 2. Cindy Paffumi 58:45, 3. Carole Kajita 59:48, 4. Lynn Edlen Nezin 1:10:43, 5. Frances Wilson 1:13:49, 6. Dixie James 1:15:54, 7. Lorraine Coppola 1:17:34, 8. Debra Clark 1:17:54, 9. Kathleen Talbert 1:21:45, 10. AnnMarie Roache 1:21:46.

Overall Results - 5K

1. April Powers (31) 17:22, 2. Alison Orofino (27) Placerville 17:26, 3. Susan Putney (26) 17:36, 4. Robyn MacSwain (24) 18:05, 5. Mary Brook (30) Single Springs 18:09, 6. Bonnie Zapata (32) Petaluma 18:52, 7. Wendy Grandin (33) 18:55, 8. Mary Rees (27) 18:56, 9. Margaret Lang (27) 19:14, 10. Robin Stovall (30) Sonoma 19:27.

Division Results - 5K

5-19: 1. Catherine Venables 20:35, 2. Sandra Costa 20:48, 3. Lise Mifsud 21:10, 20-29: 1. Alison Orofino 17:26, 2. Susan Putney 17:36, 3. Robyn MacSwain 18:05, 30-39: 1. April Powers 17:22, 2. Mary Brook 18:09, 3. Bonnie Zapata 18:52, 40 & Over: 1. Vicki Bigelow 19:52, 2. Marion Irvine 21:15, 3. Judith Russo 21:54.

Boston Milk Run

April 9, Boston, MA, 10K.

It was a day for record setting performances at the Eighth Annual Massachusetts Diabetic Association (MDA) Boston Milk Run.

Nonvegians Jon Halvorsen and Ingrid Kristiansen led a field of 4,000 runners over the 6.2 mile course, through the historic neighborhoods of Boston's Back Bay.

Halvorsen, 22, held off a late-race challenge from Rhode Island's John Gregorek over the final 200 meters to capture the \$5,000 first place prize. Halvorsen's time of 28:01 - one second ahead of Gregorek - bettered by 14 seconds the course record set by Gregorek in 1985. Gregorek also won

the MDA Boston Milk Run in 1987.

Winning was no problem for Ingrid Kristiansen in her final lineup race before next Monday's 93rd Annual BAA Boston Marathon. Kristiansen, 33, the world record holder at the Marathon (2:21:06) and the track 10K (30:13), was timed in 30 minutes 58 seconds, well under the course record of 32:07 set by defending MDA Boston Milk Run champion Lorraine Moller from New Zealand. Moller finished 13th in 33:31.

Overall Results - Men' Open

1. Jon Halvorsen (Norway) 28:01, 2. John Gregorek (Rhode Island) 28:02, 3. Andrew Lloyd (Australia) 28:14, 4. Carl Thackery (Great Britain) 28:26, 5. Richard Nerurkar (Great Britain) 28:29, 6. Bill Reitsnyder (Pennsylvania) 28:45, 7. Jim Cooper (Georgia) 28:59, 8. John Bowden (New Zealand) 29:01, 9. Rob DeCastella (Australia) 29:02, 10. John Campbell (New Zealand) 29:04.

Overall Results - Women's Open

1. Ingrid Kristiansen (Norway) 30:58, 2. Judy St. Hilaire (Massachusetts) 31:45, 3. Annette Hand (Oregon) 31:47, 4. Barbara Moore (New Zealand) 32:02, 5. Olga Bondarenko (Soviet Union) 32:08, 6. Monica Joyce (Ireland) 32:10, 7. Marguerite Buis (New Zealand) 32:24, 8. Margaret Groos (Tennessee) 32:40, 9. Carole Rouillard (Canada) 33:02, 10. Joan Nesbit (North Carolina) 33:04.

Overall Results - Men's Masters

1. John Campbell (New Zealand) 29:04 WR, 2. Ryszard Marczak (Poland) 30:09, 3. Peter Moon (Great Britain) 31:02, 4. Bernie Allen (Massachusetts) 31:23, 5. Nicol Bergeron (Canada) 31:34.

Overall Results - Women's Masters

1. Gabrielle Anderson (Switzerland) 35:00, 2. Nancy Mieszcak (New York) 35:54, 3. Elenora Mendoca (Massachusetts) 37:54, 4. Juana Stavalone (Calif.) 37:55, 5. Jan McKeown (Connecticut) 37:54.

Indian Gulch Runs

April 9, Horrocks, 10 MI. & 5 MI.

Overall Results - 5 Mile

1. Jim Harig (30-39) 26:02, 2. Daniel Murray (40-49) 27:12, 3. Daniel Rusk (18-29) 27:28, 4. Greg McKinstry (30-39) 27:31, 5. Samuel Bell (18-29) 28:37, 6. Louis Phillips (30-39) 28:59, 7. Bruno Rinaldi (40-49) 30:32, 8. Sargun Nona (30-39) 31:26, 9. Marty Bannon (30-39) 31:36, 10. Dave Zacharias (40-49) 32:17.

Division Results - Men's 5 Mile

12 & Under: 1. Michael Cavner 34:25, 2. Kyle Royer 34:57, 3. Paul Coreno 43:33, 13-17: 1. Payton Swanson 34:01, 2. Eric Espinoza 37:18, 3. Mark Coreno 44:41, 18-29: 1. Dan Rusk 27:28, 2. Samuel Bell 28:37, 3. Jeff Crandal 35:23, 30-39: 1. Jim Harig 26:02, 2. Greg McKinstry 27:31, 3. Louis Phillips 28:59, 40-49: 1. Dan Murray 27:12, 2. Bruno Rinaldi 30:32, 3. Dave Zacharias 32:17, 50-59: 1. Frank Rusel 32:43, 2. Mort Ward 33:05, 3. Mel Elliot 37:08, 60 & Over: 1. Payton Taylor 43:21, 2. Ray Mahannah 49:24.

Division Results - Women's 5 Mile

18-29: 1. Kathy Cumming 48:14, 2. Becky Gomes 49:54, 3. Katie Duggins 1:00:46, 30-39: 1. Judy Rioks 39:09, 2. Jennifer Holmquist 39:46, 3. Tina Elmhidge 49:50, 40-49: 1. Jean Schwisow 42:15, 2. Charlene Enoch 42:58, 3. Anita Walker 45:53, 50 & Over: 1. Pat Loring 47:29, 2. Sylvia Guellat 53:02, 3. Marvillo Taylor 59:23.

Overall Results - 10 Mile

1. Jimmy Fukner (29 & U) 1:05:00, 2. Jeff Hartman (29 & U) 1:05:01, 3. Curt Royer (30-39) 1:05:57, 4. Don Bryan (40-49) 1:06:28, 5. Dick Domant (40-49) 1:07:02, 6. Ken Schwisow (50-59) 1:08:15, 7. Brett Radanof (29 & U) 1:10:06, 8. David Simenson (30-39) 1:10:21, 9. Dan Verzier (30-39) 1:11:42, 10. John Mason (40-49) 1:12:04.

Division Results - Men's 10 Mile

29 & Under: 1. Jimmy Fukner 1:05:00, 2. Jeff Hartman 1:05:01, 3. Brett Radanof 1:10:00, 30-39: 1.

Curt Royer 1:05:57, 2. David Simenson 1:10:21, 3. Dan Verzier 1:11:42, 40-49: 1. Don Bryan 1:06:28, 2. Dick Domant 1:07:02, 3. John Mason 1:12:04, 50-59: 1. Ken Schwisow 1:08:15, 2. Chris Denny 1:24:05, 3. Stu McElwain N.T. 60 & Over: 1. Don Lunbergl 1:19:55, 2. Bob Madsen 1:28:02, 3. Robert Evans 1:47:30.

Division Results - Women's 10 Mile

20 & Under: 1. Auong Phon 1:50:12, 30-39: 1. Lisa Hunter 1:16:50, 2. Rachelle Roberts 1:20:06, 3. Yolanda Gardini 1:42:51, 40-49: 1. Reva Colliver 1:19:55, 2. Caroline Ward 1:37:11, 3. Gail Miller 1:44:24.

Jimmy Stewart Relay Marathon

April 9, Griffith Park, Los Angeles.

The "Gardena Valley Runners" Team of Gardena, came in first place with a finishing time of two hours, nine minutes and four seconds at the Eighth Annual Jimmy Stewart Marathon at Griffith Park in Los Angeles.

ATHLETIC PRESS ATHLETIC PRESS ATHLETIC PRESS



Flanked by JIMMY STEWART and ROBERT WAGNER, WILLIAM MUSYOKI breaks the tape to lead the GARDENA VALLEY RUNNERS to first place.

The five-member team, sponsored by Gardena Auto Repair, included: Kevin Jones, Matt Ebner, John Koningh, Sampson Obwocha, and William Musyoki. Each team member ran a distance of 5.2 miles to make up the full 26.2 mile marathon course.

The marathon, co-hosted by Jimmy Stewart and Robert Wagner, drew over 4,000 runners and 20,000 spectators. The marathon helps raise funds for Saint John's Child Study Center, a division of Saint John's Hospital and Health Center in Santa Monica. The Child Study Center provides varied services for children with developmental disabilities, emotional disorders and learning problems, as well as families in crisis and victims of child abuse. Over the past seven years the marathon has raised more than \$1 million for the Child Study Center.

"It's great to see the enthusiasm and competition between teams," says Wagner. "We hope these elite runners will come back again next year to enjoy the fun, excitement and healthy competition, so that next year's marathon will be even bigger," added Stewart.

Overall Results

1. Gardena Auto, #1 (Elite) 2:09:05, 2. A-Team-

SD (Elite) 2:12:30, 3. Gardena Auto #2 (Open-Men) 2:12:37, 4. Wild Mountain #1 (Open-Men) 2:15:37, 5. B-Team (Elite) 2:20:34, 6. Nike-A (Corp-Men) 2:24:41, 7. Wild Mountain #2 (Open-Men) 2:23:20, 8. Gardena Auto #6 (Seniors-Men) 2:24:39, 9. Team Plo-A (Corp-Men) 2:26:24, 10. Inside Track #D (Open-Men) 2:26:29.

Division Results

Open Men:

1. Gardena Auto, #2 (Alan Just, Benny Cruz, Alfredo Rosas, Kevin Brody, Corey Simmons) 2:12:37, 2. Wild Mountain, #1 2:15:37, 3. Wild Mountain #2 2:23:20.

Open Women:

1. Rocky Road Runners (Tom Donohoe, Maria Ofstad, Bob Manzanares, Judy Rindge, Rick Arnee) 2:35:59, 2. Snake Stampers-Head 2:41:10, 3. The Dingos 2:58:09.

Elite:

1. Gardena Auto #1 (Kevin Jones, Matt Ebner,

John Koningh, Sampson Obwocha, William Musyoki) 2:09:05, 2. A-Team SD (Dee Carey, Jay Larson, Mat Clayton, Steve Hall, Bobby Bencourt) 2:12:30, 3. B-Team 2:20:34.

Seniors Men:

1. Gardena Auto #6 (Harold Keiting, Don McCarthy, Catanio Gortzales, Ron Gee, Micky DePaloj) 2:24:39.

Seniors Women:

1. Spuds Girls (Bettye Hamonds, Secira Romos, Regina Jacobs, Yvette LaVigne, Kathy Kusner) 3:08:27.

Golden Seniors Men:

1. The Kid's (Eddie Lewin, Ed Stoyserberg, Stan Neufeld, Larry Banuelos, Gunner Bricker) 3:25:10.

Golden Seniors Mix:

1. Fable Five 4:11:41.

Corp Men: 1. Nike-A 2:22:41. Corp Women: 1. Team Alaska 3:32:23. Corp Mix: 1. LA X-Press 2:35:18.

Seniors Mix: 1. Gardena Auto #8 2:48:24. Super Seniors Men: 1. Lilton #10 2:39:52. Super Seniors Women: 1. Fleet Five 3:22:01. Super Seniors Mix: 1. SoCal Stris Mast 3:06:51. College Men: 1. Santa Monica Coll. 2:30:22. College Women: 1. Sun Enzymes 3:29:09. College Mix: 1. Bo-AZ 2:44:35.

RESULTS

Run to Literacy

April 9, Napa, 5K & 1 Mile.

Overall Results - 5K

1. Rich Langford 15:21, 2. Thom Trimble 15:29, 3. David Amster 15:48, 4. George Riley 16:40, 5. John Monteverdi 17:45, 6. Craig Buttrum 18:14, 7. Robert McBlair 18:36, 8. Edward Tamson 18:41, 9. Shinsuke Shiga 18:51, 10. Mark Hicks 18:56.

11. Terry Hartman 19:04, 12. Gregg Tampion 19:04, 13. Greg Moura 19:19, 14. Daniel Tavest 19:27, 15. Jerry O'Hanlon 19:37, 16. Geoff Smyth 19:43, 17. Glenn Gulbransen 19:47, 18. Ruben Carreon 20:04, 19. Edwin Wikerson 20:07, 20. Jacques Pilet 20:09.

21. David Zaltsman 20:12, 22. Mike Manzey 20:15, 23. Diana Wimberley 20:18, 24. Douglas Heesht 20:33, 25. Mark Jones 20:34.

Overall Results - 1 Mile

1. Jacques Pilet 6:13, 2. Ruben Carreon 6:16, 3. Orlando Carreon 6:56, 4. James Bowers 6:58, 5. Arly Carreon 7:01, 6. Allen Brambrink 7:04, 7. Troy Rasmusen 7:05, 8. Brandon Waddell 7:07, 9. Ron Walker 7:14, 10. Joseph Brambrink 7:20.

Livermore Fitness

Day Race

April 9, Livermore, 5K & 10K.

Division Results - Men's 5K

11 & Under: 1. Paul Fleming 24:40, 2. Kenny Murray 24:54, 3. Josh Patterson 26:47, 12-17: 1. Javier Avila, Jr. 18:17, 2. David Kilikenny 19:42, 3. Jeffrey Hartin 19:45, 18-23: 1. Matt Boodanowicz 18:04, 2. Tim Madean 17:18, 3. Robert McKeiver 20:22, 24-29: 1. Edward Dommig 17:29, 2. Chuck Rasbold 18:53, 3. Jeff Colver 23:17, 30-39: 1. Brian Doris 16:55, 2. Javier Avila 19:30, 3. Ray Fortner 20:50, 40-49: 1. Jim Reitz 16:39, 2. Brian Bonner 17:59, 3. Del Eokis 18:49, 50-59: 1. Jack Pons, Jr. 23:39, 2. Maurice Reynolds 23:54, 3. Patrick Duke 26:56, 60 & Over: 1. Russell Bush 26:06, 2. Dick Petch 27:17.

Division Results - Women's 5K

11 & Under: 1. Kaly Mcir 31:52, 2. Ami Ito 32:40, 3. Annie Rashe 33:13, 12-17: 1. Chandra Preszler 21:43, 2. Jackie Downs 24:50, 3. Megan Greenfield 27:42, 18-23: 1. Lee Lewis 18:37, 2. Sharon Larson 22:55, 3. Andrea Reilly 24:33, 24-29: 1. Charlotte Walker 22:47, 2. Beverly Bowers 24:01, 3. Kristin Batz 28:01, 30-39: 1. Denise Watchcamping 24:56, 2. Pat Cox 26:26, 3. Carla Lewis 26:43, 40-49: 1. Joni Schulz 25:31, 2. Rose Wilkins 29:23, 3. Linda Myers 29:41, 50-59: 1. Donna Bowles 30:39, 2. Kathleen Miller 32:18, 3. Ruth Levitah 33:06, 60 & Over: 1. Rosemary Stroud 39:43, 2. Marjorie Plummer 40:13, 3. Lorena Schneider 43:14.

Division Results - Men's 10K

11 & Under: 1. Ealon Dayrell-Stulen 54:09, 12-17: 1. Jason Berlin 40:02, 2. Jay Ferguson 44:10, 3. Brian Dick 52:06, 18-23: 1. Roger Anaya 37:23, 2. Larry McCoy 38:40, 3. Robert McFarlane 57:42, 24-29: 1. Steve Lewis 37:11, 2. Jeff Lassie 42:14, 3. Larry McCoy 42:16, 30-39: 1. Brad Hawthorne 31:11, 2. Paul Skokowski 35:18, 3. Craig Whitchard 36:16, 40-49: 1. Chris Larson 38:15, 2. Gary Spencer 38:33, 3. Errol Yamal 38:43, 50-59: 1. Bob Tarozzi 39:30, 2. Billy McKinley 48:07, 3. Robert Anderson 48:31, 60 & Over: 1. Paul Ong 49:01, 2. Steve Wishnis 49:21, Wheelchair: 1. Don Lively 44:55.

Division Results - Women's 10K

12-17: 1. Britt Eilers 51:34, 2. Hazen Dayrell-Stulen 54:07, 18-23: 1. Betty Streeter 52:17, 2. Barbara Bell 58:26, 24-29: 1. Debbie Santa Maria 48:20, 2. April Jones 50:42, 3. Lana Replogle 52:04, 30-39: 1. Monya Lane 41:47, 2. Elaine Globis 43:20, 3. Mary Johnson 47:20, 40-49: 1. Karena McKinley 48:19, 2. Larja Macaulay 50:35, 3. Jane Sleitz 52:59, 50-59: 1. Maureen Gerisk 53:48, 2. Priscilla Snyder 1:06:47, 3. Mary Ann Zagotta 1:07:33, 60 & Over: 1. Clara Azevedo 58:10.

Misty Redwood Run

April 9 Oakland, 7 Mile.

Overall Results

1. Joe King (62) 35:26, 2. Dan Williams (40) 35:27, 3. Rick Bruess (29) 35:59, 4. Scott Strait (33) 37:31, 5. Bruce Linscott (30) 37:34, 6. Richard Keene (51) 37:37, 7. Jay Johannesson (26) 37:43, 8. Gerald Armstrong (42) 37:52, 9. John Talco (42) 38:04, 10. John Hearnay (41) 38:17.

11. Tom Rose (48) 38:31, 12. Tony Chan (29) 38:34, 13. Peter LaGoy (29) 39:00, 14. George Forman (43) 39:09, 15. Julius Rati (38) 39:21, 16. Daniel Patterson (32) 39:37, 17. Michael Palmer (35) 39:46, 18. Nicholas Rati (16) 39:51, 19. John Tomasek (42) 39:54, 20. Michael Zarewich (17) 39:59.

Round Orange Runs

April 9, Orange, 5K & 10K.

Division Results - Men's 5K

12 & Under: 1. Kevin Staunton 20:34, 2. Brett Jorgensen 21:00, 3. Ryan Emenaker 21:43, 13-17: 1. William Anderson 16:22, 2. Todd McFadden 16:51, 3. Kris Nightingale 16:55, 18-24: 1. Jesus Gutierrez 14:32, 2. Chris Hobson 15:06, 3. Rikki Martinez 15:15, 25-29: 1. Jon Butler 14:39, 2. Brook Vaughn 14:43, 3. Alfredo Viguera 14:49, 30-34: 1. Keith Withauer 14:48, 2. Frank Boegeman 16:24, 3. Thomas Morse 16:33, 35-39: 1. Enrique Alvarez 15:46, 2. Walt Hill 17:00, 3. James Kim 17:21, 40-44: 1. Bill Sumner 16:07, 2. Douglas Woodsmall 17:19, 3. Fred Doubell 17:34, 45-49: 1. Randall Shelley 17:55, 2. Edward Frisch 18:50, 3. Barry Reid 19:31, 50-59: 1. Jim Chesebro 20:14, 2. Benjamin Waldron 20:33, 3. Greg Gutierrez 22:18, 60 & Over: 1. Al Escobosa 21:34, 2. Olie Harker 22:08, 3. Dane Blank 24:47.

Division Results - Women's 5K

12 & Under: 1. Anna Romero 24:26, 2. Romany Ly 24:48, 3. Leanne Seguin 25:07, 13-17: 1. Wend Wan 21:01, 2. Heidi Hammill 21:14, 3. Chris Ciodetti 21:20, 18-24: 1. Terra Mahrke 21:51, 2. Adrienne Barilina 22:53, 3. Sara Conant 23:18, 25-29: 1. Helen Lopez 18:24, 2. Sharon Zimmerman 19:13, 3. Dawn Staab 21:41, 30-34: 1. Juliet Conroy 21:03, 2. Youlin Kingery 22:04, 3. Mary Sanchez 22:14, 35-39: 1. Trish Pierson 18:42, 2. Cynthia Tyler 22:23, 3. Karen Wolf 23:58, 40-44: 1. Loretta Kolkin 22:02, 2. Jenie Ross 22:58, 3. Lorraine Stark 24:08, 45-49: 1. Harlene Walters 18:18, 2. Janice Aldendifer 26:15, 3. Susan Spraggins 26:37, 50-59: 1. Wilma Maddock 20:46, 2. Ida Hennick 23:04, 3. Alice Long 30:35, 60 & Over: 1. Jean Bradshaw 28:05, 2. Verian Bruce 32:15.

Division Results - Men's 10K

12 & Under: 1. Bo Whieldon 44:53, 2. Brad Vresel-meyer 49:41, 3. Mike Parsichina 53:35, 13-17: 1. John Corford 36:33, 2. Cory Lohman 37:04, 3. Cornelio Cortez 42:17, 18-24: 1. Rodolfo Arellano 34:49, 2. Matt Capeloulo 34:55, 3. Manuel Quiarrez 35:34, 25-29: 1. Faron Fields 29:55, 2. Joey Gomez 30:36, 3. Daniel Reed 31:21, 30-34: 1. Steve Schumacher 35:13, 2. Steven Skora 36:08, 3. Steve Kovatch 36:10, 35-39: 1. Mark Hemphill 34:32, 2. Robert Langston 35:05, 3. Alan Reich 36:25, 40-44: 1. Douglas Woodsmall 36:37, 2. Jan Sturla 36:52, 3. Jack Boystar 37:08, 45-49: 1. Philip Wright 35:10, 2. Steve Waliner 37:00, 3. Charles Burton 38:02, 50-59: 1. Paul Keans 37:17, 2. Ron Navarete 37:25, 3. Frank Russo 38:47, 60 & Over: 1. Dan Sheeran 43:56, 2. Dane Blank 45:54, 3. George Hara 51:31.

Division Results - Women's 10K

12 & Under: 1. Cynthia Condon 49:36, 13-17: 1. Janelle Coxford 47:28, 2. Ginnie Hall 47:37, 3. Betsy Burbridge 47:40, 18-24: 1. Sylvia Mosqueda 32:32, 2. Antoinette Delgado 37:47, 3. Elizabeth Vitalis 38:14, 25-29: 1. Bicky Gonzales 41:27, 2. Linda Dehner 42:21, 3. Kristi Fast 43:08, 30-34: 1. Rebecca Koboski 42:51, 2. Gail Marriam 45:55, 3. Karen McHale 46:15, 35-39: 1. Mary Ryzner 38:03, 2. Trish Pierson 42:12, 3. Lorraine Brewster 45:47, 40-44: 1. Nancy Hughes 42:52, 2. Ann Lister 47:28, 3. Joan Steiner 49:33, 45-49: 1. Darnise Mock 47:50.

2. Margaret Waldron 51:09, 3. Nancy Caudill 51:50, 50-59: 1. Judy Demunno 54:44, 2. Kaye Howell 55:16, 3. Nina Schrader 1:00:20, 60 & Over: 1. Gail Conley 42:53, 2. Sumiyone Onodera 54:05, 3. Lois Edds 55:40.

Coors Light

Sierra Mountain Race XI

April 9 Squaw Valley.

(9K XC Ski, 10K Run, 30K Bike)

Overall Results - Men

1. David Edic (31) North Pole, AK 1:58:59, 2. Joe Sherman (32) Bend, OR 1:59:06, 3. David Slover (33) Reno, NV 2:01:11, 4. Bernie Mellor (32) Squaw Valley 2:04:09, 5. Todd Paige (25) Truckee 2:07:29, 6. Bruno Heer (33) Emeryville 2:08:42, 7. Eric Black (24) Truckee 2:10:40, 8. John Campbell (44) Palo Alto 2:11:01, 9. Tom Elkert (30) Tahoe City 2:11:26, 10. Todd Murray (25) San Jose 2:12:07.

Overall Results - Women

1. Kari Miller (30) Telluride, CO 2:07:36, 2. Deirdre Eitel (25) Soda Springs 2:13:29, 3. Erica Lundquist (25) Homewood 2:22:41, 4. Janet Nugent (37) Bridgeport 2:25:34, 5. Cheryl Baaman (37) Truckee 2:29:25.

Division Results - Men

20-29: 1. Todd Paige 2:07:24, 30-39: 1. David Edic 1:55:59, 40-49: 1. John Campbell 2:11:01, 50 & Over: 1. Rich Clark 2:42:46.

Division Results - Women

20-29: 1. Dierdre Eitel 2:13:29, 30-39: 1. Kari Miller 2:07:36.

Humpday 5K

April 12 Chico.

Division Results - Men

12 & Under: 1. Travis Lambert 20:27, 2. Matt Stanley 22:24, 3. Chuck Hallbauer 22:51, 13-17: 1. Ben Hauser 18:44, 2. Joshua Littell 19:50, 3. John Squires 22:22, 18-24: 1. Tom Davies 15:50, 2. John Milkum 16:36, 3. Donald Doring 16:38, 25-29: 1. Patrick Korder 16:02, 2. Greg Williams 16:23, 3. Greg Meadows 16:25, 30-34: 1. Peter Churney 15:33, 2. Toni Ruggle 16:40, 3. Ed Tietz 17:26, 35-39: 1. Tom Cushman 16:03, 2. Chris Entente 17:26, 3. Jim Broshers 18:49, 40-44: 1. Herve Pastre 16:40, 2. Phil Nemir 17:45, 3. Tom Hayes 17:56, 45-49: 1. Wall Schaller 17:31, 2. James Ballantyne 18:10, 3. Barney Hope 20:08, 50-54: 1. Jim Bevins 17:53, 2. Les Fredrickson 18:27, 3. Don Richey 21:22, 55-59: 1. Everett Riggie 19:00.

Division Results - Women

12 & Under: 1. Brooks Hill 21:04, 13-17: 1. Irene Cardenas 19:44, 2. Andrea Gore 33:18, 18-24: 1. Laurie Ingram 20:22, 2. Sarah Meek 22:20, 3. Allison Carter 22:25, 25-29: 1. Laurie Greg 22:30, 2. Jackie Lasagna 22:33, 3. Vicki Whitburn 23:37, 30-34: 1. Sandy Johnson 19:53, 2. Dale Darrow 21:57, 3. Patty Haley 24:38, 35-39: 1. Elizabeth Knight 24:12, 2. Rochelle Ramay 24:39, 3. Linda Jackson 25:33, 40-44: 1. Joan Keeney 22:11, 2. Brenda Crofts 23:36, 3. Laura Lackey 24:16, 45-49: 1. Tammy BeMier 23:50, 2. Cecilia Korock 25:02, 3. Virginia Mathews 28:29, 50-54: 1. Sandy Becker 26:42, 2. Betty Best 26:47, 3. Diane Dodson 35:41, 55-59: 1. Beverly George 35:02, 60 & Over: 1. Rozie Jarrett 35:02.

Fontana Day Runs

April 15, Fontana, 5K & Half Marathon.

Division Results - Men

Half-Marathon: 1. Gordon Christie 1:00:24WR, 2. Keith Withauer 1:04:42, 3. Alex Miranda 1:04:48.

Masters: 1. Patrick Devine 1:15:28, 2. Hohn Conart 1:16:25.

Men's 5K

1. Sam Obwocha 13:25, 2. Sam Sitenik 13:30, 3. Benito Cruz 13:52.

Masters: 1. Steve Myhro 14:55, 2. Catarino Gonzalez 15:56.

Division Results - Women

Half-Marathon: 1. Juliette Christie 1:13:22, 2. Joanie Eiler 1:28:15, 3. Irene Olbez 1:29:43.

Masters: 1. Irene Olbez 1:29:30, 2. Shirley Blush 1:34:44.

Women's 5K: 1. Suzi Morris 15:41, 2. Gretchen Lohr 15:46, 3. Michelle Hopper 16:16.

Masters: 1. Mary Rodriguez 20:44, 2. Mary Storey 21:25.

Red Cross Triathlon

April 15, Coachella Valley.

(34 Mi. Swim, 20K Bike, 5K Run)

Overall Results - Men

1. Doug Roberts (24) San Diego 56:19, 2. Mike Filipo (28) Long Beach 56:58, 3. Dave Jewell (24) Encinitas 57:28, 4. Gregory Griffin (26) Escondido 57:42, 5. Thorsten Hogberg (20) Long Beach 57:58, 6. Vic Rosenthal (23) Solana Beach 58:45, 7. Luke Scott (21) Brea 59:13, 8. Brian Seymour (21) Isla Vista 59:31, 9. Marc Makobakkon (25) San Diego 59:43, 10. Karl Rush (29) Camarillo 59:49.

Overall Results - Women

1. Alice Godtred (28) Anchorage, AK 1:01:08, 2. Holly Stoverson (26) San Diego 1:02:12, 3. Laura Anthony (33) Capistrano Beach 1:05:19, 4. Elise Schneider (21) San Diego 1:08:14, 5. Dieder Wagner (33) Cathedral City 1:09:28, 6. Lisa Valdez (21) Long Beach 1:10:20, 7. Linda Favuzza (23) LaQuinta 1:10:37, 8. Cathy Caballero (40) Malibu 1:10:41, 9. Micki Verkulon (26) Burbank 1:11:07, 10. Nora Lee (25) Redondo Beach 1:11:21.

San Pedro Valley

Wilderness Run

April 15, Pacifica, 6.2 Mi. & 2 Mi.

Overall Results - 6.2 Mile

1. Jim Moyles (37) 39:59, 2. C. Hetherington (28) 40:35, 3. Rich Homstra (32) 42:51, 4. Emmott Miller (25) 44:01, 5. Nikos Mouris (31) 44:26, 6. Jeff Wall (46) 45:07, 7. Wall Kohnert (42) 45:18, 8. Thomas Staff (27) 45:40, 9. Kent Haake (33) 45:48, 10. Ken Johnson (36) 45:51.

11. Glen Bewick (44) 45:58, 12. Michael Powell (46) 46:00, 13. Jerry Lylerly (49) 46:03, 14. Patrick Ousane (47) 46:56, 15. Craig Welch (26) 47:25.

Overall Results - 2 Mile

1. Leon Shordan (27) 12:00, 2. Mark Moreno (30) 12:37, 3. Mark Gisson (27) 13:07, 4. W. Siler (28) 16:57, 5. Scott Smith (37) 19:25.





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