

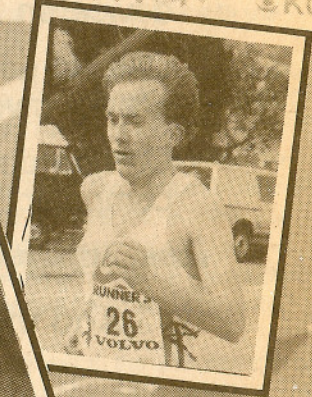
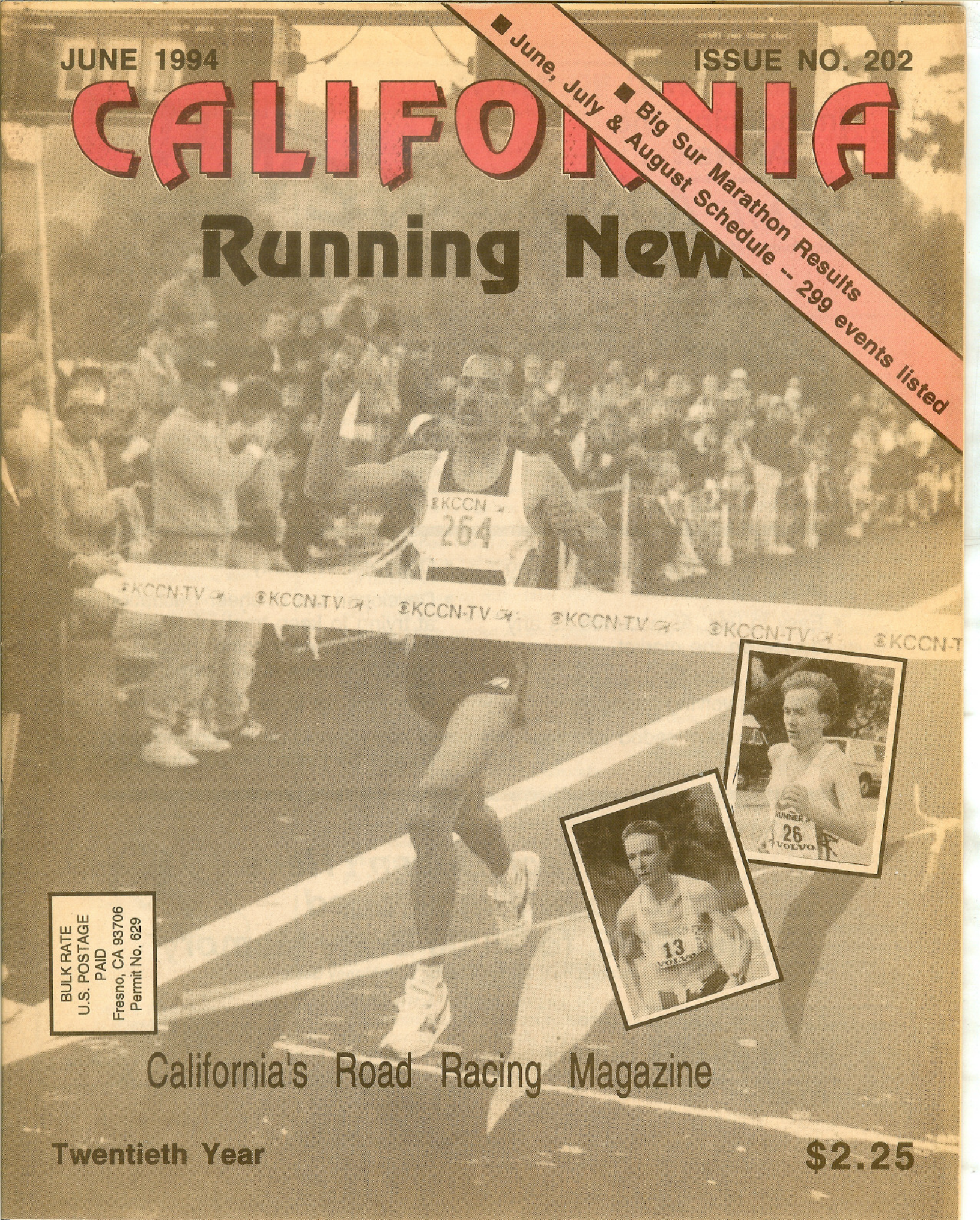
JUNE 1994

ISSUE NO. 202

CALIFORNIA

Running News

June, July & August Schedule -- 299 events listed
Big Sur Marathon Results



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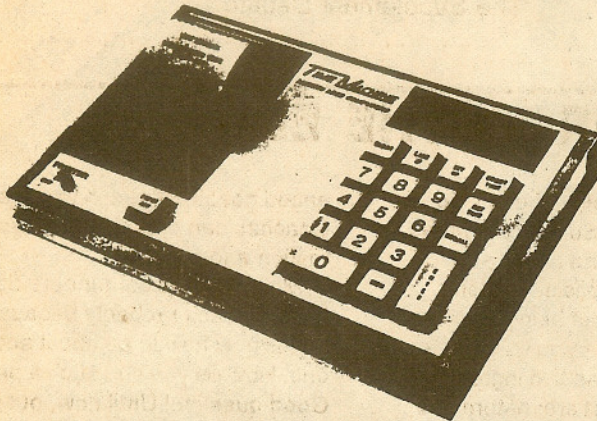
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FROM THE EDITOR

One goal of nearly all runners is "to be able to run faster." Sure, the rewards of a healthy lifestyle and physical fitness are far more beneficial and long lasting than are PRs, but being able to measure our progress by running faster is a great motivator. The two ingredients in being able to run fast are: nature and nurture.

The ingredient based in nature is centered around how well each of us picked our parents with respect to genetically predisposed running ability. Most of us didn't have anything to say about it when our Maker handed out such gifts as muscle composition and VO2 max. In a sense, we all have to work with the cards we have been dealt.

It's how you play your cards that will make the big difference in how fast you run. You can do something to maximize the running potential, no matter how great or small, you inherited. It basically boils down to technique, training and treatment. Technique involves the use of mechanical, physiological and nutritional principles to produce efficiency, strength, endurance and energy. Training has to do with the proper application of these principles in a systematic, developmental program. Treatment deals with replenishing and restoring the body in the course of applying the principles.

There is a lot to know regarding technique, training and treatment. Hopefully *California Running News*, along with other publications and books, can help you forge your trail to successfully running faster. Probably the best method to incorporate sound technique, training and treatment principles is with an experi-

enced coach trained in these areas. Coaches can provide inspiration, information and support.

Most post-school runners do not have a coach probably because they don't know how to go about acquiring one. How do you find such a person? Good question! Until now, out-of-school runners, have had to rely on chance and word-of-mouth. However, the Road Runners Club of America has just published a 24-page booklet entitled "How to Find a Running Coach," written by Hal Higdon. The booklet is written specifically to help runners locate a distance running coach and to learn how to use him/her.

Another less noble way to run a faster time is to run a course with a reputation for being fast. *Runners World* recently listed the nation's fastest courses. Local events included the Fontana Days 5 & 10K, the Carlsbad 5000, and the Las Vegas Marathon. Fontana and Las Vegas are downhill and may be wind-aided. Carlsbad has fast fields and crowd involvement.

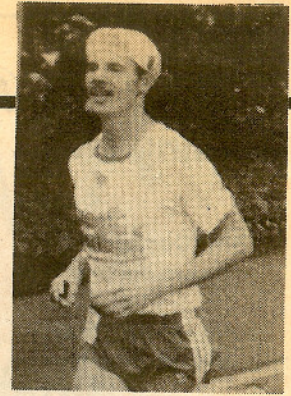
Hope to see you at the San Francisco Marathon on July 31. San Francisco isn't known for it's exceptionally fast time. The unique city-wide course makes up for it with plenty of appeal for runners of all levels. And, who knows, if you play your cards right, you might even get a PR. Best wishes! --B.C.

ON THE COVER: San Franciscan **SAKHRI AZZEDDINE** finished the Big Sur 5K in first place in 15:02. Marathoners **CHAD BENNION** (Utah) and **KIM MARIE GOFF** (Rhode Island) traversed the scenic Big Sur course to win first place honors. See results beginning on page 26.

Photos by Bill Cockerham

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 (Wednesday)

Davis: Humpday 5K, Location TBA, 6 p.m. A Change of Pace, 221 G St., Suite 205, Davis 95616 (916/757-6017).

June 4 (Saturday)

Los Altos Hills: Bay Area Corporate Relays & T&F Events (5K Road Race & Track (relays), Field Events), Foothill College, 8 a.m./5K, 10 a.m./Track. Kay Donnelly, BACAA, P.O. Box 898, Menlo Park 94026 (415/573-4703).

Pt. Reyes: Pt. Reyes Wildcat 25K/7M/Marathon, Five Brooks (Hwy. 1 btwn. Olema & Stinson Beach), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sonoma: Sears Point Outdoor Fest, 5K/10K Runs, Mtn. Bike Criteriums, In-Line Skating, Duathlons, etc., Sears Point Raceway, 8:30 a.m.-4 p.m. ABK Sports, 101 Casa Buena, #F, Corte Madera 94925 (415/927-8835).

Sacramento: Tri For Fun Triathlon Series #1 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Pollock Pines: Run of the Pines 5K/10K/Half-Marathon, 9 a.m. Cheryl Ness, Box 1681, Pollock Pines 95726 (916/647-2045).

Aptos: Forest of Nisene Marks Marathon, Half-Marathon & 5K, Aptos Village Park, 8 a.m./marathon & half-marathon, 8:30 a.m./5K. Santa Cruz Lions, P.O. Box 477, Santa Cruz 95061 (408/458-9984 or 427-2524).

Fort Ord: Saturday Matinee Sprint Triathlon (500yS-12mB-3mR), Ft. Ord Swimming Pool, 9 a.m. Vincent/Lynne Kosorek, 752 Jessie St., Monterey 93940 (408/373-7403).

Arroyo Grande: Ranchita Estates 25/50 Mile Endurance Ride and 25 Mile Ride & Tie. California Sports Mktg., P.O. Box 794, Morgan Hill 95037 (Dan Barger: 408/776-3035; Lanette Trott (805/481-7376).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Santa Maria: Elks Parade Route 5K Road Race, Minami Center (600 W. Enos), 8:30 a.m. S.M.L.S.A., P.O. Box 2126, Orcutt 93457 (805/937-8913; 934-3012).

Santa Barbara: Historic El Paseo State Street Mile, Santa Barbara A.C., 8 a.m. (different age-group start times). Info: 805/687-1508.

Ventura: Making Strides Against Cancer, 5 Mile Move-Along-Athon, 8 a.m. Info: American Cancer Society (805/656-3437).

Pomona: American Cancer Society & Polish American Congress Making Strides Against Cancer, 5K/10K, Cal State Polytechnic Univ., 7:30 a.m. Info: 818/577-9797.

Newport Beach: Making Strides Against Cancer 5K & 1K Kids Dash,

Newport Dunes (Back Bay Dr.), 9 a.m. Info: Connie Edwards (714/751-0441).

Mt. Soledad: Making Strides Against Cancer, 5K Move-Along-Athon, DeAnza Cove, 7 a.m. Info: American Cancer Society (619-299-4200).

Corona del Mar: Corona del Mar Scenic 5K & 2 Mi. Fun Run, above State Beach, 7:30 a.m. Info: Sue Stein (714/644-3151).

Fontana: Fontana Days Half-Marathon & 5K, City Hall, Time TBA. Fontana Community Services Dept., 9460 Sierra Av., Fontana 92335 (909/350-7635).

Rosarito Beach, Baja Calif. (Mexico): Festival de Primavera 5K/10K & 1 Mi. Fun Run, 7:45 a.m./1 Mi., 8 a.m./5K, 8:10 a.m./10K. The Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Las Vegas, NV: LVTC 5K/2M, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tommy Hodges, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

June 5 (Sunday)

Nevada City: Gold Country Marathon, Half-Marathon, 10K & 5K, Pioneer Park, 6:30 a.m./Mara., 7:30 a.m. Nick Vogt, 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Ukiah: Russian River Runs, Half-Marathon, 8K & Kids' 2K, 2600 East Side Rd., 6 a.m./Half, 8 a.m./8K, 9:30 a.m./2K. No. Coast Striders, P.O. Box 1556, Ukiah 95482 (707/462-3329).

Sonoma: Hit the Road Jack 2.3 M/10K, The Square (First St. East &

SCHEDULE

Spain), 8 a.m. Ron Narlock, 601 Siesta Way, Sonoma 95476 (707/744-1573).

San Francisco: Statuto 8K, Italian A.C. (1630 Stockton), 9 a.m. S.F. Italian A.C., 1630 Stockton St., San Francisco 94133 (415/781-0166).

Mill Valley: DSE Practice Dipsea, 6.8 Mi., Old Mill Park to Stinson Beach, 8 a.m. Info: 415/978-0837.

Redwood City: Sequoia Hospital's "Run By The Bay" 10K/5K/1M, Port of Redwood City, 8 a.m. Desiree Pickert, Sequoia Hospital, 170 Alameda de las Pulgas, Redwood City 94062 (415/367-5219).

Palo Alto: Bayshore Rotary's "Duck-to-Ducks" Run, 10K, Baylands Interpretive Center, 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (414/329-2342).

San Jose: Alum Rock Run, 10K, Alum Rock Park (Visitor's Center), 8:30 a.m. Gary Hafley, S.J. Police Running Team, 460 Park Av., San Jose 95110 (408/295-0320).

Aptos: Son of Snapperhead Duathlon (3.1mR/18mB/3.1mR), Valencia Elem. School, 8:30 a.m. Northwind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

San Leandro: Shoreline Run, 10K/3K, Fairway & Neptune Drs., 8:45 a.m./3K, 9:05 a.m./10K. San Leandro Recr. Dept., 835 E. 14th, San Leandro 94577 (510/577-3462).

Cayucos: The Cayucos 5K, Hardie Park, 8:30 a.m. Jim Hurley, 1751 Fearn St., Los Osos 93402 (805/528-6576).

Westlake Village: Westlake Florist Flower Run, 5K/10K/1M, Hyatt Westlake Plaza Hotel, 7:30 a.m./5K, 8:15 a.m./10K, 8:30 a.m./1M. Harry Pantelas, 2851 Agoura Rd., Westlake Village 818/889-6408).

Brentwood: Summer Stroll for Epilepsy, 5K Run/Walk, Fontana Valley, 8 a.m. Info: 213/382-7337.

Long Beach: Long Beach 5000, Cal State Univ., 7:30 a.m./Men's Masters, 8

a.m./Women & Walkers, 8:30 a.m./Open. Runners High, 5463 E. Carson, Long Beach 90808 (310/496-4760).

Costa Mesa (listed as Estancia last issue): Fish Fry 5000, 5K Run/2K Walk, Estancia H.S., 7:30 a.m./5K, 8 a.m./2K. Jenny Tavaris, 2323 Placentia Av., Costa Mesa 92627 (714/642-2080).

Mission Viejo: Orange County Performing Arts Triathlon (1.5kS-38kB-10kR), Time TBA. Info: California Athletic Prods. (310/433-4557).

June 7 (Tuesday)

Bakersfield: BTC Handicap 5K #1, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 10 (Friday)

So. El Monte: Friday Evening Runs, 1M/5K/10M, Legg Lake, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

June 11 (Saturday)

Palo Alto: Russian Ridge Skyline 10K/ Half-Marathon/Marathon, Skyline Park (Hwy. 35, 1 Mi. So. of Page Mill Rd.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Oakland: Run Against Racism, 5K/10K, Lake Merritt (Perkins/Bellevue), 8:30 a.m. John Brown Educ. Fund, 220 Ninth St., #443, San Francisco 94103 (415/330-5310).

Antioch: West Coast Triathlon Series #3 (0.5mS-12mB-3.1mR), Contra Loma Regional Park, 7 a.m. Terrasport, John or Kate, 789 E. Sixth St., Chico 95928 (916/894-6210).

Novato: Stafford Lake Biathlon (2mR-10mB or 10kR-40kR), Stafford Lake County Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Petaluma: Casa to Casa 5K, Casa Grande H.S., 9 a.m. Jim Jahakes, 33 Caulfield Ct., Petaluma 94954 (707/778-7796).

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SCHEDULE

Sloughhouse: Sloughhouse Country Run, 5K/10K, (12700 Meiss Rd.), 8:30 a.m. Lou Edgar, P.O. Box 160488, Sacramento 95816 (916/424-2624).

Placerville: Fun, Fitness & Health 5K/10K Run/Walk, 50 Main St., 8:30 a.m. Nutting Chiropractic & Rehab., 50 Main St., Placerville 95667 (916/621-4090).

So. Lake Tahoe: Capt. Robert DeCelle II Memorial Tahoe Relay (30th Annual), 72 Mi. (7-Person Teams), near Hwy 50 & 89 junction, 7 a.m. Robert E. DeCelle, P.O. Box 1606, Alameda 94501 (415/521-9626).

Bakersfield: Big Brothers 5K/10K, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Hesperia: Hesperia Days 5K Run/Walk, 10K & 1 Mi. Runs, Hesperia parade route, Time TBA. Info: Prime Time (909/875-8045).

Long Beach: Sober, Safe & Healthy 3 Mi., Recreation Park, 8 a.m. Finish Line Int'l., 7846 Connie Dr., Huntington Beach 92648 (714/841-5417).

Palos Verdes: Palos Verdes Marathon, 3-Person Marathon Relay & 5K Run (relay is 2x10 miles & 10K), 7 a.m./Marathon & Relay, 8 a.m./5K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310-828-4123).

Las Vegas, NV: LVTC 5M/2M Championships, Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Tom Hodges, P.O. Box 81045, Spring Valley 89190 (702/252-7249).

June 12 (Sunday)

Mill Valley: Dipsea Race, 7.1 Mi. to Stinson Beach, Time TBA (Send SASE for entry...all entry forms mailed out on Apr. 1 only...race fills in 1 week). DIPSEA, Box 30, Mill Valley 94942 (415/381-DIPC).

Brisbane: DSE "Where the Hell is Brisbane" Run, 5 Mi., Yacht Harbor, 9:30 a.m. Info: 415/978-0837.

Mountain View: Stevens Creek Trail Blazer Race, 10K Run & 5K Walk, off Shoreline Blvd. near Shoreline Park, 9

a.m. Friends of Stevens Creek Trail, 22221 McClelland Rd., Cupertino 95014 (408/255-5780; 903-6067).

Pleasanton: Arroyo Centennial Trails Run, 5K/10K, Pleasanton Sports Park (Hopyard Rd.), 8 a.m./5K, 8:30 a.m./10K. ACTI Run, 4053 Walnut Dr., Pleasanton 94566 (510/462-4312, 510/462-2008).

Aptos: Aptos Women's 5 Miler, Aptos Village Park (Forest of Nisene Marks), 9 a.m. Carol Cuminale, Santa Cruz T.C., P.O. Box 3568, Santa Cruz 95063 (408/458-9028).

Guerneville: Vineman Internat'l. Triathlon (1mS-24mB-6.2mR), Johnson's Beach, 8 a.m. Vineman, P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Vacaville: The Mountain Man Triathlon (800yS-12mMt.Bike-2mR), Lagoon Valley County Park (Cherry Glen Lagoon Valley off ramp off I-80), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Modesto: Graffiti USA Run, 1M/8K, Courthouse lawn (11th & I Sts.), 8 a.m./1 Mi., 8:15 a.m. Barbara Miller or Heidi Ryan, 1913-B Edgebrook Dr., Modesto 95354 (209/575-4040).

Arcata: Dows Prairie Loop, Clam Beach Park, 2M/10K, 1 p.m. Info: Tim Martin (707/822-1637).

Los Osos: Junefest 4 Mile, Baywood Park, 9 a.m. Ron Roundy, 2160-B Pine St., Los Osos 93402 (805/528-0775).

Lompoc: Valley of the Flowers Marathon, Half-Marathon, 3K & 1K Kid's Run, Lompoc H.S. (515 W. College), 7 a.m./Mara., 7:30 a.m./H-M, 8 a.m./3K, 8:15 a.m./1K. Valley of the Flowers Marathon, 201 W. College, Lompoc 93436 (805/735-3255).

Grand Terrace: Grand Terrace Days 5K/10K/1.5M, Barton Rd. & Michigan, 8:30 a.m. Grand Terrace Chamber of Commerce, 22795 Barton Rd., Bldg. #2, Grand Terrace 92324 (909/783-3568).

Huntington Beach: Huntington Beach Pier Run, 5K/8K, 7:30 a.m./5K, 8 a.m. Info: Race Pace (714-661-6062).

Laguna Niguel: Maximum 5K/10K Run by TJ Maxx, Plaza de la Paz, 7:30 a.m./5K, 8 a.m. Info: 714/831-8293.

Encino: Seismic Stampede, 5K Run/Walk, 10K Run & 1 Mi. Kids' Run, Woodley Park, 8 a.m./5K, 8:30 a.m./10K, 10 a.m./1 Mi. L.A. City Dept. of Recr. & Parks, 6335 Woodley Av., Van Nuys 91406 (Attn: 5K/10K) (818/989-8616 or 883-9370).

Newport Beach: Newport 5000, 5K/1M, Jamboree & Birch, 7:30 a.m./5K Masters, 8:30 a.m./President's Mile, 8:45 a.m./Open 5K, 9:30 a.m./Kids' 1M. Newport 5000, P.O. Box 10325, Newport Beach 92660 (714/854-3266).

San Diego (listed as Pacific Beach last issue): Sri Chinmoy Swim/Run, 0.5mS-5mR, Pacific Beach, 7 a.m. Swim/Run, 3351 Adams Av., San Diego 92116 (619/282-4116).

San Diego: Union-Trib 10, 5K/10K, Horton Plaza (downtown), 7:30 a.m. San Diego Council on Literacy, Union-Trib 10, P.O. Box 126338, San Diego 92112 (619/627-9111 or 232-9939).

June 15 (Wednesday)

San Francisco: Old Spice Vertical Challenge, run or walk 42 floors to top of Hilton Hotel, 6 p.m. South Park Race Productions, P.O. Box 77681, San Francisco 94107 (415/665-3397).

June 18 (Saturday)

Eureka: Cuneo Creek Ride & Tie, 17 & 32 Mi. (1 horse with 2 runners alternating riding & running), Time TBA. Info: Chris Amaral (707/839-5624).

Arcata: Clam Beach 5K Challenge, Clam Beach Park, 11 a.m. Info: Karen Kelley-Day (707/443-2652).

Sausalito: Escape from Marin Marathon/Half-Marathon/7M, Ft. Baker (Mara., H-M), Rodeo Beach (7M), 8 a.m./Mara. & H-M, 9 a.m./7M. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

SCHEDULE

Pleasanton: Pleasanton Tri-For-Fun Series (400yS-12mB-3mR), Shadow Cliff Regional Park, 7 a.m. On Your Mark, Box 156, Pleasanton 94566 (209/795-7832).

San Jose: Fujitsu/KNTV "Run for the Kids", 8K & 2Mi. Walk, No. First & Rio Robles, 8:30 a.m. Jackson Ross, Fujitsu, 3545 N. First St., San Jose 95134 (408/922-9270).

Gilroy: Run for the Diamonds, 5K/10K, Gavilan College, 8:30 a.m./10K, 8:45 a.m./5K. Dennis Castro, 7540 Santa Theresa St., Gilroy 95020 (408/847-7540).

Scotts Valley: "For Youth Only" Triathlon, ages 4-16 (distances vary with age), El Rancho Pre-School, 8 a.m. Patrick Gilbert, Northwind Promos, Box 2451, Aptos 95001 (408/688-6072).

Bakersfield: BTC Good Ole Runs, 2 & 4 Mi., Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Venice: 5 & 10K Run, 8 a.m./5K, 8:30 a.m. Venice Area Chamber of Commerce, P.O. Box 202, Venice 90291 (310/396-8077).

West Hills: Run for Kids 5K/10K & 1 Mi. Fun Run, Chatsworth Reservoir, 7:30 a.m. Children's Hospital Toy Committee, 8500 Fallbrook Av., West Hills 91304 (818/586-2145).

Riverside: "Tin Man" Triathlon, Arlington H.S., 5kR/10mB/75mS, 8 a.m. "Tin Man" Triathlon, Park & Rec. Dept., 3900 Main St., Riverside 92522 (April Matthews: 909/782-5407).

San Diego: Shriners' Challenge 5K & 2 Mi. Fun Run, Balboa Park (near Aerospace Museum), 7:30 a.m. Info: Howard Condon (619/435-6341).

Las Vegas, NV: Deer Creek 9 Mi. & Picnic, Kyle Canyon to Deer Creek turn-off, 8 a.m. Tom Hodges, P.O. Box 81045, Spring Valley 89190 (702/252-7249).

Smith Valley, NV: Coyote Chase 10K/5K & 2 Mi. Walk, Smith Valley

School, 8:30 a.m. Beta Sigma Phi, P.O. Box 183, Wellington, NV 89444 (702/465-2422).

June 19 (Sunday)

Daly City: DSE Daly City Scenic Run, 6.8 Mi., Colma School (E. Market St. & Hillside), 9:30 a.m. Info: 415/978-0837.

Alameda: Harbor Bay 5K/10K "Race for the Future", Harbor Bay Ferry Terminal, 8:30 a.m. Race for the Future, 1901 Shoreline Dr., #215, Alameda 94501 (510/521-6460).

Aptos: HammerHead Triathlon & Sprint Triathlon (HHead: 1.2mS-50mB-10mR; Sprint: 0.5mS-12mB-3mR), Rio Del Mar Beach, 7:20 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

Walnut Grove: Isleton Crawdad Festival 5 Miler, Delta Av. & Jackson Rd., 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Markleeville: Alpine County 10K Series, Hwy 89 & Hot Springs Rd. (downtown), 10 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120 (916/694-2475).

Truckee: High Sierra Marathon & Half-Marathon, Hilltop Lodge, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Fresno: Father's Day Run, 6 Mi./2 Mi., downtown at Van Ness Av. near Hilton Hotel, 6:30 a.m./2 Mi., 6:35 a.m./6 Mi. Father's Day Run, 1501 Browning, Fresno 93710 (Bob Fries: 209/439-6394).

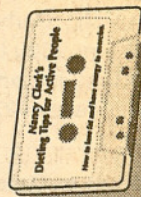
Ventura: Ventura Triathlon (0.5mS-18mB-4mR), Ventura State Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

Big Bear Lake: Big Bear Lake Triathlon Series #1 (0.5mS-15mB-4mR), Meadow Park, 7:30 a.m. SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

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SCHEDULE

Brea: The Road Less Traveled Trail Run, 10 Mi., Carbon Canyon Regional Park, 8 a.m. (500 Limit). A Snail's Pace Race Management, 8780 Warner Av., Fountain Valley 92708 (714/842-2337)

Gardena: Gardena 5000, 5K Run & Kids' 0.5M Fun Run, Pacific Square (W. Redondo Beach Blvd.), 8 a.m. Info: 310/324-7085.

(POSTPONED) Del Mar Highlands: Carmel Valley 92130 5K & 1 Mi. Family Run/Walk, Carmel Valley (Carmel Country Rd. & Townsgate), 8 a.m. Info: John Hughes, Dragonstar Productions (619/481-3285).

June 21 (Tuesday)

Bakersfield: BTC Handicap 5K #2, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

June 22 (Wednesday)

San Mateo: "Longest Day Run", 5 Mi., Coyote Point County Park, 7:30 p.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

June 25 (Saturday)

Ft. Bragg: Mendocino Lost Coast Trail Marathon, 25K & 10 Mi., USAL Creek Campground (south end of Sinkyone Wilderness State Park), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Pacifica: Brooks Creek Half Marathon & 5 Mi., San Pedro Valley County Park (east end of Linda Mar Blvd. off Hwy. 1), 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Francisco: World Cup Soccer 5K/10K, Aquatic Park, 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Redwood City: Run Oracle WorldWide, 7M/5K, 500 Oracle Pkwy. (Red-

wood Shores), 8:30 a.m./5K, 8:40 a.m./7M (& Kid's Duck Stroll at 8:45 a.m. around Oracle's duck pond). Run Oracle WorldWide, c/o Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/852-8463).

Lafayette: The Gruel Dual Series (3kR-15kR-3kR), Briones Regional Park (Bear Creek Staging Area), 8 a.m. Terrasport, 789 E. Sixth St., Chico 95928 (916/894-6210).

Pleasanton: 4-H Fair Fun Run 5K, Alameda Co. Fairgrounds, 8:30 a.m. Barbara Costella, 4133 Florida Ct., Livermore 94550 (510/447-6109).

San Jose: MORE Clinic Fun Run, 10K/5K, The Alameda & Idaho St., 9:15 a.m./10K, 9:20 a.m./5K. MORE Clinic, 2145 The Alameda, San Jose 95126 (408/248-6886).

Saratoga: Santa Cruz Mountains 8M/ Half-Marathon/Marathon, Saratoga Gap (Hwy 9 & 35), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-2611).

Stinson Beach: DSE Double Dipsea, 13.7 Mi., 9 a.m. Info: 415/978-0837.

Sacramento: Channel 6 Run/Skate/Walk, 5K/10K & 0.6 Mi. Kids' Run, 8 a.m. KVIE Channel 6, 2595 Capitol Oaks Dr., Sacramento 95833 (Gail Hensley: 916/929-5843, x6436).

Arnold: Two Rivers Tall Run, 8M/5K, Cedar Center (Hwy 4), 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Santa Rosa: Spring Lake Int'l. Tin Man Triathlon (1mS-10kR-30kB), Spring Lake Park to Sonoma Co. Fairgrounds, 7:30 a.m. Up & Running, 11114 Oberun River Ct., Rancho Cordova 95670 (916/852-8463).

Squaw Valley: Western States 100 Mile Endurance Run, 5 a.m. (Entry by lottery...closed on 11/22/93...must pre-qualify). Helen & Norm Klein, 11139 Mace River Ct., Rancho Cordova 95670 (916/638-1161).

Lompoc: Parade Route Run, 5K, Distance & Time TBA. Lompoc Valley D.C.,

P.O. Box 694, Lompoc 93438 (Wayne Davis: 805/735-1408).

Templeton: KOTR Radio Central Coast Youth Triathlon Series, (Distances vary with age-groups: 8-10, 11-13, 14-16), Time TBA. Community Services Dept., 6500 Palma Av., Atascadero 93422 (805/434-4909).

Encino: L.A. Philharmonic Run, 5K/10K & 1K Kiddie Run, Woodley Park, 8 a.m./5K, 10K/8:30 a.m., 10 a.m./1K. W2 Promotions, 1501 Glenavon Av., Venice 90291 (310/828-4123).

Oceanside: Oceanside Firecracker 10K Run, 5K Walk & 0.5/1.0 Mi. Kids' Runs, Oceanside Pier, 7:30 a.m. Info: Kathy Loper Events (619/298-7400).

June 26 (Sunday)

Oakland: Dick Houston Memorial Woodminster Race, 6.3 Mi., Joaquin Miller Park, 9 a.m. Gail Wetzork, 3452 Capella Ln., Alameda 94502 (510/522-3724 or 522-4010).

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K/10K/15K, Lake Merritt (14th St. & Lakeside Dr.), 9 a.m. Len Goldman, 1910 Arrowhead Dr., Oakland 94611 (510/339-2430; 510/601-7887).

Alameda: Harbor Bay Biathlon (5kR-14mB-5kR), Harbor Bay Parkway, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Hayward: Dry Creek Challenge 8K, Garin Regional Park (Visitor Center), 9 a.m. Ron Mueller, East Bay Regional Park District, 1320 Garin Av., Hayward 94544 (510/582-2206).

Aptos: HammerHead Triathlon & Lite Triathlon (HHead: 1.2mS-50mB-10mR; Lite: 0.5mS-15mB-3.5mR), Seascapes Resort, 8 a.m. NorthWind Promos, P.O. Box 2451, Aptos 95001 (408/688-6072).

San Jose: San Jose Int'l. Triathlon (1.5mS-40kB-10kR), Lake Cunningham Regional Park, Time TBA. Info: J&A Productions (408/866-8848).

Sonora: Class 5 Fitness Mother Lode Mile (8 heats), Old Town Mall (down-

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SCHEDULE

town), 7:30-9:30 a.m. Mike Sullivan, P.O. Box 4680, Sonora 95370 (209/532-1910).

Twain Harte: Twain Harte Runs, 2 & 4 Mi., Eprosen Field, 8 a.m. Info: Dick Permenter (209/586-6273).

Tahoe City: Truckee River Run, Roll & Stroll, 5 Mi., 9 a.m. Bill Jensen, P.O. Box 2159, Olympic Valley 64146 (916/581-0181).

Ventura: Team Inside Track's Seabreeze 5K & 15K Runs, Ventura State Beach Park, 8 a.m. Info: Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

Torrance: Harbor Area Run for Youth, 5K/10K/1M, 8 a.m./5K, 8:30 a.m./10K, 9:30 a.m. Info: W2 Promotions (310/828-4123).

San Diego: Port of San Diego Int'l. Triathlon (1kS-30kB-10kR), Location & Time TBA. St. Vincent DePaul Village, 3350 E St., San Diego 92102 (619/233-8797; 627-9111).

June 29 (Wednesday)

Los Angeles: Union Bank Heart of the City 5K Run, 5th & Figueroa, 7 p.m. Union Bank Heart of the City, 445 S. Figueroa, G08-999, Los Angeles 90071 (213/236-5710).

July 2 (Saturday)

San Francisco: Amphibathon (1.5kS-10kR), Aquatic Cove, 9 a.m. Joe Oakes, P.O. Box 391041, Mountain View 94039 (Victoria: 510/795-1243).

San Rafael: China Camp Shoreline 8M/Half-Mara./Marathon, China Camp State Park (Miwok Meadows), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-2611).

Ft. Bragg: Freedom Run 5K/10K, 10 a.m. Rick McMillan, 825 Sequoia Cir., Ft. Bragg 95437 (707/964-0242).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386. Ana-

heim Hills: Firecracker 5K/10K, Canyon H.S., 7:30 a.m. Info: Beverly Haugseth (714/281-9185).

Mammoth Lakes: Mammoth Lakes Lions Club Highest 10K in Calif. & 5K, Time TBA. David Moss, P.O. Box 2667, Mammoth Lakes 93546 (619/934-4168).

Las Vegas, NV: LVTC 5K/2M, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, Las Vegas, T.C., P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

July 3 (Sunday)

San Francisco: DSE Peak Busters' Run/Walk Distance Festival, 4.6 Mi., Lake Merced (Sunset Blvd. parking lot), 8:30 a.m. Info: 415/978-0837.

Palo Alto: Great Chili Chase 5K, Mitchell Park Comm. Ctr., 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Avery: Hernia Hill Half-Marathon & 10K, 8:30 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (Mark Aiton: 209/795-7832).

Pozo: Pozo 5K Run, Pozo Saloon, 8:30 a.m. Joe Rubio, Venue Sports, 4104 Vachell Ln., San Luis Obispo 93401 (805/541-6489).

Camp Pendleton: Do The Tri, Tri The Du, Do It Your Own Way (1/2 Mi. Swim or 2 Mi. Run), 30kB, 5kR, Club Del Mar Beach, 8:30 a.m. Russ Jones, P.O. Box 9001, Laguna Beach 92651 (714/240-8547).

July 4 (Monday)

Santa Cruz: Firecracker 10K, 8:30 a.m. Lisa McGinnis, Santa Cruz Recr. Dept., 307 Church St., Santa Cruz 95060 (408/429-3779).

Moraga: The Fourth in Moraga, 2 & 5 Mi. & Kids' 1K, Moraga Commons (Moraga Rd. & St. Mary's Rd.), 8 a.m./1K, 8:15 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Ramon: Run San Ramon Independence Day Classic, 5K/10K, San Ramon Central Park (Alcosta Blvd. & Bollinger Cnyn. Rd.), 8:30 a.m. San Ramon Parks & Comm. Serv., P.O. Box 5148, San Ramon 94583 (510/275-2300).

Fairfield: Fairfield Run for Independence 5K/10K, Laurel Creek Park, 8 a.m./5K, 8:05 a.m./10K. Dennis Good, 2767 Woodmont Ct., Fairfield 94533 (707/425-8135).

Vacaville: Independence Day 5K Fun Run, Location TBA, 7:30 a.m. Vacaville Comm. Ctr., 1100 Alamo Dr., Vacaville 95687 (707/449-5622).

Lodi: Oooh Ahhh Festival, 3 Mi., Lodi Lake, 8:30 a.m.(?). The GAMUT Promotions, 1132 No. Hunter St., Stockton 95209 (209/466-6653).

Sacramento: 4th of July River Run, 5 Mi., Glen Hall Park, 8 a.m. Dick Kinter, 6847 Sutter Av., Carmichael 95608 (916/944-1503).

Kenwood: Kenwood 4th of July Footrace, 10K/3K, Warm Springs Rd., 7:30 a.m. Danny Aldridge, 4303 Cox Ct., Santa Rosa 95409 (707/538-3568).

Arcata: 4th of July Jubilee Run, 3K/10K, Arcata Plaza, 9:30 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Ken Yanosko: 707/826-1765).

Bakersfield: Andy Noise 4K Riverbed Run, Location TBA, 9 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Guadalupe (TENTATIVE): Santa Barbara County Fair 10 Mile, Leroy Park (to Fairgrounds in Santa Maria), Time TBA. Gary Silva, 4207 Plumeria Ct., Santa Maria 93455 (805/937-3026).

Newhall: Independence Day Classic 5K Road Race & Kiddie K, Newhall Park, 8:30 a.m./1K, 9 a.m. Santa Clarita Runners, P.O. Box 800298, Santa Clarita 91380 (805/259-5441).

Huntington Beach: Huntington Beach Parade 5K/8K, Civic Center (17th & Main St.), 8 a.m. Info: 714/631-8700.

SCHEDULE

Laguna Niguel: 4th of July Run in the Parks, 5K/10K, Crown Valley Community Park, 7 a.m. South Coast YMCA, 29831 Crown Valley Pkwy., Laguna Niguel 92677 (Mary Ann Olson: 714/240-2267).

Coronado: Coronado 15K/5K, Tidelands Park, 7 a.m. Kathy Loper Events, 7801 Mission Center Dr., Suite 200, San Diego 92108 (619/298-7400).

San Diego: Scripps Ranch 10K & 2 Mi. Fun Run, Lake Miramar, 7 a.m. Info: 619/486-4415.

July 5 (Tuesday)

Bakersfield: BTC Handicap 5K #3, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 7 (Thursday)

***Costa Mesa:** Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Reg. Only). Info: Charles Appell (714/540-2368; 432-5112).

July 9 (Saturday)

Sacramento: Tri for Fun Triathlon Series #2 (1kS-20kB-5kR), Rancho Seco Park, 8 a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Elk Grove: Thunder Run 5K/10K, Elk Grove H.S., 8 a.m. Art Oelsner, P.O. Box 1566, Elk Grove 95759 (916/686-8891).

Oceanside: Run for the Fund of It, 5K, Miracosta College, 7:30 a.m. Mira Costa College Alumni Office, Sta. 12A, One Barnard Dr., Oceanside 92056 (619/757-2121, x279).

Las Vegas, NV: LVTC 2 & 5 Mi., Silk Purse Ranch, 7 a.m. Tom Hodges, Las Vegas T.C., P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

July 10 (Sunday)

Hayward: Sertoma Classic 5K/10K Run/Walk, Hayward Air Terminal ("A" St.

& Skywest), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Castro Valley: Lake Chabot Trail Challenge 13.1 Mi., Lake Chabot Park, 8 a.m. Golden Bay Runners, Michael Raffee, 4340 Krause St., Pleasanton 94566 (510/484-1339).

Soda Springs: Serene Lakes Triathlon (800yS-12mB-5kR), Serene Lakes, 10 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Orick: Tall Trees Run, 1-18 Mi., Redwood Nat'l. Park, 10 a.m. Info: Karen Angel (707/677-3324).

Santa Barbara: Santa Barbara Sprint Triathlon (0.25mS-10mB-3mR), East Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

Newport Beach: Bastille Day 8K/3K/1K, Le Meridien Hotel, 7:55 a.m./3K, 8 a.m./8K, 9:30 a.m./1K. Info: Race Pace Promotions (714/661-6062).

So. El Monte: Sunday Morning 1 Mi., 5K & 10 Mi., Legg Lake, 7 a.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

San Diego: San Diego Wildlife 10K/2M Run/Walk, Balboa Park, 7:10 a.m./2M, 7:30 a.m./10K. Lacye & Assoc., P.O. Box 87246, San Diego 92138 (619/236-0842).

Carlsbad: Carlsbad Triathlon (1kS-25kB-5kR), Time TBA. Info: 619/434-2856.

July 11 (Monday)

Fortuna: Fortuna Rodeo Run, 2 Mi./10K, 7 p.m. Info: Joann Slater: 707/725-3609.

July 13 (Wednesday)

San Diego: SDTC 3 Mile Fun Run, Mission Bay (Hospitality Point), 6:15 p.m. Info: Chuck Pennell (619/460-3110).

July 14 (Thursday)

Costa Mesa: Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Reg. only). Info: Charles Appell (714/540-2368; 432-5112).

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SCHEDULE

July 15 (Friday)

Mt. Rainier Nat'l. Park, WA: Mt. Rainier to the Pacific Relay (2 Days), 180 Mi. (12-Person Teams, 5 Mi. Legs), Time TBA. Mt. Rainier to Pacific Relay, P.O. Box 17086, Seattle, WA 98107 (206/782-6547).

July 16 (Saturday)

Pleasanton: Pleasanton Tri-for-Fun Series #2 (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 2061, Pleasanton 94566 (209/795-7832).

San Francisco: Escape Alcatraz Triathlon (1.5mS-21mB-14mR), 7 a.m. (pre-reg. only/\$160). Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Eppie's Great Race (5.82mR-12.5mB-6.3mPaddle), William Pond Bike Trail on American River Pkwy., 8 a.m. Eppie's Great Race, 3711 Branch Center Rd., Sacramento 95827 (916/366-2940).

Lake Tahoe: Spooner Lake Half-Marathon/10K, Spooner Lake Nevada State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Greenville: Smokey Bear 50th Birthday Bash, 5.5 Mi. & 5K, east side of Round Valley Lake (0.5 Mi. SE of dam), 8 a.m. Mort Ward, P.O. Box 3332, Quincy 95971 (916/283-4779).

Taylorville: World Championship Ride & Tie, 36 Mi. (1 horse, 2 runners alternate running/riding). Ellen McCrary, 318 Swanton Rd., Davenport 95017 (408/423-6089).

July 17 (Sunday)

San Francisco: Alcatraz Challenge Biathlon (1.5mS-10kR), individual or re-

lay, 7:30 a.m. (\$100). Sally Bailey, P.O. Box 888, Lake Oswego, OR 97034 (503/697-6937; Joe Oakes: 510/795-1243).

Palo Alto: Bay to Breakfast 5K/10K, Baylands Interpretive Center, 8:30 a.m. Tom Osborne, Palo Alto Recr. Dept., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Truckee: Donner Lake Triathlon (1.5kS-40kB-6.5mR), West End Beach, Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

Blue Lake: Mad River Run, 15K, Warren Creek Rd., 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Ron Ross: 707/822-2009).

Las Vegas, NV: Mt. Charleston Notch Run, 4 Mi., Lee Canyon Ski Area (end of Lee Canyon Rd.), 8 a.m. Tom Hodges, L.V.T.C., P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

July 19 (Tuesday)

Bakersfield: BTC Handicap 5K #4, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

July 21 (Thursday)

Costa Mesa: Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Reg. only). Info: Charles Appell (714/540-2368; 432-5112).

July 23 (Saturday)

Lafayette: The Gruel Dual Series (3kR-15kB-3kR), Briones Regional Park (Bear Creek Staging Area), 8 a.m. Terrasport, 789 E. Sixth St., Chico 95928 (916/894-6210).

Madera: Ranchos Run, 10K/2M/1K, D&D Ranch (Avenue 12 - Madera Ran-

chos), 7 a.m./10K & 2M, 8 a.m./1K (12 & Under), 8:15 a.m./Relay. John Minney, 11976 Rd. 37, Madera 93638 (209/275-5937; 645-0859).

Delano: Bataan-Corregidor, Distance, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

Las Vegas, NV: LVTC 2 & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy.), 7 a.m. Tom Hodges, Las Vegas T.C., P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

July 24 (Sunday)

Fremont (CANCELED): The Fremont 10K/5K (PA/USATF Men's & Women's 10K Champs), Capitol & State, 8 a.m. Schoeber's, 3411 Capitol Av., Fremont 94538 (510/791-6350).

Oakland: Lake Merritt J&S Fourth Sunday Runs, 5K/10K/15K, Lake Merritt, Old Boathouse (14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Santa Cruz: Wharf to Wharf Run, 6 Mi., 8:30 a.m. (13,000 Limit). Wharf to Wharf, P.O. Box 307, Capitola 95010 (408/475-2196).

Bear Valley: Bearfoot 10K & Kids' Mile, 10 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (Mark Aiton: 209/795-7832).

Johnsville: Eureka Peak Endurathon Half-Marathon & 10K, Plumas Eureka State Park, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Big Bear Lake: Big Bear Lake Triathlon Series #2 (0.5mS-15mB-4mR), Meadow Park, 7:30 a.m. SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

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SCHEDULE

La Jolla: Sri Chinmoy Swim/Run (1mS-10kR), 7 a.m. Info: 619/282-4116.

July 27 (Wednesday)

San Jose: Union Bank Heart of the City 5K, San Fernando St. & Almaden Blvd., 7 p.m. Union Bank Heart of the City Run, 99 Almaden Blvd., San Jose 95113 (408/279-7746). July 28 (Thursday)

Costa Mesa: Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Reg. only). Info: Charles Appell (714/540-2368; 432-5112).

July 30 (Saturday)

San Francisco: Giants Run to Home Plate 5K, Candlestick Park, 10 a.m. Valerie McGuire, Candlestick Park, San Francisco 94124 (415/330-2517).

Guerneville: Vineman & Half Vineman Triathlons (Full: 2.4mS-112mB-26.2mR; Half: 1.2mS-56mB-13.1mR), Johnson's Beach, 7 a.m./Full, 8:30 a.m./Half. Vineman, P.O. Box 6007, Santa Rosa 95406 (707/528-1630).

Eureka: Humboldt Tri-Kids Triathlon, (7-10: 100yS-3mB-0.5mR; 11-14: 200yS-6mB-1mR), College of the Redwoods (pool), 9 a.m. Humboldt Tri-Kids Triathlon, Box 575, Bayside 95524 (Maria Neely: 707/822-8392).

Coronado: Coronado Sports Fiesta 10K Run, Glorietta Bay Park, Time TBA. Info: Ed Crow (619/435-9082).

Las Vegas, NV: LVTC 5K Championships, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, L.V.T.C., P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

Scarborough, Ontario (Canada): WAVA Road Racing Championships (Masters Only), 10K, Time TBA. WAVA Championships, 1220 Sheppard Av. East, Room 218, Willowdale, ONT M2K 2X1, Canada.

July 31 (Sunday)

San Francisco: City of San Francisco Maathon, Golden Gate Bridge (finish in Kezar Stadium), 7:30 a.m. San Francisco Marathon, P.O. Box 77148, San Francisco 94107 (415/391-2123).

Mill Valley: Mt. Tamalpais Marathon/Half-Marathon/7M, Mtn. Theatre/Rock Springs (above Pantoll Ranger Sta.), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Tiburon: Tiburon Triathlon (0.5mS-9mB-2mR), Belvedere Community Park, 7:30 a.m. Peter/Kathy Winkler, P.O. Box 764, Tiburon 94920 (415/389-9360).

Walnut Grove: Delta Pear Fair 5-10 Miler, Bates Elem. School, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Bear Valley: Alpine County 10K Series, Location TBA, 10 a.m. Alpine County Chamber of Commerce, P.O. Box 265, Markleeville 96120 (916/694-2475).

Buck's Lake: Mile High Tri (0.5mS-17.5mB-6mR), 1.5 Hrs. east of Chico, 8 a.m. (200 Limit). Quincy A.C., P.O. Box 1638, Quincy 95971 (916/283-2255).

San Luis Obispo: San Luis Obispo Triathlon (0.5mS-15.3mB-3.7mR), 7:30 a.m. Info: 805/781-7305.

Camp Pendleton: Do the Tri, Try the Du - Do it Your Way, 0.5mS or 2mR-30kB-5kR, 8:30 a.m. Russ Jones, P.O. Box 9001, Laguna Beach 92651 (714/240-8547).

Coronado: Coronado Sports Fiesta Triathlon (1.4mR-4mB-400yS), Glorietta Bay Park, 7 a.m. Info: Ed Crow (619/435-9082).

San Diego: The Space Race & Moon Walk 5K, Balboa Park, 7:30 a.m. Info: Lacye & Assoc. (619/236-0842).

Scarborough, Ontario (Canada): WAVA Road Racing Championships (Masters Only), 25K Run & 20K Race

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Walk, Time TBA. WAVA Championships, 1220 Sheppard Av. East, Room 218, Willowdale, ON M2K 2X1, Canada.

August 2 (Tuesday)

Bakersfield: BTC Handicap 5K #5, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Diego: SDTC 3 Mile Fun Run, Mission Bay (Hospitality Point) 6:15 p.m. Info: Chuck Pennell (619/460-3110).

August 6 (Saturday)

Inverness: Drakes Bay Marathon, Half-Marathon & 6 Mi., Limantour Beach (Pt. Reyes Nat'l. Seashore), 9 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Sacramento: Tri For Fun Triathlon #3 (1kS-20kR-5kR), Rancho Seco Park, 8

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SCHEDULE

a.m. Will Roxburgh, 8128 Madison Av., Fair Oaks 95628 (916/965-8326).

Kirkwood: World's Toughest Triathlon (2mS-200mB-18.6mR) & The Enduro-X Triathlon (1.5kS-40kB-15kR), 9:30 a.m. Info: Charlie Lincoln (916/573-0103).

Squaw Valley: The Mountain Run, 3.6 Mi. (uphill), end of valley (ski resort), 9 a.m. Image Promotions, Ltd., P.O. Box 2575, Olympic Valley 96146 (Holly Beatie: 916/426-9559).

Bass Lake: Bass Lake Run Thru the Pines, 4.5 & 13.3 Mi., Pines Village, 7 a.m. Run Thru the Pines, 4957 E. Heaton Av., Fresno 93727 (209) 255-4904 or (209) 456-0535 (Bill or Judy).

Bakersfield: Hart Park Fun Run, Distance TBA, 7 a.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Luis Obispo: R.R.C.A. Women's Distance Festival 5K & Men's Electric City Challenge Series 5K, Laguna Lake Park (on Madonna Rd. btwn. Hwy 101 & Los Osos Valley Rd.), 8:30 a.m./Women, 9:15 a.m./Men. San Luis D.C., P.O. Box 1134, San Luis Obispo 93406 (Diane & Tom Dixon: 805/528-4059).

San Dimas: Steamboat Tri-AI (500yS-24mB-4kR), Bonelli Park, 8:30 a.m. Tri Events, Inc., 3222 Virginia Av., West Covina 91791 (818/331-0169).

San Diego: Top Gun 10K & 2 Mi. Fun Run, Miramar Air Station, 7:30 a.m. Info: Wendy (619/537-4133).

Las Vegas, NV: LVTC 5 Mi. X-C & Picnic, Tule Springs (Floyd Lamb State Park), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

August 7 (Sunday)

Palo Alto: Run for Your Heart 5K/10K, Baylands Athletic Center, 8:30 a.m. Tom Osborne, Palo Alto Rec., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

Alameda: Alameda Run for the Parks, 10K Run & 2 Mi. Walk, So. Shore Shopping Center, 9 a.m. Dale Lillard, Alameda Parks & Rec., 2263 Santa Clara, Rm. 201, Alameda 94501 (510/748-4565).

Castro Valley: Skyline 50K Endurance Run, Lake Chabot Marina, 7 a.m. Will Uher, 16183 Lyle St., San Leandro 94578 (510/278-0451).

Aptos: Sandman Triathlon (0.5mS-15mB-4.2mR), Sea Cliff State Beach, 9 a.m. Sheri Eymann, P.O. Box 324, Aptos 95001 (408/685-2528).

Pacific Grove: YWCA 5K/10K, 9 a.m. June Desena, 2115 N. Fremont Blvd., Monterey 93940 (408/649-0834).

Rio Vista: Brannan Island "Outback" Triathlon (900yS-14mB-3.8mR), No. Calif. Brannan Island State Rec. Area, 9 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

San Clemente: San Clemente Fiesta 5000, 8 a.m. SCCC, c/o Race Central, P.O. Box 828, Rialto 92377 (714/492-1131).

August 8 (Monday)

Grouse Ridge: High Altitude Running Camp Clinic (thru Aug. 12), near Nevada City, \$50/person. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

August 10 (Wednesday)

So. El Monte: Wednesday Evening 1 Mi., 5K & 10 Mi., Legg Lake, 7 p.m. Arthur Martinez, 9502 Reichling Ln., Pico Rivera 90660 (310/949-0394).

August 11 (Thursday)

Costa Mesa: Summer Shadow Run, 3 Mi., Fairview Park, 6:30 p.m. (Raceday Rec. only). Info: Charles Appell (714/540-2368; 432-5112).

August 13 (Saturday)

Lafayette: The Gruel Dual Series Du-

athlon (3kR-15kB-3kR), Briones Regional Park (Bear Creek Staging Area), 8 a.m. John or Kate, Terrasport, 789 E. Sixth St., Chico 95928 (916/894-6210).

Vallejo: Bridging the Gap 5K/10K & Kids' 1 Mi. Fun Run, Mare Island Naval Shipyard, 8 a.m./10K, 9 a.m./5K, 10 a.m./1 Mi. Carol Womack, P.O. Box 14702, Oakland 94614 (707/552-9850).

Sacramento: Susan B. Anthony Women's 5K Run/Walk, Glen Hall Park, 8 a.m. Steve Ashe, 9608 Linda Rio Dr., Sacramento 95827 (916/366-6772(H)).

Kirkwood: A Run With a View 5K/10K, 10 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Tehachapi: Tehachapi Mountain Runs, Distances, Location & Time TBA. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

San Diego: Balboa Park 8 Mile, President's Way, 7 a.m. Info: Bill Gookin (619/578-9456).

San Diego: MADD 10K Run/Walk & 2 Mi. Fun Run/Walk, Location TBA, 7:30 a.m. Info: Breaking 40 Race Consultants (619/272-8316).

Las Vegas, NV: LVTC 2 & 5 Mi., Silver Bowl (near Russell Rd. & Boulder Hwy), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

August 14 (Sunday)

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

Larkspur: Tamalpa Runners Couples Relay, 2 x 2 Mi., Larkspur Landing, 9 a.m. Barry Spitz, 155 Los Angeles Blvd., San Anselmo 94960 (415/454-2769).

Felton: Race Through the Redwoods, 10K, Hwy. 9 & Graham Hill Rd., 9 a.m. John Musterman, Felton Business Assoc., P.O. Box 6, Felton 95018 (408/457-7646).

SCHEDULE

Copperopolis: Big Valley-Calaveras County Triathlon (800yS-17mB-4mR), Salt Springs Reservoir (8 Mi. north of Copperopolis on Rock Creek Rd.), 8 a.m. On Your Mark, P.O. Box 2061, Arnold 95223 (209/795-7832).

Freshwater: Freshwater Run, 2M/5K/10K, 10 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Els Pence: 707/822-3338).

Mammoth Lakes: Mammoth Mountain Marathon, Mammoth Mtn. Inn, 8 a.m. (9,000 Ft.). Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

Truckee: Donner Party Trail Marathon/10K/25K, Donner Pass (old Hwy. 40), 8 a.m. Enviro-Sports, Box 1040, Stinson Beach 94970 (415/868-1829).

Ventura: Mike & Rob's Most Excellent Triathlon (1.2mS-52mB-13.1mR; 0.25mS-9mB-3mR), Ventura State Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

August 16 (Tuesday)

Bakersfield: BTC Handicap 5K #6, Location TBA, 7 p.m. Bakersfield T.C., P.O. Box 6581, Bakersfield 93386.

August 20 (Saturday)

Pleasanton: Pleasanton Tri for Fun Series (400yS-12mB-3mR), Shadow Cliffs Regional Park, 7 a.m. On Your Mark, P.O. Box 156, Pleasanton 94566 (209/795-7832).

Los Gatos: Dammit Run, 6.4 Mi., Los Gatos H.S. track, 8:30 a.m. Bruce Springbett, LGAA, P.O. Box 1334, Los Gatos 95031 (408/354-2365; 395-4311).

Sonoma County: The Grape Race, 90 Mi. (5x15 Mi. Bike; 5 x 5 Mi. Run), 8 a.m. Greg Schottenstein, American Lung Assoc., P.O. Box 1482, Santa Rosa 95402 (800/556-6650).

Davis: Great North Triathlon-Sprint (1kS-25kB-5kR), Stonegate Country

Club, Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

Lompoc: Norma Guerra Memorial Triathlon (0.5mS-15mB-4mR), Location & Time TBA. Info: Parks & Recr. Dept. (805/736-6565).

Ventura: Cow Town Mile Races (6 age groups), downtown, 8:40 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

Las Vegas, NV: LVTC 2M/5K, Bruce Trent Park (Rampart & Vegas Dr.), 7 a.m. Tom Hodges, LVTC, P.O. Box 81045, Spring Valley, NV 89190 (702/252-7249).

August 21 (Sunday)

San Francisco: Promise 5K, Justin Herman Plaza, 8 a.m. Jim Brimm, P.O. Box 579120, Chicago, IL 60657 (312/878-3838).

San Francisco: Krazi Eight 5K/10K, Golden Gate Park (south side Polo Fields), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Palo Alto: Garden Court Hotel Breakfast Run, 5 Mi., downtown, 8:30 a.m. Info: RhodyCo Productions (415/387-2178).

Davis: Great North Triathlon-International (1.2kS-44kB-10kR), Stonegate Country Club, Time TBA. A Change of Pace, 221 "G" St., Suite 205, Davis 95616 (916/757-6017).

McKinleyville: Hammond Bridge Half-Marathon, McKinleyville H.S., 9 a.m. Six Rivers R.C., P.O. Box 214, Arcata 95521 (Buzz Webb: 707/839-3518).

Santa Barbara: McConnell's Ice Cream of Santa Barbara Endurance Event, Biathlon (10kR-1mS); 1mS; 5K/10K; Kids' Mile, Goleta Beach County Park, 8:30 a.m./5K, 9:30 a.m./10K & Biathlon, 11 a.m./Mi. Kevin Young, 119 Cooper Rd., Santa Barbara 93109 (805/682-1330).

Los Angeles: L.A. Kids Triathlon, 7-14 year olds (distances vary), Dockweiler State Beach, Time TBA. MESP, Michael Epstein, P.O. Box 9122, Calabasas 91372 (818/880-4915).

San Diego: America's Finest City Half-Marathon & 5K, Cabrillo Nat'l. Monument to Balboa Park (H-M), Balboa Park (Plaza de Panama) (5K), 7 a.m. American Lung Assoc., P.O. Box 3879, San Diego 92163 (619/297-3901).

August 26 (Friday)

Palo Alto: Florentine Restaurants TGIF Run 5K/10K, Baylands Athletic Center, 6:30 p.m. Tom Osborne, Palo Alto Recr., 1305 Middlefield Rd., Palo Alto 94301 (415/329-2342).

August 27 (Saturday)

Grass Valley: Wolf Mountain Trail Challenge, 10K, 1.8 Mi., Kids' 0.5 Mi., Triathlon (1mS-34mB-10mR), Wolf Mountain Christian Camp, 9 a.m. Nick Vogt, Christian Runner's Assoc., 1025 Grange Rd., Meadow Vista 95722 (916/878-0697).

Cameron Park: Pony Express 50K & 50 Mi., 7 a.m. Delmar Fralick, 1730 Santa Clara Dr., #3, Roseville 95661 (916/783-4558).

Avila: The Avila 5K, Avila Pier, 8 a.m. Info: Steve Boaz (805/534-9308).

Santa Barbara: Santa Barbara County Triathlon (1mS-34mB-10mR; 700yS-6mB-2mR), 7 a.m./Short; 8 a.m./Long. Joe Coite/Greg Martin, Adventours-Outdoor Excursions, P.O. Box 215, Santa Barbara 93102 (805/963-2248).

Chula Vista: Bonita Sunrise Classic 5K/10K, Eastlake Area, 7:15 a.m. Info: Layce & Assoc. (619/236-0842).

Las Vegas, NV: Forest Challenge, 18M/8M/4M, Mack's Canyon (Lee Canyon to Mack's Canyon intersection), 6:30 a.m. Info: Mike Naylor (702/383-1276).

SCHEDULE

August 28 (Sunday)

San Francisco: Run Down the Deficit 4.5 Mi., Lake Merced (No. Parking Lot), 8:30 a.m. The Final Result, 460 Wisnom Av., San Mateo 94401 (800/491-8988).

Oakland: Time is on Your Side Run, 5K/10K, Old Boathouse (14th St. & Lakeside Dr.), 9 a.m. Info: 510/601-7887.

Pleasanton: Dog Days Duathlon (3mR-12mB-1.5mR), Hacienda Business Park (Hacienda exit off I-580), 8:30 a.m.

Kaleidoscope Activity Center, 7425 Larkdale Av., Dublin 94568 (510/828-8857).

Gilroy: Mt. Madonna Challenge, 6K/12K, Mt. Madonna Co. Park (Spring Lake), 9 a.m./6K, 9:15 a.m./12K. Lynn Lockhart, So. Valley Symphony, 7664 Los Padres Ct., Gilroy 95020 (408/842-4732).

Walnut Grove: Walnut Grove Catfish Jubilee, 5 Mi., Paul Barnes Park, 8 a.m. E-Z Living Casuals, P.O. Box 1025, Walnut Grove 95690 (916/776-1627).

Merced: Run for Justice, Distance, Location & Time TBA. Merced T.C., P.O. Box 3275, Merced 95344.

Reno/Carson City, NV: Silver State Marathon, Half-Marathon & 10K, Bowers Mansion County Pk., 6 a.m./Mara., 7 a.m./H-M & 10K. Ken McKim, 1460 Prospect Av., Sparks, NV 89431 (702/849-0419).

Big Bear Lake: Big Bear Lake Triathlon Series #3 (0.5mS-15mB-4mR), Meadow Park, 7:30 a.m. SBR Sports, 5405 Alton Pkwy., Suite 445, Irvine 92714 (714/858-7386).

Orange: A Snail's Pace 8K, Irvine Regional Park, 8:30 a.m. Snail's Pace Running Shop, 8780 Warner Av., Fountain Valley 92708 (714/842-2337).

Imperial Beach: Imperial Beach Multi-Sport Championships (1kS-20kB-5kR; 5kR-20kR-5kR), Location & Time TBA. KOZ Enterprises, P.O. Box 421052, San Diego 92142.

San Diego: Clean Bay 2M/10K, Marina Park (end of 8th Av.), 7:30 a.m. Info: Layce & Assoc. (619/588-4289).

Timberline Lodge, OR: Hood to Coast Relay, 196 Mi. (12-Person Teams), 2:20 p.m. (wave starts). Hood to Coast Relay, P.O. Box 8895, Portland, OR 97207 (503/292-7702).

LOOKING AHEAD

(Marathons, Ultras, Relays, Important Dates, Major Events, etc.)

September 4 (Sunday)

Pollock Pines: Run on the Sly, 50K/50M/18M/7M, Sly Park Lake, 7 a.m. Margie Lopez, P.O. Box 245, Placerville 95667 (916/626-8846(H)).

September 5 (Monday)

Ventura: Sweathart 10K Relay (male/female partners), Ventura Pier, 8 a.m. Inside Track, 1410 E. Main St., Ventura 93001 (805/643-1104).

September 11 (Sunday)

Burney: Burney Classic Marathon/Half-Marathon/10K/5K, 8 a.m./Mara., 9:15 a.m./H-M, 9:45 a.m./10K, 10 a.m./5K. Don Jacobs, Burney Lions Club, P.O. Box 217, Dept. M, Burney 96013 (916/335-2825 or 335-3866).

September 17 (Saturday)

Squaw Valley: Pacific Crest Trail 50K/25K/12K/50K-Relay, Olympic Village, 8 a.m. Sky High, P.O. Box 20963, El Sobrante 94803 (510/223-5778).

September 22-25 (Thur.-Sun.)

Los Angeles County: Angeles Crest 100 Mile Endurance Run, Angeles Nat'l. Forest, Time TBA. Info: Ken Hamada (818/447-0584).

September 24 (Saturday)

Foresthill: Down & Up Ruck-A-Chuck 50K, 7 a.m. Nanci or Charlie Gabri, 20043 Hosmer Mine Ct., Foresthill 95631 (916/367-2981).

September 25 (Sunday)

Redding: Whiskeytown Relays, 19.3 Mi., 9 a.m. Kim Stempfen, S.W.E.A.T., P.O. Box 990188, Redding 96099.

Portland, OR: Portland Marathon & 5 Mi., Time TBA. Les Smith, P.O. Box 4040, Beaverton, OR 97076 (503/226-1111).

FREE SCHEDULE LISTING

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Location _____

Time of Race(s) _____

Information Phone Number and/or Address _____

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BOOK REVIEW

By Barbara T. Erskine, Books for Runners

A Victory for Humanity

By Dick Traum with Mike Celizic
(WRS Group, 1993, \$19.95)

A Victory for Humanity is the autobiography of Dick Traum. An above-the-knee amputee, Traum has completed several marathons and a 62-mile ultra. Under the umbrella of the NYRRRC, he formed a non-profit organization to provide training and group support for any disabled person who wants to run. The Achilles Track Club began in 1983 when 3 wannabes met in Central Park to start an 8-week running course. By 1993, 31 U.S. chapters joined 100 others in 21 countries on 6 continents. Traum is president of the club, founding father, head coach, advertising manager and primary fundraiser.

Because he has never considered himself disadvantaged, the club philosophy emphasizes the positive--ability, not disability, and competition. Members are disabled in some way, blind or amputees, victims of stroke, arthritis, cerebral palsy. The list of their impairments is long but their success stories even more remarkable. Traum emphasizes their courage and determination, while understating his own selflessness.

The chronicle of Tuul, a blind runner from Mongolia, represents not only one

of the group's favorite stories, but also how the ATC functions worldwide. He was one of three chosen by his country to enter the 1990 New York Marathon, which he finished. While here, one of the club's volunteer physicians examined him and decided a corneal transplant might restore the sight lost since 1979. A donor was found and the operation termed a complete success. In April, 1991, he ran the Boston Marathon as a sighted guide for another club member. The following year, Tuul completed the Olympic Marathon in Barcelona on the Mongolian team. Last seen, he was busy organizing Achilles chapters at home, donating his time and energy to help others.

Able-bodied readers of this book will be forced to assess their own reasons for running. It is hard to finish dry-eyed and not be thoroughly inspired, although Dick states they don't want to be role models. He sums up the attitude of the disabled. "We don't need alms. We just need what anyone else does--opportunity." Publicizing these runners and their conquests certainly should help open some doors.

For a free catalog or information about this book, contact BFR at 1-800-881-1348 or write to 413 North Division St., Traverse City, MI 49684.

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THE ATHLETE'S KITCHEN

By Nancy Clark, M.S., R.D.

The Supplement Debate

Vitamin supplements are indeed very popular in the 90's. Surveys suggest that more than half of athletes take some type of supplement, ranging from a simple multi-vitamin to a complex system of wonder pills. But not one public health organization recommends that we include supplements as a part of our daily diet. Does this suggest that supplements are all hype, fed to us by the booming vitamin industry? Or are they a valid addition to our daily diet? The purpose of this article is to take a look at some of what is


Then, the Recommended Dietary Allowances were developed to guide people towards an appropriate intake that includes a large safety margin. For example, the RDA for vitamin C is 60 milligrams; this is six times the baseline amount that prevents the deficiency disease scurvy.

Today, many athletes are looking at vitamins with an eye to health protection and injury prevention, more than to prevent deficiencies. The question arises: What is the *optimal* level of vitamins for lifelong health, injury prevention and

ments are indeed appropriate in certain situations, including pregnancy and low calorie reduction diets. Women who *might* become pregnant (expectedly or unexpectedly) should also maintain a high intake of folic acid. The B-vitamin helps to prevent brain damage in the fetus just at the time of conception. (Folic acid is found in "foliage" such as spinach and leafy greens, as well as oranges and dried beans.) Iron supplements may be appropriate for male and female athletes who eat little or no red meat and are at risk for becoming anemic. But is a better way to boost iron intake to make the effort to eat iron-enriched breakfast cereals, the dark meats of chicken, darker fish (swordfish, salmon) and a vitamin C-rich fruit or vegetable at each meal (such as melon, orange juice, tomatoe, broccoli)? After all, this *whole* food approach provides more than just iron. Keep in mind that if your diet is deficient in iron, it is likely deficient in other of the forty nutrients you need for health.

Time and again, you've heard that you can get the nutrients you need by eating a variety of wholesome foods. But food consumption surveys suggest that most Americans fail to do so and eat diets lacking in fruits, vegetables, dairy and grain foods. (They do eat more than enough fats and sweets, however!) As a hungry athlete who requires more calories than "the average American", you can easily eat large doses of all nutrients (except possibly vitamin E)--that is, if you do a good job of fueling yourself, particularly with fruits and colorful vegetables.

continued next page...



No amount of any supplement will compensate for a high fat, hit-or-miss diet and stress-filled lifestyle.

known about nutritional supplements, some of what is not known, and let you decide if you should spend: 1) more money on broccoli and spinach than on pills and potions; 2) more time on reducing stress than on living a frenzied, potentially health-harmful lifestyle.

Historically, vitamins were studied to determine the minimal amount of a nutrient required to prevent deficiency diseases such as beri-beri and scurvy.

protection from the diseases of aging (such as cancer, heart disease and osteoporosis)? Some studies suggest that vitamin E may lower the risk of heart disease and cancer, as well as reduce the muscle damage associated with rigorous exercise. Perhaps 100-400 IU's per day is a wise source of this nutrient that is virtually impossible to get in large doses via foods?

Research documents that supple-

THE ATHLETE'S KITCHEN

As you decide your nutritional fate, know that a diet based on a variety of wholesome foods is still your best source of nutrition.

Some athletes may indeed suffer from marginal nutritional deficiencies, particularly those who restrict calories and/or eat a repetitive intake of bagels, bagels, bagels; pasta, pasta, pasta. Even athletes who think they eat well sometimes miss the mark. For example, those who take pride in their high carb, low fat diet often eat too many carbs at the exclusion of other foods and have diets deficient in calcium, iron, zinc and protein.

Should public health officials recommend that we take a supplement to compensate for our poor eating habits? Or should more emphasis be put on how to eat healthfully despite a hectic lifestyle? A supplement certainly is quick and easy "health insurance". But remember that no amount of any supplement will compensate for a high fat, hit-or-miss diet and stress-filled lifestyle. And will taking supplements reduce the perceived need to eat *whole* foods that offer far more nutrients than just vitamins and minerals--nutrients like protein, carbohydrates and fiber?

Whole foods also offer hundreds, perhaps thousands, of substances called *phytochemicals* that protect our health. These include *protease inhibitors* in soybeans that may slow tumor growth; *iso-flavones* in dried beans that may reduce the risk of breast or ovarian cancer; *isothiocyanates* in broccoli that may help block carcinogens from damaging a cell's DNA. These phytochemicals may explain why the cruciferous vegetables

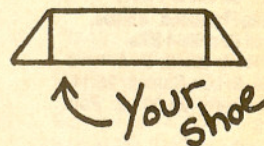
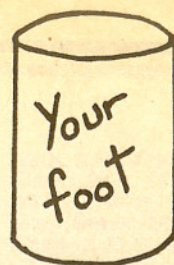
such as broccoli, cabbage and cauliflower are thought to be protective against cancer, as are onions and garlic thought to be protective against heart disease.

If you choose to take a supplement for its health-protective effects, be sure to do so *in addition to eating well*. The anti-oxidant vitamins (C, beta-carotene and E) show the most promise. Although you can get large amounts of C and beta-carotene (and phytochemicals) from fruits and vegetables, you do need a supplement to get an effective dose of E (100-400 IU). Because researchers have yet to unravel the whole vitamin/health mystery, stay tuned (and be sure to take rest from your hectic lifestyle). The phytochemicals and perhaps other unknown substances found in whole foods, but not in pills, may emerge as the winner.



Sports Nutrition Materials) to Nutrition Services, SportsMedicine Brookline, 830 Boylston St., Brookline, MA 02167.

Nancy Clark, MS, RD, teaches sportsactive people how to eat to win at SportsMedicine Brookline. Her popular Sports Nutrition Guidebook (\$18) and audiotape How to Lose Weight and Have Energy to Exercise (\$10.95) are available by sending a check (payable to



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RESULTS

MEET DIRECTORS . . . Please send your road race results directly to CRN, 4957 E. Heaton Ave., Fresno, CA 93727 or FAX (209) 255-4904.

Stern Grove Run

January 23. San Francisco. 4 Miles.
Overall Results-4 Mile

1. Tyler Abbott, 22:12. 2. Antonio Corgas, 22:29. 3. Len Garriott, 25:11. 4. Randy Guerrero, 26:00. 5. Pete Nowicki, 26:11

Mission Rock Run

January 30. San Francisco. 3.5 Miles.
Overall Results-3.5 Miles

1. David Moulton, 20:33. 2. Jean Germain, 21:18. 3. Mark Scheuer, 21:29. 4. Keith O. Johnson, 21:44. 5. Patrick Lee, 21:53.

Las Vegas International Marathon

February 5. Las Vegas By Al Boka.

Mike Dudley, a sophomore at Central Oregon Community College, was the winner of the men's marathon. Running only his fourth marathon, Dudley is a cross country runner and distance runner in track. "I was really hurting the last two miles." After the 21-mile Dudley said. "I thought Juan Gonzales would come back and catch me". Because of his NCAA standing, Dudley will not be able to accept the \$5,000 prize. His college dropped cross country and track due to budgetary reasons. "I've been training specifically for this race," Dudley said. Dudley is from Bremerton, Wash. Central Oregon Community College is located in Bend. He will run the final track season at the school this spring.

Roxi Erickson, a 31-year-old unknown from Omaha, posted by far her best time ever at 2:40:14, good for 53rd overall. Erickson caught the pack at mile 6 and ran with the pack through mile 20 before breaking away. "I was talking to them and joking around," Erickson said. "I'm sure they were saying who is this?" "I'm just a nobody, though." Erickson's sister, Karlene, is the runner in the family, she says.

"I've always been known as Karlene's sister," Erickson said. Erickson has no sponsors and only began running marathons 15 months ago. Her previous best time was 2:42:13 at Dallas White Rock. "I don't know how to explain it. I'm a late bloomer. I'm sure they thought I'd slow down. At mile 20, all of a sudden they were gone." Confidence is something Erickson says she lacks. "I need to find someone to help me with confidence. Maybe this will help."

Disso Dessasa of Ethiopia took second in the men's marathon, but was disappointed with his time. The previous winner of the Sardinia Marathon last November, Dessasa ran 2:15 in Sardinia, but ran 2:18:51. "I was too tired today," Dessasa said. "This was not a good race for me." Dessasa, from Addis Ababa, Ethiopia, trains in Switzerland.

Doug Kurtis of Northville, Mich., was the men's masters winner and third overall with a time of 2:19:26. This was his 73rd marathon under 2:20, a world record.

Svetlana Netchayeva of Moscow was the women's second place winner and 60 overall with a time of 2:41:44.

Half-Marathon Notes And Quotes

Paul Pilkington of Roy, Utah, led from start to finish to win the second-ever Half-Marathon with a time of 1:02:37 and a mile time of 4:47. Pilkington, ranked in the top 10 in the United States, led from start to finish. "I haven't raced since November," Pilkington said. "I took the lead in the first 100 meters. I felt good about how I ran. I didn't want to run any harder because I was getting tired," said Pilkington, a previous winner of the Houston Marathon

in 2:11:13. "This is a fantastic course," Pilkington said. "People are going to be drawn here if they know there are fast times." Roy is located north of Salt Lake City. Pilkington was paid to be the rabbit at last year's New York Marathon. In December, he won the Las Vegas Mini-Marathon in a time of 1:02:54.

Nadia Prasad won the women's Half-Marathon with an event-record time of 1:09:05. Prasad, originally from France and now a resident of Cedar City, Utah, was running her first race since having a baby in November. Ranked No. 9 in the world by Runner's World, Prasad led the women from start to finish and took 30th overall. "I followed the men in groups," Prasad said. "I wasn't worrying about the time. I felt great the whole race." Prasad had just three weeks of training. She won the 1991 Las Vegas Marathon in 2:39:62; 2nd in the half in 1993. She was third in the New York Marathon last year in 2:30:16. Her time this year was best ever in a half marathon.

Clyde Stenberg of Redmond, Was., was the first men's masters runner to finish with a time 1:07:28, good for 17th overall. His pace time was 5:09.

Diana Tracy, of Hermosa Beach, Calif., won the women's masters title in the half-marathon with a time of 1:18:17., good for 132nd overall.

Stenberg and Tracy will receive \$1,000 for taking first. Prasad and Pilkington will receive \$750 each.

Overall Results-Marathon Men

1. Michael Dudley (23) Or., 2:16:54. 2. Disso Dessasa (28) Eth., 2:18:38. 3. Doug Kurtis (41) Mi., 2:19:26. 4. Douglas Cronkite (32) Can., 2:19:40. 5. Fredson Mayiek (26) Ken/Ca., 2:20:11. 6. Mike Harrison (27) Va., 2:20:39. 7. Juan Faniga (31) Mex., 2:21:41. 8. Dick Ledoux (36) Co.,

2:22:39. 9. Gregor Booth (31) Sco., 2:23:06. 10. Juan Salvador (32) Mex., 2:23:17.

Overall Results-Marathon Women

1. Roxi Erickson (31) Ne., 2:40:14. 2. Svetlana Netchayeva (32) Rus., 2:41:44. 3. Eniko Feher (26) Hun., 2:43:21. 4. Michelle Petrus (27) Ut., 2:43:49. 5. Christy Mettler (25) Az., 2:45:39. 6. Renee Kruse (26) Ia., 2:45:43. 7. Debbie Hanson (40) Ut., 2:51:39. 8. Marina Jones (41) Ca., 2:51:47. 9. Jane Hutchison (48) Mo., 2:52:24. 10. Sarah Shelton (30) Og., 2:53:05.

Overall Results-1/2 Marathon Men

1. Paul Pilkington (35) Ut., 1:02:37. 2. Marco Ochoa (29) Ca., 1:03:18. 3. Jose Iniguez (28) Ca., 1:03:29. 4. Greg Wenneborg (26) Az., 1:03:39. 5. Dennis Pfeifer (27) Ca., 1:04:02. 6. Gavino Toledo (23) Co., 1:04:28. 7. John Hill (25) Wa., 1:04:40. 8. Mica Comstock (28) Nm., 1:04:55. 9. Stavros Rologas (25) Nm., 1:04:57. 10. Jim Estes (27) Ky., 1:05:58.

Overall Results-1/2 Marathon Women

1. Nadia Prasad (26) Fra/Ut., 1:09:05. 2. Marisol Cossio (30) Bol/Ca., 1:14:59. 3. Kathy Onofrio-Wood (29) Ca., 1:16:02. 4. Mary Button (34) Ca., 1:17:22. 5. Roza Vladimirova (29) Rus/Ca., 1:17:22. 6. Diana Tracy (40) Ca., 1:18:17. 7. Michelle Kitzke (27) Oh., 1:18:25. 8. Kathy Robson (32) Ut., 1:18:52. 9. Ingrid Clancy (37) Or., 1:18:58. 10. Judy Meyer (33) Mn., 1:19:16.

Coit Tower Run

February 6. San Francisco. 3 Miles

Overall Results-3 Miles

1. Tyler Abbott, 14:99. 2. Jeff Monje, 16:15. 3. David Moulton, 16:41. 4. Len Garriott, 16:46. 5. Tony Varmhagen, 16:49.

Dragon Run 5K

February 12. Balboa Park, San Diego.

Division Results-5K Men

12 & U: 1. K Schible 19:42. 2. J.J. Young 25:17. 3. S. Mann 26:24. 13-17: 1. M. Lang 16:17. 2. R. Lopez 16:51. 3. T. Kloos 17:24. 18-29: 1. M. Gilmor 15:14. (Overall Winner) 2. M. Aschenbrønne 15:58. 3. J. Adams 16:00. 30-39: 1. M. Varano 16:05. 2. B. Henderson 16:14. 3. s. Tino 16:29. 40-49: 1. G. Garcia 16:24. 2. E. Best 16:26. 3. L. Sheehan 16:40. 50-59: 1. T. Warren 18:13. 2. D. Mc Caskill 18:25. 3. J. Duncan 18:48. 60-69: 1. M. Haraden 20:40. 2. W. Watson 22:02. 3. D. Dalton 22:34. 70 & O: 1. L. Harris 26:06.

RESULTS

2. R Harris 31:05. 3. R. Sprouse 32:29. **Clydesdale:** 1. J. Crosswith 18:34. 2. K. Portoni 19:37. 3. A. Solis 20:01.

Division Results-5K Women

12 & U: 1. J. Manson 20:33. 2. J. Pidgeon 23:48. 3. K. Lawrence 25:22. **13-17:** 1. M. O'Connor 20:45. 2. S. O'Connor 20:16. 3. A. Reed 20:50. **18-29:** 1. C. Montgomery 16:02 (Overall Winner) 2. J. Hanson 19:56. 3. V. Swidrak 21:13. **30-39:** 1. V. James 18:23. 2. O. Bruni 18:43. 3. S. McCarthy 20:11. **40-49:** 1. R. Paine 19:40. 2. A. Walker 20:10. 3. W. Tennant 21:14. **50-59:** 1. B. Alvarez 21:21. 2. M. Walker 24:35. 3. M. Hedrick 25:04. **60-69:** 1. D. Stock 23:43. 2. D. Gordon 28:20. 3. B. Weinberger 28:29. **70 & O:** 1. J. Simon 31:04. 2. M. Rice 40:39. 3. M. Easton 47:4. **Clydesdale:** 1. T. Fahy 22:44. 2. G. Henderson 33:02. 3. L. Bessmer 33:47.

Great American Adventure Run

February 12. Huntington Beach 2.8 Mile & 4.8 Mile

Division Results-2.8 Mile Men

13 & U: 1. Michael Zepeda 18:36. **14-17:** 1. Sean Christensen 18:17. **24-29:** 1. Rick Kalinowski 17:57. **30-34:** 1. Brian Wilkins 15:12. **35-39:** 1. Rick Waterman 15:35. **40-44:** 1. Steve Kellmyer 17:38. **45-49:** 1. Michael Griffith 17:50. **50-54:** Art Gitterman 20:52. **55-59:** 1. David Hurlbert 20:41. **60 & O:** 1. Walter Atcheson 21:29.

Division Results-2.8 Mile Women

13 & U: 1. Elizabeth Krieger 29:38. **14-17:** 1. Christine Carpenter 29:36. **18-23:** 1. Tara Alvarez 20:27. **24-29:** 1. Debbie Gingras 19:50. **30-34:** 1. Michelle Ramelot 21:40. **35-39:** 1. Lori O'Neil 21:06. **45-49:** 1. Sue Reinhardt 21:42. **50-54:** 1. Nancy Tenberge 23:09.

Division Results-4.8 Mile Men

13 & U: 1. Alan Gunnet 56:20. **14-17:** 1. Curtis Douglas 29:14. **18-23:** 1. Rodolfo Paz 31:31. 2. Shannon Michaels 34:51. 3. Ignacio Aguilar 36:18. **24-29:** 1. Rick Kalinowski 27:42. 2. Paul Elliss 28:00. 3. Chris Ziegler 30:59. **30-34:** 1. Steve Lind 27:30. 2. Jesse Clemente 28:09. 3. Eddie Edwards 29:24. **35-39:** 1. David Parsel 26:40. 2. Mark Conger 31:22. 3. Jim Stevens 32:58. **40-44:** 1. Steve Kellmyer 30:22. 2. Brad Kaplan 31:12. 3. Chuck Lytle 35:02. **45-49:** 1. Michael Griffith 30:54. 2. Bill Trapp 34:06. 3. Scott Pike 34:34. **50-54:** 1. Rich Cooper 30:42. 2. David Raspet 36:06. 3. Frank Delucia 37:41. **55-59:** 1. David Hurlbert 34:34. 2. Joe Andralaitis 40:41. 3. Richard Wilhite 42:23. **60 & O:** 1. Paul Saucedo 34:15. 2. Remy Burkel 37:16.

Division Results-4.8 Mile Women

18-23: 1. Robin Mays 35:58. 2. Suzanne Goode 40:31. **24-29:** 1. Megan Devine 36:37. 2. Mary Jordan 37:32. 3. Jo Limb 38:55. **30-34:** 1. Donna Merrill 37:00. 2. Andrea Moore 43:14. **35-39:** 1. Cindy Burarow 33:18. 2. Lori O'Neal 38:25. 3. Deana Judd 43:26. **40-44:** 1. Elaine Tjalma 40:42. 2. Debra Hinz 42:43. 3. Libby Miranda 47:48. **45-49:** 1. Sue Reinhardt 38:03. 2. Linda Milkie 52:05. 3. Susan Baker 53:30. **50-54:** 1. Cindy Allen 40:37. 2. Sue Cummings 43:11. 3. Carol Doygherty 44:33.

Pacific Terrifica

February 13. San Francisco. 5 Miles

Overall Results-5 Miles

1. Jeff Taylor, 27:41. 2. Tyler Abbott, 28:52. 3. Antonio Corgas, 29:18. 4. Jesus Garcia, 29:38. 5. Jeff Monje, 31:15.

1994 Winter/Memorial Run

February 19. 5K, 5K Walk & 10K

Division Results-10K Men

25-34: 1. Paul Lee (33) Santa Maria, 36:15. **35-39:** 1. Greg Horner (39) Santa Barbara, 32:50. **45-54:** 1. Alex Jones (45) Lompoc, 40:08. **65 & O:** 1. Robert Thompson (66) Solvang, 47:09.

Division Results-10K Women

25-34: 1. Margaret Jones (34) Lompoc, 52:43. **35-44:** 1. Angeles Ramirez (42) Santa Maria, 42:33. **55-64:** 1. Lisa Norcutt (58) Lompoc, 62:05.

Division Results-5K Men

10 & U: 1. Nicholas Spada(9) Lompoc, 34:16. **11-15:** 1. Ralph Spads (14) Lompoc, 39:18. **25-34:** 1. Sean McCormick (30) Paso Robles, 16:23. **35-44:** 1. Russ Cutting (36) Orcutt, 18:01. **45-54:** 1. Stan Rosenfield (46) S. L. O., 19:53. **55-64:** 1. John Ayres (57) Lompoc, 19:24. **65 & O:** 1. Robert Thompson (66) Solvang, 22:06.

Division Results-5K Women

11-15: 1. Libby Waterbury (15) S. L. O., 23:06. **25-34:** 1. Abby Hogan (32) Lompoc, 21:07. **35-44:** 1. Lynnette Hinman (38) Lompoc, 22:18. **45-54:** 1. Nancy Perry (52) Lompoc, 30:37. **55-64:** 1. Ruth Adams (56) Lompoc, 30:26.

Overall Results-5K Walkers

1. Dolly Wuitschick (1st F, 30) Lompoc, 44:10. 1. RussShields (1st M, 63) Lompoc, 45:20.

Pardee/Torrey Pines High School 5K

February 26. Del Mar

Overall Results-5K Men

1. Paul Greer (29) 15:32. 2. James Sheremeta (30) 15:55. 3. Marshall Varano (31) 16:37.

Division Results-5K Men

12 & U: 1. Jonathan Dunbar (11) 20:37. 2. Adam Instone (8) 23:41. 3. Andrew Robinson (11) 24:57. **13-17:** 1. David Dunbar (13) 18:40. 2. Charley Hul Ey (15) 18:48. 3. Noah Lidman (14) 20:44. **18-24:** 1. Daniel O'Connor (18) 16:47. 2. Fernando Figueroa (23) 18:19. 3. Benjamin Heimdal (23) 18:37. **25-29:** 1. Paul Greer (29) 15:32. 2. Ken Gale (27) 18:05. 3. Robert La Porte (29) 19:54. **30-34:** 1. James Sheremeta (30) 15:55. 2. Marshall Varano (31) 16:37. 3. Dave Rooinson (32) 16:41. **35-39:** 1. John Wilson (35) 16:43. 2. Charles Townsend (35) 16:54. 3. Frank Whitemore (38) 17:04. **40-44:** 1. Thomas Heimdal (44) 18:10. 2. David Dunbar (44) 18:42. 3. Robert Bowen (40) 19:16. **45-49:** 1. Richard Green (48) 18:26. 2. Joseph Busa (45) 20:01. 3. Wayne Pfeiffer (47) 20:08. **50-59:** 1. Jerry Albert (56) 19:43. 2. Dwight Gillespie (50) 19:57. 3. Ricardo Ramirez (56) 21:45. **60-69:** 1. Warren Osborn (60) 21:11. 2. Marsh Haraden (63) 21:31. 3. Mahannad Shahr (66) 22:26. **70-79:** 1. Louis Harris (70) 26:39.

Overall Results-5K Women

1. Veronica Boerlin (29) 18:35. 2. Leslie Howland (37) 18:59. 3. Amy Haase (15) 19:11.

Division Results-5K Women

12 & U: 1. Jessica Pidgeon (11) 24:31. 2. Laurie O'Connor (10) 25:45. 3. Celia Flaim (12) 27:27. **13-17:** 1. Amy Haase (15) 19:11. 2. Danielle Valentino (14) 19:54. 3. Shannon O'Connor (14) 20:43. **18-24:** 1. Jenni Davis (21) 20:16. 2. Shawna Garberich (21) 23:08. 3. Marisa Schuber (21) 24:10. **25-29:** 1. Veronica Boerlin (29) 18:35. 2. Minique Templeton (27) 24:27. 3. Francine Clausen (29) 25:24. **30-34:** 1. Susan Nancarrow (30) 20:25. 2. Bea Roth (31) 21:53. 3. Brenda Barrera (31) 22:37. **35-39:** 1. Leslie Howland (37) 18:59. 2. Vickie Roberts (39) 20:55. 3. Suzy Reilly (35) 21:09. **40-44:** 1. Beverly Clendenning (41) 20:23. 2. Julia Guetz (40) 23:15. 3. Lynn Packer (44) 24:34. **45-49:** 1. Ann Walker (48) 21:42. 2. Susan Instone (45) 22:34. 3. Karen Bancroft (47) 23:37. **50-59:** 1. Eileen Pue (54) 22:40. 2. Patti Kopcho (56) 28:18. 3. Joellen Barnett (51) 29:10. **60-69:** 1. Doris Gordon (67) 29:13.

Ripon Almond Blossom Run

February 26. Ripon. 8K & 1 Mile

Overall Results-8K Men

12 & U: 1. Kirk Williamson 42:05. 2. Charlie Gay 43:04. 3. Nathan Winchell 47:57. **13-19:** 1. Rudy Huerta 28:32. 2. Daniel Garcia 30:14. 3. Jimmy Marshall 30:58. **20-29:** 1. Matthew Greene 26:18. 2. Tony Moudakis 31:16. 3. Tom Hguyen 31:49. **30-39:** 1. Michael Dahlin

28:24. 2. Matt Crabbe 28:32. 3. Brian Grunloh 28:41. **40-49:** 1. Karl Bacon 28:00. 2. Mateo Salgado 28:14. 3. Steve Ottaway 28:14. **50-59:** 1. Sal Vasquez 26:48. 2. Gerry Holmes 29:00. 3. Rolf Nebeluna 39:37. **60 & O:** 1. Bill Ferrell 33:35. 2. Gino Fredianelli 33:41. 3. Tom Curtis 37:54.

Overall Results-8K Women

13-19: 1. Liz Lanosa 37:12. **20-29:** 1. Lori Lyle 34:39. 2. Ann Elam 35:24. 3. Lisa Dalisa 38:12. **30-39:** 1. Heidi Ryan 32:58. 2. Lisa Hunter 33:41. 3. Dody Bronson 37:14. **40-49:** 1. Joan Ottaway 31:26. 2. Bodil Larsen 35:23. 3. Terri Busch 36:34. **50-59:** 1. Jean Schwisow 36:53. Audrey Weststeyn 66:53. **60 & O:** 1. Margarethe Styskel 39:34. 2. Clara Azevedo 41:48. 3. Barbara Neyens 46:37.

Overall Results-1 Mile Men

8 & U: 1. Joey Westlund 7:07. **9-13:** 1. David Ulibarri 6:09. **14-15:** 1. Dustin Robinson 5:01. **16-19:** 1. Kevin Garber 5:12. **20-29:** 1. Michael Dean 4:54. **30-39:** 1. Larry Guinee 4:31. **40-49:** 1. Frank Maranda 5:44. **50 & O:** 1. James Erbes 5:34.

Overall Results-1 Mile Women

8 & U: 1. Leah Fletcher 8:16. **9-13:** 1. Vanessa Yonan 5:53. **14-15:** 1. Kelly Coppa 6:37. **16-19:** 1. Julie Shook 8:30. **20-29:** 1. Susan Guinee 5:49. **30-39:** 1. Cindy Murphy 6:46. **40-49:** 1. Zella Williams 7:23. **50 & O:** Margarethe Styskel 7:26.

San Juan Bautista Mission 10

February 26. San Juan Bautista. 5K & 10K

Division Results-5K Men

12 & U: 1. Curtis Tyson (12) Big Sur, 19:10. (new meet age group record) 2. Martin Garcia (12) Paicines, 19:39. 3. Russell Blderama (10) Paicines, 21:24. **13-18:** 1. Tevye Morgenrath (14) Big Sur, 22:30. **19-29:** 1. Javier Ramirez (29) Watsonville, 17:57. 2. Alan Richardson (27) Los Banos, 21:19. 3. Robert Fulbright (29) Los Banos, 23:30. **30-39:** 1. Gilbert Munoz (35) Watsonville, 15:21. (new overall meet record) 2. Sean McCormick (30) Paso Robles, 16:06. 3. Stacy Hordurn (39) Gilroy, 16:47. **40-49:** Jorge Salorio (41) Monterey, 16:56. 2. Bill Bengiveno (49) San Jose, 18:08. 3. Gary Mader (49) Gilroy, 19:00. **50-59:** 1. Dete Kraus (50) 17:33 (new age group meet record) 2. Frank Ortega (50) Fresno, 18:02. 3. John Glass (50) Hollister, 20:07. **60-69:** 1. Bill Floodberg (60) San Martin, 20:28. 2. Dick Renfrow (61) Hollister, 31:44. 3. George Anderson (65) Hollister, 36:07. **70 & O:** 1. David Cole (71) Sonoma, 27:21. 2. Ulysses Ratti (70) Oakland, 28:02.

Division Results-5K Women

12 & U: 1. Randi Balderama (11) Paicines, 21:37. 2. Michelle Metcald (10)

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Salinas, 22:51. 3. Heather Korsgaard (11) Paso Robles, 27:14. **13-18:** 1. Maria Plete (16) Hollister, 18:19 (new age group meet record). **19-29:** 1. Michelle Foote (29) Sunnyvale, 26:29. 2. Dana Parker (27) Los Gatos, 26:57. 3. Gail Kline (28) Morgan Hill, 29:39. **30-39:** 1. Carol Strand (37) Morgan Hill, 22:42. 2. Ellen Veona (35) Carmel, 25:31. 3. Nancy Leon (37) Hollister, 25:32. **40-49:** 1. Georgia Riley (49) Campbell, 22:43. 2. Mracia Morrison (45) San Jose, 25:48. 3. Christine Paul (40) Seaside, 25:55. **50-59:** 1. B. J. Empey (50) Los Banos, 23:45. 2. Nancee Knutson (55) San Jose, 32:20. 3. Diane Vebelhart (53) Valley Springs, 32:32. **60-69:** 1. Rose Florio (61) San Jose, 34:34. **70 & O:** 1. Dorothea Cole (71) Sonoma, 53:12.

Division Results-10K Men

13 & U: 1. Britton Owen (17) Salinas, 58:57. 2. Michael Schantz (18) 99:43. 3. Jason Schmitz (17) 99:43:01. **19-29:** 1. Garth Merrill (28) Carmel 61:58. 2. Caleb Rightmeyer (19) Monterey, 62:48. 3. Kiem Ngo (28) Hollister, 63:33. **30-39:** 1. Rich McCandless (38) Hayward, 50:32. 2. Jim Flint (33) Hollister, 51:48. 3. Jim Scattini (30) Salinas, 54:20. **40-49:** 1. Charles Freeman (43) Mountain View, 58:18. 2. Julous Ratti (43) Oakland, 61:00. 3. Walter Radloff (48) San Jose, 62:45. **50-59:** 1. Joe Hurtado (53) Sunnyvale, 63:03. 2. Michael Hicks (51) San Jose, 66:08. 3. Jack Wheeler (51) Morgan Hill, 66:34. **60-69:** 1. Ric Zamarripa (61) Fresno, 67:09. 2. Len Thornton (63) Fresno, 70:17. **70 & O:** 1. Dennis Egly (70) Sunnyvale, 75:40/

Division Results-10K Women

19-29: 1. Cathrine Caley (29) 90:02. 2. Linda Montes (27) 91:08. 3. Sandee Smithee (26) 92:39. **30-39:** 1. Lara Sanchez (32) Salinas, 61:26. 2. Laurie Kirkpatrick (34) Paso Robles, 66:22. 3. Debbie Melnikoff (39) Santa Cruz, 68:20. **40-49:** 1. Sharlet Gilbert (42) Richmond, 64:29. 2. Kaye Provini (43) Morgan Hill, 75:28. 3. Gail Goettelman (49) San Jose, 79:51. **50-59:** 1. Barbara Robben (59) 86:47. 2. Juli Shiller (50) 99:53. 3. Judith Nielsen (54) 1:09:36.

The Castaway

February 26. San Mateo. 10K & 5K

Overall Results-10K Men

1. Nick Nickels (34) 37:51. 2. Martin McDermott (36) 39:19. 3. Hal Fiske (31) 39:53. 4. Jean Germain (50) 40:26. 5. Ed Cohen (32) 40:54.

Overall Results-10K Women

17. Maria Guzman (31) 44:36. 21. Janet Nissensan (34) 46:50. 23. Kathleen Hawthorne (37) 47:07. 27. Gloria Lofton (35) 48:49. 31. Linda Carlton (39) 49:53.

Overall Results-5K Men

1. Paul Ghidossi (28) 16:32. 2. Greg Donson (25) 16:33. 4. Giacomo Cia-

battini (33) 18:55. 5. Daniel Rosenthal (28) 19:42. 6. Oscar Zavaleta (24) 21:32.

Overall Results-5K Women

3. Janet Bowie (23) 18:05. 8. Amy Wang (28) 21:35. 9. Bett Gongora (27) 21:48. 13. Karen Martin (32) 22:28. 18. Dawn Echols (29) 28:04.

San Diego Mardi Gras 10K

February 27. San Diego.

Division Results-10K Men

1-12: 1. Kevin Schibie, 42:37. 2. Tommy Crendon, 57:11. 3. Matthew Burrow, 58:27. **13-17:** 1. dave Schibie, 38:51. 2. Jeremy Shaw, 40:22. 3. Mark Savel, 42:51. **18-29:** 1. Kaid McKay, 32:32. 2. Pedro Hernandez, 33:17. 3. Steve Ogden, 34:57. **30-39:** 1. Rei Yamada, 32:58. 2. Alan Scharsu, 34:34. 3. Steven Tino, 34:48. **40-49:** 1. Bill Carson, 38:49. 2. Richard Saltzman, 39:06. 3. Herman Castille, 39:52. **50-59:** 1. Tom Warren, 37:26. 2. James Noto, 39:59. 3. Peter Gray, 41:47. **60-69:** 1. Warren Osborn, 42:40. 2. Charles Kachadoorian, 47:07. 3. Bill Lee, 49:27. **70-99:** 1. Jack Smothers, 48:53. 2. Joe Vevoda, 54:18. 3. Steve Edwards, 57:05.

Division Results-10K Women

1-12: 1. Merlyn Diaz, 49:17. **13-17:** 1. Sharon Rohde, 41:22. 2. Tara Fuqua, 47:48. 3. Nia Rucker, 58:17. **18-29:** 1. Veronica Boerlin, 38:47. 2. Cynthia Castle, 41:01. 3. Martha Gandy, 42:23. **30-39:** 1. Roquel Flores, 43:04. 2. Ann Chellami, 45:19. 3. Dorian Patterson, 45:24. **40-49:** 1. Elizabeth Curtin, 49:11. 2. Judy Bruce, 49:24. 3. Candelaria Garcia, 51:50. **50-59:** 1. Susan Sutherland, 43:47. 2. Barbara Alvarez, 43:57. 3. Ursula Rains, 47:33. **60-69:** 1. Doris Gordon, 59:07. 2. Rosemary Ennis, 1:05:31. 3. Elsie Staats, 1:12:14. **70-99:** 1. Judy Simon, 1:03:01.

The Great Chowder Chase

February 27. Santa Cruz. 4.5 Miles

Division Results-4.5 Miles Men

12 & U: 1. Tyson Wiles (12) Sobuel, 31:40. 2. Anthony Bertuca (12) Santa Cruz, 32:53. 3. Luke Pomerantz (12) Santa Cruz, 33:34. **13-18:** 1. Liam Jones (18) Aptos, 24:48. 2. Joe Orlando (15) Loomis, 26:12. 3. Joshua Small (17) Capitola, 26:15. **19-24:** 1. Tyson Smith (21) Santa Cruz, 24:15. 2. Eric Small (22) Santa Cruz, 27:03. 3. Jose Rico (22) San Jose, 28:14. **25-29:** 1. Pete Vicencio (28) Auburn, 23:09. 2. Erick Studenicka (27) San Jose, 24:13. 3. Brad Holbrook (26) Pacific Grove, 24:14. **30-34:** 1. Jose Pilar Aispuro (32) Watsonville, 22:31. 2. Robert Andersen (30) Mountain View, 23:28. 3. Terence Boynton (34) Cupertino, 23:52. **35-39:** 1. Gilbert

Munoz (35) Watsonville, 23:37. 2. John Avila (38) Clovis, 23:50. 3. Michael Mrache (39) Aptos, 25:33. **40-44:** 1. Anthony Guinnene (40) San Jose, 26:32. 2. Salvador Martinez (40) Santa Cruz, 28:10. 3. Ken Johnson (41) Santa Cruz, 28:15. **45-49:** 1. Jim Gorman (45) Palo Alto, 25:14. 2. Bob Lilly (46) Boulder Creek, 26:07. 3. Ron Kiyono (46) Union City, 26:17. **50-54:** 1. Tom Deetz (50) Watsonville, 28:31. 2. Olof Hellen (50) Santa Cruz, 29:04. 3. James Weber (51) Aptos, 29:39. **55-59:** 1. Mark Steelman (55) Watsonville, 29:05. 2. Richard Ring (55) Hilmar, 34 53. 3. Dougall McDonald (59) Santa Cruz, 39:54. **60-64:** 1. Scott Lape (61) Santa Cruz, 31:55. 2. Ed Valencia (63) Santa Cruz, 34:51. 3. Tom Reynolds (60) Santa Cruz, 35:50. **65-69:** 1. Ken Nash (66) San Jose, 34:10. 2. Harold Carota (65) Watsonville, 34:48. 3. Howard Powers (69) Scotts Valley, 37:32. **70 & O:** 1. Jim Eymann (70) Sacramento, 38:59. 2. Jack Friedlander (72) San Mateo, 40:04. 3. George Leavitt (71) Santa Cruz, 42:21.

Division Results-4.5 Mile Women

12 & U: 1. Kelly Hofstetter (11) Santa Cruz, 40:59. 2. Ashley Brambila (8) San Jose, 44:08. 3. Sara Avila (12) Santa Cruz, 46:08. **13-18:** 1. Michelle Kiyono (15) Union City, 29:53. 2. Rajniwn Jutca (17) 34:59. 3. Melissa Swenor (15) Prunedale, 36:11. **19-24:** 1. Jody Benford (21) Santa Cruz, 32:42. 2. Cathleen Kane (22) Santa Cruz, 34:15. 3. Noel Orlando (24) Aptos, 35:47. **25-29:** 1. Eloisa Naranjo (28) Watsonville, 31:39. 2. Ann Breyt-spraak (27) Santa Cruz, 32:18. 3. Helen Kim (25) Milpitas, 32:49. **30-34:** 1. Claire Pirie (30) Soquel, 28:16. 2. Michelle Mason (30) Sunnyvale, 30:16. 3. Laura Kulsik (33) Folsom, 31:26. **35-39:** 1. Barb Acosta (36) Santa Cruz, 25:54. 2. Dee Gray (38) Los Altos Hills, 28:29. 3. Annie Conneau (38) Carmel Valley, 30:27. **40-44:** 1. Sharlet Gilbert (42) Richmond, 28:13. 2. Nancy Ogle (40) Santa Cruz, 30:57. 3. Linda Strong (42) Santa Cruz, 31:21. **45-49:** 1. Kathy Frank (46) Palo Alto, 33:07. 2. Pamela Eckhardt (48) Burlingame, 35:42. 3. Lilly Frawley (45) Sacramento, 36:38. **50-54:** 1. B. J. Empey (52) 38:16. 2. Phyllis Rosenblum (52) Santa Cruz, 40:51. 3. Marilyn Howard (51) Cupertino, 43:49. **55-59:** 1. Nancy Troxa (56) El Sobrante, 38:57. 2. Phyllis Buie (55) Soquel, 41:00. 3. Joyce Small (55) Mountain View, 41:43. **60-64:** 1. Roberta Carlson (61) Nelmont, 40:25. 2. Emily Maloney (62) Santa Cruz, 40:57. 3. Ruth Levitan (63) Albany, 51:34. **65-69:** 1. Margaret Nervino (69) Santa Cruz, 53:52. 2. Barbara Nash (65) San Jose, 58:53. **70 & O:** 1. Jaclyn Caselli (72) San Jose, 43:15.

3rd Annual Blossom Trail Run

March 5. Sanger. 1K, 2 Mile & 10K.

Division Results-1K Kids

Boys Age 6: 1. Jeffrey Phillips, Sanger, 3:34. **Boys Age 7:** 1. Chad Robinson, Fresno, 3:18. **Boys Age 8:** 1. Mark Aved, Fresno, 2:53. **Girls Age 3:** Kelsey Castillo, 5:51. **Girls Age 4:** 1. Katherine Contestano, Fresno, 4:50. **Girls Age 5:** 1. Gina Drioane, Fresno, 4:24. **Girls Age 6:** 1. Vanessa Moreno, Sanger, 4:08. **Girls Age 7:** 1. Katy Peek, North Fork, 4:02. **Girls Age 8:** 1. Leah Mazziliano, Fresno, 3:10.

Division Results-2 Mile Walk Men

40 & U: 1. Michael Montelongo, Sanger, 20:50. **40 & O:** 1. John Robertson, Visalia, 24:24.

Division Results-2 Mile Walk Women

40 & U: 1. Pamela Olives, Fresno, 22:53. **40 & O:** 1. Cathy Brown, Quartz Hill, 24:14.

Wheelchair:

1. Eddie Geary, Fresno, 35:00.

Division Results-2 Mile Men

0-18: 1. Tim Wolf, Fresno, 11:54. **19-24:** 1. Dennis Fontes, Riverdale, 15:19. **25-29:** 1. Alan Richardson, Los Banos, 13:14. **30-34:** 1. Marvin Ashcroft, Clovis, 10:45. **35-39:** 1. Anthony Chavira, Fresno, 13:02. **40-44:** 1. Bruce Anderson, Fresno, 10:56. **45-49:** 1. Allen Grenlich, Fresno, 12:03. **50-54:** 1. Alfred Leal, Fresno, 12:32. **55-59:** 1. Mickey Kaitangian, Fresno, 13:51. **60-64:** 1. Tony Buch, Reedley, 14:06. **65-69:** 1. Rafael Silva, 14:49. **70 & O:** 1. Lee Thomas, Fresno, 16:19.

Division Results-2 Mile Women

0-18: 1. Lindsey Hahn, Clovis, 14:33. **19-24:** 1. Jesside Flores, Fresno, 13:14. **25-29:** 1. Donna Puryear, Fresno, 14:43. **30-34:** 1. Carol Foster, Fresno, 15:20. **35-39:** 1. Barbara Hevle, Fresno, 14:55. **40-44:** 1. Tish Drioane, Fresno, 14:58. **45-49:** 1. Joyce Provost, Fresno, 22:44. **50-54:** 1. Carol Avent, Clovis, 21:39. **55-59:** 1. Margaret Castro, Earlimart, 22:26. **60-64:** 1. Maria Friesen, Fresno, 33:48. **65-69:** 1. Dorothy Thomas, Fresno, 17:24. **70 & O:** 1. M. H. Sandy, Clovis, 22:33.

Division Results-10K Men

0-18: 1. Jose Gonzalez, Fresno, 36:01. **25-29:** 1. Jay Geary, Clovis, 36:49. **30-34:** 1. Mark Fimbres, Fresno, 37:53. **35-39:** 1. Robert Garcia, Clovis, 36:54. **40-44:** 1. Roy Halt, Fresno, 38:05. **45-49:** 1. Bill Schwartz, Fresno, 38:11. **50-54:** 1. Jorge Macias, Fresno, 44:38. **55-59:** 1. Frank Delgado, Fresno, 41:06. **60-64:** 1. Ernesto Malagon, Fresno, 48:14. **65-69:** 1. Mannele Mann, Fresno, 1:02. **70 & O:** 1. Harry Harder, Reedley, 55:01. **Wheelchair:** 1. Dean Vanderpool, Fresno, 37:09.

Division Results-10K Women

19-24: 1. Hope Rodriguez, Orosi, 43:49. **25-29:** 1. Sandra Moreno,

RESULTS

Sanger, 47:55. **30-34**: 1. Suzy Pliik, North Fork, 42:34. **35-39**: 1. Ann Phillips, Sanger, 46:38. **40-44**: 1. Connie Parsons, Coalinga, 49:39. **45-49**: 1. Suzanne Sobenes, Fresno, 46:43. **50-54**: 1. Deborah Schwartz, Fresno, 48:44. **55-59**: 1. Theanne Woodruff, Fresno, 1:06:51. **60-64**: 1. Sydney M. Loo, Clovis, 1:08:23.

Napa Valley Marathon

March 6. Napa Valley Marathon

More than 1300 runners participating in the 16th Annual Sutter Home Napa Valley Marathon were blessed with beautiful weather conditions, strong tail winds and spectacular view of the wine country at its finest. This resulted in many personal bests for the runners and the establishment of course records in several age groups.

Joseph Karnes, 28, of San Francisco, accomplished his goal of qualifying for the Olympic Trials by turning a 2:21:08. time, the fastest Napa Valley Marathon in 3 years. "It was a well organized race," said Karnes. "Conditions were optimal for a fast time." This was Karnes' 11th marathon, however he has only run 3 marathons in the last ten years.

Carol Lowe, 33, of Milwaukie, OR, the first woman to cross the finish line, turned in time of 2:59:48. Only 20 seconds separated first and second place in the Wheelchair Division. Jerry Deets, of Santa Cruz, ran 1:51:30, out-dueling Chuck McAvoy of Ranch Cordova, CA.

Other outstanding performances were turned in by Brad Lael, 28 of Sacramento, who, just 3 weeks prior to Napa, ran 3:03 to win the Jed Smith 50K Race in Sacramento. Lael's time of 2:28:26 was good for a second overall placement and was more than five minutes faster than his personal best time. Perhaps ultra distance training can be a great value for fast marathon times.

Gustavo Figueroa, of Winnemucca, NV, won the Masters Division with a fine 2:30:56. Barba-

ra Miller, 54, of Modesto, CA, not only won the 50-54 age group, but also was the overall winner in the Masters Division, running a 3:09:25.

Perhaps the most outstanding performance of the day was turned in by Herb Phillips, of Burnaby, British Columbia, who predicted prior to the event that he was ready to break the existing course record in the men's 50-54 age group. Phillips broke the existing record last year by more than four minutes. This year, by running 2:37:40, he trimmed more than 2 minutes off his own course record.

Another highlight of this year's race was witnessing Edda Palmer, 66, of Saratoga, CA, finish her 100th marathon.

Division Results-Marathon Men

6-19: 1. Devin Senelick, 3:20:55. 2. Joe Calderon, 3:21:38. 3. Chip Glaholt, 3:50:20. **20-24**: 1. Chris Wiley, 2:35:39. 2. Jason Jacobson, 2:54:52. 3. Stephen Dunbar, 2:59:18. **25-29**: 1. Joseph Karnes, 2:21:08. 2. Brad Lael, 2:28:26. 3. Guillermo Cazares, 2:42:55. **30-34**: 1. Dave Mackey, 2:44:57. 2. Froylan Sanchez, 2:47:39. 3. Allan Smith, 2:49:38. **35-39**: 1. Steve Greenspan, 2:36:21. 2. Doug Allen, 2:37:36. 3. Chuck Harris, 2:38:08. **40-44**: 1. Gustavo Figueroa, 2:30:56. 2. Mark Williams, 2:44:27. 3. Bob Hermens, 2:48:16. **45-49**: 1. Brian Waterbury, 2:45:59. 2. William Sharp, 3:22:00. 3. Brian Connon, 2:52:55. **50-54**: 1. Herb Phillips, 2:37:40. 2. Martin Jones, 2:48:00. 3. John Crouch, 2:48:59. **55-59**: 1. Van Whitis, 3:15:51. 2. Nick Riesz, 3:21:02. 3. Jim Allen, 3:21:46. **60-69**: 1. Glen Unsicker, 3:22:00. 2. Ron Strout, 3:38:34. 3. Philip Becker, 3:46:56. **70-95**: 1. George Billingsley, 4:31:13.

Division Results-Marathon Women

6-19: 1. Eileen Straw, 3:25:21. 2. Eileen Straw, 4:38:25. 3. Kristin Kelly, 4:39:46. **20-24**: 1. Stephanie Nunes, 3:15:46. 2. Ahsley Joy, 3:25:09. 3. Emily Dirksen, 3:28:33. **25-29**: 1. Becky Drees, 3:13:42. 2. Carol Parise, 3:15:26. 3. Kim Wik, 3:22:50. **30-34**: 1. Carol Lowe, 2:59:48. 2. Heather Cupp, 3:06:14. 3. Debs Holst, 3:15:54. **35-39**: 1. Christine Iwahashi, 3:03:41. 2. Maria Figueroa, 3:07:29. 3. Thaliaa Hastings, 3:16:58. **40-44**: 1. Darlene Wallach, 3:10:32. 2. Roseanne Gilmore, 3:25:35. 3. Jamie Wendel, 3:26:45. **45-49**: 1. Cynici Calvin, 3:18:08. 2. Karan Godman, 3:34:03. 3. Carol Bianco, 3:38:45. **50-54**: 1. Barbara Miller, 3:09:25. 2. Ute Luyties, 4:03:40. 3.

Wanda Willems, 4:09:03. **55-59**: 1. Khartoon Tudhope, 3:57:05. 2. Dina Fields, 4:04:42. 3. Harriet Anderson, 4:17:12. **60-69**: 1. Myra Rhodes, 4:00:19.

Willits Classic

March 6. Willits. 10 Mile & 5K

Division Results-10 Mile Men

0-30: 1. Scott Ames (35) Santa Rosa, 59:13. **30-40**: 1. Jamie Damiano (41) Fort Bragg, 1:05:56. **40-50**: 1. Jon MacPherson (52) Santa Rosa, 59:47. **50-60**: 1. John Bailey (60) Fort Bragg, 1:30:46.

Division Results-10 Mile Women

0-20: 1. Kim Walker (29) Ukiah,



1:16:46. **20-30**: 1. Dolora Koontz (39) Kelseyville, 1:18:19. **30-40**: 1. Alice Higinbotham (40) Ukiah, 1:23:35. **40-50**: 1. Pam Horton (50) Santa Rosa, 1:16:48. **50-60**: 1. Lois Cook (62) Ukiah, 1:44:37.

Division Results-5K Men

12 & U: 1. Daniel Frey (10) Redwood Valley, 23:29. **13 & O**: 1. Riley Gibbons (16) Willits, 18:36. **20-30**: 1. Jim Noonan (33) Santa Rosa, 15:55. **40-50**: 1. Jim Gibbons (49) Willits, 17:40. **50-60**: 1. Brendan Hutchinson (50) Santa Rosa, 17:47. **60-70**: 1. Richard Moore (74) Point Arena, 27:08.

Division Results-5K Women

12 & U: 1. Joan Green (10) Willits, 36:42. **30-40**: 1. Donna Rodrigues (34) Santa Rosa, 18:53. **40-50**: 1. Lory Lance (48) Ukiah, 24:20. **50-60**: 1. Mary Ellen Howard (54) Ukiah, 29:01.

Cool Canyon Crawl 50K

March 12. Cool. 50K

Overall Results-50K Men

1. Rich Hanna (29) 3:30:44. 2. Carl Andersen (33) 3:33:46. 3. Tom Johnson (34) 3:34:14. 4. Mark Richtman (38) 3:44:16. 5. Dave Scott (36) 3:46:28. 6. Jeff Spangler (36)

3:47:14. 7. Tim Twietmeyer (35) 3:49:32. 8. Tome Greene (28) 3:55:23. 9. Geoff Vaughan (29) 4:00:10. 10. Bruce Linscott (35) 4:02:48.

Overall Results-50K Women

16. Luanne Park (33) 4:12:15. 37. Suzie Lister (29) 4:36:57. 37. Maryann Murphy (29) 4:36:57. 45. Laurie Riebeling (37) 4:42:45. 73. Michele Vandehoek (30) 4:57:42. 75. Lynne O'Malley (43) 4:58:03. 78. Jane Baldwin (33) 5:00:04. 86. Kathy Welch (40) 5:03:49. 90. Laura Kulsik (33) 5:04:17. 91. Laura Vaughan (28) 5:06:21.

Left to right: Maria Trujillo, Rosa Gutierrez and Kathy D'Onofrio-Wood

Photo by Elaine Rosenfield

Bud Light Rascal Creek Run

March 13. 10K Run 3K & 1 Mile

Division Results-10K Men

0-19: 1. Shannon Handy 38:40. **20-29**: 1. Delmir Dos Santos 29:37. **30-39**: 1. Joao Batista Pacau 30:41. **40-49**: 1. David Weller 38:21. **50-59**: 1. Sal Vasquez 34:00. **60-69**: 1. Len Thornton 42:36. **70-99**: 1. Don Lundberg 57:39.

Division Results-10K Women

0-19: 1. Meggin Browning 1:02:33. **20-29**: 1. Kathy D'Onofrio-Wood 37:03. **30-39**: 1. Rosa Gutierrez 36:33. **40-49**: 1. Sharlet Gilbert 37:55. **50-59**: 1. Jean Schwisow 48:49. **60-69**: 1. Maggie Mikael 54:55.

Division Results-3K Men

0-12: 1. Albert Gonzales Jr. 12:21. **13-18**: 1. Matt Batchelor 9:41. **19-29**: 1. Daniel Zacharias 13:20. **30-39**: 1. George Shoemaker 10:16. **40-49**: 1. Frank Mireanda 11:12. **50-59**: 1. Everett Younce 13:46. **60-69**: 1. Payson Taylor 21:27.

RESULTS

Division Results-3K Women

0-12: 1. Catherine Walker 12:49. 13-18: 1. Lisa Arzamendi 13:17. 19-29: 1. Lynn Champagne 14:43. 30-39: 1. Rachelle Poole 15:37. 40-49: 1. B. J. Empey 14:24. 50-59: 1. Patricia Enquist 22:13. 60-69: 1. Sophia Lewis 23:27. 70-99: 1. Emma Bragg 34:50.

Division Results-1 Mile Men

0-7: Matt Strickland 8:03. 8-9: 1. Ryan McDaniels 6:24. 10-11: 1. Jeremy Storer 6:11. 12-13: 1. Robert Alber 8:48. 14-99: 1. Gram Leonardo 6:17.

Division Results-1 Mile Women

0-7: 1. Katrina Flores 8:07. 8-9: 1. Dallan Williams 6:20. 10-11: 1. Christina Diaz 6:32. 12-13: 1. Vanessa Yonan 5:55.

Wilderness Runs

Wildflower Series

March 13. Palo Alto. 15K & 5 Mile

Overall Results-15K

1. Frank Prabel (34) 1:14:34. 2. Patrick Buzbee (42) 1:14:56. 3. Nick Nichols (34) 1:18:39. 4. Bruce Barrall (37) 1:19:48. 5. Renato Reyes (42) 1:24:04. 12. Betty Gongora (27f) 1:37:23. 19. Ainslie Mackovjak (28f) 1:48:02. 27. Judie Irwin (48f) 2:08:57.

Overall Results-5 Mile

1. Chris Saul (33) 37:43. 2. Ken Costello (33) 40:11. 4. Belinda Straker (30) 46:02. 5. Alberto Nacu (40) 46:59. 6. Dexter Gauntlett (37) 47:04. 3. Jill St. Clair (29f) 42:24. 8. Mary Capistraut (35f) 57:00. 9. Alicia Faugier (31f) 57:11. 14. Marybeth Jacob (29f) 1:03:25. 17. Dottie Hunter (33f) 1:22:43.

Mercury News 10K

March 17. San Jose. 10K

Overall Results-10K Men

1. Azzedine Sakhrri (25) 28:52. 2. Delmir Dos Santos (28) 29:11. 3. Sean Wade (28) 29:26. 4. Chris Schille (27) 29:27. 5. Jose Rosendo (25) 29:54. 6. Ivan Huff (34) 29:56. 7. Ralph Garibaldi (30) 30:29. 8. Martin Lyons (31) 30:34. 9. Rey Flores (27) 30:42. 10. Rick Saure (40) 30:50. 11. Richard Lee (32) 30:54. 12. Pat Johnson (25) 31:17. 13. Patrick Moreton (33) 31:25. 14. Leonard Hill (41) 31:28. 15. Jeff Taylor (25) 31:35. 16. Dan Stefanisko (31) 31:49. 17. Victor Santamaria (26) 32:01. 18. Gary Towne (26) 32:01. 19. Brian Richter (24) 32:05. 20. Jeff Hacker (34) 32:12. 21. Charles Alexander (30) 32:18. 22. Dale Porter (28) 32:21. 23. Louis Ortiz (24) 32:23. 24. Thom Trimble (34) 32:26. 25. Brad Laei (29) 32:27.

Overall Results-10K Women

1. Linda Somers (32) 33:17. 2. Barb Myers-Acosta (36) 34:06. 3. Patti-

Sue Plumer (31) 34:17. 4. Maria Truillo (34) 34:31. 5. Michele Buresh (26) 34:33. 6. Robyn Berry (29) 35:19. 7. Rosa Gutierrez (30) 35:40. 8. Rae Henderson (27) 35:41. 9. Janet Bowie (23) 36:05. 10. Roza Vladimirova (28) 36:16.

11. Nonor Fetherston (39) 36:26. 12. Laura Sanchez (32) 36:43. 13. Sharlet Gilbert (43) 36:48. 14. Catherine Christensen (27) 36:50. 15. Kristin Jacobs (29) 36:55. 16. Christy Runde (25) 37:03. 17. Betsy Diaz (29) 38:05. 18. Joan Ottaway (50) 38:05. 19. Marien Harris (26) 38:40. 20. Joanne Kelley (26) 38:40.

21. Julie Rohloff (31) 38:53. 22. Malia Dinell (31) 39:32. 23. Linda Schirmer (29) 39:45. 24. Connie Kondo (35) 39:46. 25. Margaret Lang (32) 39:48.

Division Results-10K Men

15 & U: 1. Daniel Garcia A(13) 36:53. 2. Ricardo dominquez (15) 38:21. 3. David Rodrigues (14) 38:55. 16-19: 1. Hector Leija (17) 33:12. 2. Enrique Torres (16) 33:37. 3. Sethih Nang (16) 35:47. 20-29: 1. Azzedine Sakhrri (25) 28:52. 2. Delmir Dos Santos (28) 29:11. 3. Sean Wade (28) 29:26. 30-39: 1. Ivan Huff (34) 29:56. 2. Ralph Garibaldi (30) 30:29. 3. Martin Lyons (31) 30:34. 40-49: 1. Rick Saure (40) 30:50. 2. Leonard Hill (41) 31:28. 3. Dennis Kurtis (40) 32:51. 50-59: 1. Jerry La Londe (52) 36:00. 2. Jack Wheeler (51) 39:46. 3. Tom Kaiser (53) 39:53. 60-69: 1. Robert Smith (62) 39:51. 2. Hank Fragoza (64) 41:48. 3. Ray Renteria (64) 42:42. 70 & O: 1. Parshan Grewal (73) 42:38. 2. Leo Gries (70) 51:16. 3. Woody Riley (73) 58:15.

Division Results-10K Women

15 & U: 1. Sarah Pitts (10) 43:14. 2. Nicole Sebek (15) 45:05. 3. Randi Balderama (11) 49:24. 16-19: 1. Phuong-Mai Bui-Quang (17) 43:48. 2. Maggie Ricketts (16) 46:07. 3. Irene Tom (19) 50:17. 20-29: 1. Michele Buresh (26) 34:33. 2. Robyn Berry (29) 35:19. 3. Rae Henderson (27) 35:41. 30-39: 1. Linda Somers (32) 33:17. 2. Barb Myers-Acosta (36) 34:06. 3. PattiSue Plumer (31) 34:17. 40-49: 1. Sharlet Gilbert (43) 36:48. 2. Jo Ann Dahlkoetter (40) 40:10. 3. Jenny Collins (44) 42:43. 50-59: 1. Joan Ottaway (50) 38:05. 2. Susan Brown (51) 47:26. 3. Lynne Rosser (52) 49:34. 60-69: 1. Joy Johnson (67) 52:16. 2. Mabel Rodarte (65) 54:18. 3. Relma Siirila (65) 1:04:44. 70 & O: 1. Muriel Dickinson (70) 1:14:16.

Wilderness Runs

Wildflower Series

March 19. Edgewood. 8.2 Miles & 4.5 Miles

Overall Results-8.2 Miles Men

1. Tony Fong (34) 50:01. 2. Gary Chamberlin (47) 52:06. 3. Guy McKen-

zie (44) 52:16. 4. Nikos Mourtos (36) 53:24. 5. Curtis Sukert (32) 53:49. 6. Chris Saul (33) 54:22. 8. Greg Anderson (34) 56:51. 9. Jean Germain (50) 58:32. 10. Mike Dunn (39) 59:14.

Overall Results-8.2 Miles Women

7. Sharlet Gilbert (43) 56:26. 13. Suzanne Bryan (31) 1:01:57. 14. Anne Shikuma (33) 1:02:28. 15. Lynn Macy (39) 1:03:48. 20. Caroline Craven (35) 1:06:56.

Overall Results-4.5 Miles Men

1. Jamie Kocher (40) 30:25. 3. Steve Corrales (26) 37:52. 4. David Mimms (30) 39:15. 5. Frank Mahoney (50) 39:55. 6. Mark Magoni (32) 40:40.

Overall Results-4.5 Miles Women

2. Jennifer Castro (40) 37:20. 7. Lisa Breister (23) 40:43. 10. Sarah Bradley (26) 47:33. 11. Lori Burt (35) 47:34. 13. Conny Diessner (35) 48:33.

The Mustang Classic

March 19. 25 Miles.

Division Results-25 Miles

M/M: 1. Mark Richman, Tom Johnson, 2:11:29. M/W: 1. Kathy Ceragioli, Gary Ceragioli, 2:24:29. W/W: 1. Mary Tiscionia, Dana Hooper, 2:40:45.

Division Results-16 Miles

M/M: 1. Gary Burbank, John Dawson, 2:25:30. M/W: 1. Lauren Jefferson, James Dick, 2:21:16.

Duathlon in Exile

Spring Series

March 20. Irvine. Run 5k, Bike 20k, Run 5k

Overall Results-Men

1. Kenny Souza, 57:36. 2. Greg Watson, 58:19. 3. Chris Skinner, 58:52. 4. Brent Allen, 59:23. 5. Todd Morton, 59:59. 6. Paul Huddle, 1:00:25. 7. Marcus Gladstein, 1:00:57. 8. Hector Rios, 1:00:59. 9. Dan Rock, 1:01:46. 10. Robb Dorf, 1:01:50.

Overall Results-Women

1. Nancy Riedel, 1:04:25. 2. Sue Davis, 1:07:25. 3. Elizabeth Milewski, 1:08:04. 4. Lisa Goldsmith, 1:09:13. 5. Stefania Offiano, 1:09:23. 6. Carla Figueroa, 1:10:52. 7. Bobbi Tomkins, 1:12:26. 8. Thea Roberts, 1:12:52. 9. Marni Rytli, 1:13:12. 10. Thea Fox, 1:15:18.

Rotary River Run

March 26. Firebaugh. 1 Mile, 3 Mile, & 6 Mile.

Division Results-1 Mile

Boys: 1. Ricky Ormlas, 6:44. Girls: 1. Lisa Ceja, 8:02. Youngest Runner: 10:13.

Division Results-3 Mile

Open Men: 1. Pedro Martinez, 18:06. Master Men: 1. Frank Miranda, 18:56. Women 30 & O: 1. Ronaele Berry, 30:51.

Division Results-6 Mile

Open Men: 1. Jesus Torres, 41:00.

Senior Men: 1. Michael Roberts, 37:40. Master Men: 1. Craig Ella, 36:32. Open Women: 1. Shirley Rojas Weller, 41:42.

LMJS Fourth Sunday Runs

March 27. Oakland.

Overall Results-5K

1. Jordan Jarosz (18) Berkeley 17:49. 2. Max Moehs (31) El Cerrito 19:10. 3. Jill Moore (23F) Moraga 19:20. 4. B. Jancin (44) Alameda 19:47. 5. Mark Watson (40) Oakland 20:07.

Overall Results-5K Walk

1. Roland Carrothers (66) Moraga 35:25. 2. Evelyn Hilse (50F) Hayward NT. 3. Laura Wong (42F) SoSanFrancisco 47:01.

Overall Results-10K

1. Steve Lafler (37) Oakland 37:15. 2. Matt Bracco (23) Walnut Creek 37:19. 3. Jack Zakarian (41) Kensington 38:01. 4. Don Eisener (38) Greenbrae 40:19. 5. Chris Arnold (39) Oakland 41:52.

Overall Results-15K

1. John Christensen (29) Cupertino 54:47. 2. Joshua Clover (31) Oakland 56:03. 3. Michael Littleton (30) Oakland 63:51.

Pear Blossom 10 Mile

April 9. Medford, OR.

Overall Results-Men

1. Matt Messner (25) Coos Bay 50:58. 2. Mark Mohnen (27) Beaverton 51:06. 3. David Petersen (38) Bend 51:24. 4. Leonard Hill (41) Klamath Falls 52:05. 5. Paul Stemmer (39) Eugene 52:08. 6. Jeff Taylor (25) San Francisco 52:17. 7. Matt Pinder (36) Ashland 52:43. 8. Odis Sanders (34) Eugene 53:25. 9. Kenny White (32) Bellingham 53:44. 10. Gary Towne (26) Chico 53:47. 11. Scott Buckles (38) Portland 53:48. 12. Robert Julian, Jr. (25) Ashland 54:08. 13. Greg Heistuman (38) McKinleyville 54:30. 14. Scott Gray (16) Reedsport 54:30. 15. Marvin Dykstra (24) Klamath Falls 54:58. 16. David Rees (26) Berkeley 55:26. 17. Wade Rhodes (35) Myrtle Creek 55:31. 18. Tim Blankenship (35) Ashland 55:35. 19. Joe Cramer (33) Medford 55:44. 20. Bill Yeoman (36) Grants Pass 56:04.

Californians: 26. Lanny Binney (26) Camarillo 57:22. 28. Thomas Cushman (40) Chico 57:27. 30. Steve Kautz (32) Sunnyvale 58:02. 31. Michael Tyler (27) Pleasant Hill 58:05. 52. Richard Ratliff (44) Sacramento 1:01:01. 58. Walter Radloff (48) San Jose 1:01:50. 66. Lane Carlson (18) Redding 1:02:34. 67. Dick Boothe (44) Happy Camp 1:02:35. 72. Daniel Davis (38) Fort Jones 1:02:54. 74. Bill Gardner (51) Forest Ranch 1:03:06.

RESULTS

Overall Results—Women

1. Deanna O'Neil (29) Canby 57:36, 2. Rosa Gutierrez (30) Sunnyvale 59:11, 3. Theresa Walton (23) Ashland 1:02:19, 4. Jeanne Landrum (38) Klamath Falls 1:02:30, 5. Laura Caldwell (41) Lake Oswego 1:02:49, 6. Ruth Ohara (31) Lake Oswego 1:02:57, 7. Julie Shorter (27) Bend 1:03:45, 8. Sandy Rowan (37) Medford 1:03:53, 9. Cheryl Tronson (36) Bend 1:03:55, 10. Sidney Morrison (37) Ashland 1:04:19, 11. Ellen Miller (31) Central Point 1:06:00, 12. Elaine Delsman (48) Ashland 1:06:10, 13. Patricia Gutierrez (31) Glendale 1:06:53, 14. Sue Smith (41) Gold Hill 1:06:54, 15. Rhiana Jones (16) Grants Pass 1:07:11, 16. Angela Thatcher (26) Tigard 1:07:22, 17. Lindy Conrardy (30) Grants Pass 1:08:04, 18. Sandi Whittle (45) Medford 1:08:26, 19. Lynda Hendricks (34) Salem 1:08:45, 20. Kelly Woods (19) Ashland 1:09:07. **Californians:** 35. Pam Masterson (41) Rog, CA 1:13:17, 59. Rhonda Nicol (38) Eureka 1:17:07, 63. Linly Ferris (26) Berkeley 1:17:29, 86. Connie Marion (30) Lockeford 1:20:33, 123. Alice Leopard (35) San Anselmo 1:22:47, 126. Margaret Hamilton (39) Medford 1:22:50, 142. Lisa Felder (San Leandro) 1:24:15, 162. Denise Boehle (41) Redding 1:25:25.

Cherry Blossom 10 Mile April 10. Washington D.C.

William Sigei of Kenya continued his spectacular spring season by breaking the world 10-mile record with a time of 46:01 in the 22nd running of the Northern Telecom Cherry Blossom 10 Mile. Sigei, coming off a successful defense of his World Cross Country title in Budapest, Hungary, two weeks earlier, suc-

cessfully defended his 1993 Northern Telecom Cherry Blossom title.

Sigei's time bettered Greg Meyer's world record of 46:13, set at the 1983 Cherry Blossom 10 Mile. "I knew I could break the world best and I know I can run under 46 minutes," said Sigei, who won here last year in 46:29.

Two other Kenyans, Thomas Osano and 18-year-old Josphat Machuka, also eclipsed Meyer's time with times of 46:05 and 46:07 respectively. But both Osano and Machuka, who share an uncle-nephew relationship, were instrumental in Sigei's effort, as the three Kenyans ran as a team until the last half mile, when Sigei sprinted to victory on the heels of a 4:27 last mile. Seven Kenyans, including 1994 World Cross Country runner-up Simon Chemoiyo and William Mutwol, placed in the top 10.

The Kenyans also figured prominently in the women's race as Helen Chepngeno and Jane Omoro finished just inches apart. Chepngeno, fresh from her title run in the 1994 World Cross Country Championships, ran alone until the seventh mile, where she was joined by Omoro. Chepngeno clocked 54:05 with Omoro credited with a 54:05.

The first American to finish was Jeff Jacobs of Roscoe, IL, placing eighth overall in 48:02. Debbi Kilpatrick of Berea, OH, was the

first American woman, taking fourth in her division in 54:59.



Californian LINDA SOMERS placed 9th overall

Photo by Bob Burgess

Overall Results—Open Men

1. William Sigei (24) Kenya 46:01 / \$3250, 2. Thomas Osano (24) El Paso, TX 46:05 / \$1800, 3. Josphat Machuka (18) Kenya 46:07 / \$1400, 4. Simon Chemoiyo (23) Kenya 46:58 / \$1150, 5. William Mutwol (26) Kenya 47:38 / \$1000, 6. Khalid Kairouni (28) Morocco 47:38 / \$800, 7. Lazarus Nyakeraka (18) Kenya 47:42 / \$600, 8. Jeff Jacobs (29) Roscoe, IL 48:02 / \$400, 9. Dan Held (28) Waukesha, WI 48:06 / \$350, 10. William Kalya (29) Kenya 48:08 / \$300.

Overall Results—Open Women

1. Helen Chepngeno (26) Kenya 54:05 / \$3250, 2. Jane Omoro (21) Kenya 54:06 / \$1800, 3. Olga Markova (25) Russia 54:55 / \$1400, 4. Debbi Kilpatrick (30) Berea, OH 54:59 / \$1150, 5. Elaine Van Blunk (29) Drexel Hill, PA 55:09 / \$1000, 6. Wilma Van Onna (28) El Paso, TX/Netherlands 55:12 / \$800, 7. Carole Rouillard (34) Canada 55:15 / \$600, 8. Cindi Girard (32) Red Bank, NJ 55:31 / \$400, 9. Linda Somers (32) Danville, CA 56:14 / \$350, 10. Gabrielle O'Rourke (27) New Zealand 56:31 / \$300.

Carpe Diem 5 & 10K

April 24. Glendale

Overall Results—5K

1. David Rodriguez (21) Los Angeles 16:37, 2. Michael Smith (36) Glendale 17:32, 3. Luis Escuitia (24) Glendale 19:05, 4. Gary Riley (52) 19:37, 5. Matt Doyle (27) Burbank 19:47, 6. Bob Hunt (42) Los Angeles 20:58, 7. David Perez (36) Simi Valley 21:25, 8. John Laue (47) Glendale 21:37, 9. Zo-

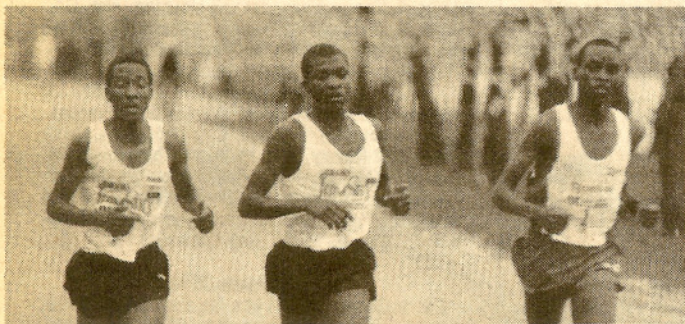
ran Milhajlovic (27) Winnetka 22:19, 10. Mark Gang (33) 22:21, 11. Tyson Andrade (15) Chino 22:57, 12. Anthony Parada (25) Los Angeles 23:19, 13. John Antony (50) Los Angeles 23:19, 14. Ed Andrade (42) Chino 23:45, 15. Matt Birman (32) Glendale 24:01, 16. Angel Munibe (25) NoHollywood 24:19, 17. Malcolm Edwards (40) Glendale 24:44, 18. Dave Gulley (47) Eagle Rock 24:47, 19. Bob Kozberg (36) Glendale 24:56, 20. Clay Dunning (50) Glendale 25:01, 21. Debbie Watkins (39F) Glendale 25:29, 22. Jason Perez (9) Simi Valley 25:30, 23. Kevin Kroeker (35) 25:31, 24. Marshall Rea (32) Glendale 25:40, 25. Pat Riley (37) Altadena 25:43, 30. Christine Bell (24F) Los Angeles 26:27, 32. Jennifer Kuklish (25F) Los Angeles 27:13, 35. Kelly Kunlap (25F) Glendale 27:38, 37. Ann Marie (24F) Northridge 28:19, 38. Yvonne Huggman (21F) Tujunga 28:24, 39. Cynthia Martin (45F) La Canada 28:29, 42. Willie Munoz (24F) Westwood 29:03, 43. Gwen Hampton (47F) Glendale 29:11, 45. Ivy Jones (33F) Pasadena 29:16.

Overall Results—10K

1. Rafael Ramos (27) 33:44, 2. Jorge Maravez (27) 35:14, 3. Henrik Gabr (28) Glendale 35:59, 4. Margaret Tan (33F) Simi Valley 36:05, 5. Kim Scaletta (37F) 36:42, 6. Eddie Lopez (33) Los Angeles 37:24, 7. Jon Hunter (47) Hollywood 38:46, 8. Luis Manzano (24) Malibu 41:01, 9. Cava-salvador Diaz (26) 41:12, 10. Joel Voelzke (32) 44:38, 11. Greg Kimura (41) Sepulveda 44:41, 12. Michael Malinin (26) Los Angeles 44:52, 13. Leah Riordan (30F) Glendale 45:00, 14. Masaki Niwa (36) Los Angeles 45:03, 15. William Martin (49) La Canada 45:07, 16. Peter Raulli (24) Arcadia 45:21, 17. Brian Draper (41) Glendale 45:50, 18. Anthony Boosalis (50) Glendale 45:59, 19. Elizabeth Davidson (39F) Pasadena 46:47, 20. Daniel Riordan (35) 46:48, 21. Efrain Cast (33) 47:00, 22. Louis Mo (30) 47:06, 23. Trent Taylor (31) Pasadena 47:40, 24. Kenneth Hughes (44) Glendale 47:44, 25. Eric Sarkisian (39) 47:54, 27. Teresa Neill (38F) Simi Valley 48:18, 28. Julie Lister (47F) Glendale 48:26, 38. Tina Deseran (26F) NoHollywood 51:33, 41. Colleen Richardson (16F) 52:21, 47. Micheline Seever (25F) Glendale 54:04, 48. Betty Nowlin (43F) Los Angeles 54:13.

10K In-Line

1. Dana Bergman (35) Long Beach 21:50, 2. Bob Walter (35) 22:05, 3. Rob Hearman (24) 22:42, 4. Seth Davidowitz (16) Man Bch 22:43, 5. Hajime Sano (33) 22:42.



Left to right: THOMAS OSANO, WILLIAM MACHUKA and WILLIAM SIGEI all bettered Greg Meyer's World 10 Mile Record

Photo by Bob Burgess

Big Sur International Marathon

April 24. Big Sur to Carmel. Marathon & 5K.

Overall Results-Marathon Men

1. Chad Bennion (29) Murray, UT., 2:24:36. 2. Sam Rotich (36) Albuquerque NM., 2:24:40. 3. John Moreno (39) Pacifica, CA., 2:27:13. 4. Rich Hanna (29) Sacramento, CA., 2:27:22. 5. Mike McManus (28) San Francisco, CA., 2:30:36. 6. Richard Ledoux (37) Pueblo, CO., 2:33:20. 7. Mark Cucuzzella (27) Davis, CA., 2:37:54. 8. Gregg Horner (40) Santa Barbara, CA., 2:41:52. 9. Byrle Smallen (46) Agoura, CA., 2:46:06. 10. David Louks (40) Newbury Park, CA., 2:46:06. 11. Craig Moore (40) Bellingham, WA., 2:46:34. 12. Michael Dove (47) Salinas, CA., 2:47:24. 13. Curtis Anderson (31) Sandy, UT., 2:48:09. 14. Steve McMillin (32) Blendale, CA., 2:49:09. 15. Charles Sanchez (38) Sanbernaredino, CA., 2:49:32. 16. Norton Compton (39) Torrance, CA., 2:50:17. 17. Froylan Sanchez (34) San Francisco, CA., 2:50:17. 18. Mark Shorter (37) North Vancouver, BC., 2:50:42. 19. Chuck Germain (42) New Berlin, WI., 2:51:21. 20. Damien Curry (30) Oakland, CA., 2:51:49.

Division Results-Marathon Men

16-19: 1. Caleb Rightmyer (19) Monterey, CA., 3:14:34. 2. Nathan Bech (19) West Springfield, 3:30:34. 3. Jimmie Fulton (19) Presidio Of Manter, 4:01:12. 4. Joe "Sifuentes" (19) Monterey, CA., 4:02:23. 5. Joshua Coe (18) San Jose, CA., 4:30:32. 20-24: 1. Scott Glenn (23) Boulder, CO., 2:57:30. 2. Alejandro Rodriguez (22) San Francisco, CA., 2:59:07. 3. Michael Burns (24) Philadelphia, PA., 2:59:54. 4. Caley Imlow (22) Carmel Valley, CA., 3:00:29. 5. Luke Simontet (21) Stanford, CA., 3:13:43. 25-29: 1. Chad Bennion (29) Murray, UT., 2:24:36. 2. Rich Hanna (29) Sacramento, CA., 2:27:22. 3. Mike McManus (28) San Francisco, CA., 2:30:36. 4. Mark Cucuzzella (27) Davis, CA., 2:37:54. 5. Lee Rosen (27) San Pedro, CA., 2:52:02. 30-34: 1. Curtis Anderson (31) Sandy, UT., 2:48:09. 2. Steve McMillin (32) Blendale, CA., 2:49:09. 3. Froylan Sanchez (34) San Francisco, CA., 2:50:17. 4. Damien Curry (30) Oakland, CA., 2:51:49. 5. Gary Volesky (32) Fort Ord, CA., 3:00:29. 35-39: 1. Sam Rotich (36) Albuquerque, NM., 2:24:40. 2. John Moreno (39) Pacifica, CA., 2:27:13. 3. Richard Ledoux (37) Pueblo, CO., 2:33:20. 4. Charles Sanchez (38) San Bernardino, CA., 2:49:32. 5. Norton Compton (39) Torrance, CA., 2:49:57. 40-44: 1. Gregg Horner (40) Santa Barbara, CA., 2:41:52. 2. David Louks (40) Newbury Park, CA., 2:46:06. 3. Craig Moore (40) Bellingham, WA., 2:46:34. 4. Chuck Germain (42) New Berlin, WI., 2:51:21. 5. Charlie Freeman (43) Mountain View, CA., 2:52:21. 45-49: 1. Byrle Smallen (46) Agoura, CA., 2:45:41. 2. Michael Dove (47) Salinas, CA., 2:47:24. 3. Marc Lieberman (47) Monterey, CA., 2:57:25. 4. James Press (45) Menlo Park, CA., 2:58:46. 5. Hein Devries (48) Calgary Alberta, 2:59:17. 50-54: 1. Jeffrey Wall (51) Daly City, CA., 3:02:41. 2. Larry Jamison (51) San Luis Obispo, CA., 3:06:59. 3. Tony Nonan (52) Kaneohe, HI., 3:10:52. 4. Douglas Saari (52) Bloomington, MN., 3:12:27. 5. Robert Ramsay (50) Simi Valley, CA.,

3:19:07. 55-59: 1. Richard Leutzinger (55) Pacific Valley, CA., 3:08:33. 2. Dennis Hartley (55) Scotts Valley, CA., 3:15:03. 3. Ron Navarrette (55) Placentia, CA., 3:17:49. 4. Walt Wozniak (59) Lees Summit, MO., 3:25:50. 5. Michael McGie (59) Chico, CA., 3:29:19. 60-64: 1. Paul Kutschera (60) New Berlin, WI., 3:38:36. 2. Joe D. Hadden (60) Camarillo, CA., 3:49:27. 3. Rein Grabbi (60) Manhattan Beach, CA., 3:53:14. 4. Aloysius Casey (62) Redlands, CA., 4:11:46. 5. John Hutcherson (60) Monterey, CA., 4:13:33. 65-69: 1. Kenneth Karcher (65) Boise, ID., 3:34:23. 2. Raymond Penkert (69) El Cajon, CA., 4:02:39. 3. Charles Stalzer (66) Alexandria, VA., 4:10:50. 4. Thomas Gregory (66) Salt Lake, UT., 4:15:09. 5. Bab Milla (66) Carmel, CA., 4:17:36. 70-95: 1. Tom Edwards (71) Oceanside, CA., 4:06:19. 2. George O'Gara (70) Novato, CA., 4:49:07. 3. Frank Dawson (75) Santa Barbara, CA., 4:58:51. 4. Don Wilgus (72) Richmond, CA., 5:17:04.

Overall Results-Marathon Women

1. Kim Marie Goff (32) Greenville, RI., 2:52:01. 2. Micky Kawohl (25) Boca Raton, FL., 2:57:44. 3. Kimball Pier (36) Seattle, WA., 2:58:12. 4. Annette Shearer (33) Oakland, CA., 3:05:53. 5. Donna Moore (33) Kensington, MD., 3:06:52. 6. Christie Spahr (36) Del Mar, CA., 3:08:24. 7. Kate Van Fossen (25) Berkeley, CA., 3:10:32. 8. Mary McDonald (30) Walnut Creek, CA., 3:13:32. 9. Audrey Jackson (29) Seattle, WA., 3:14:51. 10. Mary Ryzner (40) Escondido, CA., 3:15:25. 11. Laurie Murray (47) St. Albert, AB., 3:16:17. 12. Wendo Hovet (23) Coon Rapids, MN., 3:20:24. 13. Mo Bartley (38) Coon Rapids, MN., 3:20:24. 14. Cynthia Bradford (25) Cool, CA., 3:22:21. 15. Debra Deming (33) Aliso Viejo, CA., 3:26:25. 16. Brenda Finney (38) Comox, BC., 3:27:01. 17. Paige Riffle (35) Santa Barbara, CA., 3:27:39. 18. Jennifer Devine (22) Santa Cruz, CA., 3:28:16. 19. Katherine McCall (31) Los Alamos, NM., 3:28:59. 20. Leanna Minier (35) Clayton, CA., 3:29:18.

Division Results-Marathon Women

16-19: 1. Laura Wilson (16) Saratoga, CA., 4:04:09. 2. Alexia Waddell (19) Seaside, CA., 4:06:06. 3. Amanda Scribner (19) Corvallis, OR., 4:46:36. 4. Tracie Tebbs (18) Salt Lake City, UT., 4:51:01. 5. Jennifer Bleiker (18) Monterey, CA., 5:16:24. 20-24: 1. Wendi Hovet (23) Coon Rapids, MN., 3:20:24. 2. Jennifer Devine (22) Santa Cruz, CA., 3:28:16. 3. Harriet Greenvee (23) Salt Lake City, UT., 3:33:13. 4. Nadia Noorzai (24) Aurora, CO., 3:33:50. 5. Ariel Lang (24) Los Gatos, CA., 3:49:17. 25-29: 1. Micky Kawohl (25) Boca Raton, FL., 2:57:44. 2. Kate Van Fossen (25) Berkeley, CA., 3:10:32. 3. Audrey Jackson (29) Seattle, WA., 3:14:51. 4. Cynthia Bradford (25) Stanford, CA., 3:23:27. 5. Lisa Vandenberg (27) San Francisco, CA., 3:32:21. 30-34: 1. Kim Marie Goff (32) Green-

ville, RI., 2:52:01. 2. Annette Shearer (33) Oakland, CA., 3:05:53. 3. Donna Moore (33) Kensington, MD., 3:06:52. 4. Mary McDonald (30) Walnut Creek, CA., 3:12:32. 5. Debar Dening (33) Aliso Viejo, CA., 3:26:29. 35-39: 1. Kimball Pier (36) Seattle, WA., 2:58:12. 2. Christie Spahr (36) Del Mar, CA., 3:08:24. 3. McBartley (38) Cool, CA., 3:22:21. 4. Brenda Finney (38) Comox, BC., 3:27:01. 5. Paige Riffle (35) Santa Barbara, CA., 3:27:39. 40-44: 1. Mary Ryzner (40) Escondido, CA., 3:15:25. 2. Janet Green (40) Courtenya, BC., 3:32:00. 3. Donna Troyna (40) Los Altos, CA., 3:34:25. 4. Michele Prinsmead (40) Carmel, CA., 3:36:46. 5. Leslie Hooker (42) Ventura, CA., 3:38:16. 45-49: 1. Laurie Murray (47) St. Albert, AB., 3:16:17. 2. Loretta Bronk (46) Newbury Park, CA., 3:46:03. 3. Noel Relyea (48) Newark, DE., 3:46:06. 4. Cindy Van Stralen (46) Westminster, CA., 3:52:38. 5. Susan Love (45) Carmel, CA., 3:54:31. 50-54: 1. Pamela Horton (50) Santa Rosa, CA., 3:41:57. 2. Judith Fisher (50) Federal Way, WA., 3:55:05. 3. Nancy Buchanan (50) Long Beach, CA., 3:56:17. 4. Anitra Seitamo (50) Fairfax, CA., 3:56:22. 5. AnnGrove (52) Jallejo, CA., 3:58:25. 55-59: 1. Josephine Rogers (55) Carmel, CA., 3:56:54. 2. Khertoon Tudhope (57) Rio Vista, CA., 4:17:26. 3. Jan Gillum (58) Des Moines, IA., 4:23:19. 4. Gloria Dake (58) Salinas, CA., 4:24:22. 5. Jean Stewart (56) Yellowknife, NT., 4:30:33. 60-64: 1. Margaethe Styskel (64) Murphys, CA., 4:13:32. 2. Audrey Hauth (60) Seal Beach, CA., 4:21:04. 3. Frances Sackerman (64) Carmel, CA., 4:35:00. 4. Mary Purvis (61) Charlotte, NC., 4:43:51. 5. Judith Bullough (62) Salt Lake City, UT., 4:51:02. 65-69: 1. Mabel Velge (67) Rock Island, IL., 4:54:25. 2. Marcia Worden (66) Chico, CA., 4:57:08. 3. Etta Palmer (66) Saratoga, CA., 5:14:29. 4. Margie Withrow (67) Lompoc, CA., 5:21:49. 5. Velma Earl (66) Midvale, UT., 5:30:30.

Overall Results-5K Men

1. Sakhri Azzeddine (26) San Francisco, CA., 15:02. 2. Ernie Freer (22) Fresno, CA., 15:15. 3. Alan Dehlinger (33) Reno, NV., 15:19. 4. Patrick Johnson (25) Stanford, CA., 15:21. 5. Joseph Karnes (28) San Francisco, CA., 15:24. 6. Robert Anex (35) Davis, CA., 15:29. 7. Robert Thwala (32) Reno, NV., 15:34. 8. Charles Alexander (30) Mountain View, CA., 15:39. 9. Jeff Taylor (25) San Francisco, CA., 15:45. 10. Jeff Hacker (34) Santa Clara, CA., 15:47. 11. Jose Pilar Aispuro (32) Watsonville, CA., 15:49. 12. Brent Griffiths (31) Morro Bay, CA., 15:53. 13. Miguel Tibaduiza (36) Reno, NV., 15:55. 14. Francesjohn Gailson (40) Kirkwood, CA., 15:56. 15. Joseph Green (35) Novato, CA., 16:00. 16. Thom Tribble (34) Concord, CA., 16:14. 17. Patrick Moreton (34) San Francisco, CA., 16:14. 18. Eric Walker (25) Santa Rosa, CA., 16:16. 19. Gustave Figueroa (43) Winnemucca, NV., 16:18. 20. Ray Cook (31) Reno, NV., 16:20.

Division Results-5K Men

6-9: 1. Gerry Hans (6) Los Angeles, CA., 21:51. 2. Stephen Pitts (8) Paicines, CA., 23:06. 3. Thomas Peterson (8) Modesto, CA., 23:55. 4. Daniel Pitts

continued next page...

RESULTS

Big Sur, continued

(6) Paicines, Ca., 24:08. 5. Douglas Diffie (8) Paicines, Ca., 28:52. **9-11:** 1. Kyle Fischer (10) Modesto, CA., 21:35. 2. Ian Miller (11) Mount Shasta, CA., 22:28. 3. Mark Ferlito (9) Carmel, CA., 23:10. 4. Thomas Dewey (9) Boulder Creek, CA., 23:29. 5. Travis Moran (11) Carmel, CA., 24:32. **12-14:** 1. Taylor Carota (12) Modesto, CA., 19:47. 2. Nathan Pitts (13) Paicines, CA., 20:15. 3. Emiliano Figueroa (14) Modesto, CA., 21:10. 4. Danny Midstokke (14) Morgan Hill, CA., 21:23. 5. Steve Summers (14) Monterey, Ca., 21:44. **15-18:** 1. Ronnie Buchanan (15) Santa Maria, CA., 18:19. 2. Tyson Altenburg (15) Pacific Grove, CA., 19:34. 3. Michael Gulla (16) Carmel, CA., 20:40. 4. Peter Tower (15) Pacific Grove, CA., 21:02. 5. Toby Hoffpaur (15) Salinas, CA., 21:24. **19-24:** Christopher Phipps (24) Davis, CA., 17:10. 2. Ryan McNeley (19) Monterey, CA., 17:41. 3. Corey Yoshiyama (22) Seaside, CA., 20:28. 4. Dan Schwender (21) 21:06. 5. Robert Almon (22) Fort Ord, CA., 21:26. **25-29:** 1. Sakhri Azzeddine (26) San Francisco, CA., 15:02. 2. Ernie Freer (28) Fresno, CA., 15:15. 3. Patrick Johnson (25) Stanford, CA., 15:21. 4. Joseph Karnes (28) San Francisco, CA., 15:24. 5. Jeff Taylor (25) San Francisco, CA., 15:43. **35-39:** 1. Robert Anex (35) Davis, CA., 15:29. 2. Miguel Tibauiza (36) Reno, NV., 15:55. 3. Joseph Green (35) Novato, CA., 16:00. 4. Jacob Candelaria (38) Castro Valley, CA., 16:28. 5. David Fergus (36) San Jose, CA., 16:49. **40-44:** 1. Francesjohn Gailson (40) Kirkwood, CA., 15:56. 2. Gustave Figueroa (43) Winnemucca, NV., 16:18. 3. James Tracey (43) Truckee, CA., 16:31. 4. Charles Thompson (44) 16:37. 5. David Stancliffe (43) San Rafael, CA., 16:52. **45-49:** 1. Jim Gorman (45) Palo Alto, CA., 17:15. 2. David Furst (47) San Jose, CA., 17:19. 3. Bill Dunn (46) Sunnyvale, CA., 17:21. 4. Frank Ruaona (48) Novato, CA., 18:03. 5. Gerry Armstrong (47) San Anselmo, CA., 18:13. **50-54:** 1. Sal Vasquez (54) Suisun, CA., 16:42. 2. Ben Premben (52) Santa Rosa, CA., 17:37. 3. Stephen Lyons (53) Quentin Village, CA., 17:45. 4. Tim Rietz (50) Livermore, CA., 17:55. 5. Harvey Franklin (51) Oakland, CA., 18:03. **55-59:** 1. Karl Gripenburg (56) Petaluma, CA., 18:27. 2. Bernie Hollander (58) Mill Valley, CA., 19:44. 3. Norman Saucedo (58) Los Gatos, CA., 20:55. 4. Robert Barber (57) Half Moon Bay, CA., 21:00. 5. Walt Vanzant (55) Sunnyvale, CA., 21:08. **60-64:** 1. Carl Ellsworth (63) San Juan, CA., 19:52. 2. Glynn Wood (60) Monterey, CA., 20:54. 3. Gino Fredianelli (63) Sonora, CA., 21:31. 4. Phil Phythian (60) Mill Valley, CA., 22:38. 5. Carl Jackson (61) Santa Rosa, CA., 22:45. **65-69:** 1. Joe King (67) Alameda, CA., 20:34. 2. Donald Pickett (65) Tiburon, CA., 23:42. 3. Raymond Rice (68) Arcata, CA., 29:20. 4. don Newmark (67) Monterey, CA., 31:16. 5. Chuck Utley (67) Mountain View, CA., 32:23. **70-95:** 1. Stan Demartinis (72) Saratoga, CA., 26:56. 2. George Kuska (72) Salinas, CA., 27:42. 3. Jack Friedlander (72) Foster City, Ca., 27:58. 4. Bob Wright (71) Monterey, CA., 28:07. 5. Aibert Jarschke (81) Castroville, CA., 29:09.

Overall Results-5K Women

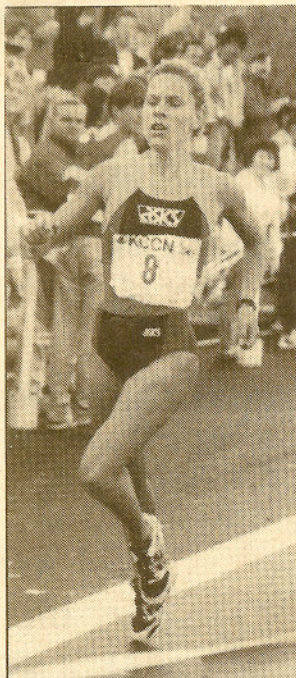
1. Cici St Geme (31) 16:37. 2. Maria Trujillo (34) Salinas, Ca., 17:14. 3. Jeanne Sapienza (27) San Francisco,

CA., 17:37. 4. Lynn Nelson (32) Mill Valley, CA., 17:40. 5. Terry Schmidt (38) Reno, NV., 17:43. 5. Terry Shmidt (38) Reno, NV., 17:43. 6. Angela Mogielski (28) Davis, CA., 17:49. 7. Jennifer, Cobb (23) San Francisco, CA., 17:53. 8. Melanie Voss (24) Davis, CA., 17:54. 9. Monica Townsend (26) Los Gatos, CA., 17:59. 10. Rosa Vladimirova (30) Salinas, CA., 18:02.

11. April Powers (36) Corte Madera, CA., 18:09. 12. Lisa Geoffrion (34) Petaluma, CA., 18:12. 13. Leslie Mc Hampton (43) San Rafael, CA., 18:21. 14. Kathy D'onofrio-Wood (29) Truckee, CA., 18:31. 15. Rosa Quierez (30) Sunnyvale, CA., 18:31. 16. Kristina Mathias (23) Salinas, CA., 18:40. 17. Laura Sanchez (32) Salinas, CA., 18:40. 18. Julie Ronloff (31) Berkeley, CA., 19:02. 19. Laura Fritz (26) Berkeley, CA., 19:02. 20. Kelly Lawson, (32) Forest Knolls, CA., 19:05.

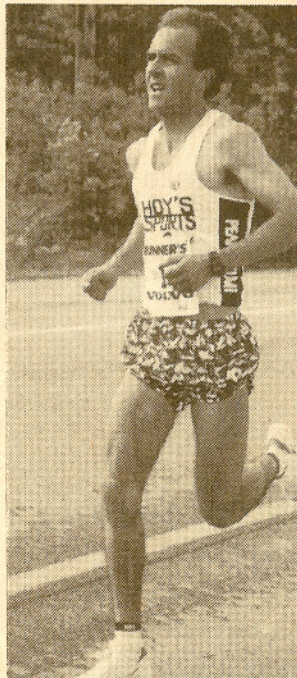
CA., 22:59. 3. Randi Balderama (11) Paicines, CA., 23:04. 4. Rachel Pitts (9) Paicines, CA., 24:08. 5. Maura Mooney (11) Modesto, CA., 25:04. **12-14:** 1. Vanessa Yonan (12) Modesto, CA., 21:17. 2. Tracy McKinney (14) Prunedale, CA., 21:33. 3. Lori Duroy (12) Modesto, CA., 22:20. 4. Eve Schaeffer (14) Modesto, CA., 22:46. 5. Jessica Yonan (13) Modesto, CA., 22:57. **15-18:** 1. Molly Hartsough (18) Huntington Beach, CA., 21:58. 2. Alice Irvine (15) Pebble Beach, CA., 22:56. 3. Melissa Swenor (15) Pebble Veach, CA., 24:04. 4. Erin McNeley (15) Monterey, CA., 26:06. 5. Ashley Hankel (16) Beale Afb, CA., 27:42. **19-24:** 1. Jennifer Cobb (23) San Francisco, CA., 17:53. 2. Melanie Voss (24) Davis, CA., 17:54. 3. Kristina Mathias (23) Sunnyvale, CA., 18:38. 4. Jennifer Vayliss (23) Los Altos, CA., 20:33. 5. Hilsia Cope (23) Fort Ord, CA., 24:16. **25-29:** 1. Jeanne Sapienza (27) San Francisco, CA., 17:37. 2. Angela Mogielski (28) Davis, CA., 17:49. 3. Monica Townsend (26) Los Gatos, CA., 17:59. 4. Kathy D'onofrio-Wood (29) Truckee, CA., 18:31. 5. Laura Fritz (26) Berkeley, CA., 19:02. **30-34:** 1. Ceci St Geme (31) 16:37. 2. Maria Trujillo (34) Salinas, CA., 17:14. 3. Lynn Nelson (32) Mill Valley, CA., 17:40. 4. Rosa Vladimirova (30) Salinas, CA., 18:02. 5. Lisa Geoffrion (34) Petaluma, CA., 18:12. **35-39:** 1. Terry Schmidt (38) Reno, NV., 17:43. 2. April Powers (36) Corte Madera, CA., 18:09. 3. Sandy Patterson (35) San Francisco, CA., 19:25. 4. Susan Boom (35) San Francisco, CA., 19:37. 5. Maria Figueroa (36) Winnemucca, NV., 19:43. **40-44:** 1. Leslie McHampton (43) San Rafael, CA., 18:21. 2. Melinda Villar (42) San Ramon, CA., 19:17. 3. Patricia Fanelli (41) Mill Valley, CA., 19:34. 4. Beckie Simmie-Keseck (42) Santa Rosa, CA., 19:48. 5. Bev Marx (40) Fair Oaks, CA., 20:08. **45-49:** 1. Patricia Story (45) Sacramento, CA., 22:03. 2. Nelly Wright (48) Pacific Grove, CA., 22:22. 3. Patarical Falsone (46) El Cerrito, CA., 22:33. 4. Maria Rizzo (49) San Jose, CA., 22:47. 5. Becky Quartarolo (46) Fair Oaks, CA., 23:33. **50-54:** 1. Joan Ottaway (50) Sausalito, CA., 19:14. 2. Lee Pitts, (52) Paicines, CA., 20:09. 3. Edda Stickle (53) Novato, CA., 22:03. 4. Rusty Barnett (52) El Dorado Hills, CA., 23:01. 5. Sue Johnston (52) Oakland, CA., 23:20. **55-59:** 1. Eve Pell (57) Mill Valley, CA., 21:38. 2. Carol Tichy (58) Coupeville, WA., 26:44. 3. Sharron Douglas (56) Carmel, CA., 29:38. 4. Jeanne Pinon_Merk (59) Las Vegas,

NV., 30:31. 5. Lorella Ray (55) San Francisco, CA., 30:47. **60-64:** 1. Myra Rhodes (61) Sacramento, CA., 25:02. 2. Marjorie Scanlon (62) Carmel, CA., 32:29. 3. Barbara Cummings (62) Kentfield CA., 35:32. 4. Jane Schachtilli (64) Scottsdale, AZ., 43:21. 5. Kathryn Walters (60) Pacific Grove, CA., 43:28. **65-69:** 1. Colleen Gregory (65) Salt Lake City, UT., 36:32. 2. Nettie Ferrasci (68) Soledad, CA., 45:25. 3. Lynn Swerrie (67) Pacific Grove, CA., 45:47. 4. Tsuru Ellsworth (65) San Juan, CA., 53:02. **70-95:** 1. Judy Golding (73) San Mateo, CA., 31:21. 2. Lois Edds (73) Tustin, Ca., 32:16. 3. Martha Craig (75) Watsonville, CA., 43:47. 4. Yvonne Ashmore (74) Seaside, CA., 52:48.



CECI ST. GEME
1st Woman-5K

Photo by Bill Cockerham



JOHN MORENO
1st Californian in
marathon-3rd overall

Photo by Bill Cockerham

Division Results-5K Women

6-8: 1. Hilary Johnson (8) Seaside, CA., 25:29. 2. Karley Johnsen (8) Ventura, CA., 26:57. 3. Kathryn Huish (8) Carmel, Ca., 29:26. 4. Vanessa Mitchener (7) Carmel Valley, CA., 33:14. 5. Elizabeth Sayad (8) Carmel, CA., 34:03. **9-11:** 1. Sarah Pitts (10) Paicines, CA., 22:42. 2. Bobbijo Potter (10) Paicines,

23rd Annual
**Half Marathon and
4.5 Mile**

**Bass Lake
RUN THRU
THE PINES**

Saturday, August 6, 1994



DISTANCES: 13.3 mile & 4.5 mile

START/FINISH: The Pines Village,
Bass Lake, CA

RACE TIME: 7 a.m. for both races

PACKET PICK-UP: 6-6:45 a.m.

COURSE DESCRIPTION: Mostly paved,
some dirt roads, Some shade. **Half
Marathon** -- once around the lake, many
rolling hills first eight miles, several longer
hills last five miles. **4.5 Mile** -- smaller
loop, big half mile hill at 2 miles.

CAUTION: Runners should be well-
conditioned because of the difficulty of this
course.

AID STATIONS: Approximately 2, 5, 7.5,
10 and 12 miles.

SPLIT TIMES: 5 mile and 10 mile splits.

DIVISIONS: (Both races, men and women)
--Under 19, 19-29, 30-39, 40-49, 50-59,
60 & over.

RUNNER OF THE YEAR: The 4.5 mile is
a 10-point event in the Fresno's Runner of
the Year Series.

- ✓ T-SHIRTS
- ✓ REFRESHMENTS
- ✓ DRAWING PRIZES
- ✓ FREE 3-MONTH SUBSCRIPTION
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For entry form send SASE to:
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