

JUNE 1990

ISSUE NO. 159

# CALIFORNIA

*Track & Running News*

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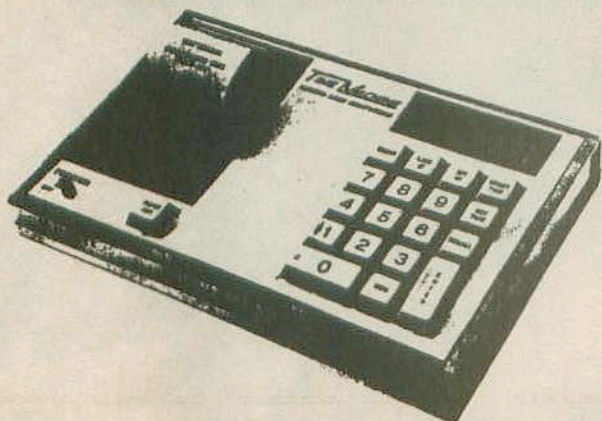
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# CALIFORNIA

## Track & Running News



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## FROM THE EDITOR

Here we are, right in the middle of the big track and field championship meets -- an exciting time of the year. I've just returned from the NAIA Nationals in Texas, as well as the High School State Meet in Cerritos. We'll have results of those meets, plus many others, in our July championship issue.

But we're not done yet. We've still got the TAC Senior Championships in Cerritos on June 14-16, the TAC Junior Championships in Fresno on June 30 to July 1, and the Goodwill Games in Seattle on July 21-26.

The TAC Senior Championships is the 115th edition of the U.S. Outdoor Championships. The first meet took place under the jurisdiction of the New York Athletic Club in 1876. This year's event is being organized and promoted by the Los Angeles Times and will be produced by the Southern California Association of the TAC. The 1990 USA/Mobil Outdoor Track & Field Championships were actually awarded by The Athletics Congress (TAC) to Mt. San Antonio College in Walnut at TAC's national convention in Phoenix in December 1988. Midway in 1989, however, it was discovered that there was a conflict of activities on the national championship weekend and a different venue would have to be found.

Cerritos College, centrally located in the Los Angeles-Long Beach-Orange County area, was thought to be a perfect solution. And it was--almost. Closer scrutiny by TAC officials found the field event facilities not up to championship standards. Extensive work was necessary on the horizontal jump runway, the pole vault runway, the discus ring, and the high jump apron. Additionally, a javelin runway was installed.

Sports Technology Group of Placentia, which had installed the Cerritos all-weather track 10 years ago, was given the contract to virtually rebuild the infield. The necessary improvements cost \$48,000.

Virtually all top American athletes are expected to compete as this is the qualifying meet for the Goodwill Games.

The TAC Junior Championships is for U.S. athletes who are at least 14 years of age on the day of competition and not older than 19 years of age. Participants

must have a birthday of 1971 or later and may not turn 20 during 1990. The meet will be held at Fresno City College's Ratcliffe Stadium. The decathlon and heptathlon will be held on Thursday and Friday (6/28 and 6/29) with the balance of the meet on Saturday and Sunday. All standard events will be contested plus a walk and exhibition high school hammer throw.

Ken Dose, the FCC assistant track coach, is the meet director and can be reached at (209) 266-3340 for qualifying standards and entry blanks. The meet serves as a qualifier for the U.S. Junior team that will compete in the World Junior Championships in Plovdiv, Bulgaria on August 8-12.

The 1990 Goodwill Games are designed to promote international goodwill and to improve relations among nations through athletic competition. The Games, held July 20-August 5 in Seattle and other cities throughout the state of Washington, will unite 2,500 of the world's greatest athletes from more than 50 countries for competition in 21 sports. The respective U.S. sports federations are responsible for inviting the top eight athletes or teams in each event as determined by results from the 1988 Olympics, 1989 World Championships and other major international competitions.

Tickets for this summer's Goodwill Games are now on sale nationwide by phone and are available over-the-counter at Ticketmaster Northwest locations. Anyone desiring to order tickets to the Games may do so by calling (206) 292-1990.

Lots of excellent events still ahead--hope to see you at one of these.

### ON THE COVER:

Unparalleled beauty of the California coastline coupled with the rigorous course, invigorates and challenges the participants in the Big Sur Marathon. Story and results begin on page 20. Photo courtesy of the Monterey Peninsula Herald.

# SCHEDULE

By JACK LEYDIG

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

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

## June 1 (Thru June 30):

**Pledge Run:** AIDS Pledge Run, benefitting AIDS agency of your choice (collect pledges for every mile run during June). For registration pack, send \$5 to: San Francisco Frontrunners Pledge Run, 1550 California St., Suite 6L200, San Francisco 94109. (415) 621-2213.

## June 9 (Saturday):

**Antioch:** Tri-For-Fun, 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.

**Novato:** Stafford Lake Biathlon, 5 Mi. Run, 24 Mi. Bike, Stafford Lake County Park (Novato Blvd.), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** "Not So Taxing" Fun Run/Walk, 5K, Glen Hall Park, 8:30 a.m. Brenda Young, 9137 Promontory Way, Fair Oaks 95628. (916) 989-2568.

**Sloughhouse:** Sloughhouse Country Run, 5 & 10K, Sloughhouse Inn (12700 Meiss Rd.), 8:30 a.m. (Kids' 1/2 Mi. at 8 a.m.). Dian Muckey, P.O. Box 160488, Sacramento 95816. (916) 687-7354.

**Placerville:** Sly Park Trail Run, 5 & 10Mi.

plus 1/2 Mi. Kids' Run, Sly Park Reservoir, 8:30 a.m./Kids' Run, 9 a.m. Charlie Konen, Fleet Feet, 1234 Broadway, Placerville 95667 (916) 622-9526.

**Corona Del Mar:** Corona Del Mar Scenic 5K, Ocean Blvd. & Jasmine, 8 a.m./Men, 8:30 a.m./Women. City of Newport Beach, Parks & Rec., P.O. Box 1768, Newport Beach 92658. (714) 644-3151.

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

**So. El Monte:** San Gabriel River 3 Mi. Bull Frog Run, 9:30 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Los Angeles:** Indianapolis 1990 Torch Run. Los Angeles to Indianapolis. *Distance is your choice.* Julie Emberley, Indianapolis 1990 Torch Run, PO Box 4600, Tyler, TX 75712 (214) 882-5591. To reach San Bernardino on June 10, Flagstaff by June 20.

**Rosarito Beach, BC (Mexico):** Rosarito Beach Triathlon, 1/4-Mi. Swim (ocean), 12 Mi. Bike, 3 Mi. Run, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

**Las Vegas, NV:** Hand's "Cross Country", 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Corona:** Run for the Crown 5K & 10K, 5K Walk. Corona H.S., 8 a.m. Corona Parks & Rec. Dept., 815 W. 6th St., Corona 91720. (714) 736-2241.

**So. Lake Tahoe:** Robert DeCelle, Jr. Memorial Tahoe Relays, 72-Miles (7-person teams), 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501. (415) 523-2264, days.

**Saratoga:** Santa Cruz Mountains 50 Mi., Marathon, 30K & 10 Mi., Saratoga Gap (Hwy 9 & 35), 10 Mi. (Big Basin Park HQ) 6 a.m./50 Mi, 9 a.m./Mara. & 30K, 10 a.m. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** Big Brothers Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**San Diego:** Point Loma Handicap, 10K, NOSC Bldg. 33, 7:30 a.m. Info: Chuck Pennell (619) 460-3110.

**San Diego:** Lions-Padres 10K & 2 Mi., JM Stadium, 7 a.m. Info: Vicki Wierig (619) 239-7264.

**So. El Monte:** Run For Your Future, 5 & 10K, Legg Lake Park (Gallatin & Santa Anita), 8 a.m. California Highway Patrol, P.O. Box 3060, Montebello 90640. (213) 724-5150 Todd Chad.

**Fontana:** City of Fontana Biathlon, 2 Mi. Run, 8 Mi. Bike, 2 Mi. Run, Village of Heritage, 8 a.m. Fontana Recreation, 9460 Sierra Ave., Fontana 92335. (714) 875-8045.

## June 10 (Sunday):

**Daly City:** San Bruno Mountain Run, 5 & 10K, San Bruno Mtn. State Park (Guadalupe Canyon Pkwy. at top), 10 a.m. Info: (415) 668-2830.

**Redwood City:** Sequoia Hospital's Run By The Bay, 5/10K & 1 Mi. Stride, Clark's By the Bay Restaurant, 8:30 a.m. Award Enterprises, 38536 Knute Ct., Fremont 94536. (415) 791-1146.

**San Jose:** Quicksilver Challenge Half-Marathon, Castillero School (Leyland Park Dr.), 8 a.m. Bill Maida, 1490 Hicks Ave., San Jose 95125. (408) 293-5738.

**Palo Alto:** Duck to Ducks Run, 10K Run & 5K Walk, Baylands Nature Interpretive Center (2775 Embarcadero Rd.), 8 a.m./10K, 8:15 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Guerneville:** Stumptown Daze Run Through The Redwoods, 3 & 10K, downtown, 8 a.m. Russian River Chamber of Commerce, P.O. Box 331, Guerneville 95446. (707) 869-9009.

**San Jose:** Bud Light USTS Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time

# SCHEDULE

TBA. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 438-8080.

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

**Long Beach:** Runner's High 5K Runs, Cal-State Long Beach, 7:30 a.m./Women, 8 a.m./Open Men, 9 a.m./40+ Men. Runner's High, 5463 E. Carson, Long Beach 90808. (213) 496-4760.

**Torrance:** Paragon Cable Runs, Distance & Location TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

**Rosarito Beach, BC (Mexico):** Rosarito Beach Biathlon, 3 Mi. Run, 20 Mi. Bike, 9 a.m. Too Much Fun Promotions, P.O. Box 120089, Chula Vista 92012. (706) 612-1323.

**Mill Valley:** Dipsea Race, Time TBA (all entry forms mailed on Apr. 1st only & accepted until limit is reached). Dipsea, P.O. Box 30, Mill Valley 94942. (415) 381-DIPC.

**San Francisco:** Macy's AVH Great S.F.

Bike Adventure 15 Mi. RhodyCo Prods., 3929 California St., S.F. 94118. (415) 387-2176.

**Mountain View:** Run for the Trees, 5 & 10K, Shoreline Park, 9 a.m. Villa Health, 759 Villa St., Mountain View 94041. James or Greg: (415) 969-0708 or 964-6220.

**Half Moon Bay:** Chili Cookoff 10K Fun Run, Pillar Point Harbor, 8:30 a.m. Chili Cookoff Run, 623 Maple St., San Mateo 94402. Rick Fambrini: (415) 344-5819.

**Fresno:** Chihuahua Road Run. 7 a.m. Fresno and E Streets. 10K / 2 mile. (209) 266-9964 or (209) 225-6502.

**Mariposa:** Butterfly Days Run, 4 & 1 Mi., Mariposa County High School, Time TBA. Yosemite Bank, P.O. Box 1267, Mariposa 95338. (209) 966-5444.

**Bakersfield:** LAFR #1, 10 Mi., Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Encino:** Run for Fun in Encino, 5 & 10K, Woodley Park, 8 a.m./5K, 8:30 a.m. L.A. City Dept. of Rec. & Parks, 6335 Woodley Ave., Van Nuys 91406.

## June 12 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

**Bakersfield:** NBRPD Triathlon #1, Distances & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## June 13 (Wednesday):

**Los Angeles:** Union Bank Heart of the City 5K Run, Union Bank Plaza, 7 p.m. Union Bank, 445 So. Figueroa, Los Angeles 90071. (213) 236-5124.

## June 14 (Thursday):

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

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## June 16 (Saturday):

**Oakland:** Run Against Racism, 5 & 10K Run and 5K Stride, Lake Merritt (14th and Lakeside), 8:30 a.m./Run, 8:40 a.m./Stride. JBAKC, 220 Ninth St., #443, San Francisco 94103. (415) 330-5363.

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

**San Jose:** Fujitsu Five Mile Classic (PA/TAC Championship 8K), 3545 No. First St., 8:30 a.m. Fujitsu, P.O. Box 610205, San Jose 95161 (Susan Gillespie: (408) 922-9118.

**Hope Valley:** Sorensen's Alpine Wilderness Runs, 11.5 & 23.5 Mi., Sorensen's Resort (near Kirkwood), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**El Segundo:** El Segundo Main Street 5 & 10K, El Segundo & Richmond, 8 a.m. Dave Nordquist, El Segundo Chamber of Commerce, P.O. Box 545, El Segundo 90245. (213) 322-1220.

**Garden Grove:** Main Street Anniversary 5K, Main St. & Garden Grove Blvd., 8:30 a.m. Daryl Halls, City of Garden Grove, 11391 Acacia Pkwy., Garden Grove 92640. (714) 741-5280.

**Pico Rivera:** Running For Jesus 5 & 10K, Smith Park (Mines & Rosemead), 8 a.m. Jesus Ortiz, 932 E. Walnut, Pico Rivera 90660. (213) 695-3214.

**Las Vegas:** "Fraser's Fast" 10K & 2 Mi., Silver Bowl (Near Tropicana & Boulder Hwy), 7 a.m. Info: The Running Store (702) 878-8414.

**San Diego:** Leukemia 12-Hour Relay (10 per team), U.C. San Diego, 7 a.m. Info: In Motion (619) 483-9501.

**Pleasanton:** Triathlon for Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

**Muir Beach:** Summer Solstice 12K, 31K & Marathon, 8 a.m./31K & Mara., 9 a.m./12K. Tri-Sports, 21 Live Oak, Berkeley 94705. (415) 540-7008.

**Bakersfield:** Good Ole Run, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Del Mar:** Del Mar Health Faire 5K & 1 Mi., Race Track, 8 a.m. Info: Kathy Loper (619) 437-4667.

**Big Bear Lake:** Go Sports Biathlon, 5K Run, 25K Bike, 5K Run, Snow Summit Ski Area, Time TBA. Go Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

**Riverside:** Run to the Mall, Distance TBA, International Raceway, 8 a.m. Race Pace (714) 661-6062.

**Riverside:** Riverside Auto Center Tinman Triathlon, 5K Run, 10 Mi. Bike, 75m Swim, Arlington H.S., 8 a.m. Tinman Triathlon, Riverside Park & Rec., 3900 Main St., Riverside 92522. (714) 782-5407.

**Idyllwild:** Idyllwild 5 & 10K, 7:30 a.m./5K, 8 a.m. Idyllwild Race Committee, Box 502, Idyllwild 92349. (714) 659-5374.

**San Diego:** Support the Flag 10K, Seaport Village, 8:15 a.m. Info: Sgt. Joe Steele (619) 232-5894.

## June 17 (Sunday):

**San Francisco:** DSE Presidio Gate Run (backwards), 3.3 Mi., Little Marina Green, 10 a.m. Info: (415) 668-2830.

**Oakland:** Houston Memorial Woodminster Run, 8.1K, Joaquin Miller Park (Meadow),

cross-country hill trail course, 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94501. (415) 522-3724.

**Palo Alto:** Robert Krohn Stride (walking event), 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rds.), 9 a.m./10K, 9:30 a.m. Palo Alto Recreation Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Aptos:** Life Style Series Biathlon #4, 4 Mi. Run, 15 Mi. Bike, 2 Mi. Run, Valencia Elementary School, 8:30 a.m. Northwind Promotions, P.O. Box 2451, Aptos 95001 (408) 293-2451.

**Isleton:** Isleton Crawdad Festival 5 Mile Classic, Jackson Blvd. & Delta Ave., 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

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

**Oxnard:** Centerpoint Mall/Yolanda's Father's Day 10K & 1 Mi., Saviers Rd. & Channel Islands Blvd., 8 a.m. Centerpoint Mall Management Office, 2655 Saviers Rd., Oxnard 93033. Gary Farrell (805) 483-3849.

**Venice:** Father's Day Runs, Distance TBA, 8 a.m. Promotion Events, P.O. Box 4362, Torrance 90510. (213) 326-5894.

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

**Newport Beach:** Newport 5K, Jamboree & Campus Dr., 8 a.m. Bill Sumner, Sea King Running Club, P.O. Box 7132, Newport Beach 92660 (714) 955-0165.

**Lompoc:** Valley of the Flowers Marathon & Half-Marathon, Time TBA. Jim Small, 4130 Oakwood Rd., Lompoc 93436. (805) 733-1428, eves.

**Modesto:** 'A La Carte Festival 5 & 1 Mi., Tenth & "I" Sts., 8 a.m. Coyote Run Sport Shoes, 941 Tenth St., Modesto 95354. (209) 579-SHOE.

**Fresno:** Father's Day Run. 6 mile (6:35 am), 2 mile (6:30 am), 2 mile walk (6:15 am.). Hilton Hotel downtown Fresno. Father's Day Run, 1501 E. Browning, Fresno 93710. (209) 439-6394.

**Bakersfield:** Ultimate Fun Run, Distance TBA, Bakersfield College, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## June 19 (Tuesday):

**Oxnard:** 3 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m.

# SCHEDULE

Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

**Bakersfield:** BTC Handicap #2, Distance & Location TBA, 6 p.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## June 20 (Wednesday):

**San Francisco:** "Longest Day Run", 4.5 Mi., Lake Cerced (Sunset Blvd. Parking Lot), 7 p.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

## June 21 (Thursday):

**Long Beach:** Summer Solstice Five Mile Run, El Dorado Park, 6 p.m. Joe Carlson, 239 Corona, Long Beach 90803. (213) 494-2664.  
**So. El Monte:** Legg Lake 5K Evening Run, 6 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

## June 22 (Friday):

**Los Angeles:** Aztlan Indian Sunset 5K Cross-Country, Elysian Park Dr. Stadium Way, 6 p.m. Carlos Alfaro, 529 El Centro, So. Pasadena 91030. (818) 799-3552.

## June 23 (Saturday):

**Stinson Beach:** DSE Double Dipsea, 13.7 Mi., out and back Dipsea Trail, 9 a.m. Marsha Manit, 1934 Shuey Ave., Walnut Creek 94596. (415) 947-3869.

**Stockton:** Stockton YMCA Twilight Runs, 5 & 10K, Micke Grove Park (Eight Mile Rd. exit off I-5 or 99), 6:30 p.m. Gary Vangen, YMCA, 640 No. Center St., Stockton 95202. (209) 466-9603.

**Fairfield:** Rancho Solano 10K, Rancho Solano Country Club, 8 am/Walk, 8:15 am/Run. Steve Zanetell, 1325 Imola Ave. West, Napa 94559 (707) 427-8900.

**Pleasanton:** 4-H Fair Fun Run. 5K. Alameda County Fairgrounds (Bernal Ave.), 8:30 am. Barbara Costella, 4133 Florida Ct., Livermore 94550 (415) 447-6109.

**Carson City, NV:** Celebrate Summer '90, 8K Run & 2 Mi. Run/Stride, Carson City High School (Hwy 50 at Saliman), 8:30 a.m./2 Mi., 9 a.m./8K. Fleet Feet, 3771 So. Carson St., Carson City, NV 89701. (702) 883-3361.

**Lompoc:** Flower Festival Parade Route 5K, H & Pine Sts., 8 a.m. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Steve Cresswell: (805) 737-1510.

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

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

**Las Vegas, NV:** Rob's 2-Person 5 Mile Relay, Univ. of Nevada, 7 a.m. Info: The Running Store (702) 878-8414.

**Benicia:** Benicia Historic Run, 5 & 10K, First & "A" Sts., 9 a.m. Benicia Blue Dolphins, Mike Biro, 498 Mills Dr., Benicia 94510. (707) 745-5094.

**Bakersfield:** Bakersfield T.C. 12-Hour Run, Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

**Ventura State Beach:** Gold Coast Triathlon Series, 1/4 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

**San Diego:** Shriners Challenge 10K & 2 Mi. Walk, Balboa Park, 7:30 a.m. Info: Dean Baldrich (619) 744-2566.

**Fresno:** Run for Goodwill, 10K & 2 Mi., Woodward Park (Mtn. View Shelter), 7 a.m./2 Mi., 7:15 a.m. Continental Cablevision/Goodwill Games, 1945 N. Helm, Fresno 93727.

**La Jolla:** Goodwill Games 10K, UC San Diego, 5:30 p.m. Goodwill Games 10K, 2437 Morena Blvd., Suite 2-H, San Diego 92110 (Elite Racing: (619) 275-5440.

## June 24 (Sunday):

**San Bruno:** The Champagne Shuffle 5K Run & 2 Mi. Walk, San Bruno Ave. at Traeger, 9 a.m. The Runners Inn, 486 San Mateo Ave., San Bruno 94066. (415) 872-3805.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K/10K/15K, Lake Merritt (Old Boathouse at 14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151.

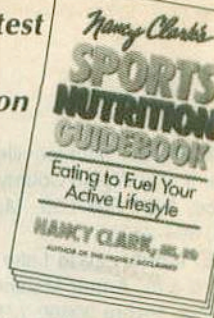
**Cupertino:** Tandem's Up & Running 10K & 2 Mi., Tandem HQ/Vallco Pkwy., 9 a.m. Rhody-Co Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

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

**Aptos:** Aptos Women's 5-Mile (women only), Aptos Village (By Nisene Marks State Park), 9 a.m. Gail Goettelmann, 866 Burns Ave., Aptos 95003. (408) 688-1624.

**Santa Rosa:** Spring Lake Tin Man Triathlon. 1 Mi. Swim, 10K Run, 20 Mi. Bike, 8 a.m. (400 Limit). Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707)829-9493.

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# SCHEDULE

**Markleeville:** Markleeville 10K Run, downtown, 9 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

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

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

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

**Marina Del Rey:** L.A. Sheriff's 5K, Centinela & Teale St., 8 a.m. L.A. Sheriff's Youth Athletic League, 7807 So. Compton Ave., Los Angeles 90001 (Dep. Alfred Reed, Jr.: (213) 586-8532).

**San Luis Obispo:** SLO Mile, downtown, 1 p.m. The SLO Mile, 596 Couper Dr., San Luis Obispo 93405. Pete Sweeney: (805) 544-4671.

**La Jolla:** Sri Chinmoy Biathlon, 1 Mi. Swim, 10K Bike, Time TBA. Sri Chinmoy Marathon Team, 3351 Adams Ave., San Diego 92116. (619) 282-4116.

## June 26 (Tuesday):

**Oxnard:** 5 Mile Evening Fun Run, Oxnard State Beach Park (2101 Mandalay), 6 p.m. Lorraine Mercado, Oxnard Parks & Rec., 325 So. A St., Oxnard 93030. (805) 984-4643.

**Bakersfield:** NBRPD Triathlon #2, Distance & Time TBA. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

## June 28 (Thursday):

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

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

## June 30 (Saturday):

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

**Squaw Valley:** Western States 100 Mile Endurance Run, 5 a.m. (Entries Closed). Norman Klein, 11139 Mace River Ct., Rancho Cordova 95670. (916) 638-1161.

**Brownsville:** Mountain Run, 5, 10 & 15K, 8

a.m. American Cancer Society, P.O. Box 106, Marysville 95901. (916) 437-4667.

**Fairfield:** Fairfield 4 Mile Run/Stride, (W. Texas & Jackson Sts.), 10 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

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

## July 1 (Sunday):

**San Francisco:** DSE Peak Busters Benefit Run/Walk, 4.6 Mi., Lake Merced (Sunset Blvd. Parking Lot), 10 a.m. (kids & walkers start earlier). Info: (415) 668-2830.

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

**San Francisco:** City of San Francisco Marathon '90, Golden Gate Bridge, 7 a.m. City of San Francisco Marathon, 650 Fifth St., Suite 514, San Francisco 94107. Info: Rich Nichols or Jerri Meacham (415) 896-1530.

**Callistoga:** Great Callistoga Footrace, 8K & 1.5 Mi. Fun Run, Napa County Fairground, 8:30 a.m. Eileen Smith, 2334 Las Flores, Napa 94558. (707) 255-1193.

**Walnut Creek:** Station to Station Wilderness Runs, 4.5 & 7.4 Mi., Sugarloaf Recreation Area (Walnut Creek Open Space), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Ventura:** Ventura Triathlon, 1/2 Mi. Swim, 18 Mi. Bike, 4 Mi. Run, Time TBA. Michael Epstein, Tri-Pro Race Specialties, P.O. Box 9122, Calabasas 91372. (818) 880-4915.

**Oceanside:** Oceanside Firecracker 10K & 2 Mi., Oceanside Harbor, 5:30 p.m. Info: Jean Davidson (619) 722-1534.

## July 3 (Tuesday):

**Oxnard:** Evening Fun Run, 3 Mi., Oxnard State Beach Park, 6 p.m. Lorraine Mercado, 4478 Market St., Suite 704, Ventura 93030. (805) 984-4643.

**Bakersfield:** BTC Handicap #3, Distance & Location TBA, 6 p.m. Bakersfield Track Club, P.O. Box 42123, Bakersfield 93384.

## July 4 (Wednesday):

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

**San Ramon:** Run San Ramon Independen-

dence Day Classic, 5 & 10K Run and 3K Walk, 8:30 a.m./3 & 5K, 8:40 a.m./10K. Rick Reed, Parks & Community Services Dept., P.O. Box 5148, San Ramon 94583. (415) 275-2311.

**Moraga:** The Fourth in Moraga, 2 & 5 Mi. (+ Kids' 1K), Moraga Rd. & St. Mary's Rd., 8:30 a.m./1K, 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Palo Alto:** "The Great Chili Chase" Run/Stride, 5K, Mitchell Park (3800 Middlefield Rd.), 8:30 a.m. Palo Alto Rec. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Santa Cruz:** Firecracker 10K, Harvey West Park, 8:30 a.m. Lisa McGinnis, c/o Santa Cruz Recr. Dept., 307 Church St., Santa Cruz 95060. (408) 427-3477.

**San Rafael:** Marin County Fair Race, 10K & Kids' Mile, Marin County Fairgrounds, San Rafael 94903. (415) 499-6400.

**Kenwood:** Kenwood Footrace, 10K & 3K Fun Run/Walk, 7:30 a.m. Kenwood Footrace, c/o Wine Country Race Service, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Fairfield:** Run for Independence, 5 & 10K, Laurel Creek Park, 8 a.m. Dennis Good, 2767 Woodmont Ct., Fairfield 94533. (707) 425-8135.

**Benicia:** Race/Fun Walk, 1.5 Mi., City Park, 8:30 a.m. Pam Lambert, Napa Valley Bank, 940 Adams St., Benicia 94510. (707) 746-7820.

**Atwater:** Run for Independence, 2 & 5 Mi., Ralston Park, 8 a.m./2 Mi., 8:10 a.m. Dave Kelley, 1690 Sierra Madre Dr., Atwater 95301. (209) 357-3297, eve.

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

**Huntington Beach:** 4th of July Parade Run, 8K, Yorktown & Main St. (Civic Center), 8 a.m. March of Dimes, P.O. Box 3980, Costa Mesa 92628. (714) 631-8700.

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

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

**Torrance:** Spirit of America 5K and Kiddy K Run, Wilson Park (At Jefferson ... North Parking Lot), 8 a.m. Nancy Fernas, Torrance



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## SCHEDULE

YMCA, 2320 W. Carson St., Torrance 90504. (213) 320-2255.

**Newhall:** Santa Clarita Runners Independence Day 5K Classic, Newhall Park, 9 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380. Gene Blankenship: (818) 367-7050, days, or Hotline: (805) 274-0400.

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

**San Diego:** Scripps Ranch 10K & 2 Mi., Red Cedar Dr., 7 a.m. Info: Harry Hunter. (619) 271-1282.

**Coronado:** Coronado Independence Day 5K, Navy Amphibious Base, 6:30 a.m. Info:

Kathy Loper (619) 437-4667.

**Truckee:** Truckee Mile (downhill course at 5,000 ft.), Time TBA. Mark Cardin: (916) 587-1192.

**Delano:** Delano Lions 5K, Location & Time TBA. Info: (805) 725-2209.

### July 5 (Thursday):

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

### July 7 (Saturday):

**Santa Rosa:** The Wildman Biathlon, 10K Run, 800 Yd. Swim, 5K Run, Annadel State

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

**Sacramento:** Tri for Fun, 1K Swim, 20K Bike, 5K Run, Time TBA. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Modesto:** Can to Can, Distance TBA, 10 a.m. Carl Peterson, 3908 Trillium Ave., Modesto 95356. (209) 527-2646.

**Mammoth Lakes:** Mammoth Lakes Lions Club Road Race, 5 & 10K and 5K Walk, McDonald's 8 a.m. David Moss, P.O. Box 17, Mammoth Lakes 93546. (619) 934-4168.

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

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## SCHEDULE

**Las Vegas, NV:** "Jensen's Jog", 2 & 5 Mi., Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Bakersfield:** Hart Park Fun Run, Distance & Location TBA, 7 a.m. Bakersfield T.C., P.O. Box 42123, Bakersfield 93384.

### July 8 (Sunday):

**Castro Valley:** Lake Chabot Trail Challenge Half Marathon, Lake Chabot Marina (dirt trails, hilly), 8 a.m. Ron Grabowski, P.O. Box 2144, Castro Valley 94546. (415) 829-8503.

**Aptos:** Life Style Triathlon #2. 1 Mi. Swim, 48 Mi. Bike, 9 Mi. Run. La Selva Beach to Nisene Marks State Park (ocean swim), 7:30 am. Northwind Promotions, PO Box 2451, Aptos 95001 (408) 688-6072.

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

**Pleasanton:** Coors Light Biathlon Series, 5K Run, 30K Bike, 5K Run, Hacienda Business Park, 7:30 am. Hamilton Events, P.O. Box 236, Lake Oswego, OR 97034. (415) 387-2178.

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

**Carlsbad:** Carlsbad Triathlon, 1K Swim, 25K Bike, 5K Run, Carlsbad State Beach, Time TBA. Jill Prichard, 1200 Carlsbad Village Dr., Carlsbad 92008. (619) 434-2835.

### July 12 (Thursday):

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

### July 13 (Friday):

✓ **Ashford, WA:** Rainier to The Pacific 176-Mile Relay (11-person teams), 3-10 p.m. (250 Team Limit). Mt. Rainier to the Pacific Relay, P.O. Box 17086, Seattle, WA 98107. (206) 782-6547.

### July 14 (Saturday):

**Los Altos Hills:** Foothill College Run from Drugs 5K Run & 2 Mi. Walk, Foothill College, 8:30 a.m. Marshall Sperbeck, Foothill College (P.E. Dept.), 12345 El Monte Rd., Los Altos Hills 94022. (415) 949-7248.

**Brisbane:** Marine Run/Walk, 5K & 1 Mi., Sierra Point Marina (at Unysis Bldg.), 9 a.m.

Jane Brown, Brisbane Recr. Dept., 44 Visacion Ave., Brisbane 94005. (415) 467-6330.

**Rio Vista:** Brannan Island "Out & Back Triathlon", 900 Yd. Swim, 10 Mi. Bike, 3.8 Mi. Run, **No Teams** (No. California Short Course Championships), 9 a.m. Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Sacramento:** Tri For Fun, Distance TBA, Rancho Seco Park, 8 a.m. Fleet Feet Sports, Attn: Will Roxbsurgh, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Ventura State Beach:** Gold Coast Triathlon Series, 0.25 Mi. Swim, 10 Mi. Bike, 3 Mi. Run, Time TBA. Marshall Eklund, 456 Avocado Pl., Camarillo 93010. (805) 987-1008.

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

**Fountain Valley:** Run for the Hills, Distance TBA, Mile Square Park, Time TBA. OC-FED, P.O. Box 9118, Fountain Valley 92708. (714) 963-1430.

### July 15 (Sunday):

**Ontario:** National Biathlon Championship, 5 Mi. Run, 20 Mi. Bike, Clarion Hotel, Time TBA. Rob Hogan, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**Pleasanton:** Triathlon For Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94566. (415) 847-9255.

**Hayward:** Sertoma Classic, 10K & 2 Mi. Fun Run, Location & Time TBA. Inv Ford, 583 Monarch Ridge Dr., Walnut Creek 94596. (415) 935-6122.

**Newport Beach:** Bastille Day 8K, Le Meridien Hotel, Time TBA. United Cerebral Palsy Assoc. 8K, 3020 West Harvard, Santa Ana 92704. (714) 557-5100.

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

**San Diego:** Great Earth 5K & 2 Mi., Balboa Park, 7:30 a.m. Info: Lyn Lacey (619) 236-0842.

**Las Vegas, NV:** Mt. Charleston Notch Run, 4 Mi. (& Kids Run), Kyle Canyon (North on U.S. 95 to Kyle Canyon Junction), 8 a.m. Info: Vito Locatelli (702) 456-8740.

**Anaheim:** Freedom 5K, Anaheim General Hospital, 7:30 a.m. Freedom 5K/AGH, P.O. Box 828, Rialto 92377. (714) 548-4897, (619) 275-5440.

### July 17 (Tuesday):

**San Diego:** Three Mile Race, Hospitality Point, 6:15 p.m. San Diego T.C. News, P.O. Box 7853, San Diego 92107.

### July 19 (Thursday):

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

**Los Angeles:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Griffith Park, 7 p.m. Manufacturers Hanover Corporate Challenge, Box 828, Rialto 92376. (714) 874-5870.

### July 21 (Saturday):

**Vacaville:** Vaca Valley Fun Run, 5 & 10K and Munchkin Run, Vaca Valley Hospital (Nut Tree Rd. west of Elmira Blvd.), 7 a.m./Munchkin, 7:30 a.m. NorthBay Health-Care Fndn., 1800 Pennsylvania Ave., Fairfield 94533. (707) 429-7791.

**Davis:** Doggie Dash. 1 & 2 Mile. UC Davis Recreation Hall. 8 am. Pam Walker, Fleet Feet Sports, 517 Second St., Davis 95616 (916) 758-6453.

**Geyserville:** Lake Sonoma Triathlon (Series Championships), 1 Mi. Swim, 10K Run, 25 Mi. Bike (**No Teams**), 7:30 a.m. Redwood Coast Triathlon Series, P.O. Box 237, Occidental 95465. (707) 829-9493.

**Red Bluff:** Run to the Sun 8K & 3K Run/Walk, Sun Country Fair Grounds (650 Antelope Blvd.), 7:30 a.m./3K, 8 a.m. Sun Country Fair, P.O. Box 70, Red Bluff 96080. (916) 527-5920.

**Coarsegold:** Foothill Footrace. 5 & 2 mile. Steve Kelley, 41973 Lilley Mtn. Dr., Coarsegold 93614 (209) 658-7795.

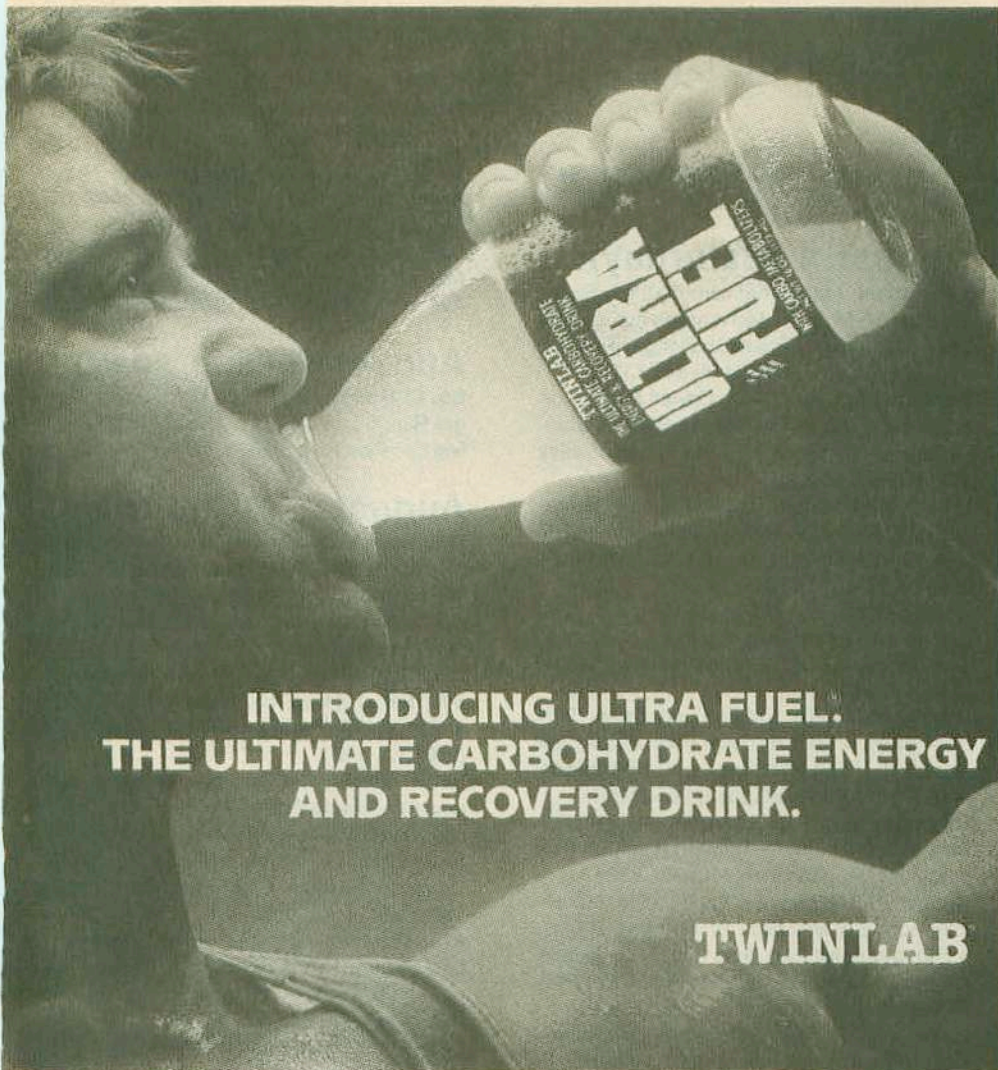
**So. El Monte:** Legg Lake 5K Fish Bait Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Las Vegas, NV:** "Reago's Rally", 10K & 2 Mi., Silver Bowl (near Tropicana & Boulder Hwy.), 7 a.m. Info: The Running Store (702) 878-8414.

### July 22 (Sunday):

✓ **Santa Cruz:** Wharf to Wharf Race, 6 Mi., Santa Cruz Wharf to Capitola, 8:30 a.m. (pre-reg. only - 12,000 Limit). Wharf to Wharf Race, Box 307, Capitola 95010. (408) 475-2196.

**Palo Alto:** Bay to Breakfast Run, 5 & 10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 8 a.m./5K, 8:15 a.m. Palo Alto



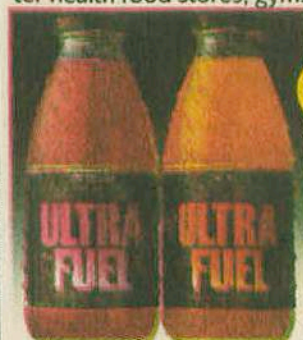
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1 Per. B., Hostmark, A., Voage, O., Kardel, R., Maehum, S. Effect of different post-exercise sugar diets on the rate of muscle glycogen synthesis. Med. Sci. in Sports and Exercise. 1987; 19: 491-496.  
2 Nilsson, L.H., Hultman, E. Liver and muscle glycogen in man after glucose and fructose infusion. Scand. J. Clin. Lab. Invest. 1974; 33: 5-10.

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Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**Mill Valley:** Mill Valley 5K, Middle School (Camino Alto & Sycamore Ave.), 8:30 a.m./Men, 9:15 a.m./Women (Free). Jim Myers, P.O. Box 1731, Corte Madera 94942. (415) 383-3961.

**Oakland:** Lake Merritt Joggers & Striders 4th Sunday Runs, 5K, 10K & 15K, Old Boat-house (14th & Lakeside Dr.), 9 a.m. Info: (415) 530-9151 (raceday reg. only).

**Truckee:** Donner Lake Triathlon, 1.5K Swim, 40K Bike, 6.5 Mi. Run, West End Beach (Donner Lake), 8:30 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

**San Clemente:** Fiesta 5000, 5K Run/Stride, 8 a.m. San Clemente Chamber of Commerce, 1100 No. El Camino Real, San Clemente 92672. (714) 492-1131, Todd Miller. (Note: Elite Invitational Race follows at 9:15 a.m.).

**Oxnard:** Oxnard Bud Light Triathlon, 1.5K Swim, 40K Bike, 8K Run, Oxnard State Beach Park, Time TBA. Rob Fukutomi, 325 So. A Street, Oxnard 93030. (805) 984-4643.

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

**Norden:** Alpenglow Lake Tahoe Series, 5 & 10K, Donner Ski Ranch, 9 a.m. Mark Cardin (916) 587-1192.

**July 26 (Thursday):**

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

**July 28 (Saturday):**

**San Francisco:** Giants/Gatorade Run to Homeplate 5K Fun Run, Candlestick Park,

10:30 a.m. S.F. Giants, Candlestick Park, San Francisco 94124. (415) 468-3700, x1715.

**Antioch:** Tri-For-Fun, 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.

**Mendocino:** Mendocino Classic IV, 8K, Van Damme State Park, Time TBA (Pre-reg. only). Mendocino Classic, P.O. Box 1564, Mendocino 95460. (707) 937-0639.

**Johnsville:** Gold Rush 50K, 25K & 12K (50K is PA/TAC Championships), Plumas Eureka State Park (8 a.m.). Team Challenge, P.O. Box 963, El Sobrante 94803. (415) 841-1190.

**Quincy:** Triathlon Fever, 0.5 Mi. Swim, 6 Mi. Run, 17.5 Mi. Bike, Bucks Lake (Lake Shores Lodge), 9 a.m. Roger Stewart, Central Plumas Recreation Dept., P.O. Box 1551, Quincy 95971. (916) 283-3278.

**Gilroy:** Gilroy Garlic Festival 10K Run, 5K Run/Walk. Hecker Pass. 7:30 am/10K, 7:45

# SCHEDULE

am. Gilroy Garlic Festival, PO Box 2311, Gilroy 95021 (408) 842-1625.

**Mammoth Lakes:** Mammoth/Snowcreek Triathlon, 1.5K Swim, 40K Bike, 10K Run, Time TBA. Tim Standifer, P.O. Box 12, Mammoth Lakes 93546. (619) 934-8511.

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

**El Cajon:** Heartland Harriers 10K & 2 Mi., 7:30 a.m. Info: Kathy Loper (619) 437-4556.

**Las Vegas, NV:** Summer Heat Run, 5 Mi. & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: The Running Store (702) 878-8414.

**Arcata:** Humboldt Tri-Kids Triathlon, (7-10: 100y Swim, 3 Mi. Bike, 0.5 Mi. Run; 11-14: 200y Swim, 6 Mi. Bike, 1 Mi. Run), Arcata Community Pool, 8:30 a.m. Susie Matson, 580 Bayside Rd., Arcata 95521. (707) 822-2168.

**Coto de Caza:** Arvidas Mid-Summer Nights Dream 5K & 12K, Hunt Lodge, 5 p.m./5K, 6 p.m. Dream Run, P.O. Box 828, Rialto 92377. (714) 548-4897, (619) 275-5440.

## July 29 (Sunday):

**San Francisco:** Takara Cable Car Chase, 5 Mi., Fisherman's Wharf (Aquatic Park), 8 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2187.

**Courtland:** Pear Fair 5 & 10 Mi., Elementary School, 8 a.m. Roger Morgan, P.O. Box 1025, Walnut Grove 95690. (916) 776-1627.

**Sparks, NV:** Community Fun Relay 20K, 3-Person Teams, Cottonwood Park, 7:30 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV 89502. (702) 348-0088.

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

**Fremont:** Fitness to Festival Run, 5K Run/Stride, 10K Run, 3411 Capitol Ave., 8:30 a.m. Schoeber's Athletic Club, Attn: Ann Curry, 3411 Capitol Ave., Fremont 94538. (415) 791-6350.

## August 1 (Wed.):

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

## August 2 (Thursday):

**So. El Monte:** Legg Lake 5K Evening Fish Hook Run, 6 p.m. Arthur Martinez, 9502 Re-

ichling Ln., Pico Rivera 90660. (213) 949-0394.

## August 4 (Saturday):

**San Rafael:** Marin Triathlon. 600 Yd. Swim, 5K Run, 10 Mi. Bike. McNears Beach County Park. Time TBA. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**Felton:** Turbo 10K, Henry Cowell Redwoods State Park, 9 a.m. Bill Convis, Borland International, 1600 Green Hills Rd., Scotts Valley 95066. (408) 439-1629.

**Napa:** The Vineman Triathlon, 2.4 Mi. Swim, 112 Mi. Bike, 26.2 Mi. Run, Lake Sonoma, 7 a.m. Cruzo Corp., P.O. Box 655, Windsor 95492. (707) 838-8228.

**Dixon:** Lambtown, USA Fun Run, 5 & 10K, downtown, 8 a.m. Dixon District Chamber of Commerce, 201 So. First St., Dixon 95620. (916) 678-2650.

**Sacramento:** Tri For Fun, 1K Swim, 20K Bike, 5K Run, Rancho Seco Park, 8 a.m. Will Roxburgh, Fleet Feet Sports, 8128 Madison Ave., Fair Oaks 95628. (916) 965-8326.

**Hayward:** Bay Area Ultrarunners 24-Hour Track Run, (200m track), noon (Limit 25 runners). Jim Skophammer (415) 994-6128.

**Squaw Valley:** Squaw Valley USA Mountain Run, 3.6 Mi., base of ski lift (6,200 to 8,200 feet uphill run), 9:15 a.m. Holly Beatie Farr, Image Promotions, Ltd., P.O. Box 2575, Olympic Valley 95730. (916) 426-9559.

**Bass Lake:** Run Thru the Pines Half Marathon. Around Bass Lake (near Oakhurst). 7 a.m. Run Thru the Pines, 4957 E. Heaton Ave., Fresno 93727 (209) 255-4904.

**So. El Monte:** Legg Lake 099'ers 5K Run, 8 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660. (213) 949-0394.

**Irwindale:** L.A. Sprint Triathlon, 200 Yd. Swim, 9 Mi. Bike, 3 Mi. Run, Santa Fe Dam, Time TBA. Rob Hogan, Esco, P.O. Box 7000-287, Alta Loma 91701. (714) 989-6512.

**Las Vegas, NV:** Mt. Charleston Forest Challenge, 18 Mi., Kyle Canyon, 6 a.m. Info: (702) 878-8414.

## August 5 (Sunday):

**Union City:** Gladiola Run. 5 & 10K. Civic Center (Royal Ann & "H" St.). 8 am/5K, 8:10 am. Gladiola Festival Run, 34009 Alvarado Niles Rd., Union City 94587 (415) 471-3232, x600.

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

**Larkspur:** Asher Clinic Couples Relay, 2x2

Mi., Asher Clinic, Larkspur Landing, 10 a.m. Asher Clinic, 1601 Larkspur Landing Cir., Larkspur 94939. (415) 461-8233.

**San Leandro:** Skyline 50K, Lake Chabot Marina, 7 a.m. Sunny Plouvier, 461 Diehl Ave., San Leandro 94577. (415) 562-4629.

## August 9 (Thursday):

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

## August 11 (Saturday):

**Mountain View:** Castro Street Celebration 5K Run. Eagle Park (Shoreline & Church). Time TBA. El Camino YMCA, Doug Nakashima, 2400 Grant Rd., Mountain View 94040 (415) 969-9622.

**Lodi:** City of Lodi Triathlon, 1,000 Yd. Swim, 5 Mi. Bike, 5K Run, Lodi Lake, 9 a.m. Lodi Triathlon, 801 S. Fairmont Ave., #5, Lodi 95240. (209) 334-2021.

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

**San Dimas:** Steamboat Tri-al, 500 Yd. Swim, 14 Mi. Bike, 2 Mi. Run, Bonelli Park, Time TBA. Tri Events, Inc., 2654 E. Garvey Ave., West Covina 91791. (818) 331-0169.

**Las Vegas, NV:** American Podiatry Association 5K, Univ. of Nevada, 7 a.m. Info: The Running Store (702) 878-8414.

**Emigrant Gap:** Eagle Mountain 50K & 10 Mi., 35 Min. East of Auburn, Trail Run, Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 783-4558.

## August 12 (Sunday):

✓ **Alameda:** Alameda Run for the Parks, 10K Run, 2 Mi. Walk, Southshore Shopping Center, 9 a.m. Alameda Recr. & Park Dept., City Hall, Room 201, Alameda 94501. (415) 522-4100.

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

**Healdsburg:** River of No Return Pentathlon. 800 Yd. Swim, 10 Mi. Canoe, 1/3 Mi. Portage, 15K Run, 20 Mi. Bike. Vineyard Shopping Center (Mill St.). 8 am. Team Challenge, PO Box 963, El Sobrante 94803 (415) 841-1190.

**San Jose:** Danskin Women's Triathlon Series, 0.5 Mi. Swim, 12 Mi. Bike, 3 Mi. Run, Time TBA. CAT Sports, Inc., 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.



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**Green Valley Lake:** Hot August Days Green Valley Lake Triathlon, 0.25 Mi. Swim, 10.5 Mi. Bike, 3.5 Mi. Run, Time TBA. Jim Allison, 33180 Green Valley Lake Rd., Green Valley Lake 92341. (714) 867-7757.

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

**August 14 (Tuesday):**

**San Diego:** Three Mile Race, Hospitality Point, 6:15 p.m. Info: SDTC News, P.O. Box 7853. San Diego 92107.

**August 15 (Wed.):**

**San Francisco:** Manufacturers Hanover Corporate Challenge, 3.5 Mi., Justin Herman Plaza, 7 p.m. Pamakid Runners, P.O. Box 27557, San Francisco 94127. (415) 681-2323.

**August 16 (Thursday):**

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

**August 17 (Friday):**

**Palo Alto:** T.G.I.F. Summer Fun Run, 5 &

10K, Baylands Athletic Center (Geng & Embarcadero Rd.), 6:30 p.m./5K, 6:45 p.m. **Palo Alto** Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301. (415) 329-2380.

**August 18 (Saturday):**

**Petaluma:** Stride For Life, 10K Run & 2 Mi. Run, Walnut Park ("D" St. & Petaluma Blvd. South), 8 a.m. Petaluma Valley Hospital Fndn., 1360 N. McDowell Blvd., Petaluma 94954. (707) 778-7441.

**Sacramento:** Rainbow Ironkids Triathlon Series for Children (2 days), (7-10: 100m Swim, 5K Bike, 1K Run; 11-14: 200m Swim, 10K Bike, 2K Run), Time TBA. Traksports

## SCHEDULE

Management Group Int'l., P.O. Box 69096, St. Louis 63139. (314) 241-8100.

**San Jose:** Back to Back 10K. South Bay Chiropractic. 9 a.m. Beatrice Tapia, 5440 Thornwood Dr., Suite F, San Jose 95123 (408) 578-0548.

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

**Las Vegas, NV:** LVTC "Callanan's Country" 2 & 5 Mi., Silver Bowl, 7 a.m. Info: (702) 878-8414.

### August 19 (Sunday):

**San Francisco:** Presidio 10 Mile, Presidio Parade Grounds, 9 a.m. The Guardsmen, 115 Sansome St., Suite 310, San Francisco 94104. (415) 781-6785.

**Pleasanton:** Triathlon for Fun, 400 Yd. Swim, 12 Mi. Bike, 3 Mi. Run, Shadow Cliffs Regional Park, 8 a.m. Fleet Feet, 4247 Rosewood, Pleasanton 94588. (415) 847-9255.

**Hayward:** Hayward Zucchini Run. 2 Mi. & 10K. San Lorenzo Community Park. 8:30 am/2 Mi., 9 a.m. Roxann, c/o Eden YMCA, 951 Palisade St., Hayward 94542 (415) 582-9614.

**Scotts Valley:** Bean Creek 10K & Kids Fun Run, Kings Village Shopping Center (Mt. Hermon Rd.), 8:30 a.m. Scotts Valley Chamber of Commerce, P.O. Box 66928, Scotts Valley 95067. (408) 438-1010.

**Bear Valley:** Bear Foot Race, 10K, 9:30 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120. (916) 694-2475.

**Carson City, NV:** Celebrate Summer '90, 8K & 2 Mi., Carson City H.S. (Hwy. 50 & Saliman Rd.), 8:30 a.m./2 Mi., 9 a.m. Fleet Feet, 3771 S. Carson St., Carson City, NV. 89701. (702) 883-3361.

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

**San Clemente:** Bud Light U.S. Triathlon Series, 1.5K Swim, 40K Bike, 10K Run, Time TBA. CAT Sports, 5966 La Place Ct., Suite 100, Carlsbad 92008. (619) 221-5555.

**San Diego:** America's Finest City Half Marathon, Pt. Loma, 7 a.m. Info: American Lung Assoc. (619) 297-3901.

### August 23 (Thursday):

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

### August 25 (Saturday):

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

**So. Lake Tahoe:** World's Toughest Triathlon, 2 Mi. Swim, 100 Mi. Bike, 18.6 Mi. Run, Time TBA. Charlie Lincoln, P.O. Box 10758, So. Lake Tahoe 95731. (916) 577-5073.

**Las Vegas, NV:** LVTC "Coach Plasso's 2 & 5 Mi." & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Info: (702) 878-8414.

### August 26 (Sunday):

**Oakland:** Time Is On Your Side Run, 5 & 10K Runs & 5K Walk (Time Prediction Runs), 9 a.m. Lake Merritt Joggers & Striders, 3136 California St., Oakland 94602. (415) 530-9151.

**Livermore:** Wente's Cellar to Cellar Run, 10K, 8:30 a.m. RhodyCo Productions, 3929 California St., San Francisco 94118. (415) 387-2178.

**Bodega Bay:** Bodega Bay to Breakers 8K, Bodega Marine Laboratory, 9 a.m. Phil Hertzler, P.O. Box 247, Bodega Bay 94923. (707) 875-2046.

**Davis:** The Great North Triathlon, 1K Swim, 40K Bike, 10K Run, Stonegate Country Club, 8 a.m. A Change of Pace, 1260 Lake Blvd., Suite 248, Davis 95616. (916) 757-2012.

**Washoe Valley, NV:** Silver State Half Marathon & 10K, Bowers Mansion State Park (18 Mi. South of Reno on US-395), 7 a.m. The Arthritis Foundation, 1280 Terminal Way, #41, Reno, NV. 89502. (702) 348-0088.

**Big Bear Lake:** Big Bear Triathlon, 0.5 Mi. Swim, 15.5 Mi. Bike, 4 Mi. Run, Time TBA. Go Sports, P.O. Box 765, Big Bear Lake 92315. (714) 866-7322.

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

**Manitou Springs, CO:** Pikes Peak Marathon, 7 a.m. Nancy Hobbs, Box 38335, Colorado Springs, CO 80937. (303) 473-2625.

### August 29 (Wed.):

**San Jose:** Union Bank Heart of the City 5K Run, Union Bank, 6:30 p.m. Union Bank, 99 Almaden Blvd., San Jose 95113. (408) 297-7746.

### August 30 (Thursday):

**Huntington Beach:** Sunset in the Park, 2.8 & 4.8 Mi. X-Country, Central Park West, 6 p.m./2.8 Mi., 6:30 p.m. (High School Age

Team Challenge Races: 5:25 p.m./Boys, 5:30 p.m./Girls). Oscar J. Rosales, The Finish Line International, 7846 Connie Dr., Huntington Beach 92648. (714) 841-5417.

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

## Looking Ahead

### Marathon, Relays & Important Deadlines, Major Events, Etc.

**Sept. 7 (Fri.): Tahoe City:** Pepsi of Reno - Tahoe 72, Commons Park (No Race-day Reg.), 6 a.m. Toni Belaustegui, 75 Mt. Rose, Reno, NV 89509 (702) 329-6696.

**Sept. 9 (Sun.): Alamo:** Golden Hills 50K Trail Relay & 10K Trail Run, Monte Vista High School, 5-Person Teams, 8 a.m./Relay, 9 a.m. Brian Moyer, c/o Danny Foundation, 3160 Danville Blvd., Suite F, Alamo 94507. (800) 833-2669.

**Sept. 30 (Sun.): Portland, OR:** Portland Marathon & 5 Mi., S.W. Fourth & S.W. Columbia, 8 a.m. Les Smith, P.O. Box 4040, Beaverton, OR 97076. (503) 226-1111.

**Oct. 6 (Sat.): St. George, Utah:** St. George Marathon, Time TBA (Entries close Sept. 27). St. George Marathon, 86 So. Main St., St. George, UT. 84770. (801) 634-5850.

**Oct. 6 (Sat.): Burney:** Burney Classic Marathon. 5K & 10K. McArthur-Burney Falls State Park. 9 a.m. Dave Podbielski, Burney Lions Club, PO Box 217, Dept. M, Burney 96013 (916) 335-2768.

**Oct. 13 (Sat.): Castro Valley:** Fire Trails Fifty, 50 Mi., Lake Chabot Marina. 6:30 a.m. Dick Collins, 1015 Hollywood Ave., Oakland 94602. (415) 530-6634.

**Oct. 14 (Sun.): Clayton:** Mt. Diablo Relay, 48 Mi. (7 Legs, 5-10 Mi. Each), downtown, 7:30 a.m. John Mercurio, 1430 Bel Air Dr., Concord 94521. (415) 676-4151.

✓ **Oct. 14 (Sun.): Minneapolis/St. Paul:** Twin Cities Marathon. SASE to: Twin Cities Marathon, 6th & Marquette, Minneapolis, MN 55480.

**Oct. 21 (Sun.): Weott:** Humboldt Redwoods Marathon & Half Marathon (H-M is PA/TAC Championships), Humboldt Redwoods State Park, 9 a.m. Karen Angel, 351 Roundhouse Creek Rd., Trinidad 95570. (707) 442-6463, 2-4 p.m. weekdays.

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## SCHEDULE

**Oct. 27 (Sat.): American River Canyon:** Sierra Nevada Endurance Run, 52.4 Mi. (99% Trail), Time TBA. Delmar Fralick, P.O. Box 5299, El Dorado Hills 95630. (916) 676-4910.

### Track Schedule

**June 7 (Thurs.): Tucson, AZ:** Tucson Elite Classic, Fred Harvey, 1848 S. Augusta Cir., Tucson, AZ. 85710. (602) 722-3929.

**June 9 (Sat.): Sacramento:** Golden West Invitational, Arnie Krogh, 8078 Camstock Ct., Citrus Heights 95610. (916) 726-1441.

**June 9 (Sat.): Los Gatos:** TAC/Pacific Track & Field Championships. Los Gatos High School. (For PA/TAC members). Info: (408) 354-5660.

**June 9 (Sat.): Los Angeles:** Jackie Joyner-Kersey Invitational, Pearl Hodge, 3261 Delta Ave., Long Beach 90810. (213) 424-0688.

**June 12, 13 (Tues. & Wed.): Cerritos:** TAC Senior Nationals (5350 qualifying).

**Jun 12-13: Cerritos:** USA/Mobil Outdoor National Decathlon and Heptathlon.

**Jun 14-16: Cerritos College, Norwalk:** USA/Mobil Outdoor T&F (qualifier for US teams in international competition. Will Kerns, (800) LA TIMES, ext. 75772.

**June 19, 20 (Wed. & Thurs.): Cerritos College:** TAC/Mobil National Championships.

**June 25-29:** L.A. Unified All-Comers. (Ages 5 & up). June 25 - Pierce College. June 26 - LA Southwest College. June 27 - Birmingham High School. June 29 - Santa Monica College. June 29 - West Los Angeles College. (818) 904-2164. LA Unified School District, Youth Services, 5607 Capistrano Ave., Woodland Hills, CA 91367.

**June 28-29 (Thurs. & Fri.): Fresno:** TAC Junior Nationals Heptathlon & Decathlon. Ken Dose, (209) 266-3340.

**June 30-July 1 (Sat. & Sun.): Fresno:** TAC Junior Nationals. Ratcliffe Stadium, Fresno City College. Ken Dose (209) 266-3340.

**July 2-31:** L. A. Unified All-Comers. (Ages 5 & up). July 2, 9, 16, 23, 30--Pierce College; July 3, 10, 17, 24, 31--LA Southwest College; July 11, 18, 25--Birmingham High School; July 5, 12, 19, 26--East Los Angeles College; July 6, 13, 20, 27--Santa Monica College; July 6, 13, 20, 27--West Los Angeles College. (818) 904-2164. LA Unified, Youth Services, 5607 Capistrano Ave., Woodland hills, CA 91367.

**July 12-15 (Thurs. - Sat.): Minneapolis, NM:** U.S. Olympic Festival '90, Twin Cities Festival Organizing Committee, Inc., 1290 Minnesota World Trade Center, 30 East Seventh St., St. Paul, MN. 55101.

**July 20-Aug. 6: Seattle, WA:** 2nd Goodwill Games. USA/Mobil Outdoor Championships.

**July 21-26 (Sat.-Thurs.): Seattle, WA:** Goodwill Games (Track & Field), TAC/USA, P.O. Box 120, Indianapolis, IN. 46206. (317) 261-0500.

**July 22 (Sun.): Los Angeles:** L.A. P.O.C. Grand Prix Finals. Site TBA. Sub-masters and masters grand prix finalists only. L.A. Patriots Int'l. T & F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

**Jul 27-29 (Fri. - Sun.): Lincoln, NB:** U.S. Junior Olympic Championships, Mark Kostek, Ath. Dept., Univ. of Nebraska, Lincoln, Nebraska (402) 472-3644.

**Aug. 1-3:** Los Angeles Unified All-Comers. (Ages 5 and up.) Aug. 1--Birmingham High School; Aug. 2--East Los Angeles College; Aug. 3--Santa Monica College; Aug. 3--West Los Angeles College. (818) 904-2164. LA Uni-

fied, Youth Services, 5607 Capistrano Ave., Woodland Hills, CA 91367.

**Aug. 11, 12 (Sat. & Sun.): Wailuku, Maui:** 2nd Annual Hawaiian T & F Festival. War Memorial Stadium, Wailuku, Maui. Youth, Open, Novice, sub-masters and masters. L.A. Patriots Int'l. T&F Committee, 2301 Hyperion Ave., Suite P, Los Angeles 90027. (213) 666-7341.

### Meetings, Clinics, etc.

**June 17-23: Eugene, OR:** Oregon Track & Field Camp for Masters, P.O. Box 10825, Eugene, Or. 97440.

**July 23-27: San Luis Obispo:** Sky Jumpers National Pole Vaulting Camp. (See Apr. 7-11).

**Aug. 5-10: Yosemite:** Yosemite Cross Country Camp. Yosemite Running Camp, 835 Modoc St., Merced 95340. (209) 722-2384.

**Aug. 5-10: Lake Tahoe:** USC, UCLA Runner's Workshop, Summer Running Camps. Mark Celestin, P.O. Box 817, Huntington Beach 92648. (714) 969-8703.

**Aug. 12-17: Yosemite:** Yosemite Cross Country Camp. (See Aug. 5-10).

**Aug. 19-24: No. San Diego:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 5-10).

**Aug. 20-24 (Mon.-Fri.): Grouse Ridge:** 20th Annual High Altitude Running Camp & Clinic, near Nevada City, \$30 per Person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722. (916) 878-0697.

**Aug. 28-Sept. 4: Catalina Island:** USC, UCLA Runner's Workshop, Summer Running Camps. (See Aug. 19-24).

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# SoCAL DIARY

By BILL MINARIK

## April 9

The Arcadia Invitational took the spotlight in SoCal this past weekend as many of this country's top prep tracksters had-at-it to determine who was #1. There was no question as to who was the top female sprinter as Muir High's Inger Miller won both sprints in 11.71 and 23.57 into a stiff breeze and then ran away from a top field, including Houston's Sterling High, on the anchor leg of the 400 relay to win in 46.07.

The Bakersfield High dynamic duo of Dawn Dumble and Melisa Weis again distinguished themselves with winning efforts of 50-4 1/2 and 169-9 in the Shot and Discus respectively. Not to be outdone, Fallbrook High strongman, Brent Noon showed why he is regarded as the country's top thrower by hitting 71-4 and 192-11 to win the weights.

At the Texas Relays, UCLA's Tracy Millett took the open shot put at 51-9 as the Bruins start to look toward a possible National Title.

## April 15

The Houston Cougars invasion of Drake Stadium was the featured attraction on last week's SoCal track schedule. However, both the UCLA men and women's teams were able to repel the invasion by scores of 83-62 and 75-60. Houston's Otis Burrell was the top individual performer with a 10.4-20.7-25-5 sprint-long jump triple.

At Eugene, Oregon, the Cal Poly SLO men and women demonstrated extreme bravery by engaging Division I powers Oregon, Washington State and Georgetown on foreign soil. The Mustangs distinguished themselves by nabbing 3rd in the men's competition with 113 points and giving the Oregon women a real run for their money with a 163-183 2nd place effort.

Down at the Mt. Carmel High Invitational in San Diego, Fallbrook's Brent Noon, as usual, stole the show with a 70-8, 191-11 weight double.

## April 23

The Mt. SAC Invitational was the only show in town over the past week, however the lack of National and World Class athletes was

conspicuous. The hometown Mt. SAC Mounties put on a National Class performance as their foreign-dominated 400 relay team sped to what was probably the fastest Community College time ever, 39.32, behind winner and NCAA favorite, Texas A & M.

In the Prep Division, Rio Mesa freshman sensation Marion Jones continued in the footsteps of Angela Burnham as she set a national best in the 400 with a time of 54.21. Then in the 400 relay, she stormed from way back to almost catch winning Muir High at the wire. Both the Muir High boys and girls showed why they are the team to beat for the State Title with a number of sizzling relay efforts.

## April 30

In what may have been the last ever track meet at the L.A. Coliseum, the UCLA men and women continued their recent dominance over USC with convincing 94-68 and 90-40 victories. Both teams were thin for this one: the Bruins because of injuries and the Trojans because of scholarship limitations. Many of the events could have been mistaken for Division II competition. Top marks included the Bruins' Brian Blutreich 192-8 in the Discus, Troy's George Porter 50.9 in the 400 meter hurdles, UCLA's Tonya Sedwick 52.9 in the 400, the Lady Bruins 43.8 in the sprint relay and USC's Janice Selmon, a meet record 184-10 in the javelin. While the men of Troy are thin, they potentially have enough big points to be heard from at the NCAA Meet.

At the SCIAC Championships held at Redlands the Occidental men combined some surprising individual efforts with their usual depth to capture the title 180-145 over runner-up Claremont-Mudd. The Oxy women, however, just dominated the field and runner-up C-M 215-109.

In Community College Conference finals, the Long Beach CC Vikings surprised talent-laden Mt. SAC in both men and women's divisions, by scores of 295-285 and 224-199 respectively, in the powerful South Coast Conference. At the Western States Conference, Bakersfield was a double winner taking the men's meet 223-148 over Glendale and the women's competition 183-120 over Ventura. At the SoCal Conference, the East L.A. men

ran by Compton 159-103; while the Compton women lead by former Hawthorne Prep phenom Tami Stiles took the title 162-108 over East L.A. The Riverside women duplicated the feat of the Riverside men by capturing the Orange Empire Conference title 178-161 over Saddleback.

The Claremont Girls Invitational was the only scoring meet in the prep ranks; and at that one, the Ladies of Locke were close but decisive 118-107 winners over Buena High.

## May 7

The Preps were having their League Finals while the Community Colleges were engaged in the SoCal Prelims. At that one, Mt. SAC and Long Beach CC seem headed for a rematch of their Conference men's finals; however, the Mounties dropped the stick in the 400 relay which cost them 10 sure points in all the meets ahead. The Mouny women, however, appear to be the team to beat for SoCal and State.

At the Modesto Invitational, numerous World Class athletes came up with numerous world class marks while a scattering of local college athletes tuned their skills for the big meets ahead.

The TAC decision on Chuck DeBus's future in track remains up-in-the-air, but a lifetime ban remains a possibility.

## ADDRESS CHANGE

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# Around the State

▼ USC sophomore **Quincy Watts**, sidelined much of the season with a strained hamstring, had few opportunities to qualify for the Pac-10 and NCAA Championships. With only 3 weeks left, Watts assured his spot at the NCAAs by recording a 20.66 in the 200 meters at the Occidental Invitational. For Watts, the nation's premier prep sprinter in 1988, the time was his best in 2 years as a Trojan.

▲ In a scam that may have gypped consumers in three states, people who thought they were buying name-brand shoes at **Big 5 Sporting Goods** have unwittingly accepted look-alike shoes made of inferior materials, including cardboard, the District Attorney's Office has charged. Thanks to a Ventura shoe dealer who reported the matter to authorities, people who bought the second-rate shoes will be eligible for cash refunds without a sales receipt. "I had customers come into my store and slap their shoes angrily on the table and say, 'You've been ripping me off. I can get this same shoe for \$19.99 at Big 5 and you've been selling it for \$69.99,'" said **Gary Tuttle** to the Ventura County Free Press. Tuttle is a Ventura councilman who owns a running supply store called Inside Track and who notified prosecutors and helped with the investigation.

## ▼ Pamakid Runners Dissociates from New City Marathon--Demand Name Change from "San Francisco Marathon"

Pamakid Runners, the club which founded the San Francisco Marathon in 1977, took it to the streets of San Francisco in 1982, and has been responsible for conducting the Marathon all twelve years the race has been held, announced today that it will not be involved in the marathon event scheduled to take place on July 1 in 1990.

In 1989 Pamakid Runners combined efforts with the Bay Area Sports Organizing Committee (BASOC), and its appointed management team, Athlon Sports Management Group, to revive the marathon. Pamakid Runners focused its efforts on race logistics, while BASOC concentrated on raising money for the event and persuading the City to allow the event to occur in 1989. "We're sorry to

say that our working relationship with Athlon Sports and its financial management of the San Francisco Marathon in 1989 was unsatisfactory," says Michael J. Taheny, president of Pamakid Runners Club. Our experience with them left us knowing that we could not guarantee a quality event for the running community in 1990," states Taheny, former president of the University of San Francisco Alumni Association.

Athlon Sports Management Group, also known as Marasports, will be organizing a 1990 marathon in San Francisco. "The active team members of BASOC, Athlon and Marasports are the same individuals who proved so problematic in 1989," states Taheny.

As the owner of the "San Francisco Marathon" service mark, and as the club which established the marathon's worldwide reputation in the running community, Pamakids has advised Marasports that Marasports has no authority to use that name, or the nearly identical name "City of San Francisco Marathon."

"Although Pamakids will not be involved in the Marasports event scheduled for July 1, Pamakids intends to renew its future presentation of the San Francisco Marathon," says Taheny.

Pamakid Runners, a San Francisco nonprofit, family-oriented running club, was founded in 1970 to promote physical fitness among families -- hence the name "PA-MA-KIDS". The club has over 450 members.

## ▲ 1990 Triathlon World Championship--Walt Disney World and Tri-Fed to Host

The "happiest place on Earth", Walt Disney World Resort in Orlando, Florida, recently agreed to serve as the host venue for the 1990 Triathlon World Championship.

The Olympic distance event, consisting of a 1.5 kilometer swim, a 40 kilometer bike ride and a 10 kilometer run, will be held on Saturday, September 15, 1990. Athletes from over 40 countries worldwide are expected to participate in this, the second International Triathlon Union (ITU) Triathlon World Championship. The inaugural event was held last August in Avignon, France. This year's race will be of particular interest to the International Olympic Committee (IOC) as the IOC

Olympic Program Commission will be voting only a few days later in Tokyo on whether or not triathlon will be included on the Olympic Program in 1996.

As for the race course, final arrangements are being reviewed. Both the swim and the run segments will be held entirely on Disney property, with the swim being conducted in Bay Lake and portions of the run going through Disney's Fort Wilderness Resort and the theme park which Disney is most recognized for, Magic Kingdom and its magnificent Magic Castle.

It is expected that close to 1,000 of the world's greatest endurance athletes will be participating. Each athlete must qualify for their respective National Junior or Age-group team in order to participate. The Elite class (National Team) represents the top 6 male and females from each country, the Juniors are all those between the ages of 15-19, and the age-groupers are the athletes who represent the best in each of the 11 male and female age-groups designated from 20 years all the way to 70+.

The qualifying races for U.S. athletes have been chosen. For the Pro-Elites, they must compete in the Tri-Fed/USA National Pro-Elite Championships hosted by the National City Corporation Triathlon in Cleveland, Ohio on August 12, 1990. The top 6 men and top 6 women finishers will comprise the U.S. National Triathlon Team. For the Juniors and the age-groupers, the qualifying race is the Tri-Fed/USA National Amateur Championship hosted by Leon's Q.E.M. Triathlon in Hammond, ID, also being held on August 12th. The top 6 male and female Juniors and the top 5 male and females in each of the five year age-group increments will qualify. The total possible members of any national team is, therefore, 134 athletes.

**Next issue...**  
**California High School  
Track & Field Meet**

# THE ATHLETE'S KITCHEN

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

## The Battle of the Bulge: Men vs Women

**MEN EAT AND WOMEN WEEP.** When it comes to weight control, most athletic women declare that life is not fair. They come to me moaning, groaning and complaining about their inability to lose weight. They've been on every diet in the book, and nothing seems to work. Athletic men, in comparison, seem to simply eat and be lean. With the battle of the bulge, is there *really* a difference between the sexes, or does it just *seem* that women struggle more? Are the men silently struggling as well? To better define the battleground, I surveyed this nation's top male and female runners about their eating and weight control habits. Here's what I found:

▼ As a group, the women were currently four pounds heavier than their desired weight; the men only one pound.

▼ 26% of the women reported eating "less than they deserve", as compared to 12% of the men.

▼ 25% of the women reported undesired binge eating, as compared to 6% of the men.

▼ 13% of the women reported having been anorexic, as compared to none of the men.

The survey pointed out, clear as day, that the battle of the bulge is primarily a women's war. Let's look at some possible explanations.

**Body Fat:** Plain and simple, Mother Nature likes women to have a certain amount of fat that's essential for producing healthy babies. This fat is stored in the breasts (which women generally accept as desirable) and the thighs and inner leg (which women generally hate with a passion). In women, about 11-13% of body weight is essential fat; in men, only 3-5%. Hence, women create physiological turmoil if they strive for that male "cut look". When "lean at any price" becomes the motto, the price is commonly starving, bingeing and food obsessions.

**"Natural weight" vs "desired weight"**  
Among the male runners, 77% rarely or never dieted to keep their weight at a desired level.

They were naturally lean with a body in harmony at its set point. Weight was simply not an issue. Typical comments included: "I'm known as one of the thinnest guys in the sport, but I don't watch my weight at all. It's all genetic. Everyone in my family is small and thin" and "I've always been thin. Even when I stop running and eat like a pig, I don't gain weight." In comparison, 73% of the women yearned to be lighter; they seemed to be waging warfare with Mother Nature. Typical comments included: "I'm fatter than most women runners. I've always wanted to weight 7-8 pounds less. I gain weight easily, despite running 70-80 miles per week. Why can't I simply lose eight pounds???" and "Although 120 is a weight I can easily maintain, I don't like it, so I struggle to be lighter."

Two men reported dieting "often". They expressed weight frustrations similar to the women. One 146 lb. male stated, "I struggle with yoyo dieting and binge eating. If I eat whatever I want, my weight levels out at 148-150, but I want to weigh 140. . . ." Perhaps 148 was his natural weight? Perhaps *dieting to an unnatural weight*, and not male/female differences, sets the stage for this battle with the bulge?

**Body Image:** In America, thin is desirable. Look at all the role models in ads -- everyone is lean. This implies that Mother Nature makes us all naturally lean and that any aberration is a result of gluttony. False. Mother Nature makes us in different sizes and shapes, like it or not. Yet, surveys suggest that 31% of female athletes are discontent with their bodies, and often go to great extremes to change their physique. Among these women runners, 34% reported problems with food. One food-obsessed woman lamented "I'm 5'7" and weight 115 pounds. I don't have the gaunt look of my peers . . . I wish I could weigh 110." In comparison, comments typical of the men were: "As an elite athlete, I train to enhance performance, not

to be concerned about my weight" and "I exercise for fitness and figure that my weight will be what it should be."

**Calorie needs:** Ah, yes. . . men eat and women weep. The male runners commented: "I eat whatever I want, without worrying." "People who thought they were big eaters don't even come close." "I once took a computer diet analysis and it said I should be obese." Among the women, 88% counted calories. "I've found that the fitter I am, the less I need. I'm amazed at what non-runners can tuck away. . ." These trends raise questions about metabolic efficiency. Does Mother Nature slow a female runner's metabolism, to protect her from getting too thin for bearing children? Research has indicated that male rats, when exercised, ate less and lost weight. Female rats, when exercised, ate the same and stayed the same weight. *C'est la vie?*

**Light vs fast:** Runners commonly believe that the lightest runner is the fastest runner. False. This study suggests that runners who struggle to be abnormally light may pay the price: poor nutrition, poorly fueled muscles, stress fractures and other injuries, to say nothing of reduced stamina, endurance and performance.

Remember: food is fuel and health; it's not the fattening enemy. If you're battling the bulge, trust that normal eating + regular exercise = normal weight. Eat meals, exercise sensibly and try to be at peace with your body.

*Nancy Clark, MS, RD, nutritionist at Boston-area's SportsMedicine Brookline, designs personalized nutrition guidelines for sportsactive people. Additional information is found in her books The Athlete's Kitchen ('81; \$7) and Nancy Clark's Sports Nutrition Guidebook ('90; \$15) available through N.E. Sports Publication, P.O. Box 252, Boston 02113.*

# Big Sur International Marathon

Big Sur to Carmel • April 29, 1990.

By Mark Winitz

ACCORDING TO SOME HISTORIANS, when the Spaniards set up their chain of missions up and down the California coastline in the middle to late 1700s, they "recruited" the native Indians—who were naturally fleet and hardened to the elements—as foot messengers and couriers between the outposts. Indeed, dating back to the Portola expedition of 1769, Indian runners of a half dozen tribes were dispatched from one village to another to forewarn the inhabitants of the arrival of these miraculous, strange beings.

Journeying days on end up and down the rugged California coast, these Mercurys of their day faced a challenging complexity of terrain both so awesome and rugged that the Spaniards initially gave it up as unnegotiable and uninhabitable. For the original runners of our state, Mission Carmel—the second Spanish outpost built in the widespread chain and its first governing seat—must have been a rigorous destination, indeed, when approached from Mission San Luis Obispo and the other missions to the South.

Here, the steep and still-rugged and almost uninhabited Santa Lucia Mountains butt right up against a rocky Big Sur coastline buffeted by azure Pacific rollers. Just 14 miles below the thriving art and tourist colony that once was the headquarters of pioneer Junipero Serra, the highest point on the California coast between San Francisco and Los Angeles splits the often brutally fierce Northerly winds sweeping off the water. Today, it is aptly named "Hurricane Point," a 500-foot climb over two steep miles that Big Sur's "Hurricane Point Survivors" know well.

If you visit Mission Carmel today, barely noticed by the majority of marathon finishers, but just a half mile down Rio Road from Big

Sur's finish line, you'll find the graves of many of the mission's inhabitants out back in the courtyard. Buried within a long jump of Father Serra are many of the natives that called this majestic Big Sur coast home. Perhaps among them are the aboriginal-American Phidippides who were, possibly, the first marathoners along this immoderate route. You can almost hear them sitting up in their graves and cheering today's runners home.

And the runner that they probably herald the most is one Brad Hawthorne, practically a native of this five-year old race, and certainly its asphalt-blazing pioneer.

"I think a lot of guys look at my performances here and that discourages them from showing up," said the about-to-become three-time Big Sur winner as he looked over the entry list the day before the race.

To be sure, some top men may be intimidated by tales of this Oakland resident's phenomenal 2:16:39 CR set on this tough course three years ago, and his return here last year after nursing and recovering from a back injury only to win by a wide margin again. A prize structure that awards the top man and woman \$3,000 plus airline tickets and then drops sharply to \$750 and \$500 to the runnerups doesn't encourage many serious challengers to Hawthorne either. Undisputably, Hawthorne owns Big Sur.

"We're thinking about renaming it 'The Brad Hawthorne Marathon,'" says race director Bill Burleigh.

He might do just that after the 33-year old fella who wears the colors of Hoy's Sports Racing Team pulled as easily and quietly away from his only challenger (Mexican Jose Santiago) at 17 miles as if he were wearing moccasins. From there, Hawthorne continued

to slice through the aforementioned stiff Northwester (that lambasted the runners for a good 18 miles of the race) with an unabashed ease. "I saved some of it for another time," the 1987 World Cup U.S. team member admitted. Brad smiled as he crossed the finish at Carmel Crossroads just south of town in 2:25:03. A full 10 minutes and 25 seconds ticked by before Santiago—who ran a 2:16 a few months before in Monterey, Mexico—stumbled across the line. He looked beat. And he was.

Scott Martin (2:39:42) of Ashland, Oregon dropped one place and lost 15 minutes over his 2:25 second place here in 1989. Chris Schallert (2:40:49) of Santa Rosa was fourth.

As Judge Burleigh reminds us, at the 13.1-mile halfway point of this race (the majestic Bixby Bridge), two-thirds of the race still remain. The hills just don't let up. Neither did the wind until about 22 or 23 miles. But Hawthorne, like the Esselen and Ohlone original inhabitants of Big Sur, seems to thrive on the natural elements.

"The last six or eight miles of this race I always feel very strong," he commented. "This one was no exception. At about 17 miles I dropped behind (Santiago) and I didn't realize he was that tired. We almost slowed to a walk. I thought he was playing a strategic race with me. Then I decided to just go by him and take off."

Gone with the wind. Uh...against it.

And what was Hawthorne saving some of his natural talent for? "I really want to be one of the top five Americans at Columbus this year and make the World Cup team again." The Columbus Marathon (Nov. 11, 1990) is the TAC/USA Men's National Championship and the qualifying race for the 1991 U.S.

continued next page...

World Cup team.

Kimberly Shaffer-Bruyn, 28, originally of Colorado and now a South Lake Tahoe resident, knows hills. That gave her an advantage as her 2:56:19 was sufficient to capture the woman's race. Claudia Shannon (3:01:14) of Bellevue, Washington and Debbi Warner (3:02:37) of Houston were also in the prize money.

"When we started up the hill at Hurricane Point, my legs got a little tight, but I saw the lead woman (Shannon) ahead of me, and all of a sudden forgot completely about my legs," said Shaffer-Bruyn. "I decided to try and catch her."

She did, and widened a gap to the finish, winning only her second marathon. She was fourth at Big Sur last year. Last February, Shaffer-Bruyn ran a 2:43 PR at Las Vegas for second place and also captured a close second at the head-swimming Pikes Peaks Marathon last year—all facts highlighting the difficulty of the Big Sur course and the race day conditions this time around.

Third placer Warner received a big surprise near the end of the race. Her boyfriend pulled up alongside her and proposed. Warner accepted on the spot and then picked it up to finish a few seconds ahead of her man.

Among masters, Byrle Smallen (42, 11th overall, 2:49:21) of Agoura Hills, CA topped the 40-and-over men for the third time at Big Sur. San Francisco's Gail Rodd (47, 14th woman, 3:28:13), a Big Sur veteran herself, was first master woman. Joan Reiss (52, 3:32:32) wasn't far behind. Age group whiz Wen-Shi Yu (55, 3:45:32) of Kew Gardens, New York, topped her division in a time that "was way off" in her words.

According to the race organizers, Big Sur is now the largest rural marathon in the world. While Mr. Hawthorne is, indeed, the "owner" of this growing and popular event, the Carmel community is its benevolent manager, and the 3,000 participants its well-catered tenants. Add another 1,000 walkers who now tackle either a 7- or 10-mile segment of the course. (The walk sold out in 7 days this year.) Consider the 1,080 volunteers, who, perhaps more than anyone else, have given the Big Sur Marathon a reputation for excellence that is known around the world.

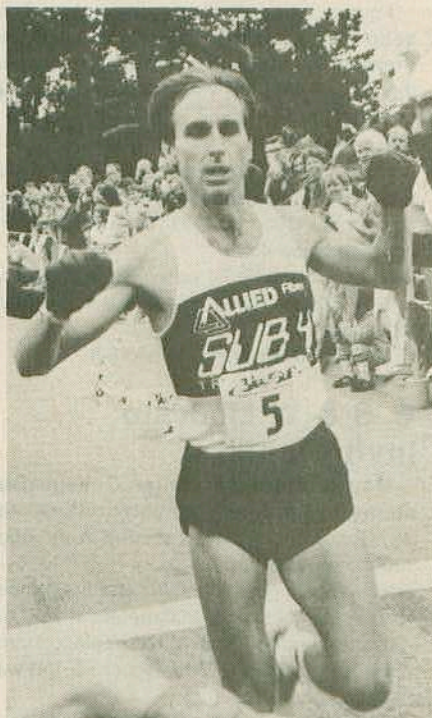
"We had our choice of any marathon in the States and we chose this one," said Warren Benney, who was one of two New Zealanders flown over by Continental Airlines after winning that opportunity via contest prizes. "We heard that Big Sur had beautiful scenery.

People told us it was the best marathon they had ever run in. So, we wanted to see for ourselves. Yes, this race is really tops. The bridge, especially, is just spectacular."

Benney received an added bonus by chalking up a 3:06 PR, 30 minutes faster than his previous best.

"I think that after running this one today, I might be ready to go under three hours," speculated the Kiwi. The understatement of the day. Almost as understated as the last small hill (80 feet high) at mile 25.5 which was the focus of a naming contest this year at the Big Sur race. Sticking with the classical music theme that has accented the race since its inception (a classical orchestra perches atop Hurricane Point on race day), David Tanza named the bump "D Minor Hill at D Major Time."

You have to run this course to fully appreciate this note. No doubt, Padre Serra and a few Ohlone runners are turning over in their nearby graves, chuckling. It's just that you can't hear them over the roaring and melodious Big Sur surf.



**BRAD HAWTHORNE**

Shown here winning an earlier presentation of Big Sur, now competing for Hoy's Sports

Photo by Mark Winitz

## Overall Results - Men

1. Brad Hawthorne (34) Oakland 2:25:03, 2. Jose Santiago (26) Anaheim 2:35:28, 3. Scott Martin (26) Ashland, OR. 2:39:12, 4. Christopher Schallert (30) Santa Rosa 2:40:49, 5. Pete Kaplan (33) Newbury Park 2:43:08, 6. Dale Reicheneder (24) Malibu 2:44:03, 7. Thomas Newman (23) Monterey 2:45:30, 8. Jose Llorente (32) Los Angeles 2:48:07, 9. Barry Alexia (34) Oakwood 2:48:27, 10. Kevin Heaton (36) San Diego 2:48:38.

## Overall Results - Women

1. Kimberly Shaffer-Bruyn (28) So. Lake Tahoe 2:56:19, 2. Claudia Shannon (37) Bellevue 3:01:14, 3. Debbi Warner (38) Houston, TX. 3:02:37, 4. Jeanette Haddock (25) Colorado Springs, CO. 3:03:53, 5. Chris Iwahashi (34) Sacramento 3:04:01, 6. Cindy Scott (35) Sacramento 3:04:41, 7. Pennie McLaughlin (28) Carlsbad 3:12:19, 8. Juli Mastain (33) Moorpark 3:17:28, 9. Amy Williams (34) Denver, CO. 3:19:28, 10. Laura Burns (27) Camarillo 3:20:14.

## Division Results - Men

16-19: 1. Marc Franklin 2:58:08, 2. Rory Krause 3:27:22, 3. Jose Moreno 3:43:24. 20-24: 1. Dale Reicheneder 2:44:03, 2. Thomas Newman 2:45:30, 3. Trevor Nelson 2:53:19. 25-29: 1. Jose Santiago 2:35:28, 2. Scott Martin 2:39:12, 3. Franck Tardovats 2:53:01. 30-34: 1. Brad Hawthorne 2:25:03, 2. Christopher Schallert 2:40:49, 3. Pete Kaplan 2:43:08. 35-39: 1. Kevin Heaton 2:48:38, 2. Douglas Colton 2:50:11, 3. Isaac Silva 2:51:33. 40-44: 1. Byrle Smallen 2:49:21, 2. Syl Pascale 2:52:18, 3. Mike Dove 2:56:35. 45-49: 1. Dan Hamner 3:08:54, 2. Don Matthews 3:11:01, 3. Roger Sebert 3:11:01. 50-54: 1. Bob Barber 3:07:24, 2. Jerry Stearns 3:15:02, 3. John Peacock 3:17:46. 55-59: 1. Michael McGie 3:14:59, 2. Stan Block 3:34:21, 3. Disty Sawyer 3:39:17. 60-64: 1. Richard Laine 3:31:12, 2. Richard Lamermyer 3:40:37, 3. John Lodarski 3:49:58. 65-69: 1. Raymond Penkert 3:39:08, 2. Murray Cohen 4:23:27, 3. George Cavill 4:47:57. 70 & Over: 1. Jack Kirkpatrick 3:55:52, 2. Earl Rippee 4:28:12, 3. Frank Dawson 4:46:30.

## Division Results - Women

16-19: 1. Chris Naaktgeboren 3:36:43, 2. Kris Burns 3:47:57, 3. Justine Kyckelhahn 4:10:18. 20-24: 1. Rachel Fisher 3:28:38, 2. Amanda Dreyer 3:31:23, 3. Jennifer Garrett 3:35:30. 25-29: 1. Kimberly Shaffer-Bruyn 2:56:19, 2. Jeanette Haddock 3:03:53, 3. Pennie McLaughlin 3:12:19. 30-34: 1. Chris Iwahashi 3:04:01, 2. Juli Mastain 3:17:28, 3. Amy Williams 3:19:28. 35-39: 1. Claudia Shannon 3:01:14, 2. Debbi Warner 3:02:37, 3. Cindy Scott 3:04:41. 40-44: 1. Carmel Vrabec 3:37:09, 2. Carol Mortier 3:39:18, 3. Susan Wilson 3:40:34. 45-49: 1. Gail Rodd 3:28:13, 2. Joan Mulvihill 3:37:50, 3. Carol Bianconi 3:40:29. 50-54: 1. Joan Reiss 3:32:32, 2. Yvette Lavigne 3:41:30, 3. Josephine Rogers 4:03:24. 55-59: 1. Wen-Shi Yu 3:45:32, 2. Jo Sullivan 3:55:43, 3. Joan Fogelman 4:39:37. 60-64: 1. Billie Murphy 3:59:39, 2. Etta Palmer 4:53:01, 3. Chris Kassube 5:06:21.

# PREP NOTES

By KEITH CONNING

## ● High School Results Wanted.

I would like to thank everyone who sent in contributions for this issue. Please send Northern and Central California results to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Please send Southern California results to Doug Speck, 563 North Willow Grove Avenue, Glendora, CA 91740.

## ● Orange Glen Invitational.

April 28--Brent Noon (Fallbrook) set a new California high school record in the shot put of 74-4. The old record of 73-5 3/4 was set by Noon on April 6.

Noon is now the third best high school shot putter in United States history.

Jerome Price (University City) long jumped 24-5 1/2.

## ● Brent Noon (Fallbrook) Sets California Shot Put Record.

May 3. Fallbrook--Brent Noon (Fallbrook) put the shot 76-2, a new state record. The old record was 74-4 (see above). He moved to No. 2 all-time on the United States high school list. Arnold Campbell (Airline, Bossier City, LA) put the shot 74-10 1/2 in 1984.

The outdoor record of 81-3 1/2 (accepted by *Track & Field News*) was set by Michael Carter (Jefferson, Dallas, TX) at the Golden West Invitational in Sacramento on June 16, 1979. Carter now plays for the San Francisco 49ers.

The National Federation of State High School Athletic Associations record of 77-0 was set by Carter in 1979. The National Federation does not accept marks made at the GWI. See *High School Track 1990* p. 67 for a thorough explanation.

Noon's series: 74-3, 73-11 1/2, 72-3 1/4, 74-4, 73-0 1/4, 76-2.

He also threw the discus 196-6, the best throw in San Diego Section history. His throw surpassed the previous record of 195-8 by Billy Joe Winchester (Mount Miguel) in 1970.

## ● Tenth Annual Sacramento Meet of Champions.

May 4. Cordova HS, Rancho Cordova--Tanisha Johns (Burbank) won the 100 meters in 11.8.

Tanya Dooley (Bret Harte, Altaville), who placed second in the 1989 State Meet 400, defended her title in 55.1.

Kwani Stewart (Yuba City) won the 100 low hurdles in 14.1.

Tanya Smith (Cordova, Rancho Cordova) won the 300 low hurdles in 42.4, the second fastest time in the nation this season. Only Twila Sims (Lompoc), the Arcadia Invitational winner at 42.57, has run faster. Smith's time is equivalent to running 42.64.

"I guess it's pretty good, considering all the people in America," said Smith to Daniel Brown of *The Sacramento Union*. "It was only the second time this year that I had some serious competition, and it helped push me a little more."

"I didn't think I could go that fast yet," said Smith to Don Bosley of *The Sacramento Bee*. "I thought maybe low 43's, but I didn't think I could go below 43."

"They said she had a leg injury," Stewart said to Don Bosley. "It didn't look like her leg hurt too much to me."

Tanya Smith also high jumped 5-8.

## ● S & W Modesto Invitational.

May 5. Modesto Junior College Stadium--Nicole Teter (Unattached/West Valley, Cottonwood) placed second in the open 800 meters in 2:12.3.

Becky Spies (Unattached/Livermore) placed ninth in the invitational 800 meters in 2:12.60.

Juliana Yendork (Unat./Walnut) placed tenth in the long jump at 6.03 meters (19-9 1/4) with a legal wind of +1.84 mps.

Yendork also placed third in the triple jump at 41-7 3/4 (+1.4 mps).

## Results

### Dewey Halden Relays

April 13. U.C. Davis.

Boys Results:

100: 1. Lewis (Johnson) 10.7, 2. Dupree (GD) 10.8.

Mile: 1. Chamberlain (Casa Roble) 4:19.70. 400R:

1. Johnson 43.4. HJ: 1. Shorts (Davis) 6-4.

Girls Results:

400R: 1. Cordova 49.4. LJ: 1. Scott (Cordova) 16-

6 1/4. TJ: 1. Hawthorne (Cordova) 35-9 3/4. SP: 1.

Rouse (Livingston) 38-4 1/2.

### Sanger Metric Classic

April 20. Sanger.

Boys Results:

Teams: 1. Lemoore 84, 2. McFarland 58, 3. McLane 48, 4. Wasco 45, 5. Redwood 30, 6. Tranquility and Bullard 25, 8. Central, Corcoran and Redley 22.

1600: 1. Samaniego (McFarland) 4:25.2. 3200: 1.

Weber (Redley) 9:44.8, 2. Bow (Lemoore) 9:45.8.

300 IH: 1. Bigham (McLane) 39.6 (meet record).

HJ: 1. Burk (McFarland), 2. Bass (Chowchilla) 6-4.

PV: 1. Fraley (Lemoore) 14-0. LJ: 1. Jones (Lemoore) 21-10. TJ: 1. Rollins (Wasco) 46-2, 2. Cunnings (Yosemite) 45-7, 3. Harrison (Wasco) 44-8 1/2.

SP: 1. Powell (Redwood) 57-5 1/2. DT: 1. Powell (Redwood) 168-7.

Girls Results:

Teams: 1. Redwood 85, 2. Sierra 58, 3. Lemoore

48, 4. Fresno 32, 5. Sanger and Wasco 28, 7.

McFarland 22, 8. Chowchilla 20, 9. Selma and Dos Palos 18.

800: 1. Cuellar (Redwood) 2:22.0, 2. Capuso

(Fowler) 2:22.9. 1600: 1. Cuellar (Redwood) 5:20.8.

HJ: 1. McKeighen (Sierra) 5-3, 2. Gardner (Sierra)

5-3, 3. Oliveira (Lemoore) 5-3. SP: 1. Carmola

(McFarland) 40-1 (meet record), 2. Parrish (Chow-

chilla) 38-5 1/2, 3. Lovett (Sanger) 38-2. DT: 1. Jost

(Immanuel) 123-10, 2. Nadal (Wasco) 119-2, 3. Car-

mona (McFarland) 112-1.

### Chico Invitational

April 20. CSU Chico.

Boys Results:

Teams: 1. Fairfield 82, 2. Grant 75, 3. Valley 37, 4.

Wheatland 30, 5. Bishop Monogue (Reno, NV) 24, 6.

Woodland 23, 7. Oroville 20, 8. Yuba City 17, 9. Red

Bluff 16 1/2, 10. Cordova 16.

100: 1. Clark (Wheatland) 10.6 (Ties meet record).

Old record 10.6 Bob King (Marysville) 1969 and

continued next page...

# PREP NOTES

Clark 1989). **200:** 1. Clark (Wheatland) 22.2. **400:** 1. Clark (Wheatland) 48.2, 2. Turner (Valley) 48.3, 3. Kirk (Grant) 50.2. **800:** 1. Yerton (Eureka) 1:56.4, 2. Meyer (Bishop Monogue) 1:56.4, 3. Martin (Oroville) 1:57.1. **1600:** 1. Meyer (Bishop Monogue) 4:21.1, 2. Redding (Central Valley) 4:22.3, 3. Taylor (Grant) 4:24.5. **3200:** 1. Dawson (Shasta) 9:39.5, 2. Adams (Fairfield) 9:43.4, 3. Meyer (Bishop Monogue) 9:45.3, 4. Martinez (Cordova) 9:45.4, 5. Rochleau (Paradise) 9:45.8. **110 HH:** 1. Higgins (Fairfield) 14.8, 2. Johnson (Grant) 14.9. **300 IH:** 1. Jaques (Woodland) 39.3. **4x100:** 1. Valley 42.1 (Meet record. Old record 42.8 Wheatland 1989), 2. Fairfield 42.4, 3. Grant 43.2. **4x400:** 1. Valley 3:20.8 (Meet record. Old record 3:22.6 Fairfield 1989), 2. Grant 3:23.6, 3. Fairfield 3:23.6. **HJ:** 1. Brown (Fairfield) 6-6, 2. McCaslin (Red Bluff) 6-4, 3. Orel (Yuba City) 6-4, 4. Dodson (Enterprise) 6-4. **LJ:** 1. Johnson (Grant) 22-2, 2. Leonhardt (Pleasant Valley) 22-0, 3. Boodie (Cordova) 21-10 1/2, 4. Johnson (Tennyson) 21-10. **TJ:** 1. Carraway (Fairfield) 44-10.

## Girls Results:

**Teams:** 1. Cordova 67, 2. West Valley 47, 3. Elk Grove 39, 4. Yuba City 38, 5. Vacaville 35, 6. Eureka 26, 7. Rancho Cotate 22, 8. Nevada Union 18, 10. Chico Sr. 17.

**100:** 1. Stewart (Yuba City) 12.1. (Note: The meet record of 11.4 was set by Evelyn Ashford of Roseville in 1975). **400:** 1. Teter (West Valley) 57.2. **800:** 1. Teter (West Valley) 2:16.6 (Meet record. Old record 2:17.2 Teter 1989), 2. Bindel (Eureka) 2:17.0, 3. Cardinas (Bidwell Jr.) 2:19.1, 4. Boek (Ukiah) 2:20.7. **1600:** 1. Visscher (Elk Grove) 5:19.7. **3200:** 1. Look (Shasta) 11:25.2, 2. Visscher (Elk Grove) 11:31.7. **100LH:** 1. Stewart (Yuba City) 14.3, 2. Johnson (Vacaville) 15.0, 3. Bindel (Eureka) 15.1, 4. Mitchell (Rancho Cotate) 15.5. **300LH:** 1. Stewart (Yuba City) 43.0 (Meet record. Old record 45.6 Renee Cunningham (Central Valley) 1986), 2. Smith (Cordova) 43.1. **4x100:** 1. Cordova 48.8 (Meet record. Old record 49.8 Northgate 1989). **4x400:** 1. Vacaville 4:05.7. **HJ:** 1. Smith (Cordova) 5-6, 2. Johnson (Vacaville) 5-4, 3. Beesley (Nevada Union), Oxford (West Valley), Bindel (Eureka) 5-2. **LJ:** 1. Mitchell (Rancho Cotate) 19-6 1/2 (Meet record. Old record 18-3 1/2 Jennifer Haws (Pleasant Valley) 1987), 2. Scott (Cordova) 18-4 1/2, 3. Joyner (Chico) 17-3 1/2, 4. McClung (Fall River) 16-9. **TJ:** 1. Hawthorne (Cordova) 36-7. **SP:** 1. Stallworth (Grant) 38-8, 2. Flagg (Anderson) 38-7, 3. Bynum (Sutter) 37-2, 4. Barden (Nevada Union) 36-11, 5. Sims (Elk Grove) 35-8. **DT:** 1. Sims (Elk Grove) 126-0 1/2, 2. Woolery (West Valley) 118-11, 3. Chastain (Oakmont) 116-2, 4. Bynum (Sutter) 115-4.

## Bruce Jenner Classic

April 21. San Jose City College.

### Boys Results:

**100:** 1. Hill (Oak Grove) 11.10. **200:** 1. Newson (Albany) 21.77w (4.0), 2. Morris (Hill) 21.86, 3. Finney (Berkeley) 21.96, 4. Madu (McAteer) 22.18, 5. Pittman (Logan) 22.24. **400:** 1. Newson (Albany) 48.2. **800:** 1. Wattles (San Ramon) 1:58.23. **5000:** 1. Hanon (Woodside) 15:06.24. **110H:** 1. Morris (Hill)

14.6, 2. Stewart (Lincoln, St) 14.7. **400 IH:** 1. Scott (Logan) 56.63. **400R:** 1. Berkeley 42.90, 2. Logan 43.03, 3. Oak Grove 43.64. **1600R:** 1. Logan 3:22.07, 2. Yerba Buena 3:26.42. **HJ:** 1. Robinson (Fresno) 6-4. **LJ:** 1. Moore (Branham) 22-6, 2. Kennedy (Gilroy) 22-4 1/2. **TJ:** 1. Price (Salinas) 45-10 3/4, 2. Terrell (Logan) 45-1 3/4. **PV:** 1. Lasquete (Mt. Pleasant) 15-8, 2. Haworth (Oak Grove) 14-8, 3. Lenzen (Logan) 13-6. **SP:** 1. Sisneros (Logan) 53-6, 2. Dale (Leland) 51-6, 3. Boria (McQueen, Reno) 51-3. **DT:** 1. Sisneros (Logan) 169-10, 2. Garcia (Logan) 157-2.

### Girls Results:

**100:** 1. Holmes (Albany) 12.60w (2.3). **200:** 1. Baldwin (Logan) 26.13w (2.9). **400:** 1. Wilson (Berkeley) 58.73, 2. Dudley (Mitty) 59.40, 3. Cohon (Salinas) 59.93. **800:** 1. Buchanan (Mitty) 2:18.66, 2. McNamara (Logan) 2:19.54, 3. Cohon (Salinas) 2:20.48, 4. Johnson (Mitty) 2:22.90. **1500:** 1. Spent (Mission San Jose) 4:46.67, 2. Fields (Stagg) 4:54.8, 3. Buchanan (Mitty) 4:58.50, 4. Ruiz (St. Francis) 4:59.60. **100 LH:** 1. Coleman (Branham) 15.13, 2. Lazar-Lea (McAteer) 15.20. **400LH:** 1. Hill (Mt. Pleasant) 1:06.44. **400R:** 1. Silver Creek 49.96, 2. Menlo-Atherton 50.12, 3. Logan 50.25. **1600R:** 1. Mitty 4:02.83, 2. Berkeley 4:07.89. **HJ:** 1. Johnson (Menlo-Atherton) 5-7 1/4, 2. Jules (McAteer) 5-2, 3. Allen (San Ramon) 5-2, 4. Jenkins (San Ramon) 5-2. **LJ:** 1. Woodward (Stagg) 17-1 3/4, 2. Jenkins (San Ramon) 16-10 3/4. **TJ:** 1. Parker (Logan) 35-10 3/4, 2. Cochran (Balckford) 35-6. **SP:** 1. Wirtz (Leland) 38-1, 2. Shafer (Logan) 37-8, 3. Schoby (Overfelt) 36-10. **DT:** 1. Wirtz (Leland) 130-6, 2. Schoby (Overfelt) 118-0, 3. Alderman (Mission San Jose) 116-7, 4. Dumas (Mt. Pleasant) 115-9, 5. Tilley (Gilroy) 115-8.

## Leigh/West Valley Relays

April 21. West Valley College, Saratoga.

### Boys Results:

**Teams:** 1. Leigh 31, 2. Riordan 28, 3. Santa Cruz 26, 4. Gunderson and Homestead 20, 6. St. Ignatius 19, 7. Lincoln (S.F.) 17, 8. North Monterey County 14, 9. Del Mar 12, 10. Watsonville 11.

**220y:** 1. Goldsmith (Lincoln, S.F.) 21.8, 2. Shepard (Lincoln, SF) 21.9, 3. Rankin (Riordan) 22.0. **1500m:** 1. Mamo (Berkeley) 3:59.6, 2. Ringer (Homestead) 4:00.5, 3. Rodriguez (SanLorenzo Valley) 4:01.3. **110m HH:** 1. Halton (NMC) 14.6, 2. Shields (Santa Cruz) 14.9. **440y IH:** 1. Reynolds (Leigh) 55.6, 2. Shields (Santa Cruz) 56.0. **440yR:** 1. Leigh 43.5, 2. Homestead 43.7. **4 Mile R:** 1. Gunderson 18:35.7. **1 Mile R:** 1. Leigh 3:24.6, 2. Riordan 3:25.6, 3. Gunderson 3:26.8. **PV:** 1. McCauley (Watsonville) 14-0, 2. Friedenbach (Santa Cruz) 13-6. **SP:** 1. Younger (Milpitas) 53-8, 2. Breaux (NMC) 51-11, 3. Gardner (Lincoln, SJ) 51-7. **DT:** 1. Hein (Del Mar) 156-0, 2. Crawford (Del Mar) 153-3.

### Girls Results:

**Teams:** 1. Fremont 34, 2. Carmont 31 1/2, 3. Leigh 18, 4. Gunn 15, 5. Mills 13, 6. Mountain View, Santa Clara, and Leland 11, 9. Lynbrook and Watsonville 10.

**100m:** 1. Ferguson (Independence) 12.25, 2. McCloskey (Lynbrook) 12.41, 3. Sanders (Carmont) 12.62. **220y:** 1. Roldan (Carmont) 25.1, 2. Ferguson (Independence) 25.1, 3. Clark (Santa Cruz) 25.8. **880y:** 1. Bartholomew (Fremont) 2:19.4. **1500m:** 1. Bartholomew (Fremont) 4:38.3, 2. Sweeney (Leigh) 4:53.0, 3. Solorio (Overfelt) 4:55.1. **3000m:** 1. Dancel (Mills) 10:34.2, 2. Harlick (Mills) 10:46.0, 3. Roller (Mt. View) 10:53.8. **100m LH:** 1. Jamieson (Fremont) 15.16, 2. Spencer (Lynbrook) 15.60. **440y LH:** 1. Jamieson (Fremont) 65.3, 2. Moore (Harbor) 65.5. **440y R:** 1. Santa Cruz 50.7. **1 Mile R:** 1. Carmont 4:08.4. **HJ:** 1. Loeffler (Watsonville) 5-2. **TJ:** 1. Lee (Pal Alto) 35-8. **SP:** 1. McMahon (Gunn) 36-9, 2. Schoby (Overfelt) 36-5.



KEVIN McMAHON

Photo by Burt Davis

## Sacramento County Invitational

April 21. American River College.

### Boys Results:

**Teams:** 1. Casa Roble 77, 2. Grant 75, 3. Elk Grove 52 1/2, 4. Jesuit 48, 5. Center 44 1/2.

**100:** 1. Lewis (Johnson) 10.75, 2. Younger (Rio Americano) 10.87, 3. York (Rio Americano) 10.94. **400:** 1. Kirk (Grant) 49.82. **800:** 1. Chamberlain (Casa Roble) 1:54.30, 2. Dahl (Sacramento) 1:56.49, 3. Stember (Jesuit) 1:56.79. **1500m:** 1. Chamberlain (Casa Roble) 3:54.8, 2. Johnson (Jesuit) 3:59.3. **3000:** 1. Chamberlain (Casa Roble) 9:01.3, 2. Tay-

continued next page...

## PREP NOTES

lor (Grant) 9:01.8 **110m HH:** 1. Johnson (Grant) 15.13. **400R:** 1. Rio Americano 42.50, 2. Grant 42.98. **PV:** 1. Hoffman (Jesuit) 15-0, 2. Separski (Jesuit) 14-0, 3. Marshall (Central) 14-0. **DT:** 1. Hawkins (Ponderosa) 151-10.

### Girls Results:

**Teams:** 1. Burbank 67, 2. Bella Vista 64, 3. St. Francis 60, 4. Rio Linda 44, 5. Casa Roble 34.

**100:** 1. Johns (Burbank) 12.10, 2. Lewis (MV) 12.18. **400:** 1. Johns (Burbank) 58.9, 2. Murphy (Loretto) 59.2. **1500:** 1. McFadden (St. Francis) 4:56.4, 2. Viglione (Bella Vista) 4:57.4, 3. Visscher (Elk Grove) 5:00.0. **3000:** 1. Visscher (Elk Grove) 10:49.1, 2. McFadden (St. Francis) 10:53.4. **400R:** 1. Burbank 50.56. **LJ:** 1. Lewis (MV) 18-3. **TJ:** 1. Lewis (MV) 35-3 1/2. **DT:** 1. Kailiwiwa (Loretto) 129-4.

## Bay Area Top 8 Invitational

April 27. James Logan HS.

### Boys Results:

**100:** 1. Goldsmith (Lincoln) 10.97. **200:** 1. Newson (Albany) 22.17, 2. Goldsmith (Lincoln) 22.32. **400:** 1. Shepard (Lincoln) 48.77, 2. Newson (Albany) 49.03. **800:** 1. Tara (Clayton Valley) 1:57.90, 2. Price (El Cerrito) 1:58.32. **3200:** 1. Jones (Livermore) 9:41:58, 2. Mankin (Branson) 9:41:88. **110HH:** 1. Warren (Clayton Valley) 14.59, 2. Jett (St. Mary's) 14.67, 3. Reed (Castlemont) 15.09, 4. Hartley (Montgomery)

15.20, 5. Terrell (Logan) 15.21. **300 IH:** 1. Scott (Logan) 38.73, 2. Jett (St. Mary's) 39.42, 3. Smith (Pittsburg) 39.84, 4. Reed (Castlemont) 39.97. **400R:** 1. Logan 42.74, 2. Lincoln 43.58, 3. Castlemont 43.68. **1600R:** 1. Logan 3:19.95, 2. Castlemont 3:23.57, 3. O'Dowd 3:25.43, 4. St. Mary's 3:25.97. **PV:** 1. Warnock (Sonoma Valley) 14-0, 2. Lenzen (Logan) 14-0. **LJ:** 1. Domicini (Logan) 23-1 3/4. **TJ:** 1. Thornton (Encinal) 47-0 1/4, 2. Olson (Logan) 45-6 3/4, 3. Terrell (Logan) 44-6 1/2. **SP:** 1. Sisneros (Logan) 55-0, 2. Cooper (Castlemont) 51-3 1/4. **DT:** 1. Sisneros (Logan) 170-0.

### Girls Results:

**100:** 1. Parker (O'Dowd) 12.28, 2. Baldwin (Logan) 12.64, 3. Holmes (Albany) 12.65, 4. Ferguson (Washington, SF) 12.72. **200:** 1. Parker (O'Dowd) 25.19, 2. Baldwin (Logan) 25.81, 3. Holmes (Albany) 26.13, 4. Park (Montgomery) 26.29. **400:** 1. Mannion (San Leandro) 59.12. **800:** 1. Spies (Livermore) 2:12.9, 2. Pena (Washington, SF) 2:14.75, 3. Ekstrom (Newark Memorial) 2:19.12, 4. Heinzel (San Rafael) 2:19.72, 5. McNamara (Logan) 2:21.11. **1600:** 1. Spent (Mission San Jose) 5:06.81, 2. McNamara (Logan) 5:13.45, 3. Lopez (Balboa) 5:16.84. **3200:** 1. Pena (Washington, SF) 11:30.97. **100 LH:** 1. Lazar-Lea (McAteer) 14.58, 2. Boyd (Foothill) 15.4. **300 LH:** 1. Hockerson (Clayton Valley) 45.94, 2. Lazar-Lea 46.00. **400R:** 1. O'Dowd 50.23, 2. Logan 50.54. **1600R:** 1. O'Dowd 3:57.87, 2. El Cerrito 4:06.34. **HJ:** 1. Derr (St. Vincent) 5-4, 2. La-

zar-Lea (McAteer) 5-2. **LJ:** 1. Lazar-Lea (McAteer) 16-11 1/2, 2. Ferguson (Washington, SF) 16-11. **TJ:** 1. Spragan (Logan) 36-4 1/2, 2. Parker (Logan) 35-9 1/2. **SP:** 1. Shafer (Logan) 36-4 1/4. **DT:** 1. Alderman (Mission San Jose) 134-3.

## Charlie Eaton Relays

April 27. Acalanes HS, Lafayette.

### Boys Results:

**Teams:** 1. DeLaSalle 37 1/2, 2. Berkeley 31 1/2, 3. De Anza 29, 4. Ygnacio Valley 24, 5. Benicia 17.

**Two Mile:** 1. Aschbrenner (California) 9:39.0, 2. Mamo (Berkeley) 9:45.7, 3. Gray (Las Lomas) 9:45.9. **110HH:** 1. Lincoln (De Anza) 14.6. **300 IH:** 1. Van Buren (Ygnacio Valley) 39.4, 2. Lincoln (De Anza) 39.6. **400R:** 1. Berkeley 43.3. **880 R:** 1. Berkeley 1:32.2, 2. San Ramon 1:32.4. **2 MR:** 1. Santa Rosa 7:56.0 (meet record), 2. DeLaSalle 8:06.6. **4 MR:** 1. DeLaSalle 18:06.5 (meet record). **HJ:** 1. Fekete (Las Lomas) 6-4. **PV:** 1. Daily (Ygnacio Valley) 14-6, 2. Freeman (DeLaSalle) 13-6. **LJ:** 1. Kermoian (Campolindo) 21-11 1/4. **SP:** 1. Loggins (Moreau) 54-7 1/4, 2. Freeland (Amador Valley) 51-5. **DT:** 1. Freeland (Amador Valley) 152-5, 2. Munoz (Antioch) 151-3.

### Girls Results:

**Teams:** 1. Amador Valley 47, 2. Ygnacio Valley 36, 3. Carondelet 34, 4. Northgate 33, 5. Campolindo 25-1/2. **100:** 1. Weskamp (Ygnacio Valley) 12.3. **Mile:** 1. Riley (Campolindo) 5:15.1, 2. Freeberg (California) 5:16.2. **100LH:** 1. Hanf (Ygnacio Valley) 15.2, 2. Scharff (San Ramon) 15.3. **Mile Relay:** 1. Amador Valley 4:07.2, 2. Carondelet 4:07.4. **2 MR:** 1. Amador Valley 9:54.6. **4 MR:** 1. Amador Valley 22:40. **HJ:** 1. Jenkins (San Ramon) 5-4, 2. Dely (Benicia) 5-2, 3. Junnilla (Antioch) 5-2, 4. Yost (Campolindo) 5-2. **LJ:** 1. Woods (Berkeley) 17-2 3/4, 2. Jenkins (San Ramon) 17-2 1/4, 3. Hanf (Ygnacio Valley) 17-2 1/4, 4. Horn (Acalanes) 17-0 1/2. **TJ:** 1. Hanf (Ygnacio Valley) 37-7, 2. Horn (Acalanes) 35-9. **SP:** 1. Garcia (Amador Valley) 37-3, 2. Heaston (Ygnacio Valley) 35-10. **DT:** 1. Garcia (Amador Valley) 130-4.

## CCS Top 8 Classic

April 28. Los Gatos HS.

### Boys Results:

**Teams:** 1. Bellarmine 55, 2. Riordan 44, 3. Oak Grove 32, 4. Leigh 31, 5. Homestead and San Mateo 26, 7. Hill 20.

**100:** 1. Hill (Oak Grove) 10.91, 2. Rice (Bellarmine) 11.00, 3. Rankin (Riordan) 11.04. **200:** 1. Hill (Oak Grove) 22.01, 2. Fields (San Mateo) 22.40, 3. Lewis (Wilcox) 22.46. **400:** 1. Speech (Riordan) 49.0, 2. Dawkins (Homestead) 49.6, 3. Bynoe (Gunn) 49.7, 4. Ryan (Leigh) 49.9. **800:** 1. Magness (Santa Teresa) 1:56.8, 2. Sarraille (Bellarmine) 1:57.4, 3. Lang (Santa Cruz) 1:57.9, 4. Dvorak (Salinas) 1:58.1. **Mile:** 1. Waxman (San Mateo) 4:19.5, 2. Ringer (Homestead) 4:20.0, 3. Magness (Santa Teresa) 4:22.70, 4. Hannon (Woodside) 4:24.2, 5. Bravo (Leigh) 4:26.5. **2-Mile:** 1. Hannon (Woodside) 9:24.2, 2. Waxman (San Mateo) 9:25.4, 3. Rodriguez (San Lorenzo Valley) 9:28.3, 4. Ringer (Homestead)



JEFF ASHBRENNER

Photo by Burt Davis



BETH BARTHOLOMEW

Fine Flicks by Don Gosney



# PREP NOTES

9:31.0, 5. Downs (Leigh) 9:31.6, 6. Eley (Mills) 9:31.8. **110 HH:** 1. Morris (Hill) 14.42, 2. Carson (Jefferson) 14.90, 3. Hatton (No. Monterey Co.) 15.05, 4. Casey (Bellarmine) 15.13, 5. Baxter (Bellarmine) 15.14, 6. Fulton (Mt. Pleasant) 15.16. **300 IH:** 1. Morris (Hill) 38.26, 2. Shields (Santa Cruz) 38.92, 3. Baxter (Bellarmine) 39.52. **400R:** 1. Riordan 42.70, 2. Bellarmine 42.71, 3. Leigh 43.13, 4. Homestead 43.24, 5. Oak Grove 43.58. **1 Mile R:** 1. Leigh 3:21.36, 2. Gunderson 3:25.70, 3. Bellarmine 3:26.95. **HJ:** 1. Lopez (Gonzales) 6-8, 2. Siwek (Monta Vista) 6-4, 3. Rice (Bellarmine) 6-4. **LJ:** 1. Moore (Branham) 23-8 (Meet record. Old record 23-7 1/2, Johnny Cleveland (Soquel) 1983), 2. Maron (Mills) 22-11, 3. Hill (Riordan) 22-5, 4. Hutchins (Monterey) 22-4, 5. Butita (Soquel) 22-3 1/4, 6. Adkins (Westmoor) 22-0 1/2. **TJ:** 1. Price (Salinas) 46-0 1/4, 2. Hill (Riordan) 45-0 1/2. **SP:** 1. Younger (Milpitas) 57-8, 2. Gardner (Lincoln) 53-6 1/2, 3. Jackson (Carlmont) 53-6, 4. Bowers (Bellarmine) 52-10, 5. Fillipone (Oak Grove) 52-0 1/2, 6. Ventura (Yerba Buena) 52-0. **DT:** 1. Bowers (Bellarmine) 165-11, 2. Cook (Riordan) 164-10, 3. Duffey (Aragon) 158-5, 4. McMahon (Bellarmine) 156-10, 5. Crawford (Del Mar) 152-0.

## Girls Results:

**Teams:** 1. Leland 36, 2. Mitty 32, 3. Los Gatos 30, 4. Mount Pleasant and St. Francis 28, 6. Independence 22, 7. Silver Creek 20.

**100:** 1. Ferguson (Independence) 11.90, 2. Ellison (Mt. Pleasant) 12.20, 3. Powell (Presentation) 12.20, 4. Meyer (St. Francis) 12.50, 5. Hackett (Los Gatos) 12.60, 6. Bittner (Leigh) 12.60. **200:** 1. Ferguson (Independence) 25.50, 2. Powell (Presentation) 25.97, 3. Ellison (Mt., Pleasant) 26.13, 4. Hackett (Los Gatos) 26.23, 5. Earle (Menlo-Atherton) 26.25. **400:** 1. Strom (Silver Creek) 57.92, 2. Udoffia (Leland) 58.16, 3. Nurisso (St. Francis) 58.42, 4. Moore (Harbor) 58.53, 5. Weinberg (Los Gatos) 58.63, 6. Dudley (Mitty) 59.15. **800:** 1. Buchanan (Mitty) 2:17.26, 2. Farnaday (Los Gatos) 2:18.4, 3. Sanchez (Santa Teresa) 2:19.0. **1 Mile:** 1. Bartholomew (Fremont) 5:02.70, 2. Dancel (Mills) 5:13.5, 3. Luna (Watsonville) 5:21.2, 4. Solorio (Overfelt) 5:21.5. **2-Mile:** 1. Bartholomew (Fremont) 10:53.5, 2. Sweeney (Leigh) 10:57.4, 3. Kaiser (Seaside) 11:15.5, 4. Harlick (Mills) 11:29.8, 5. Luna (Watsonville) 11:34.4, 6. Soderman (Gunn) 11:39.7. **100LH:** 1. Udoffia (Leland) 15.06, 2. Coleman (Branham) 15:06, 3. Gabrielson (Monte Vista) 15.48, 4. Spencer (Lynbrook) 15.53. **330 LH:** 1. Udoffia (Leland) 45.84, 2. Coleman (Branham) 46.05, 3. Hill (Mt. Pleasant) 46.06. **400R:** 1. Silver Creek 48.80, 2. St. Francis 49.30, 3. Menlo-Atherton 49.70, 4. Los Gatos 49.90, 5. Mount Pleasant 50.00, 6. Santa Cruz 50.30. **1 Mile Relay:** 1. Mitty 4:04.07, 2. Los Gatos 4:04.58, 3. Carlmont 4:07.26, 4. Santa Cruz 4:08.45, 5. St. Francis 4:09.69. **HJ:** 1. Johnson (Menlo-Atherton) 5-9 (Meet record. Old record 5-8, Beth Vidakovits, St. Francis 1985 and Karen Robinson (Fremont) 1981), 2. Korbel (Mitty) 5-2, 3. Holt (Woodside) 5-2, 4. Loeffler (Watsonville) and Barudale (Homestead) 5-2, 6. Poll (Soquel) 5-2. **LJ:** 1. Collet (Lynbrook) 17-5 1/2, 2. Greshauber (Leigh) 17-4, 3. Bull (Westmont) 17-1. **TJ:** 1. McGuigan (Cupertino) 36-3 1/2, 2. Quinn (St. Fran-

cis) 36-3, 3. Lee (Paio Aho) 35-10 1/4, 4. Weigle (Gunn) 35-9. **SP:** 1. Molnar (Carlmont) 39-10, 2. Wirtz (Leland) 39-8, 3. Scholby (Overfelt) 38-3 3/4, 4. McMahon (Gunn) 37-9 3/4. **DT:** 1. Wirtz (Leland) 134-5, 2. Dumas (Mt. Pleasant) 126-8, 3. Tilley (Gilroy) 120-9, 4. Schoby (Overfelt) 120-7, 5. Bulder (Gunderson) 115-3.

## Orange Glen Invitational

April 28.

### Boys Results:

**100:** 1. Hammond (Linc) 10.6, 2. Washington (Sow) 10.7, 3. Scott (K) 10.8. **200:** 1. Hammond (Linc) 21.8, 2. Washington (Sow) 22.2. **400:** 1. Denny (Mo) 50.1. **800:** 1. Grady (CP) 1:56.7, 2. Luna (Po) 1:57.1, 3. Ibarra (OG) 1:58.3, 4. Lannen (USDHS) 1:58.4. **1 Mile:** 1. Hernandez (MarV) 4:20.9, 2. Walker (SP) 4:24.5, 3. Finn (Po) 4:26.8. **2 M:** 1. Hernandez (Mar V) 9:36.8, 2. Lozano (Hel) 9:36.9, 3. Urizor (OG) 9:39.4, 4. Ramirez (OG) 9:45.3. **110 HH:** 1. Bell (CP) 14.7, 2. Williams (Esc) Meadows (Pow) 14.9, 4. Jones (Mo) 15.0. **300 IH:** 1. Williams (Esc) 38.8, 2. Bell (CP) 39.6, 3. Jones (Mo) 39.9. **440 R:** 1. Lincoln 42.4, 2. Morse 42.6; 3. Southwest 43.2, 4. University City 43.4. **1 Mile R:** 1. Morse 3:25.2, Mission Bay 3:25.7, 3. Poway 3:26.7, 4. Castle Park 3:27.9. **HJ:** 1. Stokes (PL), Cheeks (Linc), Stephens (OG), Cephas (Esc) 6-4. **PV:** 1. Stephens (OG), Hafen (CP) 14-0, 3. Taylor (OG), Serrano (Sow) 13-6. **LJ:** 1. Price (UC) 24-5 1/2, 2. Lawrence (Mo) 22-2 1/4. **TJ:** 1. Coleman (Mt. M) 44-11 1/4. **SP:** 1. Noon (Fallbrook) 74-4 (all-time state best; previous 73-5 3/4, Noon, 1990), 2. Martz (OG) 55-3 1/2, 3. Loshonkohl (GH) 54-5 1/2, 4. Poumele (O) 53-4 1/2, 5. Hirmez (Mad) 52-7 3/4. **DT:** 1. Loshonkohl (GH) 153-8.

## Sacramento Meet of Champions

May 4. Cordova HS Stadium, Rancho Cordova.

### Boys Results:

**100:** 1. Rushing (Merced) 10.6, 2. Riley (Fairfield) 10.7, 3. Cairk (Wheatland) 10.7. **200:** 1. Rushing (Merced) 21.5, 2. Clark (Wheatland) 21.6, 3. Nixon (Fairfield) 22.0, 4. Kirk (Grant) 22.1. **400:** 1. Clark (Wheatland) 48.0 (Meet Record. Old record 48.50 Ellis (Highlands) 1985), 2. Evans (Vallejo) 48.8, 3. Turner (Valley) 48.9, 4. Kirk (Grant) 49.5, 5. West (Christian Brothers) 49.6, 6. Leggett (Atwater) 50.1. **800:** 1. Johnson (Jesusit) 1:57.7, 2. Stember (Jesusit) 1:58.3, 3. Luevano (Turlock) 1:58.9. **1600:** 1. Chamberlain (Casa Roble) 4:18.9, 2. Johnson (Jesusit) 4:18.1, 3. Huff (Vacaville) 4:22.7, 4. Redding (Central Valley) 4:23.1. **3200:** 1. Taylor (Grant) 9:31.1, 2. Chamberlain (Casa Roble) 9:38.8, 3. Singleton (Bret Harte) 9:45.2. **110H:** 1. Wilburn (Los Banos) 14.3, 2. Higgins (Fairfield) 14.3, 3. Fillion (East Nicolaus) 14.7, 4. Hughes (Atwater) 14.9. **300 IH:** 1. Higgins (Fairfield) 38.2, 2. Wilburn (Los Banos) 38.3, 3. Denofrioli (Dixon) 39.0, 4. Fillion (East Nicolaus) 39.0, 5. Jaques (Woodland) 39.3. **400R:** 1. Rio Americano

41.8, 2. Fairfield 42.2, 3. Merced 42.3, 4. Grant 42.7, 5. Cordova 43.0, 6. Johnson 43.1, 7. Vallejo 43.1. **1600R:** 1. Valley 3:21.1, 2. Fairfield 3:23.1, 3. Grant 3:24.3, 4. Christian Brothers 3:24.9, 5. Woodland 3:26.1, 6. Vallejo 3:27.0. **HJ:** 1. McCaslin (Red Cluff) 6-6, 2. Brown (Fairfield) 6-4, 3. Muldow (Atwater) 6-4, 4. Jamison (Oakmont) 6-4. **PV:** 1. Hoffman (Jesusit) 15-0, 2. Sepanski (Jesusit) 14-6, 3. Chadwick (Woodland) and Wool (Modesto) 14-6, 5. McCauley (Nevada Union) 14-6, 6. Tanner (Oakmont) 14-6, 7. Abuan (Modesto) 14-6, 8. Nielson (El Camion) 14-0, 9. Marchesano (Jesusit) 14-0, 10. Morgan (Bella Vista) 13-6, 11. Neugebauer (Hughson) 13-6. **LJ:** 1. Boddie (Cordova) 21-11, 2. Eckford (Roseville) 21-10 1/2. **TJ:** 1. Eckford (Roseville) 44-11 3/4, 2. Fitzpatrick (Yuba City) 44-6. **SP:** 1. Asbell (Manteca) 54-5, 2. Thurman (Riverbank) 52-1, 3. Rodriguez (Oakdale) 51-3. **DT:** 1. Bruschy (Roseville) 155-10.

### Girls Results:

**100:** 1. Johns (Burbank) 11.8, 2. Stewart (Yuba City) 12.0, 3. Hays (Cordova) 12.2, 4. West (Los Banos) 12.4. **200:** 1. Johns (Burbank) 24.6, 2. Dooley (Bret Harte) 24.7, 3. Hayes (Cordova) 25.1, 4. Davis (Atwater) 25.5, 5. Mulvehill (Elk Grove) 25.6. **400:** 1. Dooley (Bret Harte) 55.1, 2. Teeter (West Valley) 56.1, 3. Murphy (Loretto) 58.6, 4. Brown (Merced) 59.4. **800:** 1. Hamel (Merced) 2:16.7, 2. Gardenas (Pleasant Valley) 2:19.3, 3. Luis (Escalon) 2:19.7, 4. Hines (Cordova) 2:21.7, 5. Marnach (Bella Vista) 2:22.4. **1600:** 1. Hamel (Merced) 5:13.1, 2. Davidson (Bret Harte) 5:14.9, 3. Homan (Nevada Union) 5:15.7, 4. Prichard (Vacaville) 5:17.2, 5. McFadden (St. Francis) 5:19.7, 6. Look (Shasta) 5:20.2. **3200:** 1. Look (Shasta) 11:25.6, 2. McFadden (St. Francis) 11:39.3, 3. Visscher (Elk Grove) 11:42.6. **100LH:** 1. Stewart (Yuba City) 14.1, 2. Johnson (Vacaville) 14.3, 3. Mikaelson (Placer) 14.9, 4. Smith (Yreka) 15.3, 5. Jackson (Nevada Union) 15.5. **300LH:** 1. Smith (Cordova) 42.4 (Meet Record. Old record 43.68 Stewart (Yuba City) 1989), 2. Stewart (Yuba City) 44.7, 3. Crummie (Vallejo) 45.1, 4. Mikaelson (Placer) 45.5, 5. Fillebrown (Atwater) 47.0. **400 R:** 1. Cordova 48.3, 2. Burbank 49.6, 3. West Valley 50.0, 4. Nevada Union 50.5. **1600R:** 1. West Valley 4:05.1, 2. Bishop Manogue 4:06.1, 3. Merced 4:07.2. **HJ:** 1. Smith (Cordova) 5-8, 2. Johnson (Vacaville) 5-2, 3. Beasley (Nevada Union) 5-2. **LJ:** 1. Woodward (Stagg) 18-5 1/2, 2. Lewis (Mesa Verde) 18-2 1/2. **TJ:** 1. Lewis (Mesa Verde) 36-9, 2. Pruitt (West Valley) 35-5 1/4. **SP:** 1. Mitchell (Vallejo) 42-6 1/2 (Meet record. Old record 42-3 Mitchell (Vallejo) 1989), 2. Hopkins (Burbank) 38-7 1/2, 3. Flagg (Anderson) 37-9 1/2, 4. Barden (Nevada Union) 37-7, 5. Rouse (Livingston) 36-9, 6. Sims (Elk Grove) 36-9. **DT:** 1. Kailahawa (Loretto) 129-3, 2. Ahles (St. May's) 128-11, 3. Mitchell (Vallejo) 123-8, 4. Sims (Elk Grove) 118-0, 5. Schlueter (Yreka) 116-2, 6. Barden (Nevada Union) 115-1, 7. Lathrop (Manteca) 114-4.

## Mt. Carmel Invitational

April 16. At San Diego Mr. Carmel HS.

### Boy's Results

**100m:** 1. Hammond (SD Lincoln Soph) 10.84w, 2. James (Ontario) 10.92w, 3. Washington (Chula Vista

*continued next page...*

## PREP NOTES

Southwest) 10.93w. **200m:** 1. Noreiga (Pasadena) 21.85, 2. Jankans (Lynwood) 22.01, 3. James (Ontario) 22.01. **400m:** 1. Warren (Dorsey) 49.06, 2. Terry (El Modena) 49.49, 3. Jankans (Lynwood) 49.68. **800m:** 1. Morales (Ventura) 1:58.69. **1600m:** 1. Grady (CV Castle Park) 4:25.28, 2. Biddle (SD Mt. Carmel) 4:26.80. **3200m:** 1. Gonzalez (Carson) 9:37.92, 2. Ramirez (Escondido Orange Glen) 9:38.59, 3. Rigal (Loyola) 9:40.64. **110m HH:** 1. Bell (CV Castle Park) 14.56w, 2. Smith (Hawthorne) 14.61w, 3. Hawkins (Carson) 14.63w. **300m IH:** 1. Reynolds (Nogales) 39.35, 2. Farrell (Muir) and Hawkins (Carson) 40.18, 4. Dal Ponte (Loyola) 40.24. **400m Relay:** 1. Lynwood 42.69, 2. Muir 42.70, 3. Carson 43.24. **Mile Relay:** 1. SD Mission 3:26.97, 2. Muir 3:27.23, 3. Ontario 3:27.51. **3200m Relay:** 1. Poway 8:14.36, 2. Santana 8:20.51. **Distance Medley Relay:** 1. Poway 10:54.90 **High Jump:** 1. Beal (Hesperia) 6-6, 2. Long (Poway) 6-6, 3. Cheeks (SD Lincoln) 6-4. **Pole Vault:** 1. Roth (SD Mt. Carmel) 14-6, 2. Stephens (Esc. Orange Glen) 14-0, 3. Layton (Lakeside El Capitan) 14-0. **Long Jump:** 1. Price (SD University City) 25-5, 2. Edwards (Nogales) 24-3 3/4, 3. Hammond (SD Lincoln soph) 23-3 3/4. **Triple Jump:** 1. Singbandith (Magnolia) 50-8, 2. Bartley (Lynwood) 46-6 1/4, 3. Beal (Hesperia) 45-10 3/4. **Shot Put:** 1. Noon (Fallbrook) 70-8, 2. Frank (Bakersfield) 56-3, 3. Parlin Esperanza) 53-6 1/2. **Discus:** 1. Noon (Fallbrook) 191-11, 2. Frank (Bakersfield) 183-0, 3. Parlin (Esperanza) 166-10.

### Girl's Results

**100m:** 1. Woods (Duarte) 12.36, 2. McKinney (SV



**MATT RICE**

*Photo by Burt Davis*

Monte Vista) 12.44, 3. Sullivan (SD Serra) 12.49. **200m:** 1. Jackson (Bakersfield) 25.22, 2. Terry (Muir) 25.32, 3. Barfield (Lynwood) 25.36. **400m:** 1. Nichols (Bakersfield) 55.49, 2. Ding (SD Mt. Carmel) 57.34, 3. Freeman (SD Crawford) 57.89. **800m:** 1. Stowell (SD Mt. Carmel) 2:18.75, 2. Scott (SD Mt. Carmel) 2:20.02, 3. Abramson (La Mesa Grossmont) 2:21.34. **1600m:** 1. Giusac (Fallbrook) 5:17.48, 2. Robles (Woodbridge) 5:18.32, 3. Marsh (Hesperia) 5:19.85. **3200m:** 1. Kemp (Enc. San Diego) 11:40.06, 2. Dahlberg (El Modena) 11:47.03, 3. Chaffee (LM Helix) 11:48.70. **100LH:** 1. Dill (Poway) 14.47w, 2. Sutherland (Muir) 15.02w, 3. Bernard (Nogales) 15.16w. **300LH:** 1. Bernard (Nogales) 45.64, 2. Lewis (Dorsey) 45.86, 3. Dill (Poway) 46.83. **400m Relay:** 1. Bakersfield 48.24, 2. Muir 48.94, 3. Hawthorne 49.09. **Mile Relay:** 1. Bakersfield 4:00.34, 2. Hawthorne 4:01.34. **Two Mile Relay:** 1. La Jolla 9:57.60, 2. Bakersfield North 9:59.29, 3. Poway 10:03.59. **High Jump:** 1. Kirkland (Hesperia) 5-2, 2. Barnes (EC Granite Hills) 5-2. **Long Jump:** 1. Warner (Bakersfield West) 17-11 3/4, 2. Armstrong (Enc. Torrey Pines) 17-0 3/4, 3. Sims (Oceanside) 16-10 3/4. **Triple Jump:** 1. Warner (Bakersfield West) 37-11, 2. Sims (Oceanside) 37-3 3/4, 3. Sutherland (Muir) 36-7w. **Shot Put:** 1. Dumble (Bakersfield) 45-7 1/4, 2. Mataafa (Esc. Orange Glen) 37-0 1/2, 3. Crowder (Bakersfield) 36-11 1/4. **Discus:** 1. Weis (Bakersfield) 168-0, 2. Dumble (Bakersfield) 163-11, 3. Perez (Duarte) 129-2.

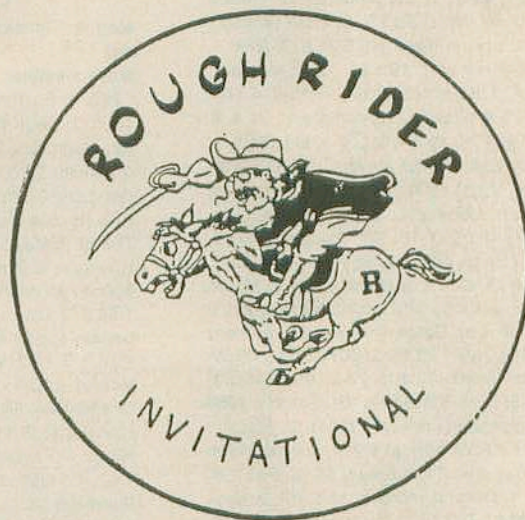
### ✓ STATE MEET COURSE

# Rough Rider INVITATIONAL

Friday, October 19, 1990  
Fresno, California ● Woodward Park

### CONTACT:

Jim Fletcher, Roosevelt High School  
4250 E. Tulare  
Fresno, CA 93702  
(209) 435-8780 (Home)



# PREP NOTES

## Mt. SAC Relays

April 21, Walnut.



DAWN DUMBLE

Photo by Burt Davis

### Boys

**100 METERS (Race 1)**—1. Lawyer (Santa Barbara), 10.7 (wind 1.47 m.p.s. aiding); 2. Fuller (Locke), 10.8; 3. Marshall (Canada), 10.8; 4. Belemy (Thousand Oaks), 10.8. (Race 2)—1. Burks (LA Washington), 10.60w (3.62 m.p.s.); 2. Green (LB Poly), 10.67; 3. Mitchell (Los Alamitos), 10.68; 4. Goss (LA Washington), 10.85; 5. Noreiga (Pasadena), 11.03.  
**200 (Race 1)**—1. Mitchell (Los Alamitos), 21.13w (6.97 m.p.s.); 2. Green (LB Poly), 21.48; 3. Noreiga (Pasadena), 21.50; 4. Burks (LA Washington), 21.70; 5. Goss (LA Washington), 21.79. (Race 2)—1. Ogilvie (Canada), 21.33w (6.98 m.p.s.); 2. Lawyer (Santa Barbara), 21.74; 3. Marshall (Canada), 22.10; 4. Frett (LB Poly), 22.45.  
**400 (Race 1)**—1. Edwards (Fontana), 48.91; 2. Anderson (Canada), 50.16; 3. Gonzalez (Arroyo), 50.44. (Race 2)—1. James (Ontario), 49.57; 2. Whitenead (Elsinore), 49.72.  
**800**—1. Simitiano (Canada), 1:53.09; 2. Quintana (Arroyo Grande), 1:54.10; 3. Landy (Australia), 1:56.91; 4. Aagaar (Sonora), 1:57.60; 5. Clark (Mountain View St. Francis), 1:58.04; 6. Rock (Las Vegas Eldorado), 1:58.04.  
**1,500**—1. Candaale (Carpinteria), 3:52.01; 2. Jordan (Venice), 3:52.73; 3. Darnsworth (Agoura), 3:53.53; 4. Anas (Mexico), 3:57.04; 5. Biddle (San Diego Mt. Carmel), 3:58.19; 6. McCauley (Mater Dei), 3:59.32; 7. Kite (Camarillo), 4:00.3.

**110 HIGH HURDLES (Race 1)**—1. Greene (Garey), 14.37 (wind 1.08 m.p.s. aiding); 2. Devezin (Muir), 14.48; 3. Hawkins (Carson), 14.53; 4. Smith (Hawthorne), 14.69; 5. Brown (Huntington Park), 14.72; 6. Reynolds (Nogales), 15.04. (Race 2)—1. Campbell (LA Banning), 14.52 (wind 4.46 m.p.s. aiding); 2. Ephraim (Fontana), 14.60; 3. Anderson (Riverside North), 14.90.  
**300 INTERMEDIATE HURDLES (Race 1)**—1. Grant (Muir), 38.78; 2. Reynolds (Nogales), 38.81; 3. Carter (Bakersfield South), 38.91; 4. Clark (Arroyo Grande), 39.55. (Race 2)—1. Landtriser (Canyon Country Canyon), 38.7; 2. Ferrell (Muir), 39.0; 3. Washington (Rowland), 39.3; 4. Baxter (San Jose Bellemine), 39.7.  
**400 RELAY (Race 1)**—1. LA Washington, 41.1; 2. Muir, 41.2; 3. Lynwood, 42.3; 4. LB Poly, 42.9. (Race 2)—1. Merced, 42.47; 2. Pasadena, 42.58; 3. San Jose Bellemine, 42.96; 4. Morningside, 43.41.  
**800 RELAY (Race 1)**—1. Muir, 1:26.57; 2. LA Washington, 1:26.79; 3. Bakersfield, 1:29.00; 4. Lynwood, 1:30.02; 5. Merced, 1:30.60. (Race 2)—1. Compton Centennial, 1:28.69; 2. LB Wilson, 1:31.09; 3. Hawthorne, 1:31.16; 4. St. Bernard, 1:31.35. (Race 3)—1. San Diego Lincoln, 1:30.90; 2. Las Vegas El Dorado, 1:31.57.  
**1,600 RELAY (Race 1)**—1. Muir, 3:17.25; 2. Compton Centennial, 3:17.31; 3. LA Fremont, 3:20.18; 4. Pasadena, 3:22.24; 5. Locke, 3:25.01; 6. LB Poly, 3:25.94. (Race 2)—1. Fontana, 3:20.87; 2. Eisenhower,

3:23.48; 3. Australia, 3:23.52; 4. Bakersfield, 3:24.11. (Race 3)—1. Dominguez, 3:22.35; 2. Nogales, 3:23.12; 3. Oakland Bishop O'Dowd, 3:23.58; 4. Bakersfield South, 3:23.61. (Race 4)—1. Muir B., 3:23.68; 2. Apple Valley, 3:24.73.  
**3,200 RELAY**—1. Eisenhower, 7:45.59; 2. San Jose Bellemine, 7:48.56; 3. Poway, 7:54.95; 4. Loyola, 7:56.87; 5. Palos Verdes, 7:56.94; 6. Dos Pueblos, 8:00.99; 7. San Jose Santa Teresa, 8:09.6.  
**6,400 RELAY**—1. Walnut, 18:40.3; 2. Etiwanda, 18:40.9; 3. Fallbrook, 18:43.1; 4. Fontana, 18:50.3.  
**SPRINT MEDLEY RELAY**—1. El Modena, 3:36.61; 2. Santa Barbara San Marcos, 3:37.09; 3. San Diego Mt. Carmel, 3:37.37; 4. Locke, 3:37.8 (hand time); 5. San Jose Bellemine, 3:38.29.  
**DISTANCE MEDLEY RELAY (Race 1)**—1. Carpinteria, 10:22.37; 2. Canyon Country Canyon, 10:22.49; 3. Venice, 10:25.60; 4. Dos Pueblos, 10:25.88; 5. Saddleback, 10:26.34; 6. Hart, 10:37.19; 7. Dana Hills, 10:38.6; 8. Poway, 10:39.3; 9. Camarillo, 10:39.7. (Race 2)—1. San Luis Obispo, 10:30.91; 2. Eisenhower, 10:35.08.  
**SHUTTLE HURDLE RELAY (combined races)**—1. Muir, 1:00.67; 2. Fontana, 1:02.56; 3. El Toro, 1:03.0; 4. Carson, 1:04.15; 5. San Diego Mira Mesa, 1:03.40; 6. Poway, 1:04.66.  
**HIGH JUMP (Group A)**—1. Hendrix (Bakersfield South), 6-8; 2. Lopez (Gonzales), 6-8; 3. Carlson (Kettle), 6-6; 4. tie between Gaston (Ventura) and Anderson (Riverside North), 6-4; 5. Cheeks (San Diego Lincoln), (Group B)—1. Hawkins (Lynwood), 6-6; 2. Wooten (San Diego Mt. Carmel), 6-6.  
**POLE VAULT (Group A)**—1. Rameson (Dos Pueblos), 15-6; 2. Buckley (Mountain View St. Francis), 15-0; 3. Henion (Upland), 14-6; 4. Miller (Corona del Mar), 14-0; 5. Miller (Hoover), 14-0; 6. Tetreault (Arroyo Grande), 13-6; 7. Salveman (Upland), 13-6; 8. Stahler (Mountain View), 13-6. (Group B)—Ayon (Rosemead), d 13-6.  
**LONG JUMP (Group A)**—1. Price (San Diego University City), 25-4 1/4w (23-7 1/4 legal best); 2. Duff (Etiwanda), 23-10 1/4w; 3. Hammond (San Diego Lincoln), 23-5 1/2w; 4. Edwards (Nogales), 23-2 1/4w; 5. Rose (Canada), 23-1 1/4w; 6. Woods (Locke), 22-9. (Group B)—Jonsson (Apple Valley), 22-6 1/4.  
**TRIPLE JUMP**—1. Singbandith (Magnolia), 50-0w (6.77 m.p.s.); 2. Thompson (Santa Barbara), 46-6w; 3. McCann (Lodi Tokay), 46-2 1/2w; 4. Ivey (Nogales), 46-1 1/2w; 5. McClure (Rowland), 46-0 1/2w; 6. Jackson (LB Poly), 45-2 1/4.  
**SHOTPUT**—1. Bustamante (Schum), 60-1 1/2; 2. Parin (Esperanza), 59-0 1/4; 3. McMahon (San Jose Bellemine), 56-2 1/4; 4. Frank (Bakersfield), 56-0 1/4; 5. Kinney (Esperanza), 55-0 1/4; 6. Molica (Huntington Beach Edison), 54-0 1/4; 7. Hodel (Don Lugo), 53-10 1/4.  
**DISCUS**—1. Hodel (Don Lugo), 185-1; 2. Buckley (Bakersfield), 181-7; 3. Bustamante (Schum), 169-4; 4. Frank (Bakersfield), 167-5; 5. Parin (Mayfair), 163-11; 6. Parin (Esperanza), 162-11.  
**Girls**  
**100 METERS (Race 1)**—1. Burrows (Canada), 12.13 (wind .54 m.p.s. aiding); 2. Terry (Muir), 12.18; 3. Brice (Lodi Tokay), 12.32; 4. Anderson (LB Poly), 12.35; 5. Parker (Oakland Bishop O'Dowd), 12.37; 6. Jackson (Bakersfield), 12.39; 7. Kimmey (San Diego University City), 12.42. (Race 2)—1. Woods (Muir), 12.15 (wind 1.04 m.p.s. aiding); 2. Jones (St. Anthony), 12.36; 3. Knowles (Muir), 12.40; 4. Barfield (Lynwood), 12.41.  
**200 (Race 1)**—1. Burrows (Canada), 24.88w (wind 3.69 m.p.s.); 2. Johnson (LB Poly), 25.35; 3. Anderson (LB Poly), 25.52; 4. Kimmey (San Diego University City), 25.62. (Race 2)—1. Campbell (Alta Loma), 24.35 (wind 1.89 m.p.s. aiding); 2. Jones (St. Anthony), 24.81; 3. Brice (Lodi Tokay), 25.02; 4. Jackson (Bakersfield), 25.08; 5. Barfield

(Lynwood), 25.36; 6. Parker (Oakland Bishop O'Dowd), 25.38.  
**400 (Race 1)**—1. Jones (Rio Mesa), 54.21; 2. Noel (Canada), 56.11; 3. Dooley (Altaville Bret Harte), 56.57; 4. Freeman (San Diego Crawford), 57.63; 5. Haynes (Bishop Montgomery), 59.10. (Race 2)—1. Bail (Compton), 58.09; 2. Taylor (Western Christian), 59.03; 3. Arguelles (Corona), 59.20; 4. Powell (LB Poly), 59.30; 5. Williams (Pomona), 59.78.  
**800**—1. Betancoury (Mexico), 2:08.05; 2. Spies (Livermore), 2:12.83; 3. Escutia (Mexico), 2:14.89; 4. Hamel (Merced), 2:18.74; 5. Ibarra (Oakland Bishop O'Dowd), 2:19.42; 6. Roundy (Orange), 2:19.91.  
**1,500**—1. Shaw (Fillmore), 4:36.1; 2. Zarco (Monte Vista Sargent, Colo.), 4:40.4; 3. Betancoury (Mexico), 4:41.0; 4. Drossin (Agoura), 4:45.5; 5. Dahiberg (Villa Park), 4:47.6; 6. Wetterberg (Canada), 4:48.1; 8. Andrews (Apple Valley), 4:48.4.  
**100 LOW HURDLES (Race 1)**—Dill (Poway), 14.58w (4.97 m.p.s.); 2. Sutherland (Muir), 14.79; 3. Blunt (Escondido San Pasqual), 14.84; 4. Bernard (Nogales), 15.27; 5. Kokkonen (San Luis Obispo), 15.30. (Race 2)—1. Nickson (Morningside), 15.07 (1.58 m.p.s. aiding); 2. Peterson (Palm Springs), 15.17.  
**300 LOW HURDLES (Race 1)**—1. Blunt (Escondido San Pasqual), 45.08; 2. Williams (Pomona), 45.72; 3. Fleming (Canada), 46.17; 4. Smith (Santa Barbara San Marcos), 46.60. (Race 2)—1. Dill (Poway), 44.77; 2. Peterson (Palm Springs), 45.35; 3. Harvey (Muir), 46.08; 4. Bernard (Nogales), d 46.4 (hand time); 5. Stewart (Canyon Country Canyon), 47.38.  
**400 RELAY (Race 1)**—1. Muir, 47.35; 2. Rio Mesa, 47.54; 3. Morningside, 47.72; 4. Bakersfield, 47.78; 5. Hawthorne, 47.78. (Race 2)—1. St. Bernard, 48.47; 2. Oakland Bishop O'Dowd, 49.75; 3. Poway, 49.78; 4. Mountain View St. Francis, 50.01.  
**800 RELAY (Race 1)**—1. Rio Mesa, 1:40.90; 2. Muir, 1:41.50; 3. Hawthorne, 1:41.59; 4. Canada, 1:44.87.  
**1,600 RELAY (Race 1)**—1. Morningside, 3:48.6 (hand time); 2. Hawthorne, 3:49.68; 3. Bakersfield, 3:53.80; 4. San Diego Mt. Carmel, 4:00.78; 5. LB Poly, 4:00.88; 6. Muir, 4:01.23. (Race 2)—1. Oakland Bishop O'Dowd, 3:59.94; 2. Dominguez, 4:00.76; 3. Alta Loma, 4:02.06; 4. Pleasanton Amador Valley, 4:03.05.  
**3,200 RELAY**—1. San Diego Mt. Carmel, 9:25.99; 2. Pleasanton Amador Valley, 9:34.5 (ht); 3. Agoura, 9:37.79; 4. Fallbrook, 9:44.39; 5. Escondido San Pasqual, 9:52.19; 6. Muir, 9:53.58; 7. Upland, 9:58.1.  
**DISTANCE MEDLEY RELAY**—1. Pleasanton Amador Valley, 12:34.8; 2. Vista Rancho Buena Vista, 12:41.8; 3. San Diego Mira Mesa, 12:42.8; 4. Fallbrook, 12:44.9; 5. Poway, 12:45.2; 6. San Diego Mt. Carmel, 12:47.4.  
**HIGH JUMP**—1. Stewart (Sherman Oaks Notre Dame), 5-2; 2. Kurras (Poway), 5-2; 3. Sims (Oxnard), 5-2.  
**LONG JUMP**—1. Yendork (Walnut), 18-10 1/4 (wind .87 m.p.s. against); 2. Jones (Fontana), 18-1 1/4; 3. Warner (Bakersfield), 17-9; 4. Peterson (Dos Pueblos), 17-4 1/2; 5. Schurch (Canada), 16-11 1/2; 6. Parnell (Muir), 16-10.  
**SHOTPUT**—1. Dumble (Bakersfield), 48-9 1/2; 2. Weis (Bakersfield), 48-2; 3. Huddleston (Merced), 41-2; 4. Smith (Workman), 41-1 1/4; 5. Stricklin (Arroyo Grande), 40-7 1/4; 6. Arrington (Palmdale), 40-6.  
**DISCUS**—1. Weis (Bakersfield), 164-4; 2. Dumble (Bakersfield), 145-8; 3. Huddleston (Merced), 135-4; 4. McVey (Redlands), 134-9; 5. Warr (Rubidoux), 134-6; 6. Arrington (Palmdale), 131-8.

# Long Beach Marathon

Story and Photos  
by Richard Lee Slotkin



ZOYA GAVRYLUK

## May 6. Long Beach.

IT WAS HOT EVEN THOUGH IT WAS ONLY 7:30 AND THE RACE WAS JUST STARTING. THE TEMPERATURE WOULD REACH 90 BEFORE IT WAS OVER. IT WAS TOO HOT TO RUN A FAST TIME, SO SAID THE GUY WHO WON, ANOTHER, A PRIZE MONEY WINNER NO LESS, STOPPED AND WALKED TWICE IN THE FINAL MILES. YET ANOTHER, THIS ONE ALSO AN ELITE, DROPPED OUT AT 16 MILES. "IT WAS TOO HOT FOR ME," HE ADMITTED.

AND ANNIE MUNO, RUNNING HER FIRST MARATHON IN 3 YEARS, GOT A PR.

The Long Beach Marathon gets just a little bit classier every year. Good organization, growing sponsorship and lots of hard work have paid off. One thing they can't control, though is the weather and this year they got it. Oh, did they get it. Two days later, the temperature would be 25 to 30 degrees lower, but the rub of the green put May 6th right in the middle of a mini heat wave.

Well, what are you going to do? The offense has to take what the defense gives it and today what the defense gave was a hot sun and a sky so blue that there wasn't a wisp of a cloud from here to Tasmania. Still, with first place worth \$25,000 and second only good for \$9,000, it could be fatal to play the tactical game. Anyone who wanted the 25 thou had better be at or near the front the whole way, regardless of the pace, if, for no other reason, than to make sure that

no one made THE BIG SURGE without being noticed. The only thing the heat would do would be to slow the pace, but it wouldn't feel any better.

So, the question was, "Who were going to be the studs? And studettes?"

Despite the top-heaviness of the prize structure, there were enough of them to go around: Antoni Niemczak of Poland, 2nd in the L.A. Marathon; San Diego's Steve McCormack; last year's winner, Rex Wilson from New Zealand; a pair of sub-2:13 Russians and, as a matter of fact, a real *potpourri* of internationality, including Chinese, Colombians, Australians, Koreans and Japanese. As you can see, the emphasis was on Pacific Rim, quite appropriate for a major west coast port. In fact, McCormack, who finished 9th, was only American to make the top ten. It wasn't much different with the

women, three Americans scoring the top 10, but none higher than 5th. That was somewhat disappointing when you consider that this course will host the '92 women's Olympic Trials. You would think that some of the more likely hopefuls would have been here to check it out, heat and all. Maybe next year; that will be exciting. Well, it wasn't exactly dullsville this year. Rex Wilson set the course record of 2:12:27 just last year and he was hoping for, if nothing else, to make it two wins in a row. On the other hand, Salvador Garcia was hoping to put together a combination of speed, which he had aplenty, with the endurance to finish one of these things, for which his luck had been disappointing of late.

In any case, with this weather, the one thing that was for sure was that the \$25,000 was up for grabs. That was confirmed when a pack of 16 started off with a 4:36 mile.

Now, of course, with 25.2 miles still to be covered, there were a lot of goings on, many of which we never saw because the photo truck was supposedly too large to navigate some of the narrow streets at various locations on the course. Nevertheless, we're going to skim over most of that because all that amounted to was the inevitable attrition that goes with any marathon. For example, in the next three miles, there was juggling up front and what had broken off into a second pack after the first mile remerged itself into the now reduced lead pack. And that Tom O'Gara of Ireland took the lead and held it from 6 miles to over 9 1/2 miles. And that Antoni Niemczak never got to the front of the lead pack, faded badly after the 10K and never showed up at the finish line.

What we will tell you is that at 13 miles, Garcia made a move and opened up a 20 yard lead. Twenty-five thousand *dolares* danced before his eyes. However, that sight threatened to become a mirage and it wasn't because of the heat from the sun. This heat was being generated by Wilson, who refused to be shaken loose, despite a 5-flat 14th mile by Garcia. A half mile later Wilson pulled even. From there on until the final break at 25 miles, these two guys just pummeled each other. Garcia later claimed that it was too hot to go for the 2:08 he was supposedly in shape for, so he just did what he had to do to win. No kidding? That was all he *could* do. Wilson was a very tough customer and he, too, was doing what he had to do to win. Unfortunately, letting Garcia get to big leads and having to run him down probably took out of him whatever kick he might have had, and that proved fatal because Garcia, it was acknowledged, did have better speed.

continued next page...



## Long Beach Marathon

And that's how it was. At just under 24 miles, Garcia, who wears thin white gloves when he races—even today—surged again, gaining about 20 yards, and that looked like the proverbial that. It wasn't. Wilson hung on, the pace slowed to 5:21 per mile and when Garcia looked over his shoulder, sure enough, Wilson was coming back at him. Between 24 1/2 and 25 miles they were even again. But, Garcia had proven his point. All he needed was one more surge. Wilson couldn't have anything left after those two draining comebacks he had already been maneuvered into. Not in 90 degree heat.



**JIM KNAUB**  
Still fast after all these years.

So, the 26-year-old Garcia, an Army sergeant from Mexico City, shifted gears one last time and this time it worked. Picking up 13 seconds in the last mile, he came home in 2:15:21. Wilson had no need to look over his shoulder. He had a 3 1/2 minute lead on 3rd, which went to Sergei Yanenko, a Russian who was too stubborn to accept that it was too hot for him.

On the other hand, Steve McCormack did accept it. Knowing he was in the top ten, and, therefore, in for at least some money, he held on, but after watching his pace slip from a 2:18 finish at 17 miles to a probable 2:23 by mile 21 or so, and still slipping, he stopped on two occasions and walked. "There was one guy about 600 yards back,

so I walked and when he got to about 400 yards back I started running."

The women's race was somewhat the same. The only difference was that it became a two-person race from the start instead of at 13 miles. Zoya Gavryluk of the USSR and Akemi Takayama of Japan were literally side by side until about a mile and a half to go. Then Gavryluk, whose lifelong dream was to come to America, made the most of the occasion and threw in her version of THE BIG SURGE. It worked and she opened up a lead that ballooned out to nearly 200 yards at the finish. Despite the heat, both ladies looked quite good the few times we saw them on the course. The heat was a problem, of course, but Gavryluk felt that running with Takayama the whole way and the encouragement from the spectators made up for a lot of it. There must have been something because her 2:42:39 set a new course record (2:43:33, Wen Yanming, PRC) set just last year. In fact, at 2:43:15, Takayama was also under the course record.

Despite being a 2-woman affair all the way, the women's race was more competitive than it would seem. At 9 miles, for example, the first 6 women were within 150 yards of each other. With a lot more coming. And at the end, although there was a 5 1/2 minute gap between 2nd and 3rd (Sharon Higgins of NZ), 3rd through 8th were separated by less than 3 1/2 minutes.

Gavryluk was clearly elated over her win but *perestroika* or not, her joy was diminished by the fact that she gets to keep for herself something between \$500 and \$800. In fact, the kid—okay, she's 30; so what?—was so broke that she had to borrow a few dollars from a local countryman so she could buy a few cheap souvenirs to take back to her son.

And you think you have troubles.

One guy who didn't have troubles was Jim Knaub. The man who all but singlehandedly made wheelchair racing, proved that they do come back. Knaub DEMOLISHED the course record with a 1:39:43. The old record was in the 1:47's.

And then there was Annie Muno. Remember her? We mentioned her at the beginning of this story. Annie likes heat, as it turns out. Her previous PR was on a day like this at the cross-country course they call the Catalina Marathon! She wanted heat, she got heat. 3:23:25. Ninth in her age group. Nice going, Annie Muno-Dandy.

### Division Results - Men

**Overall Winners:** 1. Salvador Garcia 2:15:21, 2. Rex Wilson 2:15:34, 3. Sergey Yanenko 2:19:09. **14 & Under:** 1. James Duckman 3:41:05. **15-18:** 1. Enrique Esparza 3:06:12, 2. Ole Seidel 3:09:26, 3. Jeffrey Hansen 3:17:59. **19-24:** 1. Yun-Keun Jeong 2:22:12, 2. Mutu Jiri 2:26:31, 3. Ernesto Everstad 2:26:31. **25-29:** 1. Salvador Garcia 2:15:21, 2. Faustino Hernandez 2:21:15, 3. Luis Nempo 2:21:58. **30-34:** 1. Rex Wilson 2:15:34, 2. Sergey Yanenko 2:19:09, 3. Zhihan Wu 2:21:34. **35-39:** 1. Enrique Alvarez 2:39:33, 2. Nicolas Hernandez 2:40:39, 3. Andres Lopez Soto 2:41:09. **40-44:** 1. Horacio Sanchez 2:41:29, 2. Tony Benthin 2:52:02, 3. Fred Pichay 2:52:23. **45-49:** 1. Jesse Rascon 2:43:56, 2. Alex Gibbs 2:55:40, 3. Ray Fussell 2:56:09. **50-54:** 1. Ron Navarrette 2:58:32, 2. Paul Kearns 3:00:18, 3. Andre Tocco 3:03:56. **55-59:** 1. Donald Boyd 3:13:49, 2. Gordon Watson 3:17:25, 3. Wayne Fong 3:19:17. **60-64:** 1. Patrick Devine 3:12:42, 2. Jack Mills 3:17:49, 3. F.J. Pete Petracek 3:20:34. **65-69:** 1. Fred Nagelschmidt 3:21:30, 2. Jim Dacolas 3:41:27, 3. Raymond Penkert 3:43:49.

### Division Results - Women

**Overall Winners:** 1. Zoya Gavryluk 2:42:39, 2. Akemi Takayama 2:43:15, 3. Sharon Higgins 2:48:53. **14 & Under:** 1. Tze-Ning Su 3:15:20. **19-24:** 1. Akemi Takayama 2:43:15, 2. Sharon Higgins 2:48:53, 3. Kathleen Smith 2:50:22. **25-29:** 1. Tatiana Fedorova 2:49:07, 2. Sarah Fulcher 2:49:26, 3.



**SALVADOR GARCIA**

Christine Gibbons 2:49:32. **30-34:** 1. Zoya Gavryluk 2:42:39, 2. Judy McDowall 2:58:22, 3. Suzanne Rechcigl 3:03:36. **35-39:** 1. Winnie Ng 3:10:41, 2. Irene Bee Ling Chua 3:11:20, 3. Kathy Britcliffe 3:12:34. **40-44:** 1. Suzanne Ferguson 3:01:36, 2. Sandra Marshall 3:02:22, 3. Marygail Brauner 3:08:41. **45-49:** 1. Rita Precht 3:23:02, 2. Nancy Mustard 3:40:15, 3. Nancy Buchanan 3:59:52. **50-54:** 1. Margaret Speer 3:49:16, 2. Dixie Madsen 3:52:04, 3. Brenda Lunsford 3:54:42. **55-59:** 1. Wen-shi Uy 3:24:11, 2. Audrey Hauth 4:11:21, 3. Virginia Taneja N.T. **60-64:** 1. Yukie Mochida N.T.









# RESULTS

west Texas) 7-7, 3. Harkin (4-Winds) 7-4 1/4.  
Long Jump: 1. Powell (Footlocker) 27-6 3/4, 2. Ester (Mazda) 27-0 3/4, 3. McKee (Southwest Texas) 27-0 1/2.

Triple Jump: 1. Talvo (Unat.) 55-0, 2. Cannon (Boe-Fit) 54-10, 3. Miller (Nevada Reno) 53-1.  
Discus: 1. Schmidt (West Germany) 224-1, 2. Buncic (Unat.) 214-7, 3. Keshmiri (Nevada Reno) 207-5.

Pole Vault: 1. Huffman (Mazda) 19-0 1/4, 2. (Se) Friley (PCC) and Duplantis (Reebok) 18-0 1/2.  
Shot Put: 1. Dearing (Unat.) 67-6 1/4, 2. Zakhiri (Italy) 61-9 3/4, 3. McDermott (Unat.) 60-8.  
Hammer: 1. Tamm (USSR) 255-5, 2. Flax (Unat.) 253-1, 3. Logan (Unat.) 235-2.

## Women's Results

100m: 1. Gaines (Stanford) 11.39, 2. Cuthbert (Jamaica) 11.57, 3. Burnham (UCLA) 11.60.  
200m: 1. Gaines (Stanford) 23.71, 2. Burnham (UCLA) 23.85, 3. Turing (Unat.) 24.57.  
400m: 1. Kaiser (SoCal Cheetahs) 53.30, 2. Powell (Unat.) 54.64, 3. Alvarenga (California) 55.13.  
800m: 1. Taylor (SoCal Cheetahs) 2:04.34, 2. Noll (Nike Coast) 2:06.95, 3. Tate (Sports TC) 2:07.53.

1600m: 1. Arreola (Nike Coast) 4:15.00, 2. Martell (Reebok) 4:20.02, 3. Rabbitt (UC Irvine) 4:21.15.  
100m Hurdles: 1. Waller (US West) 13.20, 2. Epps (SoCal Cheetahs) 13.25, 3. Frazier (Unat.) 13.50.  
400m Hurdles: 1. Vickers (UCLA) 57.66, 2. Harrison (Nev. Las Vegas) 58.98, 3. R. Mack (California) 60.85.

1600m Relay: 1. SoCal Cheetahs (Kaiser, Iheagwam, Taylor, Baker) 3:38.89, 2. California 3:42.66, 3. Nevada Reno 3:52.9.  
High Jump: 1. Blunston (SoCal Cheetahs) 6-0 1/4, 2. King (Reebok) 5-10 1/2, 3. Srubek (Fresno St) 5-9 3/4.  
Long Jump: 1. Loud (Unat.) 21-5 1/2, 2. Greiner (Nike Coast) 21-2 1/2, 3. Simmons (California) 21-0.

Triple Jump: 1. Hudson (California) 46-1 1/4, 2. W. Brown (Unat.) 42-11 1/2, 3. Yendorik (Unat./Walnut) 41-7 3/4.  
Shot Put: 1. Price (Nike) 59-5, 2. Dasse (Nike Coast) 57-3 1/2, 3. Dukes (Nike Coast) 53-1.  
Discus: 1. Paget (Mazda) 191-9, 2. Barnes (Unat.) 190-7, 3. Price (Nike) 184-11.

## NorCal Athletic Conference

May 5, Chico.

### Men's Results

Team Scores: 1. UC Davis 194, 2. San Francisco State 164, 3. Humboldt 119, 4. Chico 71, 5. Sonoma 38, 6. Hayward 32, 7. Stanislaus 27.

100m: 1. Karl Stewart (SF St) 10.66, 110m HH: 1. Howard Smith (SF St) 14.48, 200m: 1. Donovan Stephens (Chico) 21.30, 400m: 1. Kevin Jones (SF St) 48.16, 800m IH: 1. Carl Thomas (Stanislaus) 52.40, 800m: 1. Ted Goyette (UC Davis) 1:53.94, 4x100 Relay: 1. SF State (Grant, Jones, Smith and Steward) 41.02, 4x400m Relay: 1. SF State (Goodell, Feingold, Smith, Jones) 3:16.50, 1500m: 1. Mike Stone (Sonoma) 3:53.24, 3000m Steeplechase: 1. Brett Kimble (UC Davis) 9:14.74, 5000m: 1. Mike Stone (Sonoma) 14:56, Discus: 1. Bart Goodell (SF St) 168-2, Triple Jump: 1. Rob Kozell (UC Davis) 47-3, High Jump: 1. John White (Hayward) 6-8 3/4.

Decathlon: 1. Bill Martinez (Humboldt) 6646, Long Jump: 1. Smith (SF St) 23-4 3/4.

### Women's Results

Team Scores: 1. UC Davis 123, 2. Hayward 121, 3. Humboldt 111, 4. Chico 94, 5. San Francisco State 66, 6. Stanislaus 36, 7. Sonoma 34, 8. Notre Dame 0.  
100m: 1. Jennifer Clayton (Hayward) 11.92, 100mH: 1. Rhonda Colvin (Hayward) 14.24, 200m: 1. Clayton (Hayward) 24.20, 400m: 1. Toyina Miles (Chico) 57.02, 800m IH: 1. Colvin (Hayward) 1:01.90, 800m: 1. Denise Walker (Humboldt) 2:13.09, 1500m: 1. Walker (Humboldt) 4:36.06, 4x100m Relay: 1. Hayward (Clayton, Colvin, Blunden, Ford) 47.79, 4x400m Relay: 1. Hayward 3:51.0, 3000m: 1. Susan Carey (Stanislaus) 10:04.70, 5000m: 1. Carey (Stanislaus) 17:14.64, High Jump: 1. Chris Diehl (SF St) 5-5, Triple Jump: 1. Diehl (SF St) 37-5, Discus: 1. Ginger Vemevil (UC Davis) 153-3, Heptathlon: 1. Chris Diehl (SF St) 5281, Javelin: 1. Staci Raine (SF St) 151-8.

## UC San Diego's Last Chance Meet

May 5, San Diego.

### Men's Results

100m: 1. McKinney (LP) 10.62, 2. Munroe (Navy) 10.85, 3. Bootery (UC) 10.94.

Heiner (Heiner (Nike), 13.96; 6. Polley (Cal Poly SLO), 14.05, (Race 2)—Gualdo (Mt. San Antonio), 14.36w (10.6 m.p.h.), (Race 3)—T. Smith (unat.), 13.62w (10.11 m.p.h.).  
400 HURDLES—1. Johansson (Sweden), 58.43; 2. Decoux (USC), 60.20; 3. Kung (Texas San Antonio), 60.81.  
400 RELAY (Race 1)—Tait, 47.31; 2. Colorado, 47.34; 3. Fresno St., 47.58; 4. Cal Poly SLO, 48.64. (Race 2)—1. Nike International (Echols, Onyah, Dixon, Davis), 43.29; 2. SoCal Cheetahs, 44.60.

1,600 RELAY—1. TCU, 3:47.69; 2. Waverly, 3:50.75; 3. CS Hayward, 3:53.29.  
3,200 RELAY—1. Wyoming, 9:01.51; 2. Fresno St. 9:14.75; 3. Track West, 9:21.68.

200m: 1. McKinney (LP) 21.68, 2. Bootery (UC) 29.3, 3. Purcell (UCEC) 21.85.

400m: 1. Gross (SDSU) 48.80, 2. Pollard (USMC) 49.09, 3. More (PLNC) 49.11.

800m: 1. Cruz (Brazil) 1:47.00, 2. Clark (Mazda) 1:47.76, 3. Romualdo (Brazil) 1:49.68.

1500m: 1. Scott (Tiger) 3:44.71, 2. Myers (AIA) 3:51.81, 3. O'Neil (LBTC) 3:56.70.

5000m: 1. Clayton (CH) 14:56, 2. Evans (Unat.) 15:14.18, 3. Almodova (Unat.) 15:21.28.

Steeplechase: 1. Kughaldi (AIA) 9:04.26, 2. Bango-shio (Brazil) 9:26.69.

110m HH: 1. Summers (Red) 15.04, 2. Kolmar (UCSD) 15.65, 3. Roper (CCI) 15.65.

400m Hurdles: 1. Chlomiera (Brazil) 50.74, 2. Davis (SDSU) 53.46, 3. Miller (TW) 53.60.

4x100 Relay: 1. Marines 43.05, 2. Navy 43.84, 3. LA Patriots 44.02.

4x400 Relay: 1. Navy 3:25.37, 2. UC Riverside 3:27.25, 3. Runner's Edge 3:35.52.

High Jump: 1. Roaiges (PLN) 7-1, 2. Hodgert (SDSU) 7-0, 3. Healy (Navy) 7-0.

Pole Vault: 1. Parker (Unat.) 16-5, 2. Hogan (TAC) 16-1 1/4, 3. Lottner (Unat.) 16-1 1/4.

Long Jump: 1. Summers (Red) 21-4 1/4, 2. Hedy (Navy) 21-4, 3. Workman (USMC) 21-2.

Triple Jump: 1. Gary (Unat.) 46-8 1/4, 2. Samuda (PLN) 44-4, 3. Corse (UCI) 43-3.

Shot Put: 1. Smith (USMC) 56-4, 2. Rose (USMC) 55-4 1/4, 3. Rusher (AIA) 54-4 1/2.

Hammer: 1. Sargeant (UCSD) 178-3, 2. Meyer (UCTC) 176-8, 3. Marshall (Canada) 168-10.

Discus: 1. Lazzdins (Canada) 196-5, 2. Smith (Whittier) 168-10, 3. Rose (USMC) 165-3.

Javelin: 1. Lepk (Estania) 253-8, 2. Moorast (Estonia) 227-3, 3. Joavar (Estonia) 223-1.

### Women's Results

100m: 1. Washington (UCSD) 12.30, 2. Edwards (USMC) 12.51, 3. Navarro (Unat.) 12.59.

200m: 1. Washington (UCSD) 25.8, 2. Edwards (USMC) 26.22, 3. Navarro (Unat.) 26.5.

400m: 1. Matruilo (UCSD) 58.22, 2. Laisch (UCRiverside) 1:00.81, 3. Garza (UC Riverside) 1:02.19.

800m: 1. Barbosa (Brazil) 2:09.37, 2. Cervantez (UC) 2:14.71, 3. Samson (UC) 2:17.59.

1500m: 1. Blunck (AIA) 4:32.15, 2. Stirling (Unat.) 4:36.43, 3. Pardini (UCR) 4:40.15.

3000m: 1. Melton (Unat.) 10:42.38, 2. Chin (Unat.) 11:05.99.

4x100 Relay: 1. UCSD 49.79, 2. CCI 52.78.

High Jump: 1. Runmyan (SDSU) 5-7, 2. Christy (UCSD) 5-5 1/4.

Long Jump: 1. Garnett (Navy) 18-4 1/2, 2. Dillon (SDSU) 17-5, 3. Navarro (CCI) 17-3 1/2.

Triple Jump: 1. Delroy (SDSU) 35-6 1/2, 2. Laisch (UCR) 34-8 1/2, 3. Fritz (UCSD) 32-9 1/2.

Shot Put: 1. Quigley (UCSD) 45-7 1/4, 2. Ahu (Unat.) 44-10 1/4, 3. Peters (SDSU) 42-5 1/2.

Javelin: 1. Collier (Unat.) 138-5, 2. Octavo (UCSD) 125-8, 3. Richner (UCSD) 118-9.

Discus: 1. Quigley (UCSD) 157-5, 2. Squibb (UCSD) 148-0, 3. Peters (SDSU) 143-3.

## Eagle Run

March 4, So. El Monte, 5K.

### Overall Results

1. David Bauman (25) 16:51, 2. Tiburcio Contreras (34) 18:42, 3. Terry Akana (36) 19:12, 4. Brito Rufino (20) 20:41, 5. Leonard Walts (61) 20:44.

## St. Patrick's Day Run

March 10, So. El Monte, 5K.

### Overall Results

1. Sergio Rocha (28) 17:05, 2. Sonny Monioz (53) 18:31, 3. Juan Tolentino (23) 19:20, 4. Yann Meyerstein (12) 19:32, 5. Jarrett Williams (43) 19:53, 6. Scott Lisike (28) 20:54, 7. Dean Longo (30) 20:58, 8. Bruce Odou (62) 21:56, 9. Remy Meyerstein (9) 22:12, 10. Patrick Burrows (46) 22:24.

## Hawks Run

March 11, So. El Monte, 5K.

### Overall Results

1. Rick Brown (26) 18:18, 2. Mike Gardiol (16) 18:31, 3. Henry Avalos (19) 20:31, 4. Tony DeCastillo (17) 19:29, 5. Robert Sierra (28) 19:52, 6. Kent Wedin (36) 19:56, 7. Tracy Brown (60) 20:08, 8. Ken Nunez (40) 20:20, 9. Leonard Walts (61) 20:21, 10. Barry Hamilton (45) 21:58.

## San Gabriel River Run

March 17, So. El Monte, 10 Mile.

### Overall Results

1. Rob Slick (34) 56:42, 2. Jose Rosales (34) 60:29, 3. Jose Rodriguez (35) 63:28, 4. Fred Grewan (47) 64:25, 5. Enrique Serratos (37) 65:25, 6. Jeffrey Mintz (40) 66:04, 7. Randy Thiele 66:26, 8. George Anderson (46) 68:58, 9. Roy Gardner (47) 71:28, 10. John Gonzales (26) 71:45.

## Fitness Run

March 18, So. El Monte, 5K.

### Overall Results

1. Joe Barrios (26) 17:27, 2. Jose Rodriguez (35) 17:40, 3. Tony Gutierrez (31) 18:03, 4. Carlos Marin (28) 18:04, 5. Hugo Diaz (21) 18:37, 6. Joe Engelbrecht (40) 19:25, 7. Pete Tolt (41) 19:33, 8. Santiago Rios (39) 19:55, 9. Jay White (31) 20:21, 10. Kurt Shadler (33) 20:27.

## Sparrow Run

March 24, So. El Monte, 5K.

### Overall Results

1. Jose Rodriguez (35) 17:50, 2. Bill Little (51) 18:15, 3. Juan Tolentino (23) 19:16, 4. Lee Johnson (36) 19:34, 5. Adolfo Padilla (40) 20:10, 6. Donald Barbee 20:10, 7. Dean Longo (30) 20:10, 8. William King (41) 21:02, 9. Lou Ramirez (44) 21:27, 10. Mike Lukum (45) 22:41.

## San Gabriel River Spring Run

March 25, So. El Monte, 3 Mile.

### Overall Results

1. Ruben Morales (29) 17:46, 2. Robin Alan Leidler (28) 17:48, 3. Fred Doubel (41) 17:56, 4. Antonio Gonzalez (58) 18:15, 5. Tom Hal (27) 18:17, 6. Chris Garcia (33) 18:36, 7. Kent Wedin (36) 18:52, 8. Larry Gatton (38) 19:07, 9. Booker Washington (52) 19:27, 10. Richard Vasquez (15) 20:02.

## Ceres Fun Run

No Date Available, Ceres, 1 Mile & 5K.

### Division Results - Men's 1 Mile

Overall Winner: 1. Gary Siegfried 4:39.6 & Under: 1. Brad Herbert 8:58, 2. Tyler Ryan 11:26, 7-9: 1. Lance Cantu 6:49, 2. Scott Canfield 6:54, 3. Micah Cantu 8:06, 10-12: 1. Jason Hood 5:59, 2. Mark Bibby 6:33, 3. Timothy Holland 6:39, 13-15: 1. Marc Robinson 4:51, 2. Dane Carlson 5:08, 3. Adam Carl 5:17, 16-18: 1. Gary Siegfried 4:39.19 & Under: 1.

## Mt. SAC, continued

800—1. Conway (unat.) 2:08.86; 2. Williams (Nike), 2:10.55; 3. Miles (Young Achievers) 2:12.01.

1,500 (Race 1)—1. Harvey (Canada), 4:28.40; 2. Hiatt (Cal Poly SLO), 4:28.42. (Race 2)—1. Amador (Mexico), 4:27.72; 3. Field (Waverly), 4:27.95; 4. Kennedy (Arizona), 4:28.52; 5. Long (Cal Poly SLO), 4:32.25.

5,000—1. Bessiel (CS Long Beach), 16:19.1; 2. Calhoun (Air Force), 16:34.7; 3. Hoffman (Cal Poly SLO), 16:47.2; 4. Cabrera (Mexico), 16:52.8; 5. Fernandez (Western St.), 16:57.7.

100 HURDLES (Race 1)—1. Alkan (Utah St.), 13:26w (9.34 m.p.h.); 2. Vaughn (San Diego St.), 13:39; 3. D. Williams (Cal Poly Pomona), 13:48; 4. Davis (Nevada Las Vegas), 13:51; 5.

## ROAD RACING

### Legg Lake Runs

#### Sprint Run

March 3, So. El Monte, 5K.

#### Overall Results

1. Josue Ruvalcaba (41) 19:05, 2. Gene Massey (51) 20:24, 3. William King (41) 20:36, 4. Avery Bryant (65) 20:45, 5. Robert Hagadorn (42) 20:55, 6. Scott Zielke (28) 21:21, 7. Gabriel Frees (14) 21:46, 8. Bruce Odou (62) 22:13, 9. Mike Lukum (45) 22:37, 10. Calvin Foley (12) 22:47.

# RESULTS

Rich Rodriguez 5:09, 2. James Miller 5:51, 3. Rich Pauly 6:00.

## Division Results - Women's 1 Mile

**Overall Winner:** 1. Sonja Bernardo 6:08. **6 & Under:** 1. Sara Smith 12:34. 7-9: 1. Nicole Abbot 8:08, 2. Tamara Bettencourt 10:43, 3. Jenny Earl 11:21. 10-12: 1. Angelena Ray 7:00, 2. Jenny Holloway 8:08, 3. Amy Wilson 8:08. **13-15:** 1. Wendy Schoder 8:21. **16-18:** 1. Sony Bernardo 6:08. **19 & Over:** 1. Meagan Danielski 7:31, 2. Patrick Rodriguez 8:40, 3. Sharon Sarkovica 9:52.

## Division Results - Men's 5K

**Overall Winner:** 1. Chuck Fanter 16:44. **16 & Under:** 1. Robert Stevenson 24:07. 17-19: 1. Gary Siegfried 17:50. **20-29:** 1. Chuck Fanter 16:44, 2. Mike Bayer 17:45, 3. Mike Kim 19:33. **30-39:** 1. Javier Mochtezuma 20:00, 2. Rich Cristiano 21:00, 3. Daniel O'Brien 21:09. **40-49:** 1. Earl Guinea 22:06, 2. John Wells 23:16, 3. Don Stevenson 24:07. **50-59:** 1. Kenneth Schwisow 18:51, 2. Leroy Kessler 21:53, 3. Kent Carper 23:15. **60 & Over:** 1. Don Hawkins 24:22, 2. Pysan Taylor 25:45.

## Division Results - Women's 5K

**Overall Winner:** 1. Heidi Ryan 22:38. **16 & Under:** 1. Stacy Bernardo 26:33, 2. Efanor Morales 35:38. **20-29:** 1. Patricia Rodriguez 29:01. **30-39:** 1. Lori Ueberini 26:04, 2. Lois Pettit-Guinea 26:51, 3. Alicia Glauser 31:06. **40-49:** 1. Jean Schwisow 24:30, 2. Karen Colplintz 31:23.

## San Jose

### Mercury News 10K

March 18, San Jose.

Two course records set in 1989 fell in the thirteenth annual Mercury News 10K race, and race participation soared from 6,000 to 8,000 runners, joggers, walkers and wheelchair athletes.

Jay Marden of Folsom, one of the top 10 U.S. men at 10,000m, finished in 29:16, chopping 29 seconds off the course record set by Carmelo Rios. Marden, 26, broke away from a three-runner pack at the five mile mark to beat Rich McCandless of Hayward by four seconds.

Gary Lewis was third at 29:26, David Ottoway was fourth at 29:45 and Mike Spencer was fifth at 29:46.

This was Marden's second try at the 10K race. He first ran it as a freshman at Fremont's Mission San Jose High School. It was the first road race in a career likely to take him to the 1992 Olympics in Barcelona, Spain.

"I was starting to think maybe I shouldn't have trained so hard this week," said Marden. "I had eight hard weeks of training before coming here, and I thought it may have taken something out of me."

But McCandless, the second-fastest American marathoner in 1988, disagreed. "I actually wanted to push at four (miles), but Jay stayed next to me," he said. "Jay held on and actually pushed again at five and held a 10 to 20 meter lead the rest of the way. Jay is definitely someone you don't want to be around in the last mile."

In the women's competition, hometown runner Rosa Gutierrez, 26, held on for a 12-second victory over Barb Myers-Acosta, last year's 10K winner and course record holder. Gutierrez's 35:00 finish shaved one second of Acosta's 1989 mark.

Eileen Bickard Brown, just back from maternity leave, finished third at 35:19. Gutierrez, Myers-Acosta and Brown are all teammates, running for Ryan's Sports Shop of Santa Clara under Coach Gary Goettlemann.

Fourth place went to Melissa Martel at 35:32 and Rosy Tibaduzza was fifth at 35:52.

"The first three miles I felt really good," said Gutierrez, who ran middle distances for the University of Oregon during the early and mid-1980s, "but after that, I started to fall apart. I was saying to myself, 'Hang on, hang on.'"

Gutierrez has run the Mercury News 10K Race

three years in a row. Last year she finished second to Myers-Acosta.

In the wheelchair division, Rory Cooper outdistanced the men with a 29:07. Last year's winner, Lynne Carlton, won the women's race again in 1990 with a time of 40:29.

The winners of the 1990 Mercury News 10K race each won a round trip for two courtesy of Delta Air Lines and the Radisson Hotels.



JAY MARDEN

Photo by San Jose Mercury News

Marden and Gutierrez, the first place male and female, each won a trip for two to Acapulco, Mexico. Cooper and Carlton, the first place male and female wheelchair athletes, each won a trip for two to Miami. McCandless and Myers-Acosta, the second place male and female runner, each won a trip for two to Washington, DC. And Lewis and Brown, the third place male and female, each won a trip for two to Albuquerque, NM.

### Run for the Music

March 18, Ventura. 5K & 10K.

#### Overall Results - 5K

1. Peter Mogg (30:39) 15:33, 2. Mike Williamson (18:29) 15:40, 3. Larry Montag (30:39) 15:46, 4. Todd Castor (18:29) 15:58, 5. Greg Banista (18:29) 16:31, 6. Gilbert Guevara (18:29) 16:32, 7. Robert Radnoti (30:39) 16:43, 8. Dan Streib 17:32, 9. Ruth Vomund (30:39) 17:38, 10. Jim Monahan 17:54.

11. Mary Diez (18:29) 18:54, 12. Joey Ancona (17 & U) 20:06, 19. Bill Hendon (50 & O) 20:11, 20. Ken Sherman (40-49) 20:18, 34. Regie Frick (40-49) 23:26, 48. Maria Murrie (17 & U) 25:36, 73. Joan Harbert (50 & O) 28:49.

#### Overall Results - 10K

1. Gordon Christie (18-29) 31:03, 2. Joe Nordin (18-29) 33:27, 3. John Robinson (18-29) 34:10, 4. George Arellano (30-39) 35:29, 5. Juliette Christie (18-29) 35:54, 6. Eddie Elizondo 36:12, 7. Rick Thompson 36:14, 8. Al Sanchez 36:16, 9. Dave Wheeler (50 & O) 36:19, 10. Kevin Galbraith 36:33.  
13. Ivan Hernandez (40-49) 38:02, 36. Brett Butolph (17 & U) 43:03, 56. Judy McBade (30-39) 44:54, 93. Jacqueline Cervantez (40-49) 49:11, 137. Ingrid Eisel (50 & O) 53:11, 142. Dandee Henson (17 & U) 54:07.

### Wildflower Wildreness

#### Runs

March 24, San Bruno Mountains. 5K & 10K.

#### Overall Results - 10K

1. Jack Hegarty (23) 39:27, 2. Lucio Perez (28) 41:17, 3. Philip Wilmarth (31) 41:34, 4. Tim Kogan (33) 41:45, 5. Nikos Mourtos (32) 42:30, 6. Wills McCarthy (34) 43:16, 7. Patrick Wiegand (34) 43:52, 8. Tom Staff (28) 44:49, 9. Kenneth Gregorich (31) 45:44, 10. Babak Kakhodayan (24) 46:28.

11. Tim Ayers (25) 46:49, 12. John Snyder (42) 46:53, 13. Stanley Buscovick (44) 47:44, 14. Gordon Giesbrecht 48:14, 15. Pamela Martin (31 F) 48:34.

#### Overall Results - 5K

1. Marty Beene (28) 16:19, 2. David Combs (31) 17:07, 3. Patricia Story (41 F) 18:10, 4. Louis Lee (18) 19:03, 5. John DeNatalo (35) 19:43, 6. Keith Fogg (18) 19:56, 7. Jon Rolles (43) 20:02, 8. Colleen Barkerville (33 F) 20:28, 9. Arthur Meyer (27) 20:58, 10. John Hood (35) 20:59.

### Run for the Future

March 25, Thousand Oaks. 5K & 10K.

#### Overall Results - 5K

1. Peter Mogg (35) 15:49, 2. Jim Durlap (27) 16:21, 3. Gilbert Guevara (23) 16:44, 4. Rich Ortega (15) 16:53, 5. Scott Engel (31) 17:01, 6. Greg Comeau (30) 17:18, 7. David Rojas (15) 17:22, 8. Frank Segura (21) 17:52, 9. Michael Mutek (38) 17:35, 10. Dave Wheeler (53) 17:47.

11. Alan Forbes (34) 17:49, 12. O. Max Morales (27) 17:53, 13. Brian Smalen (37) 17:58, 14. Kurt Hill (24) 18:06, 15. Chris Gibbs (26) 18:15, 16. Hector Romero (26) 18:27, 17. Rick Maciel (40) 18:33, 18. Wade Mergenthal (32) 18:40, 19. Mark Edwards (32) 18:43, 20. Jack Kewley (46) 18:57.  
21. Mike Froman (48) 19:08, 22. Dan Panzica (38) 19:12, 23. John Ghini (55) 19:16, 24. Kenneth Sherman (45) 19:23, 25. Ron Bozkowski (25) 19:29, 26. Michael Yonlob (14) 19:36, 27. Paul Ramirez 19:46, 28. Unidentified, 29. Rallen Nakagawa (37) 19:50, 30. Eric Bennett (20) 19:51.

#### Overall Results - 10K

1. Jim Triplett (32) 31:35, 2. Pete Kaplan (33) 33:44, 3. Tim Tobin (36) 34:03, 4. Byrle Smalen (42) 34:18, 5. Greg Banista (28) 34:31, 6. Ted Benning (29) 34:38, 7. Robert Radnoti (32) 34:43, 8. Brad Palmer (33) 36:00, 9. Larry Pontinen (48) 37:04, 10. T. J. McGreevy (29) 37:49.  
11. Jack Guedj 37:58, 12. Dave Wheeler (53) 38:07, 13. Hans Wollers (37) 38:44, 14. Robert Gonzales (31) 38:49, 15. Charlie Buchta (48) 38:51, 16. Roger Patrick (46) 39:12, 17. Tom Kitchens (40) 39:41, 18. John Severo (26) 39:49, 19. Pete Petracek (62) 40:00, 20. Andie Rusconi (24) 40:18.

### Waterfront 10

March 25, San Francisco.

#### Overall Results - Men

1. Charles Thompson (40) San Francisco 54:32, 2. Dan Anderson (43) San Francisco 54:32, 3. Dan Anderson (Union City) 56:56, 4. Jim Mesner (San Francisco) 57:17, 5. Eddie Lanzarin (37) San Francisco 57:39, 6. Jerry Wittanauer (30) Palo Alto

57:51, 7. Dan Martinelli (32) Daly City 57:53, 8. Jim Gorman (41) Palo Alto 58:23, 9. Mauricio Maia (28) Davis 59:09, 10. Las Ong (40) San Francisco 59:13.

11. Richard Knapp (37) Walnut Creek 59:18, 12. John Hirschberger (38) San Francisco 59:41, 13. Jim Howe (44) Cupertino 59:50, 14. Paul Findell (36) San Francisco 59:59, 15. Ron Kyono (42) Union City 1:00:15, 16. Jim Lawson (36) San Carlos 1:00:21, 17. Tim Schenone (23) Boulder, CO 1:01:14, 18. Richard Averett (37) Greenbrae 1:01:16, 19. Vincent Fausone (28) San Francisco 1:01:58, 20. Vince Digneo (26) Portola Valley 1:02:15.

#### Overall Results - Women

1. Janine Aiello (30) Pt. Reyes Station 59:34, 2. Jacqueline Mount (25) San Francisco 1:05:44, 3. Betsy Swan (25) Stanford 1:06:48, 4. Daniela Galletta Leong (34) Mill Valley 1:08:20, 5. Kimberly Sewell (25) San Francisco 1:09:15, 6. Ann Renee Wildhofer (27) Chico 1:11:30, 7. Brigitta Ostmeyer (38) Menlo Park 1:12:46, 8. Nancy Hilton-Briney (29) Stanford 1:12:52, 9. Sharon Pomeroy (36) San Francisco 1:12:59, 10. Julie Tomnaga (33) San Francisco 1:13:22.

### California Forty-Niner Double Marathon

March 31, ML Tamalpais State Park.

San Francisco.

#### Overall Results - Double Marathon

1. Dane Larsen (39) San Rafael 6:58:57, 2. Tom Johnson (30) Sacramento 7:25:47, 3. Dave Stevenson (37) Los Altos Hills 7:56:17, 4. Charles Greene (55) Oakland 7:57:55, 5. Kyle Meintzer (41) Hillsborough 8:01:20, 6. George Hall (38) Davis 8:05:50, 7. John Peacock (51) Reno, NV. 8:23:48, 8. Steve McCormick (45) Boulder, CO. 8:31:58, 9. Mike Nolan (39) Sacramento 8:38:31, 10. Mario Flores (39) Modesto 8:43:42.

#### Overall Results - Marathon

1. Bruce Mace (31) Mill Valley 3:48:40, 2. Roberto Sanchez (51) Orangevale 4:27:51, 3. Ken Hargrave (44) Santa Cruz 4:27:51, 4. Joe Masters (21) San Jose 4:38:25, 5. Steve White (23) San Jose 4:38:46, 6. Eldritch Gosney (48) Vallejo 4:42:51, 7. Charles Wilson (41) Palo Alto 4:55:25, 8. Howard Daniel (56) Oakland 5:04:55, 9. Richard Parker (44) San Francisco 5:25:42, 10. Bob O'Connor (40) San Jose 5:31:13.

#### Overall Results - 25K

1. Wilma Kay (40) Mill Valley 2:04:28, 2. Fran Burkell (36) Mill Valley 2:04:38, 3. Rod Hines (31) San Jose 2:14:18, 4. Mark Swigert (44) Sacramento 2:14:38, 5. Karen Houston (45) Vallejo 2:26:10.

### Delano Fools' Run

March 31, Delano. 5K & 10K.

#### Division Results - Men's 5K

**13 & Under:** 1. Mark Morales 19:14, 2. Rodney Del Rio 19:17, 3. Thomas Nevarez 20:58. **14-20:** 1. Amador Ayon 16:37, 2. Jonathan Wyckoff 18:00, 3. Matt Campbell 18:01. **21-29:** 1. Thomas Valles 15:59, 2. Oscar Correa 16:15, 3. Roger Drummond 17:59. **30-39:** 1. Adrian Huerta 16:44, 2. Jose Luis Mesa 18:07, 3. Fernando Gomez 19:05. **40-49:** 1. Daniel Ramirez 20:38, 2. Juan Sanchez 20:45, 3. Jess Rodriguez 21:13. **50-59:** 1. Richard Ramirez 18:41, 2. Leo Marquez 19:55, 3. George Medina 20:26. **60-69:** 1. Florian Chavez 24:15, 2. Warren Rankins 36:32.

#### Division Results - Women's 5K

**13 & Under:** 1. Juanita Robles 23:17, 2. Janet Enciso 23:56, 3. Christina Robles 24:06. **14-20:** 1. Renee Marines 31:06, 2. Tami Countyman 34:08, 3. Tracy Wascher 38:25. **21-29:** 1. Gillian Evans 18:37, 2. Teresa Warren 21:27, 3. Cathy Norman 27:55. **30-39:** 1. Lorraine Melendez 21:32, 2. Bobbi Vega 23:23, 3. Patty Mehler 25:29. **40-49:** 1. Sally Henry 27:03, 2. Judy Chapman 27:50, 3. Sapae Tompkins 30:14. **50-59:** 1. Margaret Castro 37:49. **60-69:**

# RESULTS

1. Carol Lapham 30:15, 2. Mary Meisel 31:9, 3. Jean Leminkis 50:19. 70 & Over: 1. Anita Foose 41:57.

## Division Results - Men's 10K

13 & Under: 1. Steve Gonzales Jr. 41:06, 2. Benny Alcala Jr. 52:02, 14-20: 1. Jesse Hernandez 36:47, 2. Tony Jaquez 47:12, 3. Rene Aguirre 52:57, 21-29: 1. Tony Rango 35:48, 2. Jeff Patrick 39:49, 3. Craig O'Brien 40:30, 30-39: 1. Eric Pugh 34:20, 2. Monte Mackey 36:54, 3. Tony Cooper 39:10, 40-49: 1. George Becerra 40:49, 2. Bob Merzocian 42:31, 3. Roger Trautman 42:35, 50-59: 1. J. Leroy Weathers 41:22, 2. James Lipford 41:53, 3. Ray Meyers 43:20, 60-69: 1. Bob Small 45:24, 2. Dave Hiatt 50:00, 70 & Over: 1. Harry Harder 53:42, 2. Jim Nagatani 56:36.

## Division Results - Women's 10K

21-29: 1. Shirley Walker 41:12, 2. Dawn Harmoli 46:47, 3. Janine Brockway 47:14, 30-39: 1. Carol Tedrow 53:57, 2. Janice Abbott 55:39, 3. Sylvia Anderson 1:02:22, 40-49: 1. Lee Denham 44:31, 2. Judith Fortenberry 55:21, 3. JoAnn Martin 55:24, 50-59: 1. Emma Williams 50:25, 2. Nena Guillen 51:18, 3. Audra Perez 56:57.

## Manhattan Mile

March 31, Manhattan Beach.

### Division Results - Men

13-14: 1. Justin Sterling 5:26, 2. Ron Milam 5:33, 3. Hank Rogers 5:36, 15-16: 1. Angel Martinez 4:24, 2. Shawn Page 4:28, 3. Todd Culbertson 5:14, 17-19: 1. Andre Villa 4:41, 20-24: 1. Tommy Leon 4:27, 2. Amand Crespo 4:43, 3. Ronald Combs 4:47, 25-29: 1. Stephen Flynn 4:30, 2. Al Bates 4:30, 3. Todd Folker 4:33, 30-34: 1. Christopher Laddmeyer 4:44, 2. Tim Braun 4:47, 3. William Harry 4:48, 35-39: 1. Paul Robinson 4:36, 2. Mike Tipping 4:47, 3. James Kim 5:02, 40-44: 1. Paul Marcel 4:52, 2. Jack McDowell 4:57, 3. Vincent Graves 5:08, 45-49: 1. Don McCarthy 4:48, 2. Ken Desmet 4:55, 3. Juan Cambela 4:56, 50-54: 1. Sonny Moniz 5:03, 2. Ron Lariisu 5:06, 3. Peter Faust 5:16, 55-59: 1. Ron Poston 5:14, 2. Robert Culling 5:23, 3. Ted Oviatt 5:36, 60 & Over: 1. Gunnar Linde 5:49, 2. Jerry Withers 5:53, 3. Al Escobosa 6:02, Open: 1. Richard Dassy 4:12, 2. Benito Cruz 4:14, 3. Sean Seley 4:17, 4. Harold Kelting 4:19, 5. Angel Roman 4:25.

### Division Results - Women

13-14: 1. Karlyn Clifton 6:13, 2. Shana Gray 6:18, 3. Alyson Gray 6:21, 15-16: 1. Darcy Bushnell 5:58, 2. Lorel Gustafson 6:07, 3. Erika Fenell 6:28, 17-19: 1. Teresa Wise 6:07, 2. Karen Kneafsey 6:13, 3. Kristin Schlatter 6:40, 20-24: 1. Chris Seley 5:53, 2. Sarah Deal 6:47, 3. Debra Kally 7:22, 25-29: 1. Laura McCracken 5:25, 2. Adrienne Trader 5:42, 3. Diane Silva 5:43, 30-34: 1. Patricia Contreras 5:22, 2. Jeanne Kawashima 5:49, 3. Julie Oh 6:15, 35-39: 1. Marie Helmborg 5:47, 2. Nancy Brandon 5:56, 3. Beverly Dolva 5:57, 40-44: 1. Lisa Allen 5:59, 2. Pam Donesley 6:48, 3. Cindy Sterling 6:53, 45-49: 1. Linda King 6:01, 2. Wendy Watson 6:21, 3. Corrine Schratz 6:55, 50-54: 1. Gina Faust 5:53, 2. Jane Dods 6:37, 3. Christine Matso 6:52, 55 & Over: 1. Sumiya Leonard 7:39, 2. Joann Booth 8:18, 3. Rose Kash 8:35, Open: 1. Kathy Kanos 4:47, 2. Laura Cattivera 5:44, 3. Kim Gallagher 5:04.

## On the Edge Tough Runs

March 31, Rockville Park, Fairfield. 5K & 10K.

### Overall Results - 10K

1. Leon Shardon (28) Moraga 37:21, 2. Crispin Heatherington (28) 37:46, 3. Sal Vasquez (50) Suisun 38:09, 4. Jon Root (35) Davis 38:10, 5. Roger Innes (30) Oakland 39:47, 6. Doug Butt (45) Fairfield 40:26, 7. Mark McCavie (21) Travis AFB 41:12, 8. Robyn Root (30 F) Davis 43:08, 9. Jim Roberts (37) Martinez 44:20, 10. Ken Dobberpuhl (41) Concord 45:00.

### Overall Results - 5K

1. Peter Lagoy (30) Berkeley 16:22, 2. Ernie Rivas (39) Oakland 17:02, 3. Dennis Kurovsky (40)

Benedia 17:16, 4. Michael Schwartz (27) 17:34, 5. Jim McMillen (42) Vallejo 18:07, 6. Carlos Lopez (30) Woodland 18:28, 7. Tamara Gonzalez (29) Novato 18:38, 8. Scott Geschke (30) Fairfield 19:04, 9. Jim Empell (37) Suisun 19:05, 10. Stephen Hamill (41) Fairfield 19:11.

## Pride of the Foothills Spring Run

March 31, Glendora. 5K & 10K & Half Marathon.

### Division Results - Men's 5K

13 & Under: 1. Joey Hernandez 17:09, 14-17: 1. Joel Montes de Oca 16:31, 18-24: 1. Ken Massett 17:39, 25-29: 1. David Allen 17:02, 30-34: 1. Rob Stick 16:02, 35-39: 1. Dennis Bock 17:53, 40-49: 1. Ben Wilson 17:18, 50-59: 1. Dennis Kavanaugh 18:31, 60 & Over: 1. Charles Hanson 19:31.

### Division Results - Women's 5K

Overall Winners: 1. Jennifer Henderson 17:47, 2. Torie Pleasant 18:31, 3. Heather Dibdin 19:13, 13 & Under: 1. Gladys Marquina 23:05, 14-17: 1. Pam Porfitt 21:13, 18-24: 1. Torie Pleasant 18:31, 25-29: 1. Dawn Staab 21:02, 30-34: 1. Jennifer Henderson 17:47, 35-39: 1. Jean Hall 21:31, 40-49: 1. Patti Storm 24:20, 50-59: 1. Cecily Parke 22:03, 60 & Over: 1. Betty Sheppard 40:11.

### Division Results - Men's 10K

Overall Winners: 1. Tyrus Deminter 30:34, 2. Gary Borbon 30:39, 3. Denny Bustos 32:00, 13 & Under: 1. Damien Ballard 46:39, 14-17: 1. Valente Torres 37:33, 18-24: 1. Greg Wennborg 33:09, 25-29: 1. Tyrus Deminter 30:34, 30-34: 1. John Mazzacano 39:52, 35-39: 1. Bill Ramsay 37:41, 40-49: 1. Fred Reeves 37:19, 50-59: 1. Ray Hughes 39:38, 60 &

Over: 1. Ray Prado 45:29.

### Division Results - Women's 10K

Overall Winners: 1. Marie Murphy-Rollins 36:34, 2. Juliette Christie 36:53, 3. Suzi Morris 37:29, 13 & Under: 1. Janine Vanderhoof 1:17:20, 18-24: 1. Antoinette Delgado 38:36, 25-29: 1. Juliette Christie 36:53, 30-34: 1. Marie Rollins 36:34, 35-39: 1. Grace Rangel 49:45, 40-49: 1. Jane Lauscher 40:43, 50-59: 1. Eloisa Kantar 51:40, 60 & Over: 1. Mildred Swiader 1:02:17.

### Division Results - Men's Half Marathon

Overall Winners: 1. Fredson Mayiek 1:05:12, 2. Rafael Colmanares 1:05:26, 3. Santiago Andres 1:06:26, 13 & Under: 1. James Owins 1:42:39, 14-17: 1. Guillermo Medrano 1:26:20, 18-24: 1. Fredson Mayiek 1:05:12, 25-29: 1. Rafael Colmanares 1:05:26, 30-34: 1. Nick Peach 1:12:59, 35-39: 1. Donald Oceana 1:16:05, 40-49: 1. Harry Doyle 1:19:49, 50-59: 1. Ken Calvin 1:31:40, 60 & Over: 1. Bill Arnold 1:43:05.

### Division Results - Women's Half Marathon

Overall Winners: 1. Kathleen Smith 1:17:34, 2. Frankie Byrne 1:35:06, 3. Robin Hale 1:37:24, 18-24: 1. Kathleen Smith 1:17:34, 25-29: 1. Natalie Biondo 1:40:36, 30-34: 1. Vicki Sparks 1:37:39, 35-39: 1. Robin Hale 1:37:24, 40-49: 1. Anne Burke 1:51:17, 50-59: 1. Virginia Tereja 1:46:58.

## Seal Beach 10K Run

March 31, Los Alamitos.

### Division Results - Men

Overall Winners: 1. Gordon Duff 31:43, 2. Ken Stumpf 32:35, 3. Zac Loomer 32:40, 14 & Under: 1. James Duckman 40:38, 2. Christopher Zepeda 42:01, 3. Artanas Sadunas 43:59, 15-18: 1. Carey Anderson 36:32, 2. Michael Bradaweg 44:40, 3. Jus-

tin Robinson 45:07, 19-24: 1. Ken Stumpf 32:35, 2. Zac Loomer 32:40, 3. Sergio Correa 35:45, 25-29: 1. Gordon Duff 31:43, 2. Dan Arsenault 33:29, 3. Fannino Aquino 33:51, 30-34: 1. Dan Davies 32:43, 2. Thomas Mountain 33:31, 3. Bernie Brizuela 34:36, 35-39: 1. Jeff Clark 33:05, 2. Mike Morris 34:40, 3. Mark Gross 34:53, 40-44: 1. Mark Hemphill 35:24, 2. Warren Fish 36:39, 3. Tom Fischer 36:45, 45-49: 1. George Wright 36:42, 2. Dan Patrick 36:46, 3. Tom Rindt 36:47, 50-54: 1. Gamma Chavez 40:33, 2. Oscar Rosales 40:54, 3. Pete Savitz 41:00, 55-59: 1. Sam Mayo 39:23, 2. David Carlson 44:56, 3. Chuck Grantham 45:10, 60-64: 1. Hugh McHugh 41:14, 2. Tracy Brown 42:21, 3. Bob Vitale 43:42, 65-69: 1. Ed Hornung 45:50, 2. Donald Rozer 50:53, 3. Aloysius Clor 51:03, 70 & O: 1. Steve Chiplis 55:21, 2. Anthony Hill 57:28.

### Division Results - Women

Overall Winners: 1. Julie McKinney 37:44, 2. Sue Davis 38:58, 3. Alison Duff 39:03, 14 & Under: 1. Andrea Vasquez 49:36, 2. Vanessa Gonzalez 50:10, 3. Sarah Fenster 1:08:01, 15-18: 1. Brooks Mabe 41:55, 2. Torie Danielson 51:18, 3. Diana Esparza 52:21, 19-24: 1. Diane Smith 41:34, 2. Lisa Valdez 44:08, 3. Stephanie Kurland 44:13, 25-29: 1. Sue Davis 38:58, 2. Christina King 39:58, 3. Denise Bigelow 40:03, 30-34: 1. Julie McKinney 37:44, 2. Alison Duff 39:03, 3. Lynn Clay 39:21, 35-39: 1. Claudia Dizon 41:26, 2. Lori Pratt Smith 44:00, 3. Buffy Ellis 44:43, 40-44: 1. Judith Fischer 45:06, 2. Schery Clay 45:15, 3. Valerie Enning 45:17, 45-49: 1. Nancy Buchanan 46:37, 2. Sue Cooper 47:51, 3. Pamela Quinn 48:48, 50-54: 1. Brenda Lunsford 43:19, 2. Viola Phillips 44:41, 3. Mary Dugan 51:35, 55-59: 1. Ginie Mains 48:21, 2. Audrey Hawth 52:54, 3. Rose Youn 1:00:48, 60-64: 1. Yukie Mochida 52:31, 2. Antoinette Hill

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# RESULTS

56:07, 3. Connie Abang 56:46, 65:69: 1. Gary Davidson 52:54, 70 & Over: 1. Lucie Adney N.T.

## Wildflower Runs

March 31, Morgan Hill, 5K & 10K

### Overall Results

Men's 10K: 1. Charles Elliott 34:02, 2. James Press 34:44, 3. Sal Talamo 35:00.  
Women's 10K: 1. Karen Fogerson 39:09, 2. Denise Murphy 41:45, 3. Aimee Tolan 41:57.  
Men's 5K: 1. Albert De La Torre 16:08, 2. Jose Garcia 16:49, 3. Tony Munoz 16:50.  
Women's 5K: 1. Billie Rorer 21:59, 2. Darilynda Mktuk 22:38, 3. Becky Macintosh 22:55.



**GARDENA VALLEY RUNNERS ELITE MEN'S TEAM (left to right): HANS KOEHLMAN, WILLIAM MUSYOKI, MATT EBINER, DAN ASHIMINE (club sponsor), JOHN KONINGH and SAMSON OBWACHA.**

Photo by Long Photography

Boys 2K, 12 & Under: 1. Brent Anderson 8:40, 2. Alex Pleusch 9:31, 3. John Kicoyne 9:52.  
Girls 2K, 12 & Under: 1. Elena Garcia 8:38, 2. Daniela Garcia 9:55, 3. Sarah Galsco 10:41.

## Cuesta 50K Biathlon

April 1, San Luis Obispo.

### Division Results

Overall Winners: 1. Michael Smith 1:30:10, 2. Scott Winfield 1:31:07, 3. Bryan Fahrenbach 1:31:08, 14 & Under: 1. Ryan Gallagher 2:31:42, 15-19: 1. Phillip McCain 1:44:44, 2. John Hreno 1:55:26, 3. Toby Cinque 2:10:45, 20-24: 1. Jeff Jacobs 1:33:48, 2. Mark Williamson 1:36:27, 3. Brook Clairbourne 1:37:26, 25-29: 1. Michael Smith 1:30:10, 2. Scott Winfield 1:31:07, 3. Chris Hinshaw 1:31:08, 30-34: 1. Bryan Fahrenbach 1:31:08, 2. Ken Deader 1:37:22, 3. Kevin Syrdik 1:41:39, 35-44: 1. Larry Montag 1:37:25, 2. Don Anderson 1:38:36, 3. Michael Oliver 1:40:14, 45-54: 1. Joe Jacobsen 1:37:23, 2. Jim Reynolds 1:43:56, 3. Barry Scholtes 1:50:51, 55-64: 1. Gus Melnikis 1:54:47, 2. Bill Robson 1:59:37, 3. Edo McSorley 2:06:31, 65 & Over: 1. Bob Sterling 2:41:40.

### Division Results - Women

Overall Winners: 1. Laura Lowe 1:43:59, 2. Laura Stuart 1:46:04, 3. Maloa Castle-Chaloe 1:47:25, 15-19: 1. Kerry McQuarry 2:19:57, 20-24: 1. Sherrie McIntosh 1:49:02, 2. Monica Mazzocco 1:54:42, 3. Susan Pappalardo 1:55:46, 25-29: 1. Laura Lowe 1:43:59, 2. Laura Stuart 1:46:04, 3. Maloa Castle-Chaloe 1:47:25, 30-34: 1. Sue Weidmann 2:12:01, 2. Pamela Rozzi 2:12:08, 3. Debra Louise 2:22:10, 35-44: 1. Jane Granskog 1:58:38, 2. Angela Giangrande

2:03:37, 3. Cathy Tulka 2:05:41, 45-54: 1. Sue Hutchison 2:05:45, 2. Harriet Anderson 2:07:35, 3. Carla Hamari 2:16:21, 55-64: 1. Jean Spierling 2:22:35.

### Team Results

Men's Open: 1. Visancio/Benson 1:29:41, Men's 34: 1. McRae/Orachi 1:36:29, Men's 80-99: 1. Stern/Williams 1:32:43, 100+: 1. Meeco/Brown 1:43:50.  
Women's Open: 1. Monaco/Uram 1:54:30, Women's 80-99: 1. Ender/Bentencourt 2:16:09.  
Mixed Open: 1. Hamilton/White 1:36:34, Mixed 80-99: 1. Roundy/Hedger 1:53:10.  
Parent-Child: 1. Rivera/Rivera 1:37:25.

liz, Kevin Brody, Tyrus Dementer, Michelle Buccichio, Gretchen Cruz).

## Houlihan's to Houlihan's 12K

April 1, Sausalito to San Francisco.

Sausalito to San Francisco, across the Golden Gate Bridge, traveled each workday morning by some 36,000 motoring commuters, has relatively light traffic early on Sunday mornings. Sunday morning April 1st was no exception. Few motorized commuters, but lots of foot traffic greeted the Golden Gate as 4,100 men, women and children ran the Seventh Annual Houlihan's to Houlihan's 12K.

Originally started by Houlihan's Restaurant as both a fundraiser for San Francisco's Edgewood Children's Center and a way to draw attention to the two Houlihan's Restaurants in the Bay Area, one in Sausalito and one in San Francisco, the Houlihan's to Houlihan's 12K Race has accumulated a long list of credits in its seven year history. It has become the largest footrace to ever cross the Golden Gate Bridge. To thousands of Bay Area runners the race and the now famous post-race "Celebration of Running" in Aquatic Park on Fisherman's Wharf have become a rite of spring. To those West Coast runners who have already ex-

perienced Olympic competition or are aspiring to do so, the Houlihan's to Houlihan's Race is an annual April showdown.

The course is tough and beautiful. Along the edge of the San Francisco Bay on both the Sausalito and San Francisco pieces and atop the Golden Gate Bridge itself, the 7.45 mile course is never without a panoramic vista. Starting at the very edge of the Bay on a cliff thirty feet above the water-looking toward the skyline of San Francisco-the course winds underneath the northern land structure of the Golden Gate Bridge and then at the one mile mark ascends to the bridge, climbing 300 feet in little more than half-a-mile. In 1990 this course inspired 67 men and 33 women to run fast enough to officially qualify for seeded positions in the Examiner Bay to Breakers (12K qualifications: men 42:30, women 48:30).

The drama of this year's race unfolded like the next installment of any good annual rivalry. In the men's competition Rich McCandless, who in 1989 led this race for seven miles before being outnumbered by the Tibaduiza brothers, Domingo-winning in 1988 as well as 1989-and his brother Miguel, surged again to an early lead on the climb up to the Bridge, and won in a time of 36:02-only 14 seconds off the course record (35:48) set by Olympian Bill Donaskowski in 1987. He was followed in by New Zealander Sean Wade (36:16) and Santa Rosa's Dan Grimes (36:22). The ideal weather conditions (55 degrees and almost no wind) and Rich's focused training for the Boston Marathon (two weeks after Houlihan's) allowed Rich to run almost a minute faster than last year.

In the women's competition Terry Puckett shattered the women's course record by 49 seconds for her first win in four attempts at Houlihan's. She ran a 41:32; the previous record was set by Barbara Myers-Acosia in 1988 at 42:21. Barbara along with Jani Johnson and Terry Puckett finished one, two, three respectively in both the 1988 and 1989 Houlihan's Races. While Barbara didn't make this year's race, Jani Johnson, ran her personal

## Jimmy Stewart Relay Marathon

April 1, Los Angeles.

The Gardena Valley Runners, led by former Olympian Samson Obwacha and world-class runner William Musyoki, took first place and swept the top three titles in the elite category at the Ninth Annual Jimmy Stewart Relay Marathon in Los Angeles. The club also set a new course record of 2:05:19 in the men's division.

More than 4,100 runners competed in the 26.2 mile relay marathon at Griffith Park, the nation's first and largest relay marathon of its kind. The Gardena Valley Runners won first place in the elite men's, women's and mixed divisions, representing the third straight year the club has won the men's division and the club's fourth straight victory in the women's division.

The Jimmy Stewart Relay Marathon, hosted by Jimmy Stewart and Robert Wagner, features race teams of five runners, each running the same 5.2 mile course through Griffith Park. Proceeds from the relay marathon benefit the Child Study Center at Saint John's Hospital & Health Center in Santa Monica.

Other race winners included Nike-sponsored teams from the athletic shoe company's headquarters in Beaverton, OR. Nike teams took first place in both the corporate men's and women's division. Winning time for the Nike Corporate men's team, which placed fifth overall in the race, was 2:14:55. The Nike Corporate women's team finished 116th overall, with a winning time of 2:54:31.

### Overall Results

Elite Men: 1. Gardena Valley #1 2:05:19 (Samson Obwacha 24:35, Matt Ebner 25:17, John Koningh 25:23, Hans Koehlmann 25:06, William Musyoki 24:45).

Elite Women: 1. Gardena Valley #2 2:45:57 (Darse Bowden, Julie Matteson-Guzman, Meryl Hindberg, Lari Bright, Michelle Buccichio).

Elite Mixed: Gardena Valley Mixed 2:20:13 (Jim Or-



**TERRY PUCKETT**

Photo by Gene Cohn Productions



**RICH MCCANDLESS**

Photo by Gene Cohn Productions

best for this course, and finished second for the third year in a row.

### Overall Results - Men

1. Rich McCandless (34) Hayward 36:02, 2. Sean Wade (24) New Zealand 36:16, 3. Daniel Grimes (31) Santa Rosa 36:22, 4. Thomas Wood (27) Truckee 36:34, 5. Mike Spencer (25) Castro Valley 36:41, 6. Carmelo Rios (30) Hayward 36:46, 7. Miguel Tibaduiza (35) Reno 36:57, 8. John Barrett (26) Oakland 37:07, 9. Brad Hawthorne (34) Oakland 37:13, 10. Kevin Jones (29) Hayward 37:35.

### Overall Results - Women

1. Terry Schmidt-Puckett (34) Reno 41:32, 2.

# RESULTS

Jari Johnson (34) Atascadero 41:42, 3. Rosa Gutierrez (26) San Jose 42:28, 4. Janine Ajallo (30) Point Reyes 43:20, 5. Linda Somers (28) Davis 43:35, 6. Eileen Bickard Brown (32) Santa Cruz 43:51, 7. Rosy Tibaduiza-Cardenas (27) Reno 44:25, 8. Stacey McAfee (23) Clovis 44:35, 9. Barbara Frank (32) Hollister 44:41, 10. Becki Kriege (23) Sunnyvale 44:42.

### Overall Results - Masters Men

1. Mark Graves (40) Berkeley 39:52, 2. Steve Ferraz (42) San Francisco 40:53, 3. Robert Darling (40) San Francisco 42:09, 4. Allan Stanbridge (43) Burlingame 42:54, 5. Gabriel Sandoval (42) Redwood City 42:58.

### Overall Results - Masters Women

1. Barbara Miller (50) Modesto 49:22, 2. Nelly Wright (44) Pacific Grove 49:58, 3. Kathy Konnelly (41) San Leandro 50:06, 4. Linda Mantyma (41) Markleeville 50:37, 5. Toni Belaustegui (42) Reno 50:43.

## MCAS Tustin Open House Runs

April 1. Tustin. 5K & 10K.

### Division Results - Men's 5K

Overall Winners: 1. Gary Shapiro 16:00, 2. Fred Cowles 16:16, 3. Darren George 16:30, 14 & Under: 1. Andrew Russell 18:17, 2. Andreas Bitterlich 18:50, 3. Vincent Allobello 20:45, 15-19: 1. Ryan Ackerman 16:54, 2. Elmer Jayne 17:15, 3. Jason Marquez 17:49, 20-24: 1. Icozuo 17:10, 2. Tony Gutierrez 17:27, 3. Doug Haring 17:41, 25-29: 1. Fred Cowles 16:16, 2. Keith Lewis 18:46, 3. David Winslow 19:01, 30-34: 1. Ernesto Camacho 17:27, 2. Jimmy Hoey 17:28, 3. Mike Moeller 17:36, 35-39: 1. Gary Shapiro 16:00, 2. Rich Valdez 16:36, 3. Steve Kelly 17:23, 40-44: 1. Darren George 16:30, 2. Bjul Sumner 16:35, 3. Herman Sanchez 16:41, 45-49: 1. Donald Fox 18:10, 2. Peter Jones 18:12, 3. Denny DeSimone 18:38, 50-54: 1. Dick Cherri 22:27, 2. Darin Corrales 22:41, 3. Fred Waechter 23:46, 55-59: 1. Richard Woolfe 25:06, 2. Thomas Steele 25:43, 3. Ger Vais Stragias 26:00, 60 & Over: 1. Jack Green 22:50, 2. Ill Rego 24:29, 3. Fred Lovell 24:56.

### Division Results - Women's 5K

Overall Winners: 1. Trish Pierson 19:16, 2. Sonja Hildebrand 19:19, 3. Sue Reinhardt 19:59, 14 & Under: 1. Elizabeth Watson 23:48, 2. Suzanne Oney 24:04, 3. Caryn Waechter 24:18, 15-19: 1. Sonja Hildebrand 19:19, 2. Suzanne Watson 21:31, 3. Andrea Ciminelli 22:44, 20-24: 1. Desree Brock 21:13, 2. Sandy Kim 23:22, 3. Carolyn Dysart 24:12, 25-29: 1. Susan Brainerd 20:57, 2. Sandy Kim 23:22, 3. Carolyn Dysart 24:12, 25-29: 1. Susan Brainerd 20:57, 2. Beverly Smith 21:54, 3. Carol Faris 22:36, 30-34: 1. Signe Smith 22:34, 2. Sandra Howell 23:26, 3. Carmel Scherf 24:13, 35-39: 1. Trish Pierson 19:16, 2. Nancy Baird 20:04, 3. Sue Shannon 23:29, 40-44: 1. Sue Reinhardt 19:59, 2. Barbara Miller 23:27, 3. Anney Okum 24:23, 45-49: 1. Phyllis Steele 24:45, 2. Gerry Rosenberg 26:17, 3. Lore Waechter 26:24, 50-54: 1. Johanna Oremus 27:00, 2. Judy Domenico 27:02, 3. Patty Johnson 27:57, 55-59: 1. Barbara Rodgers 27:50, 2. Caroli Ochs 29:59, 3. Joan Heinerman 38:58.

### Division Results - Men's 10K

Overall Winners: 1. Steve Bishop 31:02, 2. Dave Orlovski 32:37, 3. Mark Reilly 32:56, 14 & Under: 1. Jeffrey Mitchell 37:48, 2. Gavin Mantley 46:38, 15-19: 1. Fernando Tescano 37:30, 2. Brian Despalmes 40:25, 3. Michael Siefkens 47:12, 20-24: 1. Antonio Holgun 33:01, 2. Jon Rice 42:58, 3. Kevin Murphy 43:59, 25-29: 1. Jlagacia 34:12, 2. Jonathan Piper 35:59, 3. Bill Lapora 36:30, 30-34: 1. Steve Bishop 31:02, 2. Dave Orlovski 32:37, 3. Steve Schumacher 33:24, 35-39: 1. Bob Whyte 37:17, 2. George Brouny 37:49, 3. Samuel Bryant 38:34, 40-44: 1. John McAndrew 34:39, 2. James Cope 37:01, 3. Jim Burton 38:19, 45-49: 1. David Carter

36:22, 2. Bob Goodson 37:04, 3. Richard Lewis 39:10, 50-54: 1. Frank Russo 39:29, 2. Elgin Edwards 41:53, 3. Manuel Garcia 42:03, 55-59: 1. Eric Piper 41:04, 2. Andy Beall 43:42, 3. Robert Fautoux 46:09, 60 & Over: 1. Jim Heitzman 48:26, 2. Harry Cromer 49:27, 3. Igor Jaramenko 1:00:13.

### Division Results - Women's 10K

Overall Winners: 1. Terri Busby 35:56, 2. Felipe Lugo 41:25, 3. Vickie McGuire 41:31, 14 & Under: 1. Alicia Boyce 47:12, 2. Katie Yeard 49:38, 3. Carrie Sandler 53:08, 15-19: 1. Kris Sandifer 53:09, 2. Liz Richardson 56:51, 20-24: 1. Gerri Silver 49:41, 2. Michelle Keenan 51:03, 3. Maria Simon 55:44, 25-29: 1. Andrienne Treer 42:02, 2. Mareva Hays 42:55, 3. Sheryl Honeywell 43:04, 3. Kimberly Lopina 44:21, 35-39: 1. Terri Busby 35:56, 2. Candy Clark 43:05, 3. Jennifer Weiss 44:46, 40-44: 1. Debbie Wilkinson 41:58, 2. Sandy Jenkins 44:40, 3. Valerie Konney 45:18, 45-49: 1. Sue Cooper 50:19, 2. Geraldine Armas 53:11, 3. Ann Zaneli 53:15, 50-54: 1. Dennis Mock 49:33, 2. Pat's Kipcho 50:19, 3. Andrea Delkeskamp 52:32, 55-59: 1. Chris Cromer 51:04, 2. Jane Tolley 58:21.

## Nike Cherry Blossom

April 1. West Potomac Park, Washington, D.C.

Chris Fox (Hagerstown, MD) captured his first Nike Cherry Blossom while Lisa Weidenbach virtually repeated her '89 performance taking her third title. Weidenbach ran 52:38 past the blossomless Cherry trees which set a PR for blooming in early March, while Fox ran a tactical 47:06 for his win over a strong field.

For Fox, virtually a local boy who as a seventh grader watched the race, this was his most important win ever. "I've run in some tough road races, but this takes precedence... This is just history to me. I told my wife, win or lose, this is the last one I'm going to do, but now I'll be back. I'm making a big deal about it, but this particular race was very important to me." Weidenbach was relieved her running felt smooth again after kicking her training up another notch in her efforts to improve even more.

A pack of eight including Steve Jones, Ken Martin, Jon Sindair (1987 winner), traded the lead. "We stuck it on 4:45 and just stayed there," Chris Fox told the Washington Times. After 8 1/2 miles they turned it up and Dionicio Ceron surged ahead with Fox and Ashley Johnson joining him. Fox and Johnson started their sprint 500 yards from the finish and at 200 yards Fox took the lead for good.

Weidenbach ran with Jones for the first four miles pursued by Anne Audain and Diane Brewer. Weidenbach sped up after four and began to pull away while Anne Audain passed Jones at about seven to finish second.

For Audain the race got her back into sync. While she didn't beat Weidenbach she still ran well. She told the Washington Post - "I'm going to start running marathons. I don't like marathons, but when you have been running for 20 years you need to change your goals."

Weidenbach and Fox won \$3000 for their victories as well as points on the ARRA Championship Circuit. Single age group records were set by Norm Green, age 57 (54:53), and Ed Benham 1:20:58. While Ruth Rothfar set 85-89 record with a time of 3:24:08. Among the finishers was Honorary Race Director Indiana Senator Richard Lugar.

### Overall Results - Men

1. Chris Fox (Hagerstown, MD) \$3000 47:06, 2. Ashley Johnson (Bowling Green, KY) \$1500 47:07, 3. Dionicio Ceron (Mexico) \$1250 47:10, 4. Jon Sindair (Fl. Collins, CO) \$1100 47:20, 5. Ken Martin (Santa Fe, NM) \$1000 47:21, 6. Steve Taylor (Fincastle, VA) \$750 47:23, 7. Ivan Hull (Paso Robles, CA) \$500 47:23, 8. Steve Jones (Wales) \$350 47:32, 9. Bill Bedell (England) \$300 48:12, 10. Bob Stolz (Eugene, OR) \$300 48:13.

### Overall Results - Women

1. Lisa Weidenbach (Issaquah, WA) \$3000 52:38, 2. Anne Audain (New Zealand) \$1500 53:18, 3. Kim

Jones (Spokane, WA) \$1250 53:31, 4. Diane Brewer (Gainesville, FL) \$1100 54:24, 5. Jane Wetzel (Gainesville, FL) \$750 55:17, 6. Laura Lamena (Tempe, AZ) \$750 55:17, 7. Mary Alice (Raleigh, NC) \$500 55:50, 8. Lorraine Hochella (Newport News, VA) \$350 55:56, 9. Susan Sales (Louisville, CO) \$300 56:11, 10. Tammy Stusser (Monroeville, PA) \$300 56:14.

## Spring Forward Run

April 1. Palo Alto, 5K.

### Division Results - Men

Overall Winners: 1. Brian Robinson 16:09, 2. Ronald Goossens 16:14, 3. John Hoch 16:17, 12 & Under: 1. Carlows Avila 20:24, 2. Kevin Murphy 22:44, 3. Ben Strock 24:25, 13-18: 1. Andy Bupp 16:31, 2. Paul Burgess 17:40, 3. Javier Avila 17:54, 19-29: 1. Brian Robinson 16:09, 2. John Hoch 16:17, 3. Jonathan Brooks 16:43, 30-39: 1. Ronald Goossens 16:14, 2. Stacy Geiken 16:33, 3. Glenn Carpenter 16:36, 40-49: 1. Jose Garcia 17:07, 2. Jim Hampton 17:23, 3. Ron Kyono 17:56, 50-59: 1. Jim Turner 19:04, 2. Gerry Czarnanska 20:20, 3. Charles Bolsford 22:05, 60-69: 1. Don Anhorn 23:47, 2. Bob Ross 24:27, 3. Glenn Siewert 26:19, 70 & Over: 1. Donald Mullennix 28:03.

### Division Results - Women

Overall Winners: 1. Anna Marie Hagans 18:38, 2. Ingrid Smith 19:23, 3. Kerry Brogan 19:26, 12 & Under: 1. Michelle Kyono 20:16, 2. Francine Aquí 20:37, 3. Elena Garcia 24:51, 13-18: 1. Cyndi Lee 21:55, 2. Tracy Kneel 27:56, 3. Jennie Delgado 30:33, 19-29: 1. Anna Marie Hagans 18:38, 2. Kerry Brogan 19:26, 3. Sheri McCarroll 19:51, 30-39: 1. Ingrid Smith 19:23, 2. Janet Chapman 22:07, 3. Joyce Pimental 22:12, 40-49: 1. Rhonda Dyr 23:18, 2. Barbara Stone 25:44, 3. Margaret Delano 27:35, 50-59: 1. Rita Kerr 24:17, 2. Diane Bromstead 24:49, 3. Halle Hewitt 26:42, 60-69: 1. Annie Siewert 30:28, 2. Diana Smith 36:57.

## Big Basin Marathon

April 7. Big Basin State Park.

### Overall Results - Marathon

1. Bob Sickland (43) Santa Cruz 3:31:42, 2. Bill Lane (40) Ben Lomond 3:37:44, 3. Andrew Brown (25) Milpitas 3:46:52, 4. Jim Wholey (43) Saratoga 3:48:02, 5. Howard Daniel (56) Oakland 4:11:22.

### Overall Results - Half Marathon

1. Joseph Karnes (24) Monterey 1:19:10, 2. Jeff Brodine (24) Santa Clara 1:22:34, 3. Charlie Veruti (38) Soquel 1:24:51, 4. Alfonso Esquivel (37) Cupertino 1:25:00, 5. Harvey Solomon (42) Ben Lomond 1:27:37, 6. Tom Dembski (26) Aptos 1:28:00, 7. Gerry Armstrong (43) Berkeley 1:28:19, 8. David Nakashima (42) Salinas 1:28:30, 9. Michael Rose (33) Union City 1:29:10, 10. Mark Muraoka (27) Mt. View 1:31:02, 11. Bruce Rittman (25) San Jose 1:31:06, 12. Fritz Kohne (52) Palo Alto 1:31:20, 13. Don Matthews (46) Sacramento 1:31:25, 14. Kim Walker (37) Mt. View 1:32:53, 15. Tom Nast (31) Fremont 1:33:40, 16. Art Munoz (38) Scotts Valley 1:33:48, 17. Brad Christie (33) Castro Valley 1:36:45, 18. Buc Yates (33) Campbell 1:36:57, 19. Helen Hull (31) Sacramento 1:38:55, 20. Gary Halsey (37) Felton 1:39:30.

### Overall Results - 10K

1. Neal Litman (40) San Carlos 58:59, 2. Jacklyn Litman (39) San Carlos 1:00:30, 3. Patricia Daltorre (28) Los Gatos 1:02:00.

## Firebaugh-Mendota Rotary River Run

April 7, Firebaugh, 6 MI. & 3 MI. & 1 MI.

### Division Results - 6 MI

Overall Winners: 1. David Barboa 55:05, Senior Men (30-39): 1. Mike Brooks 38:01, 2. Jimmie Isias 44:43, 3. Brian Tartarian 47:21, Masters Men (40 & Over): 1. Jack Aaron 44:25, 2. Roger Boedecker 44:29, 3. Chris Denny 46:13.

Open Women: 1. Peggy Boedecker 46:50, 2. Jackie Ryle 49:00, 3. Mary Ann Barosa 49:23.

### Division Results - 3 Mile

Open Men: 1. Jose Renteria 16:27, 2. Art Villegas 16:35, 3. Terry Davis 19:50, High School Boys: 1. Eduardo Puertas 19:32, 2. Will Coit 22:53, 3. Mario Sari 26:14.

Women Under 30: 1. Tammy Armbruster 28:12, Women 30 & Over: 1. Helene Miller 26:50, 2. Laura Halpen 26:52, 3. Babette Fischer 32:33.

### Division Results - 1 Mile

Boys 12 & Under: 1. John Brooks 7:25, 2. Richard Aredondo 9:57, 3. Derek West 12:43, Girls 12 & Under: 1. Monique Islas 7:25, 2. Susie Islas 9:41, 3. Lync Fischer 17:05.

## Steamroller 100K

April 7. Lake Hughes.

### Overall Results

1. Larry Goodman (35) 11:23:15, 2. Baz Hawley (48) 11:51:20, 3. John Rosmus (41) 11:56:30, 4. Russell Moore (50) 12:29:09, 5. Rico Ramirez (45) 12:35:24, 6. Hal Winton (58) 12:59:39, 7. Earl Highbee (41) 13:10:15, 8. Robert Robak (37) 13:26:20, 9. Sue Gimpl (43 F) 13:36:12, 10. John Jordan (44) 14:41:35, 10. Pam Smith (36 F) 14:41:35.

12. Josef Luptowitz (46) 14:42:56, 13. Allen Reid (49) 14:47:11, 14. Richard Bellanta (38) 14:52:66, 15. Dan Harshburger (42) 14:53:05, 16. Bill Dickey (50) 15:11:33, 17. Gary Miller (52) and Byron Melendy (48) 15:30:04, 19. Bill Gebbie (47) and Robert Loyer (52) 15:37:04.

## Wetlands Preserv.'90

April 7. Torrance, 3K, 5K & 10K.

### Division Results - Men's 10K

Overall Winners: 1. Damien Curry 32:56, 2. Kerry Pascoe 33:04, 3. Frank Figueroa 33:51, 12 & Under: 1. Sam Harang 41:55, 2. Billy Stow 46:30, 3. Seth Dvidowitz 1:05:36, 13-18: 1. Michael Reznick 17:57, 2. Yoshi Nakatani 46:11, 19-24: 1. Efrain Vargas 34:55, 2. David Myers 39:11, 3. Gene Dellamagiore 41:09, 25-29: 1. Damien Curry 32:56, 2. Frank Figueroa 33:51, 3. Tony Gerbino 33:58, 30-34: 1.



JULIE MATTESON-GUZMAN

Photo by Long Photography

Kerry Pascoe 33:04, 2. Jose Llorenio 34:30, 3. Kevin Galbraith 36:35, 35-39: 1. Jose Rodriguez 36:24, 2. Dya Singh Khalsa 37:11, 3. Jim Adams 38:48, 40-44: 1. Tom Williams 36:39, 2. Michael Smith 37:03, 3. Bob Asada 41:48, 45-49: 1. Dan Ashimine 37:06, 2. Bernard Dav is 40:55, 3. Marty Freedman 44:52, 50-54: 1. Andre Tocco 39:39, 2. John Gillai 41:03, 3. Claude Bruni 41:04, 55-59: 1. Art Gredricks 45:38, 2. Bob Strobel 50:21, 3. Louis Piscacane 50:51, 60-64: 1. Milo Sather 45:14, 2. Ellis Revnass 45:31, 3. Luis Cordova 50:49.

# RESULTS

## Division Results - Women's 10K

Overall Winners: 1. Julie Matteson-Guzman 37:05, 2. Vicky Masten 41:44, 3. Merle Heimberg 41:56. 12 & Under: 1. Shannon Conley 57:20, 13-18: 1. Maria Sanchez 46:05, 19-24: 1. Vicky Masten 41:44, 2. Patti Warner 52:34, 3. Gussie Dunstan 55:51, 25-29: 1. Val Leatherwood 42:03, 2. Catherine Cussaguet 45:46, 3. Kirsten Kellholer 48:19. 30-34: 1. Julie Matteson-Guzman 37:05, 2. Kathy Yamazawa 43:57, 3. Lonny Blok 45:16, 35-39: 1. Merle Heimberg 41:56, 2. Debra Warren 48:24, 3. Betsy Morris 51:41, 40-44: 1. Amy Fredericks 46:38, 2. Diana King 50:39, 3. Eiko Petty 52:16, 45-49: 1. Sue Stolz 48:57, 2. Joyce Ashimine 54:10, 3. Dorothy Doyle 1:03:54, 50-54: 1. Adrienne Fowler 54:05, 2. Janet Beauchamp 57:56, 3. Barbara Larsh 1:05:31, 55-59: 1. Virginia Marsh 1:25:26, 70-74: 1. Mem Howe 56:00.

## Division Results - Men's 5K

Overall Winners: 1. David Monroe 15:42, 2. Ryk McDorman 16:02, 3. Ari Schauder 16:17, 12 & Under: 1. Josh Ambrose 23:05, 2. Brian Stonerock 23:36, 3. Steven Rojas 26:34, 13-18: 1. Rullio Lopez 17:00, 2. David Flores 17:14, 3. Marc Chodos 19:01, 19-24: 1. Ari Schauder 16:17, 2. Dana Stapp 16:38, 3. Frank Segura 17:10, 25-29: 1. David Monroe 15:42, 2. Ryk McDorman 16:02, 3. Steve McMillin 17:15, 30-34: 1. Lee Berg 18:33, 2. Michael Rick 19:01, 3. Buck Mihaupt 21:00, 35-39: 1. Bob Streets 17:06, 2. Jeffrey Adams 18:20, 3. Bill Schweinfurth 20:07, 40-44: 1. Lou Briones 19:03, 2. Kenneth Perry 19:33, 3. David Ingram 19:56, 45-49: 1. Catalino Gonzalez 17:27, 2. Glenn Gorelick 18:56, 3. Geoffrey McCarron 24:38, 50-54: 1. Sonny Monioz 17:29, 2. Tom Hanson 18:59, 3. John Cosgrove 19:22, 55-59: 1. Micky Fridley 22:37, 2. Bob Mandler 27:24, 3. Don Thibodo 29:07, 60-64: 1. Tshuheli Meki 26:39, 2. Sol Zwim 31:20, 3. Don Carey 31:48, 65-69: 1. Reese Walton 25:20, 2. Jack Mehlman 26:58, 75 & Over: 1. Ed Stotsenborg 24:16, 2. Dean Scofield 32:56.

## Division Results - Women's 5K

Overall Winners: 1. Annie Seawright 17:47, 2. Penny Graves 18:12, 3. Irina Diaz 19:58, 12 & Under: 1. Kimberly Kattari 31:23, 2. Jennifer Lambright 33:50, 3. Paula Bergen 35:12, 13-18: 1. Amy Ellis 23:32, 2. Susie Flynn 28:32, 3. Jennifer Stolla 29:44, 19-24: 1. Annie Seawright 17:47, 2. Penny Graves 18:12, 3. Irina Diaz 19:58, 25-29: 1. Betsy Shepp 21:59, 2. Susan Cook 24:05, 3. Marcie Davis 24:20, 30-34: 1. Kathy White 21:54, 2. Stephanie Ober 25:04, 3. Jenece Johnson 26:06, 35-39: 1. Murren Miller 24:51, 2. Roxanne Stonerock 30:36, 3. Erin Schwartz 31:06, 40-44: 1. Lynda Huey 24:04, 2. Anita Sack 26:43, 3. Norma Chodos 27:45, 45-49: 1. Maria Hargett 24:45, 2. Cathy Fickes 26:09, 3. Leslie Leutwiler 28:15, 50-54: 1. Simone King 24:14, 2. Meredith Johnson 27:22, 3. Linda Weissburg 27:28, 60-64: 1. Selma Mehlman 32:04, 2. Neysa Pickens 35:21, 3. Helen Carter 49:35.

## Division Results - 3K Walks

Men-Overall Winner: 1. Jules Cochot 15:12, 12 & Under: 1. Andrew Parsel 15:48, 19-24: 1. Jerome Traubner 19:06, 30-34: 1. Mike Robinson 18:04, 35-39: 1. Paul Laplante 19:16, 40-44: 1. Rafael Martinez 16:25, 45-49: 1. Jules Cochot 15:12, 50-54: 1. Jack Sanguinet 16:22, 55-59: 1. William Parker 16:04, 60-69: 1. Mike Logan 15:26, 75 & Over: 1. Bob Dabbay 20:10.

Women-Overall Winner: 1. Nancy Wally 12:04, 12 & Under: 1. Hadley Moio-Johnson 19:36, 13-18: 1. Lisa Riggs 19:02, 19-24: 1. Olga Rodriguez 17:19, 25-29: 1. Sheri Altman 17:28, 30-34: 1. Cassie Hobbs 14:22, 35-39: 1. Holly Osborne 14:34, 40-44: 1. Nancy Wally 12:04, 45-49: 1. Verda Verda 14:35, 50-54: 1. Yolanda Beiras 21:10, 55-59: 1. Barbara Shaffner 46:49, 60-64: 1. Jean Morley 20:19.

## NorCal Bi-Series #1

April 8, Sacramento.

### Overall Results - Men

1. Rick Dillon (27) 1:17:04, 2. Idaho Spud (28)

1:18:24, 3. Carlos Lomba (25) 1:19:14, 4. Dwight Miller (32) 1:20:05, 5. Dave Liotta (20) 1:20:06, 6. Gary Chamberlin (43) 1:20:30, 7. Brad Fink (24) 1:21:17, 8. Thomas Faulkner (22) 1:21:45, 9. Cliff Diamond (29) 1:21:53, 10. Jim Larrieu (30) 1:22:31.

### Overall Results - Women

1. Lisa Youmans (28) 1:31:28, 2. Carolyn Kovacovic (39) 1:31:54, 3. Laura Grover (24) 1:33:09, 4. Holly Potter (31) 1:33:36, 5. Ginger Orr (29) 1:34:31, 6. Leslee Parr (34) 1:36:06, 7. Natalie Hebborn (43) 1:36:43, 8. Lisa Homen (31) 1:39:19, 9. Sharon Goldau (27) 1:40:19, 10. Patricia Balding (32) 1:41:42.

### Division Results - Men

15-19: 1. John Whitney 1:23:00, 2. Roger Forest 1:25:56, 3. Anthony Brantley 1:26:30, 20-24: 1. Dave Liotta 1:20:06, 2. Brad Fink 1:21:17, 3. Thomas Faulkner 1:21:45, 25-29: 1. Rick Dillon 1:17:04, 2. Idaho Spud 1:18:24, 3. Carlos Lomba 1:19:14, 30-34: 1. Dwight Miller 1:20:05, 2. Jim Larrieu 1:22:31, 3. Cliff Coates 1:23:31, 35-39: 1. Roddo Farley 1:25:45, 2. Gregory Coit 1:26:20, 3. Ken Blawat 1:27:14, 40-44: 1. Gary Chamberlin 1:20:30, 2. Kent Robison 1:27:17, 3. Frank Alderete 1:29:54, 45-49: 1. Tom Davies 1:28:07, 2. Russell Clough 1:34:00, 3. John Herren 1:37:33, 50-54: 1. Gary Nolan 1:30:04, 2. Jim Turner 1:36:21, 3. Robert Smith 1:37:02.

### Division Results - Women

20-24: 1. Laura Grover 1:33:09, 2. Victoria Thorp 1:47:46, 25-29: 1. Lisa Youmans 1:31:28, 2. Ginger Orr 1:34:31, 3. Sharon Goldau 1:40:19, 30-34: 1. Holly Potter 1:33:36, 2. Leslee Parr 1:36:06, 3. Lisa Homen 1:39:19, 35-39: 1. Carolyn Kovacovic 1:31:54, 2. Debbie Harrang 1:49:22, 3. Beverly Yahn 1:50:54, 40-44: 1. Natalie Hebborn 1:36:43, 45-49: 1. Linda Winter 1:49:35.

### Pro Division

Men: 1. Matt Gary 1:13:09, 2. Mac Williamson 1:15:07, 3. Bryan Fahrenbach 1:15:20, 4. Deon Lourens 1:18:44, 5. Nathan Smith 1:17:49. Women: 1. Joan Alley-Smith 1:25:07, 2. Colleen Gallagher 1:25:50, 3. Gail Laurence 1:27:04, 4. April Powers 1:27:24, 5. Liz Long 1:31:58.

### Relay Teams

Men: 1. Martin Dean 1:20:35. Women: 1. Dee Dee Grafius 1:34:18, 2. Peggy Pendergast 1:41:05, 3. Blanca Topper 1:53:00. Mixed: 1. Valerie Bluett 1:22:20, 2. Shaun McCabe 1:27:22, 3. Bill Broyle 1:45:37.

## Apple Juice Run

April 8, Sebastopol, 10K & 2 Mile.

### Overall Results

Men's 2 Mile: 1. Jim Coughlin (St. Helena) 10:13, 2. Jim Noonan (Santa Rosa) 10:18, 3. Ron Smith (Geyserville) 10:19. Women's 2 Mile: 1. Cindi Williams (Santa Rosa) 11:42, 2. Nika Horn (Santa Rosa) 11:48, 3. Pam Richardson (Santa Rosa) 12:34. Men's 10K: 1. Christopher Schallert (Santa Rosa) 32:01, 2. Richard Dale (Santa Rosa) 33:36, 3. Bruce Linscott (Fairfax) 34:14. Women's 10K: 1. Shawn Ryan (Rohnert Park) 39:40, 2. Claire Pirie (Sebastopol) 39:49, 3. Sally Cataldo (Santa Rosa) 40:10.

## Coyote Hills Runs

April 8, Fremont, 10K & 2 Mile.

### Division Results - Men's 10K

19 & Under: 1. David Roberts 35:56, 2. Brian Dibrowicz 38:45, 3. John Soyomir 38:47, 20-29: 1. Jack Hegarty 32:21, 2. Tom Carlton 33:18, 3. Erik Vanderburg 34:21, 30-39: 1. Michael Plummer 33:33, 2. Ernie Reith 33:50, 3. Dan Anderson 34:10, 40-49: 1. Roger Zoldan 35:54, 2. Ron Kyono 36:11, 3. Jerome Woelhl 37:29, 50-59: 1. Rung Neblung 40:04, 2. Gary Borcharadt 42:50, 3. John Bean 43:36, 60 & Over: 1. Oliver Bruce 44:17, 2. Jock Mills 1:02:09, 3. Tony Marshall 1:11:07.

### Division Results - Women's 10K

19 & Under: 1. Jane Edwards 50:46, 2. Mandy Szece

sei 50:53, 3. Aurora Goss 55:13, 20-29: 1. Elizabeth Nast 41:29, 2. Michele Chambers 41:37, 3. Deanne Thomasson 42:18, 30-39: 1. Laurie McCoy 41:54, 2. Monica Chodor 44:08, 3. Janet Greenhalgh 44:31, 40-49: 1. Karen Burke 47:55, 2. Eileen Vesely 48:59, 3. Evelyn Delgado 49:15, 50-59: 1. Rose Nay 47:44, 2. Diane Bromstead 48:49, 3. Ruth Birman 55:34, 60 & Over: 1. Joan Williams 1:17:53.

## Dog's Best Friend Run

April 8, Palo Alto, 5K.

### Division Results - Male

Overall Winners: 1. Paul Burgess 16:50, 2. Rick Brues 17:14, 3. Pete Stefanisko 17:19. Small Award Winners: 1. Guy Van Natta 18:24, 2. Bill Vanloo 21:41, 3. Trevor Weeks 21:49. Medium Award Winners: 1. Paul Burgess 16:50, 2. Tony Walsh 17:48, 3. Rob Nast 18:50. Large Award Winners: 1. Rick Brues 17:14, 2. Pete Stefanisko 17:19, 3. Malcolm Carnuhers 18:00.

### Division Results - Female

Overall Winners: 1. Laura Brues 17:13, 2. Tenaya Soderman 20:10, 3. Kathy Mann 20:30. Small Award Winners: 1. Pam Stevenson 22:28, 2. Christina Jennings 25:54, 3. Leslee Emmitt 28:25. Medium Award Winners: 1. Laura Brues 17:13, 2. Tenaya Soderman 20:10, 3. Michelle Coffman 21:52. Large Award Winners: 1. Kathy Mann 20:30, 2. Joann Zimmerman 22:40, 3. Sherry Bullens 22:44.

## 1990 Grand National Biathlon Series

April 14, Del Mar.

### Overall Results - Men

1. Ken Souza (25) Encinitas 40:12, 2. Mac Williamson (25) Del Mar 41:04, 3. Edin Fahy (30) San Diego 41:46, 4. Ricardo Gonzalez (30) Mexico City 41:50, 5. Craig Reynolds (24) LaVerne 41:56, 6. Deon Lourens (24) Solana Beach 42:26, 7. Mikael Frederiksen (30) Oceanside 42:36, 8. Peter DeLaCerde (18) Sylmar 42:40, 9. Wally Buckingham (37) Pacific Beach 43:10, 10. Bob Helmy (28) Encinitas 43:10.

### Overall Results - Women

1. Gina Simon (27) Del Mar 47:58, 2. Tana Roo (29) Carlsbad 48:09, 3. Lynn Polk (29) San Diego 48:28, 4. Holly Stevenson (27) San Diego 49:42, 5. Sheryl McMillan (22) Encinitas 49:43, 6. Sue Miller (32) Aptos 51:37, 7. Marti Ray (40) San Diego 52:01, 8. Elizabeth Kennedy (23) La Jolla 52:04, 9. Rob Benincasa (23) Carlsbad 52:34, 10. Karen Carlson (29) San Diego 52:44.

### Division Results - Men

19 & Under: 1. Peter DeLaCerde 42:40, 2. Matt Capelouto 44:45, 3. Stuart Coulson 45:21, 20-24: 1. Craig Reynolds 41:56, 2. Deon Lourens 42:26, 3. Kyle Batley 43:35, 25-29: 1. Ken Souza 40:12, 2. Mac Williamson 41:04, 3. Bob Hilmy 43:10, 30-34: 1. Edin Fahy 41:46, 2. Ricardo Gonzalez 41:50, 3. Mikael Frederiksen 42:36, 35-39: 1. Wally Buckingham 43:10, 2. Charles Narconk 43:48, 3. Robert Wiegand 43:56, 40-44: 1. Jamie Williams 43:50, 2. Dennis Kaszchke 45:20, 3. Jim Riley 46:29, 45-49: 1. Bud Chrisman 49:05, 2. Denny Desimone 51:23, 3. Robert Inzano 51:38, 50-54: 1. Don Ware 48:28, 2. Tom Morrow 49:52, 3. Chuck Strickland 51:44, 55-59: 1. Ron Smith 49:12, 2. Herb Henderson 56:15, 3. Chris Christlieb 1:40:53, 60 & Over: 1. Wally Evertz 50:52, 2. Donald Dilworth 1:02:08.

### Division Results - Women

20-24: 1. Sheryl McMillan 49:43, 2. Elizabeth Kennedy 52:04, 3. Robyn Benincasa 52:34, 25-29: 1. Gina Simon 47:58, 2. Tana Roo 48:09, 3. Lynn Polk 48:28, 30-34: 1. Sue Miller 51:37, 2. Mary Barsaleau 53:36, 3. Cindy Watson 53:57, 35-39: 1. Cheryl Sivic 56:37, 2. Debbie Ortmann 58:49, 3. Virginia Tinley 59:36, 40-44: 1. Marti Ray 52:01, 2. Evelyn Vanoe 56:54, 3. Shirley Mitchell 58:58, 50-54: 1. Patty Johnson 1:16:48, 2. Helen Geofflin 1:24:38.

## Cuyamaca 50K Trail Race

April 14, Descanso.

Kevin McCarey a former participant in the Olympic Marathon trials is relatively new to trail racing. Kevin has a glittery past of nearly 20 marathons under 2:20, his best being 2:12. Kevin had also just run Catalina Marathon one week prior to this run.

A strong challenge from Tom Cheese who led 25 miles helped to post a record time of 3:36. John Montgomery improved his time by 15 minutes running 4:00, 2 minutes slower than last year's winner Jussi, while still finishing fourth.

Women's winner was Kathy Appleby again this year, improving her time by 30 minutes. Vicki Huffman was second.

### Overall Results

1. Kevin McCarey (35) 3:36, 2. Tom Cheese (31) 3:43, 3. Brent Bakus (33) 3:52, 4. John Montgomery (43) 4:00, 5. David Roth (36) 4:07, 6. Earl Towner (40) 4:09, 7. Steve Harris (37) 4:13, 8. John Cave 4:16, 9. Jim Clover (48) 4:29, 10. Paul O'Conner Smith (38) 4:32. 19. Kathy Appleby (40) 4:46, 23. Vicki Huffman (37) 4:54, 27. Sue Rudolph (37) 5:00, 41. Judy Milkie (40) 5:19, 50. Teresa Kroll (28) 5:25.

## Pear Blossom Run

April 14, Medford, OR.

### Overall Results - Men

1. Matt Cato (31) Portland 49:49, 2. Chad Bennion (25) Eugene 51:04, 3. Shemi Sabag (31) Portland 51:36, 4. Matt Pinder (32) Ashland 51:54, 5. Leonard Hill (37) Klamath Falls 52:48, 6. David Steffens (30) Beaverton 52:59, 7. Scott Buckles (35) Portland 53:02, 8. Scott Williams (27) Beaverton 53:08, 9. Michael Helfman (49) Portland 53:15, 10. Gary Wilson (41) Beaverton 53:22. 11. Jim Hogue (24) White City 53:38, 12. Bob Alexander (33) Newberg 53:50, 13. Kenny White (28) Medford 54:21, 14. Gregorio Ruiz (36) Ashland 54:28, 15. Scott Martin (26) Ashland 54:34, 16. Bill Yeoman (32) Ashland 54:41, 17. Ian Solof (18) Ashland 55:45, 18. Jim Ney (33) Beaverton 55:52, 19. Larry Katz (35) Merwin 56:02, 20. Michael Tyler (42) Toledo 56:07.

### Overall Results - Women

1. Debra Myra (28) Portland 58:52, 2. Deanna Schiedler (25) Mt. Angel 1:00:44, 3. Shelly Giampa (22) Eugene 1:01:34, 4. Kathi Sommer (31) Tualatin 1:03:55, 5. Hilary Simmons (20) Roseburg 1:04:26, 6. Tracy Lewis (21) Gold Hill 1:04:53, 7. Mandi Tribble (36) Eugene 1:05:42, 8. Robbyn Runyon (38) Medford 1:05:47, 9. Mary Smith (40) Portland 1:06:04, 10. Jana James (31) Roseburg 1:06:32. 11. Ellen Miller (27) Ashland 1:06:48, 12. Robin Hobbs (40) Ashland 1:06:49, 13. Virginia Falkowski (39) Klamath Falls 1:07:20, 14. Wendy Simmons (25) Eugene 1:07:55, 15. Leslie Parr (34) Ashland 1:08:27, 16. Peg Brown (33) The Dalles 1:08:33, 17. Ann Hoerber (27) Medford 1:08:48, 18. Mary Fisher (35) Yreka 1:08:55, 19. Allison Jale (29) Eugene 1:10:14, 20. Sandi White (41) Medford 1:10:22.

### Division Results - Men

18 & Under: 1. Ian Solof 55:45, 2. Ron Ames 59:56, 3. Javier Lopez 1:02:49, 19-29: 1. Chad Bennion 51:04, 2. Scott Williams 53:08, 3. Jim Hogue 53:38, 30-34: 1. Matt Cato 49:49, 2. Shemi Sabag 51:36, 3. Matt Pinder 51:54, 35-39: 1. Leonard Hill 52:48, 2. Scott Buckles 53:02, 3. Gregorio Ruiz 54:28, 40-44: 1. Gary Wilson 53:22, 2. Michael Tyler 56:07, 3. Matthew Henderson 56:14, 45-49: 1. Michael Helfman 53:15, 2. Bo Leydan 1:02:14, 3. James Sutherland 1:02:48, 50-54: 1. Roger Daniels 1:00:50, 2. Val Wirthom 1:02:29, 3. Barry Solof 1:02:38, 55-59: 1. John Heprer 1:01:36, 2. Victor Vorseleg 1:08:17, 3. Jack Bowden 1:09:45, 60-64: 1. Boyce Joques 1:08:15, 2. Len Ramp 1:13:25, 3. Bill Stowak 1:13:25, 65-69: 1. Alfred Acord 1:15:44, 2. Leo Gries 1:17:12, 3. Lopaka Schuber 1:23:51, 70-74: 1. Jack Kirkpa-

# RESULTS

trick 1:17.14, 2. Alvin Grahn 1:20:16, 3. Bill Hutchinson 1:24:08.

### Division Results - Women

**18 & Under:** 1. Francis Veit 1:17:27, 2. Elaine Smith 1:23:05, 3. Marnie Brokofsky 1:26:30. **19-29:** 1. Debra Myra 58:52, 2. Deanna Schiedler 1:00:44, 3. Shelly Giampapa 1:01:34, 30-34: 1. Kathi Sommer 1:03:55, 2. Jana James 1:06:32, 3. Leslee Parr 1:08:27, 35-39: 1. Mandi Tribble 1:05:42, 2. Robbyn Runyon 1:05:47, 3. Virginia Falkowski 1:07:20, 40-44: 1. Mary Smith 1:06:04, 2. Robin Hobbs 1:06:49, 3. Sandi Whittle 1:10:22, 45-49: 1. Sharrell Jordan 1:18:03, 2. Penny Esser 1:24:13, 3. Lee Darling 1:25:02, 50-54: 1. Shirley Ingram 1:17:56, 2. Isabella Moser 1:19:05, 3. Norma Smith 1:23:42, 55-59: 1. Daisy Roberts 1:21:57, 2. Susan Means 1:25:29, 3. Jean Irvin 1:26:23, 60-64: 1. Joan Aarsnaul 1:26:45, 2. Catherine Hayes 1:36:56, 3. Betty Gillette 1:37:51, 65-69: 1. Carol Klocke 1:49:43, 70-74: 1. Marie Stafford 1:43:44.

## Three Valleys Half Marathon

April 21, Pinole High School.

### Overall Results - 5K

1. Mike Conway (30) Pleasant Hill 17:23, 2. Armando Repullas (40) Moraga 17:27, 3. Ross Bogert (44) Larkspur 17:47, 4. Rich Barke (53) El Cerrito 19:21, 5. John King (37) Napa 19:31, 6. Dan Hollis (39) Pinole 19:33, 7. Wolf Hillesheim (44) El Sobrante 20:10, 8. Michael Dunn (35) Newark 20:12, 9. Sharlet Gilbert (39) Richmond 20:23, 10. Loree Lee (32) Richmond 20:54.

11. Terrance Hall (13) El Sobrante 21:55, 12. John Mann (34) San Pablo 22:05, 13. John Landberg (24) San Ramon 22:42, 14. Joseph Hickman (10) Pinole 22:49, 15. Frank Lozano (42) San Pablo 23:08.

### Overall Results - Half Marathon

1. Scott Bollig (24) Colorado 1:16:40, 2. C. Morrow (27) Berkeley 1:17:10, 3. Harvey Shawne (19) San Francisco 1:17:45, 4. Irnie Farkas (28) Albany 1:18:05, 5. Susan Putney (27) Berkeley 1:19:10, 6. John Demus (46) Petaluma 1:21:08, 7. Rob Diaz (22) Alameda 1:21:41, 8. Dan Feeley (26) Pinole 1:21:52, 9. Don Hickman (37) Richmond 1:22:09, 10. Arnold Ramos (39) Oakland 1:23:34.

11. George Rehmet (23) San Francisco 1:23:40, 12. Tony Montalvo (27) San Francisco 1:23:42, 13. Hank Baltz (35) San Francisco 1:24:13, 14. Steve Allison (21) Santa Rosa 1:26:03, 15. Wayne Hendricks (43) Novato 1:26:18, 16. Mark Schmidt (24) Hayward 1:26:27, 17. John Hunter (44) San Jose 1:27:28, 18. R. Mestas (31) Berkeley 1:27:40, 19. Terry Speed (47) Berkeley 1:27:46, 20. Josef Desch (28) Livmore 1:27:47.

## Briones Biathlon

April 21, Lafayette.

### Overall Results

1. Larry Nolan 1:31:27, 2. Nathan Smith III 1:34:04, 3. Tony Mavesky 1:34:08, 4. Eric Carlberg 1:34:55, 5. George Erving 1:35:17, 6. Chris Ward 1:35:31, 7. Michael Kenny 1:36:06, 8. Peter Lewandowski 1:36:28, 9. Davis/McNeil 1:37:50, 10. Derick Scovel 1:39:11.

11. David Jochim 1:39:21, 12. John Hodge 1:39:38, 13. David DeLucci 1:39:49, 14. Vincent Gonsalves 1:40:03, 15. Gary Chamberlain 1:40:36, 16. Jake Hartinger 1:40:52, 17. Thompson/Miley 1:41:07, 18. Walker/Szewcmet 1:41:16, 19. Patton/Matsumoto 1:41:27, 20. Don Anderson 1:42:07.

## Laura Stegman 5K

April 21, Lompoc.

### Overall Results

1. Dianna Hall (Santa Barbara) 18:35, 2. Lorraine Mercado (Oxnard) 19:03, 3. Joan Haber (Lompoc) 19:33, 4. Kim Arata (VAFB) 19:52, 5. Amber Nils-

by (Lompoc) 19:57, 6. Betty Jory (Lompoc) 19:59, 7. Kathi Froemming (Lompoc) 21:33, 8. Doris Fredell (Lompoc) 21:53, 9. Lynette Hinman (Lompoc) 22:00, 10. Melanie Jones (Lompoc) 22:32.

### Overall Results - Walkers

1. Diane Byinton 31:09, 2. Jeanie Marsh 37:57, 3. Monica Trouve 38:44, 4. Elizabeth Pierce 39:38, 5. Debbie Williams 40:08.

## Ruth Anderson 100 Kilometer

April 21, Lake Merced, San Francisco.

Running this 5th Annual event was a good field of living legends, including Ruth Anderson, Helen Klein, Dick Collins and Don Choi, and a young man called "Echo Edmondson" who is making his mark in the Ultrarunning world. Echo managed to win, but the rigors of driving up from L.A. and a 143 mile effort up at Santa Rosa left him a little short of the existing Gary Hissard 7:52 record.

Helen Klein turned in a superb 12:09, some 32 minutes below her own 65-69 record and was on a pace to demolish that record even more until a mysterious listing to port slowed her the last 10 or so miles of the run. Helen also surpassed her own 50 mile 65-69 50 mile time with a sparkling 9:04:24. Ruth Anderson had a great day, going 11:00:58 an hour and 25 some odd minutes below Helen's 60-64 record time.

### Overall Results

1. J. Edmondson (47) L.A. 8:06:25, 2. D. Choi (41) S.F. 9:32:12, 3. R. Scollato (43) Sunnyvale 9:37:43, 4. S. Derenzo (48) Pinole 10:24:08, 5. R. Laine (60) San Carlos 11:26:09, 6. R. Anderson (50) Oakland 11:30:58, 7. R. Collins (56) Oakland 11:39:50, 8. H. Klein (67) Rancho Cordova 12:09:17, 9. C. Pajot (44) Carson 12:46:47.

## U Tri 900

April 21, CSU Bakersfield.

### Division Results - Men

**Overall Winner:** 1. Rick Graves 1:04:28, 13-18: 1. Jason Middleton 1:05:51, 19-24: 1. Rick Graves 1:04:28, 25-29: 1. Steve Dakke 1:07:12, 30-39: 1. Richard Conway 1:08:33, 40-49: 1. Mark Ramkey 1:10:54, 50-59: 1. Coby Churchman 1:13:44.

### Division Results - Women

**Overall Winner:** 1. Laura Lowe 1:11:46, 13-18: 1. Kirsten McGorman 1:28:46, 19-24: 1. Lanette Valpredo 1:15:50, 25-29: 1. Laura Lowe 1:11:46, 30-39: 1. Judi Thompson 1:15:12, 40-49: 1. Jane Granskog 1:19:36, 50-59: 1. Becky Whitehead 1:32:25.

## LMJS Fourth Sunday Run

April 22, Lake Merritt, Oakland, 5K & 10K & 15K.

### Division Results - Men's 5K

**19 & Under:** 1. Michael Grimes (Berkeley) 20:27, 20-29: 1. Chris Harris (Berkeley) 17:59, 2. John Spriggs (Oakland) 18:02, 3. Dennis Donovan (Concord) 18:49, 30-39: 1. Chis Palemino (Oakland) 18:47, 2. Jerry Golan (Fl. Lauderdale, FL) 20:26, 3. Chris Saldana (Oakland) 20:01, 40-49: 1. Charles Lawson (Lafayette) 18:29, 2. Harvey Sargent (Alamo) 20:43, 3. Paul Gruber (Berkeley) 21:31, 60-69: 1. Bruce Oliver (Oakland) 21:46, 2. Roland Carrothers (Moraga) 25:34, 70 & Over: 1. John Guinee (Hayward) 26:36.

### Division Results - Women's 5K

20-29: 1. Rebecca Chang (S.F.) 23:35, 2. Alyssa Pinney (Walnut Ck) 24:48, 3. Lisa Paul (S.F.) 25:59, 40-49: 1. Ruth Grimes (Berkeley) 22:02, 2. Dorita Murray (S.F.) 23:22, 3. Lisa Riley (Berkeley) 31:04.

### Division Results - Men's 10K

**19 & Under:** 1. Tony Villar (San Ramon) 50:15, 2. Brian Nelson (San Ramon) 55:42, 20-29: 1. Cassius Titus (Oakland) 35:16, 2. Pat Lepelch (S.F.) 35:39, 30-39: 1. Tom Johanning (Alameda) 38:50, 2. Steve

Pinney (Walnut Creek) 39:02, 3. Clyde Niblett (Oakland) 43:31, 40-49: 1. Don Portacous (Oakland) 35:31, 2. Michael Robertson (Danville) 41:39, 3. Ralph Law (Pleasanton) 43:43, 50-59: 1. Bob Horton (Oakland) 41:04, 2. Ernie Issacs (Berkeley) 41:53, 3. Ralph Bowles (Pleasant Hill) 46:05, 60 & Over: 1. Richard Miller (Oakland) 43:15, 2. Bob DeChene (Danville) 48:26.

### Division Results - Women's 10K

20-29: 1. Heather Oswald (Manteca) 43:30, 30-39: 1. Melinda Morse (Pleasanton) 40:31.

### Division Results - Men's 15K

30-39: 1. Joe Schieffler (Oakland) 53:36, 2. Arnold Ramos (Oakland) 58:59, 3. Dennis Robles (Alameda) 69:47, 40-49: 1. Danny Urbaga (Union City) 55:57, 2. Alphonso Jackson (Oakland) 57:27, 3. Roger Sharpe (Berkeley) 61:02, 50-59: 1. Richard Miller (Kensington) 76:57.

## Cancer Buster Run

April 22, Loma Linda, 5K, 10K & 15K.

### Division Results - Men's 5K

**Overall Winner:** 1. Alan Anzai 16:03, 12 & Under: 1. Ryan McClelland 25:08, 2. Thomas Grenier 25:36, 3. Garner Shepard 26:19, 13-19: 1. Richard Rocklein 18:14, 2. Ryan Earll 22:25, 3. Jason Brayley 22:26, 20-29: 1. Alan Anzai 16:03, 2. Matt Underwood 16:32, 3. Roger Phillips 16:48, 30-39: 1. James Copp 17:09, 2. Douglas Will 17:51, 3. Doug Taraks 17:56, 40-49: 1. Bob McGeough 17:18, 2. Fred Lendsley 18:07, 3. Elber Camacho 18:41, 50-59: 1. Jerry Fulton 21:21, 2. Ernie Lowder 22:45, 3. Ed Begley 23:33, 60 & Over: 1. Mac McCombs 22:49, 2. Adace Crow 26:20, 3. Donald Pim 28:01.

### Division Results - Women's 5K

**Overall Winner:** 1. Brenda Lewis 20:25, 12 & Under: 1. Kara Burr 25:08, 2. Carrie Villanueva 28:29, 3. Melinda Lion 30:01, 13-19: 1. Alissa Clapper 22:17, 2. Diana Weed 22:58, 3. Candace Fuqua 26:42, 20-29: 1. Brenda Lewis 20:26, 2. Mary Guerrero 22:53, 3. Heather Blomley 23:26, 30-39: 1. Carol Richardson 21:31, 2. Pamela Bullock 22:10, 3. Kelley Roadruck 22:57, 40-49: 1. Anne Coy 23:42, 2. Diane Nelson 25:21, 3. Dora Pompa 29:25, 50-59: 1. Ada McAlpine 33:03, 2. Irene Ward 34:07, 3. Betty Braithwaite 35:46, 60 & Over: 1. Barbara Carnahan 33:20, 2. Jeanne Wasserman 40:50, 3. Iris Wise 45:30.

### Division Results - Men's 10K

**Overall Winner:** 1. Todd Nott 33:01, 12 & Under: 1. Christopher Lomas 1:11:27, 13-19: 1. Jeremy Hale 54:05, 2. Matthew Lion 1:00:44, 20-29: 1. Todd Nott 33:01, 2. Carl Rossi 35:29, 3. Harry Hayashi 39:27, 30-39: 1. Carlos Turmes 37:27, 2. Vern Hansen 39:55, 3. Aaron Jordan 40:27, 40-49: 1. Manuel Rojas 36:15, 2. Bobby Roberts 39:47, 3. Ray Anderson 42:25, 50-59: 1. Wally Ingram 40:10, 2. Anthony Gomez 40:35, 3. John Egan 47:58.

### Division Results - Women's 10K

**Overall Winner:** 1. Pat Contreras 39:36, 12 & Under: 1. Vanessa Bristow 54:03, 13-19: 1. Amy Gorsing 48:06, 2. Pam Slaughter 48:07, 3. Ginger Anderson 49:11, 20-29: 1. Teresa Woodside 42:59, 2. Jennifer Dunbar 48:39, 3. Suzanne Fowler 1:02:34, 30-39: 1. Pat Contreras 39:36, 2. Anna Porter 47:19, 3. Valerie Triche 50:38, 40-49: 1. Kim Anderson 51:53, 2. Linda Leroy 52:14, 3. Shodal 58:43, 50-59: 1. Ann Wible 1:01:35, 2. Dee Ann Palmer 1:06:08, 60 & Over: 1. Anna Hollenberg 51:22, 2. Nyla Cook 1:15:19, 3. Betty Gwynn 1:30:43.

### Division Results - Men's 15K

**Overall Winner:** 1. Nelson Rodriguez 54:56, 20-29: 1. Michael Yartzoff 58:04, 2. Barry Landin 1:01:06, 3. Pancho Villar 1:09:39, 30-39: 1. Nelson Rodriguez 54:56, 2. Bert Toma 59:45, 3. Kerl Wedin 1:02:43, 40-49: 1. Danny Contreras 58:44, 2. James Yazzie 1:02:56, 3. Thomas O'Neal 1:04:28, 50-59: 1. Bill Lowry 1:05:19, 2. Don Moore 1:08:05, 3. Jim Perry 1:08:07, 60 & Over: 1. Bob Koch 1:10:08, 2. Clarence Carnahan 1:17:44, 3. Mort Kanter 1:19:25.

### Division Results - Women's 15K

**Overall Winner:** 1. Shelly Bancroft 1:06:57, 20-29: 1. Shelly Bancroft 1:06:57, 2. Kari McCloskey 1:11:27,

3. Frances Dodson 1:12:06, 30-39: 1. Jennie Gilbert 1:09:42, 2. Lynn Butler 1:25:43, 3. Cheryl Cohen 1:26:12, 40-49: 1. Porfa Cornell 1:13:38, 2. Margit Perry 1:25:45, 3. Lynn Smith 1:44:29, 60 & Over: 1. Lilian Miller 1:27:24.

## Health Awareness Jamboree

April 22, Lakeport.

### Overall Results

1. Jim Longwith (44) 32:26, 2. Peter Stanley (37) 33:12, 3. Ken Boike (40) 34:02, 4. Dylan Morgan (14) 35:19, 5. Rodger Schwartz (37) 35:49, 6. Glenn Walters 37:20, 7. Paul Farley (45) 37:54, 8. Jose Aponte (35) 42:55, 9. Linda Alexander (38) 43:06, 10. Susan Taylor (40) 44:43.

### Overall Results - Cardiac Walk

1. Albert Foley (55), 2. Walt Southard (46), 3. Peter Treliakoff (51), 4. Nicole Aponte, 5. Carolyn Treliakoff (44).

## Laguna Beach 10K Classic

April 22, Laguna Beach.

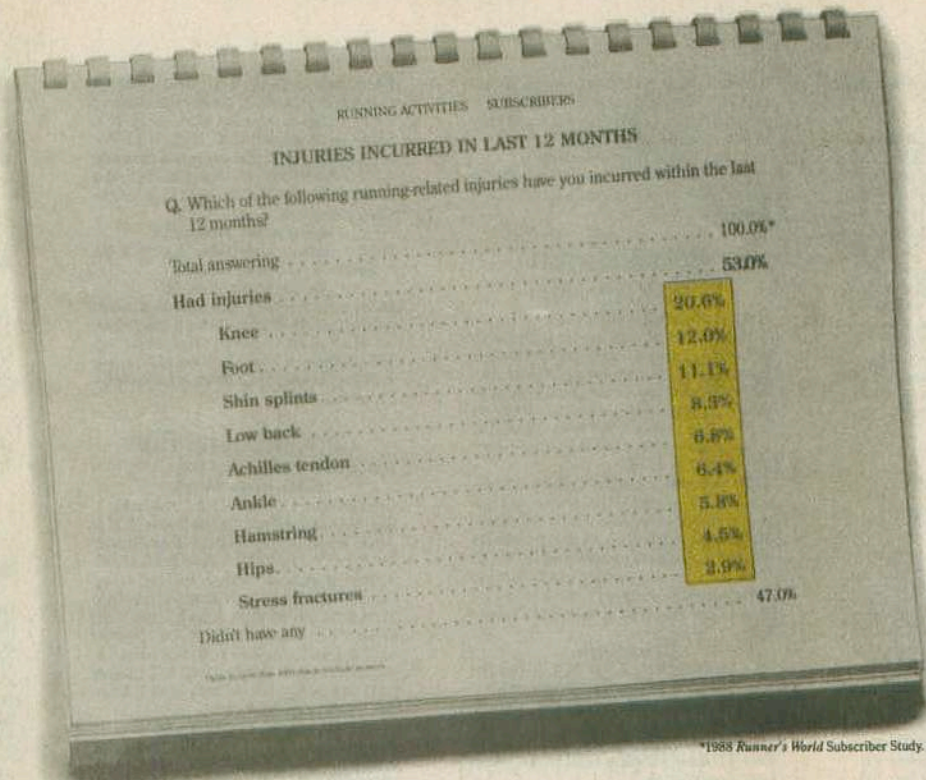
### Division Results - Men

**Overall Winners:** 1. Pete Vicencio 31:53, 2. Mark Hulme 32:02, 3. Paul Cook 32:04, 10 & Under: 1. Brandon Dale 35:11, 2. Brandon Von Guenther 47:11, 3. Jon Schneiderman 49:23, 11-14: 1. Shannon Tibbs 37:52, 2. Andy Scott 38:26, 3. Terry Ghiselli 41:19, 15-18: 1. Mike Farrell 33:10, 2. Ole Seidel 35:09, 3. Adam Ripley 35:12, 19-29: 1. Pete Vicencio 31:53, 2. Mark Hulme 32:02, 3. Antonio Holgun 32:08, 30-34: 1. Dan Davies 32:10, 2. Derrick May 32:17, 3. Thomas Mountain 32:50, 35-39: 1. Paul Cook 32:04, 2. Mike Lozoya 34:33, 3. Larry Emerson 35:20, 40-44: 1. Joe Alvarado Jr. 33:44, 2. Bill Sumner 34:20, 3. Earl Townner 34:56, 45-49: 1. Tom Burns 33:25, 2. Ron Hanson 36:01, 3. Dave Carter 36:05, 50-59: 1. Alan Wakling 37:14, 2. Ron Navarette 37:25, 3. David Rusler 40:02, 60-69: 1. Wally Evertz 39:13, 2. Marcel Diraion 42:44, 3. Sal Chaidze 45:42, 70 & Over: 1. Bill Nice 49:12, 2. Hank Kogel 51:41, 3. Tom Hillman 55:38.

### Division Results - Women

**Overall Winners:** 1. Kimberlee Campo 35:55, 2. Jennifer Thomas 36:25, 3. Kirsten Peterson 37:19, 10 & Under: 1. Megan McGowan 43:18, 2. Stephanie Kyle 47:51, 3. Aaron Krinsky 57:02, 11-14: 1. Susan Nitao 47:52, 2. Jenny Fowken 48:27, 3. Carrie Redfern 51:12, 15-18: 1. Brandi Cumin 42:33, 2. Robin Logue 44:31, 3. Christine Nguyen 45:04, 19-29: 1. Jennifer Thomas 36:25, 2. Kirsten Petersen 37:19, 3. Andrea Wynne 39:40, 30-34: 1. Kimberlee Campo 35:55, 2. Shirley Tomal 41:10, 3. Margie Sexton 41:48, 35-39: 1. Lori Coker 38:40, 2. Trish Pierson 39:43, 3. Kimberly Schaeffer 41:41, 40-44: 1. Jan Vickers 39:35, 2. Debbie Wilkinson 41:14, 3. Karen Bancroft 42:55, 45-49: 1. Sally Adam 41:11, 2. Sandi Carter 43:13, 3. Susan Alexander 48:39, 50-59: 1. Joan Jeter 45:11, 2. Barbara Camp 49:05, 3. Judy Martin 49:08, 60-69: 1. Margaret Gill 58:07, 2. Dee Roberts 1:04:53, 3. Anna Griffith 1:10:33, 70 & Over: 1. Lois Edds 56:05, 2. Thelma Gail 1:13:22, 3. Lucie Adney 1:19:02.

# Research.



# Development.



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