

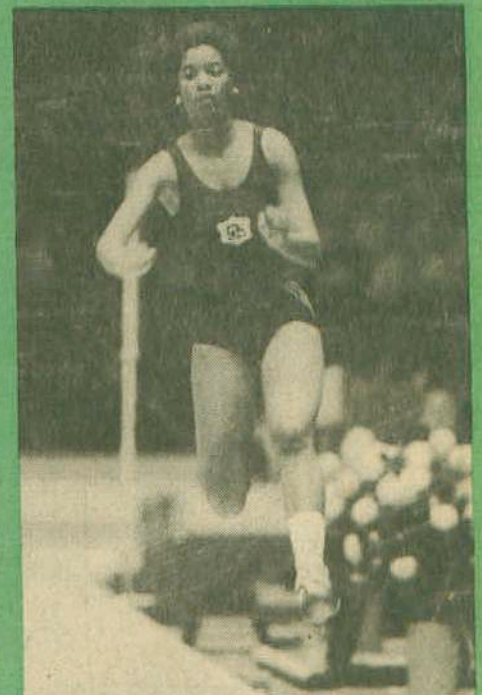
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CALIFORNIA

TRACK & RUNNING NEWS

MARCH 1985

ISSUE NO. 101



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California Track & Running News



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Table of Contents

March 1985

Issue No. 101

Schedule of Events

Road Racing	3
College/Open Track & Field	13
Masters Track & Field	14

Medical Notes for Runners

Subscription Order Form

The Athlete's Kitchen

P.R.'s

SoCal Diary

Ironman Insights

Tips from Galloway

California's Certified Courses

High School Section

Prep Notes

Prep Track & Field Previews

Prep Michelob Indoor Results

California's All-Time Sub-Masters

Results

Indoor Track & Field

All Comers Meets

Road Racing

ON THE COVER:

California's indoor track and field season culminated with the Los Angeles Times/Kodak Games and the Michelob Invitational. Pictured on the cover across the top from left to right are: Johnny Gray winning the Michelob 880 in 1:46.9; Valerie Brisco-Hooks winning the Michelob 500 yard in 1:02.3; Alice Brown winning the L.A. Times 60 yard in 6.63; Choo Choo Knighten winning Michelob High School 500 yard in 1:04.0; bottom right is Yvette Bates at the L.A. Times where she set a world record in the triple jump at 43-1. Photo Credits: Gray by Maurice Wilson; Knighten and Brown by Bill Leung, Jr.; Brisco-Hooks and Bates by Burt Davis.



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CONVERSE

Reach for the stars.

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.

MARCH

MAR 9: Los Alamitos Marathon & 10K. Los Alamitos, 7:30 am/marathon, 8:00 am/10K. Los Alamitos Marathon, P.O. Box 3147, Los Alamitos 90720. (213) 430-1073 or (714) 827-9010.

MAR 9: Spirit of Giving 5 & 10K. Berkeley, 9 am. Christian Baker, 102 Sproul Hall, Berkeley 94720. (415) 642-5753 or 548-3699.

MAR 9: Grape Stampede. 10K, Gonzales (Taylor Cellars, South Alta St.), 10 am. Carla Pew, Gonzales Recreation Dept., P.O. Box 647, Gonzales 93926. (408) 675-2321.

MAR 9: San Joaquin Biathlon. 4 mile run & 12 mile bike, Fresno (Woodward Park), 8:30 am. Fleet Feet Triathlete, 3870 N. Cedar, #101, Fresno 93726. (209) 221-8181.

MAR 9: Loeschhorn's 5 & 10K. Fountain Valley (Mile Square Park), 8 am/5K, 8:30 am/10K, John Blair, Newport Beach R.A., 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

MAR 9: Nutrition on the Run 10K. Cal Poly San Luis Obispo (Main Gym), 9 am. Suzanne Cushman, 1446 Nipomo St., San Luis Obispo 93401.

MAR 9: Heart Institute 10K. Las Vegas (Heart Institute), 7:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 10: DSE So. Embarcadero Run. 6.25 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94701.

MAR 10: Soccer City Run. 5 & 10K, Pleasanton (Hacienda Business Park), 10 am. Soccer City Run, P.O. Box 5194, Pleasanton 94566. (415) 463-2750, days; (415) 846-5512, eves.

MAR 10: Food & Fitness Run. 10K, Stanford Univ. (stadium), 8:30 am. Stanford Univ. Hospital, Dept. of Dietetics, #C-108, Stanford 94305. (415) 497-6904.

MAR 10: Davis Enterprise-Blue Devil Classic Half Marathon & 5K. Davis (high school), 9 am. Don Winters, 315 W. 14th (Davis High School), Davis 95616. (916) 756-3131.

MAR 10: Bash Relays. 10K, Modesto (Central Catholic High School), 9 am. Peggy Crowther, 200 So. Carpenter Rd., Modesto 95352. (209) 524-6818 or 521-1820.

MAR 10: Black Sheep 5K. San Luis Obispo (The Creamery/downtown), time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 10: Rancho Bernardo Half-Marathon & 2 Mile. San Diego (Westwood Club), 7 am. Lynn Flanagan (619) 276-2738.

MAR 10: Dick Durand 8K Trail Run. Westlake Village, 9 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 10: Napa Marathon. St. Helena to Napa, 7 am. Limited to 1500. Napa Valley R.C., 3564 Meadowbrook Dr., Napa 94558. (707) 252-1871. *Entries now being accepted until raceday.*

MAR 10: Russian River Run 10K. Forestville (River & Martinelli Rd.), 9 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

MAR 10: Santa Barbara Golden Wheels Shamrock Day Biathlon. 6 mile run, 20 mile bike. Goleta (Stow Grove Park), 8:30 am. Santa Barbara Golden Wheels, 32 W. Anapamu St., #289, Santa Barbara 93101. Steve Miller: (805) 682-1981.

MAR 10: Battleship New Jersey 6.2 & 1 Mile Fun Run. Naval Station Long Beach (Pier 6), 8:15 am/10K, 8:30 am/1 mile. Battleship 6.2 Run, P.O. Box A, Naval Station, Long Beach 90822.

MAR 10: Titan Road Classic. 2K (13 & under), 5 & 10K, Fullerton (Cal-State Gym off State College Blvd.), 8:15 am. Titan Road Classic, Athletic Dept., Cal-State Univ., Fullerton 92634. (714) 773-3490.

MAR 10: "Breaking thru the Wall" 10K. San Jose (St. James Park), 9 am. San Jose State Univ. Women's Center, ADM-208, San Jose 95192. (408) 277-2047.

MAR 10: Mt. Madonna Challenge 10 & 20K. (& 4-mile Salamander Walk & 4-Mile Mini-Challenge Run), Gilroy (Gavilan College, Santa Teresa & Castro Valley Rds.), 10 am. Bus to start at Sprig Lake. Bill Flodberg: (408) 683-2453.

MAR 10: Shamrock Bay Biathlon. 6 mile run, 20 mile bike. Santa Barbara (Stowe Grove Park), 7:30 am. Steve Miller, 32 W. Analamu, Ste. 209, Santa Barbara 93101. (805) 682-1981.

MAR 16: Porterville St. Patrick's Day Marathon & Half Marathon. Porterville (Barn Theater, Olive & Plano Sts.), 8 am. Porterville Parks & Leisure Services, P.O. Box 432, Porterville 93258. (209) 784-1400, x461, Milt Stowe.

MAR 16: Redwood Empire 24-Hour Run. Santa Rosa (Jr. College track), 10 am. Carol Witwer, 5950 Erland Rd., Santa Rosa 95404.

MAR 16: Irish Sprint. 5 mile, San Francisco (Lake Merced - Sunset Blvd. Parking Lot), 10 am. Deborah Neil (415) 566-9292.

MAR 16: Piedmont Middle School Feet Meet. 5 & 10K, Piedmont (Community Center), 9 am. Marlene Sakol, 27 Hardwick, Piedmont 94611. (415) 658-9597.

MAR 16: Ross Valley Run. 15K (PA/TAC Championships), Fairfax (Marin County), 8 am. Fleet Feet, 2086 Chestnut, San Francisco 94123. (415) 921-7188.

MAR 16: St. Patrick's Day 5 & 10K and 1 Mile. Modesto, 8 am. Roger Jones, c/o YMCA, 2700 McHenry Ave., Modesto 95350. (209) 578-9622.

MAR 16: Fat Farm 10K. China Lake (Naval Weapons Center), 9 am. Brice Hammersstein, 210 Ward, Space 32, Ridgecrest 93555. (619) 446-7398, eves.

MAR 16: St. Patrick's 20K Great Race. Arroyo Grande (Lopez Lake), time TBA. Father Michael O'Sullivan, P.O. Box 860, Arroyo Grande 93420. (805) 489-2680.

2ND ANNUAL

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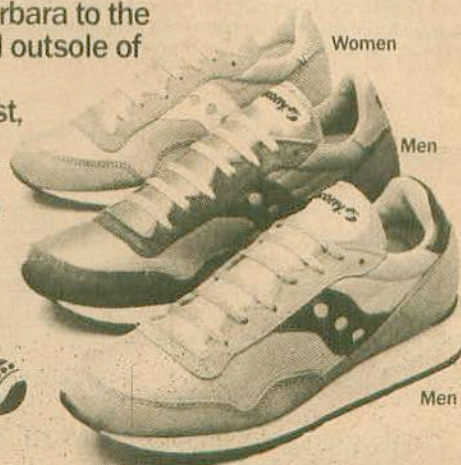
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Schedule

MAR 16: Knights of Columbus 5 Mile. Newhall (Pico Canyon), 8:30 am. John O'Dwyer, 19762 Merryhill St., Canyon Country 91351. (805) 251-0656.

MAR 16: Camarillo Kiwanis 10K. Camarillo (Community Center, 1605 E. Burnley), 8 am. James Hardman, Kiwanis Club, P.O. Box 533, Camarillo 93011. (805) 482-6488.

MAR 16: St. Patrick's Biathlon. 8K run, 38K bike, San Dimas (Bonelli Park), 10 am. Dave Spangler, 1009 W. Brooks St., Ontario 91762. (714) 983-5871.

MAR 16: VMRC Fun Runs: 1/2 mile, 1 mile & 5K. Sebastopol, Rangle Ranch Park (Rangle Rd.), 9 am. Wine Country Race Service, P.O. Box 879, Forestville 95436. (707) 829-2888.

MAR 16: The Last Annual Nike/Catalina Road Run. 10K, Avalon (Catalina Island), 9:15 am. Nike/Catalina 10K, P.O. Box 6616, Santa Barbara 93160. Tom Beehler (503) 641-6453.

MAR 16: LVTC 20K & 5K. Sunset Park, Las Vegas, 8 am. The Running Store, 602 Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 17: SPA/TAC 50-Mile Championships. Camarillo (Adohr Dairy), 6 am. Phidippides, 16545 Ventura Blvd., Encino 91436. (818) 986-8686.

MAR 17: DSE Twin Peaks Run. 3.36 mile. San Francisco (Portola & Twin Peaks Blvd.), 10 am. Walt Stack, 941 Kansas St., #2, San Francisco 94107.

MAR 17: Rotary 5 & 10K. Yountville, 9 am. Napa Rotary Run, 3010 Beard Rd. Napa 94558. (707) 225-0555.

MAR 17: Boontling Classic. 8K. Boonville (A.V. Elementary School), 10 am. North Coast Striders, P.O. Box 1556, Ukiah 95482. Reed Colfax: (707) 895-3241.

MAR 17: Tom Sullivan St. Patrick's Day 10K. Torrance (Del Amo Shopping Ctr.), 8 am. The Village Runner, 1813 1/2 Catalina Ave. Redondo Beach 90277. (213) 375-2626.

MAR 17: St. Patrick's Day 10K & 2 Mile. San Diego (Mission Bay, Hilton Hotel), 7:30 am. Ernie Dickerson (619) 437-4556.

MAR 17: Fifty-Plus 5-Miler. For 50 & Over runners only. Stanford (Angell Field), 8:30 am. Fifty-Plus Runners, P.O. Box D, Stanford 94305. Don Carpenter (415) 327-8043.

MAR 17: APEX 5K Run. Disneyland Hotel Convention Center, Anaheim, 8 am. APEX, 12520 Ventura Blvd., #802, Sherman Oaks 91403. Pati Kern (818) 905-0040.

MAR 17: Shamrock Run. 10K & 1 mile. San Jose (Overfelt H.S. track), 9 am. John Figueroa, c/o W.C. Overfelt High School, 1835 Cunningham Ave., San Jose 95122.

MAR 17: Star Test 10K. Las Vegas (Convention Center), 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 17: Shamrock Race. 2 mile & 10K. Reno, Nevada, 10 am. KROW Radio, 2450 Wrondel Way, Reno, NV 89510. (702) 825-5700.

MAR 23: Spring 24-Hour Run. Ventura (Buena High School track), noon. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.

MAR 23: Great Valley Race. 10K & 2 Mile. Manteca (Lindbergh Center, 311 E. Noth St.), 9 am. Bob Belz, P.O. Box 125, Manteca 95336. (209) 466-0982 or 823-5209.

MAR 23: Waller Park Relay. 4x2 1/2 mile, Santa Maria (Waller Park), 9 am. Jim Batterson, 412 W. Orchard St., Santa Maria 93454.

MAR 23: San Marino Rotary 5 & 10K. San Marino, 8 am. Ron Renney, 8533 Duarte Rd., San Gabriel 91775. (818) 793-2303.

MAR 23: Run Through Redlands 5 & 10K and Half-Marathon. Redlands, time TBA. Susie Whiteman, Race Central, P.O. Box 828, Rialto 92376. (805) 496-0088. Note: Also listed as March 24 in some sources, check with contact.

MAR 23: Fastest Masters 10K. San Diego (Mission Bay), 7:30 am. 40 years & Over only. Tom Morrow (619) 477-4447.

MAR 23: Catalina 10K. Avalon (Catalina Island), 9 am. 1,000 limit. Hans Albrecht, P.O. Box 11247, Torrance 90505. (213) 510-1520.

MAR 24: Catalina Marathon. Catalina Island, 7 am. 400 limit. Hilly on dirt road/trails. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692.



Vintage Days The Grape Escape 5 & 10K Run Sat., April 27, 1985

The Run

Vintage Days is proud to introduce the Grape Escape 5 & 10K Run. This event will be held on the California State University, Fresno campus Sat., April 27, during the 11th annual Vintage Days celebration. Early registration is \$6. Mailed registration must be post marked by April 12. Late registration and day-of-

race registration is \$8. Check-in will begin at 7:15 a.m. The race will start at 8 a.m. At a 9:30 ceremony, awards will be given to the top three winners in each category. T-shirts will be given to each registered runner. Entry fees are non-refundable. Call (209) 294-4008 for more information.

I, in consideration of your accepting my entry, intending to be bound by my signature, hereby, for my heirs, executors and administrators waive and release any and all right and claim for damages I may have against any persons and organizations related to this race, including California State University, Fresno, Vintage Days and sponsors yet to be determined while participating in the Grape Escape 5 & 10K Run on April 27, 1985. I also give permission for the use of my photograph and name in any account or re-account of this event. I further attest and certify that I am physically fit and have sufficiently trained for this event.

SIGNATURE
All Participants

SIGNATURE
(Parent/Guardian Signature if under 18)

NAME
 LAST NAME FIRST
 ADDRESS
 CITY STATE (abbr.) ZIP
 PHONE (Daytime Number) (area) MALE FEMALE AGE, DAY OF RACE
 RACE 5K 10K T-SHIRT SIZE (Adult sizes only) S M L XL WHEELCHAIR YES NO
 (Circle one)

Only one entry per entry blank. MUST BE SIGNED or will not be able to participate. Make checks payable to Vintage Days, CSUF.
 MAIL TO: The Grape Escape 5 & 10 K Run, CSU, Fresno Vintage Days, College Union 306, Fresno CA 93740.

Schedule

MAR 24: Bonne Bell 10K. Women Only. San Francisco (Golden Gate Park, Band Shell to Polo Fields), 9 am. Pamakid Runners, P.O. Box 16131, San Francisco 94116. (415) 681-2323.

MAR 24: Mercury News 10K Race. San Jose (City Hall), 9 am. Mercury News 10K Race, c/o 750 Ridder Park Dr., San Jose 95190. (408) 920-5533.

MAR 24: Miles for Smiles 3 & 10K. Petaluma (Old Adobe State Park), 8:30 am. Darylla Hager, P.O. Box 4527, Petaluma 94952. (707) 527-0529.

MAR 24: DSE Presidio Gate Run. 3.3 mile & kid's run (?), San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 24: Lake Merritt Joggers & Striders Fourth Sunday Runs. 5/10/15K, Oakland (Lake Merritt - Old Boathouse/Lakeside Dr.), 9 am. LMJS, 745 Arimo Ave., Oakland 94610. (415) 834-3110.

MAR 24: Whale Festival Run, Half-Marathon, 10K & 2 Mile. Ft. Bragg, 10 am. Whale Festival Run, Chamber of Commerce, P.O. Box 1141, Ft. Bragg 95437. (707) 964-3153.

MAR 24: Three Mile Island Run. 3 mile, Los Osos, time TBA. San Luis Distance Club, P.O. Box 1134, San Luis Obispo 93406.

MAR 24: Conejo 5 & 10K Runs. Westlake Village (Westlake Elem. School), 7:30 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 496-0088.

MAR 24: Roeding Park 6 Mile. Fresno, 9 am. Joe Delgado, 240 S. Argyle #103, Fresno 93727. (209) 251-9188.

MAR 24: March of Dimes 10K. Sunset Park, Las Vegas, Nevada, 8 am. The Running Store, 602 Maryland Pkwy., Las Vegas 89101. (702) 382-3496.

MAR 30: Wildflower Women's Run. 2/5/10K, Morgan Hill, 9 am. Women Only. Debbie Cottingham, 3395 E. Dunne Ave., Morgan Hill 95037. Carol Ellis (408) 778-0207.

MAR 30: Cameron Carnival Fun Run. 5K, San Francisco (Golden Gate Park, Polo Fields), 9 am. Cameron Run, c/o Al Hall, 920 Sacramento St., San Francisco 94108. (415) 781-0401.

MAR 30: New Ashley Belt Six-Day Race. El Cajon (Granite Hills Stadium), noon. Track event, limited to 30 runners. Jerry Dietrich, P.O. Box 2684, Spring Valley 92077.

MAR 30: Calvary's Reach Out & Care 5/10K and 1 Mile Fun Run. Westlake Village (Calvary Church), 8 am. Dennis Bellesi, Calvary Community Church, 31293 Via Colinas, Westlake Village 91362. (818) 991-8040.

MAR 30: Whittier YMCA Legg Lake 5/10K. Whittier, 8:00 am/5K, 8:15/10K. Marilyn Grant, Health & Fitness Director, East Whittier YMCA, 15740 E. Starbuck, Whittier 90603. (213) 943-7241.

MAR 30: Circus Vargas 5K Run. Northridge (Devonshire Fairgrounds), 9 am. Grisel Saez (818) 765-0245.

MAR 30: Bud Robinson Memorial 15K Run. Lompoc area, time TBA. Lompoc Valley D.C., P.O. Box 694, Lompoc 93438. Leo Aragon (805) 736-6773.

MAR 30: Minton 10K. Mountain View, time TBA. Minton 10K, P.O. Box 520, Mountain View 94040. (415) 968-9800.

MAR 30: Delano Fool's Run. 5K & 10K, Delano (Sr. Citizens Building), 8 am. Jim Nagatani, 1319 Main St., Delano 93215.

MAR 30: TAC 20K Racewalk Championship. Carmel, 9 am. MPWWC, P.O. Box 221122, Carmel 93922. Giulio de Petra (408) 624-7211.

MAR 30: Marathon Relay. Sunset Park, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

MAR 30: Azalea Festival 5/10K. South Gate (Los Angeles), 7:30 am/5K, 9 am/10K. Manny Guerrero, City of South Gate, 4900 Southern Ave., South Gate 90280. (213) 563-9545.

MAR 30: Greenbelt 5/15K. Riverside (Arlington High School), 8 am. Pat Escamillo, 3154-A Panorama, Riverside 92506. (714) 784-5529.

MAR 31: Mother Lode Biathlon. Bike 30 miles, run 10K. El Dorado Hills (Oakridge H.S.), time TBA. Jess Polakoff, City Bicycle Works, 2409 "J" St., Sacramento 95816. (916) 447-2453.

MAR 31: The Kennedy Classic 5 & 10K. Walnut Creek (Del Valle School), 9 am. Jane Fiori, JFK Univ., 12 Alterindo, Orinda 94563. (415) 254-0200.

MAR 31: Zonta 10K Run. Berkeley Marina, 8 am. Zonta Club, P.O. Box 5093, Berkeley 94705. (415) 531-7566.

MAR 31: Houlihan's to Houlihan's 8-Mile Bay Race. Houlihan's/San Francisco to Houlihan's/Sausalito, 8 am. 2500 Limit. Dave Rhody, 43 Cole, #2, San Francisco 94117. (415) 668-2243.

MAR 31: YMCA Half-Marathon. Stanford (stadium), 8 am. Palo Alto YMCA Fitness Center, 755 Page Mill Rd., Bldg. B, Palo Alto 94304. (415) 858-0661.

MAR 31: DSE Potrero Hill Run. 4.5 mile, San Francisco (17th St. & Mission), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

MAR 31: SPA/TAC District 20K Championships. Valencia (San Francisquito Canyon, Santa Clarita Park), 8 am. Santa Clarita Runners, Box 298, Saugus 91350. (805) 259-6017 or 251-5562.

MAR 31: Ventura County Symphony Assoc. 10K. Ventura (Buenaventura State Beach Park, Pierpoint Blvd. & San Pedro Ln.), 8 am. Ventura County Symphony Ass'n, Box 1085, Ventura 93002. (805) 643-8646.

MAR 31: April Fool's 10K. Newport Beach (Teller & Birch), 8 am. Leslie Davis, Newport Beach Sporting House, Box 8172, Newport Beach 92660. (714) 752-0565.

MAR 31: Easter Seals Half Marathon & 10K. Carpinteria (Jr. High School), 8 am. Theodore Banks, 351 S. Hitchcock, Suite B-165, Santa Barbara 93105. (805) 682-1112.

MAR 31: Long Beach Grand Prix Charity 10K. Long Beach (Queen Mary), 8 am. Grand Prix, c/o Benevolent Ass'n., 100 W. Ocean Blvd., Ste. A, Long Beach 90802. (213) 436-7727.

MAR 31: Sugarless 5/10K. Riverside (Fairmont Park), 8:30 am. Len Silvergate, Tri-County Dental Society, 6860 Brockton Ave., Suite 9, Riverside 92506. (714) 686-3368.

MAR 31: Run for the Health of It. 10 mile & 2 mile, San Diego (Sharp Hospital), 7:30 am. Lynn Flanagan (619) 276-2738.

MAR 31: Red Cross Marathon & 10K. San Luis Obispo (Meadow Park), time TBA. Chris Connors, 650 Serrano Dr., San Luis Obispo 93401.

MAR 31: Modesto Marathon & Half Marathon. Modesto (West Campus Industrial Pk., Blue Gum & Carpenter Rds.), 8 am. Shadowcase R.C., P.O. Box 3605, Modesto 95352. (209) 578-6608, David Dennis.

MAR 31: HBO Telethon 10K. Fresno, time TBA. HBO Telethon 10K, P.O. Box 12464, Fresno 93778. (209) 485-1521.

APRIL

APR 6: The 49'er 47 Miles of Trails. Pt. Reyes to Ft. Baker (start at Limantour Beach, 7 am. Limited entries. Fleet Feet, 2086 Chestnut St., San Francisco 94123. (415) 921-7211.

APR 6: Tropicana/KLAS-TV Las Vegas Easter Run. 10K, Half-Marathon & 2 Mile Fun Run. Las Vegas, Nevada (Tropicana Hotel), 7:30 am. Thomas Sports Enterprises, 6765 Grandola Dr., Las Vegas, NV 89103. (702) 368-2885.

APR 6: Annadel Egg Scramble. 3 & 8K, Santa Rosa (Annadel State Park, Chanel Dr.), 9:30 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

APR 6: The Los Angeles Triathlon Championship Series. 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.

APR 6: The Anteater Run. 5 & 10K, Irvine (Univ. of Calif.), 8 am/5K, 9 am/10K. Anteater Run, c/o Dept. of Phys. Educ., Crawford Hall, UC Irvine, Irvine 92717. (714) 856-5550.

APR 6: Run for Sobriety 5 & 10K. Lancaster (City Park, Ave. L & 10th St. West), 9 am. Suzanne St. Clair, Acton Rehab Center, Box 25, Acton 93510. (805) 947-4191.

APR 6: Maria's Breakfast Run. 13 miles, Martinez (Alhambra & H St.), 8 am. dann Brown, 1230 Walker Ave., Apt. A, Walnut Creek 94596. (415) 932-3165.

APR 6: Martin Luther King 10K Run. Los Angeles, time TBA. Mark Ridley-Thomas, SCLC/LA, 4182 South Western Ave., Los Angeles 90062. (213) 295-8582.

APR 6: Marina 5-Miler. Marina (City Park), 10 am. Marina Parks & Recreation Dept., 211 Hillcrest Ave., Marina 93933. (408) 384-3715.

Schedule

APR 7: Mt. Tamalpais Run. 7 mile, Mill Valley(?), 7 am. Tamalpa Institute, Attn: Sandra Park, Fort Mason Center, San Francisco 94123. (415) 843-8636.

APR 7: Streets of Palo Alto 10K. Cancelled until 1986. Bill Fernandez (415) 326-9812.

APR 7: DSE Colt Tower Run. 3.0 mile, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

APR 7: 7.2 Mile Carrera de Cabras. Westlake Village, 8 am. Brian Pritchard, 1626 Wellington Pl., Westlake Village 91361. (805) 495-8705.

APR 7: Easter Sunrise Celebration Jog. Fresno (Woodward Park), 5:30 am, 3 mile run, 2 mile jog, 1 mile walk. Harry Harder (209) 638-5007.

APR 13: Pigeon Pass Marathon. Loma Linda (Gentry Gym), 7 am. Pat Bieberdorf, 10 Sherril Ln., Redlands 92373. (714) 793-9959.

APR 13: Jimmy Stewart Relay Marathon. 5-person teams, Santa Monica, time TBA. Bruce Beck, c/o Carl Terzian Assoc., Brentwood Financial Plaza, 11726 San Vicente Blvd., Suite 550, Los Angeles 90049. (213) 557-3087.

APR 13: VMRC Fun Runs. 1/2 mile, 1 mile & 5K, Segastopol (Ragle Ranch Park), 9 am. Wine Country Race Service, Box 879, Forestville 95436. (707) 829-2888.

APR 13: Run for Relief. 10K & 2 Mile Fun Run, Fresno (Fresno Pacific College), 6:30 am. Fun for Relief, 1010 "G" St., Reedley 93654. (209) 638-6847.

APR 13: Women's Woodward Park Run. 3 mile (also predicted time division), Fresno (Woodward Park, Mtn. View Picnic Area), 8 am. Ron Gates, 3220 E. Huntington Blvd., Fresno 93702. (209) 237-3572.

APR 13: Sun Run VII. 5 & 10K & Kids 1 Mile. Fountain Valley (Mile Square Park), 7:30 am/5K, 8 am/10K, 9 am/1 mile. Newport Beach Runners Ass'n, 1162 Dorset Ln., Costa Mesa 92626. (714) 966-0556.

APR 13: Conejo Valley Days Rabbit 5 & 10K Runs. Thousand Oaks (Cal Lutheran College), 9 am. Jim Gilmore, 2909 Raleigh Pl., Thousand Oaks 91360. (805) 492-4592 or 496-2463.

APR 13: Pride Seven 2K, 5K, 10K & Half Marathon. Glendora (Foothill Presbyterian Hospital), 8 am. Pride 7, Box 221, Glendora 91740. (818) 331-0169 or 331-0160.

APR 13: Tierrasante-Kiwanis 10K & 2 Mile. San Diego (Serra H.S.), 7:30 am. Peter Penczar (619) 279-5237.

APR 13: Pear Blossom Run. 20K, Medford, Ore., 8:45 am. Pear Blossom Run, P.O. Box 146, Medford, OR 97501. (503) 772-7086.

APR 13: The Nimitz Run. 5 & 10K, Treasure Island (San Francisco Bay), time TBA (8:30 am?). Nimitz Run, c/o Special Services, Naval Support Act., Bldg. 265, Treasure Is., San Francisco 94130. Tim Oliver (415) 765-6361; Kevin Hicks (415) 548-5854.

APR 13: Overton County Fair 10K. Overton, Nevada, 8:30 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 14: American River 50-Mile. Sacramento (Sac'to State Univ.), 6 am. *Limited to 500.* Fleet Feet, 107 S. Harding Blvd., Roseville 95678. (916) 783-4558.

APR 14: National Intercity Run. 5 miles, Santa Clara (3000 Lakeside Dr.), 8:30 am. Anne Buying, 3000 Lakeside Dr., Santa Clara 95054. (408) 980-0766.

APR 14: "Jog Your Mind" 10K & 2 Mile. San Francisco (Harina Library, Fillmore & Chestnut), 9 am. Friends of the Library, Civic Center, San Francisco 94102. (415) 558-3770.

APR 14: Livermore Fitness Day 5/10K Runs. Livermore (The Barn Pacific), 9:30 am. Bev Hamlin, 3529 Wind Cave, Pleasanton 94556. (415) 846-1455.

APR 14: MBA Challenge for Charity 10K. Stanford Univ., 8:30 am. Dan Wimsatt, MBA Challenge for Charity, Stanford GSB, Stanford 94305. (415) 856-2083.

APR 14: Run for Daylight 10K. Alamo (Alamo Plaza), 9 am. American Cancer Society, P.O. Box 4295, Walnut Creek 94596. (415) 934-7640.

APR 14: Misty Redwood Run. 7.6 miles, Oakland (Redwood Regional Park), 10 am. Duane Sewell, American Lung Ass'n., 295 - 27th St., Oakland 94612. (415) 893-5475.

APR 14: Marin Youth Symphony Orchestra Run. 8 miles, Tiburon (Blacky's Pasture area), 8:30 am. Ann Batman, 4172 Redwood Hwy., San Rafael 94903. (415) 479-8100.

APR 14: Bay Pacific 15K. San Francisco (Golden Gate Park), 9 am. Sports Media, 522 Midvale, Mill Valley 94941. (415) 381-0436.

APR 14: DSE Ferry Building Run. 3.83 miles, San Francisco (Dolphin Club), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.

APR 14: Apple Juice Run. 10K & 2 Mile Fun Run. Sebastopol (Analy H.S. track), 9 am. Sebastopol Area Chamber of Commerce, P.O. Box 178, Sebastopol 95472. Ken Silveira: (707) 823-9735 or 823-4916.

APR 14: Cuesta Spirit 50K Blathlon. 10K run, 40K bike, San Luis Obispo (Cuesta College), 8 am. Spirit Cycle Works, Jeff Sloane, 399 Foothill Blvd., San Luis Obispo 93401. (805) 541-5673.

APR 14: Puma Energizer 5/10K Runs. Santa Monica (Civic Auditorium), 8 am. Santa Monica Parks & Recreation Dept., 1685 Main St., Room 210, Santa Monica 90401. (818) 393-0463.

APR 14: "Women on the Run" AAUW 5K (& 1 Mile Kiddle Run) Open to men & women. Torrance (Wilson Park), 8 am/5K, 9 am/1 mile. Women on the Run, AAUW, 22816 Peperree Pl., Torrance 90501.

APR 14: 10K for MDA. Del Mar (track), also 1 mile. 7:45 am/10K, 9:15 am/1 mile. Judy Burgess (619) 584-2484.

APR 14: Lydia's 5M Shoe-In. Sunset Park, Las Vegas, Nevada. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 14: Hidden Valley Marathon. Newbury Park (Adventist Academy), 7:30 am. Tom Neslund, P.O. Box 969, Glendale 92109 or 245-1876.

APR 14: Wilderness Fun Run 3 & 5K. Newbury Park (Rancho Sierra Vista), 9 am. Bill Redmond, Nat'l Park Service, 22900 Ventura Blvd., Ste. 140, Woodland Hills 91364. (818) 888-3440.

APR 14: Run for the Hills 5 & 10K. Malibu Creek State Park, 8 am/5K, 8:45 am/10K. Run for the Hills, c/o Chris Vicars, P.O. Box 353, Agoura Hills 91301. (818) 706-8612, Merle White.

APR 18: Transamerica Pyramid Run Up. 48 stories, 12:00 pm, San Francisco. Tri Sports, 21 Live Oak, Berkeley 94705.

APR 15: Boston Marathon. Hopkinton, Mass., noon *Qualifying Times.* Boston AA, 17 Main St., Hopkinton, MA 01748. (617) 435-6905.

APR 20: Lake Iisanjo Classic 10 Miler. Santa Rosa (Howarth Park), 9 am. Lem Cheney (707) 527-0513.

APR 20: Country Run 5-Mile. Portola Valley (Town Center), 9 am. West Bay Wellesley Club, 1178 Crespi Dr., Sunnyvale 94086. Joan Cassman (415) 342-0775.

APR 20: Old Mill Run. 10K & 2 mile, Sonora (Columbia State Historical Park), 8 am/2 mile, 9 am/10K. Leon Casas, Jr., Tuolumne County Recr. Dept., 43 No. Green St., Sonora 95370. (209) 533-5663.

APR 20: Laura Stegman Memorial Women's 5K. Lompoc (River Park), time TBA. Bill Graham, Lompoc Valley DC, P.O. Box 694, Lompoc 93438. (805) 736-4696.

APR 20: City of Duarte 5/10K Run for Fitness. Duarte (Royal Oaks Elem. School), 8:30 am. Duarte Parks & Recreation Dept., 1600 Huntington Dr., Duarte 91010. (818) 357-7931.

APR 20: Run for Sobriety. 5 & 10K, Tustin (Utt/Colonial School, Bryan & Browning), 8 am/5K, 8:30 am/10K. Rob Jorgensen, Healthcare Medical Center of Tustin, 14662 Newport Ave., Tustin 92680. (714) 838-9600, x5843.

APR 20: Fontana Days 5K & Half Marathon. Fontana (Lytle Creek), 8 am/H-M, 8:30 am/5K. Kit Ledbetter, City of Fontana, 8353 Sierra, Fontana 92335. (714) 350-7635.

APR 20: Lindsay Orange Blossom Festival. 10 mile ironman triathlon. Vahnn Blue (209) 562-4230.

APR 20: Candlelighters 10K. Cashman Field, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 20: Legg Lake Lark 5 & 10K. Whittier (Whittier Narrows Recr. Area), 8:15 am. Marilyn Grant, East Whittier YMCA, 15790 E. Starbuck, Whittier 90603. (213) 943-7241.

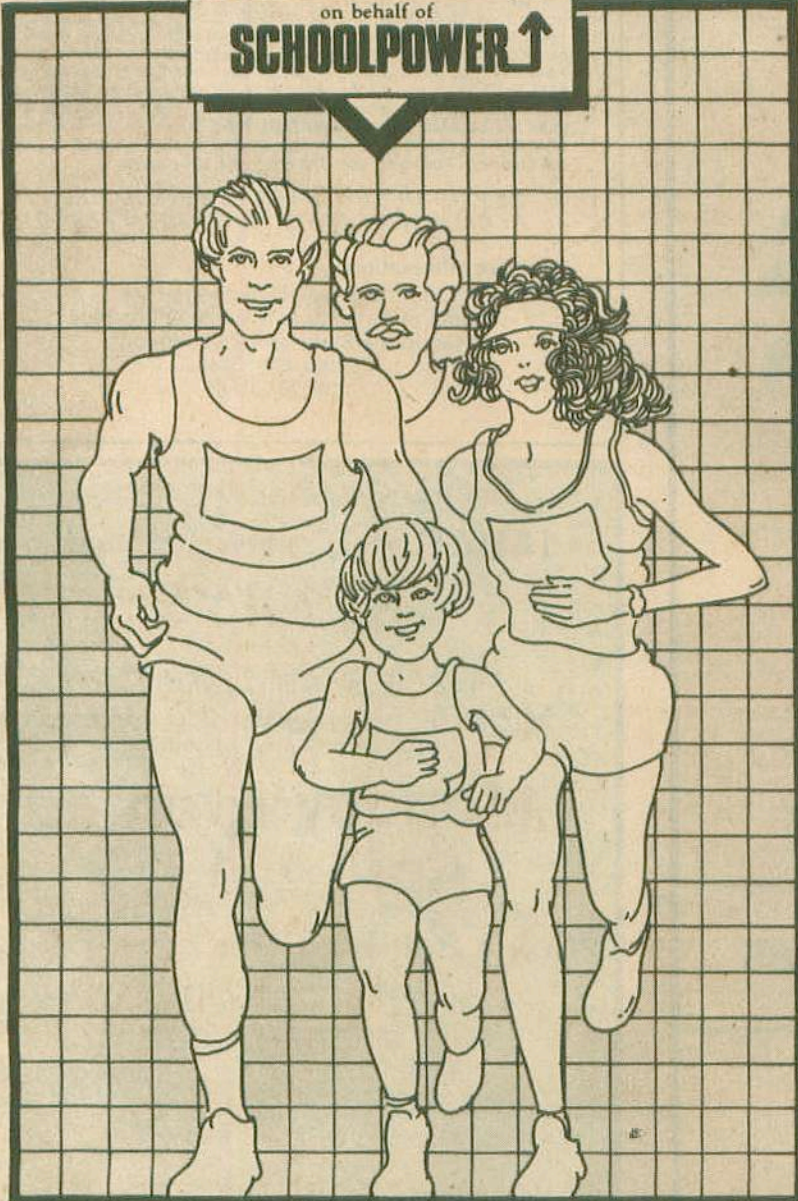
APR 20: Sierra Mountain Race VII. 10K X-C ski, 10K run, 30K bike. Squaw Valley, 10 am. Bill Jensen, P.O. Box 7045, Tahoe City 95730. (916) 583-2264. *March 30 Deadline.*

APR 20: Martinez 5K Fun Run. Martinez (Waterfront Park), 8:30. Martinez Leisure Services, 525 Henrietta, Martinez 94553.

BUICK

Classic
GOLD **10K** COAST

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Sunday / April 28, 1985 / 8:00 a.m.

Affiliate Sponsor: STEIN-BRIEF, GROUP



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Last Name, First Name _____ Birthdate _____
 _____ Mon | Day | Yr |
 Address _____ Age _____ M/F _____

 City _____ State _____ Zip _____

 Phone _____ TAC Reg. # _____ Bib # _____

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 Registration On Race Day: \$11.00 with shirt. \$7.00 for race only.

Female 0-10 11-14 15-18 19-29 30-34
 35-39 40-44 45-49 50-59 60-69 70 & Over

Male 0-10 11-14 15-18 19-29 30-34
 35-39 40-44 45-49 50-59 60-69 70 & Over

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Shirt Size (Order shirt in Men's sizes)

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In consideration of this entry acceptance, I hereby, my heirs, executors and administrators, waive any and all rights of claims for damages I may have against the Laguna Beach Education Foundation (SCHOOLPOWER), Laguna Beach School District, City of Laguna Beach, County of Orange, State of California, Southern California Buick Dealers and Stein-Brief or any individual associated with the above for any and all injuries sustained by me in this event. I will additionally permit the free use of my name and picture in broadcasts, telecasts, etc. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor. **PLEASE, NO DOGS IN RACE!**

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7th Annual

Chihuahua Road Run



Two & Six Mile

SUNDAY, JUNE 2, 1985

- Mariachi Music
- Tortillas
- Refreshments
- and More

FRESNO, CALIFORNIA



1st Annual

Mother's Day Run

Sunday, May 12, 1985
5 Mile • 2 Mile

PLACE: On CSUF campus, starting and finishing at O'Neill Park. **AWARDS:** Special awards for the first three mothers plus awards for each five-year age groups **MEN** and **WOMEN**, i.e. 5 Mile—10 & under, 14 & under, 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55 & over; 2 Mile—12-18, 19-34, 35 & over. **EXTRAS:** 2nd place awards for each age group. Breakfast served following the race (pancakes & eggs). Entry fee includes breakfast. T-shirts will be given to the first 800 entries present at the race. **ENTRY FEE:** \$8.00 — To benefit the students of the School of Agriculture and Home Economics at California State University, Fresno. Any family after three will be admitted free. **STARTING TIME:** 8 a.m. Check in at 7 a.m. **COURSE:** The 2-mile and 5-mile courses wind through the CSUF campus (safe running). They both start and end in the same place.

*BE PART OF THE FIRST MOTHER'S DAY RUN
AT CALIFORNIA STATE UNIVERSITY, FRESNO*

For more information:

Judith Masten, Director/Ag One
School of Agriculture & Home Economics
California State University, Fresno
Fresno, CA 93740
(209) 294-4266

Central California's Elite Meet 14th San Joaquin Valley RELAYS

Track & Field Meet for
High School Men and Women

**Monday Evening
April 1, 1985**

"Come Run With The State's Best"

★ Fantastic 10 Lane Atlas Track ★

MEET RECORDS

Men:

38-1, 42-0, 14-2, 10-7, 9-11,
3-20-1, 15-2, 27-7 $\frac{1}{4}$, 105-10,
6-10 $\frac{1}{4}$, 48-3 $\frac{1}{4}$, 60-10 $\frac{1}{2}$

Women:

48-6, 48-9, 12-0, 14-9, 5-00-1,
16-3 $\frac{1}{2}$, 5-8, 37-7 $\frac{1}{2}$, 137-1

SANCTIONED FOR ALL C.I.F. SECTIONS

FOR MORE INFORMATION & ENTRY FORMS, CONTACT:

Chuck Toste, Head Track Coach
Lemoore High School
Bush & Lemoore Ave.
Lemoore, CA 93245
Phone: (209) 924-5651

Schedule

- APR 21: Kimochi Cherry Blossom 5-Miler.** San Francisco (Golden Gate Park to Japan Town), 9 am. Kimochi, Inc., 1581 Webster St., #10, San Francisco 94115. (415) 931-2294.
- APR 21: Carmel by the Sea 10K.** Carmel (Sunset Center, San Carlos & 9th), 9 am. 1,000 entry limit. Skip Marquard, 312 W. Carmel Valley Rd., Carmel Valley 93924. (408) 659-4268.
- APR 21: Angwin to Angwish 10K.** Angwin (Pacific Union College), 9 am. Daryl Stuart, c/o Physical Education Dept., Pacific Union College, Angwin 94508. (707) 965-6344.
- APR 21: DSE Peak Buster Benefit Run.** 4.6 mile, San Francisco (Lake Merced, Sunset Blvd. Parking Lot), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.
- APR 21: Lafayette Loop 10K & 2 Mile.** Lafayette (Plaza Center, Mt. Diablo Blvd. & First Sts.), 9 am. Center for Living Skills, P.O. Box 1145, Lafayette 94549. (415) 284-4871.
- APR 21: Open Space 10K.** Santa Cruz (Antonelli's Pond near Natural Bridges State Park), 9 am. Rick Jahn, P.O. Box 847, Ben Lomond 95005. (408) 336-2261.
- APR 21: Volunteer Triathlon.** 10K run, 20 mile bike, 400 yd. swim. Clovis (Clovis West H.S.), time TBA. Franz Weinschenk, 304 Crocker Bank Bldg., Fresno 93721. (209) 237-3101.
- APR 21: McDonald's Run for Summer Fun 5 & 10K.** Encino (Woodley Park), 8 am/5K, 8:30 am/10K. Susan Lopaty, 18753 Sherman Way, Reseda 91335. (818) 881-6801.
- APR 21: Simi Valley Freedom 5 & 10K (& 2K).** Simi Valley (Adventist Hospital), 7:30 am/5K, 8:15 am/10K. Loeschhorn's, 1542 Los Angeles Ave., Simi 93065. (805) 583-0933.
- APR 21: LaJolla Half-Marathon & 2 Mile.** Del Mar to LaJolla, 7:30 am. Alan Olson. (619) 274-4144.
- APR 21: California Strawberry Festival 10K & 2 Mile Fun Run.** Oxnard Channel Islands Harbor, 8 am. Candyce Hunt, Strawberry Capital Club, 305 W. Third, Oxnard 93030. (805) 985-4715.
- APR 21: MDA 5-Mile Fun Run.** Red Rock Canyon Visitor Center, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- APR 21: Run for Life 10K.** Stanford Univ., 9 am. American Heart Assoc., Attn: Scott MacTavish, 3003 Moorpark, San Jose 95128. (408) 247-8555.
- APR 21: Justice in Motion 5K & 9 Mile Relay & 2K.** Los Angeles (Police Academy, nr. Dodger Stadium), 8:30 am/2K, 9 am/5K & relay. Debra Rose, Southwestern Univ. School of Law, 675 S. Westmoreland Ave., Los Angeles 90005. (213) 738-6814.
- APR 21: HSRA 10K.** Irvine (Marson Park), 8 am. Bob Sheridan, MD, 18102 Irvine Blvd., Tustin 92680. (714) 838-4565.
- APR 21: Almaden Triathlon Challenge.** Run 10K, bike 30 miles, horse race 20 miles. San Jose (Almaden), 8 am. Mike Barger, 19450 Almaden Rd., San Jose 95120. (408) 268-7535.
- APR 27: The Grape Escape 5 & 10K Run.** California State University, Fresno, 8 am. The Grape Escape, CSU, Fresno Vintage Days, College Union 306, Fresno 93740. (209) 294-4008.
- APR 27: Indian Valley Cross-Country: 5 mile.** Novato (Indian Valley Colleges, Sunset Pkwy. & Ignacio Blvd.), 9 am. Nancy Andrews, 917 Sherman Ave., Novato 94947. (415) 897-4323.
- APR 27: City of Sunnyvale Baylands 10K.** Sunnyvale (Moffett Industrial Park), 9 am. Mark Grzan, P.O. Box 66607, Sunnyvale, 94088. (408) 738-5521.
- APR 27: Pena Adobe Run. 5 & 10K.** Fairfield, 8:45 am/5K, 9 am/10K. Bob Gibbs, 1130 Davis St., Vacaville 95688. (707) 448-3353.
- APR 27: Sacramento Triathlon.** Short Course: 1.5K swim, 40K bike, 10K run; Long Course: double distances. Rancho Seco Recr. Area (SE of Sac'to), 7 am/long, 9 am/short. Fleet Feet, 2408 "J" St., Sacramento 95816. (916) 442-23338.
- APR 27: Spring Fitness Classic. 5 & 10K.** Lancaster (Antelope Valley Hospital), 8:30 am. Running Promotions Unltd., P.O. Box 128, Lancaster 93534. (805) 942-3820.
- APR 27: Palos Verdes Library 3/10K Runs.** Palos Verdes Peninsula, 8:30 am. Library Run, c/o Carriage Realty, 4010 Palos Verdes North #101, Rolling Hills Estates 90274. (213) 377-7225.
- APR 27: Silver Bullet Triathlon.** 1/2 mile swim, 15 mile bike, 3 mile run. Paso Robles, time TBA. Jon Root, Creston Star Route, Paso Robles 93446. Tom Jefferies; (805) 238-4665.
- APR 27: Stinky Sneakers 5/10K.** Fountain Valley (Mile Square Park), 8 am/5K, 8:30 am/10K. Faith Tabernacle, 9644 Cedar Ave., Bellflower 90706. (213) 867-9094.
- APR 27: Hearts on the Run 5/10K.** San Bernardino (Cal State Univ.), time TBA. San Bernardino County Heart Ass'n., 575 Birch Ct., San Bernardino 92410. (714) 824-6016.
- APR 27: Briones Biathlon.** 7 mile run, 20 mile bike. Lafayette, time TBA. Valerie Doyle, Fleet Feet, 1528 Bonanza, Walnut Creek 94596. (415) 943-MILE.
- APR 27: The Los Angeles Triathlon Championship Series.** 1K swim, 38K bike, 8K run. San Dimas (Bonelli Park), time TBA. Bill Fulton, 2658 E. Garvey Ave., West Covina 91791. (818) 331-0169.
- APR 27: Gilroy Road Race.** 10K(?), Gilroy, time TBA. Gilroy Road Race, c/o The Dispatch, P.O. Box 7, Gilroy 95020. (408) 842-6411, x225, Vicki.
- APR 27: The Original Foothill Footrace.** 10K run and 2 mile fun run, Yosemite Lakes Park, Coursegold, 8 am. The Original Foothill Footrace, 44565 Savage Rd., Coursegold 93614. (209) 683-2110, days.
- APR 27: Henderson's Green Valley Classic.** 10K, 5K and 1 mile. Green Valley Plaza, Las Vegas, Nevada, 8 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.
- APR 27: Coddington Lions Biathlon.** 10K run, 50K bike. Santa Rosa (San Miguel Elem. School), 8 am. Bob Foo, 2655 Cleveland Ave., Santa Rosa 95401. (707) 539-1064.
- APR 27: Herc-Dynamite Run.** 4 miles, Hercules (Refugio Park), 10 am. Fleet Feet, 1582 Fitzgerald Dr., Pinole 94564. (415) 222-0188.
- APR 27: The Steamroller Ultra 100K.** Castaic Angeles National Forest, 5 am. The Steamroller, c/o Hans Albrecht, 25108-B Marguerite Pkwy., #209, Mission Viejo 92692.
- APR 27: South Pasadena-San Marino Rotary Road Classic 5/10K & 1 Mile.** S. Pasadena (YMCA), 8 am. Mike Blackmar, San Marino YMCA, 1605 Garfield Ave., S. Pasadena 91030. (818) 799-9119.
- APR 28: SPA/TAC 50 & 100K Championships & 50 Mile.** Ventura (Adohr Dairy, east of Camarillo), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- APR 28: DSE Diamond Heights Run.** 2.99 miles, San Francisco (McAteer H.S. at Portola & O'Shaughnessy), 10 am. Walt Stack, 741 Kansas St., #2, San Francisco 94107.
- APR 28: Tandem Computers Ten-Year Anniversary 5/10K Run & 1 Mile Fun Run.** Cupertino, time TBA. Rebecca De Anda, 10300 No. Tantau, Cupertino 95014. (408) 973-7169.
- APR 28: The Tortoise & The Hare 10K.** San Jose (The Good Samaritan Hospital), 9 am. The Good Samaritan League, 2425 Samaritan Dr., San Jose 95124. (408) 723-7223.
- APR 28: Cotati Co-Op Run. 5 & 10K.** Cotati (Veterans Bldg.), 9 am. Anu de Monerice, 65 W. Cotati Ave., Cotati 94928. (707) 795-6819.
- APR 28: Couple's Relay (2x5K).** Oakland (Lake Merritt, Old Boathouse), 9 am. Lake Merritt J & S, 745 Arimo Ave., Oakland 94610. (415) 834-3110.
- APR 28: Run for Excellence.** 10K, Hayward, time TBA. Hayward Education Fund, 2230 Foothill Blvd., Suite 509, Hayward 94541 (Attn: Ann Flinn). (415) 582-0608.
- APR 28: Indian Gulch-Hornitos 5 & 10 Milers.** Hornitos (near Merced), 8 am. Curt Royer, 1175 Persimmon Way, Merced 95340. (209) 722-8979.
- APR 28: Marathon Prep 20-Mile Run.** Ventura (Adohr Dairy), 6:30 am. Connie Rodewald, 852 Sharon Dr., Camarillo 93010. (805) 482-5360.
- APR 28: Carl's Jr./Puma Energizer Mt. SAC Relays 5/10K.** Walnut (Mt. San Antonio College), 8:30 am. Don Ruh, 1100 No. Grand Ave. (Mt. SAC), Walnut 91789. (714) 594-5611.
- APR 28: School Power/Buick Gold Coast Classic.** 10K, Laguna Beach (Forest Ave.), 8 am. Sandy Thornton, P.O. Box 19, Laguna Beach 92652. (714) 494-6811.

APR 28: YMCA Triathlon. Meadows Mall, Las Vegas, Nevada, 7 am. The Running Store, 602 S. Maryland Pkwy., Las Vegas, NV 89101. (702) 382-3496.

APR 28: Silver Streak 5/10K. Placerville, 8 am. Diane McKnight or Carol Kime, 106 Placerville Dr., Placerville 95667. (916) 232-7575.

APR 28: HELP Century City 10K For Youth. Rancho Park (Cheviot Hills), 8 am. Sam Theus, P.O. Box 1576, Inglewood 90308. (213) 292-5533.

APR 28: NorCal Triathlon. 400m swim, 5 mile bike, 2 mile run. Los Altos Hills (Foothill College), 7:30 am. Gail Holmgren, 485 Arbor Rd., Menlo Park 94025.

APR 28: Los Altos Balsa Woodman Mini-Triathlon. 200 yard swim, 6 mile bike, 1.5 mile run. Los Altos (High School), time TBA. 200 limit. Mike Lynch, Hillview Community Center, 97 Hillview Ave., Los Altos 94022. (415) 941-4052, Kevin Worley.

APR 28: Hoy's Sports 5K Classics. San Francisco (Golden Gate Park, Polo Fields), 9 am. Hoy's Sports, 1632 Haight St., San Francisco 94117. (415) 861-HOYS.

LOOKING AHEAD

(Marathons, Relays, Important Deadlines, Major Events, etc.):

MAY 4: Good Old Country 50K. Placerville (Herbert Green School), 7 am. Pete Schoener, 4221 N. Canyon Rd., Camino 95709. (916) 644-1002.

MAY 4: Maranatha Marathon & Half Marathon. Rancho Cordova (Goethe Park), 7 am. (Also 10K at 7:15 am). Christian Runners Ass'n/YFC, 104 Winchester Ct., Folsom 95630. (916) 878-0697 or 351-1190.

MAY 5: Avenue of the Giants Marathon. Near Weott (Dyerville Bridge), 9 am. 2000 Limit. Six Rivers Running Club, P.O. Box 214, Arcata 95521. (707) 822-0318.

MAY 5: Heart CAAN Marathon (and 5/10K). Ventura (Mission Par, 7 am/Marathon, 8 am/5 & 10K. American Heart Ass'n, 1367 Del Norte, Camarillo 93010. (805) 485-4300.

MAY 5: National TAC Masters 25K Championships. Syracuse, New York, time TBA. Nick Wetter, 700 Fourth St., Liverpool, NY 13088.


MAY 5: National TAC Masters 15K Championships. Edina, Minn., time TBA. Jack Moran, 5429 Wooddale Ave., Edina, MN 55424.

MAY 5: Wild Wild West Cross-Country Marathon. Lone Pine (Tuttle Creek campground), 7 am. Robert Frickel, P.O. Box 352, Lone Pine 93545. (619) 876-5671.

MAY 5: Devil Mountain Run. (PA/TAC Open Men's Championships), 10K, Danville (Town & Country Center), 9 am. DMR, P.O. Box 727, Alamo 94507. (415) 934-2028.

MAY 11: California 50-Mile Endurance Run. Santa Rosa (Annadel State Park), 6 am. Limited to 200. Tom Crawford, 1981 Silverwood St., Santa Rosa 95405. (707) 526-0661.

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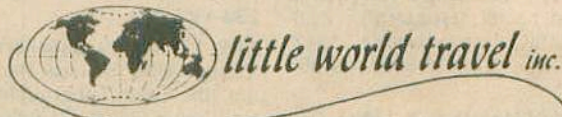
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Hotel

Tour will leave San Francisco on April 12 and return on the 16th (race is on the 15th). Tour includes roundtrip transportation (United Airlines/\$258) and optional hotel ("57" Hotel/\$99 double occupancy), plus other goodies to be determined.

For further information, write:

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1027½ Alameda, Belmont, CA 94002
(415) 592-0664



Be on the lookout for AVON/Santa Monica—March 1985

MAY 11-12: Sunkist Gold Rush 100K. 50K per day, Nevada City area (two new courses), 7:30 am. Paul Reese, P.O. Box 585, Auburn 95603. (916) 823-0276. Limited to 50.

MAY 12: Mother's Day Run to Benefit Ag One. 2 & 5 miles, Fresno State University (O'Neill Park), 8 am. Judith Mastin, Ag One Executive Director, California State University, Fresno 93740.

MAY 18: National TAC Women's 10K Championships. Albany, NY, time TBA. George Regan, 382 Broadway, Albany, NY 12207. (518) 465-5210.

MAY 19: Aptos Creek Marathon. Aptos (Forest of Nisene Marks State Park), 8 am. Hans Albrecht, 25108-B Marguerite Pkwy., Suite 209, Mission Viejo 92692. (714) 859-8644.

MAY 19: Examiner Bay to Breakers. 7.5 mile, San Francisco (Spear & Howards Sts.), 8 am. May 1 Deadline. Terri Robbins, EXBB, 110 Fifth St., San Francisco 94103. (415) 777-7770.

JUN 2: Sri Chimney Marathon. Atherton (Selby Lane School), 7 am. Sri Chimney Marathon Team, 2438 16th Ave., San Francisco 94116. Diribar D'Angelo (408) 255-6941, evenings.

JUN 2: Gold Country Marathon & Half Marathon & 10K. Nevada City (Pioneer Park), 7 am/Marathons, 7:30 am/Half, 8 am/10K. Danny Eatin, Box 531, Grass Valley 95945. (916) 432-2805, eves.

JUN 2: Russian River Run & Marathon. Includes half-marathon and 4.9 mile. Talmage (2 miles SE of Ukiah), 6 am. Russian River Run, 505 S. State St., Ukiah 95482. (462-8879).



Schedule

COLLEGE/OPEN TRACK & FIELD

MAR 1-2: UNLV Invitational. Includes heptathlon/decaathlon. University of Nevada at Las Vegas, 9 am. Al McDaniels, UNLV Track, Maryland Parkway, Las Vegas, NV 89154. (702) 739-3256.

MAR 2: Long Beach State Relays. Cal State Long Beach, 10 am. Ron Buss, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-5792.

MAR 2: Aztec Invitational. San Diego State University, 10 am. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 9: San Diego All Comers. San Diego State University, 10 am. Jim Cerveny, SDSU Track, San Diego 92185. (619) 265-5536.

MAR 17: Los Angeles Women's Relays. Cal State Los Angeles, 10 am. Gudrun Armanski, Athletic Dept., 5151 University Dr., Los Angeles 90032. (213) 224-3319.

MAR 22-23: SFSU Decathlon. Cox Stadium, San Francisco State. Harry Marra, Track Coach, San Francisco State Athletic Dept., San Francisco 94132. (415) 469-1561.

MAR 23: Bronco Invitational. Cal Poly-Pomona, 10 am. Jim Sackett, CPP Athletics, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

MAR 23: Oregon Invitational Relays. U of O, noon, John Gillespie, McArthur Court, Eugene, OR 97401. (503) 686-5438.

MAR 23: Santa Barbara Easter Relays. LaPlaya Stadium, Santa Barbara. Track Coach, Santa Barbara City College, 721 Cliff Dr., Santa Barbara 93109. (805) 965-0581.

MAR 23-24: Oxy Heptathlon & Decathlon. Occidental College, 8 am. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAR 23-24: Golden Bear Meet of Champions. Includes heptathlon. University of California at Berkeley. Tony Sandoval, Hearst Gym, Room 177, Berkeley 94720. (415) 642-9447.

MAR 29-30: Stanford Invitational. Stanford University. Brooks Johnson, Dept. of Athletics, Stanford 94305. (415) 497-1051.

MAR 30: SPA/TAC Olympic Development Meet. Santa Monica College, 1 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAR 30: Willie Williams Memorial Classic. University of Arizona. Dave Murray, Track Coach, Univ. of Ariz, SUPO, Box 21106, Tucson, AZ 85720. (602) 621-4829.

APR 1-2: NorCal Multi-Event Championships. Men and women, Shasta College, Redding, 10 am. *High School.*

APR 6: St. Francis-Foothill Track & Field Carnival. Foothill College, Los Altos Hills. High School with select men's and women's open events. Peanut Harms, Foothill College, 12345 El Monte Rd., Los Altos Hills 94022. (415) 948-8590.

APR 6: Santa Rosa Relays. Ken Goetzel, Meet Director, 1235 Mendocino Ave., Santa Rosa 95401. (707) 528-5291 or 433-5335.

APR 6: Sun Angel Classic. Arizona State University. Roger Kerr, ASU Women's Track, Tempe, AZ 85281. (602) 965-2406.

APR 6: Fresno Bee Games. Fresno State University, 8 am. Tom Pagani, FSU Women's Track Coach, Fresno 93740. (209) 294-4098.

APR 6: UCLA All Comers. UCLA, 11 am. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

APR 11-13: Bakersfield Relays. Junior College.

APR 13: Riverside Invitational. UC Riverside

APR 13: SPA/TAC Women's Olympic Development Meet. U.C. Irvine, 11 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

APR 13: Ed Adams Invitational. Hartnell College. Gary Shaw, Track Coach, Hartnell CC, 156 Homestead Ave., Salinas 93901. (408) 758-8211.

APR 19: USC Women's Twilight Invitational. University of Southern California, 5 pm. Fred LaPlante, USC Heritage Hall, Los Angeles 90007. (213) 743-7770.

APR 19-20: Lady Bronco Women's Invitational. Cal Poly-Pomona, 9 am. John Turek, CPP Women's Track, 3101 Temple Ave., Pomona 91768. (714) 598-4611.

APR 19: SCC League Finals. Santa Ana Junior College.

APR 20: Jenner I Invitational. San Jose City College, 12 noon. Bert Bonano, San Jose CC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

APR 20: Merced Invitational. Junior College.

APR 21: CSLA Women's Elite Invitational. Cal State University, Los Angeles, 11 am. Gudrun Armanski, 5151 University Dr., Los Angeles 90032. (213) 224-3319.

APR 25-28: Mt. SAC Relays. Mt. San Antonio College. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

APR 27: Poly Royale Invitational. Cal Poly San Luis Obispo, 10 am. Lance Harter, Cal Poly SLO Track, San Luis Obispo 93402. (805) 546-1130.

APR 27: Coast Conference Finals. Salinas Junior College.

MAY 3-4: Oregon Pepsi Relays. U of O, John Gillespie, McArthur Court, Eugene, OR 97401. (503) 686-5438.

MAY 3: Johnny Mathis Tune-Up Meet - Women. Cox Stadium, San Francisco State University, 10 am. Harry Marra, Director -Track & Field Program, Athletic Dept., San Francisco State University, San Francisco 94132. (415) 469-1561(w), (415) 345-0799(h).

MAY 4: Johnny Mathis Tune-Up Meet - Men. Cox Stadium, San Francisco State University. See above for contact.

MAY 4: New Balance Women's Invitational. U.C. Irvine, 11 am. Vince O'Boyle, Crawford Hall, Irvine 92717. (714) 856-6342.

MAY 4: Long Beach Twilight Invitational. Ralph Lindeman, Track Coach, Cal State University, 1250 Bellflower Blvd., Long Beach 90840. (213) 498-4666.

MAY 5: Southern California Cheetah Invitational. Mt. San Antonio College, 10 am. Richard Lewis, 1440 Douglass Dr., Pomona 91768. (714) 622-2181.

MAY 9-11: CCAA Championships. Los Angeles. John Tansley, Track Coach, Calif. State Univ., 5151 University Dr., Los Angeles 90032. (213) 224-3692.

MAY 10-11: PCAA Championships. Irvine. Kevin McNair, Track Coach, UC Irvine, Irvine 92717. (714) 856-6080.

MAY 10-11: WCAA Championships. UCLA. Bob Kersee, Track Office, UCLA, Los Angeles 90024. (213) 825-8691.

MAY 10: NorCal Junior College Championships. Sacramento. Bob Lanza, Track Coach, Sacramento CC, Sacramento 95822. (916) 449-7305.

MAY 11: SoCal Junior College Championships. Bakersfield. Bob Covey, Track Coach, Bakersfield College, Bakersfield 93305. (805) 395-4340.

MAY 11: Oxy Invitational. Occidental College. Bill Harvey, Oxy Track, 1600 Campus Rd., Los Angeles 90041. (213) 259-2608.

MAY 11: California Relays. Modesto City College. Tom Moore, 1720 Richard Way, Ceres 94720. (209) 537-0411.

MAY 15-18: PAC-10 Championships. Tucson, Arizona. Dave Murray, Track Coach, Univ. of Arizona, Tucson, AZ 85720. (602) 621-4829.

MAY 16-18: Nor Pac Championships. Rob Cassleman, Track Coach, Washington State, Pullman, WA 99164.

MAY 17-18: California Junior College Championships. Modesto. Jack Albani, Track Coach, Modesto JC, Modesto 95350. (209) 575-6279.

MAY 18: UCSB Late Afternoon Heptathlon & Decathlon. UC Santa Barbara, 12 noon. Sam Adams, UCSB Track, Santa Barbara 93106. (805) 961-2133.

MAY 19: UCLA Pepsi Invitational. UCLA, 11 am. Al Franken, 8530 Wilshire Blvd., Suite 203, Beverly Hills 90211. (213) 652-4304.

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Schedule

MAY 20-25: NCAA II Championships. Los Angeles. John Tansley, Track Coach, California State, 5151 University Dr., Los Angeles 90032. (213) 224-3692.

MAY 20-25: NCAA III Championships. Granville, Ohio. Bob Shannon, Track Coach, Denison University, Granville, OH 43023. (614) 587-6661.

MAY 23: Tulare All Comers. Mathias Stadium, 6 pm. Norm Takeuchi, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

MAY 23-25: NAIA National Championships. Hillsdale, Michigan. John Cervini, Hillsdale College, Hillsdale, MI 49242.

MAY 24: CSLB Last Chance Meet. Cal State Long Beach, 4 pm. Ralph Lindeman, Athletic Dep., CSULB, 1250 Bellflower, Long Beach 90840. (213) 498-5792.

MAY 24: San Diego-Imperial TAC District Championships. San Diego State, 4 pm. Dixon Farmer, SDSU Track, San Diego 92185. (619) 265-5536.

MAY 25: Jenner II Invitational Grand Prix. San Jose City College, 12 noon. Bert Bonano, SJCC Track, 2100 Moorpark Ave., San Jose 95128. (408) 288-3730.

MAY 25-26: SPA/TAC Jr/Sr Women's Heptathlon Championships. UCLA, 9 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

MAY 26: SPA/TAC Jr/Sr Women & Sr Men's District Championships. UCLA, 10 am. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

MAY 28-JUN 1: NCAA Div. I Championships. University of Texas-Austin. Terry Crawford/Sue Humphrey, 606 Bellmont, UT-Austin, Austin, TX 78712.

JUN 1: IAAF/High School Heptathlon/Decathlon. Mt. San Antonio College, 10 am. Rich Ede, 1424 Lynoak Dr., Claremont 91711. (714) 624-1484.

JUN 1: Prefontaine Grand Prix. University of Oregon. Tom Heinonen, McArthur Ct., Eugene, OR 97401. (503) 686-3393.

JUN 2: All Comers. Mt. San Antonio College, 5 pm. Don Ruh, 1100 N. Grand Ave., Walnut 91789. (714) 594-5611.

JUN 6: Tulare All Comers. Mathias Stadium, 6 pm. Norm Takeuchi, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 7: The Coliseum Classic. Los Angeles Memorial Coliseum, 6 pm. H.D. Thoreau, 425 Blumont, Laguna Beach 92651. (714) 494-6816.

JUN 8: World Class T.C. Invitational. UCLA, 12 noon. Bob Kersee, UCLA Women's Athletics, Los Angeles 90024. (213) 825-8691.

JUN 8: Footlocker Invitational. University of California at Berkeley. Al Franken, 8530 Wilshire Blvd., Beverly Hills 90211. (213) 655-9326.

JUN 8-9: Santa Cruz County Track & Field Championships. Cabrillo College. SCTFC, P.O. Box 307, Capitola 95010. (408) 475-5993.

JUN 9: SPA/TAC Olympic Development Meet. U.C. Irvine, 3 pm. Bob Seaman, 19127 Wiersma Ave., Cerritos 90701. (213) 924-0075.

JUN 14-16: TAC Sr. Men & Women National Championships. University of Indiana, Indianapolis. Sam Bell, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

JUN 15-16: TAC Sr. Women's Heptathlon & Sr. Men's Decathlon Championships. University of Indiana... see contact above.

JUN 20: Tulare All Comers. Mathias Stadium, 6 pm. Norm Takeuchi, Parks & Recreation, 830 S. Blackstone, Tulare 93274. (209) 688-2001, x575.

JUN 21-22: TAC Jr. Men & Women Championships. Elmhurst, Illinois. Joe Newton, York Community High School, 355 W. St. Charles Rd., Elmhurst, IL 60126. (312) 530-1240.

JUN 22-23: Pacific Conference Games. U.C. Berkely. Berney Wagner, USA/TAC, P.O. Box 120, Indianapolis, IN 46206. (317) 638-9155.

JUL 26-28: TAC Junior Olympic Championships. Seattle, Washington. Dr. Kent Sullivan, 19219 51st Ave., N.E., Seattle, WA 98155. (206) 367-0660.

MASTERS TRACK & FIELD

MAR 10: 1985 World Masters Tune-Up Games I. California State Univ., Los Angeles, 8 am. Jim Bentley, P.O. Box 2981, Beverly Hills 90213.

APR 13: Central California TAC Masters Championships. Warmerdam Field, Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

APR 21: Mt. SAC Masters Relays. Mt. San Antonio College. Hal W. Smith, 18750 Oxnard St., No. 404, Tarzana 91356. (818) 342-1174.

APR 27: Sacramento Masters Relays. Sacramento. Roy Wigginton, P.O. Box 255268, Sacramento 95865. (916) 927-6237.

MAY 4: West Coast Masters Classic. College of the Sequoias, Visalia. Marty Higginbotham, 1026 W. Princeton, Visalia 93277. (209) 732-8030.

MAY 11: Redlands Evening Kiwanis Masters. Univ. of Redlands. Howard Wagner, 1522 Margarita Dr., Redlands 92373. (714) 792-8395.

MAY 18-19: Pacific Assoc. TAC Championships. Los Gatos High School and San Jose City College. Bruce Springbett, 220 Oak Meadow Dr., Los Gatos 95030. (408) 354-5660.

MAY 25: Anteater Masters Classic. U.C. Irvine. David Lewis, 505 Begonia Ave., Corona Del Mar 92625. (714) 673-2025.

JUN 1: Southern Pacific Assoc. TAC Championships. Occidental College, Los Angeles. Gary Miller, 1740 Grandview Ave., Glendale 91201.

JUN 8-9: TAC Western Regional Championships. San Diego. Joe Horn, 1147 Agate St., San Diego 92109. (619) 488-8886.

JUL 5-6: TAC Nat'l Masters Decathlon/Heptathlon Championships. Point Loma College, San Diego. Ed Oleata, 2870 Glenbrook Way, LaJolla 92037. (619) 453-4570(w).

JUL 13: Taco Bell Relays. Fresno State Univ. Hugh Adams, 7904 S. McCall, Selma 93662. (209) 896-2435.

JUL 20: NorCal Seniors Classic. Berkeley (UC Edwards Stadium). Mark Grubi, P.O. Box 4512, San Francisco 94101. (415) 285-3352.



AUG 3-4: West Valley Masters Meet. Los Gatos High School and San Jose City College. Bruce Springbett, P.O. Box 1328, Los Gatos 95030. (408) 354-5660.

AUG 10: Trojans Masters Invitational. USC, Los Angeles. Jim Vernon, 1147 W. Rowland Ave., W. Covina 91790. (818) 338-1623.

AUG 18-23: Masters Games. Toronto, Canada. Suzie McKeegan, Box 1985 Postal Station P, Toronto, Canada M5S 2Y7. (416) 927-1985.

AUG 23-25: TAC National Championships. Indianapolis, Indiana. Marshall Goss, Track Office, Assembly Hall, Indiana Univ., Bloomington, IN 47401. (812) 335-8583.

AUG 31: TAC National Pentathlon. Aurora, Colorado. Jim Weed, 11672 E. 2nd Ave., Aurora, CO 80010. (303) 341-2980.

OCT 5: Club West Masters Meet. UC Santa Barbara, Goleta. George H. Adams, P.O. Drawer K, Goleta 93117. (805) 687-6323.

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Medical Notes for Runners

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

Artificially High Arch in Good Runners:

Functional Foot Varus

The better runner you are, the more efficient you will be in your running.

You will tend to use all the muscles in the back of the leg to plantar flex your foot. You reach out with your foot and then push the ball of your foot toward the ground so you land on the ball of the foot. Dr. Peter Cavanaugh, biomechanics expert from Penn State, noted in his research that the better runners, the faster runners, had more plantar flexion at the ankle joint. They also utilized less muscular force when running.

We have noted, over the years, that many athletes run differently than one would think by observing them when they are standing. Thus, they may stand with a mild to moderate pronated foot. When they run, however, they have a high arch supinated cavus foot. In simple terms, this means that they walk around with a somewhat flat foot and run with a very high arch foot. The reason for this is that they are using the peroneal longus muscle to plantar flex at the ankle. This muscle causes the ball of the foot, especially under the great toe, to be depressed. It causes the athlete to land on the outside of the ball of the foot. At

times, this causes the athlete to sprain an ankle or to have pain at the outside of the knee. Well known Bay Area runner, Bill Sievers, is a prime example of this.

The treatment is to constantly be aware of breaking down the outside counter of the shoe and to change shoes often. A flexible type orthotic with a wedge on the outside of the ball of the foot is often helpful. It may, however, take the athletes some time to accommodate and adapt to this wedge since they are set in their ways. Appropriate stretching exercises are most helpful. The athlete must strengthen the muscle that counteracts the activity of the peroneal longus. This would be the anterior tibial and posterior tibial muscles. These two muscles counteract the effect of the peroneal longus and brevis muscles. Thus, the athlete should work on strengthening the muscles on the inside of the leg and foot while stretching the muscles on the outside of the leg and foot. Swimming with fins helps balance up the muscles in the leg.

So What Does This Mean To You?

If you have orthotics made for you for a

flat foot, yet when you run, you are sure you have a high arch, and you seem to get worse, rather than better in orthotics, you may have the wrong orthotic prescription. You should be checked on a treadmill with a video playback. At times, an Electrodynogram™ computer is helpful. If you continually sprain your ankles when running on the ball of the foot or with orthotics, you may likewise be overcontrolled or have the wrong prescription for your current type of running. If, initially, you had orthotics when you were a bit overweight and running slowly, and you are using the same orthotics now that you are slender and running fast and having problems, then you need a different orthotic prescription.

Remember, what is important is how you look when you are running, not when you are standing, in regard to shoes and orthotics. Function is all that counts.

Best of luck.



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Athlete's Kitchen

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

Calcium and Osteoporosis

Osteoporosis - thinning of the bones with age - is a prevalent national health problem that afflicts at least 15 million Americans, including 25% of women over 65 years (of whom 12% will die because of subsequent medical complications). Osteoporosis is becoming increasingly problematic as we continue to live longer and longer.

Women, in particular, are most prone to osteoporosis because they tend to eat a calcium-poor diet. They avoid milk, a "fattening fluid", and "fattening" cheese. The typical 25 to 40 year old woman consumes 600 milligrams of calcium - half the amount needed to prevent osteoporosis. Other contributing factors include lack of weight-bearing exercise (i.e. walking, running, aerobic dancing) that stresses the bones and helps to maintain their strength; and lack of estrogen, a hormone that enhances calcium retention in the bones.

Make no bones about it -- Milk and other calcium sources are as important for adults as for growing children. Your bones are alive and need 800-1200 milligrams of calcium per day to keep strong. Keep in mind that bones don't reach their peak density until you're 30-35 years old. The amount of bone mass that you have at this age is the single most important factor influencing your susceptibility to fractures as you get older. Hence, you should include calcium-rich foods in each meal. The following tips suggest twelve ways to help you build - and maintain - strong bones.

1. Eat cereal with milk for breakfast. If you have an aversion to "soggy cereal", replace milk with yogurt and enjoy the crunch!

2. When eating fast foods, choose pizza with calcium-rich cheese. Or, add cheese to sandwiches -- "Turkey with swiss, please!"

3. Make calcium-rich salads by adding grated cheese (200 mg/oz) or cottage cheese (75 mg/½ cup). Use yogurt-based dressing: Simply mix salad seasonings, such as Good Season's Italian Dressing Mix, with low-fat yogurt. You'll get more calcium but far fewer calories (50 vs 300 calories/¼ cup serving).

4. Enjoy wholesome milk-based soups-tomato, chowder, mushroom. You can even mix brothy chicken-noodle with milk and convert it into a cream of chicken ... a nice change!

5. Drink milk with lunch or dinner. Lowfat milk is the more heart-healthy choice and it has just as much calcium as whole milk (300 mg/8 oz). If you have problems digesting milk, try Lact-aid, the lactose-free brand that's at larger super-markets.

6. Add milk instead of cream (only 15 mg calcium/creamer) to coffee. At the office, bring in powdered milk to replace Coffee-mate and other calcium-void whiteners.

7. Treat yourself to Alba Sugar-free Hot Cocoa. Note: Only Alba brand supplies 30% of the RDA for calcium ... for only 60 delicious calories.

8. Snack on yogurt (400 mg calcium/8 oz) or include it with meals. Weight-watchers fruit-flavored varieties have only 150 calories, as compared to 260 for Dannon.

9. Choose calcium-rich desserts such as frozen yogurt, ice milk and pudding. Ice cream is a marginal calcium source. For example, 1 cup of Haagen Dazs has 600 calories but only 200 milligrams of calcium.

10. If you're a fish lover, eat lots of sar-

dines with bones. Three ounces has 375 mg. Salmon with bones is another choice.

11. Tofu is a significant source of calcium -- IF it is processed with calcium sulfate. If those words are on the label, you'll get 145 mg calcium per quarter-cake.

12. Broccoli, kale and other dark, green leafy vegetables have 100-150 mg calcium/serving.

Nancy Clark, MS, RD, nutritionist at Sports Medicine Resource, Inc., and author of *The Athlete's Kitchen* (Bantam '83; available at Dalton Bookstores), specializes in sports nutrition and wellness. For a calcium guide, send a SASE to 830 Boylston St, Brookline, MA 02167.

P.R. of the Month goes to Lee Berg of Club Hack who demolished his old 10K PR by 51 seconds. When you're already under 35 minutes, the seconds usually come off 10 or 20 at a time, if you can do it at all. Lee had to beat out some pretty impressive marks, too. We have 3 WR's this month, all indoors.

Johnny Gray became World Record holder finally in the 800 meters. Valerie Brisco-Hooks did likewise in the 500 meters. But for 2 tenths of a second, Diane Dixon, who was right behind Brisco-Hooks, would have had a WR with her PR.

And finally, Yvette Bates got herself a PR/WR in the Triple Jump, don't look for that to last, though, because the event hasn't been available to women for very long. We look for Bates herself to lower the record a couple of times soon.

Lee Berg (Hack) China Cup Series Opener, 5K	16:33
Lee Berg (Hack) Super Bowl Sunday 10K	33:59
Mike Brindley (Covina H.S.) Mt. SAC All-Comers, 3000m Stpl.	*14:27
Hy Capel, age 70, Zoo Run 4 miles	41:36
Diane Dixon (Atoms) Michelob Indoor, 500m, 2nd (under WR)	1:02.5
Joe Eastman (USN) Long Beach Marathon	*3:37.27
Joe Eastman (USN) Holiday Bowl 10K	43:27
Joe Eastman (USN) Charleston, S.C., 8K	34:20
Johnny Gray (SMT) Michelob Inv., 800m, 1st, WR	1:46.9
Greg Hauser (SMT) Super Bowl Sunday 10K	30:07
Jeff Heile (Covina H.S.) Mt. SAC All-Comers 3000m Stpl.	*13:53
Choo Choo Knighten (Locke H.S.) Sunkist Inv., 500m H.S.R.	1:04.0
Charles LaMar (STC) Long Beach Marathon	3:58:38
Mike Leong (SCR) Northwest River 25K (Virginia)	*1:34:10
Charlie Lohr (Covina H.S.) Mt. SAC All-Comers 5000m	18:35
Steve Miller (Coach, Covina H.S.) Mt. SAC All-Comers, 3000m Stpl.	*14:25
Tim Petersen (Hack) Super Bowl Sunday 10K	34:18
Jonathan-Ratti (RR) Willy's 1 Mile	10:49
Julius Ratti (RR) Willy's 5 Miles	26:41
Julius Ratti (RR) Hayward ½ Marathon	1:14:51
Rick Tanner (Hack) China Cup Series Opener 5K	*15:52
Rick Tanner (Hack) Sunkist Inv. H.S. rated mile	4:31.1
Ray Wilson (Coach, Covina H.S.) Inter-Community 10K	38:49

* 1st time at distance

SPRINTS

Valerie Brisco-Hooks (World Class) Dallas Times Herald Inv. 440y 1st WR	52.99
Valerie Brisco-Hooks (World Class) Michelob Inv., 500m 1st WR	1:02.3
Jeff Heile (Covina H.S.) Mt. SAC All-Comers 200m	*27.1
Carol Lewis (SMT) Sherbrooke Mondo (Canada) 50m Hurdles	7.23
Kevin MacArthur (Covina H.S.) Mt. SAC All-Comers 100m	12.4
Andre Stephens (Covina H.S.) Mt. SAC All-Comers, 200m	*26.7

FIELD EVENTS

Yvette Bates (USC) L.A. Times/Kodak Indoor Triple Jump WR	43-1
Carol Lewis (SMT) Dallas Times Herald Inv., L.J, AR	22-3
Allison Mays (Sacred Heart Elem) Mt. SAC All-Comers, L.J	*6-9¼
Wendy Stallings (Covina H.S.) Mt. SAC All-Comers, L.J	*8-9¼
Andre Stephens (Covina H.S.) Mt. SAC All-Comers, L.J	*17-4
Andre Stephens (Covina H.S.) Mt. SAC All-Comers, T.J	*32-11¼

from Richard Lee Slotkin

PR'S

SoCal Diary

By BILL MINARIK

SoCal Track & Field Preview

PCAA

Fresno State has developed a tremendous all around program which is on the verge of becoming a dynasty. The Bulldogs should have little trouble defending last year's title. UC Irvine will see Assistant Coach Vince O'Boyle taking over the head coach position from Kevin McNair who left coaching for a position in private business. Vince's first year as #1 man will probably see the Anteaters in 2nd place as San Jose State, without Ernie Bullard will probably fall into a rebuilding situation in 1985.

- | | |
|-------------------|-------------------|
| 1. Fresno State | 5. Utah State |
| 2. UC Irvine | 6. UCSB |
| 3. San Jose State | 7. New Mexico St. |
| 4. C/S Long Beach | 8. C/S Fullerton |

CCAA

This could be anybody's year to win as last year's powers C/S Northridge and Cal Poly Pomona lost a lot of points to graduation, while C/S Bakersfield has one of its strongest teams ever and John Tansley starts what he hopes will be a dynasty at C/S Los Angeles. Then there is always powerful CPSLO.

- | | |
|--------------------|--------------------|
| 1. C/S Bakersfield | 5. Cal Poly Pomona |
| 2. C/S Northridge | 6. UC Riverside |
| 3. C/S Los Angeles | 7. C/S DominguezHI |
| 4. CPSLO | 8. Chapman |

PAC-10

Washington State and its Foreign Legions should still dominate here, but watch out for USC, as Ernie Bullard and Larry Knuth have begun a rebuilding program which they say is going to put Troy back on top. UCLA on the other hand lost some points to graduation and still appears to be at least a year away from being a contender.

- | | |
|-------------------|----------------|
| 1. Washington St. | 6. UCLA |
| 2. USC | 7. Cal |
| 3. Oregon | 8. Stanford |
| 4. Arizona | 9. Oregon St. |
| 5. Arizona St. | 10. Washington |

SCIAC

It looks like it will be Oxy's track strength against the field strength of Pomona-Pitzer. I'll give Oxy a slight edge here, but injuries could decide this matter.

- | | |
|-------------------|-------------|
| 1. Oxy | 5. CalTech |
| 2. Pomona-Pitzer | 6. Whittier |
| 3. Redlands | 7. LaVerne |
| 4. Claremont-Mudd | |

NAIA DISTRICT 3

Anything other than an Azusa-Pacific landslide here would be an upset.

- | | |
|------------------|-----------------|
| 1. Azusa-Pacific | 3. Cal Lutheran |
| 2. Pt. Loma | 4. Westmont |

COMMUNITY COLLEGE Men

As usual the Metro Conference should dominate things here with defending State Champ Pasadena leading the way. Taft with its talented group of recruits also figures to be there.

- | | |
|--------------------|--------------|
| 1. Pasadena | 4. El Camino |
| 2. Taft | 5. Mt. SAC |
| 3. Long Beach City | |

COMMUNITY COLLEGE Women

El Camino is loaded this year and figures to be the class of SoCal if not the State. Defending State Champ Mt. SAC should be close behind in 2nd.

- | | |
|-----------------|-----------------|
| 1. El Camino | 4. Orange Coast |
| 2. Mt. SAC | 5. Cerritos |
| 3. Santa Monica | |



El Camino's Mile Relay at the L.A. Times Indoor Games. Ferreria (408), Christman (409), Lee (410), Hawkins (411). photo by Maurice Wilson



Sponsored by:
L.A. Beer
Fleet Feet Triathlete
Fresno Cable TV
Runner's World Magazine

Easter Seal Telethon 10K

Sunday, March 31, 1985 8 am

COURSE: Flat 10K (6.2 miles) starting at Fresno Cable TV, 1945 N. Helm, Fresno, CA. New course this year (loop course). Near Fresno Air Terminal.

DIVISIONS: Wheelchair—Male & Female; Male & Female—11 and under, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

ENTRY FEE: \$7 entry fee until March 15. \$9 thereafter.

INFORMATION: For entry blank write to—The Easter Seal Society of Central California, P.O. Box 12464, Fresno, CA 93778, or call Fleet Feet Triathlete (209) 221-8181.

Ironman Insights

By DEAN HARPER

The Gullible Gringo Visits

The Boys from Brazil



part II

THE BRAZILIAN TRIATHLETE

Near the end of the drive from the airport Jose asked if I'd mind giving a short talk at a symposium that evening. A few hours later I found myself speaking to 300 Brazilians, a television camera crew, and an assortment of news reporters. As I addressed the audience I wore an Argentinas Aereolinas t-shirt and a Cona Longa golf hat—two recently acquired one-time sponsors that I'd better please if I had any hopes of leaving Brazil in the near future.

The talk went well. The questions, translated from the native Portuguese, were fairly sophisticated and similar in substance to questions I'm frequently asked in the States. Brazil has its share of full-time and a few have lived and trained in the States. The top athletes are heavily sponsored and even some of the middle-of-the-packer look like walking billboards in their triathlon garb. There is even an unofficial professional circuit in Brazil. The sports is growing fast.

MORNING OF THE RACE

At 11am I sit in my hotel room at Guaratiba beach—the spot where the triathlon begins. It's a picturesque location. My room is right near the water, close enough to hear waves crashing nearby. Today is the first real hot day since I arrived. The high humidity and 102 temperature could be a factor in the outcome of the race.

I contemplate the judgemental errors I may have made in coming down here. My bike did arrive but I'm nervous about the cold swim, the hot weather, and about whether or not I'll make it out of the country tonight. I need to forget all that lies behind, however, and begin to focus on the race that begins in less than three hours. I've never had so much trouble focusing on a race.

At 12:30 I exit the hotel room to loosen up my legs and check my bike. The lone gringo in Guaratiba, I was highly visible and drew a considerable amount of attention. I was greeted by numerous competitors and

spectators. One spectator, whose friend was in the race, tried to entice me into consuming the quart of beer he was nursing. But everyone was friendly and enthusiastic. Excitement permeated the warm Brazilian air.

At 2 pm the field of triathletes, limited to 400, anxiously awaited the start of the swim. As the group of darkly tanned athletes inched their way forward, another group of strong arm Brazilian men locked arms and pushed the athletes back from the water. Music blared, a helicopter whirled overhead and the announcer/starter spoke Portuguese at a mile a minute over the public address system. With no warning that I could detect, the gun went off. The first obstacle was hurdling over the 'strong arms' who were still forming a barrier.

I hit the chilly waters knowing I wouldn't have a tremendous swim. Last year I was first onto the bike but the water was 80 degrees. This year the water is 61 degrees and three time Olympic swimmer (with a 15:17 1500 meters to his credit) and triathlete Djan Madruga was in the field. Madruga was a pre-race favorite as were Roger Morales, former professional cyclist and winner of the last three triathlons in Brazil, Roberto Campezato, who was a close fourth behind myself, Kurt Madden and Rob Roller last year, Carlos Dollabella and Marco Ripper.

Madruga was first out of the water as he was in the Hawaiian Ironman 7 weeks prior. He was primed for this race. He told me after that he had never prepared so well for a race. It showed. He had a 3½ minute lead on me at the end of the swim—which unfortunately for me turned out to be 500 meters longer than the planned 1500 meters. Evidently the gentleman who owned the turn-around yacht, and graciously offered to place it on the proper markings, was in contention for the masters (over 40) division. He was a strong swimmer and knew his closest competitors were weak swimmers.

Three miles into the bike the chill I received from the swim was gone. I felt the 100 degree heat and extremely high humidity. One by one I was picking off the 6 Brazilians ahead of me. There were three

sets of hills and by the third set I caught the 2nd place cyclist. To my surprise it was Carlos Dollabella who spent some time in the U.S. last year training in San Diego. He was having the race of his life. As I pulled up along side of him he exuded confidence, intensity, and excitement. He was determined not to let me pass and at the end of the bike I found myself in second spot with Dollabella and Morales. We were somewhat surprised to discover we were 6 minutes down on Madruga.

After 1 mile into the 14 kilometer run I knew I had second place wrapped up. I had opened up a 1 minute lead on Dollabella who was running third. At the 10K mark I was just over three minutes down on Madruga. I picked up the pace and heard frequent yells for 'Harpear' and 'gringo'. As we ran the final two miles along Ipanema Beach there were thousands of spectators. I finished in second spot just over a minute down on Madruga.

Madruga is a bonafide hero in Brazil. Schooled in the State (BS and MA from Indiana), articulate, amiable, he was everyone's favorite. And everyone's heard of Djan Madruga.

After the race Madruga and I talked for some time while each of us gave blood and urine samples to race officials so they could test for 'steroids'. He graciously told me he had an advantage over me since he knew every inch of the course and may have benefited slightly from a little 'van time' on the bike. But he's undoubtedly an extremely gifted athlete who could do very well on the short course triathlon circuit in the States.

Shortly after the race I picked up my prize money, was hustled to a private club where I showered, and was then taxied to the airport. Once aboard the Pan Am L1011 I took a deep breath, downed a Bud Light to celebrate, put on the headphones of my Walkman tuned to soothing Dan Fogelberg tape and reflected on a very full four days of visiting with the boys from Brazil.

cont'd next
issue

by Jeff Galloway

THE TRAINING PYRAMID

The training pyramid is normally a 4-6 month cycle with each stage building to the next. At the peak of the pyramid is the race the runner is aiming for. You can use the principles to achieve your race goal, or as a general guide to a balanced running program. Whether you race or not, these concepts will improve your running, make it more enjoyable and develop your overall cardiovascular capacity and fitness.

BASE TRAINING

Daily Runs. Your ultimate performance is governed by your base work—aerobic training. You can only improve a certain amount by speedwork. But it's the sustained period of long, steady running that is the foundation for running faster.

The base part of the pyramid consists of several months of steady aerobic running. Aerobic running develops a better circulatory system by strengthening the heart and increasing the amount of blood pumped through the circulatory system. This means nutrients and oxygen can get to the muscle cells more efficiently and wastes are more easily removed. Your muscles can do more work with less effort. You are building up your *vital transport system* in preparation for the speedwork phase which will ultimately help you run faster.



Speed: 35%

Continue long runs.
Cut total mileage 10%.

Replace hills with speedwork, once a week.
Gradually build number of reps.
Rest between long runs, speedwork and races.
Do maximum eight weeks speedwork.

Hill Training: 15%

Same as base period except for hill repeats.
Once a week, run hills (10-15% grade), 150-200 yards.
Run uphill at 80-85% effort (about 5K race pace).
Jog easy in between to recover.
Start with 4 hills, build up to 8-12.

Base Training: 50%

Daily runs, which are relaxed, easy and comfortable.
Long runs every other week.
Pace Run at comfortable speed: if in doubt, go slower.
Form work 4-8 accelerations during daily run, twice a week.
Races: At most, every other week and alternating with long run.

START

Long Runs. Long runs develop cardiovascular efficiency to its maximum. *They are the single most important element in your program.* The sustained pumping of the heart helps the heart, arteries and veins become more efficient in transporting the blood and allows the lungs to absorb oxygen more efficiently. When the muscles are pushed to their limits (as in a race) they will respond better and work longer because of this strengthening of the circulation system.

How long? If you're interested in running faster or racing—no matter how far down the line—here is what you do: Start with the distance of your longest run in the last three weeks and increase by one mile a week until you have reached 12 miles. At that point, increase by two miles every two weeks. The intervening weeks will give your body a much-needed chance to recover and rebuild for the next long one. When you get up to 20 miles for a marathon, 16 for a 10K, go into a holding pattern. Don't go beyond these distances until your speed phase.

In the speed phase of your pyramid, you'll continue these long runs and for top performance, extend them to *beyond* the distance of the race you're aiming for. Ideally you should build up to a run of 16-18 miles for the 10K, 28-30 for the marathon.

The other runs in your program will not change very much, if at all. *You will be increasing distance primarily through the long run, not through more miles each day.* You can run races during the base period, but don't need to. If you do, they should not be run at top speed, and should be run on weeks when there is no long run.

Note for Non-Competitive Runners. Long runs are used by competitive endurance runners of all levels. World-class racers have been using the principle for years now, and more and more weekend 10K or marathon runners are recognizing its value in improving overall speed and race performance. But the principle of the long run can be used by all runners, even those who run only 2-3 miles a day, three times a week. If you are not interested in racing or competing, just scale down the length of the long run as described above. The idea is to run longer one day every two weeks. If you run three miles a day during the week, start going four miles one day, then two weeks later, five miles. If five miles feels long enough, hold it at that, and have a five-mile run every two weeks. But if you want to, keep increasing a mile every two weeks—make that be a special day. It will give you more endurance, help burn more fat, get you in better condition—and make you feel better, even if you never intend to race.

Pace. In both daily runs and long runs, go 1½-2 minutes slower than your current 10K race pace. I run 2 minutes slower. Even if you feel comfortable at a faster pace, slow down and learn to enjoy the slower running. This will give you the rest you need to run faster in races.

Form Work. Twice a week, on easy days, run 4-8 accelerations during the run with complete recovery in between. For 100-200 yards accelerate to a speed that is fast but not all-out (about current one-mile race pace). Keep it under control. Think about your form then, but don't worry about it at other times while running.

Races. Races can be run for practice, as stepping stones to the big race you are aiming for—but no more often than every other week. One per month is a better policy. Don't run them all-out, but use them as harder-than-normal runs (no faster than half the time difference between your mile pace for a 10K and your relaxed training pace).



Certified Courses

From Jennifer Hesketh Young, National Running Data Center

Below are listed all the courses in California which are currently certified. Unless others are in the works, NO OTHER COURSES ARE TAC, TAC/RRCA, or just plain certified in the state of California. Too many people are going to get burned this year because many race directors will either not know or will not bother about recertifying.

Nasiyo Jobe, for example, ran the Golden Gate Marathon last fall but the course was altered and never recertified. Her mark doesn't count and she, at that young age, ran something which cannot be tallied in the rankings and record books. And that's a shame. We don't want that happening this year to anyone and although we cannot prevent a race director from changing his course without recertifying, at least we can let people know about those race directors who have gone to the trouble of bringing their courses up to snuff.

Northern California Regional:

Carl Wisser, 2608 Ninth St.
Berkeley, CA 94710

Los Angeles Area Regional:

Ron Scardera, 6907 Camrose Dr.
Los Angeles, CA 90068

San Diego Area Regional:

Robert Letson, 4369 Hamilton St., #4
San Diego, CA 92104

5 Kilometers:

Reach for the Stars	Burbank
CHOC/KFWB So. Coast Plaza	Costa Mesa
Run for Safe Driving	Cupertino
Elysian Park-Police Academy	L.A.
Griffith Park	Los Angeles
McDonald's Run for Summer Fun	L.A.
Heritage Ford Freedom	Modesto
YMCA of Stanislaus Co.	Modesto
Monrovia Centennial	Monrovia
Learn not to Burn	Playa del Rey
Playa del Rey	Playa del Rey
Ramona Oaks	Ramona
A T & T Race	San Francisco
Henry Ohlhoff	San Francisco
Hook and Ladder	San Francisco
Hot Pursuit	San Francisco
Hog Run	Santa Ana
Tustin Tiller Days	Tustin
The Human Race	Ventura

8 Kilometers

Stroh's Run for Liberty	Goleta
Friend's of Balboa Stadium	La Jolla
Runner's World Invit.	Los Altos
Corporate Cup Road Test	Mt. View
Northwood Classic	Napa
Newport	Newport Beach
Sub-4/Newport Center	Newport Beach
Litebeer/Oakland A's	Oakland
Sub-4/Sickels O'Brien	Oceanside
Sub-4/Vista Pacific	Oceanside
Moving Comfort	San Diego
Stadium	San Diego
Stroh's Run for Liberty	San Francisco
Stroh's Run for Liberty	San Jose
Trudger's	San Pedro
See-the-Sea	San Rafael
Santa Clarita Rnrs Women's	Valencia
Care Run II	Walnut Creek

10 Kilometers

Run for the Parks	Alameda
Reach for the Stars	Burbank
Health Run	Chula Vista
Bart to Bart	Concord
Coronado Amphibious Base	Coronado
Coronado 10 Cay	Coronado
Sports Fiesta/Coronado Opts	Coronado
South Coast Plaza	Costa Mesa
Brass Ass	Cotati
Del Mar 10K for MDA	Del Mar
Flower Festival	Encinitas
United Way	Fountain Valley
Fremont Kiwanis Pathfinder	Fremont
Ramonaland	Hemet
Dad's Day Dash	Hermosa Beach
University Towne Centre	La Jolla
Lake Murray	La Mesa
Desert Valley Games	La Quinta
Lafayette Loop	Lafayette
Turkey Trot	Livermore
Delta Chi Run	Long Beach
Nordstrom's (El Dorado Park)	Long Beach
Police Athletic Ass'n.	Long Beach

Los Alamitos 10K	Los Alamitos
Chatsworth Reservoir	Los Angeles
Elysian Park/Police Academy	L.A.
Fairfax Festival	Los Angeles
Griffith Park	Los Angeles
Hollywood Run	Los Angeles
La Opinion's Run	Los Angeles
Los Angeles AC Colliseum	Los Angeles
McDonald's Run for Summer Fun	L.A.
Reach for the Stars	Los Angeles
Westwood Village	Los Angeles
YSI Run	Los Gatos
Manteca Pumpkin	Manteca
St. John's Hospital	Marina del Rey
Heritage Ford Freedom	Modesto
Modesto Footrace	Modesto
YMCA of Stanislaus County	Modesto
Monrovia Centennial	Monrovia
Minton Run	Mountain View
Run of the Mill	Mountain View
1984 Olympic Torch Run	Newport Beach
Salute to Recreation	Northridge
The Brass Pole Run	Oakland
Oceanside Jaycees	Oceanside
LaJolla Bank & Trust Co.	Oceanside
Heart of Palm Springs	Palm Springs
Great Race VII at Stanford	Palo Alto
Streets of Palo Alto	Palo Alto
Rose Bowl	Pasadena
Learn not to Burn	Playa del Rey
International Equestrian Cntr	Ramona
Ramona Oaks	Ramona
Rancho Bernardo	Rancho Bernardo
Pro-Comfort	Rancho Palos Verdes
Great American Smokeout	Riverside
Billy Mills Run	Sacramento
Maranatha	Sacramento
Balboa Park	San Diego
Easter Seals 10K	San Diego
Fiesta Island	San Diego
Heart of San Diego	San Diego
Human Powered Machine	San Diego
Mission Bay	San Diego
Mission Bay-MBM	San Diego
1983 National TAC Champs.	San Diego
Plaza Bonita	San Diego
Star of India	San Diego
West Balboa Park	San Diego
Fleetweek Challenge	San Francisco
HBO Cable Cars	San Francisco
Henry Ohlhoff	San Francisco
Hook and Ladder	San Francisco
Mrs. Fields Cookie Run	San Francisco
Norml Mari-thon	San Francisco
Broomstick Photo Finish	San Jose
Children's Shelter Run	San Jose
Founder's Day	San Jose
Los Gatos Christian Church	San Jose
Mercury News	San Jose
San Leandro Shoreline	San Leandro
Meadow Park	San Luis Obispo
Hog Run	Santa Ana
American Cancer Scty & Nike Santa Barb.	Santa Ana Barb.
Jon Douglas	Santa Monica
Santa Monica	Santa Monica
Resolution Run	Santa Rosa
The Last 10K	Santa Rosa
Santee Father's Day	Santee Lakes
Temple City	Temple City
Tom Sullivan's St.Patrick Day	Torrance
Dog Daze Run	Ukiah
Heart/Caan Run & Wild Hare	Ventura
The Human Race	Ventura
John Muir	Walnut Creek
Windsor	Windsor
Steve Sax Run for Hope	Woodland Hills
Yreka-Pepsi	Yreka

12 Kilometers

Bay to Breakers San Francisco

15 Kilometers

Great Berkeley Race Berkeley
Ross Valley Run Ross
Mission Bay San Diego
Bay Pacific San Francisco

20 Kilometers

El Cajon El Cajon
South Bay Los Osos
Capital City Sacramento

50 Kilometers

US Naval Postgraduate Sch Monterey

5 Miles

Hadley's Run Againsat SIDES Carisbad
Mile Square Park Fountain Valley
Willy's Road Race Los Altos
Sri Chinmoy 50+ Runners Palo Alto
Kimochi Cherry Blossom San Francisco
National Intercity Bank Santa Clara
Run for Sight Santa Rosa
Pico Canyon Run Valencia

10 Miles

Foggy Bottoms Milk Run Ferndale
Sri Chinmoy Foster City
CCPM Waterfront San Francisco
Labor Day Santa Rosa
California-10 Stockton

20 Miles

Clarksburg Classic Clarksburg

50 Miles

Far Western Fifty Redding
Jedediah Smith Classic Sacramento

Half Marathon

Park to Park Atascadero
Bidwell Classic Chico
Coronado Coronado
Humboldt Redwoods Dyerville
La Jolla La Jolla Cove
Valley of Flowers Lompoc

Long Beach Long Beach
Hollywood Run Los Angeles
YMCA-Stanford Palo Alto
Maranatha Sacramento
Sacramento Sacramento
America's Finest City San Diego
San Francisco San Francisco
Santa Monica Santa Monica
Parkside Santa Rosa
Russian River Ukiah

Marathon

Bakersfield Bakersfield
Bidwell Classic Chico
International Friendship Chula Vista
Avenue of the Giants Dyerville
Humboldt Redwoods Dyerville
Sri Chinmoy Foster City
Central California Fresno
Livermore Livermore
Valley of Flowers Lompoc
Long Beach Long Beach
Los Alamitos Los Alamitos
Los Angeles International Los Angeles
California International Sacramento
Maranatha Sacramento
Sacramento Sacramento
Heart of San Diego San Diego
San Francisco San Francisco
Centennial Regional Park Santa Ana
Sri Chinmoy Santa Barbara
Santa Monica Santa Monica
Classic Ventura/Heart-Caan Ventura

One Mile

The Freedom Mile San Francisco
South Hills Classic West Covina

7 Miles

Sri Chinmoy Foster City

8 Miles

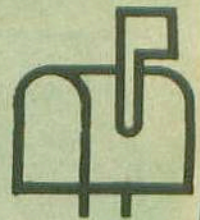
Trash to Energy Dash San Marcos

Tracks

Colliseum (Exposition Park) L.A.
Santa Monica College Santa Monica
Santa Rosa Jr. College Santa Rosa

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By KEITH CONNING

photo by Burt Davis

✓ **Ed Miller (Harry Ellis, Richmond) 1975** Ed Miller, who led off the Harry Ellis of Richmond 4 X 100 relay team which won the 1975 State Meet in 41.2, is now playing winter baseball in Venezuela. Miller also placed ninth in the State Meet 100.

"Instead of sitting on your butt during the winter months, this gives you a chance to perfect your skills," said Miller to Peter Brennan, a reporter for a Venezuelan newspaper, *The Daily Journal*. Miller is an outfielder for La Guaira and a member of the San Diego Padres' farm system.

Miller, 27, has been floating around the minors for almost 10 years after having graduated from Harry Ellis. He's been up to the majors a few times, including one season with Atlanta, where he recalls a memorable experience with his hero, Willie McCovey. In a game against the Giants, Miller got a hit and playing first base was McCovey.

"I told him while I was on first, 'You came to my school when I was in the fourth grade,'" recalled Miller. "He kind of blushed and shook my hand."

✓ **Elevator Kills Eastbay Student Santa Barbara, January 19.** A college student from Walnut Creek trying to leave an overloaded dormitory elevator as it was moving was crushed to death, authorities said.

James Michael Howard, 19, was pronounced dead at 10:50 p.m. Thursday at Goleta Valley Community Hospital.

The University of California, Santa Barbara student was crushed about 9:30 p.m. when he tried to get out of the elevator in the San Miguel dormitory as it began to descend from the eighth floor, said county Fire Capt. Charley Johnson.

The elevator stopped when the victim's body became wedged between the elevator roof and the floor level.

Howard, who competed in track for Northgate High School last year, placed fourth in the North Coast Section Meet of Champions with a best of 9:30.78. He was also tenth in the Northern California Championships in 9:38.6. In cross country he placed sixth in the North Coast Section Meet of Champions, 42nd at Northern California in 16:05.8, and 44th at the Kinney Western Regional in 15:55.

✓ **Leslie Deniz**

January 19. Leslie Deniz, silver medalist in the discus at the 1984 Summer Olympics, announced yesterday that she is leaving Arizona State because she needs a "career change." Deniz, a red-shirt senior from Gridley, said she plans to enter a police academy in Sacramento. "I've enjoyed it very much here," Deniz said in Tempe, Arizona. "I feel close to the people here. But for me, I need a career change and I need to get into something that will direct me toward a job." Deniz is U.S. record holder in the discus, having set the mark of 213 feet, 11 inches last April. Deniz said she plans to continue competing on the international level and train around her police work.

At the 1979 State Meet in Hughes Stadium, Sacramento, Deniz, a junior from Gridley, broke the Meet Record in the Trials by throwing 159-3 and upped that mark in the finals to 167-1. In the 1980 State Meet in Edwards Stadium, Berkeley, she broke her National record with a throw of 172-11.

✓ **Carl Lewis Within Striking Distance of Long Jump Winning Streak Record**

Indianapolis, January 21. Carl Lewis, the winner of four Olympic gold medals, is expected to break the all-time record for the most consecutive wins in the long jump sometime during 1985.

Lewis has a winning streak of 38 straight triumphs in the long jump that goes back to 1981. According to the Athletics Congress, the record for the most consecutive wins in the event is 41 by George Brown, who went undefeated from 1950 to 1952. Brown was two-time national champion in the long jump in 1951-52. He made the 1952 Olympic team, but fouled out in the qualifying rounds.

At the 1948 State Meet in Edwards Stadium, Berkeley, Brown of Jordan, Los Angeles won the broad jump at 23-2 $\frac{1}{4}$. In the 1949 State Meet at the Los Angeles Coliseum, Brown won the broad jump (23-6 $\frac{1}{4}$) for the second year in a row but missed the record by 6". He also placed fourth in the 220.

✓ **Albuquerque Invitational Albuquerque, New Mexico, January 26.**

Henry Thomas (Hawthorne) placed third in the 60 yard dash in 6.21 behind Mark McNeil, Houston 6.18 and Darwin Cook, USC, 6.19. He defeated 1981 California State Meet 100 meter champion Kenny Robinson, Arizona State/Berkeley High, who was fourth in 6.26.

That makes Henry #8 all-time in the U.S. and lowers his California record from the 6.22 that he ran last year.

Brandon Richards (San Marcos, Santa Barbara) was fourth in the open pole vault at 16-8 $\frac{3}{4}$.

✓ **Brandon Richards (San Marcos, Santa Barbara)**

East Rutherford, N.J., February 9. Brandon Richards, 17-year-old son of two-time Olympic champion Bob Richards, set a high school indoor record in the pole vault, clearing 17 feet, 5 inches during the Vitalis-U.S. Olympic Invitational track and field meet at the Meadowlands arena. In soaring over the bar, Richards surpassed the mark of 17-4 $\frac{1}{2}$ set by Joe Dial in 1981 at Oklahoma City.

Bob Richards, now 59, reigned as pole vault champion for a decade—with a 15-6 vault (bamboo pole) his best. He's also remembered for long association with Wheaties, "Breakfast of Champions." He has been reduced to third best vaulter in his family. The other son, Bob Jr., no longer competitive, went 17-6. It's predicted that a third heir, Tom, 14, will drop dad yet another rung.

The former California indoor pole vault record of 16-2 $\frac{1}{4}$ was set by Doug Fraley (Clovvis West, Fresno) in 1983. Fraley now attends Fresno State.

At the men's junior TAC meet in Los Angeles last summer, Fraley won the pole vault at 17-0 $\frac{1}{4}$ and Richards was second at 16-8 $\frac{3}{4}$.

Joe Dial (Marlow, OK) set the outdoor pole vault record of 18-1 $\frac{1}{4}$ at Stillwater, Oklahoma on August 25, 1981. Dial also holds the junior class record of 17-5 $\frac{1}{4}$. Richards best outdoor jump last year as a junior was 17-0 for Midway High School in Waco, Texas.

The California outdoor pole vault record of 17-4 $\frac{1}{4}$ was set by Anthony Curran (Crespi Carmelita, Encino) in 1978.



Calvin Gaziano(left) and Scott Fry battle it out in the Open Two Mile at the Michelob Invitational. Gaziano ran 8:55, Fry 8:58. See page 25 for an account of the race.

The top returning pole vaulter before Richards came to California was Dean Starkey a 15-2 vaulter from Logan of Union City.

✓ **Valentine Day Run Oakland, February 10.**

Calvin Gaziano (Castro Valley), the top high school cross country runner in California, placed second in the 5,000 meters in 14:55.4.

Kathy Costello of Walnut Creek, the former State Meet champion in the 1974 880 and the 1975 880 and mile, won the 5K in 17:39. Sally Wood (Piedmont) placed third in 18:39.

"Gaziano is tough," said winner Brad Hawthorne to Alan McAllister of the *Oakland Tribune*. "I enjoy beating a guy like that who is improving every day."

Gaziano said this was a strength workout in preparation for the Michelob indoor two-mile in San Diego.

✓ **Marc Hicks (Davis)**

Berkeley, February 11. Davis High School running back and track star Marc Hicks has decided on California over Ohio State. Hicks won the Sac-Joaquin Section long jump with a leap of 23-5 $\frac{1}{4}$. His season best was 23-11 $\frac{1}{2}$.

Earle Bruce (Ohio State coach) thought he was one of the top three running backs in the country.

Hicks had narrowed his choices down to Cal and Ohio State after taking recruiting visits to Nebraska, Penn State, Washington and Arizona State.

Hicks, a 6-2, 200 pounder, runs the 40-yard dash in 4.4 seconds.

As a junior, he ran for 1,488 yards and 25 touchdowns. Despite missing two games with injury as a senior, he still rushed for 1,220 yards (7.2 average) and 14 touchdowns.

✓ **Calvin Gaziano (Castro Valley)**

San Diego, February 15. Calvin Gaziano breezed to his fastest two-mile time at Friday's Michelob Invitational in San Diego with a 8:57. Gaziano finished seventh in the open division, ahead of Kinney National Cross Country champion Scott Fry of Perkins High School in Sandusky, Ohio. Fry finished eighth in 8:58.2. Gaziano's previous best was 9:00.22, run outdoors last year.

✓ **Dave Maggard, Jr. (California)**

Berkeley, February 16. Dave Maggard, a junior on Cal's track team and son of the athletic director, bested the personal college best of Dave Maggard in the shot put at an all-comers meet at Cal. Young Maggard put the shot 59-9, one-quarter inch farther than his father threw as a senior in 1962. The senior Maggard later competed in the 1968 Mexico City Olympics.

Dave Maggard, Jr. threw the high school shot 60-11 $\frac{1}{4}$ for Acalanes High School in Lafayette in 1981.

Dave Maggard, Sr. (Turlock) won the Sub Conference at Turlock on May 4, 1957 with a toss of 58-6 $\frac{1}{2}$. The national record then was 63-9 $\frac{1}{2}$, which was Homer Robertson's winning toss in the 1956 State Meet for Pacific of San Bernardino. In the 1957 State Meet in Edwards Stadium, Berkeley, Clark Branson (Pasadena) established a new record of 64-0 $\frac{1}{4}$.

✓ **Leigh/West Valley Relays**

Bill Hotchkiss, the track coach at Leigh High School, reports that the relays will be held on Saturday, April 27th, beginning at 9:00 a.m.

Interested coaches should contact him at Leigh HS (5210 Leigh Avenue, San Jose 95124). Phone: 408/377-4470.

Upcoming Meets:	
March 23	Bellarmine-Kiwanis, San Jose CC
March 30	Pittsburg Relays, Pittsburg High School
April 4	Stanford Invitational
April 4	Fresno Bee Games, FSU
April 6	Oakland Invit., Laney, College Foothill Invit., Foothill JC
April 13	Arcadia Invit., Arcadia H.S., Gilroy Invitational
April 20	Jenner Classic, San Jose CC
April 27	James Logan Invit., Union City
April 27	Leigh-West Valley Relays, West Valley JC
May 3	CCS Top 8 Meet, Los Gatos

Results Wanted:
Please send results of Northern California Invitationals to Keith Conning, 2235 Browning Street, Berkeley, CA 94702.

Prep Preview

San Diego Section 1985 T&F Preview

by Dennis McClanahan

With the running of the high school section in the 19th annual Michelob Invitational, the track and field season in the San Diego area kicks off. A section traditionally strong in the distances, this year's group of young athletes also includes one of California's finest sprinters, a few possible surprises in the field events, and a few new transfers who could make immediate impressions. On the whole, the group of athletes that will represent San Diego this year in Sacramento should be stronger than last year's group that went to the tough Southern Regional.

For the purposes of this article, all events will be listed in meters and times shown in hundredths will be fully automatic.

GIRLS PREVIEW

SPRINTS: 100/200-Vickie Williams of Southwest (12.24/25.5) is the Sections top runner off her 3rd place finish in last year's section meet. She can look for good competition from the Morse Duo of April Freew (12.32/26.4) and Kim Mathews (12.5/26.0). Torrey Pine's Lauren Miller (12.5/25.9) could also become a factor here.

400/800: In terms of depth the 800 is probably the strongest area in the San Diego Section, and perhaps one of the finest in the state. Two returning finalists from last year's Southern Regionals, a transfer who placed 4th in last year's State Finals, and the return of a 1983 section champion who missed all of last year with injuries, give this event great promise of exciting races throughout the season. University City's Laura Chapel placed 4th in last year's State Meet (2:10.92) while running at University, Irvine. Torrey Pine's Denise Upshur (59.8/2:16.85) placed 6th as a finalist in last year's Southern Regionals. Grossmont junior Darcy Arraola, 10th in the Kinney Regionals and the 3A Cross Country champ, ran 2:12.6 and also qualified for the regional finals. Mt. Carmel's Lesley Noll, the '83" section champ at 400, (56.72) missed all last season with an injury but ran strongly and showed the promise of good things with a fine 2:13.9 at Sunkist. A return to sophomore form by Traci Baker of Monte Vista (59.0/2:17.1) would just add to the talent in this area. While both Chapel and Arraola plan on running more 1600's this year, the winner of this year's section meet could be close to the county record held by Gail Deavers, now at UCLA.

While Mt. Carmel's Noll is also the leading runner in the 400, Southwest added to its sprint power with the addition of Miriam White, a Texas transfer who ran 58.5 last year. Crawford's Leca Thompson (59.2), Tina Williams of Mt. Carmel (59.8), and multi-event athletes Lynn Bremner of University City (59.9) and Kim Huey of Santa Fe Christian (59.90), are all capable of dropping times enough to be a factor in the section finals.

DISTANCES: 1600/3200- This area might be even more competitive than the 800 if we had to put all the athletes into one race. Defending section champion Jennifer Sheffo of Poway recorded one of the state's best 1500 times (4:35.16) as well

as a 3207 of 11:23. During normal years she would easily be the section favorite, however, the emergence of Grossmont's Arraola (5:07.31) and the possibility of Laura Chapel moving up will definitely test her ability. Steadily improving juniors Robin Eager of Vista (2:18.5/09:11:19) and Tiffany Gorman of Hilltop (2:18/5:10) could also threaten in this area.

Competition in the 3200 could be even more intense as the numbers 3, 4, 5 and 6 placers from last year's section finals return. San Pasqual's Kerry Panno ran 11:21 to finish third in last year's final after starting the season running dual meets in the 200. She constantly gets good competition from fellow Avocado League rival, and last year's 4th placer Megan Riker (5:21.5/11:13.6) of Escondido. It doesn't appear that things have changed that much as Panno and Riker went 1-2 in the 2A X-C finals. Heather Brooks of Bonita Vista hopes to improve from last year's 6th place finish in the 3200 and her 11:23 time. Her 2nd behind Arraola in Cross-Country Finals indicates faster times ahead. Mission Bay's Ellen Flanagan sat out X-C season with leg injuries and will face an uphill battle to duplicate her 5th (11:45) of last year.

HURDLES: With Sweetwater's Gail Deavers now at UCLA it will be quite awhile before the section has another low hurdler of that ability. However, the depth of the event is better than the last few years and there are some good young hurdlers that show the strong promise of developing.

Mira Mesa's Natalie Copridge is the areas top returning 100LH based off of last year's 15.18 and a 4th place finish in the section finals. But she will be hard pressed by competition on her own team as the Mauraders also have a soph by the name of Darla Vaughn, who as a 9th grader finished 5th in the section meet and recorded bests of 15.25 and 47.65. Another excellent soph is Lincoln's Michelle Outlaw, 15.25 and 47.47, who placed 4th in the section 300LH finals.

The 300LH should be a showcase event for University City's Lynn Bremner. Third in last year's section finals the multi-talented Bremner could dominate this event based off of her 44.1 of last year. Again some underclassman could make an impression with San Pasqual's Cassie Szalkiewicz (47.5), and Oceanside soph Lytricia Hall (46.90), joining the previously mentioned Outlaw and Vaughn.

Jumps: With one notable exception, the girls HJ talent in the San Diego Section is based in the 5-2 area. That exception however, is Valhalla senior Kim Reed. The tall, talented Norsemen senior was 5th in last year's Southern Regionals with her 5-7 and is healthy and ready to go in '85. Fortunately for Reed she will be challenged on her own team. Soph Lori Greenberg jumped 5-2 last year and show enough style to continue to improve. San Pasqual's Cari Luttraw (5-4) hopes to improve her 5th place finish in the section finals.

In the LJ-TJ Lynn Bremner again pops up. Her marks of 18-4 and 35-9 are the best in the section coming back and offers the possibility that the senior from University City could be a triple gold medalist in this year's section meet. She should receive pressure from Mt. Miguel junior Michelle Strachan (18-2, 2nd in section), and Santa Fe Christian's Kim Huey (17-8, 35-8, 2nd in TJ in section). Renalda Thomas of El Camino (35-5, 4th in section) should also be considered a threat here.

Weights: La Jolla senior Beth Ann Hull returns after winning both titles in last year's section finals. With marks of 40-9 and 132-4 and improvement in her marks would place her up with some of the best in the state.

If Hull falters there is someone waiting to replace her. Southwest junior Tracy Crawford had a good year (37-7, 130-10) as well as Madison's Karollina Leppaliato (38-8) also a soph. Both of these girls finished 3rd in last year's section meet

and threw in the regionals. The added experience should help these two in their attempt to unseat Hull.

BOYS PREVIEW

Sprints: With El Camino's senior standout Darron Norris returning, the only question for San Diego track fans is how fast can an injury-free Norris run? As a junior, despite a mid-season injury that kept him out of meets for 3 weeks, Norris returned to record a SDCIF record 10.45 in the 100 and a 21.09 in the 200 to place second in the State Meet behind Henry Thomas. Bound for the University of Texas, a fit and healthy Norris should vie for the position of the number 2 sprinter in the state behind Thomas.

San Diego's Tony Johns (10.8-22.4), Mt. Miguel junior Ronnie Young (10.9-22.53) and Southwest's duo of Vernon Williams (11.0-22.8) and John Idell (11.0-22.6) appear to be the best of the rest.

For the first time in a few years the 400 offers a number of athletes with the ability to run good solid times. Last year's section runner-up Maurice Simmons of University City (49.1) returns but should receive good competition from John Denny (49.7) and Darrick Bias (49.8) of Morse, Russell Smith of Monte Vista (49.7), and Washington transfer Dave Robinson of Fallbrook (49.5).

Distances: El Camino's John Groulx has the talent to be one of the state's top half-milers. His 1:34.4 ranks as one of California's top returners at this distance and definitely makes him a solid choice to defend his section title. Bonita's Ron Nagel, Kenny Davis of Morse, and Jeff Haux of Serra all return with times in the low 1:58 and appear capable of running faster.

San Diego has long been one of the better distance running sections in the state and 1985 is no exception. The top runner is Southwest's Shawn Sandoval (9:17.5), who topped off an excellent cross country season by taking the 3A title and placing 9th in the Kinney Western Regionals. Ellis Del Sol of Hilltop won the 2A title and should improve upon his 9:35 of last year. Pat Castro of Kearny placed 3rd in last year's section finals and appears capable of dropping his 4:19.70 recorded last year.

Others to watch are Marc Davis of San Diego, the SDCIF 1A champ and who recorded a 9:38 in his first two mile of the '85 season. David Rees of Pt. Loma ran 4:23 indoors in San Diego and appears capable of a big year.

Hurdles: Travis Knox of San Dieguito is a dominating force in the highs and intermediates. Defending section champ in both events (14.45-38.59) the Mustang senior appears poised and ready to recapture his titles. With only Oceanside's Terry Herron (14.8-39.1) and St. Augustine's Jay Taylor (39.45) ranking high as returners, it would appear that Knox's title chances are better than normal.

Jumps: With the exception of the pole vault, the jumping events in the San Diego section do not have the top returning talent that has been typical of the last few years.

In the long jump, the top returner is Mt. Carmel's Jim Chapon. Third place in last year's section finals at 22-11, Chapon is coming off a series of leg injuries that could hamper his progress. Other top challengers include Kenny King of Lincoln and Ron Hurdie of Southwest, both at 21-10.

Both the high jump and triple jump are especially thin. Erik Peterson of Monte Vista is the only returner in the high jump over 6-3 with his 6-6 jump. Likewise, James Gregory of Henry is the only 3-stepper over 4'5" with his returning mark of 46-3.

Things pick up however when we get to the pole vault. Mt. Carmel's Scott Johnston is the top returner at 14-6, but

the real news is that below him lie 11 other area vaulters between 13' and 13-6. The depth of this event is perhaps the greatest in county history and should lead to some tremendous contests during the season.

Weight Events: Where have the weightmen gone? You would think that among 66 schools you could find more than one 50' shotputter or one 150' discus thrower, but not right now you can't. Raymond Muldren of Vista leads the shot with his 50'11, while El Camino's Preston Call is the top returner in the discus at 157-3. Hopefully someone will come out of the blue during the season and surprise everyone. Hopefully!

Northern and Central Calif. Track Preview

by Keith Conning

The top four returning athletes from the CIF Northern California Track & Field Championships and the Central Section are listed according to their State Meet, Northern California, Southern California, Section, or best yearly performance. Last year the Central Section competed in the Southern California Championship. This year we return to the traditional, two-day State Meet format in Sacramento's Hughes Stadium. Since the Central Section participates in the CIF Northern California Cross Country Championships, I have decided to include them in this preview.

I have included results of the Arcadia Invitational (4-14-84), Jenner Classic (4-21-84), Section, Northern California, Southern California, State, and TAC meets.

Athletes who had one of the top four performances are listed under "others"

Boys

100 Meters

Kevin Owens (Foothill, Sacramento). 2) SJS 10.5, 3) NC H2 10.79, 3) NC 10.91, 3) State 10.75. Signed with Oregon State.
Ron McCree (Madera). 1) Fresno Bee 10.54w, 4) Arcadia 10.97, 1) Jenner 10.63w, 1) CS 10.66, 2) SC H1 10.97, 5) State 10.81.
Henry Barba (Lick, San Jose). 1) CCS 10.69w, 2) NC H2 10.79, 4) NC 10.94, 7) State 10.99.

Darren Greer (Bakersfield), Corcoran R 10.6, 2) CS 10.86. Signed with UC Berkeley.

Others:
Steve Jones (Burbank, Sacramento). 10.2w, 1) State 1983 10.64. Signed with Washington.

Andre Alexander (Baiboa, S.F.). 1) Gilroy 10.72, 4) Jenner H2 10.95w, 1) AAA 10.5, 1) All-Comers 2/9/85 11.0.

Bobby Pope (St. Mary's, Berkeley). 4) NCS MOC 1983 10.7, 1) NCS 2AS H2 10.83, 3) NCS MOC 10.97, 5) NC H2 10.89, 10.8w.

200 Meters

Kevin Owens (Foothill, Sacramento). 2) Capital City 22.11, 1) SJS 21.44, 2) NC H1 21.92, 1) NC 21.55, 3T) State 21.40. Signed with Oregon State.

Ron McCree (Madera). 1) Fresno Bee 21.8w, 5) Arcadia 22.48, 1) Jenner 21.44, 1) CS 21.40, 2) SC H1 21.26, 2) SC 21.40, 5) State 21.47.

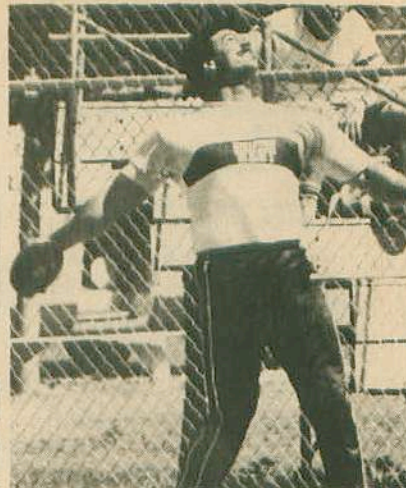
Bo Christian (San Juan, Citrus Heights). 1) SJS 21.90, 3) NC H1 22.11, 5) NC 22.02. Signed with Washington State.

Markell Knox (Oakland). 1) vs. McClymonds 21.8, 5) Jenner 22.20, 1) SF/O 22.0, 4) NC H2 22.45, Scratch NC.

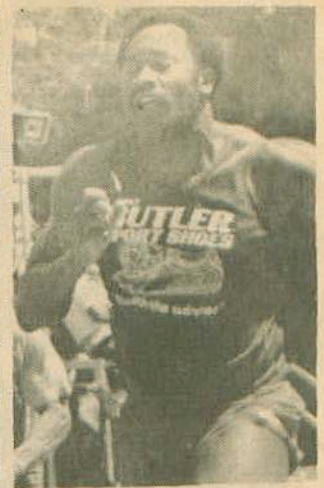
Others:
Steve Jones (Burbank, Sacramento). 2) State 1983 21.19. Signed with Washington.



Brian Oldfield



Mac Wilkins



Walt Butler

California's All-Time Sub Masters

Compiled by Percy Knox

Please have additions and/or corrections sent to: 447 E. Lingard St., Lancaster, CA 93534.

50 Yard Dash (Indoors)

5.0	Mel Pender (34) Ft. Mac	72
5.0	J.L. Ravelomanantsoa(30)ITA	74

50 Meter Dash (54y 2ft 5in Indoors)

5.93	Eddie Hart (30) BAS	80
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60 Yard Dash (Indoors)

5.8	Mel Pender (35) ITA	73
5.9	J.L. Ravelomanantsoa(31)ITA	75
6.0	Eddie Hart (30) BAS	80
6.2	Glenn Johnson (33) AA(out)	83

60 Yard Dash (Auto)Indoors)

6.27	Eddie Hart (30) BAS	80
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80 Meters (Outdoors)

6.7	Herman Franklin (31) SCS	79
6.8	Hillard Sumner (33) SCS	79
6.8	Walt Butler (35) SCS	76
6.9	Glenn Johnson (30) CDM	80
6.9	Warren Spikes (30) CDM	80

70 Yard Dash (Indoors)

6.8	Mel Pender (33) Ft. Mac	71
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70 Meter Dash

7.4	J.L. Ravelomanantsoa(30)ITA	74
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100 Yard Dash

9.3	Mel Pender (33) Ft. Mac	71
9.3	J.L. Ravelomanantsoa(32)ITA	75
9.3	John Carlos (30) ITA	75
9.4	Russell Hodge (30)	70
9.5	Otis Davis (30)	62
9.5	Jim Omagbini (31) SJS	62
9.7	Mike Larrabee (30) SCS	64
9.6	Walt Butler (30)	71
9.6	Hillard Sumner (31) SCS	77
9.7	Dave Segal (30) SCS	67
9.7	Percy Knox (38) CDM	72

100 Yard Dash (Wind-aided)

9.1	J.L. Ravelomanantsoa(32)ITA	75
9.5	Bill Toomey (31) SCS	70

100 Meter Dash

10.0	Mel Pender (31) Ft. Mac	68
10.0	Eddie Hart (30) BAS	79

10.0	Don Quarrie (30)	82
10.0	Marion McCoy (31)(10.2 82)	82
10.1	Steve Williams (30)	84
10.2	Dennis Johnson (32)	67
10.2	David James (32)	67
10.2	Russell Hodge (30)	70
10.2	J.L. Ravelomanantsoa(31)	75
10.2	James Gilkes (31)	83
10.3	Eugene Driver (32)	82
10.3	Bill Toomey (30)	69
10.3	John Carlos (31) SCS	76
10.5	Hillard Sumner (31) SCS	77
10.5	Rex Harvey (30) USAF	77
10.5	Walt Butler (36) SCS	78
10.5	Doug Wells (34) CDM	78
10.5	Glenn Johnson (30) CDM	80
10.5	Mike Jackson (31) SCS	80
10.5	Randy Williams (30) USMC	84
10.5	D. Ferguson (30)	84
10.6	C. K. Yang (30)	64
10.6	Herman Franklin (31) SCS	79
10.6	Greg Marshall (31) WVTC	79
10.6	Reggie Davis (32) AA	81

(Wind-aided)

10.0	Eddie Hart (30) BAS	79
10.2	Marion McCoy (30)	81

(Automatic)

10.20	Eddie Hart (30) BAS	79
10.25	Don Quarrie (31)	82
10.34	Steve Williams (30)	84
10.44	James Gilkes (31)	83
10.46	Jim Kemp (31)	76
10.48	Norbert Payton (30) BAS	81
10.54	Marion McCoy (31)	81
10.67	D. Ferguson (30)	84
10.73	Walt Butler (37) SCS	78
10.79	Reggie Davis (32) AA	81
10.82	Eugene Driver (34) AA	84
10.18	Eddie Hart (30) BAS	79
10.32	Jim Kemp (32)	77
10.34	Mike McRae (30)	84

120 Yard Dash (Wind-aided)

11.2	J.L. Ravelomanantsoa(31)	75
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200 Meter Dash

20.2	Don Quarrie (31)	82
20.3	Billy Hicks (30) SCS	82
20.4	John Carlos (30)	75
20.4	James Gilkes (31)	20.4
20.6	Adrain Rogers (30)	82
20.6	Steve Williams (30)	84
20.7	J.L. Ravelomanantsoa (31)	75
21.0	Eddie Hart (30) BAS	79
21.1	Mike Larrabee (31) SCS	64

21.1	David James (32)	67
21.2	Hillard Sumner (34) SCS	21.2
21.2	Eugene Driver (32) AA	82
21.3	Bill Toomey (30) SCS	69
21.4	Marion McCoy (31)	81
21.5	John Carlos (31)	77
21.5	Glenn Johnson (30) CDM	80
21.6	Russell Hodge (30)	71
21.7	Walt Butler (30)	71
21.7	Greg Marshall (31) WVTC	79
21.7	Warren Spikes (31) AA	82

(Wind-aided)

20.8	Marion McCoy (30)	81
20.9	Bill Toomey (30) SCS	70

(Automatic)

20.39	Don Quarrie (31)	82
20.53	Billy Hicks (32)	82
20.76	Adrain Rogers (30) BAS	82
20.80	James Gilkes (30)	82
20.80	Steve Williams (30)	84
21.45	Eugene Driver (32) AA	82

300 Meter Dash

33.7	Bill Toomey (30)	69
34.8	Hillard Sumner (34)	79

300 Yard Dash

30.1	Otis Davis (30)	62
31.4	J.L. Ravelomanantsoa (31)	74

400 Meter Dash

44.9	Mike Larrabee (30)	64
46.4	Bill Toomey (30)	69
46.5	Lee Evans (33)	80
46.8	Otis Davis (31)	63
46.9	Warren Edmondson (30)	80
47.3y	Mal Whitfield (30)	55
47.5	Elliott Mason (30)	76
47.7	Billy Hicks (30)	82
47.9	Russell Hodge (30)	70
47.9	Hillard Sumner (34)	79
48.2	Matthew Pruitt (33) WV	79
48.4	Eugene Driver (34) AA	84
48.5	D. Robinson (30)	84
48.6	Benny Brown (30)	84

(Automatic)

45.62	Adrain Rogers (30) BAS	82
46.38	James King (35)	84
46.55	Steve Williams (30)	84
46.89	John Smith (33)	84
47.65	James Gilkes (32)	84
48.41	Matthew Pruitt (33) WV	79
48.71	David Romain (37) WV	78
48.87	Eugene Driver (34)	84

800 Meter Run

1:45.64	James Robinson (30)	84
1:48.2	Mal Whitfield (31)	56
1:49.2y	George Scott (35)	72
1:50.3	Benny Brown (30)	84
1:52.1	Ralph Lee (37) SCS	79
1:53.8	David Romain (35) WV	79
1:53.8	Ramsay Thomas (35)	79
1:53.9	Tom Von Ruden (35)	79
1:54.6y	D. Chapin (30)	77
1:54.7	C. Cordy (37)	77
1:55.0	Ron Whitney (35) SCS	76
1:55.0	George Mason (37) WV	81
1:55.1	Ken Stuart (34) SCS	81
1:55.1	Nolan Smith (34)	1:55.1 83

1500 Meter Run

3:51.1	Rubin Chappin (31) CDM	83
3:52.7	Ramsay Thomas (35)	79
3:54.2	Tom Von Ruden (35)	79
3:55.8	P. Camp (30)	77
4:00.2	D. Chapin (30)	77

Mile Run

4:03.7	George Scott (35)	72
4:12.8	Ramsay Thomas (35)	79

2-Mile Run

8:53.8	Billy Mills (32)	71
8:55.0	Ray Hughes (31)	70

3-Mile Run

13:23.8	Ron Larrrieu (30)	67
13:45.4	Billy Mills (30)	68

5-KM Run

14:22.0	P. Camp (30)	77
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6-Mile Run

27:50.8	Billy Mills (30)	88
28:37.4	Ray Hughes (32)	70

10-KM Run

28:43.6	Billy Mills (30)	68
30:24.8	Ray Hughes (32)	71

60 Yard HH

7.0	Tommie Lee White (31)	75
7.3	George Carty (32)	78

110 Meter HH

13.5	Tommie Lee White (30)	74
13.6	Leon Coleman (30) ITA	75
13.7	George Carty (31)	77
14.0	Walt Butler (30) PCC	71

Results

Indoors

World Indoor T&F Games

January 18-19, Paris, France.

Men's Results

60 Meters: 1. Ben Johnson (CAN) 6.62, 2. Sam Graddy (USA) 6.63, 3. Ronald Desruelles 6.68, 4. Lincoln Asquith (GBR) 6.69, 5. Bruno Marie Rose (FRA) 6.73, 6. Cameron Sharp (GBR) 6.74.

200 Meters: 1. Aleksandr Yevgenyev (URS) 20.95, 2. Adeoye Mafe (GBR) 20.96, 3. Joao Da Solva (BRA) 21.19, 4. Daniel Sangouma (FRA) 21.36, 5. Albert Robinson (USA) 21.54, 6. Dennis Mitchell (USA) 21.92.

400 Meters: 1. Thomas Schoenlebe (GDR) 45.60, 2. Todd Bennett (GBR) 45.97, 3. Mark Rowe (USA) 46.31, 4. Armadou Dia Ba (SEN) 46.94, 5. Philip Brown (GBR) 47.84, 6. Angel Heras (CUB) 54.09.

800 Meters: 1. Coloman Trabado (ESP) 1:47.42, 2. Benjamin Gonzalez (ESP) 1:47.94, 3. Ikem Billy (GBR) 1:48.28, 4. Petru Dragoescu (ROM) 1:48.34, 5. Andre Lavie (FRA) 1:50.29, 6. Tonino Viali (ITA) 1:50.85.

1500 Meters: 1. Michael Hillardt (AUS) 3:40.27, 2. Jose Gonzalez (ESP) 3:41.36, 3. Joseph Chesire (KEN) 3:41.38, 4. Mirosław Zerkowski (POL) 3:42.21, 5. Ricardo Materrazzi (ITA) 3:43.56, 6. Alberto Corvo (ITA) 3:45.46, 7. Jose Marajo (FRA) 3:47.53, 8. Andres Vera (ESP) 3:52.89.

3000 Meters: 1. Joao Campos (POR) 7:57.63, 2. Don Clary (USA) 7:57.78, 3. Ivan Uvizi (TCH) 7:57.92, 4. Antonio Leitao

(POR) 7:58.14, 5. David Lewis (GBR) 7:58.19, 6. Francis Gonzalez (FRA) 7:58.78, 7. Christoph Herie (FRG) 7:59.52, 8. Joseph Mahmoud (FRA) 8:02.90, 9. Stefano Mei (ITA) 8:03.01, 10. Pierre Deleze (SUI) 8:10.51.

60 Meter Hurdles: 1. Stephane Caristan (FRA) 7.67, 2. Javier Moracho (ESP) 7.69, 3. Jonathan Ridgeon (GBR) 7.70, 4. Cletus Clark (USA) 7.74, 5. Vladimir Ustinov (URS) 7.75, 6. Modesto Castillo (DOM) 7.86.

5000 Meter Walk: 1. Gerard Lelievre (FRA) 19:06.22, 2. Maurizio Damilano (ITA) 19:11.41, 3. Dave Smith (AUS) 19:16.04, 6. Jim Heiring (USA) 20:11.69.

High Jump: 1. Patrick Sjoeborg (SWE) 7.7 1/4, 2. Javier Sotomayor (CUB) 7.6 1/2, 3. Othmane Belfaa (ALG) 7.5 1/4, 4. Valeriy Sereda (URS) 7.4 1/4, 5. Carlo Thraenhart (FRG) 7.4 1/4, 6. Jan Zvara (TCH) 7.3, 7. Krzysztof Krawczyk (POL) 7.3, 8. Gerd Nagel (FRG) 7.3.

Pole Vault: 1. Sergey Bubka (URS) 18-10 1/4, 2. Thierry Vigneron (FRA) 18-8 1/4, 3. Vasilly Bubka (URS) 18-4 1/2, 4. (tie) Marian Kolas (POL) and Patrick Abada (FRA) 18-0 1/2, 6. Alberto Ruiz (ESP) 18-0 1/2, 7. Mariusz Kirmiczik (POL) 18-0 1/2, 8. (tie) Joe Dial (USA) and Kimmo Paltonen (FIN) 17-8 1/2.

Long Jump: 1. Jan Leitner (TCH) 26-1 1/2, 2. Gyula Paloczi (HUN) 26-0 3/4, 3. Giovanni Evangelisti (ITA) 25-10 1/4, 4. Laszlo Szalma (HUN) 25-9 1/4, 5. Emiel Mellaard (HOL) 25-6 1/4, 6. Serge Helan (FRA) 25-3 1/2, 7. Liu Yuhuang (PRC) 25-0 3/4, 8. Junichi Usui (JPN) 24-8 1/4.

Triple Jump: 1. Hristo Markov (BUL) 56-6, 2. Lazaro Bettancourt (CUB) 56-3 1/4, 3. Lazaro Balciendes (CUB) 55-2 1/4, 4. Oleg Protzenka (URS) 55-1 1/2, 5. Jan Cado (TCH) 54-10, 6. Raif Jaros (FRG) 54-6, 7. Zou Zhenxian (PRC) 52-8, 8. Hassan Ahmed Badra (EGY) 51-9.

Shot Put: 1. Remigius Machura (TCH) 69-7 1/2, 2. Udo Beyer (GDR) 69-2 1/4, 3. Janis Bojars (URS) 65-5, 4. Josef Lacika (TCH) 64-9 1/4, 5. Helmut Krieger (POL) 64-3, 6. Marco Montelatici (ITA) 63-11, 7. Gert Weil (CHI) 63-10 1/2, 8. Gregg Tafrales (USA) 62-1 1/4.

Women's Results

60 Meters: 1. Silke Gladisch (GDR) 7.20, 2. Heather Oakes (GBR) 7.21, 3. Christelle Bulteau (FRA) 7.34, 4. Lyudmila Kondratyeva (URS) 7.36, 5. Kim Robertson (NZL) 7.43, 6. Gillian Forde (TRI) 7.59.

200 Meters: 1. Marita Koch (GDR) 23.09, 2. Marie Christine Cazier (FRA) 23.33, 3. Kim Robertson (NZL) 23.69, 4. Fabienne Ficher (FRA) 23.75, 5. Mary Bolden (USA) 23.89, 6. Semra Aksu (TUR) 24.97.

400 Meters: 1. Diane Dixon (USA) 53.35, 2. Regine Berg (BEL) 53.81, 3. Charmaine Crooks (CAN) 54.08, 4. Antonella Ratti (ITA) 55.30, 5. Odny Arnadottir (ISL) 56.94.

800 Meters: 1. Cristiana Cojocar (ROM) 2:04.22, 2. Jane Finch (GBR) 2:04.71, 3. Maria Simeanu (ROM) 2:05.51, 4. Nathalie Thoumas (FRA) 2:07.63, 5. Shiny Abraham (IND) 2:08.09, 6. Fatima Aoum (MAR) 2:12.16, 7. Isabelle Debruycker (BEL) 2:14.54.

1500 Meters: 1. Ely Van Hulst (HOL) 4:11.41, 2. Fita Lovin (ROM) 4:11.42, 3. Brit McRoberts (CAN) 4:11.83, 4. Natalya Artemova (URS) 4:14.11, 5. Margareta Keszeg (ROM) 4:21.02, 6. Dianne Rodger (NZL) 4:29.38, 7. Khaddijah Motari (JOR) 5:10.87.

3000 Meters: 1. Debbie Scott (CAN) 9:04.99, 2. Agnese Possamai (ITA) 9:09.66, 3. Patti Sue Plumer (USA) 9:12.12, 4. Dianne Rodger (NZL) 9:12.68, 5. Hassania Darami (MAR) 9:40.45, 6. Leticia Mpoghole (TAN) 9:55.58, 7. Fabiola Rueda (COL) 10:07.18.

60 Meter Hurdles: 1. Xenia Siska (HUN) 8.03, 2. Laurence Elloy (FRA) 8.08, 3. Anne

Piquereau (FRA) 8.10, 4. Stephanie Hightower (USA) 8.12, 5. Guinka Zagortcheva (BUL) 8.13, 6. Vera Akimova (URS) 8.14.

3000 Meter Walk: 1. Julie Salce (ITA) 12:53.42, 2. Yan Hong (PRC) 13:05.56, 6. Teresa Vaill (USA) 13:59.56.

High Jump: 1. Stefka Kostadinova (BUL) 6-5 1/2, 2. Susanne Lorentzon (SWE) 6-4 1/4, 3. (tie) Danuta Bulkowska (POL) and Silvia Costa (CUB) and Debbie Brill (CAN) 6-2 1/4, 6. Marina Deronina (URS) 6-2 1/4, 7. Chris Soetewey (BEL) 6-0 1/4, 8. Jolanta Komsa (POL) 6-0 1/4.

Long Jump: 1. Helga Radke (GDR) 22-7, 2. Tatyana Rodionova (URS) 22-0 1/4, 3. Neele Medvedeva (URS) 21-1 1/2, 4. Lene Demstiz (DEN) 20-11 1/4, 5. Nicole Boegman (AUS) 20-3 1/4, 6. Silvia Christova (BUL) 20-3, 7. Shonell Ferguson (BAH) 19-11 1/4, 8. Geraldine Bonnin (FRA) 19-10 1/4.

Shot Put: 1. Natalya Lisovskaya (URS) 65-10 1/4, 2. Ines Mueller (GDR) 64-6 1/4, 3. Nunu Abashidze (URS) 61-9, 4. Li Meisu (PRC) 57-11 1/4, 5. Ramona Pagel (USA) 56-9 1/4, 6. Simone Creantor (FRA) 56-1 1/4, 7. Gail Martin (AUS) 54-10, 8. Carol Cady (USA) 50-8.

Millrose Games

January 26, Madison Square Garden, NY.

Men's Results

60yH: 1. Greg Foster 6.97, 2. Roger Kingdom 7.07, 3. Henry Andrade 7.08, 4. Tomie Campbell 7.12, 5. Cletus Clark 7.17.

College 1 Mile: 1. Jim McKeon 4:06.16, 2. Jim Norris 4:08.64, 3. Mark Beeman 4:08.78, 4. Miles Irish 4:09.53, 5. Brian Roche 4:10.80.

500y: 1. Ray Armstead 56.36, 2. Willie Smith 56.59, 3. Walter McCoy 56.83, 4. Tony Darden 58.41.

800m: 1. Edwin Koeh 1:50.03, 2. Dave Patrick 1:51.51, 3. Mark Belger 1:53.84, 4.

John Marshall 1:54.24, 5. Anthony Tufarello 1:54.32, 6. James Robinson 1:57.25.

1000m: 1. Sammy Kosker 2:18.62, 2. Earl Jones 2:19.44, 3. Marcus O'Sullivan 2:19.55, 4. Todd Harbour 2:21.19, 5. Don Paige 2:21.52, 6. Johnny Gray 2:32.01.

400m: 1. Michael Paul 47.53, 2. Burt Cameron 47.96, 3. Willie McLaughlin 48.94, 4. Cliff Willey 49.21.

600y: 1. Mark Rowe 1:10.94, 2. Fred Sowerby 1:10.97, 3. Elvis Forde 1:11.29, 4. Clarence Daniels 1:11.46.

Wanamaker Mile: 1. Eamonn Coghlan 3:53.82, 2. Ray Flynn 3:54.70, 3. John Walker 3:55.14, 4. Sydney Maree 3:55.15, 5. Steve Scott 3:56.61, 6. Jim Spivey 4:00.77.

5000m: 1. Doug Padilla 13:38.76, 2. Sosthenes Bitok 13:39.62, 3. Don Clary 13:42.28, 4. Dave Murphy 13:44.25, 5. Jeff Smith 13:44.54.

Long Jump: 1. Carl Lewis 27-10 1/4, 2. Jason Grimes 25-11 1/2, 3. Vesco Bradley 25-11 1/4, 4. Larry Myricks 25-9 1/4, 5. Mike McRae 24-9.

Pole Vault: 1. Billy Olson 18-4 1/2, 2. Jeff Buckingham 18-4 1/2, 3. Doug Lytle 18-0 1/2, 4. tie between Dave Kenworthy and Earl Bell 18-0 1/2.

High Jump: 1. Jim Howard 7-8, 2. Patrick Slobeg 7-7, 3. Leo Williams 7-5 1/4, 4. tie between Mill Olney and Tyke Peacock 7-5 1/4.

Women's Results

60y: 1. Jennifer Innes 6.78, 2. Angela Thacker 6.79, 3. Chandra Cheeseborough 6.82, 4. Alice Brown 6.84, 5. Mary Bolden 6.88.

60yH: 1. Stephanie Hightower 7.51, 2. Candy Young 7.59, 3. Rhonda Brantford 7.65, 4. Benita Fitzgerald 7.74, 5. Carol Lewis 7.79.

400m: 1. Diane Dixon 52.9, 2. Valerie Brisco-Hooks 53.5, 3. Charmaine Crooks 54.23.

800m: 1. Joetta Clark 2:05.61, 2. Diana Richburg 2:06.04, 3. Delisa Walton

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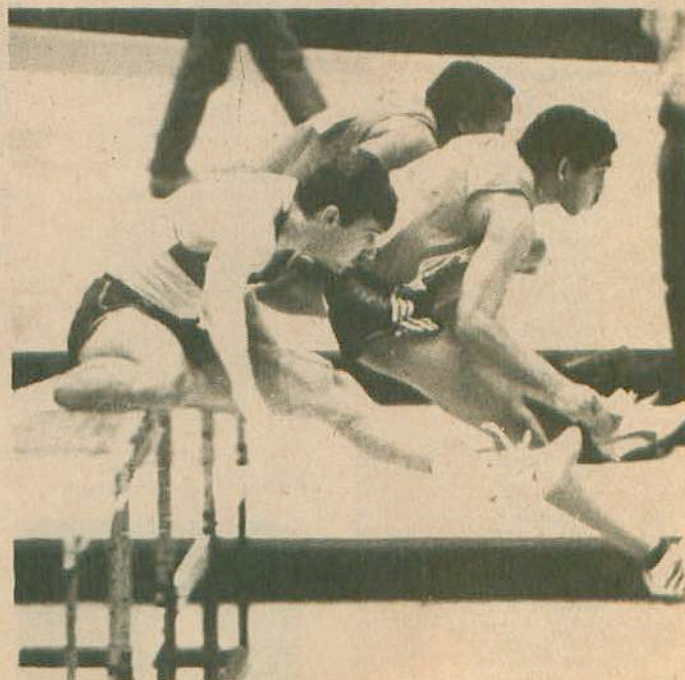
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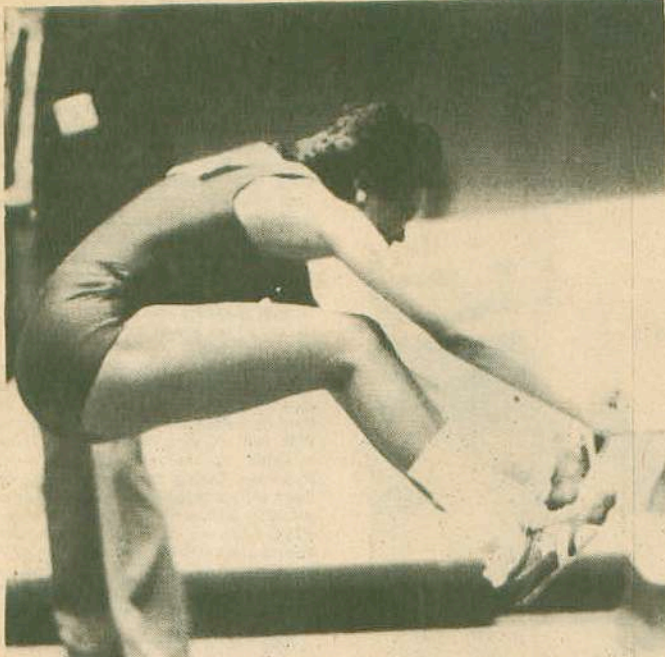
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Henry Andrade pulls away at the L.A. Times Indoor Games.

photo by Maurice Wilson

photo by Bill Leung, Jr.



Yvette Bates

2:07.48, 4. Veronica McIntosh 2:09.68, 5. Louise Romo 2:10.05.

Puma Women's Mile: 1. Mary Decker 4:22.01, 2. Wendy Sly 4:31.51, 3. Brit McRoberts 4:33.53, 4. Ruth Wysocki 4:37.31, 5. Darlene Beckford 4:40.64.

High Jump: 1. Debbie Brill 6-4 1/4, 2. Joni Huntley 6-3 1/4, 3. Coleen Sommer 6-2, 4. Maryse Ewanie-epee 6-2, 5. Louise Ritter 6-0 1/2.

L.A. Times/Kodak Indoor Games

by Doug Speck

February 8. The Forum. L.A.

Carl Lewis was there to do some Long Jumping, Yvette Bates (USC) set a World Indoor Triple Jump Record, and a lot of super Eastern Block athletes were in attendance for the Twenty-Sixth Annual L.A. Times Indoor Meet at the Forum. A number of interesting match-ups were to include top Americans, Russians, and Rumanians. The only problem was that the Russians seemed much less than sharp, and whether it was jet-lag, mechanical difficulties, or whatever, they performed definitely below par.

King Carl was meeting a top Long Jump field. After a 27-1 1/4 opener the crowd waited for Larry Myricks and others to inspire him to greater things. The only problem was that twenty-one of the thirty-four jumps taken by the other competitors in the field were fouls, and Myricks bested out at 26-4 1/2 with a couple of lengthy fouls. Carl did take all his jumps here (maybe they were paying him by the jump), and marked his 40th straight win in the event, putting him one short of George Brown's 1950-52 record for a Long Jumper.

Yvette Bates, now a frosh at USC after a fine prep career at Berkeley High, put in a good Fall that paid off fast here. A 42-5 1/2 Triple Jumper last Spring, Bates exploded on her third attempt here out to 43-1, a leap that put her out ahead of the previous undercover best of 42-7 1/2 by

Esmeralda Garcia (Brazil) in January at LSU. Teammate Wendy Brown, drafted by the basketball coach at SC when she saw Wendy stuff the roundball in the gym, was given a one day reprieve from that sport and was second here at 41-7 1/4. The Bates-Brown duo should rack up some NCAA outdoor points for the Trojans.

Dan Ripley (Pacific Coast Club) took the Vault at 18-4 1/4 over Doug Lytle (18-0 1/2), with Russian Konstantin Volkov a bit of a let-down. The Russian (a 19-2 best) no-heighted at 17-6 1/2, and seemed to spend a lot of time looking down the length of his pole, somehow perplexed that something that had worked so well was now for some reason letting him down. Dennis Lewis (New Balance TC) edged Milt Ottey (PCC) on misses at 7-5 1/4 in the High Jump, with the late-arriving Jimmy Howard 3rd at 7-4 1/4. Russian Vladimir Granenko, at 7-7 1/4 the Eastern Block version of an Olympic Champ with his Friendship Games victory, is a left-hand run up jumper and had difficulties

photo by Richard Lee Slotkin



Debbie Brill

here. There did not seem near enough room for him to execute the end of his "J" at the end of his run and he cleared but 7-0 1/2 for 9th.

Alice Brown continues to look super in the sprints, as she blasted away from the pack after 10 of the 60 yards in her race to win 6.63 to 6.84 over Florence Griffith. USC's Darwin Cook again put together a solid performance to handle Emmitt King 6.15-6.17 in the Finals of the Men's 60.

Rumanian middle-distance Women were, very impressive. Doine Melinte, Olympic 800 Champ (1:55.05 best), toyed with a 1000 yard field. Russian Irina Podyalovskaya (1:55.69 800m best) was not a factor, as Melinte followed Diana Richburg through a 65.1 440, then rocketed past the group with two laps to go and raced away to a 2:25.97 win. Fita Lovin (3rd Olympic 800-1:56.67 best) destroyed a local 1500m field. After a 65.5 440 gave her a 35 yard lead she waltzed in at 4:13.66, exhibiting a bounce and power to her stride that not too many Western female runners seem to have.

Olympic Long Jump Champion Anasoara Cusmir-Stanciu (Rumania) utilizes a strange run-up that has her start with a very exaggerated arm action, then seems to get down to a normal running action the couple of steps before take-off. The 24-4 1/4 World Record Holder stretched out to 20-9 1/4 here, with USC's Sabrina

lead after a 4:11.4 mile, but 64-1-66-7-68-8 440 segments after that brought the pack close by a mile and three-quarters. Kevin Ryan and Belgian Robert Verbeek led that group, and Verbeek was strongest over the final two laps to win at 8:33.7 over the closing rush of Henry Marsh (8:34.45).

Former Sacramento area prep hurdle star Henry Andrade (now of SMU) felt he was the victim of a flyer in Dallas last week, and raced with a special vengeance here—churning 7.08 in the Final to handle Tonie Campbell (7.12) and Al Joyner (7.17). Gayle Watkins edged Karen Cannon 7.72-7.74 in the Women's 60 hurdles.

Valerie Brisco-Hooks cruised a leisurely 1:04.76 to win a 500 yard race. Walter McCoy blasted out and held off Texas A&M's Tony Grier during the run in during the Men's 500 (57.64-57.87). Mark Rowe continues to run good tactical races over the 600 yard distance. Here he took the lead over vet Fred Sowerby during the final lap and held off the final rush of inexperienced Danny Harris to win 1:12.66-1:12.75 over the Iowa Staten.

A local Women's Mile Relay was among the more exciting of the evening. Coach Jim Vervany's San Diego State

photo by Burt Davis



Frank Assuma

Williams edging closest off 20-7 and 20-8 jumps on her final two efforts. Canadian Debbie Brill won the other Women's Jumping Event, the High Jump, with a 6-4 1/4 effort over the 6-2 for Joni Huntley.

Johnny Gray took an exciting 1000 yard race over Don Paige. After a leisurely 58.0 first 440, Gray started to build the entire way in, and in an especially hectic final three laps Paige could never get by, with Gray winning 2:08.21-2:08.87. The Mile Race boiled down to a duel between foreigners Ray Flynn (Ireland) and Jack Buckner (Britain). After a 1:59.8 880 Buckner accelerated through a 2:58.1 1320. Flynn rocketed by with one and three-quarters laps to go and came in an easy victor 3:56.16-3:58.07. In the Two Mile local Frank Assuma had a 50 yard

photo by Burt Davis



On the bell lap of the women's 4x440 relay: LaTanya Sheffield (SDSU) moves ahead of Lawanda Calsell.

crew rode the second leg of Rene Ross (55.4) and Latanya Sheffield's 58.0 anchor, during which she ran down USC's Lawanda Cabell, to win at 3:51.56.

El Camino took a local Junior College Mile Relay, featuring a 49.9 third leg by Daymon Lee and 49.5 anchor by Kevin Hawkins to run 3:22.14. Glendale featured Joe Richardson on the second leg, marking that as the third Community College institution the former Pasadena High great has enrolled in during the past five months.

Both Prep 8x160 relays were won by groups competing unattached from

continued on next page...

Results

Hawthorne High School. The Young Men raced 2:17.44, while the Women had their showdown with Muir destroyed when the Mustangs dropped the first handoff, as the Cougars raced off to a 2:31.02 Meet Record.

Men's Results

60y: 1. Cook 6.15, 2. King 6.17, 3. McFarlane 6.23, 4. Jackson 6.29.
500y: 1. McCoy 57.64, 2. Grier 57.87, 3. Vaughns 58.25, 4. Egbunike 58.76. **600y:** 1. Rowe 1:12.66, 2. Harris 1:12.75, 3. Sowerby 1:13.08, 4. Cameron 1:13.26. **1000y:** 1. Gray 2:08.21, 2. Paige 2:08.87, 3. West 2:09.21, 4. Wuyke 2:16.71. **1 Mile:** 1. Flynn 3:56.16, 2. Buckner 3:58.07, 3. (tie) O'Mara and Deleze 4:00.36. **2 Mile:** 1. Verbeek 8:33.7, 2. Marsh 8:34.45, 3. Ryan 8:36.44, 4. Assuma 8:37.28. **Open 3000m:** 1. Bishop 8:10.76, 2. Blaty 8:10.99, 3. Henderson 8:11.59, 4. Roberts 8:16.90. **60y HH:** 1. Andrade 7.08, 2. Campbell 7.12, 3. Joyner 7.17, 4. Lehnstrom 7.32. **High Jump:** 1. Lewis 7-5 1/4, 2. Otley 7-5 1/4, 3. Howard 7-4 1/4, 4. Sjoberg 7-2 1/2. **Long Jump:** 1. Lewis 27-1 1/4, 2. Myricks 26-4 1/2, 3. Grimes 25-10 1/4, 4. Conley 25-4. **Pole Vault:** 1. Ripley 18-4 1/2, 2. Lytle 18-0 1/2, 3. Pursley 17-6 1/2, 4. Kenworthy 17-0 1/2. **35 Lb. Weight:** 1. Fritchman 72-11 1/4, 2. Mann 68-5 1/4, 3. Oloye 65-8 1/4, 4. McSeveney 64-9 1/4.
JC Mile Relay: 1. El Camino 3:22.14, 2. Long Beach 3:24.81, 3. Glendale 3:25.78.
High School Boys 8 x 160 Relay: 1. Hawthorne 2:17.44, 2. Pasadena 2:22.04, 3. LA Poly 2:29.47.
High School Girls 8 x 160 Relay: 1. Hawthorne 2:31.02, 2. Muir 2:36.24, 3. Thousand Oaks 2:40.66, 4. Crenshaw 2:45.54.

Women's Results

60y: 1. Brown 6.63, 2. Griffith 6.84, 3. Howard 7.00, 4. Gill 7.08. **500y:** 1. Brisco-Hooks 1:04.76, 2. Conway 1:06.86, 3. Waitthera 1:09.29. **1000y:** 1. Melinte 2:25.97, 2. Richburg 2:26.5, 3. Podyalovskaya 2:27.06, 4. Monday 2:28.38. **1500m:** 1. Lovin 4:13.66, 2. Hopper 4:21.73, 3. Prieuer 4:23.74, 4. Lopez 4:30.70. **60y Hurdles:** 1. Watkins 7.72, 2. Cannon 7.74, 3. Chandler 7.85, 4. Page 8.00. **High Jump:** 1. Brill 6-4 1/4, 2. Huntley 6-2, 3. Ewanjje-Epee 6-0, 4. Ritter 6-0. **Long Jump:** 1. Cusmir-Stanciu 20-9 1/4, 2. Williams 20-8, 3. Yarborough-Harvey 19-11 1/4, 4. Bell 19-8 1/4. **Triple Jump:** 1. Bates 43-1, 2. Brown 41-7 1/4, 3. Lovelady 40-11, 4. Chandler 38-7. **Mile Relay:** 1. S.D. State (Rossd 55.4, Sheffield 56.0), 2. USC 3:53.34, 3. Coast Athletics 3:53.64, 4. UCLA 3:54.82.

Michelob Invite. Indoor T&F Meet

by Doug Speck

February 15. San Diego Sports Arena.

World Records in back-to-back events by Valerie Brisco-Hooks and Johnny Gray, an American Indoor Two Mile Record by Doug Padilla, and a number of fine other competitive events were the highlights of the Nineteenth Annual Michelob Invitational Indoor Meet in San Diego.

The action around 8:45 in the evening got pretty hectic at this Meet. First, in the Men's 880, Johnny Gray blasted out the first quarter mile on this quick board facility in 52.4, and never looked back. With the indoor best a 1:47.97 by Randy Wilson in 1982, the obviously tough pace Gray was forging could take him close or better than that mark. With the crowd really behind him the Los Angeles native sailed on in with a spectacular solo



Ruth Wysocki leads Michelob mile with Patisue Plumer (left) and eventual winner Doina Melinte in hot pursuit. photo by Maurice Wilson

1:45.9. Talk about excited, the Santa Monica Track Club athlete took his two victory laps at about the same pace as the race.

The next race up was the Women's 500 yards, featuring Valerie Brisco-Hooks and her recent conqueror, Diane Dixon. Diane had raced past the World Class AC ace at

photo by Richard Lee Slotkin



Jim Howard a big high jump indoor season.

the Millrose Games in the final part of a 440 on her way to an American record. A great race was set up here. Dixon blasted out and set up a good pace, with Brisco-Hooks leading the trailing pack. As the field entered the final backstretch Valerie started to make her move, and it was her race this week, as she edged in ahead of Diane over the final half-lap to win at 1:02.3-1:02.5, both well under the 1:03.3

him take Doug Lytle (18-4 best).

The Men's Mile here always features a top field and excellent competitive effort, and 85 was no exception. Eamon Coghlan, Steve Scott, Sidney Maree, and Australian Mike Hillardt were the main combatants. Rabbit Eddie Davis took the pace out through 59.0-1:59.5 quarter splits. With three and a half laps to go Steve Scott moved out from his position in the middle of the pack and aggressively took the lead. The above four-some was hanging on, with surprising Tom Smith (Athletics West) taking the lead with one and a half laps left. But with one circuit remaining, as he has done so many times before, Mr. Coghlan showed the gear that few others have ever had on the boards to rocket away to a 3:57.5 win. Hillardt passed a group over the last half lap to run second at 3:58.4, Scott 3:58.7, and Maree 3:59.0.

Ruth Wysocki did the pacing chores for Rumanians Doina Melinte and Maricuica Puica during the first three quarters of their mile race (69.6-2:17.5-3:27.9 splits). With two 160 yard circuits to go Puica rocketed by, followed by her countrywoman. During the final lap Melinte down-shifted herself, and moved away to a 4:29.2-4:30.0 win with Wysocki back at 4:35.2. Fita Lovin (Romania) left the pack behind quickly in her 880 yard race, covering the first 440 yards in 58.1. It was a solo race from there, with her 2:00.3 finish leaving her just short of Mary Decker's 1:59.7 Meet Record.

Greg Foster looked sharp, despite suffering from the flu recently, in taking good fields over 50 and 60 yards in the hurdles. Greg was out strong each time, with the pack edging close near the end in his 6.01 (50y) win (Tonie Campbell 2nd at 6.04) and 7.01 (Meet Record-60y) win (Sam Turner 2nd here 7.06). In the 500 yard race Mark Rowe (Accusplit) held off the last lap rush of Walter McCoy to win 56.2-56.3.

photo by Richard Lee Slotkin



Johnny Gray wins Times 1000

Men's Results

50y Hurdles: 1. Foster 6.01, 2. Campbell 6.04, 3. Turner 6.06, 4. Stewart 6.19, 5. Kerho 6.31. **60y HH:** 1. Foster 7.01, 2.

Long Distance Results

photo by Gene Cohn



Danny Grimes notching a 28:55 at the Modesto 10K. See December issue for results.

1985 30K Championship

from Ray Schmidt

Yorba Regional Park

Overall Results

1	Buford Harris (Whichr)	1:34:23
2	Luis Sanchez (19-29)	1:43:17
3	Clyde Matsunura (19-29)	1:43:17
4	Jon Horowitz (19-29)	1:44:31
5	Don Ocana (30-34)	1:44:33
6	Herb Tanzer (30-34)	1:48:11

7	Allan Johnson (40-44)	1:47:21
8	Ron Navarette (45-49)	1:51:01
9	Jim Knerr (50-54)	1:52:10
10	William Lovelace (35-39)	1:52:20
11	Judy Vivian (30-34/F)	1:54:40
12	Nicks Purnell (35-39)	1:56:52
13	Bob Nyman (45-49)	1:57:12
14	Dick Pallies (45-49)	1:57:54
15	Pat Devine (55-59)	1:59:08
16	Hal Winton (50-54)	2:06:06
17	Jay Willis (40-44)	2:06:54
18	Kathy Pycior (35-39/F)	2:19:43
19	Shiela Hasham (40-44/F)	2:25:04
20	Diane Eastman (40-44/F)	2:20:28
21	Dean Scofield (70 & O)	1:48:24

New Years Resolution Day Runs

January 1. Santa Barbara. 5K & 10K.

Overall Results - 5K		
1	Jim Triplett (27) StaBarbara	15:14
2	Steve Blum (29) Ventura	15:20
3	Gus Hermes (22) StaBarb	15:36
4	Tom Phillips (30) StaBarb	15:45
5	Donald Faith (30) Carpinteria	15:58
6	Corey Welles (21) Sta Barb	16:01
7	Mike Lohr (26) Sta Barb	16:15
8	Treacy McAmev (28) Sta Barb	16:18
9	John Brennan (49) StaBarb	16:30
10	Tony Salazar (31) StaBarb	16:39
11	Eric Carman (19) Sta Barb	16:50
12	Mike Bouffard (20) Sta Barb	16:57
13	Rick Hallblom (35) Sta Barb	16:58
14	Brian Nelson (27) Ventura	17:05
15	Bill Adler (34) Sta Barb	17:27
16	Reyes Lopez (19) Sta Barb	17:42
17	John Patterson (43) Sta Barb	17:57
18	Elaine Triplett (34F) StaBarb	17:58
19	Ken Tabata (26) Alhambra	18:21
20	Brian Tharp (33) Sta Barb	19:16

Division Results - Men's 5K		
12 & Under:	1. Jermaine Cherot 22:32.	
13-15:	1. Jason Hanson 22:27, 2. Joshua Kohl 22:27, 16-18: 1. Daniel Monroy 21:59.	
19-34:	1. Jim Triplett 15:14, 2. Steve Blum 15:20, 3. Gus Hermes 15:36. 35-39: 1. Rick Hallblom 16:58, 2. Charles Hewitt 19:38, 3. John Redding 20:01. 40-44: 1. John Patterson 17:57, 2. Al Sladek 20:26, 3. Michael Saunders 20:34. 45-49: 1. John Brennan 16:30, 2. Paul Ellison 19:45, 3. Art Sylvester 19:48. 50-54: 1. Jim Mathieson 21:06, 2. George Rosenberg 21:30. 55-59: 1. Richard Abbe 24:44. 60-64: 1. Fred Nagelschmidt 19:22. 65-69: 1. Richard Freeman 31:30. 70 & Over: 1. William Repy 30:36.	

Division Results - Women's 5K		
12 & Under:	1. Yasmin Alam 29:23. 13-15: 1. Tami Dobe 24:24. 16-18: 1. Andrea Byers 20:06, 2. Connie McCarty 20:22. 19-29: 1. Nancy Hamel 21:41, 2. Cathy Renck 21:45, 3. Wendy Sandburg 23:29. 30-34: 1. Elaine Triplett 17:58, 2. Nancy Kaplan 22:00, 3. Lupe Reyna 25:19. 35-39: 1. Tara Brown 22:47. 40-44: 1. Judy Kewley 19:20, 2. Shirley Saunders 23:09. 45-49: 1. Fay Hobbs 21:54. 50-54: 1. Jean Reiche 29:50. 55-59: 1. Patty Frankus 26:17. 60-64: 1. Arlene Hallenbeck 29:54.	

Overall Results - 10K		
1	Gary Tuttle (37) Ventura	29:56
2	Michael Hunt (26) Oxnard	31:53
3	Steve Close (41) Sta Barb	32:55
4	Hans Van Koppen (29) Ventura	33:57
5	Larry Pontinen (43) Ventura	35:23
6	Donald Faith (30) Carpinteria	35:35
7	Jon Clark (24) Carpinteria	35:45
8	Larry Jamison (42) SLO	36:46
9	Gerald Roy (41) Carpinteria	36:51
10	Roddy Rideout (20) Sta Barb	36:56
11	Robin Taliaferro (40) Sta Barb	36:58
12	Mel Sartaian (34) Sta Barb	37:08
13	Al Sanchez (33) Oxnard	37:18
14	Steve Dornish (40) Encinitas	37:22
15	Floyd Blackwill (25) Sta Barb	38:20
16	Anne Hayden (30F) Sta Barb	38:31
17	Brian Nelson (27) Ventura	38:35
18	Bob Fox (25) Sta Barb	38:47
19	Tamara McCarty (18F) Ventura	38:49
20	Geoffrey Wyatt (24) Sta Barb	39:27

Division Results - Men's 10K		
12 & Under:	1. David Millett 1:13:14. 13-15: 1. Jeff Atchison 41:36. 16-18: 1. Erin O'Connor 42:33. 19-34: 1. Michael Hunt 31:53, 2. Hans Van Koppen 33:57, 3. Donald Faith 35:35, 35-39: 1. Gary Tuttle 29:56, 2. Larry Mousouris 41:15, 3. Charles Porter 41:18. 40-44: 1. Steve Close 32:55, 2. Larry Pontinen 35:23, 3. Larry Jamison 36:46. 45-49: 1. Art Sylvester 39:34, 2. Tony Chapman 40:38, 3. Dennis Ahlman 42:12. 50-54: 1. William Wise 41:18, 2. Jack Wilson 43:59, 3. Jim Mathieson 44:05. 55-59: 1. Gene Pumphrey 39:53, 2. Roger Boedecker 44:35, 3. Gene Welch 47:49. 60-64: 1. Ray Gil 40:27. 65-69: 1. Joseph Carey 45:54. 70 & Over: 1. Paul Gilbert 1:03:44.	

Division Results - Women's 10K

16-18:	1. Tamara McCarty 38:49. 19-29: 1. Ann Boyes 40:46, 2. Debbie Altus 42:56, 3. Ruth Vomund 43:53. 30-34: 1. Anne Hayden 38:31, 2. Mary Ann Kestner 44:50, 3. Kim Schizas 46:51. 35-39: 1. Stephanie Welch 43:49. 40-44: 1. Judy Kewley 42:39. 45-49: 1. Karen Nestande 51:51. 50-54: 1. Margie Himmelwright 1:02:38. 55-59: 1. Veronica Hanlon 58:44. 65-69: 1. Grace Schweitzer 1:01:49.
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Resolution Runs

January 1. Santa Rosa. 5K & 10K.

Division Results - Men's 10K		
14-18:	1. Eric Bohn 33:54, 2. Tom Macken 35:41. 19-24: 1. Roy Castro 33:19, 2. Mike Castagnola 33:53. 25-29: 1. Mike Hefferon 38:09, 2. Tim Henrichs, N.T. 30-34: 1. Walt Basinger 38:09, 2. Rich Parry Jones 40:14. 35-39: 1. Dennis Doris 35:29, 2. Wayne Hinrichs 36:22, 3. Marshall MacDonald 36:28. 40-44: 1. Brendan Hutchinson 35:48, 2. Richard Frampton 38:59, 3. Sal Citarella 40:02. 45-49: 1. Darryl Beardall 33:43, 2. Martin Peers, N.T. 50-54: 1. Bob Buckendahl 38:59, 2. San Stevenson 39:25. 55-59: 1. Leo Steneck 42:10, 2. Jim Connell 50:28. 60 & Over: 1. Don Timmerman 59:12.	

Division Results - Women's 10K		
14-18:	1. Kristie McCall 40:15, 2. Sheila O'Hanlon, N.T. 25-29: 1. Kathy Madronich 45:26. 30-34: 1. Cindy Peterson 46:17, 2. Deborah Jones N.T. 35-39: 1. Judy Welch 42:15, 2. Mary Parry Jones 47:41. 40-44: 1. Joyce Bennett 50:50, 2. Bonnie Martin N.T. 45-49: 1. Gretchen Covington N.T. 50-54: 1. Jan Buckendahl 42:25, 2. Maril Francis N.T. 60 & Over: 1. Maria Carlsen 60:58, 2. Liz Horney 70:03.	

Overall Results - Men's 5K		
1	Butch Alexander (31)	15:59
2	Dennis Boliman (33)	16:52
3	Stephen Willis (23)	17:26
4	Fred Kenyon (34)	17:47
5	Doug Huscher (19)	18:11
6	Don Madronich (39)	18:25
7	Mike Pence (44)	18:56
8	Doug Courtemarche (32)	19:02
9	John DeVries (38)	19:07
10	Myron Burr (28)	19:35

Division Results - Men's 5K		
13 & Under:	1. Scott Huscher 22:37, 2. David Reuser 24:26. 14-18: 1. Jethro Greenbaum 20:11, 2. John Reuser 27:55. 19-24: 1. Stephen Willis 16:54, 2. Doug Huscher 17:46. 25-29: 1. Myron Burr 19:07. 30-34: 1. Butch Alexander 15:58, 2. Dennis Boliman 16:51, 3. Fred Kenyon 17:46. 35-39: 1. Don Madronich 18:10, 2. Doug Courtemarche 18:56, 3. John DeVries 19:02. 40-44: 1. Mike Pence 18:24, 2. Dan Wright 20:47. 45-49: 1. Ralph Harms 20:37. 50-54: 1. Hal Huscher 22:32, 2. W. Waring 23:09.	

Overall Results - Women's 5K		
1	Karen McCall (9)	22:36
2	Nika Horn (10)	22:36
3	Heidi Bohn (16)	22:37
4	Heather Buckendahl (20)	24:27
5	Rachel Kingsbury (15)	25:11
6	Mary Leveque (17)	25:43
7	Judy Gottlieb (38)	26:18

Division Results - Women's 5K		
13 & Under:	1. Karen McCall & Nika Horn 22:36. 14-18: 1. Heidi Bohn 22:36, 2. Rachel Kingsbury 24:52. 19-24: 1. Heather Buckendahl 24:26. 30-34: 1. Lynne Walker 26:20, 2. Jan Peterson 27:12. 35-39: 1. Judy Gottlieb 25:43, 2. Katie Morley 27:38, 3. Joanne DeVries 27:39. 40-44: 1. Vicki Greenbaum 27:49, 2. Diane Beer 32:54. 45-49: 1. Ann Johnson 28:21.	

Lompoc Winter Runs

January 5. Lompoc.

.75 Mile 9 & Under:	1. Seth Bean 4:49, 2. Mike Benson 5:08.
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continued on next page... 31

Results

1.3 Mile 10-11: 1. Brian Silsbee 8:17, 2. Bart Sepko 8:31, 3. Jay Benson 9:01, 4. Jennifer Nicholson 11:35, 4. Mickey Gnesa 11:35, 6. Christie Morris 12:27.

2.0 Miles 13-14: 1. Jennifer Hoogendyk 14:43, 2. Lisa Shiner 19:26.

3.0 Miles - Women's Open: 1. Gudrun Fink 22:13, 2. Trina Nagele 23:57, 3. Joan Holloway 24:03, 4. Vicki Book 25:23, 5. Patty Landis 25:51, 6. Olga Quinones 26:11, 7. Dora Martin 26:20, 8. Allegra Shiner 27:25, 9. Kathy Bridge 28:40, 10. Karen Weston 29:10, 11. Peggy Goo 29:27, 12. Lynda Moore 29:47, 13. Kerri Lotz 39:34.

6.0 Miles - Men's Open: 1. John Trump 34:50, 2. Dan St. John 36:42, 3. Steven Paduganan 36:43, 4. Tom Halpin 36:45, 5. David Book 38:10, 6. Bob Hoogendyk 38:11, 7. Charles Sepko 39:32, 8. Ron Levy 39:47, 9. Jack Long 40:06, 10. Mike Worthington 40:09, 11. Mick Dubowsky 40:12, 12. Ray Gil 40:17, 13. Andrew Hecker 42:05, 14. William Costello 42:08, 15. Paul Keating 42:08, 16. Lee Heinz 43:41, 17. Ray Fuller 45:15, 18. Robert Woodliff 45:52, 19. Richard Todd 48:42, 20. Peter Jenkins 49:09, 21. Ronald Arnoldsen 53:19, 22. Steve Grieshaber 57:19, 23. Bob McCauley 58:57.

7 Al Bellon (58) Ukiah 58:59
8 Richard Robinson (35) Tirmage 60:19
9 Grant Niceswanger (40) R.V. 60:32
10 Robert Clark (34) Calpella 60:38

Overall Results - 3.6 Mile

1 Tim Beversdorf (24) S.Rosa 20:57
2 Bob McWilliams (31) Hopland 21:05
3 Mike DeGregorio (29) Burlingme 21:19
4 Larry Morton (27) Ukiah 21:27
5 Bill Davis (29) Ukiah 22:00
6 Timothy Giberson (17) R.V. 22:23
7 Bob Borba (39) Willits 22:51
8 David Crew (42) Ukiah 23:09
9 Glen Westlund (35) U-Lake 24:19
10 Sanford Dorbin (52) Willits 24:30

Houston Tenneco Marathon

January 6, Houston, TX. 26.2 Miles.

Marty Froelick, a 26 year old native of Houston who is currently training in Colorado Spring, and Sylvia Ruegger, the 23 year old Canadian marathon record-holder, were among everyone's pre-race picks in this year's Houston-Tenneco Marathon, but it took some determined running to make the predictions come true.

Running under sunny skies with temperatures in the low forties at the 8:00 a.m. start, Froelick stayed among a lead pack of twenty during the first half of the race and passed the half marathon in 1:05:38. A mile later, though, Sam Ngatia of Kenya surged and left the other runners struggling as he turned in miles of 4:43 and 4:46. That opened a gap of thirty seconds, a lead which Ngatia continued to build upon for the next few miles as he kept the pace well under five minutes per mile.

"I had my doubts," said Froelick, the man who would finally answer the Ke-

nyan's surge. "People were telling me how far behind I was, and it kept getting bigger and bigger."

At the 22-mile mark, Ngatia had a lead of just over a minute, but it was at that point that Froelick, followed by Wolfgang Krueger and Andreas Weniger of West Germany, began narrowing the margin. As Ngatia closed in on downtown Houston and the finish line, Froelick closed in on the Kenyan, and it was less than a mile from the end when Froelick finally passed. The 2:11:13 victory was only two seconds shy of Benji Dirden's course record, and was worth \$20,000 to Froelick. Ngatia held on for second place and \$12,000.

In the women's division, Ruegger ran with Jacqueline Gareau of Quebec, Canada, and Britain's Veronique Marot through ten miles in 57:05 and the half-marathon in 1:14:30. At seventeen miles, though, Ruegger picked up the pace and left Gareau, going on to finish in 2:28:36, a new Canadian marathon mark.

This year's Houston-Tenneco Marathon, which included over 3,300 entrants, awarded a total of \$100,000 in prize money, plus a \$100,000 paid life insurance policy to both the men's and women's winners, provided by Southwestern Life Ins. Co. and Philadelphia Life Ins. Co., which are subsidiaries of the sponsoring Tenneco Corp.

Men's Results

1 Marty Froelick, ColoSp, \$20,000 2:11:13
2 Sam Ngatia, Kenya, \$12,000 2:11:43
3 Wolfgang Krueger, W.G. \$8000 2:11:55
4 Andreas Weniger, W.G. \$6000 2:12:32
5 Dennis Rinde, Folsom, \$3500 2:12:51
6 John Moreno, Pacifica, \$2000 2:12:59
7 Chris Bunyan, England, \$1500 2:14:21
8 Randy Reina, Fayetteville, \$1250 2:14:31
9 Ken Hunter, Casper, \$1000 2:14:35
10 Doug Avrit, SLO, \$800 2:14:37
11 Larry Barthlow, Boston, \$700 2:14:52
12 Kevin Brower, Raleigh, \$600 2:15:00
13 David Edge, Ontario, \$500 2:15:12
14 Hank Pfeiffer, Saco, \$450 2:16:27
15 Gabriel Kamau, Kenya, \$400 2:18:01
16 Ben Moturi, Kenya, \$350 2:18:22
17 Lyle Parker, Baton Rouge, \$300 2:21:52
18 Dennis Fowles, England, \$250 2:23:19

Women's Results

1 Sylvia Ruegger, Ontario, \$20,000 2:28:36
2 Jacqueline Gareau, Qu., \$10,000 2:29:32
3 Veronique Marot, G.B. \$5000 2:31:16
4 Sue King, Mobile, AL, \$2000 2:36:24
5 Bente Moe, Norway, \$1000 2:37:44
6 Maureen Custy, Ft. Collins, \$600 2:38:31
7 Donna Roark, Houston, \$450 2:38:51
8 Vickie Smith, Austin, \$400 2:43:03
9 Lynn Huntington, Hous., \$300 2:48:56
10 Debbi Warner, Houston, \$250 2:50:00
11 Jenni Peters, Baton Rouge, \$200 2:54:54
12 Laurie Pipenur, Houst., \$200 2:58:24

Willy's Road Race

from Ellen Clark

January 12, Los Altos. 1 Mile & 5 Mile.

For the first time in the six year old history of the Willy's Road Race, there was a repeat winner on the certified, flat, and extremely fast five mile course. Defending champion, Rich McCandless of Los Gatos, came back to the Willy's with a determination to nudge under the '83 record of 23:50 by Ron Fritzsche. Rich had come up short last year by three seconds, but this year he was determined to give it his best shot. And give it his best shot, he did! Fresh off a 2:16 marathon which was his first, he knew he was in great shape, but he knew he would get a challenge from teammate and 4 minute miler John Supp. Nevertheless, Rich took the pace from the start and never relinquished the lead. He averaged a breath taking (literally) 4 minutes and 43 seconds per mile and not only nudged but crushed the old record by 14 seconds. Rich's time was 23:36.4! He threw his

hands up in victory at the finish when he realized his accomplishment. John Supp, who like Rich also runs for Ryan's Sport Shop in Santa Clara, was 2nd in the race. His time of 23:54 is truly amazing considering John is a 4 minute miler and his specialty is primarily the shorter races. John was only 4 seconds off the old record of Ron Fritzsche and while he doesn't exactly enjoy the longer races, he certainly proved that his speed comes in handy over the long haul.

For the top female, what better person to win the race than a woman named Ellen! No, not co-race director Ellen Clark, but Ellen Lyons of Stanford. This was Ellen's first visit to the Willy's, but the 22 year old senior certainly carries with her some great credentials. She was an All American in cross-country for the '84 season and was an '84 Olympic Trials competitor during the summer. Finishing in a crowd of guys and far up in the race, she caught the race officials by surprise. No one had realized she was the first woman until she was in the finish chute! She decimated the 1984 Connie Hester course record by 30 seconds by running an incredible 27:29.4. Following Ellen to the finish and also dipping under the old course record by a second, was Sandy French who ran 27:58.4. Sandy is another Ryan's Sport Shop prodigee.

Division Results - Men's 5 Mile

18 & Under: 1. Jason Carroll 27:20, 2. Masahiro Takayama 27:29, 3. Tim Schenone 28:04, 19-29: 1. Rich McCandless 23:36, 2. John Supp 23:54, 3. Marc Olesen 24:07, 30-39: 1. Dennis Kurtis 24:37, 2. John Barbour 25:05, 3. Dennis Tracy 25:07, 40-49: 1. Gary Goettelmann 25:43, 2. Tim Rostage 26:43, 3. Bill Meinhardt 27:27, 50-59: 1. Lynn Wood 27:13, 2. Bob Farrington 29:35, 3. Bill Mossie 30:01, 60 & Over: 1. Dennis Egleby 31:40, 2. David Weber 34:38, 3. William Redmond 35:44.

Division Results - Women's 5 Mile

18 & Under: 1. Becki Vanzant 31:28, 2. Shelly Brown 32:34, 19-29: 1. Ellen Lyons 27:29, 2. Sandy French 27:58, 3. Allison Snow 28:16, 30-39: 1. Barbara Zimmer 29:46, 2. Linda Mantynen 29:50, 3. Sue Vinella Brausher 30:03, 40-49: 1. Karen Lanterman 30:29, 2. Joan Ullyot 31:21, 3. Gail Rodd 32:45, 50-59: 1. Mary Richard 33:05, 2. Frances Sackerman 34:47, 3. Elizabeth Ross 36:21.

Division Results - Boy's One Mile

7 & Under: 1. Boyd Richard 7:30, 2. Eric Normant 8:00, 3. Gregory Velasquez 8:03, 8-10: 1. Jerome Dino Daniels 5:52, 2. Malcolm Davies 6:06, 3. Matthew Klinke 6:21, 11-13: 1. Andy Johnson 5:39, 2. Sandro Sidella 5:40, 3. Daryl Onton 5:41, 14 & Over: 1. Larry Guinee 4:22, 2. Todd Thomas 4:45, 3. Michael Person 5:01.

Division Results - Girl's One Mile

7 & Under: 1. Dawn Johnson 7:27, 2. Stephanie Quay 7:59, 3. Chris Reuser 8:12, 8-10: 1. Fatima Johnson 6:05, 2. Crystal Miki 6:20, 3. Jennifer Madonna 7:13, 11-13: 1. Carrie Adams 6:40, 2. Jenny Johnson 6:42, 3. Misty LeCorno 6:48, 14 & Over: 1. Teresa Clark 6:16, 2. Michelle Hultberg 6:19, 3. Maris Beyerlein 7:08.

San Diego Cop'er Bowl 10K & 2 Mile

from In Motion

January 12, San Diego.

Overall Results - Men's 10K

1 Steve McCormack 30:24
2 Rich Brownsberger 30:33
3 Robert Lusitana 30:40
4 Mark Junkermann 31:16
5 Jack Kalry 31:32
6 Bill Cleaves 32:17
7 Juan Naranjo 32:27
8 Jim Mosher 32:45
9 Don Thornhill 32:48
10 Michael Balis 33:11

Resolution Run

January 6, Ukiah. 15K and 3.6 Mile.

Overall Results - 15K

1 Mike Williams (23) Arcata 48:52
2 Butch Alexander (31) Sonoma 52:29
3 Gary Broad (25) Lakeport 53:08
4 Dennis Ballman (33) Sonoma 56:01
5 Fred Kenyon (34) Festvil 57:51
6 Skyhorse Powers (32) Ukiah 58:33

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Division Results - Men

12 & Under: 1. Mike Farrell 38:35, 2. Richardo Serrato 40:57, 3. Tom Ruff 41:31. **13-17:** 1. Robert Lopes 33:38, 2. Miguel Tovar 36:52, 3. Jake Decker 37:20. **18-25:** 1. Steve McCormack 30:24, 2. Rich Brownsberger 30:33, 3. Mark Junkermann 31:16. **26-32:** 1. Robert Lusitana 30:40, 2. Randy Kilpatrick 34:09, 3. Eddie Brown Jr. 35:22. **33-39:** 1. Jim Mosher 32:45, 2. Richard Enriquez 33:27, 3. Ron Wells 34:10. **40-49:** 1. Wendell Maize 36:11, 2. Joseph Wilson 36:27, 3. Roy Koehn 36:40. **50-59:** 1. Fred Lehr 37:35, 2. Alfredo Guerra 38:52, 3. Warren Osborn 39:50. **60 & Over:** 1. Jim McCown 39:15, 2. Wayne Zook 42:53, 3. Joe Vevoda 48:36. **Law Enforcement: 21-29:** 1. Don Thornhill 32:47, 2. Dexter Wittman 38:17, 3. David Kallas 39:20. **30-37:** 1. Jon Haberkern 33:49, 2. Andrew O'Leary 35:43, 3. Wayne Petersen 37:50. **38-45:** 1. Tony Gerardi 33:23, 2. Dan McCaskill 35:09, 3. Jim Duncan 36:10. **46 & Over:** 1. Matt Gleason 43:00, 2. Raymond Wagner 43:50, 3. Larry Carlin 43:56.

Overall Results - Women's 10K

1 Laurie Crisp 34:42
2 Heather Brookes 37:27
3 Gretchen Bohan 38:52
4 Marcelle Cunningham 39:40
5 Elva Koorey 39:42

Division Results - Women

12 & Under: 1. Sheri Savel 49:18, 2. Debra Savel 56:39, 3. Matti Sand 62:21. **13-17:** 1. Heather Brookes 37:27, 2. Laura Chapel 43:15, 3. Jessica Rapp 45:27. **18-25:** 1. Laurie Crisp 34:42, 2. Gretchen Bohan 38:52, 3. Marcelle Cunningham 39:40. **26-32:** 1. Kathy Nelson 41:45, 2. Ann Espinoza 44:01, 3. Barbara Goggin 44:08. **33-39:** 1. Elva Koorey 39:42, 2. Nancy Ott 43:49, 3. Cindy Pavett 48:34. **40-49:** 1. Ursula Rains 40:17, 2. Bonnie Baer 43:19, 3. Betty Wood 43:19. **50-59:** 1. Nicki Hobson 44:36, 2. Mae Ann Garry 52:31, 3. Bebe Zigman 80:19. **60 & Over:** 1. Judy Simon 55:19, 2. Bess James 63:59. **Law Enforcement: 21-29:** 1. Lisa Cook 43:02, 2. Lisa Lee 48:00, 3. Monica Kaiser 48:15. **30-37:** 1. Jarilyn Sober 45:54, 2. Suzy Rescke 48:01, 3. Maria Baily 56:57. **38-45:** 1. Carmen Martinez 47:19.

Mission Bay Marathon

January 13, San Diego.

Top Ten Men

1 Jerry Marsh (21) 2:21:33
2 Jeff Woodland (24) 2:27:26
3 Emeterio Nava Valles (22) 2:28:32
4 William Allad (20) 2:31:50
5 Armando Vargas (25) 2:32:14
6 Luis Sanchez (27) 2:32:35
7 Ed Nares (34) 2:33:02
8 Steve Klasna (20) 2:33:26
9 Andy Mackey (34) 2:36:35
10 Mark Grimblot-Indihar (33) 2:37:53

Division Results - Men

19 & Under: 1. Ken Stumpf 2:39:10, 2. James Brooks 3:10:43, 3. Mike Farrell 3:12:07. **20-29:** 1. Jerry Marsh 2:21:33, 2. Jeff Woodland 2:27:26, 3. Emeterio Valles 2:28:32. **30-39:** 1. Ed Nares 2:33:02, 2. Andy Mackey 2:36:35, 3. Mark Grimblot-Indihar 2:37:53. **40-49:** 1. Joe Gassmann 2:39:44, 2. Benny Holt 2:54:33, 3. Pete Saccone 2:59:10. **50-59:** 1. Ray Langston 3:02:31, 2. T. R. Eddy 3:12:57, 3. Fred Kuenzel 3:14:35. **60 & Over:** 1. Rudy Iglesias 3:23:39, 2. Tom Leedham 3:31:11. **Wheelchair:** 1. Jim Knaub 2:21:58, 2. Peter Brooks 2:21:59.

Top Ten Female

1 Melinda Ireland (33) 2:54:06
2 Oonagh Bruni (29) 2:56:08
3 Michelle Tiff (34) 2:59:35
4 Sharon Crow (29) 3:14:26
5 Rita Cording (25) 3:14:58
6 Tish Husak (34) 3:18:51
7 Gloria Peschel (39) 3:20:32
8 Ninon Argoud (28) 3:22:09
9 Marci Bober (31) 3:22:34
10 Carolyn Richards (19) 3:25:59

Division Results - Women

19 & Under: 1. Carolyn Richards 3:25:59, 2. Megan Daly 3:55:05. **20-29:** 1. Oonagh

Bruni 2:56:08, 2. Sharon Crow 3:14:26, 3. Rita Cording 3:14:58. **30-39:** 1. Melinda Ireland 2:54:06, 2. Michelle Tiff 2:59:35, 3. Tish Husak 3:18:51. **40-49:** 1. Betty Frankum 3:35:02, 2. Dixie Barnard 3:37:12, 3. Ginni Nordstrom 3:37:27. **50 & Over:** 1. Lillian Miller 4:12:45.

Mission Bay 10K

January 13, San Diego.

Division Results - Men

19 & Under: 1. Gary Brimmer 33:47, 2. Joe Cekander 34:41, 3. Craig Miller 37:33. **20-29:** 1. Brad Lakin 30:36, 2. Pete Salcedo

32:47, 3. Douglas Vaughn 33:08. **30-39:** 1. Tom Lux 31:00, 2. John McNiece 33:57, 3. John Cavanaugh 34:12. **40-49:** 1. Peter Stern 33:15, 2. Howard Moody 35:05, 3. Duke Vaughn 36:19. **50-59:** 1. John Terrell 39:59, 2. Bud Blackwood 42:58, 3. Kahler

continued on next page...

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9 Kathleen Huddleston (13-19) 50:22
10 Louise Hitchcock (25-29) 50:24

Division Results - Women

12 & Under: 1. Sharron Prince 47:40, 2. Natalie Barrod 50:04, 3. Kathleen Huddleston 50:22, 20-24: 1. Virginia Abarca 43:00, 2. Darcy Oberbeck 50:25, 3. Kathy Wayne 50:42, 25-29: 1. Marie Albert 42:14, 2. Caroline Doll 47:54, 3. Louise Hitchcock 50:24, 30-34: 1. Nancy Kummel-Baird 41:33, 2. Debby Pierce 49:32, 3. Cookie Hanson 51:42, 35-39: 1. Uta Allen 47:16, 2. Loretta Rodgers 53:11, 3. Judith Kelly 1:05:19, 40-49: 1. Carol Wright 52:05, 2. Beatrice Martin 52:55, 3. Mary Jane McMaster 58:29, 50 & Over: 1. Esther Gerst 59:28.

Foggy Four Mile

January 19, Visalia.

Tanis Leyendekker, of Peregrine Racing team and Sal Lozano, of Aggie Running club were the women's and men's winners of the fourth annual Foggy Four Mile run.

Leyendekker's time of 23:39 set a new race record. Lozano outsprinted Juan Molina for a one second victory. His time of 19:58 set a new race record.

Three new division records were set by members of the Peregrine Racing team. Kathy Kennedy ran 25:08 for a new record in the women's 30-39 division. Shannon Battles won the 15-19 women's division in 28:23. Byron Patterson set a new record in the 30-34 men with his 21:32.

Wayne Van Dellen of High Sierra ran 21:48 for a new record in the men's 45-49.



Tanis Leyendekker winner of the Foggy Four Mile in Visalia.

Division Results - Men

14 & Under: 1. Enrique Diaz 23:48, 15-19: 1. Bret Lizotte 21:29, 2. Mike Lizotte 21:37, 20-24: 1. Jeff Moffit 24:37, 2. Mike Meyers 25:10, 3. Eduardo Via 26:28, 25-29: 1. Sal Lozano 19:58, 2. Juan Molina 19:59, 3. Marty Higginbotham 20:23, 30-34: 1. Byron Patterson 21:32, 2. Robert Aragon 23:05, 3. John Volkman 23:36, 35-39: 1. John Forenti 22:26, 2. Rob Stephenson 22:56, 3. Jim Hill 23:13, 40-44: 1. Frank Ortega 22:30, 2. Mark Raymond 24:50, 3. Phil Farrina 25:15, 45-49: 1. Wayne

VanDellen 21:48, 2. Roger Richards 25:32, 3. Len Hansen 28:37, 50-59: 1. Chris Denny 25:51, 2. Tom Buckton 29:40, 3. Mel Bone 33:12

Division Results - Women

14 & Under: 1. Amadde Ricketts, N.T. 15-19: 1. Shannon Battles 28:23, 20-29: 1. Tanis Leyendekker 23:39, 2. Patrice Heinrichs 40:20, 30-39: 1. Kathy Kennedy 25:08, 2. Pam Jones 30:28, 40-49: 1. Janice Williams 38:20, 50 & Over: 1. Sue Takayama 40:28.

Zonta 10K

January 20, Goleta Beach.

Overall Results

1. Steve Blum (29) Ventura 31:51
2. William John (24) Goleta 32:59
3. John Brennan (49) S.B. 33:33
4. Ralph Casillas (33) Oxnard 33:59
5. Dean Fiedlerjohn (24) Goleta 34:16
6. Russell Beste (23) S.B. 34:27
7. Thomas Taylor (23) S.B. 34:42
8. Rick Halblom (36) S.B. 34:46
9. Terry Howell (29) S.B. 34:46
10. Dennis Stormoen (28) S.B. 35:11
11. Troy Neilan (24) Oxnard 35:20
12. Larry Pontinen (43) Ventura 35:30
13. Dennis Mihora (40) S.B. 35:51
14. Floyd Blackwill (25) S.B. 36:51
15. Bob Fox (25) S.B. 37:39

Division Results - Men

15-18: 1. Scott Caldwell 45:19, 2. Greg Rodriguez 50:50, 19-34: 1. Steve Blum 31:51, 2. Ralph Casillas 33:59, 3. Dean Fiedlerjohn 34:16, 35-39: 1. Rick Halblom 34:46, 2. Ric Lohman 38:39, 3. Gust Rouhas 38:47, 40-49: 1. John Brennan 33:33, 2. Larry Pontinen 35:30, 3. Dennis Mihora 35:51, 50-59: 1. Jack Wilson 41:05, 60 & Over: 1. Fred Nagelschmidt 39:03, Wheelchair: 1. William John 32:59, 2. Stephen Miller 46:05.

Division Results - Women

15-18: 1. Andrea Byers 43:23, 19-29: 1. Mary Barsaleau 43:54, 2. Lisa Litsinger 43:54, 3. Erin Miller 45:54, 30-39: 1. Anne Hayden 38:04, 2. Stephanie Welch 42:37, 3. Mary Ann Kestner 43:52, 40-49: 1. Trina Nagel 50:36, 2. Olga Quinones 52:12, 3. Ethel Byers 52:33, 50-59: 1. Patricia Frankus 53:37.

Pico Rivera Anniversary Run

January 20, Pico Rivera, 5K.

Division Results - Men's 5K

Elementary: 1. Juan Rodriguez 18:50, 2. Lucio Ocampo 18:53, 3. Amos Wright 19:08, **Junior High:** 1. John Soto 15:36, 2. Richard Nava 16:03, 3. Ben Amador 16:55, **High School:** 1. Darrell Turner 16:01, 2. Mario Zamarripa 16:21, 3. Peter Cabral 16:22, **Open:** 1. Gus Quinonez 15:23, 2. Joe Falcon 15:28, 3. Richard Hornish 15:31, 30-39: 1. Fred Luakes 16:24, 2. Philip De La Cerda 16:33, 3. Mike St. Andre 17:04, 40-49: 1. Stan Stauble 16:07, 2. Randall Shelley 16:49, 3. Robert McGeough 17:29, 50-59: 1. Gunner Brickner 18:25, 2. Joe Macias 18:52, 3. Fred Goldman 20:00, 60 & Over: 1. Larry Banuelos 18:52, 2. Avery Barant 19:21, 3. Leonard Kulbacki 21:33.

Division Results - Women's 5K

Elementary: 1. Lorina Ramirez 20:02, 2. Veronica Chavez 20:22, 3. Sandra Hernandez 20:37, **Junior High:** 1. Jennifer Bigney 18:51, 2. Suzanne Cistrouta 19:28, 3. Luisa Villanueva 20:22, **High School:** 1. Marsha Rigney 24:42, 2. Myrna Alcayaga 23:01, 3. Alice Martinez 27:45, **Open:** 1. Liane Kueita, 2. Jan Tefft, 3. Cathy Burton, 30-44: 1. Sara Denning 17:46, 2. Gloria Sanhlan 20:49, 3. Maria Rodriguez 22:26, 45 & Over: 1. Aisuko Jujimoto 21:11, 2. Margaret Shields 22:47, 3. Jean Sutton 28:40.

SPA-TAC District Championships

Division Results - Men's 10K

18 & Under: 1. Carlos Nava 34:29, 2. Randal Felix 34:58, 3. Roger Nava 35:22, 19-29: 1. Robert Campos 32:41, 2. George

Mason 33:03, 3. David Ortiz 33:22, 30-34: 1. Ben Martinez 32:51, 2. Darren George 33:01, 3. Stephen McCailey 33:06, 35-39: 1. Thomas Sneddon 35:19, 2. Tom Findley 35:42, 3. John Rupp 36:05, 40-44: 1. Phil Ryan 32:52, 2. Paul Stream 33:20, 3. Steve Close 33:22, 45-49: 1. Bob Nyman 36:24, 2. Dick Pailles 36:29, 3. Fred Glover 37:31, 50-54: 1. Jim Kneir 34:41, 2. Tom Sturak 36:33, 3. Wally Ingram 36:53, 55-59: 1. Pat Devine 37:01, 2. Linde Gunnar 37:25, 3. Conrad Eron 38:35, 60-69: 1. Bob Page 39:46, 2. Ray Gil 39:58, 3. Delmar Gouley 43:26, 70 & Over: 1. Dean Schotfield 50:37, 2. Fraser McMinn 51:30, 3. Jim Boie 52:47.

Division Results - Women's 10K

18 & Under: 1. Roberta Morone 40:16, 2. Becky Merrill 43:01, 3. Yvonne Kirby 44:52, 19-29: 1. Jan Tefft 47:36, 2. Jane Baker 49:46, 3. Kathleen Harrigan 1:06:39, 30-34: 1. Catherine Le Cleire 40:36, 2. Ilka Carbo Gillete 41:26, 3. Lynam Aine 41:28, 35-39: 1. Debbie Heaton 37:47, 2. Judy Milkie 39:02, 3. Cathy Kasperky 45:11, 40-44: 1. Sheila Hasham 43:46, 2. Diane Eastman 44:19, 3. Carol Ronnie 50:37, 45-49: 1. Aisuko Fujimoto 46:27, 2. Karen Nestande 50:21, 50-54: 1. Virginia Tanja 46:59, 2. Neily Williams 47:17, 55-59: 1. Ethel Kleinsasser 53:20, 60-69: 1. Edith Carlisle 56:48.

SPA-TAC Championships

Team Results - Men

29 & Under: 1. Pico Rivera Athletic Club 2:50:25, 2. Pacific Coast 2:54:32, 3. South Gate 3:01:29, 30-39: 1. Pico Rivera Athletic Club 3:05:02, 2. Basin Blues 3:06:37, 40-49: 1. Culver City Athletic Club 2:53:48, 2. Santa Clarita 3:07:00, 3. Pico Rivera Athletic Club 3:20:57, 50-59: 1. Seniors Track Club 3:16:18, 2. Pico Rivera Athletic Club 3:48:38, 60-69: 1. Seniors 2:07:13, 2. Pico Rivera Athletic Club 3:39:34, 70 & Over: 1. Seniors 2:34:54.

Team Results - Women

29 & Under: 1. Pico Rivera Athletic Club 1:59:29, 2. Pico Rivera Athletic Club 2:18:20, 3. Culver City Athletic Club 2:20:24, 30-39: 1. Culver City Athletic Club 2:07:26, 50 & Over: 1. Pico Rivera Athletic Club 2:30:04.

Santa Rosa Super Mile

January 20, Santa Rosa.

Division Results - Men

9 & Under: 1. Brian Lange 7:50, 2. Kevin Jeffers 8:08, 3. Jason Eckels 8:31, 10-14: 1. Todd Stevens 5:58, 2. Eric Crawford 7:05, 3. Dave Reuser 7:15, 15-18: 1. Stephen Miller 4:36, 2. Brian Mackey 4:40, 3. Tom Makken 4:42, 19-24: 1. John Hogan 4:32, 2. Brian Hoyt 4:33, 3. Anthony Burke 4:38, 25-29: 1. Scott Leonard 4:28, 2. Ted Quintana 4:46, 3. Dennis Boneck 5:02, 30-34: 1. Hersh Jenkins 4:33, 2. Butch Alexander 4:37, 3. Stan Hockerson 4:48, 35-39: 1. Jim Miner 5:01, 2. Don Madronich 5:11, 3. Rick Hawson 5:12, 40-44: 1. Richard Whitewater 4:50, 2. Brendan Hutchinson 4:57, 3. Dan Wright 5:58, 45-49: 1. Darryl Beardall 4:55, 2. Ralph Harms 5:50, 3. Jim Minkler 6:21, 50-59: 1. Morton Gray 5:01, 2. Carl Johnson 5:50, 3. Toni DuBay 5:52, 60 & Over: 1. David Burg 6:57, 2. Donald Timmerman 8:20, 3. Vernon Wallace 11:18.

Division Results - Women

9 & Under: 1. Karin McCall 7:27, 2. Chris Reuser 8:14, 3. Corley Howard 8:33, 10-14: 1. Kristie McCall 6:00, 2. Julie Beaty 6:33, 3. Jennifer DeWitte 7:40, 15-18: 1. Sherri Minkler 5:24, 2. Allison Sides 6:10, 3.

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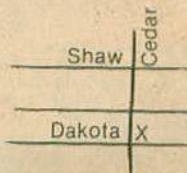
FLEET FEET TRIATHLETE

Triathlon Speaker Series #3 BICYCLING: Maintenance and Selection with LARRY HENDRICKS

SPEAKER: Larry Hendricks is a well-known expert in cycling. He is the co-owner of Central Valley Cycling. He has worked with many high caliber cyclists and triathletes.

DATE: Wednesday, March 27, 1985 at 7 p.m.

LOCATION: FLEET FEET TRIATHLETE
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Results

Laurie Bennett 7:18. 19-24: 1. Tammy Gonzalez 5:14, 2. Maribeth Duffy 6:02, 3. Donna Summers 6:31. 25-29: 1. Cindy Williams 5:56, 2. Tosya Shore 6:10, 3. Anne Prouty-Burr N.T. 30-34: 1. Merry Humphreys 5:57, 2. Chris Reid 6:08, 3. Cindy Peterson 6:30. 35-39: 1. Judy Welch 6:13, 2. Julie Schreck 6:40, 3. Joanne Innis 6:49. 40-44: 1. Kathy Faherty 6:52, 2. Joyce Bennett 7:07, 3. Mary Geissinger 7:20. 45-49: 1. Gretchen Covington 6:24, 2. Carmel Gordon 7:11, 3. Jan Shaw 7:40. 50-59: 1. E. Ward 7:27, 2. Floris Hoffenburg 8:33, 3. Julie Young N.T. 60 & Over: 1. Helen Kuzara 8:24, 2. Maria Carlsen 9:00, 3. Marian Timmerman, N.T.

Solidarity Run for the Teachers of El Salvador

from Joe Berry

January 20. Golden Gate Park, S.F.

Results - Men's 5K

1 Don Paul	15:32
2 Mark Pacelli	16:45
3 Michael Rodriguez	16:56

Results - Women's 5K

1 Jennifer Cleary	21:54
2 Denise Dunbar	21:51
3 Sally Savitz	21:58

Results - Men's 10K

1 Jack Martinez	32:31
2 Robert Mendez	33:44
3 Thom Ford	34:07

Results - Women's 10K

1 Susan Putney	41:38
2 Susan Zieff	43:19
3 Sandra Berhoogen	44:05

Super Bowl 10K

from In Motion

January 20. La Jolla.

Overall Results - Men

1 Tim Varley	30:24
1 Steve McCormack	30:24
3 Richale Brownsberger	30:34
4 Tom Lux	30:46
5 Robert Lusitana	30:51
6 Joe Nitti	30:59
7 Bradley Lakin	31:32
8 Pat Green	32:06
9 Joe League	32:26
10 Juan Naranjo	32:44

Division Results - Men

12 & Under: 1. Mike Farrell 37:29, 2. Tony Tan 42:33, 3. Matthew Sturken 43:08. 13-17: 1. Clark Sandknop 33:51, 2. Pat Castro 35:14, 3. Cary Gregorio 35:26. 18-29: 1. Tim Varley 30:24, 2. Steve McCormack 30:24, 3. Richie Brownsberger 30:34. 30-39: 1. Tom Lux 30:46, 2. Joe League 32:26, 3. Randy Kilpatrick 32:59. 40-49: 1. Peter Stern 33:13, 2. Jim Bruickshank 35:56, 3. Duke Vaughn 36:18. 50-59: 1. T. R. Eddy 38:44, 2. Warren Osborn 39:33, 3. Bill Stock 41:18. 60 & Over: 1. Rudy Iglesias 41:09, 2. Louie Ojeda 42:19, 3. Wayne Zook 42:44.

Overall Results - Women's 10K

1 Kathy Kinane	37:26
2 Oonagh Bruni	37:32
3 Mary Burns	37:40
4 Lita Lux	38:15
5 Debbie Lewis	38:45

Division Results - Women

12 & Under: 1. Sheri Savel 50:38, 2. Bruni Rains 52:02, 3. Lisa Harris 55:19. 13-17: 1. Darcy Arreola 42:05, 2. Nicole Nugent 43:03, 3. Lisa Seger 45:19. 18-29: 1. Kathy Kinane 37:26, 2. Oonagh Bruni 37:32, 3. Mary Burns 37:40. 30-39: 1. Debbi Lewis 38:45, 2. Linda Anderson 42:25, 3. Karen

Werner 42:26. 40-49: 1. Ursula Rains 40:41, 2. Helen Baker 49:59, 3. Donna Hawkins 50:26. 50-59: 1. Elsa Sandberg 48:03, 2. Anita Calhoun 51:29, 3. Mary Brown 53:37. 60 & Over: 1. Lucy Killea 60:40.

Superbowl Sunday 10K

by Richard Lee Slotkin

January 20. Redondo Beach.

As the husband of Ruth Wysocki, Tom Wysocki must have been getting the feeling that it was time to do something to prove that there were two classy runners in the family. In fact, while Ruth was getting all the press since her upset of Mary Decker in the 1500 meters in the Trials last June, Tom was totally out of things, hobbled by injuries. Coming into this race, though, he was confident. "I'm at my lowest weight since my sophomore year in college," the 28 year old Wysocki confided. An added incentive was that he had won this event last year in an exciting shootout with Steve Bishop, one that went right down to the wire.

So, when the gun went off... well, actually no one really knew when the gun went off. The sound system had failed, and the 18,000 or so who had gathered on North Harbor Drive weren't sure whether the race had started or not. Some were as much as 2 blocks ahead of the start line, still warming up. Others were milling around, chatting, facing the wrong way, well, you get the idea. But, when the pace vehicle began to move out, the clock already reading 6 seconds and counting, the mob began to surge forward, half-heartedly at first, gradually building to a panic. Like, the race really had started! Wysocki didn't mess around. Last year, he hung in with a lead pack and let Bishop build a huge solo lead. This time, he positioned himself right in the front line. Bishop, meanwhile, wasn't in his best shape yet, and soon was giving ground to the leaders.

The leaders, after a 4:30 mile, were Wysocki, John Bolger of Calgary Canada, Steve Anders from Liverpool, England and Dan Predmore from Ithaca, New York. Wysocki was the only local in that group. As they moved through 2 1/2 miles,

Anders began to fall back. A little past 3 miles and it was Predmore's turn. Now, it was just Wysocki and Bolger. They went through 4 miles side by side in 18:33. Wysocki was throwing in a surge every so often, but Bolger wouldn't break. Then, near 4 1/2 miles, going up a short hill, Wysocki surged again and held it. He

photo by Richard Lee Slotkin



Sue Berenda

soon had a 5 yard lead and built it up to 12 yards at the 5 mile mark, passed in 23:12.

As everyone who has ever run this race knows, it's almost critical to be ahead of who ever you intend to beat at this point because the Redondo Beach Pier is just ahead. It is almost impossible to pass anyone on the pier because of the narrow passage and the many tight turns. Yet, last year, Bishop shocked Wysocki by doing just that and Wysocki had to get his lead back just before the 200 yard straight between the Pier and the tape. So Wysocki turned it on and, repeatedly looking back over his shoulder, watched his lead grow to about 6 seconds. By the

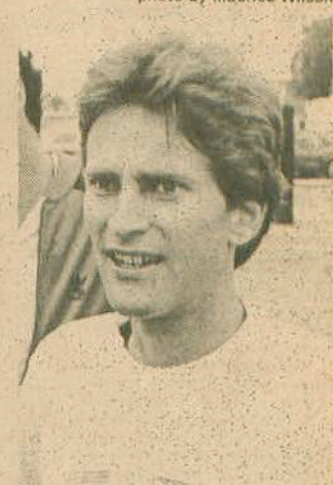
photo by Richard Lee Slotkin



At about the two-mile mark in the Super Bowl 10K (from left): Dan Predmore, John Bolger, Chris Schallert, Tom Wysocki(#1), and Steve Anders.

time he came off the pier and headed to the finish, it was 11 seconds. He crossed the line in 28:53, setting a new course record. Bolger, bloody but unbowed, was second in 29:04. Predmore, maintaining his position, took 3rd, but Anders lost places as well as ground. He wound up 7th. Bishop managed to stay respectable

photo by Maurice Wilson



Tom Wysocki

with a 29:38 and 5th place. The first 6 were all under 30 minutes and the next two were just one second over, a very good field.

When she finally decided that the race had really started, Sue Berenda saw last year's winner, Monica Joyce, was already a half block ahead of her. Apparently Joyce was still in front of the start line when the start signal was given, so she just took off from where she was.

As if that weren't enough, between the mobs of people ahead of her and the many turns, Berenda couldn't even see Joyce during the early going. But, she kept plugging away, as much as almost a quarter mile behind Joyce, according to her coach/husband, until she finally had narrowed the gap to only 15 yards. Then, at just about the same spot that Wysocki had made his move some minutes earlier, Joyce, "... put a move on me that I couldn't match and left me way behind." Well, what can you expect when you're chasing a track runner? Joyce went to her roots, turned on the speed and won by over half a minute. Her time was 33:29, excellent for a deceptively tough course.

Berenda was second, just a few seconds off her PR, which she likely would have bettered had the start been clean. Judy Vivian was 3rd in 34:30, 28 seconds behind Berenda. Long plagued with leg injuries, Vivian appears to be healthy again and ready for some really competitive times.

As has become the custom here, a sort of Bay to Breakers spirit was evident and there were some creative and exciting costumes on display, not to mention some very cleverly designed centipede groups. They encourage these things by having several award categories for them. So, this race, besides being the biggest in Southern California, has become the most colorful and one of the most competitive.

Overall Results - Men

1 Tom Wysocki (28) El Toro	28:53
2 John Bolger (20) Calgary	29:04
3 Dan Predmore (26) Ithaca, NY	29:19
4 Chris Schallert (25) N.Holywd	29:34
5 Steve Bishop (25) WestCov	29:38
6 Joey Gomez (24) SantaAna	29:41
7 Steve Anders (25) Liverpool, Eg	29:44
8 Ron Cornell (25) SanPedro	29:58
9 Martti Kilholma (34) Mallibu	30:01
10 Terry Cotton (30) Lakeside	30:01

Results

photo by Richard Lee Slotkin

the lead pack hadn't really formed. What you had was just the front of the still continuous mob. At the mile, Simeon Kigen was just a step in the lead, followed by five time winner Thom Hunt. Some of the other horses who were still along for the ride were Dave Gordon, Don Janicki, Ivan Huff, Steve Ortiz, last year's winner Markus Ryffel, Tom Wysocki, fresh off a 28:52 the week before in California, Bill Rogers and ... and ... and, well, just about everybody.

Shortly after the mile, which was run around a big shopping Mall, the course, pancake flat, runs through a residential section, finally returning for another loop around the Mall for the finish. It was just after entering the residential area that Kigen made the first of his several surges. He got a 5 yard lead, but the pack stayed with him. Closest were Bickford, Sam Sitonik, Steve Ortiz, Gordon, Hunt and Brit Steve Anders. Near 8 minutes, the lead pack had slimmed down somewhat and had separated itself from the others. Kigen then made a real move. He quickly ran off to a twenty yard lead. No one challenged him, the pack seeming to know that he wasn't going to keep that pace up. Kigen went through 2 miles in 9:04 still holding about 15 yards of his lead. Rogers, at this time was already 50 yards behind, out of contention, and bringing a bit of a nostalgic tear to many of the viewers. No time for tears up front, though. Kigen was, in fact, easing off and in the process of being reeled in. "I went out very fast, maybe too fast," he said later. Behind him, Janicki was closest, but only by a step. He had lots of company. With 13:30 showing on the digital clock on the lead vehicle, Kigen was down to his last yard of lead. Bickford was right behind him, followed by Janicki, Sitonik, Anders and Huff, plus seven others. A few minutes later, Bickford and Kigen were side by side, but Kigen kept throwing little surges to get back a half step or so of lead, which is what he had at the 4 mile mark, 18:15 on the clock. At this point, they were meeting the slower runners still heading out and they were dropping some of the slower leaders behind them. It wasn't until the gang reentered the mall grounds, about 5 miles, that Bickford asserted himself. He and Kigen had been running together for the past several minutes, away from everyone except Ron Carroll from Ireland, who had quietly positioned himself in the front part of the lead pack. But Bickford had had enough company and wanted to be alone. He soon built up a 15 yard lead and thought he was pretty much on his way. Then, out of nowhere ... Brad Erickstad pulled up from behind. Soon he was alongside and then in front, running very strongly. "I thought I was going to get second," Bickford thought.

"If I had run for place I probably could have had second ... but I was running to win," Erickstad said later, explaining why he took the chance of burning out. But it wasn't over yet. There was still nearly a mile to go and for Bickford there was a sense of deja vu. You see, in the Olympic Trials last year, with one lap to go in the 5000 meters final, Bickford was running



Runner's Den 10K at about 1 1/4 miles, leaders from left: Tom Wysocki (behind) Dave Gordon (#39), Thom Hunt (#2), Steve Ortiz (#11), Simeon Kigen (#6), Sam Sitonik (#98), Bruce Bickford (#4). Bickford went on to win in 28:17 - see results below.

4th and had thoughts of being no worse than the alternate. Suddenly, this same Erickstad went by him, only to die on the other side of the track. It happened again. After building up 15 or 20 yards, Erickstad began to tighten up and soon Bickford was only ten yards back thinking, "Now I've got him!"

Sure enough, Bickford sailed out to a commanding 40 yard lead, passing 6 miles in 27:16. Behind him, the kickers were gearing up and with 100 yards to go, Kigen caught the struggling Erickstad, and with only 5 yards left, Wysocki pulled even with him and got a fraction of a step lead as they crossed the finish line in identical times of 28:27, just one second behind Kigen. Considering how long he led the race and that he isn't a great kicker, Kigen's second place finish was rather remarkable. But, the day belonged to Bickford who PRed by 9 seconds, although you'd have to give an honorable mention Wysocki, who also PRed, and the valiant Erickstad. Actually, you could pass out honorable mentions to all the other 47 who broke the half hour mark.

The women's race saw a couple of very impressive clockings, but it wasn't much of a race. Britain's Jane Shields got out first with a 4:59 or 5 flat mile, followed by Aussie Lisa Martin seven seconds later. Martin decided "... if you're that fit, you can have it. I'm not going to run 4:59 the whole way." Neither did Shields. Martin caught her at 2 miles, noticing that Shields was feeling the pace, breathing heavily. By 2 1/2 miles, Martin was all alone headed for a 32:15 win, passing a lot of men in the process. Shields didn't fold her tent and go home. She found a way to get enough oxygen to not only

keep second place, but to do it in less than 33 minutes; 4 seconds less. Third was Irish Regina Joyce in 33:07 and finally an American, Lynn Nelson of A.S.U. not only a native but a local, made it home. Although not as impressive as the men's field, there were enough good ones in the women's division to bring the first 14 in under 37 minutes.

Overall Results - Men

1	Bruce Bickford	28:17
2	Simeon Kigen	28:26
3	Tom Wysocki	28:27
4	Brad Erickstad	28:27
5	Ivan Huff	28:28
6	Don Janicki	28:29
7	Ronnie Carroll	28:36
8	Markus Ryffel	28:41
9	David Barney	28:43
10	Dave Gordon	28:50
11	Steve Ortiz	28:54
12	Thom Hunt	28:57
13	Steve Anders	28:58
14	Ken Martin	28:59
15	Sam Sitonik	29:05

Overall Results - Women

1	Lisa Martin	32:15
2	Jane Shields	32:56
3	Regina Joyce	33:07
4	Lynn Nelson	33:58
5	Karla Ely	34:20
6	Liz Baker	34:29
7	Pat English	34:39
8	Julie Benzel	34:52
9	Kathy Pfeifer	35:02
10	Trina Leopold	35:11

15	Mike Pigg (19-29) Arcata	49:11
16	Paul Conrad (19-29) Arcata	49:12
17	Joe Mangan (19-29) Sunnyvale	49:16
18	Clint Pearson (19-29) Marysville	49:38
19	Dennis Blavin (19-29) Eureka	49:50
20	John Ticer (19-29) Arcata	49:53
21	Ron Callison (19-29) Eureka	50:05
22	Brian Presson (15-18) Eureka	50:25
23	Jeff Johnson (15-18) Eureka	50:26
24	Daniel Raiston (45-49) Redding	50:42
25	Randy Carrico (30-34) Eureka	50:43

Division Results - Men

14 & Under:	1. Mike Mock 58:32, 2. Jason Hoiccombe 61:50, 3. Bryan Lanning 69:47, 15-18: 1. Brian Presson 50:25, 2. Jeff Johnson 50:26, 3. Eugene Livingston 52:46, 19-29: 1. Ray Webb 45:08, 2. Mike Williams 45:36, 3. Joseph Karnes 45:57, 30-34: 1. Peanut Harms 48:20, 2. Howard Labrie 48:38, 3. Randy Carrico 50:43, 35-39: 1. Mike Holt 47:49, 2. Clarence Nason 48:42, 3. John Zinselmeir 50:54, 40-44: 1. James Ballantyne 50:58, 2. Michael McGuire 53:43, 3. Ron Ross 53:51, 45-49: 1. Daniel Raiston 50:42, 2. Roy Veal 57:33, 3. Dan Vermette 57:54, 50-54: 1. Lee Bunnell 57:42, 2. Forrest Williams 57:47, 3. Ken Vollenweider 63:11, 55-59: 1. Robert Malain 54:29, 2. Ted Ruprecht 60:32, 3. Donald Brown 71:17, 60-64: 1. Bob Bauman 73:41, 2. George Grahn 75:35, 3. Charles Swingrover 82:13, 65 & Over: 1. Ira Samuels 69:14.
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Division Results - Women

14 & Under:	1. Jennifer Doniak 77:00, 2. Jenny Scheinman 89:14, 3. Denise Wood 91:29, 15-18: 1. Suzanne Shaw 61:43, 2. Judi Manning 68:09, 3. Donna Durant 73:49, 19-29: 1. Kathy Doian 53:56, 2. Sharon Powers 54:34, 3. Kim Pieratt 55:52, 30-34: 1. Becky Fletcher 55:05, 2. Judy Peltier 55:21, 3. Mignonne Bivin 60:24, 35-39: 1. Kathy Kaiser 57:38, 2. Linda Doniak 61:18, 3. Nancy Ruffner 63:52, 40-44: 1. Lee Macey 68:27, 2. Linda Forbes 71:05, 3. Lori Goodman 77:45, 45-49: 1. Alice Hastings 71:55, 2. Dorothy Story 72:33, 3. Carol Johnson 73:05, 50-54: 1. Lynn Lawrence 74:26, 2. Nancy Gardner 77:41, 3. Georgia Strausbaugh 86:56, 55-59: 1. Betty Anne Osborne 89:53, 2. Georgina Buxton 104:37, 3. Doris Kukuda 119:25, 60-64: 1. Virginia Terry 79:36.
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Trinidad-Clam Beach Run

from Ed Collins

February 2, Trinidad, 8.76 Miles.

Overall Results

1	Ray Webb (19-29) Arcata	45:08
2	Mike Williams (19-29) Arcata	45:36
3	Joseph Karnes (19-29) Arcata	45:57
4	Peanut Harms (30-34) Mt. View	48:20
5	Gregory Zentner (19-29) Arcata	48:27
6	Howard Labrie (30-34) Arcata	48:38
7	Dan Yarborough (19-29) Arcata	48:52
8	Timothy Becker (19-29) Arcata	47:13
9	David McKinnon (19-29) Chico	47:46
10	Mike Holt (35-39) McKinleyville	47:49
11	Steve Piles (19-29) Redding	48:08
12	Brian Pelta (19-29) Arcata	48:18
13	Clarence Nason (35-39) Arcata	48:42
14	Steve Whitehead (19-29) Redding	49:01

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